

Connections

County of Ventura Child Care & Elder Care Referrals (805) 652-7835 or (805) 652-7506

Family-Friendly Employer

Project Work/L.I.F.E. has recognized the County of Ventura as a family-friendly employer for the fourth year!!

Project Work/L.I.F.E. is a public-private collaboration that supports county employers as they implement work/family programs in support of their workforce. The Work/LIFE Leadership Awards were distributed at their annual Business Leadership Summit on May 10 at the Spanish Hills Country Club. Along with Ventura County, twenty-six other employers including Ventura County Star, Limoneira Company, and Ojai Valley Inn were recognized. Barry Zimmerman, the Human Resources Director accepted the award on behalf of the County and presented it to the Board of Supervisors on Tuesday, May 16th.

Ventura County Library Summer Reading Program June 12 - August 13

**Paws,
Claws,
Scales
& Tales**



Children are encouraged to sign up at their local Ventura County Library. This summer they will read library books, add up the number of minutes they read and earn certificates and prizes! This program is free for children of all ages!

The Kick off program schedule is available at your local library and on the library website, www.vencolibrary.org



Family Care & Volunteer Resource

FAIR



Meet Local Experts in Family, Child & Senior Care

Thursday, May 25, 2006

8:30 a.m. - 12:30 p.m.

Ventura County Government Center - Main Courtyard

Get your 2005-2006 Discount Program booklet!

The Preschool / Childcare Discount Program booklet for 2005-2006 is available by calling Michelle in the Office of Work/Family at 652-7506. The booklet is a listing of preschools and child care centers throughout Ventura County offering discounts to County of Ventura employees.



Balancing Work & Family Workshops

The County-sponsored classes listed below are for employees and their spouses. They are held during the 12 o'clock lunch hour at the Government Center. Register online at <http://ceo.countyofventura.org/benefits> or contact the Wellness Program at 654-2628.

Maintaining Memory

Wednesday, June 7, 2006

12 - 1:00 p.m. Multi-Purpose Room
Susan Speer, MS, RD

Faced with the feat of growing forgetful, baby boomers are turning to an array of remedies to boost their memory. Find out what the latest research shows is the key for preventing Alzheimer's and mental decline. Increase your chances of keeping your brain young.

Without Spanking or Spoiling

Fridays, June 2, 9, 16, 23, 2006

12 - 1:00 p.m. Multi-Purpose Room
Deborah Critzer-Fox, Certified Parent Educator

Explore effective and easy to use techniques for raising children 0-5 years old. Discover the best methods for minimizing unpleasant behavior while creating more cooperation and harmony in your household. Those attending this 4-part series will receive a copy of the parenting classic, *Without Spanking or Spoiling*.



Summer Day Camp List

For a list of Summer Day Camp opportunities for your youngsters contact Michelle in the Office of Work/Family at 652-7506 or michelle.ellis@ventura.org.

Elder Care Support Group

If you are caring for elders and/or dealing with long term care issues, you are welcome to join us to receive support, resources and links to services. Drop in as your schedule allows — no pre-registration is required. Meetings are at 12:00 noon on the last Wednesday of each month in Room 241 in the Hall of Administration. The upcoming meetings are scheduled for **Wednesday, May 31** and **Wednesday, June 28**.



Home Care Tips for Elderly Loved Ones

By Jennifer Buckley

If you are caring for an elderly loved one at home, you should make them as comfortable and safe as possible. This can reduce stress for you, as well as, your loved-one. The more secure your loved-one feels, the less the likelihood of them becoming confused, aggressive, or agitated. There are simple changes you can make to ensure a heightened level of contentment for your loved-one.

1. Buy a small, lightweight pitcher. Keep it filled with water at all times in a convenient place for your loved-one to get at. Remind them periodically about drinking plenty of water and where the pitcher of water is located. Staying adequately hydrated can ward off a number of different ailments like headaches, sleeplessness, and appetite suppression. It's great for overall health and well being.
2. Avoid placing a lot of mirrors around your home. Mirrors can seem confusing for elderly people because they may not recognize their own reflection. Also, walking up to a mirror can startle or confuse them. If you like to have mirrors in your home, buy smaller mirrors and hang them relatively high on the walls. This is to prevent your loved one from seeing their reflection.
3. Use large dials and number pads. If your loved one enjoys watching television, buy a remote with large numbers. If your loved one can still use the phone, make sure the keypad has oversized numbers. Also, place digital clocks around your home because they are easier for your loved one to read. This will keep them from getting frustrated trying to read traditional three-hand clocks.
4. Buy your loved-one's clothing in basic colors like black, tan, white, cream and green. This will make it easier for them to pick out their own outfit. In addition, place all their shirts on one side of the closet and shorts, pants and skirts on the other side. Take any clothes they haven't chosen to wear in a while out of their closet and keep them in another closet or box.

It is better for your loved one to make as many decisions as possible. This helps them to feel in control and a sense of importance. The main thing is to limit choices, too many can be confusing and overwhelming

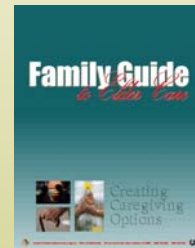
Nursing Home Transition Tips

Here are a few ideas to make the transition to a nursing home easier for your loved one.

- Decorate her room with inexpensive, favorite items from her home - a quilt or afghan, family pictures, a comfy chair. Many people enjoy leaving a TV on just for company.
- Have a "guest book" for friends and family to sign when they visit and suggest they write down a few topics they discussed - "Hi Dad, don't forget to tell Sis that I'll feed the dog this week." It's not only a great way to keep everyone on the same page, but it keeps the conversation going. Encourage nurses and therapists to jot down notes too.
- Remind Dad or Mom that his or her safety is your primary concern, and then give him or her as much time as it take to accept the new situation.

Available from the Office of Work/Family

- ◆ **Family Guide to Elder Care: *Creating Caregiving Options***
(An informational CD is included)
- ◆ **Ventura County Before & After School Care Brochure**
- ◆ **Childcare Resources Directory for the City of Ventura**



The resources listed above are available to all County of Ventura employees.

To request one or all, call Michelle Ellis in the Office of Work/Family at 652-7506.