Senior citizens have made and continue to make valuable contributions to society in a multitude of ways, through their accumulated knowledge, experience, and wisdom. They have played key roles in shaping our communities, passing down traditions and values, and providing guidance and mentorship to younger generations. Seniors have also contributed to the workforce, economy, and cultural development of our society through their years of hard work and dedication. These contributions are essential in building a strong and vibrant world for future generations.

However, as our senior citizens age, they and family caregivers face many challenges. Financial strain is one challenge, as many seniors live on fixed incomes, making it difficult to cover basic needs such as housing, food, and utilities. Family caregivers often face financial burdens as they juggle caregiving responsibilities with work and other obligations of daily life, leading to stress and burnout.

Emotional stress can often be a constant companion for older adults and family caregivers. The demands of caregiving, coupled with the natural aging process, can take a toll on mental health and well-being. Feelings of isolation, anxiety, and depression are common among this population, highlighting the need for emotional support and resources.

Despite these challenges, seniors and family caregivers continue to make invaluable contributions that benefit those around them and society as a whole. Their wisdom, resilience, and compassion enrich our communities and inspire us to be better individuals.

12 Ways to Help Your Aging Loved One in a Practical Manner

1. Respect their autonomy: Allow seniors to make their own decisions and choices whenever possible. Respect their preferences and opinions, even if they may differ from your own.

2. Encourage independence: Support seniors in maintaining their independence by providing opportunities for them to engage in activities they enjoy and are capable of doing on their own.

3. Practice active listening: Take the time to listen to seniors and validate their feelings and experiences. Show empathy and understanding towards their concerns.

4. Promote self-care: Encourage seniors to take care of themselves physically, emotionally, and mentally. Support them in maintaining a healthy lifestyle and seeking help when needed.

5. Foster social connections: Help seniors stay connected with friends, family, and their community. Social interactions can help combat feelings of isolation and loneliness.

6. Provide assistance with dignity: When offering assistance, do so in a respectful and dignified manner. Allow seniors to maintain their sense of pride and independence as much as possible.

7. Offer assistance with daily tasks: Help with tasks such as grocery shopping, meal preparation, household chores, or running errands to make their daily lives easier.

8. Provide companionship: Spend time with senior neighbors by engaging in conversations, playing games, or simply keeping them company to prevent feelings of loneliness and isolation.

9. Offer transportation: Assist with transportation to medical appointments, social gatherings, or other essential outings to ensure they can access necessary services and maintain social connections.

10. Check-in regularly: Make a point to check in on senior neighbors regularly to see how they are doing, offer support, and address any concerns they may have.
12 Ways (cont.)

11 **Share resources**: Provide information on local senior services, support groups, or community programs that may benefit them and help them access necessary resources.

12 **Be a good neighbor**: Show kindness, respect, and consideration towards senior neighbors, and be willing to lend a helping hand whenever needed.

By implementing these strategies, we can help seniors maintain their dignity and quality of life on a personal level. Offering practical assistance, emotional support, and fostering a sense of community allows our senior neighbors lead fulfilling and independent lives while ensuring they feel valued and cared for. Let us stand united in our commitment to enhancing the quality of life for seniors and family caregivers everywhere.

Intimacy as We Age

*Kevin Alvey; CRC Program Manager*

Intimacy is a sense of closeness and connection that transcends physical contact and may bring emotional, mental and spiritual understanding to any relationship.

The mere mention of the word intimacy sets off a certain understanding of the word. We tend to overlay our personal ideas of the meaning and project them into the conversation. Mirriam-Webster defines intimacy as a noun—the state of being intimate, familiar, personal, or private nature. Even using the dictionary meaning, we tend to jump to our thoughts, feelings, and beliefs about the subject. In relationship to others, we should take the time to learn what the other means by intimacy and share or communicate our understanding as a learning experience first.

The idea of being intimate can include physical closeness or sexual behaviors, but sometimes the physical ability of engagement changes or diminishes. Other physical changes occur, like mobility issues, but we do not stop trying to go places. Hearing might change, but we continue to find ways to increase our ability to hear. Our sight might diminish, but we continue to use available resources to correct or increase our ability to see. The same should be said for being intimate, physical, or emotional.

One way to define intimacy is as a positive, give-and-take cycle involving each person in the relationship. Sometimes intimacy is just a euphemism for “sex,” but it has a more distinct meaning. While intimacy is part of what makes many sexual relationships work, you can also find intimacy in connections with close family members and friends. Intimacy doesn’t always come naturally and can take time and practice to build. If you feel a current relationship lacks intimacy, it’s possible to learn how to build and nurture it, creating a more fulfilling relationship for everyone involved.

Trust is the central issue in intimacy. Intimacy is a sense of trust and comfort you establish with another person. It exists in many forms and can develop in various relationships, not just sexual or romantic ones. It’s the quality of relationships that involves vulnerability and closeness. If intimacy isn’t effortless, it’s possible to use strategies like active listening, gratitude, emotional awareness, and even therapy to make your relationships deeper and closer.
Perhaps you have a loved one or friend who sustained a Traumatic Brain Injury, (TBI) and has “never been the same” since the injury. Maybe they’ve been told “it’s too late to recover.” On the contrary, it’s never too late to work to improve symptoms and heal from a TBI.

Silent Epidemic: Not surprisingly, TBI is called “The Silent Epidemic,” as many people suffer from a TBI they may not even realize they had. Annually, over 3 million people sustain a Traumatic Brain Injury. Most are called “mild” TBI – mTBI or concussion – but all it takes is one concussion to significantly hinder one’s quality of life for decades afterward. One doesn’t even have to hit their head or black out to sustain a TBI. The leading cause in adults 75+ years old is something as seemingly innocuous as a fall.

Easily Misdiagnosed: TBIs may be easily missed or misdiagnosed, according to the CDC. In older adults, TBI symptoms overlap with other medical conditions common in this age group, such as dementia. In fact, common mishaps such as a “fender-bender” or a fall-related injury such as a hip fracture may result in an undiagnosed TBI.

Brain injury experts at Amen Clinics report TBI is a major cause of mental illness, but most folks are unaware of the connection between a past known or unknown TBIs and their depression, anxiety, attention deficits, anger, bipolar, fatigue, confusion, memory deficits, moodiness, psychosis, sleep challenges, suicidal thoughts, etc.

Good News: There’s no magic pill for Traumatic Brain Injury, but thousands of studies show we can improve or even fully recover from TBI, usually using a multi-pronged approach. Amen Clinics lists the following evidence-based options: neurofeedback, sleep correction, exercise, targeted nutrition, hyperbaric oxygen therapy (HBOT), integrative medicine, and functional chiropractic, to name a few.

One of the best kept secrets for TBI recovery is neurofeedback. The BrainPaint® neurofeedback website explains, “the brain is a very powerful tool that works really well until something unexpected happens to it. After a brain injury, the organ’s process of repair is similar to that of a bad electrician who starts crossing random wires and unplugging circuits until a light comes back on.” Neurofeedback retrains the brain to optimize electrical signaling, hence optimizing brain function.

Hope: “A wonderful example of this regeneration happened in a BrainPaint neurofeedback clinic with a man who had a TBI six years prior to starting BrainPaint. He couldn’t swallow, was tube fed and couldn’t walk or talk. Within three sessions, his ability to swallow came back. No more tube feeding. After 12 sessions, he began walking and talking.”

Another example is a 40-year-old man who had navigated life for over 20 years without the ability to say more than “um” after a TBI. After six BrainPaint sessions, he spoke three complete sentences. After 24 sessions, he was able to converse with ease.

My own story of hope is that after languishing for six years after my mTBI, BrainPaint neurofeedback helped me not only work again, but also open up my own neurofeedback practice in 2014. More recently, my husband became a shell of his former self because of a debilitating brain injury in 2019. After an arduous four-year recovery process using a multi-pronged approach, he is now working 50-60 hours a week again. As a seasoned 67-year-old mechanical engineer and former corporate vice president, he’s even better at math now than before the injury. His Amen Clinics doctor said, “neurofeedback did that!”

The best news about TBI: It’s never too late. And one is never “too old” to work on improving or healing from a Traumatic Brain Injury.

Sources:
Amen Clinics, Brainline, BrainPaint*, CDC, Dr. Kabran Chapek’s Concussion Rescue.

Resources:
ElevateBrainTraining.com, Brainpaint.com, AmenClinics.com
Amen University’s Concussion Rescue (video series; includes help for TBI), Concussion Rescue (book; includes help for TBI) by Dr. Kabran Chapek.

UPCOMING TRAINING

**HICAP**
Health Insurance Counseling and Advocacy Program

HICAP Volunteer Training
April 8-11, 2024.

Call (559)224-9117 for more information!

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
Valley Caregiver Resource Center would like to take a moment to express our heartfelt gratitude to all of our volunteers. Their dedication, commitment and passion have impacted the lives of many seniors throughout our community. Their selfless dedication and the hours they have invested have not only enhanced VCRC’s ability to serve but have also enhanced the lives of the individuals we aim to help. We understand that volunteering often requires personal sacrifice, and we want you to know that every minute you’ve contributed has been invaluable. We look forward to the opportunity to celebrate their achievements and once again thank them for choosing Valley Caregiver Resource Center and supporting us in our mission.

Ombudsman Volunteers:

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<tr>
<th>Cora Abalos</th>
<th>Denise Clayton</th>
<th>Kathryn M Millin</th>
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<td>Zeno Jonas</td>
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<td>Renee Chimenti</td>
<td>Regina Jones</td>
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Caregiver Corner

Ponder the following questions. Just read it straight through and in the end you’ll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America Pageant.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor.
6. Name the last decade’s worth of World Series winners.

How did you do? The point is, none of us remember the headliners of yesterday. These are no second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish…. Achievements are forgotten. Accolades and certificates are buried with their owners.

Here’s another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people who you enjoy spending time with.

Was that any easier? The lesson we can take away from this is: The people who make a difference in your life are not the ones with the most credentials, the most money…or the most awards. They simply are the ones who CARE the most.
Estate Planning


By Elizabeth K. Campagne; Attorney at Law Fennemore Dowling Aaron

WHAT IS ESTATE PLANNING? The goal of estate planning is to make sure that you are well taken care of during your life and that you have the ultimate say in how your estate is handled after you’re gone. An effective estate plan allows you to provide for your heirs while minimizing expenses, taxes and government intervention. It also allows you to make important decisions about your life such as who should make medical decisions or take care of your children. A good plan can be more important for smaller estates that cannot afford the costs of probate or may have limited cash with which to pay expenses.

WHAT IS PROBATE AND WHY SHOULD I AVOID IT? Probate is the process where the court settles your estate. If you have any real property, or other assets that total more than $184,500, your estate must be settled by the court. Probate is expensive, time consuming
Navigating Life’s Final Chapter: The Role of a Death Doula

By Stephanie Azul, Founder of Steph The Death Doula, LLC

In the tapestry of life’s experiences, we often focus on beginnings and navigate the challenges and joys of the middle stages, yet we shy away from openly discussing life’s final chapter. As a Death Doula, I am dedicated to the holistic well-being of our community members and am here to guide, support and walk alongside you and your loved ones through the profound, and often misunderstood, journey towards the end of life.

You may be wondering, what is the heck is a Death Doula? And maybe you’ve already decided you don’t need one or it’s not something for you. But I ask you to keep an open mind and keep reading to see how it absolutely does apply to you.

A Death Doula may go by other names - “End-of-Life Planner/Navigator”, “Death Midwife”, or “End-of-Life Specialist” - but all are non-medical, holistic providers, akin to a compassionate companion who provides emotional, spiritual, and logistical support when navigating the complex web of end-of-life decisions, ensuring that the journey towards life’s end is faced with dignity, respect, and accordance with one’s wishes and values.

Why is this support crucial for our community? As we go through life, we plan for big events – career, college, weddings, babies, retirement... but what about the one guaranteed in our death? Why are we not planning for that? Many of us think we have time. We say things like, “I’ll do it later” or “I’m not sick, old, or dying”, or “I know I need to do this but I’m too busy right now, I’ll do it later”. But as we all know, life is unpredictable and full of unexpected moments. What if later doesn’t come? What happens if you or your loved ones cannot voice your wishes or advocate for yourself?

This is where a Death Doula can help. End-of-life planning is more than creating a will, legal documents, and healthcare directives; it’s about considering how we want to be remembered, the legacy we wish to leave behind, and how we envision our final days. Death Doulas encourage us to reflect on what matters most and prompting discussions around quality of life versus quantity of life. A Death Doula can guide individuals and families through these conversations, making the process less daunting and more meaningful. They can also sit vigil while someone is actively dying, provide home funeral guidance, burial guidance, facilitate celebrations of life, provide grief support and death education.

The presence of a Death Doula can strengthen the support network around those at or near their end-of-life journey. They can bring a level of compassion and understanding as it relates to death and the dying process. They can also connect individuals with resources, ensuring that legal, financial, and healthcare wishes are clearly documented and communicated. By having open conversations about end-of-life planning, death, dying, and by demystifying the end-of-life process, we can prepare for a better death by alleviating fear, providing comfort, and empowering individuals and their families to face end of life with confidence, dignity, understanding and assurance that they are not alone on this journey.

I encourage each of you to consider the peace of mind that comes with being prepared for the end-of-life. Let us start these conversations within our families and circles. Let’s normalize end-of-life planning and ensure that when our time comes, our wishes, and those of our loved ones are honored. Together we can navigate life’s final chapter by preparing for a better death while simultaneously learning to live more intentionally.

END-OF-LIFE PLANNING IS MORE THAN CREATING A WILL, LEGAL DOCUMENTS, AND HEALTHCARE DIRECTIVES; IT’S ABOUT CONSIDERING HOW WE WANT TO BE REMEMBERED, THE LEGACY WE WISH TO LEAVE BEHIND, AND HOW WE ENVISION OUR FINAL DAYS.
and public. A simple and inexpensive trust can be used to avoid the process entirely.

**DO I NEED A TRUST OR A WILL?** While not absolutely necessary in almost every situation you should have one or both. If you do not have a Will or Trust; State law will determine how your assets should be distributed to your heirs. The State also decides who should be the executor of your estate and who should be the guardian of any children. With a Will, you get to decide who will receive the assets of your estate, who should be your executor and who you would like to be guardians of any children. However, a Will does not avoid the probate process. In order to effectively avoid the costly and lengthy probate process, you must set up a Living Trust.

**WHAT IS A TRUST?** A Trust is a method for holding property that has been around for hundreds of years. Trusts split the ownership of assets into two parts: beneficial ownership and legal ownership. The key attribute of a Trust is that you can name separate beneficial and legal owners. A legal owner is known as a trustee and manages the property for the beneficial owner. This is important because without a Trust, once a legal owner dies or becomes incompetent a court must step in to appoint a manager of the property. With a trust, the trustee is able to manage the property even if a beneficial owner dies or becomes incompetent. The ability to name a succession of legal and beneficial owners enables a Trust to avoid probate and get money directly to your heirs without court intervention. A Living Trust is a document that is fully amendable and revocable.

**WHAT IS AN ADVANCED HEALTH CARE DIRECTIVE?** In California, Living Wills are now replaced by an Advance Health Care Directive. The Advanced Directive is a document that allows you to appoint someone (an agent) to make health care and end-of-life decisions for you, if you become incapacitated. The document allows your agent to carry out your wishes without undue delay. The Advanced Directive is an essential part of any estate plan and should be completed regardless of whether you wish to have a Will or Trust.

**WILL MY HEIRS BE TAXED ON THEIR INHERITANCE?** The specific answer is dependent upon your individual situation. In 2024, an individual can have an estate value of up to $13,610,000 and not be subject to any federal estate tax. Portability provides the added benefit of using both spouses’ tax exemption without complicated trust provisions so that married couples can combine this exemption to effectively shield $27,220,000 of assets from tax. Due to the higher exemption amounts, most people will never owe any estate tax. As a result, the focus for most estate plans should be maximizing income tax efficiency for beneficiaries and simplicity of administration.

**WHAT IS THE COST OF AN ESTATE PLAN?** Clients are often concerned about the cost of estate planning. For this reason, most attorneys provide flat fee planning in almost all cases. Most estate planning engagements will usually include a Trust, Wills, Powers of Attorney, Health Care Directives, Trust Certifications, Trust Assignments and other ancillary documents. For most clients, the cost will range between $3000 and $5000.

**HOW SHOULD I CHOOSE MY ESTATE PLANNER?** Choosing your estate planning attorney is an important and very personal decision. The best choice is one where you feel comfortable with every aspect of the relationship. Unlike other fields of law, your relationship with an estate planning attorney can last a lifetime. For that reason, it is important to choose an attorney that concentrates in the field. Just as you would see a specialist for heart surgery rather than your family doctor, you should retain an attorney that is focused on estate planning. Most importantly, your choice in an estate planner should be someone you are comfortable with and trust.

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**Conferencia Virtual Para Cuidadores de Alzheimer y Bienestar Personal 2024**

Virtual Alzheimer's Caregiver and Wellness Conference in Spanish 2024

**TEMAS DE LA CONFERENCIA:**
(Conferencia Topics)

- En esta conferencia obtendremos información importante para aprender cómo reducir nuestro riesgo de demencia.
- También aprenderemos sobre los avances en nuevos tratamientos basados en descubrimientos científicos más recientes.
- Otros temas que ayudarán a aprender con comportamientos y síntomas difíciles que pueden ser causados por la demencia.

**sábado, 1 de junio de 2024**
9:00 a.m. -11:15 a.m.

**Evento Gratuito – Free Event**

Para más información, llame a Patricia Dailey al 559.795.5970 ó 800.272.3900.
Ó envíe un correo electrónico a pdailey@alz.org.

**Colaboradores de la conferencia (Conference Partners)**
Elder Abuse Awareness: World Elder Abuse Awareness Day is June 15, 2024
By Susan Bussean; Ombudsman Program Manager

World Elder Abuse Awareness Day (WEAAD) provides an opportunity for communities around the world to promote a better understanding of elder abuse and neglect. Elder abuse has implications for all of us. WEAAD is a call-to-action for individuals, organizations, and communities to help each other identify, address and prevent elder abuse so we can all do our part to support everyone as we all age together.

Be Aware of the Signs of Elder Abuse:

- Financial signs
- Unpaid bills
- Fraudulent signatures on financial documents
- Unusual or sudden changes in spending patterns
- Emotional & behavioral signs
- Increased fear or anxiety
- Isolation from family and friends
- Unexpected changes in behavior or sleep
- Withdrawal from normal activities
- Physical signs
- Dehydration or unusual weight loss
- Unexplained injuries, bruises, cuts or sores
- Unattended medical needs
- Lost or missing daily living aids (glasses, walker or medication)
- Torn, stained or bloody clothing
- Unexplained sexually transmitted diseases

Learning the signs of elder abuse will help us recognize the symptoms and seek the appropriate assistance from local programs, organizations and law enforcement when needed. Isolation plays a significant roll in elder abuse. Frequent calls and regular visits to our friends and family members allow us to observe possible behavior changes and can alert us that some type of elder abuse may be occurring. Visits also have an impact on the general well-being of our seniors, as many of them are alone and isolated.

The Fresno-Madera Long Term Care Ombudsman Program has designated the entire month of June to informing our local citizens of the various types of elder abuse and the impact on our local seniors. An assortment of mini infomercials will air on KSEE24 and CBS47 during the month of June 2024 to educate the public of current financial abuse scams, how to recognize and report elder abuse and how to help victims connect to available support. The main goal of the campaign is to provide education and increase awareness of Elder Abuse to all members of our local community, which will lead to increased prevention!

3rd Annual HICAP Shredding Event Recap
By Lorena Perez; HICAP Program Manager

On Saturday March 8th, Valley Caregiver Resource Center’s very own HICAP’S Senior Medicare Patrol Liaisons hosted its 3rd Annual Shredding Event. This was a free drive thru event held in the VCRC parking lot where it served over 280 seniors and their caregivers.

The event’s success was all made possible by not only our staff but the community coming together and going above and beyond to serve our seniors. A big thank you to Teens That Care, San Joaquin Memorial High School Student Volunteers, Fresno County Department of Social Services and Adult Protective Services. Not only were we able to help prevent fraud by shredding personal documents, our families that participated were made aware of community resources and the array of services provided by Valley Caregiver Resource Center.

As cars entered the parking lot, they were directed by cones set up by Alert-O-Light, that led them to the Valley Shredding truck where they watched their documents be safely shredded. The event ran effortlessly and much of our feedback was saying how well organized the event was. One family caregiver stated “You all did a fabulous job! Thank you for helping us protect our personal information. We love VCRC.”

We would also like to thank our event supporters that helped feed our staff and volunteers on the day of the event:
- Red Apple Café
- Save Mart
- Fresno Donut House
- Food Max
- Home Depot
- Vons

We hope to see you all out next year for our 4th Annual Shredding Event!
Powered by Connection

ACL.gov/OAM
#OlderAmericansMonth

OLDER AMERICANS MONTH
POWERED BY CONNECTION: MAY 2024
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.

APRIL Classes

V Difficult Dementia Behaviors
Guest Speaker: Andres Sviercovich, LCSW from UCSF Fresno, Alzheimer & Memory Center
Thursday, April 11, 2024 | 2:00 pm to 3:30 pm

V Caregiving with Siblings
Thursday, April 18, 2024 | 2:00 pm to 3:30 pm

H Family Conflict
Guest Speaker: Dr. Jackie Ryle
Thursday, April 25, 2024 | 2:00 pm to 3:30 pm

MAY Classes

V Staying Mentally Healthy While Caregiving
Guest Speaker: Chris Roup from Crisis Response Programs and Training
Wednesday, May 8, 2024 | 2:00 pm to 3:30 pm

V How to Advocate for your Loved One
Guest Speaker: Kaiser Permanente
Thursday May 9, 2024 | 2:00 pm to 3:30 pm

H Hospice-What to Know
Guest Speaker: Chrissy Buckles from Hinds Hospice
Thursday, May 28, 2024 | 2:00 pm to 3:30 pm

JUNE Classes

V 2024 Spanish Alzheimer’s Caregiver & Wellness Conference
Saturday, June 1, 2024 | 9:00 am to 11:15 am

H Placement-Ask the Experts
Guest Speaker from Assured Senior Living
Thursday, June 6, 2024 | 2:00 pm to 3:30 pm

V LGBTQ2S+ The Gay Experience and Dementia-Navigating the System
Guest Speaker: Andres Sviercovich, LCSW from UCSF Fresno, Alzheimer & Memory Center
Tuesday, June 11, 2024 | 2:00 pm to 3:30 pm

H Caregiver Book Club
Tuesday, June 18, 2024 | 2:00 pm to 3:30 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 an 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/
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

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 BY COUNTY

**FRESNO County**

- **Alzheimer/Dementia Support Group**
  - 1st Monday & 3rd Wednesday | 10:00-11:30am
  - Location: Fresno VCRC Office

- **Caregiver Support Group**
  - 3rd Wednesday | 2:00-3:30pm
  - Location: Fresno VCRC Office

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

- **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

**LOCATION GUIDE**

- **Fresno VCRC Office:**
  - 5363 N. Fresno St.

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

- **Ridgecrest:**
  - 417 Drummond Ave, Ridgecrest, CA 93555

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

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

- **Oakhurst:**
  - 39255 Black Road, Oakhurst, CA 93644

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

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

*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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**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](https://www.facebook.com/groups/valleycsn)

For more info on these events or our programs, visit: [www.valleycrc.org](http://www.valleycrc.org)
FIELD IS FULL
SPONSORSHIPS AND DONATIONS STILL WELCOME

$200 GREEN FEE

11TH ANNUAL
GOLF TOURNAMENT
MONDAY
APRIL 22ND, 2024

SOLD OUT

Dragonfly Golf Club
43369 Ave 12
Madera, CA 93636
1 PM - Tee off
Deadline to register April 1, 2024

Title Sponsor: $5,000
Registration Sponsor: $1,800
Field Sponsor: $1,200
 Tee Sponsor: $1,050

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.
Valley Caregiver Resource Center Presents a
GREEK GALA
October 18th, 2024 – 6:30pm
Clovis Veterans Hall

SPONSOR LEVELS

$10,000
PRESENTING SPONSOR
- Name or logo prominently listed on all event collateral and in all media spots
- Two sponsor tables for eight with VIP service and seating
- Special VIP recognition, décor, and gifts for your tables at the dinner
- Name or logo listed on all VCRC social media sites and on our website
- Recognition in the quarterly VCRC Newsletter (circulation of 3,000)
- Full page ad in the event program

$5,000
SAPPHIRE SPONSOR (ONLY FOUR AVAILABLE)
- One sponsor table for eight with VIP service and seating
- Name or logo on all VCRC social media sites and on our website
- Recognition in the quarterly VCRC Newsletter (circulation of 3,000)
- 1/2 page ad in the event program

$3,000
EMERALD SPONSOR (ONLY EIGHT AVAILABLE)
- One sponsor table for eight with VIP service and seating
- Name or logo on all VCRC social media sites and on our website
- Recognition in the quarterly VCRC Newsletter (circulation of 3,000)
- 1/4 page ad in the event program

$1,500
RUBY SPONSOR
- Four reserved seats
- Name or logo on all VCRC social media sites and on our website
- Recognition in the quarterly VCRC Newsletter (circulation of 3,000)
- Name listed in the event program

FOR QUESTIONS, PLEASE CONTACT:
Michelle DiBuduo, Executive Director
5363 N. Fresno Street, Fresno, CA 93710 ◊ www.valleycrc.org
Phone: (559) 224-9154 ◊ Fax: (559) 224-9179 ◊ mdibuduo@valleycrc.org

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

GREEK GALA

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RESERVATION FORM

◊ We Would Like to Support VCRC’s 2024 Celebration of Care at the Following Sponsorship Level:

◊ PRESENTING SPONSOR $10,000 ◊ SAPPHIRE SPONSOR $5,000
◊ EMERALD SPONSOR $3,000 ◊ RUBY SPONSOR $1,500

◊ Please reserve _____ tickets at $150.00 each

◊ We are unable to attend, a donation is enclosed in support of VCRC

◊ Please keep our donation if the event is changed due to COVID 19

Total Amount Due: $ _________

◊ Check Enclosed ◊ Pay By Credit Card ◊ Pay By (Date): ___ / ___ / ______

Checks made payable to: Valley Caregiver Resource Center or VCRC. For Credit Card Payments, please see attached ‘Credit Card Form’ or call VCRC to process.

Company Name/Organization: ________________________________________________
Contact Person: ____________________________________________________________
Address: __________________________________________________________________
City: ___________________ State: _________ Zip: __________________
Phone: ___________________ Email: ____________________________________________
Authorizing Signature: ______________________________________________________

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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.

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!
OASIS
Adult Day Program
License #107208896

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

OASIS PROVIDES:

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

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

-ELISE EIFERT, PH.D., GERONTOLOGIST

TO LEARN MORE:
Contact Meghan Velasquez
(559) 224-9121
mvelasquez@valleycrc.org
valleycrc.org

A program of
VALLEY CAREGIVER RESOURCE CENTER
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.

**Our Programs**

**Caregiver Resource Program:** Get free help in finding resources if you’re caring for seniors who need help with daily living activities or caring for anyone suffering from conditions such as a traumatic brain injury, dementia, stroke, or Alzheimer’s.

**HICAP:** Whether you are new to Medicare, currently on Medicare, or a victim of Medicare fraud, …the Health Insurance Counseling and Advocacy Program (HICAP) can help! Fresno and Madera HICAP is a State Health Insurance Program that provides free, confidential, and unbiased one-on-one counseling services for Medicare beneficiaries of all ages.

**OASIS Adult Day Program:** Oasis is a licensed daytime care program for seniors in the early stages of dementia or Alzheimer’s. We are dedicated to creating an inviting and stimulating environment with opportunities for social interaction with every visit.

**Long-Term Care Ombudsman:** Our mission is to advocate for the dignity, quality of life and quality of care for all residents in long-term facilities.

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Thank You to our SPONSORS and Corporate DONORS

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**LEVEL IV**

- Moss Adams
- Richard and Karen Spencer
- Robert Kolbert

**LEVEL III**

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

**LEVEL II**

- American Ambulance
- Caglia Environmental
- Cargill
- 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

**LEVEL I**

- 401K Specialists – A Division of Thiesen Dueker
- A-Plus In Home Care
- Around the Clock
- Atlantis Private Investigations
- Bristol Hospice
- Dalena Benik
- Fennemore
- Fresno Ag Hardware
- Hinds Hospice
- Integrated Healthplan
- Jay and Carol Fenzke
- Jay’s Chapel Funeral Directors
- Julie Cleeland & Leo Lopez

**LEVEL I**

- 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
- Precision Engineering
- Preferred Landscaping and Maintenance
- Promenade & Centerpointe

**LEVEL I**

- Quality Furniture Installation
- Right At Home
- Dr. Robert Cano
- Robyn Gonzales
- Sebastian
- Spencer Enterprises
- St. Agnes Medical Center
- Trinity Fruit Company
- Virgil Airola
- Visiting Angels
- VRPA Technologies

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Thank You