

Celebration of You

By Michelle DiBuduo, Executive Director of VCRC



Michelle DiBuduo

Our 26th Annual Celebration of Care will be held on October 21, 2022 at the Signature Executive Hangar. Following the annual golf tournament held in April, the Celebration of Care is our MAIN EVENT. Your participation and support is the secret to its success.

I've been involved in Celebration of Care for over 15 years. Each year's theme is new and exciting and this year's event, "Fly Me to the

Moon," is no exception. The amazing Lynda Thomsen, from Xpress Yourself Event Design & Décor, will work her magic once again to transform the venue, providing our guests with a unique experience.

Upon arrival, you'll be greeted with champagne and appetizers, along with beverage tastings for every pallet. This year includes wine pours from San Joaquin Wine Company, assorted beers from Mad Duck, and whiskey samplings by Tamari Robotayaki & Whisky Bar. Then enjoy a friendly competition to be the high bidder in an awesome silent auction, along with a balloon pop where everyone is a winner.

A delectable steak dinner will be provided by Pardini's, with complimentary CRU wine. Following dinner, we are honored to have Senator Shannon Grove speak, as well as hear testimonies from staff and clients positively impacted by Valley Caregiver Resource Center. The fun continues with our amazing live auction, emceed by J.R. Jackson from Eyewitness

News 47. Auction offerings include Lasik Surgery from Eye-Q Vision Care; a one week stay at Riverpointe Resort in Napa Valley and a ride on the Napa Valley Wine Train; a limousine escort for eight and a four-course meal with complimentary wine at Campagnia's Bistro restaurant, and monthly dining experiences at the finest restaurants in Fresno, each with delicious wine pairings.

I certainly hope I've enticed you to attend this year's Celebration of Care, which promises a pleasurable experience and enjoyable evening, benefitting Valley Caregiver Resource Center. Ultimately, what does your attendance mean to our organization?

Your attendance supports the most vulnerable seniors and caregivers in our Central Valley. Like any 501(c)(3) non-profit organization, we acquire numerous grants throughout the year to fund agency services and activities. However, these grants don't cover or meet all needs. The funds raised at Celebration of Care primarily help us keep operating while serving more clients. With our professionally trained, experienced and empathetic staff, we're able to help Medicare beneficiaries, visit and advocate for residents in long term care facilities, provide a safe harbor for those experiencing the effects of Alzheimer's through the day care program, and be there as a valuable resource for caregivers and much, much more!

I feel so fortunate to be a part of these events, as I'm able to experience firsthand the generosity of you – our donors. I'm also grateful to witness just how this valuable funding helps the most vulnerable in our communities.

I look forward to seeing you on October 21st as we appreciate and celebrate you!



OASIS is an innovative day program for people in early to mid stages of Alzheimer's disease and/or other related dementias.

Participants enjoy engaging activities and creating new friendships with other people.



OUR MISSION

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

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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

Native American Heritage Month

By Jennifer Webb, HICAP Program Manager

November is National Native American Indian Heritage Month and Valley Caregiver Resource Center wanted to take a moment to inform our readers how we are working diligently to increase support and provide much needed resources to our local tribal communities.

VCRC programs together, cover nine counties: Fresno, Kern, Kings, Madera, Mariposa, Merced, Tuolumne, Tulare, and Stanislaus. Within these counties, we are able to provide services to tribal elders and members of the following Native American Indian Tribes:

- Big Sandy Rancheria
- Cold Springs Rancheria
- Table Mountain Rancheria
- Tejon Indian Tribe
- Tachi-Yokut Tribe
- North Fork Rancheria
- Picayune Rancheria of Chukchansi Indians
- Tule River Indian Reservation
- Chicken Ranch Rancheria
- Tuolumne Band of Me-Wuk I

Similar to other racial and ethnic groups, Native American Indian Elders receive the bulk of their long-term care from informal caregivers. However, knowledge of caregiving issues specific to Native American Indians is far less developed. Only a handful

of published studies have examined adult caregiving issues in this population, concluding signs of burden or stress. This is where VCRC can help!

Over the past few years, both the Caregiver Resource Center Program and HICAP have collaborated with multiple tribes to provide presentations and build a bridge of communication.

Our CRC Program has shared services, received referrals from tribal members, and are able to provide continued support through on-site support groups.

HICAP has presented multiple in-person and online presentations for Tribal Elders about Medicare, Coordination of Medicare and Indian Health Services, and Medicare Fraud. HICAP continues to provide Tribal related literature from the Centers for Medicare and Medicaid services upon request and encourages referrals.

Valley Caregiver Resource Center is appreciative of every opportunity provided within our local Native American Indian Tribal communities and is looking towards a brighter future “together” caregiving for Tribal loved ones.

If you would like to learn more about how VCRC can support your Tribal community contact Executive Director, Michelle DiBuduo at mdibuduo@valleycrc.org.

Ombudsman Program Highlight

By Susan Bussean

We are delighted to announce that eight NEW Ombudsmen will soon be joining our team after becoming State Certified Ombudsman Representatives!

On November 27, 2019, the Administration for Community Living advised all State Ombudsman and State Units on Aging, of the training standards for representatives of the Office of State Long-Term Care Ombudsman Representatives in each state. Ombudsman programs were required to meet these training standards by September 30, 2021.

Staff and trainees of the Fresno-Madera Long Term Care Ombudsman Programs were one of the first training classes in California to utilize the National Long-Term Care Ombudsman Resource Center’s (NORC) newly released training materials and curriculum.

Our next Ombudsman Training Class will take place on January 9 -10 and January 12-13, 2023.

Please contact Susan Bussean, Program Manager, at 559-224-0177, Ext. 401. We’d love to have you join us!



National Caregiver Month Spotlight:

Caregiver: Javier Renteria | **Care Receiver:** Eloise Renteria

By Nugesse Ghebrendrias

For Javier Renteria, there wasn't a single person whether it was a VCRC employee or fellow caregiver that didn't feel a ray of sunshine when interacting with Javier. His positive attitude, his ability to listen and learn and maybe most his ability to cook a fantastic spread, was unifier for many caregivers within Merced County.

You would never know Javier had spent the last two nights up, half-asleep caring for his wife. You would never know that Javier has to constantly overcome the hurdles related to Dementia – with aggressive behaviors. Seeing the love his life become someone he couldn't recognize at times. But despite his OWN challenges, Javier set out to be a resource for others like him.

Within the Merced County and VCRC men's support groups, Javier became a rock for many caregivers looking for advice, a laugh or a shoulder to cry on. Having been able to overcome his own challenges,



Javier took it on himself to not only provide a sense of support for caregivers but to an extent their loved ones as well.

Javier's presence within the men's support group created an environment where men could share and cry. His ability to relate and offer impactful advice gave men within the group the strength they needed to reach out and ask for help.

All while Javier and his wife Eloise battled day and night.

Javier was in tune with his creative side often as he could. Creating jewelry for his wife, cooking new and interesting meals as she sat and watched her San Francisco Giants, wearing her favorite pink Giants hat. Eloise and Javier were two peas in a pod and for him, there no was other choice but to care for Eloise at home for as long as he could.

And he did.

Javier's journey as a caregiver came to an end early September when his wife



Eloise passed away after a long battle with dementia. A long and hard road, but one that strengthened Javier's resolve as a husband, father and friend.

Despite his sleepless nights, Javier persevered. Maybe he knew, but the reality is that his actions helped encourage and empower countless caregivers.

Now that his duties as a caregiver are over, Javier's life-long friends or the Musketees as they call themselves in Merced will be a lasting memory of not only the time spent with his wife, but the important and meaningful relationships that shaped him.

The New Old Age: The Quiet Cost of Family Caregiving

Summarized by Nugesse Ghebrendrias

Too often family caregivers must decide between caring for their loved ones at home and stepping away from work. For caregivers who strive to meet both responsibilities, the task often seems too much to overcome.

In an article in The New York Times, author Paula Span tells a story through the eyes of family caregiver Dana Guthrie. Guthrie spends her days as both a administrator in a busy dental practice in Florida but also caring for a mother who was diagnosed with a progressive form of liver disease as well as a father who was diagnosed with dementia.

Hiring caregivers full time for two ailing parents was not a practical plan, but neither was leaving a good paying job to be a full-time caregiver.

But in 2016, Guthrie left her job to move into her parents home full time. "They really needed me," Ms. Guthrie said in the article.

It is estimated that 22 to 26 million American adults currently provide care for family members or friends, most of them older people, who need help with daily activities.

And more than half of these individuals have full or part time jobs.

"There's no doubt that juggling the two can be very difficult," said Douglas Wolf, a demographer and gerontologist at Syracuse University.

The challenges of managing a work schedule but also your loved ones schedule leads to resignations and some times termination.

"We see little evidence that they either reduce hours or switch to self-employment. They leave the labor force and remain out of it for quite a long time," Yulya Truskinovsky, an economist at Wayne State University said.

Age is no factor as well. Younger caregivers are just as likely to leave the work force

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.

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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.

OCTOBER Classes

- V** **Chronic Stress and Ways to Cope**
Presented by Kaiser Permanente
Thursday, October 6, 2022 | 1:30 pm to 3:00 pm
- V** **Difficult Dementia Behaviors**
Guest Speaker: Andres Sviercovich, LCSW from UCSF Fresno, Alzheimer & Memory Center
Thursday, October 13, 2022 | 1:00 pm to 2:30 pm
- H** **Emergency Prep for Caregivers**
Thursday, October 27, 2022 | 1:00 pm to 2:30 pm

NOVEMBER Classes

- H** **Durable Medical Equipment 101**
Tuesday, November 1, 2022 | 2:00 pm to 3:30 pm
- I** **Powerful Tools For Caregivers**
The program is a six-week series that meets for 90-minutes each week. Limited Space. This class will give you the tools to help reduce stress, communicate effectively, reduce guilt, anger, and depression, set goals and problem-solve. This class is not for professionals/providers, volunteers or the patient.
Call to Register (559) 224-9154 or (800) 541-8614
Thursday's 2:00 pm to 3:30 pm | November 3rd, 10th, and 17th, December 1st, 8th, and 15th
- H** **What to Know BEFORE Seeking Long-Term Care**
Guest Speaker: Fresno-Madera Long-Term Care Ombudsmen
Tuesday, November 8, 2022 | 2:00 pm to 3:30 pm
- V** **Caregiving Through The Holidays**
Wednesday, November 16, 2022 | 2:00 pm to 3:30 pm

DECEMBER Classes

- H** **Planificación legal para personas mayores**
Orador invitado: Lawvex
(Participe en línea o por teléfono)
Miércoles, 7 de diciembre de 2022 | 1:30 pm a 3:00 pm
- H** **Strengthening Family Caregiver Relationships**
Tuesday, December 13, 2022 | 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)

OCTOBER Self-Care

- I** **Caregiver Wind Chimes**
Limited Space
Wednesday, October 12, 2022 | 2:00 pm to 3:00 pm

NOVEMBER Self-Care

- V** **Caregiver Bingo**
Must Register by 11/15/2022
Tuesday, November 29, 2022 | 1:00 pm to 2:00 pm

DECEMBER Self-Care

- V** **Caregiver Book Club**
Guest Speaker and Writer Dr. Jackie Ryle.
Must Register by 11/15/2022
Tuesday, December 6, 2022 | 2:00 pm to 3:00 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_cntr/





save the date

26TH ANNUAL CELEBRATION OF CARE

OCTOBER 21, 2022

Signature Executive Hangar
6:30pm

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MOSSADAMS



OTHER SPONSORSHIPS AVAILABLE

\$10,000

PRESENTING SPONSOR

- Name and logo prominently listed as the 'Presenting Sponsor' 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 and logo listed on invitation and all VCRC social media sites
- 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 and logo on all VCRC social media sites and on our web site
- Recognition in the quarterly VCRC Newsletter (circulation of 3,000)
- 1/2 page ad in the event program

\$2,500

EMERALD SPONSOR (ONLY EIGHT AVAILABLE)

- One sponsor table for eight at the event with priority service and seating
- Name and logo on all VCRC social media sites and on our web site
- Recognition in the quarterly VCRC Newsletter (circulation of 3,000)
- 1/4 page ad in the event program

\$1,000

RUBY SPONSOR

- Four reserved seats
- Name and logo on all VCRC social media sites and on our web site
- Recognition in the quarterly VCRC Newsletter (circulation of 3,000)
- Listed in the event program

FOR MORE INFORMATION, PLEASE CONTACT:

Michelle DiBuduo, Executive Director

559-224-9154 | mdibuduo@valleycrc.org

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New Old Age (cont.)

for an extended period of time. But for gender, surveys and data points to women coming back to work sooner compared to their male counterparts.

The recent COVID-19 pandemic has also played a role as it amplified the conflict between employment and caregiving.

In a national sample of adults over 55, half the family caregivers reported that Covid-19 had disrupted their care schedules, forcing them to provide more care (because paid help became unavailable) or less (because of quarantines and fear of transmission). Before the pandemic, more than one-third had been employed.

After Ms. Guthrie's parents died, she relocated to Radcliff, Ky., where her sister lives. She found positions at dental practices there but has never matched the compatibility or the salary of the job she left in Florida.

Currently unemployed, Ms. Guthrie has been interviewing for jobs and wondering whether she will ever be able to retire, although she doesn't regret the sacrifices she made to care for her parents.

"We were a close-knit family and I would do it again," she said. "But I took a beating, emotionally and financially, and I haven't really been able to recover."

SOURCE:

<https://www.nytimes.com/2022/09/04/science/elderly-work-caregiving.html>



If you would like to learn about our sponsorship opportunities, contact:

(559) 224-9154

Michelle DiBuduo
mdibuduo@valleycrc.org

IT'S TIME TO CALL!

HICAP
Health Insurance
Counseling and
Advocacy Program

OPEN ENROLLMENT IS
OCTOBER 15 – DECEMBER 7

CALL TO SCHEDULE YOUR APPOINTMENT TO REVIEW YOUR MEDICARE PLAN CHOICES

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

www.valleycrc.org
(559) 224-9117 • (800) 434-0222

MEDI-CAL APPLICATION ASSISTANCE DAY

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

Assistance for Seniors and Caregivers by appointment only!
Participants must be fully vaccinated

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

Supported by:

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Resident Councils in Long-Term Care Settings

Summarized by Susan Bussean

One of the best ways to improve the long-term care experience is to organize and participate in a Resident Council. A Resident Council is an organized group of residents who meet regularly to discuss and address concerns about their rights, quality of care and quality of life. Residents of Skilled Nursing Facilities (SNFs) and Residential Care Facilities for the Elderly (RCFEs) - sometimes called "Assisted Living" or "Board and Care" - have the right to organize and participate in a Resident Council. The Resident Council meeting can also include family members, resident representatives, advocates, representatives of the Long Term Care Ombudsman Program, and facility staff to attend, when invited by a member of the Resident Council.

PURPOSE OF A RESIDENT COUNCIL

The primary purpose of a Resident Council is for residents, as a group, to influence the quality of their care. Whatever affects the residents' lives is a proper concern of the Resident Council, whether it's the role of the administrator, the day-to-day care, meals and snacks, respect for resident rights or the activity program.

An effective Resident Council allows its members to meet without facility staff to share concerns, identify problems, offer solutions, provide mutual support, and to submit the council's concerns and recommendations to the administrator or designated staff liaison for action.

By presenting a united voice on mutual concerns, members need not fear being isolated and threatened by retaliation, and they can address the problems of the majority of residents, rather than a few. Resident Councils help prevent problems and guide members on how to assert their rights and participate in joint action to better their lives.

BENEFITS OF A RESIDENT COUNCIL

Resident Councils offer a forum to become educated about resident rights and how to effectively exercise these rights and use them as a sounding board for solutions to shared problems, to initiate new ideas, and to communicate with the facility administrator and staff. Facility administrator and staff should be invited to specific meetings at specific times to discuss specific concerns.

Resident Council members benefit directly from sharing information, support and

encouragement. By working together to solve problems, residents exercise self-determination and experience empowerment as they identify problems and explore ways to resolve their concerns at an early, preventive stage.

HOW TO ORGANIZE A RESIDENT COUNCIL

Organizing a Resident Council can seem like a big job, but it does not have to be. It is usually best to keep organizing activities simple. To get started, take these steps:

- Recruit two or more like-minded residents to plan and sponsor a first meeting
- Meet with the administrator to make arrangements and seek cooperation
- Publicize the meeting

Although the council will need to select leaders at some point, it is very common for this process to be informal at first while residents are getting to know one another better and issues and concerns are being identified and discussed.

Contact the Fresno-Madera Long Term Care Ombudsman Program office at 559-224-9177 to receive more detailed information about planning, promoting, and running Resident Councils.

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