

Give Back to Our Community and Volunteer Today!

By Michelle DiBuduo, Executive Director of VCRC

Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another. - Erma Bombeck



Michelle DiBuduo

One characteristic most non-profits share is the need for volunteers. This is not surprising to me, since my initial introduction to Valley Caregiver Resource Center (VCRC) over 20 years ago was as a volunteer. At the time, I had observed in the community, many situations where seniors were being treated unfairly and without

dignity. I voiced my concerns to the then VCRC Executive Director and was given the opportunity to make a difference. I questioned that day if I could personally make a difference. I came from an accounting background, without traditional social work skills or training. I quickly learned that all I needed was the desire to make a difference and a willing heart to start down this road.

We have made great strides since then, but VCRC is never without the need for dedicated volunteers. One definition of a volunteer is a person who voluntarily offers himself or herself for a service or undertaking. VCRC is a place where you can share your talents and learn new skills. By giving back, you can get back so much in return.

We are so grateful for each and every one of our current volunteers. We could not do the work we do

without them. Yet, many openings still need to be filled. We have four programs that rely heavily on volunteers:

Fresno-Madera Long Term Care Ombudsman Program are directed to visit over 220 Residential Care Facilities for the Elderly and 37 Skilled Facilities a minimum of once a month, as they advocate for the residents.

Fresno-Madera Health Insurance Counseling and Advocacy Program (HICAP) assists over 900 Medicare clients each year as they navigate their plans, along with helping them with appeals.

OASIS Adult Day Program services participants with dementia, Monday through Friday, providing them with an engaging and activity-filled day.

Caregiver Resource Program assists over 1500 family caregivers, as they care for their loved one at home.

We have also reinstated our Telephone Reassurance Program, where we make weekly calls to Fresno and Madera seniors 60 and older, just to check in and see how they're doing.

Some programs require training, which we provide, and some just need a commitment of time with little training.

May is Volunteer Recognition Month. As we celebrate our many invaluable volunteers, please consider the VCRC opportunities to give back to our community's seniors and caregivers. Call our office at **559.224.9154** to obtain more information. We truly can't do it without you!

Our Common Mission

By Jessica Diaz, Ombudsman Program Lead

Words cannot adequately express the gratitude that the Fresno-Madera Long Term Care Ombudsman Program has for the dedication and hard work that each and every Ombudsman volunteer demonstrates.

Ombudsman volunteers come from many different career paths and life experiences, but they all have one common mission: advocating for the dignity, quality of life, and quality of care for all residents in

long-term care facilities. Ombudsman advocate for nearly 10,000 residents and make their presence known in all 38 skilled nursing facilities and 224 residential care facilities for the elderly.

The Ombudsman's job is difficult and cases are often an entangled web, but the devotion of our volunteer Ombudsman is inspiring. Many residents have seen improvements in the quality of their care, their meals, their living conditions and overall experience of residing in the facility that they now call their home. While it often feels like the

process is slow and the job is thankless, there are moments and outcomes that make it all worthwhile.

Whether you are a long-time volunteer or if you got involved fairly recently, and regardless of how many hours you choose to give, it's important for you to know that what you do makes a difference. All of the Ombudsman volunteers' matter, make a difference, and their great generosity has had a profound and lasting impact to long-term care residents in the Fresno/ Madera Counties.



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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

Don't Miss the Signs

By Jessica Diaz, Ombudsman Program Lead

June has been declared World Elder Abuse Awareness Month and is recognized globally. Every year an estimated 5 million, or 1 in 10 older Americans are victims of elder abuse, financial abuse, neglect, physical abuse, and emotional abuse.

However, many of those who are abused suffer in silence, and many cases are never reported or brought to light. It is a global social issue which affects the Health and Human Rights of millions of older persons around the world, and an issue which deserves the attention of the community. This is more important than ever as cases of elder abuse have increased significantly during the pandemic.

Victims are from every ethnicity, neighborhood, socioeconomic group, but the one thing they have in common is that they are elderly.

Elder abuse has no boundaries. There are a number of factors that may increase or decrease the risk of elder abuse. To prevent elder abuse, we must understand and address the factors that put people at risk or protect them from abuse.

The principal function of the Fresno-Madera Long-Term Care Ombudsman Program is to investigate and work to resolve complaints made by, or on behalf of long-term care residents. Ombudsman focus primarily on resolving the stated wishes of the resident or complainant and respects and protects their confidentiality while investigation a complaint.

Our goal is to educate and empower residents to recognize when their rights may have been violated. Education empowers them and gives them confidence to "See Something...Say Something" when the need arises.

FREE Legal Aid Workshop

By Jennifer Webb, HICAP Program Manager

HICAP receives calls regularly from caregivers that are providing care for their loved one who is a Medicare beneficiary or is about to be. Often, they have been thrown into the role of managing medical bills, coverage options, and medications with little to no notice. Unfortunately, this role does not come with a "how to" manual and they are often left to navigate the world of Medicare alone. Then they hear about HICAP and are thankful to have found assistance, however, without the proper documentation HICAP counselors may not be able to assist them on the beneficiaries behalf. What a rollercoaster ride of emotions!

Good news.....HICAP is still here for you, and has collaborated with Central California Legal Services to offer a two-part, free legal aid workshop. This workshop will educate you about basic estate planning, trusts, Power of Attorney documents, and Advanced Healthcare Directives.

Part One: "Free" Presentation from CCLS Attorneys and Paralegals – Hybrid class at Valley Caregiver Resource Center on **Thursday, June 29, 2023 from 2-4pm.**

Please click the link to register https://us06web.zoom.us/join/register/tZArduC-qzqwqGNabH1sUR9O2m4h8LI-5S_DS

Part Two: "Free" Individual Consultations with CCLS Attorneys and Paralegals – This all-day event is on **Wednesday, August 2, 2023** will be held in the Valley Caregiver Resource Center conference room and consist of scheduled consultations for attendees from Part One. (Scheduling will be completed at the end of the Part One workshop on June 29th)

Please contact HICAP at (559) 224-9117 for more information
Monday- Friday,
8am- 5pm.



HICAP volunteers are “Presidential” – They Embrace, Embody, and Champion for our Program

By Jennifer Webb, HICAP Program Manager

Many do not know that Health Insurance Counseling and Advocacy Programs are volunteer based, and that volunteer counselors must complete the same exact training as HICAP staff counselors. “All” HICAP counselors must be registered with the California Department of Aging and complete continued education annually to remain registered. It is not easy, and the responsibility is not taken lightly. HICAP Volunteer Coordinator, Laura Robinson and her team work together to provide training and support to all of our wonderful volunteers who we appreciate greatly.

HICAP volunteers embrace the mission of HICAP enthusiastically and provide support to Medicare beneficiaries year after year. They meet challenges head on and advocate for their clients as if they were assisting their best friends. Our team finds such delight in their participation and appreciation for their passion to serve. With their support, HICAP is able to provide counseling services to even more beneficiaries. In fact, HICAP was able to assist an additional 54 Medicare beneficiaries during the 2023 Annual Medicare Open Enrollment Period.

HICAP volunteers embody the education, professionalism, and empathy that one needs to provide excellent counseling services for Medicare beneficiaries. More often than not, HICAP volunteers are retired teachers, lawyers, doctors, and other business professionals that are able to understand the complexities of Medicare coverage. These unique volunteers provide a level of empathy that organically guides their approach since they are often Medicare beneficiaries themselves.

HICAP volunteers champion for our Medicare beneficiaries through their advocacy. As a Program Manager, it brings me great pride in our program when I overhear our volunteers making a conference call to the Social Security Administration to assist their client, or I hear them contacting the beneficiary’s physician to confirm their coverage and put their client’s mind to rest. Advocacy at its finest!

HICAP believes in honoring our outstanding volunteers and recognizing the impact that they make. This year HICAP will be honoring all of our volunteers with The President’s Volunteer Service Award during our annual HICAP Volunteer Appreciation Event on April 28, 2023. This award was founded by the President’s Council on Service and Civic Participation in 2003 to recognize the important role of volunteers in America’s strength and national identity. The award honors individuals whose service positively impacts communities in every corner of the nation and inspires those around them to take action.

Each of our volunteer counselors will receive their official President’s Volunteer Service Award coin, medallion, and personalized certificate of achievement and letter signed by President Joseph R. Biden, Jr. There are three award levels; Bronze (100-249 hours), Silver (250-499 hours) and Gold (500+ hours). It is with great honor that I share our three eligible volunteers below:

Mr. Gyan Shanker - Bronze

Mr. Wayne Clarke - Bronze

Mr. Wayne McMillen - Gold

ON FEBRUARY 1, 2023, HICAP UNEXPECTEDLY LOST ONE OF OUR VOLUNTEERS, MR. WAYNE MCMILLEN. WAYNE SERVED HICAP AND MEDICARE BENEFICIARIES FOR OVER 17 YEARS HONORABLY AND WHOLEHEARTEDLY.

All HICAP volunteers, including our two newest team members, Linda Simpson and Barbara Schlueter will also be receiving a HICAP service certificate and small gift of appreciation. We hope that our volunteers know that we not only appreciate them on April 28th but every day!

On February 1, 2023, HICAP unexpectedly lost one of our volunteers, Mr. Wayne McMillen. Wayne served HICAP and Medicare beneficiaries for over 17 years honorably and wholeheartedly. Wayne was not just our team member but was also our friend. We miss him greatly and will all be sharing our “Wayneisms” (as we call them), for years to come. Wayne served as our on-site volunteer HICAP counselor at the Clovis Senior Center for many years. We regularly receive calls from his clients sharing stories of the support he provided for them and it is admirable.

HICAP is not just a program but it is a team of caring individuals made up of both staff and volunteers that work together to provide the support that our Fresno and Madera Medicare beneficiaries need and deserve.

If you are a Medicare beneficiary and need assistance, we are here to help! Give us a call, (559) 224-9117 for your free, unbiased, and confidential appointment. We are open Monday- Friday 8am- 5pm.

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

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.

Counseling Corner: What Do We Do When We Start Aging?

By Kevin Alvey, MA, MFCC, Caregiver Resource Center Program Manager

I was recently asked by a college student, “What is the best thing we can do when we start aging?” I laughed and said you started aging at conception. That seems trite, but we usually don’t realize the aging process until things change toward losses. I have embraced change most of my life. New places and experiences, new people and new food—I enjoy change. At some point, I realized, new things, new experiences that come with aging often equal losses of some kind. Dealing with those constant, little losses becomes difficult and draining. It’s like a slow drip from a faucet that drips things like flexibility, stamina, patience, opportunity, and the onset of daily pain. Drip, drip, drip.

As we age our roles and activities change, sometimes those shifts are difficult. But as a society we are experiencing many people living longer generally, so we must address the idea of aging well. To prepare ourselves to better negotiate the experiences of change we need to employ new tools. One of those tools is developing resilience. Resilience is the idea that along the way in our specific journey we can gather the resources needed to

navigate adversity and maintain a high level of functioning in our daily lives.

Key aspects of aging well include: avoiding disease and disability, healthy practices in exercising our cognitive and physical fitness, staying actively engaged in life, and attending to growth in spiritual and emotional maturity. The term, “optimal aging” is being used in that we do the best with the unique situation we are given. Different paths to living an optimal life from beginning to end. The focus shifts to how a person best uses their economic and social resources to solve problems that arise.

THE IDEA OF RESILIENCE IS KEY TO STRENGTHENING OUR ABILITY TO NAVIGATE THE CHANGES WE EXPERIENCE BY BEST USING THE RESOURCES AROUND US.

The idea of resilience is key to strengthening our ability to navigate the changes we experience by best using the resources around us. The intentional investment we give

toward our personal self-care is directly reflected in our experiencing a higher quality of life as we age. You might be dealt a bad hand of cards, but resilience as a practiced trait can give you the skills to make the best out of a tough situation.

How we develop resilience includes some of the following ideas:

- Look for the best outcome in a situation, every cloud has a silver lining.
- Try something new, draw, paint, take music lessons
- Engage in a positive new social group, support group, church group
- Try meditation, yoga, mindfulness, or Tai Chi
- Practice proper nutrition habits,
- Exercise
- Volunteer, giving is the best way to receive

Developing resilience is the practiced habit of maintaining healthy lifestyle choices like what we eat, how we choose to exercise, how we exercise our faith, and how socially engaged we are in helping others and living life courageously.

Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year’s theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your

local senior center or elsewhere in the community.

Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.



AGING UNBOUND: MAY 2023

The Seven Stages of Dementia

One of the most difficult things to hear about dementia is that, in most cases, dementia is irreversible and incurable. However, with an early diagnosis and proper care, the progression of some forms of dementia can be managed and slowed down.

Stage 1: No Cognitive Decline

Stage 1 of dementia can also be classified as the normal functioning stage. At this stage of dementia development, a patient generally does not exhibit any significant problems with memory, or any cognitive impairment.

Stage 2: Age Associated Memory Impairment

This stage features occasional lapses of memory most frequently seen in:

- Forgetting where one has placed an object
- Forgetting names that were once very familiar

Stage 3: Mild Cognitive Impairment

Clear cognitive problems begin to manifest in stage 3.

- Forgetting the names of family members and close friends
- Difficulty concentrating
- Patients often start to experience mild to moderate anxiety as these symptoms increasingly interfere with day to day life.

Stage 4: Mild Dementia

- Decreased knowledge of current and/or recent events
- Difficulty remembering things about one's personal history
- Decreased ability to handle finances, arrange travel plans, etc.
- At this stage, individuals may start to become socially withdrawn and show changes in personality and mood.

Stage 5: Moderate Dementia

The main sign for stage 5 dementia is the inability to remember major details such as the name of a close family member or a home address. Patients may become disoriented about the time and place, have trouble making decisions, and forget basic information about themselves, such as a telephone number or address.

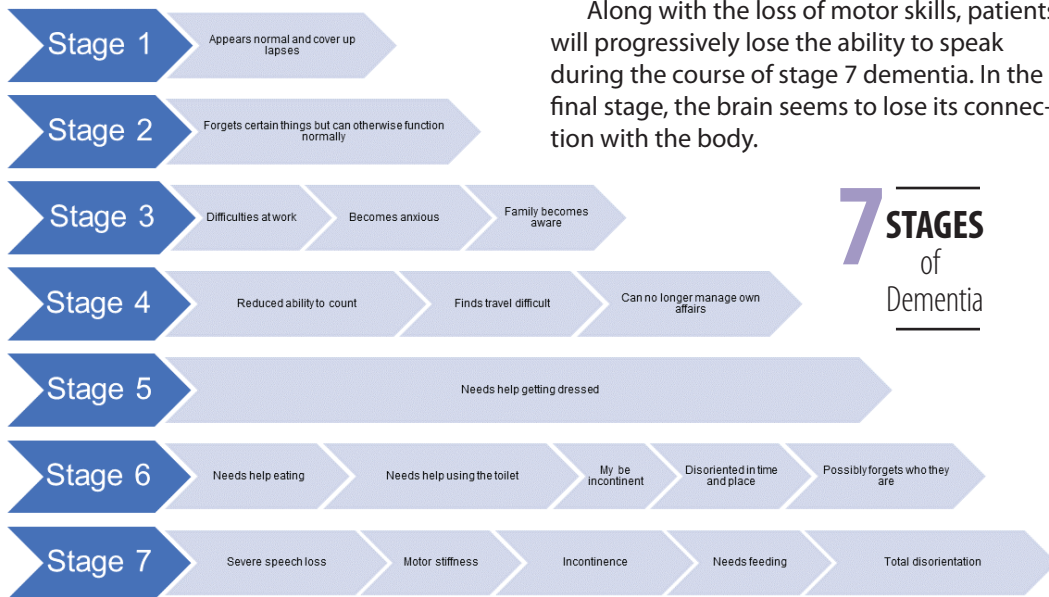
Stage 6: Moderately Severe Dementia

In the sixth stage, patients are generally unaware of their surroundings, cannot recall recent events, and have skewed memories of their personal past. Caregivers and loved ones should watch for:

- Delusional behavior
- Obsessive behavior and symptoms
- Anxiety, aggression, and agitation

Stage 7: Severe Dementia

Along with the loss of motor skills, patients will progressively lose the ability to speak during the course of stage 7 dementia. In the final stage, the brain seems to lose its connection with the body.



OASIS ADULT DAY PROGRAM:

Caring for someone with Dementia can be overwhelming, but OASIS Adult Day Care Program can help make it easier. Bring your loved one and let our trained staff support & guide them through a fun filled day! Contact us today to learn more: [Meghan Velasquez](mailto:Meghan.Velasquez): (559) 224-9121 or mvelasquez@valleycrc.org



2023 Annual Senior Medicare Patrol's "Free" Drive Thru Shredding Event Recap

By Jennifer Webb, HICAP Program Manager

On Saturday, March 18th from 10am to noon, HICAP's Senior Medicare Patrol Liaisons coordinated a free drive thru shredding event hosted in the Valley Caregiver Resource Center parking lot.

225 seniors and caregivers were informed about Senior Medicare Patrol, educated about Medicare fraud, and shown how to prevent fraud by safely shredding their documents.

This event was a testament of the how important community engagement and partnerships are to support our seniors. Together with Valley Caregiver Resource Center, Teens that Care members, Poverello House's Community Coordinator, Fresno County Department of Social Services- Outreach Unit Eligibility Workers, and our Fresno State interns, we provided a safe and fun event leaving participants to say, "It felt like Disneyland, everyone was so happy!"

Each participant was safely guided through a resource station where they received a reusable Senior Medicare Patrol shopping bag filled with community resources and SMP materials. Then they were directed to the "contact" station. This area provided VCRC team members and Fresno County team members to share information about VCRC programs and Medi-Cal for our seniors who were interested in dual eligibility (Medi-Medi). Lastly, they were assisted at the shredding station.

If you would like to learn more about this annual event or how you can support it next year, please contact HICAP at (559)224-9117.

We want to thank the following event supporters that provided tasty treats and supplies for our team of volunteers during the event:



Not All Who Wander Are Lost

By Meghan Velasquez, OASIS Program Manager

As the sun begins to show itself and the weather warms up, we are all anxious to get outside and enjoy the fresh air. We are quick to open windows and the front door, welcoming the fresh breeze into our homes. The majority of us are able to do this without any concern, but for those of us caring for a loved one with Alzheimer's or dementia we might have to stop and evaluate the risks.

The majority of people with Alzheimer's/dementia will experience wandering, many in the mid-to-late stages of their diagnosis.

SECURING THE ENVIRONMENT IS AN IMPORTANT STEP IN ENSURING THE SAFETY OF YOUR LOVED ONE IN THE HOME

Wandering tendencies appear for many different reasons. Some individuals are looking for something or someone, or feel the need to fulfill a former responsibility such as picking up the kids from school or going to work, or may express the need or desire to "go

home" and some simply just want to get outdoors. Others may wander due to anxiety, boredom, and/or agitation.

Although the exact cause may be unknown, wandering can be very worrisome for the caregiver and dangerous for the individual. There are steps you can take to help prevent wandering and keep your loved one safe in case they do wander without your knowledge.

Securing the environment is an important step in ensuring the safety of your loved one in the home:

- Keep locks and alarms on the windows and doors,
- Secure car keys,
- Child proof knob covers, and
- Place a tracking device on their shoe, watch, or something they often wear.

Addressing the psychological component is also key in addressing wandering. Keep your loved one active, ensuring adequate sleep. Maintaining routine and structure throughout the day will also help prevent wandering behavior.

CONSIDER PURCHASING AN IDENTIFICATION BRACELET TO KEEP ON YOUR LOVED ONE AT ALL TIMES AND TRY TO NOT LEAVE THEM UNATTENDED. IF YOUR LOVED ONE DOES WANDER AWAY, IT IS IMPORTANT TO TAKE IMMEDIATE ACTION AND NOTIFY THE POLICE. ALERT YOUR NEIGHBORS AND LOCAL BUSINESSES, POST ON SOCIAL MEDIA AND CALL YOUR FAMILY TO COME HELP YOU LOOK.

Consider purchasing an identification bracelet to keep on your loved one at all times and try to not leave them unattended. If your loved one does wander away, it is important to take immediate action and notify the police. Alert your neighbors and local businesses, post on social media and call your family to come help you look. Try to note what they are wearing that day to give everyone an accurate description.

The goal is to anticipate wandering, plan for it before it happens, and therefore prevent missing incidents.

What Can You Do to Prevent West Nile Virus?

By Lori Norman, Director of Strategic Planning

Did you know that more than 7,000 human cases have been reported of West Nile Virus (WNV) in California and over 300 deaths since the virus first appeared here in 2003?

The biggest culprit in the Central Valley are mosquitoes that spread WNV...

Fresno County has one of California's highest rates of West Nile virus. As of December 2, 2022, there were 14 positive cases reported in humans, and two of those people died. In addition, within our caregiver service counties, there have been:

Three human cases were reported in Madera, 17 cases in Kern, seven cases in Kings, 14 in Stanislaus, 10 in Tulare, and seven in Merced and Tuolumne has yet to report any issues as of December 2.

Our message is on prevention! **"DON'T GIVE BUGS A BITING CHANCE!"**

- Use repellents: DEET and permethrin products are the most effective but must be used cautiously, especially around children.
- Use screens: make sure that doors and windows have tight-fitting screens.
- At dawn and dusk: avoid outdoor activity at these times if possible.
- Wear protective clothing: wear long sleeve shirts and long pants when mosquitoes are active.

People of any age can get West Nile Virus. However, people over 65 with underlying medical conditions are at the most significant risk for severe disease.



What if you or a family member might have WNV?

Mild symptoms of West Nile Virus usually resolve on their own. However, seek medical attention immediately if you have signs or symptoms of a serious infection, such as severe headaches, a stiff neck, disorientation, or confusion. A severe illness generally needs hospitalization.

WE SEE HOPE • WE SEE PURPOSE • WE SEE INDEPENDENCE



Caring for someone with dementia can be overwhelming, but OASIS Adult Day Program can help make it easier. Bring your loved one and let our trained staff support and guide them through a fun filled day!

OASIS PROVIDES:

- Opportunities for new friendships
- A safe and supervised environment
- Fun and engaging activities to keep both their mind and body moving



The main benefit of adult day care is delaying or preventing the move to a long-term residential care facility so older adults can live at home or in the community as long as possible.

- Elise Eifert, Ph.D., Gerontologist

TO LEARN MORE:

Contact Meghan Velasquez

(559) 224-9121

mvelasquez@valleycrc.org



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FREE LEGAL AID WORKSHOP

Hybrid (in-person and virtual)
Thursday, June 29, 2023
2:00 pm to 4:00 pm

[CLICK TO REGISTER HERE](#)

OR CALL

valley
CAREGIVER
RESOURCE CENTER
(559)-224-9154

FREE LEGAL AID WORKSHOP...

Is a two-hour hybrid workshop hosted by **Valley Caregiver Resource Center**.

This workshop will have guest speakers from **Central California Legal Services**.

They will educate and answer questions about **basic estate planning tools such as wills, trusts, power of attorney, and advanced healthcare directives**.

Brought to you
by

HICAP
Health Insurance
Counseling and
Advocacy Program

Free Service to Medicare Beneficiaries



(559)-224-9117



Monday - Friday
8AM - 5PM



5363 N. Fresno St.
Fresno, CA 93710

FOLLOW US!



APPLYING FOR MEDI-CAL *as a* MEDICARE BENEFICIARY



IT'S AS EASY AS 1, 2, 3!

1

Get in contact with Medi-Cal at **HICAP**

MEDI-CAL APPLICATION ASSISTANCE DAY FOR FRESNO COUNTY

During your scheduled appointment, a Fresno County Eligibility Worker may provide assistance with:

- General program questions
- Application assistance with: Medi-Cal, CalFresh, CalWorks
- Ongoing cases
- Understanding letters received

CALL HICAP TO SCHEDULE YOUR APPOINTMENT

MONDAY-FRIDAY 8AM-5PM (559) 224-9117

This event is the 2nd wednesday of every month.

GIVE US A CALL AND WE WILL SCHEDULE YOU IN!



2

Gather these important documents

- Legal names of all people included in the application
- Social Security cards
- Proof of Address: Utility Bills, insurance documents, etc.
- Proof of Identity: Passports, driver's license, etc.
- Income and Tax information: W2 forms, pay stubs, bank Statements, etc.
- Property: Car title, etc.

Disclaimer: Please bring all documents enclosed in a secure folder. Do not share documents/personal information with anyone other than the Eligibility Worker on site.

3

Fill out the initial application for Fresno County

Eligibility is income-based, and considers assets.

- Homeowners
 - Individuals: \$130,000 limit
 - Couples: \$195,000 limit

Families or persons with income too high to qualify for a free Medi-Cal program may have a Share of Cost.

(559)-224-9117 Monday - Friday 8AM - 5PM 5363 N. Fresno St. Fresno, CA 93710



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FIELD IS FULL – SPONSORSHIPS STILL WELCOME

10th Annual
valley
CAREGIVER
RESOURCE CENTER

GOLF TOURNAMENT

MONDAY
April 24th, 2023

Dragonfly Golf Club
43369 Ave 12
Madera, CA 93636

1 PM - Tee Off

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Title Sponsor: \$5,000
Registration Sponsor: \$1,800
Gold Sponsor: \$1,200
Tee Sponsor: \$225

ADD A SUPER TICKET FOR \$30

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

**\$200
GREEN FEE**

ALL PLAYERS WILL RECEIVE:

Range Balls with Cart
Closest to the Pin Contest
Long Drive Contest
Goodie Bag
Team Photo
Beverages & Meals

Deadline to Register April 10, 2023



Valley Caregivers Resource Center offers a comprehensive array of services designed to assist elders and their families in mastering 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 & community well-being.

2023 CALENDAR OF EVENTS

April 24, 2023



*10th Annual
Fundraising
Golf Tournament*

Get your team
together!

April 28, 2023



*HICAP Volunteer
Recognition Luncheon*

Recognizing our
dedicated volunteers

May 31, 2023



*Ombudsman Volunteer
Recognition Luncheon*

Recognizing our
dedicated volunteers

June 2023



*Elder Abuse
Awareness Event*

Know Abuse,
Report Abuse

August 16, 2023



*Donor Appreciation at
Fort Washington*

Honoring our
community partners.

October 27, 2023



*"Under The Tuscan Sun"
27th Annual
Celebration of Care*

Dinner- Live and silent
auction

For questions, please contact:

Michelle DiBudo, Executive Director

☎ (559) 224-9154

✉ mdibudo@valleycrc.org

Like us on:



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. 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**

APRIL Classes

H Wellness Benefits of Gardening

Guest Speaker: Master Gardener Yvonne Morris
Wednesday, April 5, 2023 | 3:00 pm to 4:00 pm

V Controlling Your Frustrations

Wednesday, April 12, 2023 | 2:00 pm to 3:30 pm

H Long-Term Care Planning

Guest Speaker: Vince Mastro, CLU, AIF
Thursday, April 13, 2023 | 2:00 pm to 3:30 pm

V Dementia Behaviors and Dynamic Solutions

Guest Speaker: Andres Sviercovich, LCSW
Wednesday, April 19, 2023 | 10:30 am to 12:00 pm

MAY Classes

V Keeping Mentally Healthy While Caregiving

Guest Speaker: Dr. Kevin Marmolejo
Wednesday, May 17, 2023 | 2:00 pm to 3:30 pm

H Placement—Ask the Experts

Guest Speakers: David Reed, Kathleen Leahy and Cathy Jason
Friday, May 19, 2023 | 2:00 pm to 3:30 pm

I Safety and Transferring Training

Tuesday, May 30, 2023 | 10:00 am to 11:30 am
* Class at Everlight Care

JUNE Classes

V LGBTQ2ST+ Issues and Dementia While Caregiving

Guest Speaker: Andres Sviercovich, LCSW
Tuesday, June 6, 2023 | 1:00 pm to 2:30 pm

V Family Conflict

Guest Speaker: Dr. Jacqueline Ryle
Wednesday, Jun 7, 2023 | 2:00 pm to 3:30 pm

V Caregiver Book Club

Guest Speaker: Author David Troxel MPH
Wednesday, June 28, 2023 | 2:00 pm to 3:00 pm

H Legal Aid Workshop

Guest Speaker: Central California Legal Services
Thursday, Jun 29, 2023 | 2:00 pm to 4:00 pm

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)

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 eight-week program that meets every week for two hours. Space is limited.

Call the main office at (559)224-9154 for dates and times

I Powerful Tools For Caregivers Class

The program is a six-week series that meets for 90-minutes each week. 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 Health Care Services, 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_ctr/



Find us on
Facebook



Instagram