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WELCOME YOU TO THE



LOCAL
CAREGIVER
OF THE YEAR AWARDS

November 6, 2005

A SALUTE TO CAREGIVERS
OF SENIOR ADULTS

The Local Caregiver of the Year Awards
is made possible by





PROGRAM

RECEPTION

Perry Smith Trio

WELCOME

Al Jerome

President and CEO, KCET

HOST

Bob Goen

Longtime host of

Entertainment Tonight

KEYNOTE ADDRESS

Lee White

Director of State Operations

AARP

HONOREE

Sloane Allen

Family Caregiver

HONOREE

Susan Davis

Family Caregiver

ORIGINAL

COMMEMORATIVE POEM

Nafesa Monroe

HONOREE

Janet Morris

Director

Bet Tzedek Legal Services

Family Caregiver Project

HONOREE

Carrie Jefferies

In-Home Service Support Associate

Watts Labor Community Action Committee

Theresa Lindsay Senior Center

MUSICAL PERFORMANCE

Karen Briggs

International Violinist

HONOREE

Nelson Sanchez

Volunteer

St. Barnabas Senior Services

OUR LOCAL HEROES



SLOANE ALLEN

Family Caregiver



At age 16, Sloane Allen became her grandmother's caregiver. Her role as a caregiver began in a slow and subtle way. In the beginning, Sloane's grandmother was experiencing minor memory lapses, so Sloane would help her out with the finances and any other way that she could. But then the lapses turned into something more serious. The lapses were later diagnosed as dementia in 1996. Sloane has cared for her grandmother for the past 14 years.

At a time when young girls are blossoming into womanhood, Sloane steadfastly cared for her grandmother saying, "I am a single mother of an 87 year old." Sloane integrated her grandmother into her life as much as she could. Many times Sloane would come home from school only to find her grandmother confused or in need

of food or a change of clothing. The complexities of caring for her grandmother increased as Sloane was faced with managing complicated health care decisions, including the difficult decision of placing her grandmother in an Alzheimer's facility.

Sloane's love for her grandmother is deep, abiding and completely unconditional. Although other members of Sloane's family could have taken care of her grandmother, Sloane was the one who stepped up to the plate. Sloane's grandmother is not a part of Sloane's life; her grandmother is Sloane's life. People may ask Sloane why such a young person would take on such a big responsibility. Sloane would reply, "She took care of me when I was a baby and now it's my time to take care of her."



SUSAN DAVIS

Family Caregiver

Susan Davis relocated her family and moved next door to her parents' home so that she could provide the proper care for her father, Richard Heim, until his passing, and for her mother, Shirley.

Since the spring of 1993, Susan was the primary caregiver of her father, who suffered since his teens with ankylosing spondylitis, or rheumatoid arthritis of the spine. After several falls in 1993, Richard remained bed-ridden until his death 12 years later. Supported by regular visits from the Visiting Nurse Association, Susan was able to meet and care for all of his needs.

Her mother Shirley suffered from ill health during that time and could not assist in the care of her husband. In 1999, Shirley was diagnosed with Alzheimer's disease. For more than five years Susan cared for both of her parents in

their home. Since her father's death, she continues to be the primary caregiver of her mother.

With all the demands placed upon her, Susan fortunately has a support system that provides her with temporary respite. She arranges for her husband or one of her two children to care for Shirley while she is away. Susan's love for her parents, positive attitude and compelling dedication is admired by many, including a member of the Community Senior Services in La Verne, who spoke of Susan as "the finest caregiver I have ever known."

CARRIE JEFFERIES

In-Home Service Support Associate
Watts Labor Community
Action Committee
Theresa Lindsay Senior Center



Carrie Jefferies' compassion for others extends itself to both her personal life and her career as a caregiver.

Carrie's experience has been afflicted with the challenges of caring for two ailing parents. A senior herself, Carrie took care of her mother until her death and cared for her father, who recently passed away.

Carrie has also extended her role as a caregiver to her professional life, where she has worked for the Watts Labor Community Action Committee (WLCAC) for more than 14 years. Carrie provides care for seniors at the Theresa Lindsay Senior Center as well as WLCAC's multipurpose centers throughout Watts and South Los Angeles. She provides personal care, light house-keeping, prepares meals and helps seniors understand and complete their paperwork.

Carrie is also an advocate of senior rights as she has fought against discrimination of seniors and has battled for accessible health care, housing and transportation. She hands out food for seniors at 6:30 a.m. on Fridays. Carrie also contacts more than 200 seniors on a quarterly basis to inform them about the news and resources available to them. She helps with fundraising efforts, stays late and donates food and money. She may even occasionally help out with the cooking and decorating. She speaks to doctors, landlords, lawyers, and others so that she can protect seniors from fraud and fiduciary abuse.



JANET MORRIS

Director

Bet Tzedek Legal Services

Family Caregiver Project

Janet Morris, director of Bet Tzedek Family Caregiver Project, is considered a leader in the field of family caregiving. Throughout her career, Janet has reached more than 25,000 family caregivers, social workers and other professionals.

Janet and her organization provide legal counseling, advice, educational presentations and representation to English and Spanish speaking adults who are caring at home for a family member afflicted with Alzheimer's disease, dementia or some other debilitating illness. The organization is now broadening their efforts to the Asian American community.

Janet's dedication to the people she serves is remarkable. She spends whatever time is necessary to ensure that the family receives the help it needs. She is often in the office late into the evening or on the weekends,

researching government benefits on behalf of an individual or family.

Janet has participated in numerous advisory panels and planning committees. Janet is a past chair of the California State Bar Legal Services Section's Standing Committee on Legal Problems of the Elderly. She currently serves on the executive committee of the California Caregiver Coalition, a statewide advocacy group, and on the board of the Alzheimer's Association of Los Angeles, Riverside, & San Bernardino Counties Chapter. She advised the State of California Alzheimer's Guidelines Committee on Legal Issues and is a current faculty member of Continuing Education of the Bar training attorneys in elder-law issues. Janet has also co-authored numerous articles and publications.

NELSON SANCHEZ

Volunteer

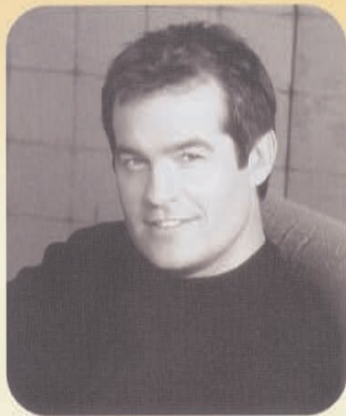
St. Barnabas Senior Services (SBSS)



A senior himself, Nelson Sanchez has been a volunteer caregiver at St. Barnabas Senior Services (SBSS) for 12 years. His first experience as a caregiver was at home, where he cared for his wife who suffered from Alzheimer's disease until her passing.

After caring for his wife for so long, Nelson turned to SBSS, where he could continue to care for others. Nelson spends Monday through Friday from 8 a.m. to 4 p.m. at SBSS, where he brings his warmth and charm to the seniors there who are suffering from dementia. Nelson brightens their day by reminiscing about the past, taking them for walks, playing games, and developing friendships. Nelson is by their sides, respectful, patient and graceful. He knows each participant by heart and attends to his or her needs, and

all the while maintains a sense of humor and cheerful disposition. Nelson is the dance partner for the ladies and jokester with the gentleman and is a best friend to many of the seniors.



OUR HOST BOB GOEN

Longtime host of *Entertainment Tonight*

The decade long co-host of television's syndicated hit *Entertainment Tonight*, Bob Goen is among the best-known broadcast personalities in the world. Bob joined *ET* as a correspondent and weekend anchor in July 1993, but shortly took over for John Tesh at the *ET* anchor desk where he remained beside the legendary Mary Hart until 2004. He has interviewed such icons as Jim Carrey, Julia Roberts, and Harrison Ford.

Prior to hosting *ET*, Bob's television career included hosting several game shows including the daytime version of NBC's *Wheel of Fortune* and CBS's *The Hollywood Game*. He also was sports anchorman for KESQ in Palm Springs and correspondent for ESPN. He has hosted the Miss Universe, Miss USA and Miss Teen USA pageants.

On the radio front, Bob was announcer/producer/disc jockey and eventually program director for KPRO in Riverside, California.

Bob has also helped raise more than \$1 million through the golf tournament that bore his name for the Make-A-Wish Foundation. He now has his own charitable foundation, Bob Goen's Children's Charities.

Bob graduated from San Diego State University in 1976. He is a native of Long Beach, California and is currently developing a show in which he will star in.

TALENT PROFILES

KAREN BRIGGS

Karen Briggs began her career as a violinist at the young age of 12, when she received her first lessons. She has performed at Manhattan's Apollo Theatre and Carnegie Hall as well as internationally at the Taj Mahal in Agra, India. Karen's music derives from the style of some her favorite artists: the rock n' roll rhythms of Jimi Hendrix, the soulful sounds of Aretha Franklin, the jazzy beats of Charlie Parker and the upbeat tempo of Latin rhythms. Combine all of these styles and you'll hear the music of Karen Briggs – a distinguished yet distinctive blend of sounds and rhythms.

Karen's record of musical collaborations is just as distinctive as her music, performing with such notable recording artists such as Stevie Wonder, Diana Ross, Wu Tang Clan, Soul II Soul, En Vogue, Chaka Khan, and Yanni.

NAFEESA MONROE

Nafeesa Monoe is a poet, writer, actor and spoken word performer. Her powerful performances and vivid writing style have attracted the attention from high-profile celebrities, such as recording artist Jewel, who selected Nafeesa to open several dates on her

2002 tour. She has also appeared on Russell Simmon's *Def Poetry* on HBO, *The Jamie Foxx Show* and *The Parkers* as well as in theatrical performances such as *For the Love of Freedom* (Parts 1 to 3), *Hello Herman*, *Little Shop of Horrors* and *Jesus Christ Superstar*. She released her debut album, *Super Woman*, earlier this year.

PERRY SMITH

Guitarist Perry Smith has come a long way since he first picked up the instrument at age 11. He was a member of the California All-State Honor Jazz Band and the San Francisco All Star High School Jazz Band. While attending USC, Perry continued to make his mark. He received several awards, including the prestigious Outstanding Player and Leader Award. He also performed with well-know jazz recording artists such as Nancy Wilson and Bobby McFerrin as a part of the university's Thornton Jazz Orchestra. In addition, he founded the award-winning New West Jazz Quartet. Perry graduated from USC's Thornton School of Music with a bachelor's degree in music earlier this year. Perry continues to perform across the U.S. and instructs guitar lessons across the Southland.

IN THE MOMENT

by Nafesa Monroe

Life is lived
in the moments
The moment we were kissed for the first time
First touched by a poet's rhyme
First loved by the right mind
The moment someone decided
to us, to dedicate their life

It is the moments
that move us to move forward
that turn a loss into a gift
of realizing how precious
the gift of life truly is

In tonight's moment we honor
those full of so much love
the never-ending givers of themselves
those who rise above
to give as many moving moments
to those in need
those whose seed of life is now a
fully grown swaying tree
Whose roots have been challenged by the winds of time
or faced with disease that attacks the mind
or tested by the steepness of life's climb

But in these moments
it is the chosen few who rise
to pick up the gauntlet
thrown down by father time

The Chosen:

Like Sloane Allen
Moved to make the commitment to Granny at sixteen
to be her companion at all times
from the simple to the most demanding

And choosing not to turn away
Is the moment Susan Davis exemplified the truth
that love for one's family
is the daily living proof
that love conquers all

And the moments Carrie Jefferies
spends simply giving of herself
eradicates mountains of solitude
felt by a community
left, by many, to themselves

And Janet Morris
spends a multitude of moments after hours
devoting each moment of time
to every one of her clients, not for power
but for love and a desire to shift the paradigm

And Nelson Sanchez
who inspires all within his reach
with his smile and his touch
true grace, respect and patience he gives to each

All of you
are a streaking comet across the sky
leaving a trail of brilliant kindness
in our hearts, our world you beautify

It is all of you
that take the painting of life set askew
and make the time to reach out and
set it straight, to our precious aged
You
Add color
And life
A dash of blue sky
A ray of bright sun
Many blades of green grass for the mind's eye
A brown bench
A red swing
A pair of bare feet
A picture perfect
With purposeful spirit
Painted with delicacy

You brighten the world
with your love and commitment
to care and give of yourselves

We thank you in this
and many moments over
for your never-ending love
Unparalleled

**Special thanks to the following
for their help in the nomination
and selection of our honorees:**

AARP California

Rigo J. Saborio
Director, State Management
Deputy Director

David Damian Figueroa
Associate State Director
Community Outreach

Ahnileen Endrinal
Program Coordinator

KCET Community Advisory Board Members:

Kat High
Producer/Director/Music Director
Rick Steele, R.N., C.C.M.

Georgina Maldonado
Legislative and Media Affairs Manager
Planned Parenthood of
Orange and San Bernardino Counties

Brandon E. Shamin
President and Co-Founder
Beacon Management Group

Karen Oleon Wagener
President
Los Angeles Police Foundation

Jih-Fang "Jenny" Yang
Service Employees Intl Union (SEIU) Local 660

Special thanks to the following community organizations for their collaboration in this effort:

Donna Benton, Ph.D.
Director, Los Angeles Caregiver Resource Center
Research Assistant Professor of Gerontology,
USC

Akila Gibbs
Alzheimer's Association
Director of Communications and Marketing

Maria Henke
Program Manager
USC Andrus Gerontology Center

Rochelle Le Blanc, MPA
Management Analyst II
Department of Aging, City of Los Angeles

Event Producer: *Lynne Christian*
Program Writer: *Cecilia Padilla Brill*
Program Design: *The Alma Group*
Honoree Videos: *Isaac Mizrahi*
Honoree Photos: *Ed Krieger*
Caterer: *Good Gracious*

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Public Television for Southern and Central California
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