

## National Caregiver Awareness Month

by Mary Marasco, Yvonne Penn and Andrea Williams

**N**ovember is National Family Caregivers Month. In the United States, there are over 50 million Americans who care for loved ones with a chronic illness or disability or the frailties of old age. Villa's adult day programs were created to help caregivers maintain a healthy balance between their own self-sufficiency and their care giving responsibilities.

*My family started on a new journey with my oldest sister Sandy approximately 4 years ago. Sandy lives at home with me and my mother. She has a developmental disability and is not always able to express what is going on with her. When my sister started experiencing problems with her breathing, her doctor changed her medication. Adjusting to the medication was difficult for Sandy and our family. Sandy became quiet, withdrawn and lost a lot of weight. Over the next couple of years we tried different medications and tried to keep her going to a workshop in the area. Sandy was pretty much a trooper through it all. When Sandy could no longer attend the workshop, we needed to find another place for her to go during the day. We found the Adult Day Program (ADP) at Villa Esperanza Services. We went for a visit and decided to give it a try. Sandy attended Villa many years ago when we first moved to Pasadena, so there were people there that she knew and that made the transition easier.*

*Sandy loves attending the day program and we love Villa and all of the people that work at the ADP. They are wonderful to Sandy and she looks forward to going to the day program each morning. She likes the things they do during the day and can't wait when there is an outing scheduled. She*



Sandy grooving to the beat during exercise class at Villa's Adult Day Program.

*loves all of the Skill Instructors. We thank everyone at the Adult Day Program for making the transition smooth and taking such good care of Sandy during the day.*  
—Mary Marasco, Sister

Adult Day Programs provide caregivers with a much-needed break and offer adults and seniors a variety of activities and services, including monthly entertainment and community outings. Villa's Adult Day Program is located at Westminster Presbyterian Church in Pasadena. It is an integrated community-based program that offers a variety of services for adults 18 years and older, frail older adults, individuals with Alzheimer's disease or related dementias, and people with developmental disabilities.

Adult Day Programs benefit both the caregiver and their family member because they:

- Provide a safe and nurturing environment during the day for seniors and adults with developmental disabilities;
- Provide physically and mentally stimulating activities to keep the participants as active as possible so they can remain in their own homes for as long as possible;
- Allow adults with developmental disabilities to be integrated with others in the community;
- Provide respite for caregivers so they can continue to work, take care of other family needs and have time to attend to their own needs.

(Continued on page 3)

# Message from the CEO

## 2008-2009

### BOARD OF DIRECTORS

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*Tournament of Hope*

### COMMUNITY COUNCIL FOR EXCELLENCE

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Beth and Uzzi Raanan  
Ken Robbins  
Chris Vicino  
Colleen Williams



As November and the holidays approach it is the time of year that we give thanks for all of our many blessings! We appreciate all the Villa families and friends who support us all year round. Thanks to each of your contributions, we have had many successes over the years and we hope to continue to grow and improve in our services to your family members and to the community.

As you know, it has been a very challenging year with the 3-month delay in the state budget signing and the resultant significant cuts to our programs. As I write this, we still do not know the full impact but the shortfall will likely be over \$300,000 between now and June 30, 2009. We will have to make up these cuts by increasing our fundraising efforts. Our regional center and other government funding never covers all of our costs and the shortfall usually runs about 10% of our annual budget which is now over \$10,000,000. We are fortunate to have a great fundraising team of board, staff and community volunteers to raise our goal of \$1.5 million through events, grants and your donations.

Villa has grown and changed a lot over the past several months! The main administration office has moved one block west to 2060 East Villa Street. 2116 E. Villa Street is now the school's administration office and newly added classrooms.

Villa's Care Management Outreach Center (CMOC) has moved their offices to be co-located with our Adult Day Program (ADP) at Westminster Presbyterian Church on North Lake Avenue. These two programs are complementary to each other and provide for a more integrated approach to services for our vulnerable and disabled adults and seniors.

I am happy to announce that my work at Villa Esperanza Services is just about done and I will formally retire on June 30, 2009 and turn over the leadership of Villa to the next generation. The next few years will be an exciting time of great changes for which the board and senior leadership are well prepared. I have had the privilege of being Villa's CEO for 12 years! It has been an honor to work beside Villa's great board chairs, members, staff, families and clients on this mostly wonderful, sometimes difficult journey in which we not only survived but eventually thrived!

As in past years, there will be many holiday festivities and celebrations at Villa, along with many people volunteering to create and deliver baskets and holiday meals for needy families.

We wish you all a happy and prosperous 2009! Many thanks for all your support so that we can do our very best for Villa's very special children, adults and seniors!

Dottie Nelson  
Chief Executive Officer

*It has been an honor to work beside Villa's great board chairs, members, staff, families and clients on this mostly wonderful, sometimes difficult journey in which we not only survived but eventually thrived!*

*My daughter has been doing much better since she started attending Villa's Adult Day Program. The ADP allows me to take care of daily activities and attend my doctor's appointments during the day because I have access to a safe environment for my daughter. The ADP gives her fun things to do and*



Sandy with her mother Yvonne.

*she enjoys going on the outings in the community. I would encourage more families to utilize adult day programs if they are a caregiver.*

—Yvonne Penn,  
Mother of Sandy  
Marasco

We have openings in our Adult Day Program. For a tour, please call (626) 398-4435.



(l to r): New Villa Board Members LaVonne Lawson, Kelly Adams and Janet Pasker at the annual Board retreat.

## VILLA WELCOMES FIVE NEW BOARD MEMBERS

Villa is pleased to announce the election of five new members to the 2008-2009 Board of Directors. New Board Members include Kelly Adams, East West Bank; Joe W. DeFur, Wells Fargo Private Bank; LaVonne Lawson, tax attorney; Janet Pasker, Southern California Edison; Marlon Wade, Madison Business Consulting Group and parent of a child in Villa's School.

## CONGRATULATIONS

Congratulations to Vicky Castillo and Michael Greene for their recent promotions. Vicky was promoted to Chief Financial Officer (CFO); Michael Greene to Director of Employment Services, Pasadena. Villa also welcomes Nikki Cavalier as Vice President of Quality, Training and Outcomes Management.

## Ten Tips for Family Caregivers

**1** Choose to take charge of your life, and don't let your loved one's illness or disability always take center stage.

**2** Remember to be good to yourself. Love, honor and value yourself. You're doing a very hard job and you deserve some quality time, just for you.

**3** Watch out for signs of depression, and don't delay in getting professional help when you need it.

**4** When people offer to help, accept the offer and suggest specific things that they can do.

**5** Educate yourself about your loved one's condition. Information is empowering.

**6** There's a difference between caring and doing. Be open to technologies and ideas that promote your loved one's independence.

**7** Trust your instincts. Most of the time they'll lead you in the right direction.

**8** Grieve for your losses, and then allow yourself to dream new dreams.

**9** Stand up for your rights as a caregiver and a citizen.

**10** Seek support from other caregivers. There is great strength in knowing you are not alone.

Source: The National Family Caregivers Association  
<http://www.familycaregiving101.org/>



ADP Staff and Participants having a great time dancing together.



# Around Villa



All smiles from Susie Nack, Villa Participant, with Senator Scott

## SENATOR JACK SCOTT

Villa Esperanza Services and AbilityFirst honored California Senator Jack Scott for his 12 years of distinguished service and his contributions for individuals with disabilities. The event was held Friday, September 26 at the Caltech Athenaeum. Community members, legislators and friends celebrated his many accomplishments for our community.

## PARENT ASSOCIATION—FREE MEMBERSHIP

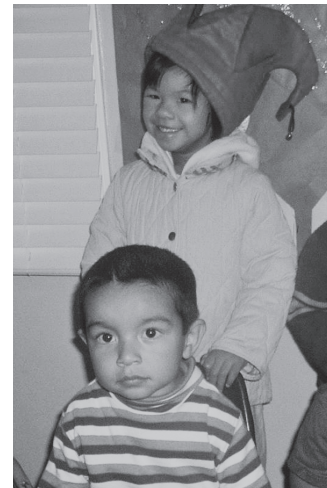
Join the Parent Association, it's free and it's a great opportunity to meet other parents, talk with Casey Gregg and stay informed. The next meeting is scheduled for Monday, November 17 at 12:30 p.m. at Villa. Please contact Casey for more information (626) 449-2919, ext. 117.

## SCHOOL NEWS

The California Department of Education visited our school this past summer and gave us rave reviews saying “the teachers and aides were working wonderfully with their students. We observed effective teaching strategies throughout the program.”

Congratulations to Principal Casey Gregg and her staff for all their hard work and commitment to all Villa's students. Other comments from the reviewers included:

- Extremely well prepared for the on-site review
  - Students were very engaged in activities
  - There was a lot of great interaction as groups
  - Wonderful variety of classes available to students—comfortable, relaxing environment
- An example of Villa's School demonstrating excellence!



Classmates Samantha and Herman enjoying circle time.

## A GHOULISH GOOD TIME

National Charity League San Marino Chapter and La Salle High School assisted with our High School Halloween Dance providing refreshments and decorations. The dance was held on October 29th and the students danced and enjoyed making new friends.

The entire school dressed for our annual Halloween Parade. Many of our staff joined in the fun!



Clockwise from top left: Villa's CFO, Vicky Castillo with COO, Kelly White – Hot Dog, It's Charlie Brown! NCL volunteer Laura Adams and Snow White Katie P. Princess Danielle E posing for the camera. Cheerleader Vanessa N. with her parents.

## MAYOR'S ANNUAL DISABILITY BREAKFAST

Mayor Bill Bogaard and the Mayor's Committee for Employment of People with Disabilities held their 22nd Annual Awards Breakfast at Brookside Country Club. This year's honorees were David May, from Villa's Employment Program and employee of Danny's Farm, along with John Johmeh, owner of Lovebirds Cafe & Bakery, and employer of four adults with developmental disabilities (three of which are with Villa).



Award Winner, David May, working hard at Danny's Farm



## A CENTER OF EXCELLENCE

We are pleased to announce that the official CARF report confirms that Villa Esperanza Services is a Center of Excellence by their criteria under ASPIRE to EXCELLENCE! Villa has received a three-year accreditation and kudos for our excellent employment program, administration, board governance and leadership!

It is the best report Villa has ever received! It takes a team effort to be successful in such a long and complicated three-year process. Congratulations and thank you all involved for a job very well done!

## GIVING THROUGH YOUR IRA—TAX FREE

Thanks to a two-year extension, you have the opportunity to make a gift to Villa Esperanza Services through your IRA (Individual Retirement Account). You must be over 70 ½ years old and the contribution must be transferred directly from the IRA to Villa. This would appeal to those of you who take mandatory withdrawals but don't need the income; a gift directly to the charity reduces your reportable income. It is also good for donors who do not itemize deductions on their income taxes but want to make a charitable gift. The new deadline is December 31, 2009. Consult your IRA plan administrator or your financial advisor. For further information, please contact Gioia Pastre, Vice President of Development, at (626) 449-2919, ext. 118.



David Miller with his family



Nicole Quintanilla with her girls



Grill Masters Damion Lee and Kelly White



Villa staff and families at the picnic.

## FAMILY PICNIC IN THE PARK

Villa's staff and their families enjoyed an afternoon of games and food with a hint of rain, all in the name of fun! The staff PERKS (Providing Employees with Recognition, Kudos & Support) Committee organized a company picnic at Farnsworth Park. The day included face painting, balloon animals, clowns, a bounce house, piñatas and tons of food! Kudos to the grill masters—COO, Kelly White and Director of Residential Services, Damion Lee. The rain didn't stop the bright smiles from everyone who attended.

Thank you PERKS Committee for all you do for Villa's employees!

Libni Ambrose	Michelle Hussen
Deserie Areola	Nicole Quintanilla
Claudia Cortez	Elizabeth Sepulveda
Lucy Gezalyan	Gaby Villanueva
Angela Gilbert	Andrea Williams
Donna Gonzales	

# A Driving Force “Fore” Villa!

After 21 years, Villa Esperanza Services Tournament of Hope continues to be a driving force supporting individuals with special needs. The event, sponsored by Wells Fargo and chaired by Board Member Brij Lal, CEO of Wrapper USA, raised \$167,000. A special award was presented to CEO, Dottie Nelson for her 12 years of leadership and dedicated service to Villa. Special thank you to all of our Tournament of Hope Sponsors and volunteers.

## TITLE SPONSOR

Wells Fargo Private Bank

## SPECIAL SPONSOR

Wrapper, USA

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DJP Fund, Al Meymarian, Administrator  
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East West Bank

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Walker & Company  
Whittier Trust Company

## TROPHY SPONSOR

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## VIP RECEPTION SPONSOR

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Skeehan & Company

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Dottie & Byron Nelson

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BILA  
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## VILLA SPONSORS

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Shea Homes

## TOURNAMENT OF HOPE GOLF COMMITTEE

Charles Adams, III, *The Whittier Trust Company*  
Karen Shelton Brown, *Community Volunteer*  
David J. Carlson, *Countrywide Bank*  
Mary Ciaravino, *Wrapper, USA*  
R-lene Mijares de Lang, *Mijares Mexican Restaurant*  
Minoru Higa, *Martin Werbelow, LLP*  
Barbara Ito, *FIA Insurance Services, Inc.*  
Philip Ito, *FIA Insurance Services, Inc.*  
Robert Loebbecke, *Community Volunteer*  
Linda Lucero, *Bank of the West*  
Edi Metcalf, *Photos by Edi*  
Debbie Meymarian, *The Body Firm*  
Rita C. Milostan, *Wells Fargo Private Bank*  
Joseph F. Moore, *Attorney*  
Kathy Palmer, *Martin Werbelow, LLP*  
Marcie Pastre, *Carmody & Co.*  
Tom Recendez, *Mijares Mexican Restaurant*  
Donald Speakman, *HCN Commercial Real Estate, Inc.*  
Kathy Waller, *Community Volunteer*  
Herb Weaver, *Community Volunteer*

## TOURNAMENT WINNERS

Ladies Closest to the Pin—Elizabeth Barajas  
Men’s Closest to the Pin—Rakesh Lal  
Straightest Drive—Robert Norris  
First Place Team—Vic Buxton, Scott McCue,  
Joe Plescia and Jim Sweatmon  
Second Place Team—Chuck Crane, Dick  
Goodspeed, Bob Meeks and Bob  
Roszkos  
First Place Mixed Foursome—Kathleen  
Ellison, Paul Marks, Harpal Singh and  
Chuck Tapert  
First Place Ladies Foursome—Nancy Cook,  
Vickie Mainwal, Emily Tellez and Kelly  
White



Volunteers Marcie Pastre, Barbara Ito and R-lene Mijares de Lang with 100's of balls for the Helicopter Golf Ball Drop.



Golfers with Villa Employment Services Participants: (l to r): Harold Boyerman, Michael Feser, Don Speakman, Tracey Thomas, Susie Nack, Tom Recendez and Sandy Grant



Al Meymarian and daughter, Debbie Meymarian who served as emcee for the event



Dottie Nelson recognized as a Driving Force for Villa, award presented by R-lene Mijares de Lang and Brij Lal.



Volunteers (l to r) Lorrie Forgatch, Lori Rotundo, Alex Adams, Kathy Palmer and Rita Milostan greeting golfers as they arrive.



Jackie Stone with her brother Jim celebrating after her speech during dinner.



# Thank You, Danke Schön, Grazie, Salut —We can't say it enough!

## THE CIBA FOUNDATION



CIBA Insurance Services President and CEO Michael Marino and Gwendolyn Marino of the CIBA Foundation with Jimmy E., Villa student.

The CIBA Foundation founded by CIBA Insurance Services is deeply committed to enriching and strengthening the lives of disadvantaged and disabled children and others in need. They showed their commitment to children with special needs by providing a \$10,000 grant to Villa's Hjelte-Phillips Speech and Language Center. The grant provided funding to purchase speech therapy testing materials, therapy tools, supplies and assistive communication devices. Our Speech & Language Center provides children with developmental disabilities and/or communication disorders with comprehensive speech and language therapy. To meet each child's needs we must use a variety of testing materials, communication devices, computer software, toys, and reinforcements to prepare an appropriate therapy program for each child. Without the support of the CIBA Foundation the purchase of these items would not have been possible.

## EAGLE SCOUT PROJECT

Each year Villa is blessed to have Boy Scouts volunteer their time and talents to improve our campus while working on their Eagle Scout project.



Boy Scouts from Troop 351 posing after a weekend of hard work.

We would like to acknowledge Andrew Velasco of Troop 351 from San Marino for leading the effort at the new Hjelte-Phillips Speech & Language Center. Thanks to Andrew and the entire Troop, the cabinets have been refinished in the center, giving it a fresh new look!



## CITY OF WESTLAKE VILLAGE

Villa Esperanza Services would like to thank the City of Westlake Village for their continued support of our Employment Services Program. Villa received a Community Service Grant to provide job development and placement for local residents with developmental disabilities. The grant will help pay for 100 hours of job development for area residents with developmental disabilities who are seeking employment.

Villa Esperanza Services touches the lives of individuals helping their dreams come true in Los Angeles and Ventura Counties.

## MAIN OFFICE

Villa Esperanza Services  
2060 East Villa Street  
Pasadena, CA 91107  
Tel 626-449-2919  
Fax 626-449-2850  
Email: [info@VillaEsperanzaServices.org](mailto:info@VillaEsperanzaServices.org)  
[www.VillaEsperanzaServices.org](http://www.VillaEsperanzaServices.org)

Villa's main office has moved! Please note our new address.

## ADDITIONAL PROGRAM SITES:

**Adult Day Program & Care Management Outreach Collaboration (CMOC) Main Office**  
Westminster Presbyterian Church  
1757 North Lake Avenue  
Pasadena, CA 91104  
Tel 626-398-4435  
Fax 626-398-4707

**Care Management Outreach Collaboration (CMOC) Satellite Office & Independent Living Skills (ILS)**  
Under One Roof Human Services Center  
80 East Hillcrest Drive, Suite 103  
Thousand Oaks, CA 91360  
Tel 877-446-4900  
Tel 805-446-4500

**CMOC Satellite Office**  
10100 Balboa Boulevard  
Granada Hills, CA 91344  
Tel 800-661-3359

**Dimensions Adult Day Program**  
2090 East Villa Street  
Pasadena, CA 91107  
Tel 626-449-2919  
Fax 626-449-2850

**Employment & Transition Services**  
756 Lakefield Road, Suite F  
Westlake Village, CA 91361  
Tel 805-446-1939  
Fax 805-446-1959

**Hjelte-Phillips Speech & Language Center**  
435 North Craig Avenue  
Pasadena, CA 91107  
Tel 626-795-8355  
Fax 626-449-2850

**ILS, Employment Services & CMOC Satellite Office**  
3711 Saviers Road, Suite L  
Oxnard, CA 93033  
Tel 805-486-6725  
Fax 805-486-6742

**School**  
2116 East Villa Street  
Pasadena, CA 91107  
Tel 626-449-2919

**Adult Residential Homes:**  
In Pasadena: Allen House, Brown House, Chester House, Dominion/Morehart House, Murphy House, Stahl House, Villa Apartments, Wagner House, Wynn House  
In Thousand Oaks: Norgaard House

# Calendar of Events

## Monthly Tour of Villa

2nd Friday of Every Month  
11:00 a.m.-12:30 p.m.  
Call today to reserve a space  
(626) 449-2919, ext. 128

## School Parent Association Monthly Meeting

3rd Monday of Every Month  
12:30-1:30 p.m.  
Villa Esperanza Services  
Call Casey Gregg, Principal  
(626) 449-2919, ext. 117

## Adult Parents Meeting

Sunday, November 9  
3:00-4:00 p.m.  
Westminster Presbyterian  
Church Library

## Adult Awards Night

Sunday, November 9  
4:00-6:00 p.m.  
Westminster Presbyterian  
Church Morrison Hall

## Macy's Shopping Day

Saturday, November 22  
All Day  
Macy's Lake Avenue, Pasadena  
and Macy's Oaks Shopping  
Center, Thousand Oaks  
Call 626-449-2919, ext. 163 to  
purchase coupons

## Villa Offices and All Day Programs

Closed for Holidays  
Thursday & Friday,  
November 27 & 28  
Thursday, December 25  
Thursday, January 1, 2009



Lisa Lui creating a master piece.

## School Holiday Program

Friday, December 19 at 10 a.m.

## Dimensions and Adult Day Program Holiday Parties & Show

Friday, December 19th  
11:30 a.m. - 2:30 p.m.

## School Winter Break

December 22 through January 2

## Villa Esperanza Guild presents the

## 11th Annual Day of Thoroughbred Racing

Saturday, February 28, 2009  
Santa Anita Racetrack  
12:00-4:00 p.m.

For more information about our events,  
please call Vanessa Voors at (626)449-2919, ext. 168  
or send an email, [vvoors@VillaEsperanzaServices.org](mailto:vvoors@VillaEsperanzaServices.org).

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2060 East Villa Street

Pasadena, CA 9107

[www.VillaEsperanzaServices.org](http://www.VillaEsperanzaServices.org)



## P.S.

*Villa helped train me to work at Pacific Theatres where I have worked for 2 years. I love Villa because my friends are here and the people at Villa are just like my family.*

—Jackie Stone, Villa Resident and Employment Services Participant