

Gratitude in the New Year

By Meghan Velasquez, Executive Director of VCRC



Meghan Velasquez

As we step into a new year, I am filled with excitement and gratitude to introduce myself as the new Executive Director of Valley Caregiver Resource Center. It is an honor to serve this incredible organization in a new capacity, having already witnessed its vital mission and impact firsthand while serving as the Program Manager of the OASIS Adult Day Program.

The start of a new year is a time for reflection and renewal—a perfect moment to embrace change, set fresh goals, and tackle new challenges with optimism. For me, I can't help but think about the challenges faced by the aging members of our community and the unpaid family caregivers who selflessly dedicate themselves to providing care and support. These caregivers often juggle work, family responsibilities, and caregiving duties, sacrificing their own well-being to ensure their loved ones receive the care they need. Meanwhile, our aging population faces increasing isolation, financial strain, and the complexities of accessing resources that

“Approach the New Year with resolve to find the opportunities hidden in each new day.”

—Michael Hosephson

support their independence and dignity. This new role represents an opportunity to build on the amazing work already being done here, and to work alongside such a passionate team of staff, volunteers, and supporters. Together, I believe we can make an even greater difference for those we serve.

Change can be particularly daunting for caregivers and seniors, as it often disrupts familiar routines and brings uncertainty to already challenging roles and circumstances. However, with intentional effort and support, change can also open the door to growth, innovation, and renewed purpose. Seeing change as a positive force requires patience, collaboration, and a willingness to adapt, and I believe that by working together, we can achieve this mindset. My hope for this year is that we navigate change with a shared sense of purpose and determination, leaning on the resources and support offered by Valley Caregiver Resource Center to turn challenges into opportunities and foster meaningful improvements in the lives of those we serve.

Thank you for your warm welcome and for entrusting me with this important role. I look forward to meeting many of you in the weeks and months ahead. Let's make 2025 a year of growth, connection, and positive change!

March is National Social Work Month

By: Kevin Alvey, CRC Program Manager

What is a social worker? A social worker is the type of person that meets people where they are, no matter the circumstances. A social worker is the one who holds the hand of a lost child, grieving family member, injured victim, or any of us struggling with many of the difficulties we as humans encounter throughout our lifetimes. Social workers are the ones standing in the gap of the most difficult moments life can hand out. If you want to find a social worker, look where there is the greatest need, there you will find a social worker close by.

Here at Valley Caregivers Resource Center our social workers are called Family Consultants. These are the people who stand with our caregivers, supporting them in the arduous task of caring for loved ones with diminished capacity. Family Consultants come along side of families in their most vulnerable moments to connect them with support, education and supplying the knowledge that they are not alone in the journey of caregiving. Family Consultants are the ones who are connected with a family through the final events in the process of ultimate aging. | Continued on pg 4

OUR MISSION

Valley Caregiver Resource Center offers a comprehensive array of services designed to assist elders and their families master the challenges that accompany the aging process.

As long-standing advocates and collaborators in preserving the health and quality of life of others, our aim is to promote personal and community well-being.

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Our Newsletter is Now Paperless!

Please visit our website to sign up for the future digital newsletters so you can stay informed and so we can stay in touch with our local caregivers. www.valleycrc.org

Cancer Prevention and Medicare

By Crystal Tate, HICAP Program Manager

Cancer has impacted many people and nearly every family in some way. According to the National Cancer Society, in 2023, there were 1,958,310 new cancer cases and 609,820 cancer related deaths. Early detection saves lives. Cancer prevention is a critical part of healthy aging. Routine screenings can identify cancer at an early stage when it is most treatable. Early detection can improve outcomes reducing the need for more invasive treatments. Medicare recognizes the importance of prevention and provides many screenings at no cost to you when you visit a Medicare approved provider.

Just to name a few, Medicare covers mammogram screenings once every 12 months for women over 40, pap smear and pelvic exams to screen for cervical and

ROUTINE SCREENINGS CAN IDENTIFY CANCER AT AN EARLY STAGE WHEN IT IS MOST TREATABLE.

vaginal cancer as well as colonoscopy's every 24 months. Medicare also provides up to 8 smoking cessation counseling sessions per year to help with smoking habits.

Stay proactive! Don't delay and speak with your doctors today about your family history and lifestyle to find out which screenings are right for you. As always, HICAP is here to help. We are here to help make cancer prevention a priority by ensuring that you receive and understand your Medicare benefits. We wish you a healthy, happy and prosperous 2025.



Your Brain Needs A Work Out Too

By Charity Tokash, Education Coordinator

Everyone wants as much independence as they can for as long as possible. Keeping a healthy and active brain is one thing that is linked to an individual's independence. There are many things everyone can do to help keep a healthy brain. We all should do the basics of taking care of ourselves by eating healthy, and getting enough sleep each night.

Self-Care

Self-care looks different for everyone. Your warning signs of stress can show up as physical, emotional, or both. If your response is mostly physical you may want to do a physical activity such as walking, swimming, exercise, or gardening. If your response is mostly emotional you may want to try some

mental relaxation activities such as meditation, soothing music, or reading. If it is both you may want to try tai chi or yoga.

Activities And Socialization

Staying active within your community is one way that can help. Attend book clubs, go to your local library or senior center to see what activities they have. You can also check in with local community businesses to see if they have anything like bingo, community activities, or even volunteer.

Connecting with Your Family, Friends and Community

Each of us has a circle of support. Feel free to go outside of your circle for community support. You can find support in a lot of places including churches, community benefit organizations, community clubs, community centers, and much more. If you do not know where to look try calling 211 on your phone and they can help you to find those community services to help.

Professional Guidance

If all else fails you can talk to your medical support system. Call your doctor to talk about your health and see what they suggest to help.

IF YOUR RESPONSE IS MOSTLY EMOTIONAL YOU MAY WANT TO TRY SOME MENTAL RELAXATION ACTIVITIES SUCH AS MEDITATION, SOOTHING MUSIC, OR READING.

Do I Have to File a Tax Return?

By Rebecca A. Nunes, CPA

For 2024, the filing requirements thresholds increased to \$14,600 if you are single and \$29,200 if you are married. If you are over 65, the thresholds increase to \$16,550 if you are single and \$32,300 if you are married.

For those that receive social security benefits, including SSI, the thresholds are a little different because of the way social security benefits are taxed.

If your income is lower than the above thresholds, you may not be required to file a tax return however, there are reasons to file the return anyway. Some reasons include preserving passive and capital loss carryovers for future use.

For married couples that receive social security benefits, you may want to check with your tax preparer whether you should file separate returns. Based on income outside of social security, you may save tax dollars by filing separate. This can be the case when one of the spouses receives social security and the other does not.

In determining whether to file or not, you will need to start gathering your income documents. The IRS requires that W-2s and 1099s be mailed to you by 1/31/2025 with investment statements having a later date of 2/15/2025. Please be aware that some companies may not mail them to you but instead, require you to download the forms from their website. 1099s are provided for interest earnings, tax refunds, rents collected, dividends, gambling proceeds and other potentially taxable income.

Once you add the income up you determine that you are required to file, in addition to the W-2s, and 1099s, the other form to be on the lookout is the mortgage interest statement form 1098. If you pay your property taxes with your mortgage interest, then the statement may reflect the property taxes paid as well. If not, you will need to gather the property tax payments made normally in April and December.

The 2017 Tax Cuts and Jobs Act eliminated some Federal deductions but, California did

not conform. These CA deductions include brokerage fees, union dues, work related expenses (including office in the home), safety deposit box fees, etc. Unfortunately, these expenses will require a bit of digging on your part. You will need to look at pay-stubs, investment statements and go through your checkbook.

The rules for energy saving improvements and vehicles purchased, new and used, have changed. Make sure you discuss any energy improvements or purchases you made with your tax preparer to see if they qualify for energy tax credits.

On a side note, if you are subject to Required Minimum Distributions (RMDs) and do not want to take in the extra income, you are allowed to send the distribution to a Qualified Charitable Organization (QCO). Your broker may have to help you navigate the paperwork.

March is National Sleep Awareness Month

By Heather Youpel, Accounting & Budget Manager

In 1998 the National Sleep Foundation launched "Sleep Awareness Week." The creation of this Awareness Week is to bring awareness back to the importance of sleep, the benefits of good and healthy sleep, bring attention to sleep problems, and promote the prevention and management of sleep disorders. The theme for 2025 is "Make Sleep Health a Priority."

The importance of sleep has come to the forefront of our priorities in the recent years. Days are gone of thinking you are not productive unless you only get 4-5 hours of sleep. We have now learned to be productive during your waking hours, you must get a good night's sleep. Adults should be getting 7-9 hours of sleep a night. However, we find ourselves making a new show on Netflix, chores, work, or looking at social media a priority, and we then fall short on getting the necessary rest we need.

How can you set yourself up for success to get a good night's sleep? Here are the top

tips for seniors, according to www.sleepdoctor.com, to strive towards gaining better sleep patterns.

1. Create and maintain a regular sleep schedule.
2. Don't nap too late in the day.
3. Exercise daily at least 4 hours before bedtime.
4. Find a relaxing activity before bed to focus your mind on sleep.
5. Talk to your doctor about any prescriptions that may be keeping you up.

In addition, creating an evening routine that allows your body and mind to end the hustle and bustle of day and prepare yourself for the very important task of sleep is extremely advantageous. Some examples of activities to prepare you for the winding down of the day are having a hot cup of tea, give yourself a mini-facial, meditating, reading an enjoyable book, listening to calm music, or just having a nighttime routine that lets your body know the day has ended and it is now time for rest. **Sweet Dreams!**

DONATE TODAY!

Valley Caregiver Resource Center (VCRC) gratefully accepts donations. Donated funds go towards services provided by VCRC, HICAP, OASIS and the Ombudsman Program. Services will not be denied if a client will not or cannot contribute to the cost of the services. The Fresno-Madera Ombudsman Program does not receive donations when Long Term Care Facilities sponsor or donate to VCRC. Your generosity in donating to VCRC will be greatly appreciated and can be done by forwarding your gift to VCRC at 5363 N. Fresno St., Fresno, CA 93710. VCRC is a 501(c)(3) private non-profit organization. All gifts are tax deductible in accordance with existing IRS regulations. Donations can also be made online through our website at:

www.valleycrc.org

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Caregiver Spotlight: Sheryl & Frank Wong - “I Now Embrace My New NORM!”

By: Jessica Diaz-Oasis Program Manager

When you take an aging parent to a medical appointment, you wind up playing many roles. While most of us aren't trained to juggle these jobs, more than 40 million people in the US are caring for family members. Many of us will end up becoming a caregiver at some point in our lives. Chances are we'll be helping out older family members who can't fully care for themselves.

The Oasis Adult Day Program introduces you to Sheryl Wong. In this caregiver spotlight you will get to know more about Sheryl's experience as a caregiver. Sheryl isn't new in her caregiving journey, she has had the privilege in caring for her mother, grandmother, and currently her father Frank Wong. In fact, her grandmother attended the OASIS program when it was located in Fresno Pacific College and they affectionately called her “The Whistler”. She would belt out the same tune each time, as if it were the first time, with gusto. Sheryl's father Frank Wong, is now the second generation in her family to attend the Oasis program, and has been attending since October 2022. Frank is affectionately named “Trouble”, for his sense of humor. “I am thinking of what my nickname will be, if I become the third generation to attend”, Sheryl stated.

Sheryl is thankful for the staff at OASIS, saying, “here you are not alone...when you share a story everyone can relate to it.”

When asked, what does keep your loved one at home mean to you?

“Since my dad's diagnosis of Alzheimer's disease, each day begins a new journey. More memories to make and nightmares to forget. The Oasis program provides my dad with a



purpose to wake up, to attend, what he calls “His Meeting.” The daily mental stimulation and interaction with others, has made a tremendous impact on the quality of life he enjoys.”

What is a memory you hold onto and/or treasure?

“My life has been without want or need. I reflect upon the importance of family and the times we spent together as I was growing up. So, I have plenty of memories of my dad and what was the NORM. I now embrace my new NORM.”

What do you know now, that you wish you knew then?

“When I started as a caregiver, the emphasis was on the person receiving the care. Though the goal of caring for another has not changed, I intentionally schedule the time to focus on ME! At first, I felt selfish for even thinking about my needs, I am still working on the ME part, but I get it. Thank you, Meghan!”

What message do you have for other caregivers such as yourself?

“I have learned to walk with my dad on this journey, side by side. To start each day without an agenda and let each moment just BE. Listen to others...you are not alone. Ask for help... you are not alone. Pray...you are not alone.”



“I HAVE LEARNED TO WALK WITH MY DAD ON THIS JOURNEY, SIDE BY SIDE. TO START EACH DAY WITHOUT AN AGENDA AND LET EACH MOMENT JUST BE. LISTEN TO OTHERS...YOU ARE NOT ALONE. ASK FOR HELP...YOU ARE NOT ALONE. PRAY...YOU ARE NOT ALONE.”

| Continued from pg 1

Social Work (cont.)

Our nation needs social workers more than ever. With homelessness numbers continuing to rise and addiction ravaging our cities, social workers are in the trenches working with the most vulnerable in our country. Social workers are uniquely qualified to answer the call by supporting clients through these societal troubles. Most social workers enter the profession because they truly want to help others. They go through years of education, training, and supervision so they can do the delicate but important work of meeting people where they are and helping them achieve their goals.

Social Work Month, is observed throughout March. The goal is to uplift the social workers of our country and celebrates their constant contributions to our society. These professionals use psychology and sociology to solve social issues and improve individual lives – and it's no easy feat! Social work can be emotionally draining, require long hours, and pay entirely too little, yet still, these superhumans strive every day to improve many people's quality of life and advocate on their behalf.

Don't wait for March, take some time out this month to recognize Family Consultants/ social workers and the great things they do.

UPCOMING TRAINING



HICAP VOLUNTEER TRAINING

**Want to become a
HICAP Volunteer?**

**Call (559)224-9117
for more information!**

Valley Caregiver Resource Center Presents a

Tropical Soirée

OCTOBER 17, 2025
CLOVIS VETERANS MEMORIAL HALL
6:30 PM

TICKETS
\$150 Per Person

FOR SPONSORSHIPS
Contact Meghan Velasquez
(559) 224-9154 • mvelasquez@valleycrc.org



The Crucial Role of a Long-Term Care Ombudsman

By Susan Bussean, Program Manager: Fresno-Madera Long Term Care Ombudsman Program

A Long-Term Care Ombudsman plays a critical role in advocating for the rights and well-being of individuals living in long-term care facilities (LTC). Here are some of the key positive things a long-term care Ombudsman does:

1. Advocacy for Residents' Rights

- Ombudsmen help ensure that residents' rights are respected and upheld.
- They advocate for issues related to dignity, privacy, autonomy, and freedom from abuse or neglect.

2. Investigation of Complaints

- They investigate complaints from residents, family members, or other concerned parties. Complaints might involve substandard care, improper medical treatment, unsanitary living conditions, or financial exploitation.

- They can resolve issues through direct intervention with facility management, and if necessary, escalate cases to regulatory agencies.

3. Education and Awareness

- Ombudsmen educate residents, families, and facility staff about the rights and responsibilities of LTC facilities.
- They provide training to staff members on best practices for care and patient interaction, helping to improve the quality of life for residents.

4. Improving Quality of Care

- By identifying patterns of problems or deficiencies in a facility, Ombudsmen can make recommendations to improve care practices, policies, and operations.
- They act as a bridge between residents and management, helping to identify systemic issues that could affect many residents and pushing for improvements.

5. Conflict Resolution

- Ombudsmen often serve as mediators in disputes between residents and facility management. This can be crucial for resolving issues without escalating them to legal or regulatory authorities.
- They help foster open communication between residents, families, and care providers, ensuring that concerns are addressed in a timely and respectful manner.

6. Protection from Abuse and Neglect

- Ombudsmen help protect residents from physical, emotional, or financial elder abuse by identifying warning signs and intervening when necessary.
- They also work to prevent neglect or mistreatment, ensuring that residents are receiving the level of care they need and deserve.

Continued on pg 13

Drive Thru Shredding Event For Seniors & Caregivers

Senior Medicare Patrol & Valley Caregiver Resource Center want to protect you and your loved ones from Medicare Fraud and Identity Theft.

Bring documents with personal identifiable information- such as old bank statements, bills, old tax returns, and outdated Medicare documents- to be shredded safely.

Free Event!

Saturday March 8, 2025 10am-12pm

**Valley Caregiver Resource Center Parking Lot
5363 N Fresno St.
Fresno, Ca 93710**



We ask for all participants to remain in their car. Staff members will unload your box for you. A mobile shredding company will immediately shred your personal documents:

- One banker box per participant (cardboard boxes and/or containers cannot be left)
- No cardboard, binder clips, binders, or electronic media will be accepted
- Residential shredding only (no commercial shredding allowed)
- Truck will be available for 2 hours or until full

For More Information, please contact your local SMP at (559) 224-9117

2025

CALENDAR OF EVENTS



March 8, 2025

**Drive-Thru
Shredding Event**
Dispose of personal
documents safely.



April 14, 2025

**12th Annual Fundraising
Golf Tournament**
Get your team together!



April 2025

**HICAP Volunteer
Recognition Luncheon**
Recognizing our volunteers



April 2025

**Ombudsman Volunteer
Recognition Luncheon**
Recognizing our dedicated
volunteers



June 2025

**Elder Abuse
Awareness Event**
Know Abuse,
Report Abuse



August 13, 2025

**Donor Appreciation at
Fort Washington**
Honoring our community
partners



October 17, 2025

Tropical Soiree
**29th Annual
Celebration Of Care**
Dinner-Live & Silent auction



TBD

**OASIS Expansion
Open House**



For more information visit our website www.valleycrc.org

For Questions, Please Contact:
Meghan Velasquez, Executive Director
mvelasquez@valleycrc.org 559.224.9154

THANK YOU

2024 Celebration of Care Sponsors

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Fresno Madera Area Agency on Aging
Hedrick's Chevrolet
Hind's Hospice
Kaiser Permanente
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Noble Credit Union
Paintbrush Assisted Living
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The Vineyards,
California Armenian Home

Valley Caregiver Resource Center wants to offer our sincere thanks and appreciation to our 2024 Celebration of Care sponsors. Without the generosity and kindness of our community sponsors, VCRC would not be able to meet the demand for care and guidance within the 9 counties we serve.

Ruby Sponsors

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SMP
Summerfield
Trinity Fruit Company
Visiting Angels- Porterville/Visalia
Willow Creek Healthcare Center





Valley Caregiver Resource Center Presents a

GREEK GALA

October 18th, 2024 – 6:30pm
Clovis Veterans Hall



Thank You

to our amazing STAFF who made this year's Celebration of Care a spectacular success. We couldn't have done it without you!



CAREGIVER EDUCATIONAL CLASSES



Classes are being offered In-Person or Online

To Register, Call us at:
(559) 224-9154 or
(800) 541-8614

CLASS KEY

Want to know if a class listed is in-person or virtual? These symbols will tell you.

- I** IN-PERSON Class
- V** VIRTUAL Class
- H** HYBRID Class (both virtual and in-person)

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Please be aware that if you are experiencing any Covid-like symptoms you will not be able to attend. Classes are not for professionals, providers, or care receivers.

WINTER 2025

JANUARY Classes

- H** **Downsizing: When & How to Let Go of Things**
Tuesday, January 14, 2025 | 2:00 pm to 3:30 pm
https://us06web.zoom.us/join/zoom/register/tZltd-itrz4qHNvicGlp_pYa6SG811BNyYfG
- H** **Caregiver Grief**
Tuesday, January 21, 2025 | 2:00 pm to 3:30 pm
<https://us06web.zoom.us/join/zoom/register/tZEqc-Gsqz4iGNC4FXCojZs7Y7LZubMAM3v5>
- V** **What to Know About Hospice**
Wednesday, January 22, 2025 | 2:00 pm to 3:30 pm
https://us06web.zoom.us/join/zoom/register/tZYsf-irqT0jG90HvD_PZZQhLVMYwNXNBvfg
- H** **Best Practices with Challenging Dementia Behaviors**
Tuesday, January 28, 2025 | 6:00 pm to 7:30 pm
<https://us06web.zoom.us/join/zoom/register/tZAsdOCurD8pHNx0kxEBCqJRN3WLJBCuU34f>

FEBRUARY Classes

- H** **Benefits for Aging Veterans**
Tuesday, February 11, 2025 | 2:00 pm to 3:30 pm
<https://us06web.zoom.us/join/zoom/register/tZAtd-usqD4vGdNlKks-MVrBAooS0LgH8imm>
- V** **Holding a Family Meeting**
Wednesday, February 19, 2025 | 2:00 pm to 3:30 pm
https://us06web.zoom.us/join/zoom/register/tZMuc0uuqz4rH90iCLj_tXXfCLL305E1Zenz
- H** **Senior Fraud Awareness**
Tuesday, February 25, 2025 | 2:00 pm to 4:00 pm
<https://us06web.zoom.us/join/zoom/register/tZUlcuyuj4uH9PkIX6txLNLyUPtWyg7RX7U>

MARCH Classes

- V** **Difficult Conversations about Difficult Topics**
Tuesday, March 4, 2025 | 2:00 pm to 3:30 pm
<https://us06web.zoom.us/join/zoom/register/tZEtd--urjooHdKWslgqmWfb50s0Yft2mC3->
- H** **Elder Law Seminar**
Thursday, March 13, 2025 | 2:00 pm to 3:30 pm
https://us06web.zoom.us/join/zoom/register/tZwtc0yhrT4sEtlu_ea4mPVCg2akEayU6oci
- H** **Comportamientos de la demencia**
Híbrido – virtual Y en persona
Presentado por las organizaciones Valley Caregiver Resource Center y ALZHEIMER'S ASSOCIATION
Viernes, 14 de marzo de 2025 | De 2:00 p.m. a 3:30 p.m.
<https://us06web.zoom.us/join/zoom/register/tZAocuuhpj8qHNdRmxeDoETR3GYJwMQJdDi>

**FOR ALL CLASSES CALL TO REGISTER:
(559)224-9154 or (800)541-8614.**

Once registered (only when attending virtually), you will receive a confirmation email containing information about joining the training.

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES

OTHER Classes

- I** **Matter of Balance: Do You Have Concerns About Falling?**
A Matter of Balance is an award winning program designed to help reduce the fear of falling, manage falls, and increase the activity levels of older adults who have concerns about falling. This is a two-hour eight-sessions program. Limited Space.
Call the main office at (559) 224-9154 for dates and times
- I** **Powerful Tools For Caregivers Class**
Powerful Tools for Caregivers is a two-hour six-sessions program. This class will give you the tools to help reduce stress, communicate effectively, reduce guilt, anger, and depression, help you relax, make tough decisions, set goals and problem-solve. Please note that this class will NOT focus on the disease process. Limited Space.
Call the main office at (559) 224-9154 for dates and times

Part of a Statewide System of Caregiver Resource Centers serving family caregivers, contracted through the California Department of Aging, and grants from various Area Agencies on Aging in Fresno-Madera, Kern, Kings-Tulare, and Merced. VCRC educational classes are not open to providers, volunteers or for patients.

For more info on these events or our programs, visit:
www.valleycrc.org

Like us on Facebook:
www.facebook.com/ValleyCRC/

Find us on Instagram:
https://www.instagram.com/valley_caregiver_resource_cntr/





Please be aware that if you are experiencing any Covid-like symptoms you will not be able to attend. Classes are not for professionals, providers, or care receivers.

WINTER 2025

Valley Caregiver Resource Center

offers a wide variety of FREE support groups for all caregivers which meet on an ongoing basis. Join us in person or virtually to connect with a community of support.

Support Groups are being offered In-Person

For more info, Call us at:
(559) 224-9154 or
(800) 541-8614

*** If you are in Kings or Stanislaus counties,** please reach out to VCRC at **(559) 224-9154** for more information about groups in your area.

FRESNO County

Alzheimer/Dementia Support Group

1st Monday & 3rd Wednesday | 10:00-11:30am
Location: Fresno VCRC Office

Caregiver Support Group

3rd Wednesday | 2:00-3:30pm
Location: Fresno VCRC Office

TBI/Stroke Support Group

4th Monday | 2:00-3:30pm
Location: Fresno VCRC Office

Spanish Support Group

Last Friday | 10:00-11:30am
Location: Fresno VCRC Office

KERN County

Caregiver Support Group

1st Tuesday | 1:00pm-2:30pm
Location: Tehachapi

Caregiver Support Group

3rd Thursday | 10:30am-12:00pm
Location: Ridgecrest

MADERA County

Caregiver Support Group

2nd & 4th Tuesday | 10:00-11:30am
Location: Oakhurst Lutheran Church

MERCED County

Alzheimer/Dementia Support Group

2nd Tuesday | 2:00-3:30pm
Location: Living Well Café

General Caregivers Support Group

4th Tuesday | 2:00-3:30pm
Location: Living Well Café

TULARE County

Caregiver Support Group

3rd Thursday | 10:00-11:30am
Location: Tulare Senior Center

TUOLOMNE County

General Caregiver Support Group

4th Thursday | 1:30-3:00pm
Location: Area 12 Agency on Aging

SUPPORT GROUP SPOTLIGHT:

Support Network is an online **Facebook support group** designed to connect and support family caregivers. This Facebook group is a private online support group, with no mediator or set meeting time. It is a safe place to talk, ask questions, find solutions to obstacles or share your caregiving experiences with others walking on a similar path. The online platform is designed to build community, connect caregivers, and offer solutions to daily struggles all through the convenience of an app on your phone.

JOIN NOW: <https://www.facebook.com/groups/valleycsn>

For more info on these events or our programs, visit:

www.valleycrc.org

**LOCATION
GUIDE**

Fresno VCRC Office:

5363 N. Fresno St.

Oakhurst Lutheran Church:

39255 Black Road, Oakhurst, CA 93644

Ridgecrest:

417 Drummond Ave, Ridgecrest, CA 93555

Tulare Senior Center:

201 N. F Street, Tulare, CA 93274

Tehachapi:

500 E. F Street, Tehachapi, CA 93561

Area 12 Agency on Aging:

19074 Standard Rd, Sonora, CA 95370

Living Well Café – Merced:

851 W 23rd St, Merced, CA 95340

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- AWARDS



DRAGONFLY GOLF CLUB
43369 Ave 12 • Madera, CA 93636

11 AM Registration – 1 PM Shotgun Start – Scramble

ALL PLAYERS

WILL RECEIVE:

- Range Balls with Cart
- Closest to the Pin Contest
- Longest Drive Contest
- Swag Bag
- Team Photo
- Drinks, Lunch & Dinner

ADD A SUPER TICKET FOR \$30

- (1) 50/50 Ticket
- (2) Mulligans
- (25) Raffle Prize Tickets

TO BECOME A SPONSOR

Contact Meghan Velasquez
(559) 224-9154
mvelasquez@valleycrc.org

DEADLINE TO REGISTER: April 1, 2025

SPONSORSHIPS

TITLE SPONSOR	\$5,000
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Continued from pg 5

Ombudsman (cont.)

7. Building Trust and Empowerment

- By providing a confidential and neutral avenue for raising concerns, Ombudsmen help empower residents and families to speak up without fear of retaliation.
- This empowerment builds trust in the care system and encourages greater resident involvement in their own care planning and decision-making.

8. Policy and Systemic Advocacy

- On a larger scale, Ombudsmen may advocate for legislative or policy changes that improve the quality of care and residents' rights in long-term care settings.
- They help shape public policies related to aging, healthcare, and long-term

care, ensuring that the voices of residents and their families are heard.

9. Support for Families

- Ombudsmen provide emotional and informational support to families, helping them navigate the complex world of long-term care and understand their loved ones' rights and needs.
- Families often rely on Ombudsmen for guidance when they are unsure how to proceed with complaints or concerns.

10. Prevention of Institutional Problems

- By regularly visiting facilities and observing conditions, Ombudsmen can identify potential problems before they become widespread, allowing for early intervention and prevention.

- This proactive approach can lead to improved overall care environments and better outcomes for residents.

In short, a long-term care Ombudsman is an essential resource for ensuring the protection, dignity, and well-being of residents in long-term care settings, helping to maintain high standards of care and promote a more humane and responsive system.

INTERESTED IN VOLUNTEERING?

Our next Ombudsman Training and Certification Class will be March 17-March 21, 2025
Call 224-9177 for more information!



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