

## OASIS Adult Day Program is Expanding to Serve More Families

By Michelle DiBuduo, Executive Director of VCRC



Michelle DiBuduo

I want to thank you for your patience during the development of the OASIS Adult Day Program serving those experiencing some form of dementia or Alzheimer's. Starting from square one amid the anxiety and fear of COVID 19, we reopened last July. Slowly word spread regarding the benefits of the program, not only for participants but families, too.

We were gifted many blessings allowing us to reopen, including generous community support from donations and grants. Also, we were lucky to have a landlord who believed these families needed a place to go and assisted us by waiving rent payments as we transitioned to a fully functional program.

Initially, there were only seven attendees and three staff, providing 300 hours of service on a monthly basis. Now, I am thrilled to tell you **we are at full capacity, providing over 65 families with 3500 hours of service** and a waiting list.

In 2019, we planned for two programs, just as we had for sixteen years, prior to COVID. But we patiently waited to implement our expansion and now, I am happy to say we are now ready! Families are anxiously

waiting to join these programs. As you may know, we are the only free standing, social model day program in Fresno and Madera counties.

We've located an adjoining space, roughly 3,500 square feet, east of our current location, which will allow us to serve over 100 additional families, with 30-40 participants in any given session, adding four more restrooms and two activity rooms.

I hope you are as excited as I am at the opportunity to expand VCRC services to the elderly. If this vital addition to our community is not built, where will these families go? Santé Health Foundation believed in the program enough to make VCRC the benefactor of their major fundraising event raising over \$200,000. Currently, we are almost half of the way to our goal in acquiring the remaining funds for tenant improvements and have approximately \$200,000 to go to make this dream come true. A donor has generously offered to match up to \$50,000 in contributions.

For a project this size, we need your help. Would you consider leaving a legacy that will continue to serve the most vulnerable for years to come? I invite you to visit VCRC for a personal tour of our current facility and see how lives are changed right in front of your eyes. This is not a job for us but a passionate ongoing mission.

Will you please join us? Feel free to call me at **559.224.9154**. I look forward to hearing from you!

## Understanding Sundowning: A Challenging Evening Phenomenon

By Meghan Velasquez, Program Manager OASIS Adult Day Program

**S**undowning, often referred to as "sunset syndrome," is a confusing condition that affects some individuals, typically elderly ones, in the late afternoon or early evening. While not fully understood, sundowning is characterized by increased confusion, agitation, and behavioral changes during these hours, which can be distressing for both the individual and their caregivers.

Sundowning is commonly associated with dementia, particularly Alzheimer's disease, although it can also occur in individuals with other cognitive disorders or even those without any pre-existing conditions. The exact cause of sundowning remains unclear, but several factors are believed to contribute to its onset.

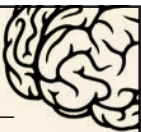
One theory is that disruptions in the circadian rhythm, the body's internal clock, play a significant role. As natural light diminishes in the evening, the brain may struggle to adjust, leading to heightened

restlessness and anxiety. Additionally, fatigue and hunger after a long day can exacerbate the symptoms of sundowning.

Managing sundowning can be challenging, as there is no one-size-fits-all solution. However, caregivers can employ various strategies to help minimize its impact. Maintaining a consistent daily routine, ensuring exposure to natural light during the day, and providing a calm and familiar environment can all be beneficial. Medications and behavioral therapies may also be prescribed by healthcare professionals in severe cases. | Continued on pg 2

### Sundowning

[suhn-doun-ing] Noun



**A state of increased agitation, confusion, disorientation, and anxiety that typically occurs in the late afternoon or evening in some individuals living with dementia**

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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](http://www.valleycrc.org)

## Sundowning (cont.)

Sundowning can be a distressing experience for everyone involved, but with patience and understanding, its effects can be mitigated. Research into this behavior continues, with the hope of shedding more light on its causes and potential treatments in the future.

- 1. Establish a Consistent Routine:** Stick to a daily schedule as much as possible. Consistency can help reduce confusion and anxiety.
- 2. Ensure Adequate Lighting:** Exposure to natural light during the day can help regulate the circadian rhythm and reduce the severity of sundowning symptoms.

- 3. Limit Stimulants and Screen Time:** Avoid caffeine and other stimulants in the late afternoon and evening, as they can disrupt sleep patterns.
- 4. Create a Calm Evening Environment:** Make the evening environment soothing and calming. Dim the lights in the evening to signal that it's time to wind down.
- 5. Monitor Diet and Hydration:** Ensure the individual is well-hydrated and not hungry, as dehydration and hunger can worsen sundowning symptoms.

## Native American Heritage: A Celebration of Culture and Caregivers

By Nugesse Ghebrendrias, Media Specialist Caregiver Resource Program

**N**ative American Heritage Month (November), is a fantastic time to recognize and celebrate the vibrant cultures, traditions, and contributions of Native Americans. It's a chance to learn, appreciate, and give a nod to the indigenous peoples who have lived in the United States for ages.

The Native American population is diverse, with more than 570 recognized tribes, each with its own unique languages, customs, and histories. Their various cultures are a testament to their strength and ability to adapt through tough times.

Many of these traditions, like storytelling, dance, and art, have been passed down through generations. But they've also faced threats over the years, like forced assimilation and cultural suppression. Celebrating this heritage month gives Native Americans a

chance to share their traditions and keep them alive.

Alongside celebrating heritage, it's crucial to understand the importance of Native American caregivers. They have their unique challenges, often caring for loved ones with limited resources and uneven access to healthcare. Many Native American caregivers look after elders who hold a wealth of tribal knowledge, language, and traditions. So, taking care of their loved ones also means preserving their cultural heritage.

They've been pioneers in fields like agriculture, medicine, and taking care of the environment. For example, they introduced crops like corn, beans, and squash to early European settlers – establishing a foundation to the common-day diet, as well as healing practices and herbal remedies influencing modern medicine.

Native American Heritage Month is a time to celebrate the rich cultures, contributions, and traditions of Native Americans. It's a time to learn, appreciate, and understand their unique place in American history.

And let's not forget to recognize and support Native American caregivers, who do a fantastic job keeping their traditions alive while taking care of their loved ones.

THE NATIVE AMERICAN POPULATION IS DIVERSE, WITH MORE THAN 570 RECOGNIZED TRIBES, EACH WITH ITS OWN UNIQUE LANGUAGES, CUSTOMS, AND HISTORIES.

# October is Residents' Rights Month

By Susan Bussean, Program Manager Fresno-Madera LTC Ombudsman

Residents' Rights Month is celebrated in October to honor those living in long-term care facilities, including nursing homes and assisted living facilities. It provides an opportunity to focus awareness on the dignity, respect and value of each individual resident. It also serves to encourage those living in a long-term care facility to learn about and exercise their rights.

Residents' Rights Month originated as Residents' Rights Week in 1981 at a Consumer Voice Annual Meeting. In 2011, Residents' Rights Week was expanded to Residents' Rights Month. Today, it's a time to reflect on the importance of the Nursing Home Reform Law of 1987 that promises quality of life, quality of care and rights for each resident. This law guarantees residents' rights and places a strong emphasis on individual dignity, choice, and self-determination. The law also requires nursing homes to "promote and protect the rights of each resident."

Residents' rights violations are one of the leading complaints that are handled by the Ombudsman program staff and volunteers. The program provides information and resources to help educate residents, improve their quality of life and promote self-advocacy. Resident rights training sessions are also available for facility staff trainings.

The staff and volunteer ombudsmen of the Fresno-Madera Long Term Care Ombudsman program play a crucial role in promoting and protecting these rights. Ombudsmen make monthly, unannounced visits to each of the 237 skilled nursing facilities and 242 residential care facilities (assisted living) in Fresno and Madera Counties. Our mission is to advocate for the dignity, quality of life, and quality of care for the nearly 10,000 residents of these long-term care facilities.

Connections to family, friends, and the community are essential components of good health and quality of life for residents.

CONNECTIONS TO FAMILY, FRIENDS, AND THE COMMUNITY ARE ESSENTIAL COMPONENTS OF GOOD HEALTH AND QUALITY OF LIFE FOR RESIDENTS.

However, many residents don't have any visitors...EVER. The importance of connection and relationships has a great impact on their well-being. Residents appreciate the monthly ombudsman visits and benefit from the advocacy provided.

Perhaps you would like to learn more about becoming a Long-Term Care Ombudsman?

The next training class will take place on **Monday, November 13-Friday, November 29, 2023**. If you would like additional information, please call Susan Bussean, program manager, at 559-455-7621, Ext. 401.



# SAVE THE DATE! 11.4.2023

## CENTRAL VALLEY ALZHEIMER'S CAREGIVER & WELLNESS CONFERENCE

**DATE:**

Saturday, November 4, 2023

**LOCATION:**

UCSF Fresno  
155 N Fresno Street  
Fresno, CA 93701



Please join us for this 2023 conference!

If you take care of a family member, loved one, or friend, this conference is for you. Together, we are stronger!

Please call Patricia Dailey at 559.795.5970 or email [pdailey@alz.org](mailto:pdailey@alz.org) for more information.

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For sponsorship opportunities: [ctokash@valleycrc.org](mailto:ctokash@valleycrc.org)

# Hospital Discharges – Do I Have a Choice?

By the HICAP Program

**H**ospital discharge planning is a process that determines the kind of care you need after you leave the hospital.

Discharge plans can help prevent future readmissions, and they should make your move from the hospital to your home or another facility as safe as possible.

Medicare requires hospitals to screen **inpatients** and provide discharge planning for those who need it. However, screening is only mandatory for hospital inpatients. If you are an **outpatient** (possibly you are on **observation status**), Medicare does not require screening or discharge planning.

Your discharge plan should include information about where you will be discharged to, the types of care you need, and who will provide that care. It should be written in simple language and include a complete list of your medications with dosages and usage information.

To help ensure that your discharge is successful, keep the following in mind:

1. **If you are concerned, ask your provider for a discharge planning evaluation.** Some hospitals automatically evaluate the discharge needs of all patients, but others do not. You, your caregiver, and/or your provider can request screening for discharge planning.
2. **When developing your discharge plan, the hospital should connect with you or your representatives and, if possible, incorporate your requests.** After your evaluation is completed, hospital staff should give you the opportunity to provide feedback.
3. **The hospital's main goal should be for you to return to the place you left before your hospital stay.** This may be your home or another facility. If this is not possible, the hospital should recommend other, more appropriate places for you.
4. **Make sure hospital staff members consider your full range of needs when creating your discharge plan.** If you are returning home, hospital staff must evaluate your need for home health care, meal delivery, caregivers, durable medical

equipment (DME), and changes to your home to ensure safety. If you are returning to a facility, the hospital must make sure the facility can still manage your health care needs.

5. **Review which post-discharge services will be covered by Medicare and how much they will cost.** The hospital should be aware of what Medicare does and does not cover and should tell you when costs may apply.
6. **Be sure the hospital prepares you for discharge.** Before you leave the hospital, staff must educate and train you and/or your caregivers about your care needs.
  - a. Staff should provide a clear list of instructions for your care and information on all medications you take.
  - b. Staff must arrange all referrals for other care, including referrals to physicians, home health, skilled nursing facilities (SNFs), hospice agencies, and DME suppliers. They should also put you in touch with community services that help with financial assistance, transportation, meal preparation, and other needs.
    - The hospital is required to provide you with a list of home health agencies or SNFs in your area that participate in Medicare.
  - c. You or your caregiver should be told what to do if problems occur, including who to call and when to seek emergency help.
7. **Follow up with your primary care provider (PCP) and other providers involved in your care.** Hospital staff should advise you to schedule a follow-up visit with your providers soon after your discharge. Some hospitals help you schedule these follow-up appointments. Hospital staff should send your providers information about your medical condition no later than seven days after you leave the hospital.

THE HOSPITAL'S MAIN GOAL SHOULD BE FOR YOU TO RETURN TO THE PLACE YOU LEFT BEFORE YOUR HOSPITAL STAY.



FOLLOW UP WITH YOUR PRIMARY CARE PROVIDER (PCP) AND OTHER PROVIDERS INVOLVED IN YOUR CARE.

When Medicare beneficiaries believe their Medicare-covered services are ending too soon, they have the right to file an appeal with **Livanta (877)588-1123**. These appeals can relate to a hospital discharge or a service termination in a skilled nursing facility, home health agency, hospice, or comprehensive rehabilitation facility. Livanta conducts a medical record review to determine if the discharge or service termination is medically appropriate. If Livanta sides with the beneficiary, the facility must keep the patient in Medicare covered status until the patient's conditions meet discharge criteria.

**When NOT to refer cases to Livanta:**

- The hospitalized beneficiary is in observation or outpatient status.
- The beneficiary's therapy services in long-term care are not paid for by Medicare.
- The beneficiary has billing issues.

If you or a loved one are having difficulties with your discharge planning, contact HICAP for assistance (559) 224-9117.



# What to Know About Medicare's 2024 Annual Open Enrollment Period

By the HICAP Program

**A**re you a current Medicare beneficiary and like to review your coverage for 2024? Medicare's Annual Open Enrollment Period is the perfect time to do so!

This is the time of year when beneficiaries can change their Medicare coverage. You can:

- Join a new Medicare Advantage Plan or stand-alone prescription drug plan (Part D) plan
- Switch between Original Medicare with or without a Part D plan and Medicare Advantage

## What should you know about Medicare's Annual Open Enrollment?

### 1. Fall Open Enrollment occurs each year from October 15 through December 7.

- Any change you make during Fall Open Enrollment will take effect January 1, 2024.
- In most cases, Fall Open Enrollment is the only time you can pick a new Medicare Advantage or Part D plan.
- If you have Medicare Advantage, you can also switch to Original Medicare. To get drug coverage, you should also join a Part D plan.
- You may be able to buy a Medigap policy, which helps pay Original Medicare costs. Limitations apply as to who can buy a Medigap and when.

IN MOST CASES, FALL OPEN ENROLLMENT IS THE ONLY TIME YOU CAN PICK A NEW MEDICARE ADVANTAGE OR PART D PLAN.

### 2. Review your current Medicare health and drug coverage. If you are dissatisfied with your coverage for next year, make changes during Open Enrollment.

- If you have Original Medicare, take a look at next year's Medicare & You handbook to know your Medicare costs and benefits for the upcoming year. *Your HICAP can provide a copy if you have not received one.*
- If you have a Medicare Advantage Plan or a Part D plan, you should receive an Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from your plan. Review these notices for any changes in the plan's costs, benefits, and/or rules for the upcoming year.
- Even if you are satisfied with your current Medicare coverage, look at other Medicare options in your area that may better suit your individual needs in the upcoming year. For

example, check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price.

### 3. If you are dissatisfied with a Medicare Advantage Plan you choose during Fall Open Enrollment, you can change your plan during the Medicare Advantage Open Enrollment Period (MA OEP).

- The MA OEP occurs each year from January 1 through March 31, with changes taking effect on the first of the month following the month you enroll. During this time, you can switch from one Medicare Advantage Plan to another, or switch from a Medicare Advantage Plan to Original Medicare with or without a Part D prescription drug plan.

Medicare can be confusing and complex, but your registered HICAP counselors can provide free, unbiased, and confidential one on one Medicare counseling to help. Your Fresno and Madera HICAP recently mailed out over 3,000 Open Enrollment reminder cards; have you received yours?

Call HICAP today at (559) 224-9117 to schedule your Open Enrollment appointment and feel confident about your 2024 coverage.



**IT'S TIME TO CALL!**

**HICAP**  
Health Insurance  
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**OPEN ENROLLMENT IS  
OCTOBER 15 - DECEMBER 7**

**CALL TO SCHEDULE YOUR APPOINTMENT TO REVIEW YOUR MEDICARE PLAN CHOICES**

*HICAP is a program of the Valley Caregiver Resource Center serving Medicare beneficiaries in Fresno and Madera counties. HICAP counseling services are provided by counselors registered with the California Department of Aging who are acting in good faith to provide information about health insurance policies and benefits to you, the client. Counseling is free, confidential, and unbiased.*

[www.valleycrc.org](http://www.valleycrc.org)  
(559) 224-9117 • (800) 434-0222



## 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](http://www.valleycrc.org)

## Caregiver Spotlight: Michelle Smith

Caring for: Josefina Quitariano (mom) & Winifred Smith (mother in-law)

Dedicating herself to the well-being of not just one, but two beloved family members: her mother-in-law, Winifred Smith, and her own mother, Josefina Quitariano, Michelle Smith's heart of gold and boundless empathy make her a shining example of what it means to be a caregiver.

As she selflessly devotes her time and energy to ensuring the comfort and happiness of Winifred and Josefina. Her dedication goes beyond the call of duty, as she consistently goes the extra mile to make their lives more comfortable and enjoyable.

She relies on her family and friends, drawing strength and encouragement but also looks to support those around her as well. In times of difficulty, she knows that she can lean on them for assistance and guidance.

Michelle understands that caregiving is not a solitary journey; it is a shared experience that brings individuals together. She has actively sought connections with fellow caregivers through various VCRC support groups. In doing so, she has not only found understanding hearts but has also been a source of inspiration for others.

Michelle has also enrolled Josefina in the OASIS Adult Day Program. This decision demonstrates her commitment to ensuring that her loved ones receive not only physical care but also opportunities for socialization, mental stimulation, and a sense of community.

Michelle Smith's dedication to caregiving is a shining example of what it means to care for someone with empathy, grace, and resilience.



*"When I was called to do this journey with mom, it was an opportunity to show love, respect and dignity to the woman who gave birth to me and loved me unconditionally. Through this journey there have been many up and downs and lots of challenges," Michelle said. "Every day gives you an opportunity to become a better version of yourself than you were yesterday. It teaches you to slow down and to pay attention to what is more important in life."*



## Navigating Diabetes and Dementia

By Osvaldo Campos, Marketing Coordinator  
Valley Foot and Ankle Specialty Providers

### Challenges for Caregivers

- **Communication:** Dementia can make it difficult for patients to communicate their needs and concerns about their feet.
- **Compliance:** People with dementia may forget to take their medications or to follow other aspects of their treatment plan. Caregivers need to be patient and persistent in helping their loved ones to stay on track.
- **Supervision:** People with diabetes are at increased risk for foot problems, such as ulcers and infections. Caregivers may need to supervise patients with dementia during foot care activities to ensure that they are done correctly.
- **Cost:** Patients with dementia may need help getting to and from foot check-ups. Foot care can be expensive, and caregivers may need to help patients with the cost of appointments and medications.

Dealing with the emotional toll. Caring for a loved one with diabetes and dementia can be emotionally draining. Caregivers need to take care of themselves and to seek support from others when needed.

### A Simple 5-Step Care Plan

1. **Keep your blood sugar levels under control:** This is especially important for people with dementia, as high blood sugar levels can lead to further cognitive decline.
2. **Take care of your feet:** People with diabetes are more likely to develop foot problems, so it is important to inspect your feet every day for any signs of cuts, sores, or redness.
3. **Manage your blood pressure and cholesterol levels:** High blood pressure and cholesterol levels can also damage blood vessels and nerves, which can lead to further complications in people with diabetes.
4. **Exercise regularly.** Exercise can help to improve blood sugar control, blood

| Continued on pg 7

## Diabetes (cont.)

pressure, and cholesterol levels. It can also help to reduce stress, which can be a trigger for dementia.

5. Eat a healthy diet. A healthy diet can help to control blood sugar levels and reduce the risk of heart disease and stroke.

### Why It is Important to See a Podiatric Specialist?

Podiatric specialists have extensive training in the diagnosis and treatment of foot problems in patients with diabetes and dementia. They can provide comprehensive foot care, including education, prevention, and treatment. Podiatric specialists also collaborate with other healthcare providers to provide the best possible care for patients

with diabetes and dementia.

At Valley Foot and Ankle Specialty Providers our foot and ankle specialists are experienced in treating patients with diabetes and dementia. We offer a comprehensive range of foot care services, including:

- Foot exams and screenings
- Nail trimming
- Callus removal
- Wound care
- Diabetic shoes and orthotics
- In-house MRI imaging & X-ray scans

Schedule an appointment today at [valleyfootankle.com](http://valleyfootankle.com) and learn more about how we can help you or your loved one with diabetes and dementia.

## 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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- ✓ Companionship
- ✓ Positivity & Self-Esteem
- ✓ Socialization
- ✓ Community Connection

*Interested in connecting with a senior?*

Ask for: Meghan Velasquez

✉ [mvelasquez@valleycrc.org](mailto:mvelasquez@valleycrc.org)

🌐 [www.valleycrc.org](http://www.valleycrc.org)



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Today**

(559) 224-9121

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 Health Insurance  
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*Free Service to Medicare Beneficiaries*



## 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

Supported by **SHIP** State Health Insurance Assistance Program  
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# CAREGIVER EDUCATIONAL CLASSES



**valley**  
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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)

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.

## OCTOBER Classes

- V** **Caregiving and Addiction**  
Guest Speaker: Dale White, Executive Director at Central California Recovery  
Friday, October 13, 2023 | 2:00 pm to 3:30 pm
- V** **Safety and Transferring Training**  
Guest Speaker from Everlight Care  
Wednesday, October 18, 2023 | 10:00 am to 11:30 am
- H** **Day Programs: Finding the Right Fit**  
Guest Speaker: Meghan Velasquez Program Manager for OASIS Day Program  
Thursday, October 19, 2023 | 2:00 pm to 3:30 pm
- V** **Emergency Prep for Caregivers**  
Friday, October 20, 2023 | 2:00 pm to 3:30 pm

## NOVEMBER Classes

- H** **What to Know BEFORE Seeking Long-Term Care**  
Guest Speaker: Fresno-Madera Long-Term Care Ombudsman  
Thursday, November 9, 2023 | 2:00 pm to 3:30 pm
- V** **Caregiving Through the Holidays**  
Wednesday, November 15, 2023 | 2:00 pm to 3:30 pm
- V** **Dementia Behaviors and Dynamic Solutions**  
Guest Speaker: Andres Sviercovich, LCSW from UCSF Fresno, Alzheimer & Memory Center  
Tuesday, November 28, 2023 | 2:00 pm to 3:30 pm

## DECEMBER Classes

- V** **DMV Help When Aging**  
Guest speaker: Jarrod Sieberg, Driver Safety Manager  
Tuesday, December 5, 2023 | 2:00 pm to 3:30 pm
- H** **Durable Medical Equipment 101**  
Guest Speaker: The Bone Store  
Thursday, December 7, 2023 | 2:00 pm to 3:30 pm
- V** **Strengthening Family Caregiver Relationships**  
Tuesday, December 12, 2023 | 2:00 pm to 3:30 pm
- V** **Caregiver Book Club**  
Wednesday, December 20, 2023 | 2:00 pm to 3:00 pm

**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 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](http://www.valleycrc.org)

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## COME JOIN US FOR A MAGICAL EVENING IN TUSCANY!

October is a beautiful month to witness the changing colors of the leaves while indulging in some delicious hors d'oeuvres under the shade of olive trees, sipping on wine while perusing silent auction items - then enjoy a lovely sit-down dinner and live auction.

**GET YOUR TICKETS**

## A SPONSORSHIP...THE GIFT THAT KEEPS ON GIVING

For more than 35 years, VCRC has been a dedicated advocate and collaborator in preserving the health and quality of life of others. Your generous sponsorship will make it possible for us to continue our valuable services.

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FOR QUESTIONS, PLEASE CONTACT:

**Michelle DiBduo, Executive Director**

PHONE: 559-224-9154 | FAX: 559-224-9179 | [mdibduo@valleycrc.org](mailto:mdibduo@valleycrc.org)

WEB: [www.valleycrc.org](http://www.valleycrc.org)

Valley Caregiver Resource Center is a 501(c)(3) charitable organization. Contact your tax advisor regarding deduction of donations.

