

The WomanSage Post

FEBRUARY 2008

VOLUME 2, ISSUE 2

WomanSage Sends them Cruisin'

"It's like being in summer camp!" giggled one of the travelers on the Caregiver Cruise as she posed for a photo. "I haven't felt this free for a long time."

Twenty caregivers left their duties behind for a five-day, four-night cruise to Ensenada, guests of WomanSage Cares. After the first hours of initial concern about leaving their loved ones in the care of someone else, the WomanSage sponsored cruisers could barely be distinguished from the 2,000 others aboard the Carnival Fun Ship. They had no choice, really, because they were at sea and couldn't get back. So they relaxed and each one did his or her thing.

Some read entire books. Uninterrupted. Some just slept in. Some sat in the sun on deck chairs doing nothing. Some exercised in the well-appointed gym.

One took a very, very long shower, thrilled to not have the "minute-by-minute-shower-curtain-pull" by her husband with questions about "what's for lunch?" or "when will you be done?" His dementia blocks the answers as soon as he hears them so he asks the same questions over and over. She did stop the long showers after she heard they were a no-no on the water conserving cruise list of "dos and don'ts."

They were free to enjoy every

activity available onboard the ship and in each port from excursions and shopping on Catalina Island and in Ensenada, gambling in the casino into all hours of the night, the stage productions and shopping. And eating. Lots of eating. There were the buffets, the snack bars, room service and nightly seatings at which everyone dressed up and dined on wonderful full course dinners.

One woman refused to consider the cruise when she was first referred because she had nothing to wear on a cruise. Caring for her husband with dementia and a list of other illnesses since 1992, she literally had little that she felt she could pack. With a generous donation from Working Wardrobes, including a personal volunteer shopper who helped her with accessories and the right colors, she was one of the best dressed on the cruise.

On the morning of the last day, she took her blood pressure and tested her sugar levels. They were normal for the first time in many years! The few days away brought enough reduction in stress and anxiety to have this profound effect on her.

There are many more examples but it can be said that the third annual WomanSage Cares Caregiver Cruise, was a success once again.

A huge thank you goes to Dr. Alfred J. Gobar, major donor for this philanthropic project. He knows the path of the caregiver from his own experience and he knows that they all need a few "days off" to refresh and renew. He established the caregiver fund in honor of his first wife, Dr. Sally Gobar, for whom he cared for many years.

If you are interested in joining Dr. Gobar with a gift to the WomanSage Cares program so that we can continue and expand this program, please know that you are free to do so online at www.WomanSage.org. Just click on the Donate to our Work button and make a donation in honor of Dr. Gobar or in honor of another caregiver you may know.

Others we thank for making the cruise a success are:

- Alzheimer's Family Services Center
- Alzheimer's Association of Orange County
- Care Connections, Huntington Beach
- Orange Caregiver Resource Center
- Orange County Office on Aging
- Silverado Senior Living
- UCI Institute for Brain Aging and Dementia



INSIDE THIS ISSUE:

<i>News About the Transition Makeover Program: Where are they now?</i>	2
<i>Special Interest Groups</i>	3
<i>New Board Members</i>	4
<i>WomanSage Needs Your Help To Go National!</i>	4



News About the Transition Makeover Program: Where are they now?

You read about them in December and now that they have completed the Midlife Transition Makeover Program, a brief update about the six most recent participants follows. Please note that these Transition Makeover participants will give a brief update, one each month, at the beginning of each salon in Orange County. You will have a chance to hear each one talk about her personal experiences and share her transition story with you.

The underlying reason that **Mary Carbone** wrote her letter and became a makeover candidate was because she *really* needed a job. She had been unemployed for more than a year. She was facing critical times financially and emotionally and she was worried that she did not appear self-confident, though she knew she had good job skills.

Mary met with life coach, Joan Stavale, who taught her life skill tools that have helped her in both her personal and working relationships. Mary had actually found a job just as the program began, so her career coach, Ann Coil, helped her strategize advancement in the new job and helped her design a growth plan. However, Mary left the position just as the Transition Makeover program ended. This time around, though, unemployment is not proving to be the overwhelming affront to Mary's self worth as it was before. She has learned the guideposts to help her and she has WomanSage friends to stand by her. She is looking for her next career move with her own personal plan in hand.

She ended a recent communication by saying, "I have learned to take deep breaths, be positive, smile sincerely and enjoy life each day." Watch for Mary Carbone's update.

Katy Cutter found a position in the field of her dreams, working with the aging population and being able to apply the benefits of her recent academic training. However, an unexpected back injury on the job "froze her life." It prevented her from being offered a permanent position until her medical problems were resolved. Prior to applying for a Transition Makeover, Katy had been impacted by downsizing and had used the opportunity to move from her 25-year career in finance to study for her Masters in gerontology. After her degree, she discovered that there are major differences in the salaries for the two fields, especially for someone just starting out.

Katy worked with her life coach, Liz Barbour, to unravel her medical hurdles from the career issues she faced. She spent time on the work assignments she was given by her coach and has regained the confidence she had lost. Life coaches share that the term, coach, is used for a reason. The work must be done and it takes discipline and action to get through. And time..

Katy is no longer frozen and is now able to make her next career move based on her own

plan. Katy will report on the moves ahead in her career path.

Jacene Deratany faced many losses before connecting with WomanSage. She had survived cancer three times. Her 32-year marriage had ended in divorce. She faced financial, emotional and personal losses and ended up moving to Orange County to care for her aging parents, as she sought to rebuild her life. She has emerged from the sessions with her life coach, Carol Draper, with renewed vigor, passion and a plan.

She is choosing to continue her work with children in the school district where she has been employed and is expanding her tutoring service from that base. This is where she will make her career.

She has disengaged from the active role of day-to-day, part-time, paid caregiver for her parents and has encouraged them to hire someone else to take over that responsibility. She can now play the role of daughter to her parents, rather than their constant, hands-on caregiver. Jacene used the opportunity of the Transition Makeover to investigate other potential career avenues for which her career coach, Ann Coil, identified she was suited. An "informational interview" with WomanSage member, Lisa Amick, who is involved in the hotel industry, helped Jacene reach the conclusion that the hospitality industry, though appealing, would not be a good choice for her. Anyone need a tutor?

An artist and illustrator and art teacher, **Michele Liem**, is finding her way to make these three roles her main career and income streams. Oh, she is still a waitress and does work in the field of real estate, both jobs she has held for many years. However, the career coach helped her define the plan that would make her talent in art the major way she will earn enough to support herself and her three children, who are under the age of twelve. She has connected with a WomanSage member, photographer, Julie Diebolt-Price, who is helping photograph her art and helping Michele develop her web site: www.micheleliem.net. Michele is trudging through the divorce with its emotional and financial conflicts and WomanSage is providing support here as well. Thanks to career coach Ann Coil and financial advisor, Delia Fernandez. Some transitions take longer than others.

Diana Olson took time off from her job at a large insurance company to recover from her caregiving role after her mother's death. She had worked all the while her mother suffered from uterine cancer, taking precious time to be her caregiver at the same time juggling her full-time career and being a wife and mother. She did not realize how difficult it would be to find a job again and was surprised that a position with her former employer, was not available.

Dianne Prentise, her life coach, helped

Diana review her goals in light of the recent losses she had experienced and helped her discover what it would take to move back into the work force after a year away. Her career coach, Markell Steele reviewed her resume and assisted with her job search plan.

Today, Diana is working in a small property management firm, a very different work environment from her previous job, and she is in another period of transition and change.

Michelle Sharpe has had the benefit of life coach Carol Draper, who guided her through an exploration of how she can make the transition back to a work environment that has changed a great deal since she officially left to be a stay-at-home mom. She doesn't want to go back into advertising but does want to find work that will fulfill her desire to make a difference in the lives of others and will use the skills she has honed as a community leader and school volunteer. Michelle is interested in non-profit work and has explored several opportunities.

Michelle wants to follow her passion and to find a work environment that will help her do that. The life coaches' assignments, lessons and techniques helped Michelle explore her own inner strengths and areas of weakness so that she is able to identify them and channel them as she makes the choices ahead.

Her financial advisor, Pam Adams provided a financial snapshot and advice on how to plan for a future that still includes high school and college for their children and then years of pre-retirement and finally, retirement for the two of them.

WomanSage and the members and volunteers will help these women as they move ahead by providing a safe and open place to seek support in a time of transition. The goal of WomanSage is to do this for all women at midlife.

WomanSage Special Interest Group

Group Name	Date of Meeting and Location	Leader Name & Contact Information
Book Clubs (South/Central OC and West OC)	Full	If you are interested in starting a book club, contact Mary Holloway 714-220-0484 or
Caregiving Support	Second Tuesday of Month Pre-salon meeting at Restaurant	Maryann Goodman 949-794-9470ext 8768 mgoodman@livhome.com
Hiking Group Orange County	Mostly Saturdays Orange County Specific Dates in SIN*	Sue Porter 949-683-2745 sporter@cox.net
Loose Women	Find other members eager to share your fun activities/events	Sign up to get the roster: Linda Panitz LWRReports@earthlink.net
Money Matters	First Wednesday of Month	Lisa Tatman, CFP 949 300-1215 or L_Tatman@earthlink.net
Rebuilding Together	One Day Volunteer Events in OC, Several Saturdays Each year See SIN*	Sign up to get timely email notices: Linda Panitz 714 514-1885 or Panitz.L@earthlink.net
Reminiscence/Life Story	First Sunday of Month Costa Mesa	Dr. Nancy Anderson 714 435-0139 drnmanderson@yahoo.com
Singing at Charity Functions	Meet Anytime See SIN*	Sharon Lea Boyd 714-974-9121 ex t 103 or 714 502-0019 sharon@rosegaterealty.com
Singles	Listing in SIN*	
Transitions	2nd Saturday of Month Cordelia Knott Center 230 South Main Street Suite 100 Orange, CA 92868	Liz Barbour 714 840-9382 or ecbarbour@earthlink.net

* SIN - Special Interest Newsletter

WOMANSAGE

5319 University Drive
Suite 639
Irvine, CA 92612

Phone: 949-222-4210
Fax: 714-784-4016
E-mail: info@womansage.org

We're on the web!

www.womansage.org

WOMANSAGE:
CREATING A NEW
AGENDA

*WomanSage is a non-profit,
membership organization
dedicated to educating,
empowering and fostering
mentoring relationships among
women at midlife.*

*WomanSage focuses on financial
literacy; women's health; the self,
inner and outer beauty; careers
and transitions; caregiving; and
relationships. WomanSage
offers a news-based Website, a
quarterly journal, annual
conferences, monthly salon
meetings and a network of
special interest groups on topics
of interest such as book clubs,
dining, theater, civic engagement
and travel.*

New Board Members

We are pleased to announce that WomanSage Board has four new Board members, and a new Treasurer. These women have made a commitment to serve and we are very pleased. A special Board Retreat is planned for Feb. 16th to develop our strategic plan for next year. We are extremely pleased with the progress that WomanSage has made these past four years and welcome the opportunity to go forward this

President: Marilyn Ditty

V. President Lisa Amick

Secretary: Nancy Ferris

Treasurer: Linda Witt-King

Past President: Lisa Tatman

year. I have been asked to step back in as President for this transitional year and I have agreed to do that. I was the first President that Jane Haas, our Founder, had asked to help her start WomanSage.

We will be reporting back to our members on a regular basis and we will be confirming the date for the Fall Conference in our next Post.

Thank you all for your continuing support. If you haven't renewed your membership for this year, please do so. This is a membership organization and you are a part of going forward.

Dr. Marilyn L. Ditty
President
WomanSage

Members at Large:

Regina Campbell

Leslie McNamara

Nancy DeJohn

Maryann Goodman

Mary Holloway

Shannon Ingram

WomanSage Needs Your Help To Go National!

Ladies of WomanSage -

Wouldn't you love to have your friends and family across the country enjoy the successes, experiences and feelings you gain from WomanSage every month. Wouldn't you like to give them the opportunity to join small groups, or network, or just come together in fun!

We are preparing our website for this type of interaction with

all of the names of those across the country who have been contacting us over the past few years. They stay in touch and we keep them informed, but our dream is to hold virtual meetings so that we can truly have national interaction with each other.

We are beginning to create a database for this so that when it is ready --- we are ready.

Send name, address, phone, email address and your name so we can refer to you to info@womansage.org.

Thanks

Nancy M. DeJohn
National Chapter Development
WomanSage
949/951-0370
nancydi@cox.net