

There is Hope

By Michelle DiBudo, Executive Director of VCRC



Michelle DiBudo

I've never been one to make New Year's resolutions; never wanting to set myself up for failure. Instead, I strive to make small changes when opportunities arise. Have I been successful? Not always, but sometimes.

I am, however, a believer in planning out my future the best way I can. This planning process gives me hope in the few areas I can control.

One definition of hope is "a feeling of expectation and desire for a

certain thing to happen." I want to have a say in how I live out my final years. No one wants to be a burden on their family or friends but if they are like me, they hope those closest to them will be invested in their life at that time. I would want them to know my wishes, if at any time I am unable to speak. Most importantly, I want them to know I did everything I could to plan for this time.

If people are not afraid or reticent to plan for their care in the future and see the hope in it, their final days can potentially not be filled with chaos and last-minute decisions.

Over and over, I hear the desperation in people's voices as they scramble to find care for themselves or their family members in the middle of a crisis.

There is a resistance to answer questions ahead of time; Who will care for me when I can't take care of

myself? How far will my resources go if I have to pay for someone to take care of me? and If I am incapacitated, who will make decisions for me? No one knows what the future holds but answering these questions will empower you and give you a sense of peace.

We can have some control over what will happen to us in our later years. Conversations with those around us are more successful when done in a healthy manner and at the right time. Which is now, rather than later.

This is even important when we are taking care of someone else.

Many times, the caregiving role is not a planned role but one that just happens. Similar questions need to be discussed. Is there a backup plan if I can no longer do it? or What are the costs involved in getting assistance? If you are taking care of someone with dementia, there is an added layer of concern.

At Valley Caregiver Resource Center, we help families answer these questions on a daily basis. We give options and resources as we meet with families and we encourage meetings with attorneys specializing in elder law, that we can arrange. We discuss one-on-one the various options of care. We connect with agencies that can give you the information needed to choose a long-term care facility. We also help with Medicare questions, advocate for those already living in long-term care facilities, and have the valuable option of a day program for those with dementia. Most importantly, we have empathetic and knowledgeable staff willing to help you navigate the hard questions.

We all deserve hope to live out our final days with dignity and respect.

Hospice vs Palliative Care

By Charity Tokash

An acute illness can take a lot out of a person. It could have a physical or mental impact. A person who has an acute illness can suffer from pain, depression, shortness of breath, fatigue, constipation, nausea, loss of appetite, difficult sleeping, and anxiety. Palliative Care is meant to provide medical treatment for people living with a chronic illness with a goal of treating symptoms and improving quality of life for both the patient and family. This is done by a team of trained professionals that work together with the patient's doctors to support you through your care journey.

Hospice is meant to walk with you and your family during your journey to end-of-life with support and help to ensure a peaceful passing. Hospice treats the patient and not the disease, by providing a team of professionals that includes but is not limited to a nurse, LVN, Social Worker,

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.

Board Members

Kevin Gunner, Esq.: President
Gina Cuttone: Vice-President
Brandon Dukes: Treasurer
Dr. Kevin Torosian: Secretary

Michael W. Braa
Robert Cano, M.D.
Paul Carter
Gloria Cortez
Robyn Gonzales
Steve Grossman, M.D.
Katrina Hernandez
Amanda Mortimer, Ph.D.
Jeremy Preis
David Reed
Detective Skip Swain

Newsletter Staff

Nugesse Ghebrendrias: Editor
Katie Throckmorton: Design

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 Center also receives funding from the California Department of Health Care Services in the nine county service areas along with private donations. 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

Mark your Calendars: The 2nd Annual Senior Medicare Patrol Shredding Event will be on March 18th, 2023 from 10am-Noon

By Jennifer Webb, HICAP Program Manager

With the New Year beginning, it often brings that “urge to purge” your files and simplify your life! According to Consumer Reports, we should retain important records for different periods.

BELOW ARE A FEW IMPORTANT TIMELINES AND DOCUMENTS TO NOTE:

Keep for less than a year:

- ATM, bank-deposit, and credit card receipts until you reconcile them.
- Keep insurance policies and investment statements until new ones arrive.

Keep for a year or longer:

- Loan documents until paid off.
- Automobile titles until sold.
- Purchase confirmations for stocks, bonds, and mutual funds until sold.

Keep for 1 to 3 years:

- Medicare Summary Notices (MSN). Please note, it is extremely unusual for Medicare to follow-up on anything older than 3 years. If so, they ought to have copies of your records.

Keep for seven years:

- All tax records

Keep forever:

- Records such as birth and death certificates, marriage licenses, divorce decrees, Social Security cards, and military discharge papers.
- Defined-benefit plan documents, estate-planning documents, life insurance policies.

If you reside in Fresno or Madera counties and are a senior or caregiver, Senior Medicare Patrol would like to invite you to attend their second annual “drive thru” shredding event on **Saturday, March 18, 2023**. Valley Caregiver Resource Center is hosting the event in their parking lot on the southwest



corner of Barstow and Fresno streets located at **5363 N. Fresno St. from 10am to noon, or until the shredding truck is filled.** Guardian Shredding Company will be providing their wonderful services once again, and you can view your items be securely shredded on site while you wait.

Last year staff and volunteers assisted 132 seniors and caregivers safely and securely shred their personal documents, and this year we hope to double that!

The goal of this event is to bring awareness to the importance of protecting, guarding, and destroying personal identifying information correctly.

During the event participants are greeted with SMP participation bags filled with literature about all VCRC programs, Community partner service brochures and flyers, and a plethora of SMP information, grippers, pens, health trackers, and more!

Last year’s participants stated they were grateful for the much-needed event and appreciated how accessible it was for them. If you are interested in learning more **call your local SMP liaisons at HICAP (559) 224-9117** for more information.



Counseling Corner: Thinking Outside the Box

By Kevin Alvey, MA, MFCC

Often New Year's resolutions sneak up on us and we make some rash agreement with ourselves to completely overhaul some part of our lives. These makeovers usually don't last.

- People are most likely to give up on resolutions by January 19th
- Around 16% of Americans keep some of their resolutions
- About 13% of Americans keep none of their resolutions
- Nearly 80% of New Year's resolutions fail across the board

Why? It's easy to give up something we have very little commitment to, and little structure in developing a plan to continue. I suggest doing something that has more of an immediate effect and can bring personal satisfaction right away.

Commit to Disconnecting: Commit to disconnecting from social media at least one hour before bedtime.

Take a daily mindful walk: Create a healthy process of taking a leisurely walk somewhere, sometime.

Talk to Someone: Seek out a friend, confidant or counselor/therapist to allow yourself the opportunity to express the stuck



inside feelings and thoughts that sometimes hinder healthy growth or expression.

Use a planner: Get a planner of some sort and use it. Commit to writing down everything you do or are planning on doing for at least two weeks.

Make your bed every day: This may seem basic but completing this simple first task of the day helps us move on to the next one.

Accept the negative: Sometimes negative thoughts creep in and we are afraid to acknowledge them. Processing the negative (with help if necessary) is the only way we can realize the positive.

When dealing with negative feelings or thoughts, use the tools above to help mediate the negative and turn toward the positive.

COMMUNITY HIGHLIGHTS

In the month of November, Valley Caregiver Resource Center honored by the City and County of Fresno for its commitment to the aging population. On behalf of VCRC, Executive Director Michelle DiBuduo and Caregiver Resource Program Manager Kevin Alvey accepted the proclamation as an honor during "National Caregivers Month".



Executive Director Michelle DiBuduo and CRC Program Manager Kevin Alvey accept November Proclamation on behalf of Valley Caregiver Resource Center

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.

Advance Health Care Directive: Plan for the Future

By Meghan Velasquez

Planning; some do it, most don't. It is easy to get overwhelmed thinking about your to-do list for the day let alone for tomorrow or even 5 years from now. In fact, only 46% of US adults between the ages of 50-80 years have an Advance Health Care Directive. So, where does that leave the remaining 54%?

First and foremost, what is an Advance Health Care Directive (AHCD)? An AHCD clearly outlines your end-of-life medical wishes. It gives your doctor and family a clear understanding of what medical interventions you want or don't want when you are unable to voice them yourself.

From life-saving measures such as CPR or a defibrillator, to a ventilator, or even hospice and palliative care. Creating an AHCD can take the pressure and stress off of your loved ones and eliminate conflict between

AN AHCD CLEARLY OUTLINES YOUR END-OF-LIFE MEDICAL WISHES. IT GIVES YOUR DOCTOR AND FAMILY A CLEAR UNDERSTANDING OF WHAT MEDICAL INTERVENTIONS YOU WANT OR DON'T WANT WHEN YOU ARE UNABLE TO VOICE THEM YOURSELF.

opposing family members and ideas but where do we start?

- Take the time to write down your thoughts and wishes
- Talk about your wishes with close family and friends and based on those conversations appoint an "agent", someone trustworthy to carry out these wishes if/when the time comes.
- Fill out an AHCD form accordingly. You can find these forms online but



here is a link to one <https://oag.ca.gov/system/files/media/ProbateCodeAdvanceHealthCareDirective-Form-fillable.pdf>

- Take your filled out AHCD form, two witnesses (that are not family related) and get it notarized.
- Make 2 copies, one for your appointed agent, the other give to your primary physician and keep the original for yourself.

We know it isn't easy or fun thinking about death, let alone plan for it, but taking these small steps will be a huge relief to your family during such an emotional and difficult time. So, don't wait, it is never too early to create an Advance Health Care Directive.

Keeping you and your loved one safe during COVID-19. We are offering some of our Caregiver Education Classes & Self Care Opportunities online or by phone. In-person classes - must have proof of full vaccination and screening. To register, please call us at (559) 224-9154 or (800) 541-8614. **Pre-Registration is required.** Once registered, you will then receive a confirmation email containing information about joining the training.

JANUARY Classes

- H** **Caregiving Grief**
Tuesday, January 17, 2023 | 2:00 pm to 3:30 pm
- V** **Setting Up Family Expectations**
Guest Speaker Andres Sviercovich, LCSW
Wednesday, January 18, 2023 | 10:00 am to 11:30 am
- H** **Home Care vs Home Health**
Tuesday, January 24, 2023 | 2:00 pm to 3:30 pm

FEBRUARY Classes

- V** **Addressing Behaviors After Traumatic Brain Injury**
Guest Speaker from Centre for Neuro Skills
Wednesday, February 8, 2023 | 2:00 pm to 3:30 pm
- V** **Difficult Conversations about Difficult Decisions**
Tuesday, February 14, 2023 | 2:00 pm to 3:30 pm
- H** **Elder Law Seminar**
Guest Speaker: Kevin D. Gunner
Friday, February 17, 2023 | 2:00 pm to 3:30 pm

MARCH Classes

- V** **Fraud Prevention**
Guest Speakers from Senior Medicare Patrol and California Department of Financial Protection and Innovation
Wednesday, March 8, 2023 | 2:00 pm to 4:00 pm
- V** **Comportamientos Dificiles de Demencia Orador Invitado: Andres Sviercovich, LCSW UCSF**
Viernes, 10 de Marzo del 2023 | 10:00 a 11:30
- I** **Drive Through Shredding Event**
Saturday, March 18, 2023 | 10:00 am to 12:00 pm
- V** **Caregiver Book Club**
Friday, March 24, 2023 | 2:00 pm to 3:00 pm
- H** **The Dr. is in: Difficult Dementia Behaviors**
Guest Speaker Dr. Grossman
Thursday, March 30, 2023 | 2:00 pm to 3:30 pm

CLASS KEY

Want to know if a class listed is in-person or virtual? These symbols will tell you.

I IN-PERSON Class

V VIRTUAL Class

H HYBRID Class (both virtual and in-person)

OTHER Classes

- I** **Matter of Balance: Do you have concerns about falling?**
A Matter of Balance is an award winning program designed to help reduce the fear of falling, manage falls, and increase the activity levels of older adults who have concerns about falling. This is a eight-week program that meets every week for two hours. Space is limited. Location: 5363 N. Fresno Street, Fresno, CA 93710.
Meeting every Thursday
January 26th, February 2nd, 9th, 16th, 23rd, March 2nd, 9th, & 16th | 2:00 pm to 4:00 pm
- 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.
Meeting every Tuesday
February 21st, 28th, March 7th, 14th, 28th, April 4th
(No class on March 21st) | 2:00 pm to 3:30 pm

Part of a Statewide System of Caregiver Resource Centers serving family caregivers, contracted through the California Department of Health Care Services, and grants from various Area Agencies on Aging in Fresno-Madera, Kern, Kings-Tulare, and Merced. VCRC educational classes are not open to providers, volunteers or for patients.

For more info on these events or our programs, visit:

www.valleycrc.org

Like us on Facebook:

www.facebook.com/ValleyCRC/

Find us on Instagram:

https://www.instagram.com/valley_caregiver_resource_ctr/



Find us on
Facebook



2023 CALENDAR OF EVENTS



April 24, 2023

*10th Annual
Fundraising
Golf Tournament*

Get your team
together!



April 28, 2023

*HICAP Volunteer
Recognition Luncheon*

Recognizing our
dedicated volunteers



May 31, 2023

*Ombudsman Volunteer
Recognition Luncheon*

Recognizing our
dedicated volunteers



June 2023

*Elder Abuse
Awareness Event*

Know Abuse,
Report Abuse



August 16, 2023

*Donor Appreciation at
Fort Washington*

Honoring our
community partners.



October 27, 2023

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

Dinner- Live and silent
auction

For questions, please contact:

Michelle DiBuduo, Executive Director

☎ (559) 224-9154

✉ mdibuduo@valleycrc.org

Like us on:



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 18, 2023
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 to wear a mask and 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

Senior Center or Senior Adult Day Program?

By Meghan Velasquez

As a caregiver you are faced with many decisions. What physician to go with? What course of treatment to take? To place or not to place?

What's key when making these decisions, is being informed.

So, what is the difference between a Senior Center and a Senior Adult Day Program?

Senior Centers are intended for those who are 50 years of age and older and are more independent. They are capable of making safe decisions, take their medication unsupervised and physically able to do things for themselves.

Senior Adult Day Programs are typically for individuals who are 60 years and older and not safe when left alone, but doesn't necessarily mean they need 24-hour care. Often times they have some sort of cognitive impairment, or have a diagnosis of Alzheimer's or dementia.

A Senior Center's primary role is to meet the needs of the aging community by linking them to resources, services and activities. These programs cover a wide variety of activities such as art, education, nutrition, recreation and socialization.

Senior Adult Day Programs can help prevent or delay the need for placement by providing supervised care and giving the caregiver a much-needed break. They often offer nutritious meals, assistance with self-care needs and activities that focus on an individual's cognitive and physical health.



SENIOR ADULT DAY PROGRAMS CAN HELP PREVENT OR DELAY THE NEED FOR PLACEMENT BY PROVIDING SUPERVISED CARE AND GIVING THE CAREGIVER A MUCH-NEEDED BREAK.

OASIS Adult Day Program prides themselves on being a one of a kind social model for individuals in the early to mid-stages of Alzheimer's and/or other related dementias. They offer a safe and stimulating environment for individuals to come, make friends and regain their sense of community and belonging.

At Valley Caregiver Resource Center, we know that caregiving is hard but you don't have to do it alone. If you would like to learn more or get your loved one started in our day program, contact us today.

Hospice Comfort Pack

By Kristin Turnage, RN

Hospice understands that client needs change, and often don't happen during business hours. End of life symptoms can change or start at any time. A proactive way that Hospice can support your loved one is by providing a "comfort pack".

This is a sealed pack of medication to be used for the hospice client at the direction of your hospice doctor and nurse. This pack contains a small amount of each medication. This allows you access to the first few doses of a new medication so there is no delay in administration while you wait for pharmacy to process, fill and deliver your new prescription.

This unique pack is provided for hospice patients only under the direction of your hospice doctor with the goal of optimizing comfort and minimizing pain at end of life.

There are several medications that you may see in your comfort pack. These are all given with the goal of providing comfort. Controlling pain is goal of hospice and this kit includes two commonly prescribed medications Acetaminophen suppository which can be placed in the rectum for fever or pain management when a loved one is unable to tolerate swallowing pills and a concentrated liquid form of morphine.

Another common end of life symptom is anxiety, confusion or agitation. Haloperidol or Haldol liquid oral solution or Lorazepam may be used to treat. At the end of life, many patients lose the ability to clear their throat, or deep cough to clear secretions. This is not painful for the patient, but is an end of life symptom that may be managed with bedside suction or the medication Atropine. Nausea is another end of life symptom that may be managed with rectal Compazine to help control vomiting.

Immediate access to these medications is essential at end of life. These are not to be opened until they are prescribed by your hospice MD. They are only for the hospice patient. Knowing that immediate relief is available for a hospice client, if needed, gives family peace of mind in a difficult time.

MATTER OF BALANCE

THURSDAY'S, 2 PM TO 4 PM
JANUARY 26TH
FEBRUARY 2ND, 9TH, 16TH,
23RD
MARCH 2ND, 9TH, AND 16TH

Matter of Balance is an 8-week program

Covering

- Exploring thoughts and concerns about falling
- exercise and fall prevention
- Assertiveness and fall prevention
- Managing concerns about falling
- Recognizing hazards in the home and community
- and much more

REGISTER NOW!

(559) 224-9154 OR (800) 541-8614



THANK YOU TO ALL SPONSORS

Valley Caregiver Resource Center wants to thank all the generous sponsors and donors throughout the 2022 year for their support as we serve the ageing community. Without your support, our families would not have the resources and guidance they desperately need.

10th Annual
valley
CAREGIVER
RESOURCE CENTER

GOLF TOURNAMENT

MONDAY
April 24th, 2023

Dragonfly Golf Club
43369 Ave 12
Madera, CA 93636

1 PM - Tee Off

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

Title Sponsor: \$3500

Registration Sponsor: \$1800

Gold Sponsor: \$1200

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

Deadline to Register April 10, 2023



Valley Caregivers Resource Center offers a comprehensive array of services designed to assist elders and their families in mastering the challenges that accompany the aging process. As long-standing advocates and collaborators in preserving the health and quality of life of others, our aim is to promote personal & community well-being.

Valley Caregiver Resource Center Support Groups

Fresno/Madera



Alzheimer's/Dementia Support Group

Meghan Velasquez - Moderator

5363 N. Fresno Street

Fresno, CA 93710

Meets: 3rd Wednesday of the month from 10:00am - 11:30am

Contact Coordinator for more information (559) 224-9121 ext. 511

Caregiver Support Group

Gina Torres - Moderator

5363 N Fresno Street

Fresno, CA 93710

Meets: 3rd Wednesday of the month from 2:00-3:30pm

Contact Coordinator for more information (559) 224-9154 ext. 205

Spanish Speaking Caregiver Support Group

Lizzie Avila - Moderadora

5363 N Fresno Street

Fresno, CA 93710

Se reúne: el último viernes de cada mes de 10:00-11:30am

Contacte al coordinador para más información (559) 224-9154 ext. 211

Alzheimer's/Dementia Support Group

Carol Breit - Moderator

Oakhurst Lutheran Church

Road 426 & Black Rd.

Oakhurst, CA

Meets: 2nd & 4th Tuesday of the month, 10:00-11:30am

Hospice Fraud Alert!

By Jennifer Webb

Hospice is most commonly known as a benefit covered by Medicare and is meant for Medicare beneficiaries with terminal illness. As a Medicare beneficiary you qualify for hospice care if you have Medicare Part A (Hospital Insurance) and meet all of the below conditions:

- Your hospice doctor and your regular doctor (if you have one) certify that you are terminally ill (with a life expectancy of 6 months or less).
- You accept comfort care (palliative care) instead of care to cure your illness.
- You sign a statement choosing hospice care instead of other Medicare-covered treatments for your terminal illness and related conditions.

Hospice fraud is rampant and most are unaware that they have fallen prey until it is too late. Beware! You may have been a victim.

BEWARE! YOU MAY HAVE BEEN A VICTIM

According to Senior Medicare Patrol, some hospice agencies may approach you outside of supermarkets or may show up to your home unannounced and recruit non-terminally ill Medicare beneficiaries by offering free items or services and calling themselves a “program that helps seniors”. During these interactions, you may have shared your Medicare information before you realized it and you have now become a victim.

Most likely you would have no idea since you told them you were uninterested and moved on with your day.

Look for red flags, like the ones below:

- ▶ Have you suddenly lost access to your doctor?
- ▶ Are your specialists refusing to see you?
- ▶ Can’t get your medications at the pharmacy?

If you or someone you know signed up for free services but now face issues accessing medical care, please contact your local Senior Medicare Patrol Liaisons at **HICAP (559) 224-9117** Monday –Friday 8am – 5pm for help.

Continued from pg 1

Hospice (cont.)

Dietitian, spiritual guidance counselor, and medical director to coordinate your care. You can be on hospice and stay at home or a hospice facility either way they will provide medication and pain management, medical equipment, bereavement counseling, and medical professionals will be available by phone twenty-four hours a day.

Whether you are in need of hospice care of palliative care you can start by making a call. You can contact your medical provider and talk to them about services so that they can

refer you or you can contact a hospice/palliative care provider and they will do an assessment and contact your medical doctor for a referral. Remember they are here to support you through your journey.

“ I would recommend hospice because it gives you a peace of mind knowing that your loved one is receiving quality care. We did not have to worry about my mom and dad and we knew hospice would inform us when the time was close. Using hospice was comforting.”

MEDI-CAL APPLICATION ASSISTANCE DAY

Hosted at:
Valley Caregiver Resource Center
5363 N Fresno Street
Fresno, CA 93710

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

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

2nd Wednesday of each Month



For more information or to schedule an appointment please contact HICAP at (559) 224-9117

valley CAREGIVER RESOURCE CENTER

HICAP Health Insurance Counseling and Advocacy Program
Free Service to Medicare Beneficiaries



THIS PROJECT WAS SUPPORTED, IN PART BY GRANT NUMBER 90SAP0094-02-00, FROM THE U.S. ADMINISTRATION FOR COMMUNITY LIVING, DEPARTMENT OF HEALTH AND HUMAN SERVICES, WASHINGTON, D.C. 20201. GRANTEES UNDERTAKING PROJECTS UNDER GOVERNMENT SPONSORSHIP ARE ENCOURAGED TO EXPRESS FREELY THEIR FINDINGS AND CONCLUSIONS. POINTS OF VIEW OR OPINIONS DO NOT, THEREFORE, NECESSARILY REPRESENT OFFICIAL ADMINISTRATION FOR COMMUNITY LIVING POLICY. HICAP OPERATES WITH FINANCIAL ASSISTANCE AND SUPPORT FROM THE FRESNO-MADERA AREA AGENCY ON AGING.



CLICK TO PLAY VIDEO



CLICK HERE to watch a video of our very own Megan Velasquez, Oasis Program Manager, talking about the Oasis program and how it can help our community of caregivers and seniors with Alzheimer's and Dementia.

<https://youtu.be/r2PRAtXaCZk>

Contact Meghan Velasquez: (559) 224-9121 or mvelasquez@valleycrc.org

VOLUNTEER WITH VCRC

HICAP Volunteer Training and Orientation
1/9-1/12

The Medicare Digital download can be found at: <https://www.medicare.gov/forms-help-resources/medicare-you-handbook/download-medicare-you-in-different-formats>

Ombudsman Training
March 20 – 24, 2023
Valley Caregiver Resource Center office

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 II --

- American Ambulance
- Atlantis Private Investigations
- Barthuli & Associates
- Caglia Environmental
- Cargill
- Citizen's Bank
- David Reed-Assured Senior Living Solutions

-- LEVEL I --

- 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
- Jay and Carol Fenzke
- Fennemore
- Fresno Ag Hardware
- Fresno Long Term Care Medical Group
- Greg Anderson/ DLL Insurance
- Hind's Hospice
- Integrated Healthplan
- Jay's Chapel
- Julie Cleeland & Leo Lopez

-- LEVEL I --

- Kaweah Delta
- Kingston Bay
- Larry and Susan Ayers
- Lawvex
- Lenity Solutions, LLC
- Melton Air Conditioning
- Park Visalia Assisted Living & Memory Center
- Plan Financial
- Preferred Landscaping and Maintenance
- Promenade & Centerpointe
- Right At Home
- Robyn Gonzales
- Selma Auto Mall
- St. Agnes
- Trinity Fruit Company
- Visiting Angels
- VRPA Technologies

-- LEVEL III --

- Barthuli & Associates Insurance
- CalViva Health
- Chukchansi Gold Resort & Casino
- EECU
- Lithia Subaru of Fresno
- Steve Lutton
- Xpress Yourself Event Design

- Divine Logic
- Everlight Care
- Fresno Geriatric Medical Group
- Dr. Stephen Grossman
- Kaiser Permanente Senior Advantage
- Noble Credit Union
- Phil Flanagan
- Touch of Angels
- Vida Care Home Health



THANK YOU

Celebration of Care 2022 Sponsors

The Valley Caregiver Resource Center wants to offer our sincere thanks and appreciation for sponsors from the 2022 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.

American Ambulance
A-Plus In Home Care
Around the Clock
Atlantis Private Investigations
Barthuli & Associates
Bristol Hospice
Caglia Environmental
CalViva Health
Care Patrol
CareMax Senior Solutions
Cargill
Cedar Creek Senior Living
Cedarbrook Memory
Care Community
Century 21-CW Watson
Chukchansi Gold
Casino & Resort
Citizen's Bank
ComForCare Home Care
Comfort Keepers
Dalena Benik

David Reed-
Assured Senior Living Solutions
DeYoung Properties
Diane Montgomery
(liquor bottles)
Divine Logic
Dr. Stephen Grossman
Educational Employees
Credit Union (EECU)
Everlight Care
Facility Designs
Fennemore
Fresno Ag Hardware
Fresno Geriatric Medical Group
Fresno Long Term Care Medical Group
Greg Anderson/ DLL Insurance
Guarantee Real Estate-
Laura Cory
Hind's Hospice
Integrated Healthplan

Jan Clagg
(liquor bottles)
Jay and Carol Fenzke
Jay's Chapel
Julie Cleeland & Leo Lopez
Kaiser Perm Senior Advantage
Kathleen Leahy
Kaweah Delta
Kingston Bay
Lara & Michael Ekwall
Larry and Susan Ayers
Laura Cory
Lauri Moore
Lawvex
Lenity Solutions, LLC
Lithia Subaru of Fresno
Meathead Movers
Melton Air Conditioning
Michael and Brittany Muhareb
Moss Adams

Nelson- 3 bottles of port
Noble Credit Union
Park Visalia Assisted Living
& Memory Center
Patti & George Kisling
Phil Flanagan
Plan Financial
Preferred Landscaping
and Maintenance
Promenade & Centerpointe
Right At Home
Robyn Gonzales
Selma Auto Mall
Senior Helpers-Central Valley North
St. Agnes
Touch of Angels
Trinity Fruit Company
Vida Care Home Health
Visiting Angels
VRPA Technologies
Xpress Yourself