

A New Year's Promise

By Michelle DiBuduo, Executive Director of VCRC



Michelle DiBuduo

Here at VCRC, the beginning of a new year is less about resolutions and more about continuing our commitment to you. Reflecting on the past twelve months, I am honored you have entrusted us with continuing to serve some of the most vulnerable in our community. I am proud that all of us at Valley Caregiver Resource Center have assisted so many of you in sometimes very challenging situations. The following is just a sampling of what

our experienced staff deals with on a daily basis.

A resident of long-term care was taken to the hospital when the facility was not able to handle behavioral issues. The hospital provided medication and stabilized the resident. The facility is usually obligated to hold a bed for seven days but unfortunately stated they could no longer provide for the resident's needs nor allow them to return. The family reached out to VCRC's Fresno Madera Long Term Care Ombudsman staff and, together with California Dept. of Public Health, we were able to work with the facility. The resident was able to return that same day.

VCRC was able to provide crucial support to a family in need when the caregiver was recovering from a

broken wrist and fractured ribs. The caregiver's spouse, who has dementia, required crucial assistance during this time. Being a participant in both the OASIS Adult Day Program and the Caregiver Resource Program (CRC) the caregiver found financial relief and peace of mind through the existing relationship with CRC staff. Knowing the spouse was well cared for allowed the caregiver to focus on their own recovery.

VCRC's HICAP program can help people who have emergencies while traveling outside of the U.S. Generally, Medicare does not cover health care outside of the U.S. What may not be known is that Medicare Supplement Insurance can cover you up to 80%. A VCRC client traveled to Ireland and, unfortunately, found themselves spending ten days in a hospital. After exhausting all other travel insurance, we assisted them with a claim to their Medicare Supplement Insurance and saved the client over \$7,000.

These examples are just a glimpse into the challenges our clients face every day and ways our staff is able to meet their needs. We proudly assist over 15,000 clients in the nine counties we serve and the numbers keep growing. VCRC fully understands the trials they face with real time answers and support.

Please help VCRC this year with a charitable donation of any amount, large or small. We are also always in great need of volunteers to continue to assure the clients we serve live their lives to the fullest and with the dignity they so deserve. Thank you in advance for your support of VCRC throughout the year.

What is an Ombudsman?

We are **ADVOCATES** for Residents of Long-Term Care and We're Here to Help!

By Susan Bussean, Program Manager Fresno-Madera LTC Ombudsman

The Fresno-Madera Long Term Care Ombudsman Program is a community-supported program and is mandated by federal and state Older Americans Acts. Perhaps you've seen our poster on display in a long-term care facility? We are here to provide free advocacy and assistance to all residents of licensed long-term care. Ombudsmen do not work for the facility or state licensing, but for the resident.

The mission of our State Certified Ombudsman Representatives is to advocate for the dignity, quality of life and quality of care of residents in long-term care facilities. We are available to assist residents and families of Skilled Nursing Facilities and Residential

Care Facilities for the Elderly (commonly called Assisted Living Facilities). We assist with complaint resolution, mediation, resident rights violations and many other topics.

Our advocacy approach is resident-centric. Our focus is to resolve issues and complaints to the satisfaction of the resident. We require written resident consent to take action on their behalf. If a resident lacks capacity, we work with their responsible agent to resolve problems or concerns in the best interest of the resident.

We conduct monthly, unannounced visits to all licensed long-term care facilities in Fresno and Madera counties. We currently visit 37 Skilled Nursing Facilities and 242 Residential Care Communities (Assisted Living). | Continued on pg 2

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This newsletter has been created by Valley Caregiver Resource Center with financial assistance, in part, through a grant from the Fresno-Madera, Kern, Kings/Tulare, and Merced Area Agencies on Aging, Centers for Medicare and Medicaid Services, the Federal Medicare Agency, and the California Department of Aging. The conclusions and opinions expressed may not be those of any of these agencies or departments and this brochure may not be based upon or inclusive of all raw data.



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

Ombudsman (cont.)

Ombudsman assistance is provided in the following areas:

- Investigate complaints made by, or on behalf of, a resident
- Violation(s) of Resident Rights
- Questions or concerns about the quality of a resident's care
- Questions about a transfer or discharge notice received
- Care Plan Meeting requests
- Resident Council Meetings
- Family Council Meetings
- Alleged abuse claims (financial, physical, mental or emotional)

- Resident-to-resident altercations
- Relocation options
- Community resource referrals
- Advanced Health Care Directive witnessing (Skilled Nursing Homes only)

Ombudsman services are free and confidential! If you would like to request assistance or schedule a visit, please call the Ombudsman Program office at (559) 224-9177.



Sleep Deprivation: Valuable Insights into the Relationship Between Sleep and Cognitive Health

By Nugesse Ghebrendrias, Family Consultant & Media Specialist

A recent study in JAMA Network Open found that older adults with inconsistent sleep patterns are more likely to experience cognitive decline. The research, led by Jeffrey Iliff from the University of Washington School of Medicine, explored the connection between sleep and cognitive health in aging.

The study involved 826 participants from the Seattle Longitudinal Study, with an average age of 76.3 years. Researchers looked at how participants' sleep changed over time and categorized it as short (less than 7 hours), medium (7 hours), or long (more than 7 hours). They also tested participants' cognitive health every 5 to 7 years.

The study discovered that it's not just the amount of sleep that matters but also how consistent the sleep patterns are. People with varying sleep durations over time, regardless of whether they slept a lot or a little, were more likely to experience cognitive impairment.

The study suggests that keeping a regular sleep schedule is essential for maintaining cognitive function as we age. It's not only about getting enough sleep but also about having a consistent sleep routine. The findings highlight the long-term impact of sleep habits on cognitive health and emphasize the importance of paying attention to sleep, similar to how we focus on exercise and diet for overall well-being.

However, it's important to consider that the study relied on participants' own reports of their sleep, which may not always be accurate. Future research could benefit from using more objective measures of sleep, like sleep-tracking devices, to get a clearer picture. Overall, the study contributes valuable insights into the relationship between sleep and cognitive health in older adults.

THE STUDY DISCOVERED THAT IT'S NOT JUST THE AMOUNT OF SLEEP THAT MATTERS BUT ALSO HOW CONSISTENT THE SLEEP PATTERNS ARE. PEOPLE WITH VARYING SLEEP DURATIONS OVER TIME, REGARDLESS OF WHETHER THEY SLEPT A LOT OR A LITTLE, WERE MORE LIKELY TO EXPERIENCE COGNITIVE IMPAIRMENT.

Original article: <https://www.psypost.org/2023/12/instability-in-sleep-patterns-linked-to-cognitive-decline-in-older-adults-214843>



Aphasia Following Traumatic Brain Injury

By: Dr. Gary Seale, Centre for Neuro Skills

An estimated 1.7 million traumatic brain injuries (TBI) occur each year in the United States and nearly 800,000 Americans have a stroke. Aphasia, an impairment of language that can affect speech, as well as reading or writing, is a common result of a brain injury. While aphasia can be caused by any neurological event, such as cerebral tumors, infection, or a degenerative process, stroke is a leading cause of aphasia. About one-third of patients with acute stroke present with aphasia.

Aphasia can be classified by the location of the brain injury and change in language capabilities. Four types of aphasia are more frequently encountered:

- Broca aphasia is characterized by difficulty talking, while comprehension of language is relatively preserved.
- Wernicke is characterized by impaired language comprehension, while speech may be relatively preserved.
- Global aphasia is a combination of Broca and Wernicke aphasia.
- Anomic aphasia is a mild type of aphasia is characterized by lack of recall of specific words.

An individualized treatment program can be tailored to the observed language impairment(s). Therapy should be delivered by a speech/language pathologist in consultation with neuropsychology, neurology or physiatry (rehabilitative medicine), and counseling.

There are two broad treatment approaches for the treatment of aphasia: remedial or restorative therapies, and compensatory strategies. Remedial or restorative approaches address the underlying impairment and focus on restoring a lost function, like reading paired with spoken naming, or matching pictures with words. Compensatory strategies, also called external strategies, compensate for a lost function. They can include gesturing or pointing to pictures or icons to compensate for naming or word-finding impairments.

Several treatment factors that promote recovery from aphasia have been identified. These factors include, timing (engaging the individual in treatment early, as soon as they are medically stable and able to participate in therapy), intensity (multiple days per week; individualized treatment versus group therapy), and structure, consistency, and repetition.

Aphasia is treatable. While most individuals with aphasia demonstrate some recovery, particularly early after injury, a large majority demonstrate substantial improvement. Treatment for aphasia also involves training for family members or other care givers. Strategies that families and caregivers can deploy to improve expression and comprehension include:

- Keeping communication clear and simple (short phrases, simple vocabulary) and speak slowly
- After making a statement or asking a

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question, give them time to formulate their thoughts and speak; do not “pepper” them with questions or over-whelm them with too much info

- Reduce background noise/distractions; face the individual so they can see your face
- Use all forms of communication to reinforce what you are saying - gestures, exaggerated facial expression, drawings or pictures, etc.
- Ask questions that require only a “yes/no” response versus open ended questions
- Narrow the topic, “I am talking about shopping,” or “Are you talking about our summer vacation?”

Families can also consult the American [Speech and Hearing Association](#) website for information and tips for improving communication with a loved one that has aphasia.

Dr Seale is the regional director of clinical services at the Centre for Neuro Skills, which operates post-acute brain injury rehabilitation programs in California and Texas.

Powerful Tools for Caregivers: An Educational Class

By Charity Tokash, Education Development Coordinator

Powerful Tools for Caregivers is a six-week class to help family caregivers take care of themselves while caring for an older relative, spouse, or friend. This is a free class that provides family caregivers with a toolbox full of tools to help them with their caregiving journey including but not limited to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax

- Make tough decisions
- Set goals and problem-solve

CAREGIVERS HAVE STATED

“The topics were spot on, and the interaction and feedback from individuals in the group about the subjects was wonderful and helpful.”

“The class helped me to see I can’t change things or my spouse’s behavior – only accept it and manage the situation best I can with the communications tools and understanding myself better”

“I learned that not all Dementia is the same. I learned to relax and do stress exercises.”

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

Quality Connections

By: Meghan Velasquez, Program Manager OASIS Adult Day Program

There is no doubt, receiving a dementia diagnosis is downright earth shattering for most. Whether you are the one that received the diagnosis or the one that is trading in your hat as spouse, daughter or son and replacing it with the role of caregiver.

While the side effects of the disease can feel all-consuming, it is still important and possible to continue a quality connection with your loved one no matter what stage they are in.

Staying connected is not only essential for you as the caregiver to remind you of the love between you and the care receiver, but it is also vital for the your loved one because it reminds them that they are not alone in this difficult journey.

So how do we stay connected without overwhelming ourselves even more?

Quality connection doesn't have to be a big gesture. It is often made up of small moments, pauses and touches. Sometimes connecting is simply taking 2 minutes to stop and listen. Yes, it may be a story you have heard a thousand times, or it might not even be true, but the gesture of stopping, looking them in the eye, and just listening can help remind them that you care and are present.

Physical touch can go a long way for both you and your loved one. Intimacy is often

BUT ENSURING THEY STILL FEEL CONNECTED TO YOU AND THOSE THAT LOVE THEM IS KEY TO EVERYONE'S HAPPINESS AND FULFILLMENT IN LIFE.

lost within a dementia diagnosis. But taking a moment to share a tight hug or simply placing your hand on their arm or leg can help maintain a deep connection between the two of you. They may not be able to initiate the touch, but that doesn't mean it isn't wanted or appreciated.

It is easy to get lost and consumed by the duties and roles of caregiving and to forget about the love and connection that was once the core of your relationship. As the diagnosis progresses, it often feels as if your loved one is in their own world and it is best to leave them there. But ensuring they still feel connected to you and those that love them is key to everyone's happiness and fulfillment in life.



Caregiver Spotlight: Teresa Gibson and Darryl Johnson

By: Nugesse Ghebrendrias, Family Consultant & Media Specialist



Teresa Gibson

In 2016, life took an unexpected turn for Teresa and her husband Darryl when he was diagnosed with Lewy Body Dementia. The journey that unfolded since then has been a testament to their resilience, personal growth, and the strength of their bond.

The year preceding the diagnosis was marked by subtle health concerns that both Teresa and Darryl chose to overlook, a familiar scenario for many. Eventually seeking medical guidance led to a comprehensive assessment and the harsh reality of a clear diagnosis. The impact was profound, and in the subsequent six months, Darryl's ability to work dwindled, leading to job loss. Legal preparations, such as revising their Trust and Wills, became necessary, preparing them for the challenges that lay ahead.

Teresa continued working until the pandemic prompted a shift to remote work. Spending every day with Darryl highlighted the extent of his disability, making it clear that caregiving required constant adaptation. Despite the difficulties, the couple embraced unexpected changes and found a shared strength in facing dementia together.

| Continued on pg 5

VOLUNTEER ACTIVITY

Upcoming....

HICAP and Ombudsman Volunteer Recognition Luncheons

are both coming in

April 2024

Ombudsman Certification Training Class

will be

March 18-March 22, 2024

MEDICARE

NEED A COPY OF THE NEW MEDICARE HANDBOOK?



Download it now at:

<https://www.medicare.gov/forms-help-resources/medicare-you-handbook/download-medicare-you-in-different-formats>

Caregiver Spotlight (cont.)

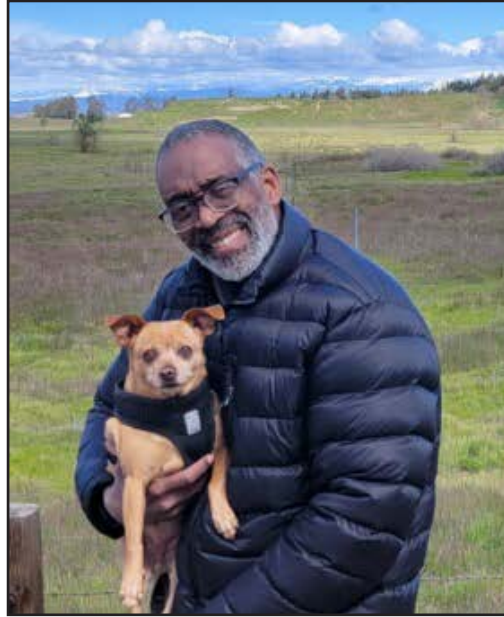
Seven years into this journey, Teresa's coping mechanisms reflect a philosophy centered on living in the moment and shedding expectations. The essence of their relationship has deepened, defying conventional expectations of dementia's impact.

Finding joy in each day has become vital, serving as a lifeline for Teresa. Darryl's innate cheerfulness and humor contribute significantly to these moments.

Recognizing the importance of respite, Teresa turns to friends and family for support, particularly those who bring lightness to her life. While time alone provides rest and distraction, she actively captures moments of joy through photographs and anecdotes to share with Darryl later. Their shared laughter and his comforting hugs become a source of strength.

Teresa's background as a retired Marriage and Family Therapist has equipped her with valuable skills in mindfulness, non-judgment, and self-awareness. These skills have proven crucial in navigating the emotional challenges of caregiving. Yet, she acknowledges the ebb and flow of life experiences that can temporarily overshadow these strengths.

In those moments, she leans on the enduring aspects of her character, confident in her ability to rediscover the resilience



Darryl Johnson



Darryl Johnson

"We all have strengths, perhaps that we take for granted. This is indeed a time to know them well and let them shine." —Teresa Gibson

within. In the face of adversity, Teresa's caregiver journey stands as an inspiring narrative of love, adaptability, and finding joy amidst the shadows of uncertainty. Her story

is a beacon for others traversing similar paths, illustrating that even in the midst of life-altering challenges, resilience and connection can illuminate the way forward.

Balancing Medication and Nutrition

By: Nugesse Ghebrendrias, Family Consultant & Media Specialist

Navigating the world of medication and nutrition can seem like a puzzle, but here is just a handful of easy steps to help you master the art of balancing medication and nutrition.

Water is the unsung hero that helps your medications work their magic. Drink it throughout the day, especially when you're taking your meds. It's a simple yet powerful way to boost their effectiveness.

Next up, timing is key. Take a closer look at when you're taking those pills. Some medica-

tions prefer an empty stomach, while others need a bit of food. Glance at the label or give your pharmacist a call for more information. Establishing a routine will help you remember and stay on track.

Think fruits, veggies, whole grains, and lean proteins. These colorful foods are not just a feast for your eyes; they also aid your body in handling medications like a pro. Berries and leafy greens, in particular, are the ones tackling potential side effects and keeping you on the wellness track.

As tasty as it is, grapefruit can be a tricky companion for some medications. If you're a fan, chat with your pharmacist to ensure a smooth relationship between your favorite fruit and your meds.

Some supplements may not play nice with certain medications, so keeping your pharmacist in the loop is crucial. Share the details

of what you're taking to avoid any unexpected clashes.

Don't forget to stick to a regular eating schedule. Skipping meals isn't just a bummer for your stomach; it can throw your meds off their game. Create a simple routine for meals, ensuring that your medications have the support they need to work their best.

Lastly, some foods team up with your medications for an extra boost. Antioxidant-rich choices, like berries and leafy greens, can help combat potential side effects, making your journey to health a smoother ride.

Your health journey doesn't have to be a maze. With these tips and the support of your friendly pharmacist, you'll be on the path to wellness in no time.

WATER IS THE UNSUNG HERO THAT HELPS YOUR MEDICATIONS WORK THEIR MAGIC.

Information for this article was provided by Teklia Ghebrendrias, RPh.

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)

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.

JANUARY Classes

- V** **CA Silver Alert Program – Help for Individuals Who Wander**
Guest Speaker: Detective John Overstreet, Fresno Police Department
Wednesday, January 17, 2024 | 2:00 pm to 3:30 pm
- H** **Difficult Conversations About Difficult Decisions**
Thursday, January 18, 2024 | 2:00 pm to 3:30 pm
- H** **Understanding Grief Workshop**
Guest Speaker: Kathy Beatty, Hinds Hospice
Wednesday, January 24, 2024 | 2:00 pm to 3:30 pm
- H** **Elder Law Seminar**
Guest Speaker: Kevin Gunner, Fennemore Dowling Aaron
Friday, January 26, 2024 | 2:00 pm to 3:30 pm

FEBRUARY Classes

- H** **Challenging Dementia Behaviors**
Guest Speaker: Meghan Velasquez, OASIS Adult Day Program
Tuesday, February 13, 2024 | 2:00 pm to 3:30 pm
- H** **The Dr. Is In: Dementia Medications**
Guest Speaker: Peter Bong, M.D., Community Health Partners
Friday, February 16, 2024 | 2:00 pm to 3:30 pm
- V** **Elder Fraud**
Guest Speaker: Senior Medicare Patrol and The Department of Financial Protection and Innovation
Tuesday, February 27, 2024 | 2:00 pm to 4:00 pm

MARCH Classes

- V** **Caregiver Burnout**
Guest Speaker: Alexis Glidewell, LCSW
Tuesday, March 5, 2024 | 2:00 pm to 3:30 pm
- V** **Fall Prevention**
Tuesday, March 12, 2024 | 2:00 pm to 3:30 pm
- H** **A Life Saved After Stroke: Now What?**
Guest Speaker: Emily Haven PT, DPT, C/NDT, CBIS from Centre for Neuro Skills
Thursday, March 14, 2024 | 2:00 pm to 3:30 pm
- V** **Caregiver Book Club**
Friday, March 15, 2024 | 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 Aging, and grants from various Area Agencies on Aging in Fresno-Madera, Kern, Kings-Tulare, and Merced. VCR 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.

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

Caregiver Support Group

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

Spanish Support Group

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

Caregiver Support Group

4th Tuesday | 2:30-4:00pm
Location: The Windham – Fresno

KERN County

General Caregiver Support Group

3rd Thursday | 1:30-3:00pm
Location: Ridgecrest

MADERA County

Alzheimer/Dementia Support Group

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

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

General Caregiver Support Group

3rd Wednesday | 2:00-3:30
Location: Valley Spring Memory Care – Los Banos

TULARE County

Caregiver Support Group

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

TUOLUMNE 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.

Valley Spring Memory Care – Los Banos:
555 Miller Ln, Los Banos, CA 93635

The Windham – Fresno:
1100 E Spruce Ave, Fresno, CA 93720

Oakhurst:
39255 Black Road, Oakhurst, CA 93644

Ridgecrest:
417 Drummond Ave, Ridgecrest, CA 93555

Tulare Senior Center:
201 N F St, Tulare, CA 93274

Living Well Café – Merced:
851 W 23rd St, Merced, CA 95340

Area 12 Agency on Aging:
19074 Standard Rd, Sonora, CA 95370

\$200
GREEN FEE



Dragonfly Golf Club
43369 Ave 12
Madera, CA 93636
1 PM – Tee Off

Deadline to Register April 10, 2024

- **GREAT PRIZES**
- **FOOD**
- **AWARDS**

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

ALL PLAYERS WILL RECEIVE:

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

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.



REGISTRATION FORM

Company: _____

Contact Name: _____

Address: _____

City, St. Zip: _____

Email: _____

SPONSORSHIPS – SELECT LEVEL OF SPONSORSHIP

- TITLE SPONSOR – \$5,000
- REGISTRATION SPONSOR – \$1,800
- GOLD SPONSOR – \$1,200
- TEE SPONSOR – \$225

SPONSOR TOTAL _____

GOLFERS

of Golfers included in Sponsorship (FREE): _____

of Other Golfers: _____ x\$200/ea. _____

GOLF REGISTRATION TOTAL _____

PLEASE LIST ALL PLAYER NAMES & HANDICAP

NAME	HCP
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

SUPER TICKETS - PURCHASE YOUR SUPER TICKETS NOW!

of Tickets _____ x30/ea.

SUPER TICKET TOTAL _____

TOTAL AMOUNT DUE: \$ _____

PAYMENTS:

- I WILL SEND A CHECK BY APRIL 10TH, 2024
- I WILL MAKE A CREDIT CARD PAYMENT

CREDIT CARD PAYMENTS & ONLINE REGISTRATION:

<https://valleycrc.org/donate/>

Phone: (559) 224-9154 (ask for Tina)

PLEASE COMPLETE THIS FORM AND SEND TO:

5363 N. Fresno Street • Fresno, CA 93710



SPONSORSHIP OPPORTUNITIES

TITLE SPONSOR - \$5,000

- Naming Rights to Event
- Registration for Eight
- Giveaway Table
- Sponsor Board & Recognition

REGISTRATION SPONSOR - \$1,800

- Registration for Four
- Giveaway Table
- Sponsor Board & Recognition

GOLD SPONSOR - \$1,200

- Registration for Four
- Sponsor Board & Recognition

TEE SPONSOR - \$225

- Option to Place Small Sign at Tee Box
- Recognition



2024 CALENDAR OF EVENTS



APRIL 22, 2024

APRIL, 2024



11th Annual Fundraising GOLF TOURNAMENT

Get your team together!



HICAP Volunteer Recognition Luncheon

Recognizing our dedicated volunteers.

APRIL, 2024

JUNE, 2024



OMBUDSMAN Volunteer Recognition Luncheon

Recognizing our dedicated volunteers.



ELDER ABUSE Awareness Event

Know Abuse. Report Abuse.

AUG. 14, 2024

OCT. 18, 2024



DONOR APPRECIATION at Fort Washington

Honoring our Community partners.



GREEK GALA

28th Annual CELEBRATION OF CARE

Dinner - Live & Silent Auction.

THE aging network

FASHION SHOW

And Resource Fair



THE painted table
EVENT CENTER

5080 N. BLACKSTONE AVE.
FRESNO, CA 93710



02.08.24

10 AM
\$25 ENTRY

KEYNOTE SPEAKER



Kim E. Armstrong, Ph.D.
President
Clovis Community College
State Center Community College District

The Aging Network Fashion Show and Resource Fair is an event that aims to support seniors in the local community and benefit the Valley Caregiver Resource Center's Oasis Adult Day Program. The proceeds from the event go towards funding the Oasis Adult Day Program, which provides respite for family caregivers and social engagement for seniors with dementia.



Benefiting the Oasis
Adult Day Program

SPONSORSHIP AND RESOURCE TABLE OPPORTUNITIES AVAILABLE.
VISIT THEAGINGNETWORKCA.ORG TO BUY TICKETS & SPONSOR.

DRIVE THRU SHREDDING EVENT FOR SENIORS & CAREGIVERS

Protect Yourself & Loved Ones From Medicare Fraud & Identity Theft

Together Senior Medicare Patrol and Valley Caregiver Resource Center want to help protect you! Bring documents with personal identifiable information- such as old bank statements, bills, old tax returns, and outdated Medicare documents- to be safely shredded.



THIS IS A FREE EVENT!
Saturday, March 9, 2024
10 AM – 12 PM

Location:

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

For more information, please contact your local SMP at (559) 224-9117

**We ask for all participants remain in your car.
Staff members will unload your box for you.**

A mobile shred truck 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

MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD

JANUARY 1 - MARCH 31

**THIS IS THE 3-MONTH PERIOD EACH YEAR
DURING WHICH YOU CAN:**

- Switch Medicare Advantage Plans
- Drop your Medicare Advantage Plan and return to Original Medicare with a Part D plan

**COVERAGE BEGINS THE FIRST DAY OF THE
FOLLOWING MONTH.**

Contact your local HICAP for free, confidential, unbiased assistance.

HICAP
Health Insurance
Counseling and
Advocacy Program

Free Service to Medicare Beneficiaries

HICAP is a program of 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.

(559) 224-9117 • (800) 434-0222



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UNDER THE TUSCAN SUN



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!





THANK YOU

Celebration of Care 2023 Sponsors

The Valley Caregiver Resource Center wants to offer our sincere thanks and appreciation for sponsors from the 2023 Celebration of Care event. 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. We hope to continue on into the New Year with the same desire and purpose, to find the support our family caregivers desperately need.

Presenting Sponsors

Moss Adams

Senior Helpers – Central Valley North

A-Plus In Home Care	Dalena Benik & Associates Insurance Services	Home Instead	Preferred Landscaping and Maintenance
American Ambulance	Divine Logic	Jays Chapel	Right At Home
Around the Clock	Educational Employees Credit Union (EECU)	Julie Cleeland and Leo Lopez	Robert Kolbert
Assured Senior Living Solutions	Everlight Care	Kaiser Permanente	Robyn Gonzales
Atlantis Private Investigations	Jay and Carol Fenzke	Kaweah Health	SCAN Health Plan
Barthuli & Associates	Fresno First Bank	Kevin and Valerie Gunner	Sierra Vista Healthcare Center
Caglia Environmental	Fresno Geriatric Medical Group	Kingston Bay Senior Living	Steve Lutton
CalViva Health	Fresno Hospice	Larry and Susan Ayers	Saint Agnes Medical Center
Campos Brothers	Fresno Long Term Care Medical Group	Lawvex	The Vineyards
Cargill	Fresno Madera Area Agency on Aging	Lenity Solutions, LLC	Trinity Fruit Company
Central Valley Community Bank	Hedrick Chevrolet	Lithia Subaru of Fresno	Visiting Angels
Chukchansi Gold Resort & Casino	Hinds Hospice	Michael and Brittany Muhareb	VRPA Technologies
Comfort Keepers (Fresno)		Noble Credit Union	Wright Equities
		Oakmont of Fresno	

UNDER THE TUSCAN SUN



Mad Duck Craft Brewing



VCRG Executive Director Michelle DiBuduo with Director of California Department on Aging Susan DeMarois

2023 marks our 27th Annual Celebration of Care. It was truly a night to remember as we immersed ourselves in the spirit of this year's theme, 'Under the Tuscan Sun'.



Tamari Robotayaki & Whisky Bar





The evening was filled with amazing food & drinks, heartwarming stories and both live and silent auctions. The ***Celebration of Care*** is our biggest fundraiser of each year, and the proceeds allow us to continue to serve the seniors and caregivers in our community.



VCRC Executive Director Michelle DiBuduo with Fresno Chief of Police Paco Balderrama

UNDER THE TUSCAN SUN



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.

Thank You to our SPONSORS and Corporate DONORS

.. LEVEL IV ..

- ARC Properties
- De La Luz Family Foundation
- Moss Adams
- Richard and Karen Spencer
- Robert Kolbert
- Senior Helpers – Central Valley North

.. LEVEL III ..

- Barthuli & Associates Insurance
- CalViva Health
- Chukchansi Gold Resort & Casino
- EECU
- Lithia Subaru of Fresno
- Michael and Brittany Muhareb
- Senior Care Advocates
- Steve Lutton
- Xpress Yourself Event Design

.. LEVEL II ..

- American Ambulance
- Atlantis Private Investigations
- Caglia Environmental
- Cargill
- Citizen's Bank
- David Reed-Assured Senior Living Solutions
- Divine Logic
- Everlight Care
- Fresno Geriatric Medical Group
- Kaiser Permanente Senior Advantage
- Law Office of Phil Flanagan
- Nelson Blakeman
- Noble Credit Union
- Dr. Stephen Grossman
- Vida Care Home Health

.. LEVEL I ..

- 401K Specialists – A Division of Thiesen Dueker
- A-Plus In Home Care
- Around the Clock
- Bristol Hospice
- CareMax Senior Solutions
- Care Patrol
- Cedarbrook Memory Care Community
- Cedar Creek Senior Living
- Century 21-CW Watson
- ComForCare Home Care
- Dalena Benik
- Fennemore
- Fresno Ag Hardware
- Fresno Long Term Care Medical Group
- Greg Anderson/ DLL Insurance
- Hind's Hospice

.. LEVEL I ..

- Integrated Healthplan
- Jay and Carol Fenzke
- Jay's Chapel Funeral Directors
- Julie Cleeland & Leo Lopez
- Kasco Fab, Inc
- Kaweah Delta
- Kevin Gunner
- Kingston Bay Senior Living
- Larry and Susan Ayers
- Lawvex
- Lenity Solutions, LLC
- Melton Air Conditioning
- Mike and LeAnn Fursman
- Net Positive Consulting Engineers
- Park Visalia Assisted Living & Memory Center
- Plan Financial, Inc.

.. LEVEL I ..

- Precision Engineering
- Preferred Landscaping and Maintenance
- Promenade & Centerpointe
- Quality Furniture Installation
- Right At Home
- Dr. Robert Cano
- Robyn Gonzales
- Sebastian
- Selma Auto Mall
- Spencer Enterprises
- St. Agnes Medical Center
- Trinity Fruit Company
- Virgil Airola
- Visiting Angels
- VRPA Technologies

