A New Year’s Promise
By Michelle DiBuduo, Executive Director of VCRC

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 of 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).
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 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 caregivers. 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 question, give the them time to formulate their thoughts and speak; do not “pepper” them with questions or over-whelm them with too much information
- 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.
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 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

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.

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<td>HICAP and Ombudsman Volunteer Recognition Luncheons are both coming in April 2024</td>
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<td><strong>Ombudsman Certification Training Class</strong> will be March 18-March 22, 2024</td>
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<td><strong>NEED A COPY OF THE NEW MEDICARE HANDBOOK?</strong></td>
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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 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 medications 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.

Information for this article was provided by Teklia Ghebrendrias, RPh.
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. VCRC educational classes are not open to providers, volunteers or for patients.

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

Like us on Facebook: www.facebook.com/ValleyCRC/
Find us on Instagram: https://www.instagram.com/valley_caregiver_resource_cntr/
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.

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### 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

### Merced County

- **Alzheimer/Dementia Support Group**
  - 2nd & 4th Tuesday | 10:00-11:30am
  - Location: Fresno VCRC Office

- **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

### Madera County

- **Alzheimer/Dementia Support Group**
  - 2nd & 4th Tuesday | 10:00-11:30am
  - Location: Oakhurst

### Tuolumne County

- **General Caregiver Support Group**
  - 4th Thursday | 1:30-3:00pm
  - Location: Area 12 Agency on Aging

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**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
$200 GREEN FEE

11TH ANNUAL
GOLF TOURNAMENT
MONDAY
APRIL 22ND, 2024

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

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SUPER TICKETS - PURCHASE YOUR SUPER TICKETS NOW!

- # of Tickets ______ x$30/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
2024 CALENDAR OF EVENTS

APRIL 22, 2024
11th Annual Fundraising GOLF TOURNAMENT
Get your team together!

APRIL, 2024
HICAP Volunteer Recognition Luncheon
Recognizing our dedicated volunteers.

APRIL, 2024
OMBDUSMAN Volunteer Recognition Luncheon
Recognizing our dedicated volunteers.

JUNE, 2024
ELDER ABUSE Awareness Event
Know Abuse. Report Abuse.

AUG. 14, 2024
DONOR APPRECIATION at Fort Washington
Honoring our Community partners.

OCT. 18, 2024
GREEK GALA 28th Annual CELEBRATION OF CARE
Dinner—Live & Silent Auction.

Thank you!
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

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.

Keynote Speaker

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

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.

California SMP
Senior Medicare Patrol
Empowering Seniors To Prevent Healthcare Fraud

valley CAREGIVER RESOURCE CENTER

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

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