

We Can Not Forget

By Michelle DiBuduo, Executive Director of VCRC



Michelle DiBuduo

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.

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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

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. Merriam-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

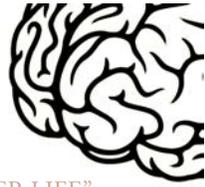
TRUST IS THE CENTRAL ISSUE IN INTIMACY. INTIMACY IS A SENSE OF TRUST AND COMFORT YOU ESTABLISH WITH ANOTHER PERSON.

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.

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.



It's Never Too Late for Hope

By Linda Guzman, BHCC – Elevate Brain Training, Owner

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

“WITH A BETTER
BRAIN COMES A BETTER LIFE”

– Dr. Daniel Amen

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 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



VOLUNTEER APPRECIATION

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:

Cora Abalos	Denise Clayton	Kathryn M Millin	Linda Schwartz
Neville Abraham	Rosalie Dussell	Alba Medina	Anthony Sholars
Connie Anglada	Matthew Dussell	Katie Oakes	Zakiya Sido
Sonia Bacci	Gilbert Fernandez	Carol Pitner	Laura Taylor
Tuyet Brown	Chor Her	Geraldine Ramirez	Kevin Torosian
Cheryl Bynum	Kara Ingram	Teresa Ramirez	Chris Torres
Bill Carlson	Zeno Jonas	Tracy Russell	
Renee Chimenti	Regina Jones	Tania Sakata	



"My experiences in caring for a relative, my father, and currently my mother, was a real eye opener for me. The time I spent in residential care, memory care, and skilled nursing facilities led me to develop a keen understanding of how important it is to have someone available to assist a senior in navigating our senior care system. Residents need someone to advocate for the level of care and respect for their individual rights that they are entitled to. I couldn't help but feel concern for the residents who I saw that may be without loved ones, or had not had a visitor since the day they were admitted. Who was making sure they were shown some level of concern for their well-being and who was there to provide some level of assistance and protection? This consideration was what led me to volunteer my time as an Ombudsman." – Kevin Torosian

HICAP Volunteers:

Gyan Shanker	Linda Simpson	Wayne Clark	Debra Dowdy
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"When I was getting started with Medicare, I was so lost. I heard about SHIP and made an appointment. It was so helpful, and I was very grateful. Medicare can be a wee bit confusing. About 4 years later I saw an advertisement looking for volunteers, so I checked it out. I so enjoy helping people my age sort through the confusion to make informed choices about their insurance coverage. And everyone treats me so nicely too." – Debra Dowdy



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.

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.

Celebrating Older Americans Month: Powered by Connection

Reference: Administration for Community Living (ACL)

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

"It's not just about having someone to chat with," said Susana Rodriguez, Director of Programs. "It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being." According to Ms. Rodriguez, by



recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.
- Inspire older adults to share what connection means to them on social media using the hashtag: [#PoweredByConnection](#).

Best Practices for Assuming Financial Responsibility- Estate Planning

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

What is estate planning? The answer is that it depends on your perspective. For the most part, estate planning is the process of determining goals, objectives, limitations and strategies related to the administration of your estate during life and after death. However, all of those issues change dramatically depending upon your personal circumstances. For example, a couple with young children may be very concerned about guardianship and providing basic needs for those children in case of an untimely death. An older client with a large estate may be primarily concerned about strategies to minimize estate taxes and providing for charities.

Good estate planning is not defined as a set of documents. Many people, including attorneys, believe that an estate plan is a Trust or Will. Those documents are simply the raw materials used to build the plan. Much like a house is not simply the sum of wood, nails, sheetrock, windows and doors; an estate plan is not just a Trust, Will, power of Attorney and

Healthcare Directive. An estate plan is a design that is determined by individual circumstances and built using those documents.

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

POETRY CORNER



He slipped in quietly, not even noticed initially.
 Didn't even seem like he'd taken anything.
 Just a few moments forgotten.
 It seemed normal at the time, at this age.
 The thief stayed, sulking about
 to see what else he could mess with...
 Like remembering medications or knowing
 the day of the week.
 Which cupboards hold what. Where things belong.
 The thief would not leave.

Silently he made locations difficult to recognize
 and stole minutes and what was just said.
 Making repetition necessary, a common occurrence.
 He stole patience, replacing it with frustration.
 He took daily plans and left blank pages
 and added some confusion.
 He is taking things quietly, steadily.
 Making each day a guessing game—
 what will be gone next?
 But he has not robbed us of joy
 Or who we are
 Or who our family is
 Not yet...
 But the thief will not leave.
 He will never leave.

— LL LaNotte-Hays

| Continued on pg 7

Caregiver Resource Program at Valley Caregiver Resource Center

By Kevin Alvey; CRC Program Manager

The Caregiver Resource Program is here to give you, the caregiver, all the tools you may need to take better care of your loved ones and to take better care of yourself.

The name of our organization stresses the mission of the Caregiver Resource Program.

I like to share some imagery when explaining the activities of the Caregiver Resource Program. Imagine if someone you care greatly for were to encounter a downturn in a life-changing experience. Most of us would reach out with both arms and cling to our loved one and hold them close. In some situations, that would be for a time limited situation and we could slowly release that embrace to continue the healing. As caregivers, many are holding on with both arms for an extended period. With both arms around our loved ones, we are unable to reach out to our community or other family members, sometimes to the detriment of our own personal wellness.

This scenario is exactly where the Caregiver Resource Program comes in—by focusing on bringing in additional information, support, and encouragement. We provide a comprehensive umbrella of services designed to help families get additional support to better the lives of the care receiver and the caregiver. Each participant is matched with a Family Consult, who acts as a liaison, connecting you to our collected information resources, caregiver education and training, care planning, support groups, short-term respite care, initial legal/financial consultation, and short-term counseling. All of these resources are provided at no cost to the participant and are for those caring for loved ones 60 or older or those with cognitive impairment. Call VCRC to be connected with a Family Consultant who can provide clarity regarding program services in your area.



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 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 in 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 guarantee in life, 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.

Estate Planning (cont.)

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.

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 los descubrimientos científicos más recientes.
- Otros temas por observar serán presentaciones especiales que nos ayudaran a aprender cómo lidiar 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:

Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. Common types of elder mistreatment include physical, sexual, emotional/ psychological, or financial abuse, neglect, or self-neglect. Elder abuse impacts people of all ages, identities, and backgrounds.

- 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
- Unusual 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
- Food Max
- Save Mart
- Home Depot
- Fresno Donut House
- Vons

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





Powered by Connection

[ACL.gov/OAM](https://acl.gov/OAM)
[#OlderAmericansMonth](https://twitter.com/OlderAmericansMonth)

**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

CAREGIVER EDUCATIONAL CLASSES



valley
CAREGIVER
RESOURCE CENTER

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 a eight-week program that meets every week for two hours. Space is limited.
- 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

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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
offers a wide variety of FREE support groups for all caregivers which meet on an ongoing basis. Join us in person or virtually to connect with a community of support.

Support Groups are being offered In-Person

For more info, Call us at:
(559) 224-9154 or
(800) 541-8614

* If you are in Kings or Stanislaus counties, please reach out to VCRC at (559) 224-9154 for more information about groups in your area.

FRESNO County

Alzheimer/Dementia Support Group
1st 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 Tuesday | 2:00-3:30pm
Location: Living Well Café

General Caregivers Support Group
4th Tuesday | 2:00-3:30pm
Location: Living Well Café

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

TULARE County

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

TUOLOMNE County

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

SUPPORT GROUP SPOTLIGHT:

Support Network is an online **Facebook support group** designed to connect and support family caregivers. This Facebook group is a private online support group, with no mediator or set meeting time. It is a safe place to talk, ask questions, find solutions to obstacles or share your caregiving experiences with others walking on a similar path. The online platform is designed to build community, connect caregivers, and offer solutions to daily struggles all through the convenience of an app on your phone.

JOIN NOW: <https://www.facebook.com/groups/valleycsn>

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

www.valleycrc.org

**LOCATION
GUIDE**

Fresno VCRC Office:
5363 N. Fresno St.

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

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

Oakhurst:
39255 Black Road, Oakhurst, CA 93644

Ridgecrest:
417 Drummond Ave, Ridgecrest, CA 93555

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

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

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

FIELD IS FULL SPONSORSHIPS AND DONATIONS STILL WELCOME

\$200
GREEN FEE



Dragonfly Golf Club
43369 Avenida
Ladera, CA 94046
1 PM - Tee Off
Deadline for registration April 11, 2024

Title Sponsor: \$5,000
Registration Sponsor: \$1,800
Gold Sponsor: \$1,200
Sponsor: \$25

SOLD OUT!

• **MEALS & PRIZES**
• **FOOD**
• **AWARDS**

• **BUY 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

October 18th, 2024 – 6:30pm
Clovis Veterans Hall



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: _____

FOR QUESTIONS, PLEASE CONTACT:

Michelle DiBuduo, Executive Director

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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.



2024 CALENDAR OF EVENTS



APRIL 22, 2024

APRIL 2024



11th Annual Fundraising GOLF TOURNAMENT

Get your team together!



HICAP Volunteer Recognition Luncheon

Recognizing our dedicated volunteers.

APRIL 2024

JUNE 2024



OMBUDSMAN Volunteer Recognition Luncheon

Recognizing our dedicated volunteers.



ELDER ABUSE Awareness Event

Know Abuse. Report Abuse.

AUG. 14, 2024

OCT. 18, 2024



DONOR APPRECIATION at Fort Washington

Honoring our Community partners.



GREEK GALA

28th Annual CELEBRATION OF CARE

Dinner - Live & Silent Auction.



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



Thank You to our SPONSORS and Corporate DONORS

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Moss Adams

Richard and Karen Spencer

Robert Kolbert

Senior Helpers – Central Valley North

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Lithia Subaru of Fresno

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Quality Furniture Installation

Right At Home

Dr. Robert Cano

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Trinity Fruit Company

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Visiting Angels

VRPA Technologies



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.



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.