

**The Long-Term Care Crisis:  
 A Call for Community-Based Solutions**

By: *Meghan Velasquez, Executive Director of VCRC*



Meghan Velasquez

**A**cross the U.S., our long-term care system is struggling in a very relatable way. It's not that we lack resources or skilled staff—it's that we haven't planned ahead for the evolving needs of family caregivers and their aging loved ones. Too often, we only scramble for solutions when a crisis hits, leaving families without the timely support they deserve.

With demand surging over the next decade, traditional care options are rapidly diminishing. Nursing homes are closing, home care costs continue to rise, and assisted living remains unaffordable for many. Meanwhile, Medicaid-funded alternatives struggle with lengthy waitlists. In this challenging landscape, community-based solutions like adult day services stand out as a promising alternative.

Valley Caregiver Resource Center (VCRC) is dedicated to preparing families for the future. We actively encourage caregivers to create comprehensive care plans—even when facing the difficult task of planning ahead. Our trained staff is here to support you in every way possible. Whether you need guidance on care planning or answers to tough questions, if we don't have the answer immediately, we'll connect you with someone who does.

VCRC's OASIS Adult Day Program bridges the gap between independence and institutionalization. It offers a supportive environment where seniors receive essential care, socialize, and delay—or even avoid—the need for premature nursing home or memory care placement. Importantly, OASIS gives individuals with memory loss a renewed sense of purpose and something to look forward to—a benefit that can make all the difference.

Recognizing the urgency of the long-term care crisis, **we are expanding OASIS** to reach even more families. We understand that many need immediate help, and we are committed to growing our services to meet that demand. You can support our efforts by donating, volunteering your time, or even by signing up for a free trial day if you're considering enrollment—experience firsthand the positive impact our program can have.

Invest in proactive care, support community growth, and **join us in building a future where compassionate, affordable care is the norm.**

*“One of the hardest things you will ever have to do my dear is grieve the loss of a person who is still alive.” – Jeannette Walls*

**The REAL  
 LUXURIES in Life**

- Time
- Health
- A Quite Mind
- Slow Mornings
- Ability To Travel
- Rest Without Guilt
- A Good Night's Sleep
- Calm And “Boring” Days
- Meaningful Conversations
- Home-Cooked Meals
- People You Love
- People Who Love You Back

**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](http://www.valleycrc.org)

## Alzheimer's and Brain Awareness Month

By: Jessica Diaz, OASIS Adult Day Program Manager

June is a month dedicated to raising awareness about Alzheimer's disease and promoting brain health. Alzheimer's and Brain Awareness Month serves as an opportunity to educate ourselves, support those affected by the disease and take proactive steps to maintain brain health. Alzheimer's is not a normal part of aging. People with Alzheimer's are often unaware they are struggling to remember things, especially in the early stages. One of the most common signs of Alzheimer's disease is asking the same questions over and over again, increase reminders for appointments, or even having to rely on family members for things they used to handle on their own. Alzheimer's is mysterious, and there is no cure yet.

Healthy habits seem to reduce, or at least slow down, some of its affects. It's time to start taking charge of your brain health! Alzheimer's and Brain Awareness Month offers the perfect opportunity for everyone to take charge of their brain health.

### HERE ARE A COUPLE OF HEALTHY HABITS TO INCORPORATE INTO YOUR DAILY LIFESTYLE:

**Challenge your mind** – Activate your brain by trying something new or unfamiliar. Engage in games and activities that help you think strategically.

**Get moving** – Add movement to your daily routine such as walking, gardening or dancing – stay active!

INTERACTING WITH FAMILY, FRIENDS AND COMMUNITY HELPS KEEP YOUR MIND ACTIVE AND ENGAGED.

**Take care of your mental health** – Prioritize your mental well-being and seek treatment when you are experiencing signs of depression, anxiety or other mental health concerns.

**Sleep well** – Avoid screens before bedtime and make your sleeping space as comfortable as possible. Getting enough sleep is essential for a healthy brain!

**Stay social** – Interacting with family, friends and community helps keep your mind active and engaged.

**Keep your heart healthy** – Obesity, high blood pressure and diabetes are risk factors for cardiovascular disease and can also negatively affect your cognitive health. Eating a balanced diet can help manage or prevent symptoms.

If some of the following listed suggestions seem daunting, give yourself grace and try doing just one small thing for your health every day. An estimated 6.9 million Americans age 65 and older were living with Alzheimer's dementia in the year 2024. This number could grow to 13.8 million by 2060. Don't let yourself be included in this statistic.



## Stress Awareness

By: Heather Youpel, Accounting & Budget Manager

April is Stress Awareness Month and many may ask, "why is there a month of awareness? We are all aware of stress." Unfortunately, in this day and age, there are many incidences that can trigger stress and we can't seem to escape it. However, we can learn tools to manage stress. Here are some tips and tricks to curb your stress level.

**1. Exercise** – Just 20-30 minutes a day can help alleviate stress by releasing endorphins, promoting better sleep and giving you more energy. "I tried yoga once, but I found stress to be less boring." – Anonymous

**2. Get out in nature** – Grounding with the Earth can center you and relieve anxiety levels. "Spring is nature's way of saying, Let's Party!" – Robin Williams

**3. Relax** – Taking time for yourself can reset your nervous system with activities such

Continued on pg 4



# Parkinson's Disease Awareness Month

By: Millie Thao, Director of Programs, Development & Strategy

As residents of the Central Valley, it's especially important for us to recognize April as Parkinson's Disease Awareness Month. Alarmingly, we live in an area with the highest incident of Parkinson's disease in the United States. Often called "Parkinson's Alley," our 300-mile community between Bakersfield and Sacramento has a significantly higher incidence of Parkinson's disease than anywhere else in the nation. There has been speculation that this disorder is linked to environmental toxins from our agricultural roots which include the use of pesticides and herbicides. Air pollution has also been said to play a part in the high prevalence. Various studies and ongoing research are helping us understand more about Parkinson's disease.

## WHAT IS PARKINSON'S DISEASE?

Parkinson's disease is a neurodegenerative disorder that affects dopamine-producing neurons in the brain.

## WHAT ARE SYMPTOMS OF PARKINSON'S DISEASE?

Symptoms, severity and progression of Parkinson's disease varies person to person. A combination of the following movement and non-movement symptoms are often associated with Parkinson's disease.

### Movement Symptoms:

- Tremor (involuntary shaking)
- Rigidity (stiff or inflexible muscles)

- Bradykinesia (slowness of movement)
- Unsteady gait (abnormal walking, difficulty with balance and coordination)

### Non-movement Symptoms:

- Anxiety
- Depression
- Fatigue
- Loss of smell
- Sleep disorders

## HOW IS PARKINSON'S DISEASE TREATED?

Although there is no current cure, the following treatments can help with symptoms, increase functionality and improve overall quality of life for those with Parkinson's disease.

### Treatment:

- General lifestyle modifications (rest and exercise)
- Dietary considerations
- Physical and speech therapies
- Medication
- Surgery

If you or a loved one are concerned about Parkinson's disease, consult your physician. To learn more about Parkinson's disease, visit [www.parkinson.org](http://www.parkinson.org) or call the **Parkinson's Foundation Helpline at 1-800-4PD-INFO (473-4636)**.

## : PARKINSON'S : : by the Numbers :



■ More than 10 million people worldwide and nearly 1 million people in the U.S. are currently living with Parkinson's disease

■ In the U.S., 90,000 people each year are diagnosed with Parkinson's disease

■ The primary risk factor is age – with an increased risk for those 65+

■ Direct and indirect costs of Parkinson's disease is nearly \$52 billion per year in the U.S.

# Transforming the Narrative on Aging: “Flipping the Script on Aging”

By: Charity Tokash, Education Development Coordinator

Aging is an inevitable aspect of life, often portrayed through a lens of negative societal perceptions. Numerous detrimental stereotypes exist regarding aging, including cognitive decline, physical limitations, technological ineptitude, loneliness, isolation and financial dependence. These misconceptions can have adverse effects on the elderly population. If older individuals internalize these beliefs, it may result in diminished self-esteem and potentially lead to a feeling of depression.

Valley Caregiver Resource Center aims to “Transform the Narrative on Aging” by

addressing these harmful stereotypes. Through our various programs, we witness capable seniors who are eager to learn and enhance their lives by engaging with their communities, whether through volunteering, caring for family members, educating themselves about resources such as Medicare or participating in our support groups.

The stereotypes surrounding aging are not only misleading but also detrimental. By confronting these misconceptions and fostering a more affirmative perspective on aging, we can cultivate a society that appreciates the contributions of older adults and views the aging process as a natural progression of life. Recognizing the diversity and

BY CONFRONTING THESE MISCONCEPTIONS AND FOSTERING A MORE AFFIRMATIVE PERSPECTIVE ON AGING, WE CAN CULTIVATE A SOCIETY THAT APPRECIATES THE CONTRIBUTIONS OF OLDER ADULTS AND VIEWS THE AGING PROCESS AS A NATURAL PROGRESSION OF LIFE.

richness of the aging experience benefits us all, as we support seniors in leading fulfilling lives at every stage of their journey.

## Caregiver Resource Center (CRC)

By: Kevin Alvey, Caregiver Resource Program Manager

The Caregiver Resource Center (CRC) is part of Valley Caregiver Resource Center that provides support and resources to family caregivers. We provide support to caregivers as they move along the journey of assisting their friend or family member in need of direct care. Our goal is to support the personal process of caregivers to include their goals for personal growth and fulfillment.

The services we provide are designed to help caregivers manage the challenges of caring for adults with chronic and disabling conditions, or cognitive impairment from degenerative diseases or traumatic brain injuries. The program is dedicated to equipping caregivers with essential tools to enhance the care of their loved ones, while also prioritizing their own well-being. The emphasis in the name of our organization reflects the core mission of our service provision.

To illustrate the activities of the Caregiver Resource Center, consider when someone you deeply care for faces a significant life challenge – most of us instinctively reach out, embracing them tightly and in many cases, holding them in an embrace. This embrace may be temporary, allowing for a gradual release as healing begins. However, caregiv-

ers often find themselves holding on for an extended period, both arms so firmly around their loved one that they forget how to reach out to their community for personal needs. This holding on pressure often hinders their ability to connect with the community or other family members, ultimately impacting their personal health. This is precisely where the Caregiver Resource Center steps in, focusing on providing training and education, specialized information, much needed support and simple encouragement.

We offer a wide range of services aimed at assisting families in improving the lives of both the caregiver and the care recipient. Each participant is paired with a family consultant, who serves as a bridge to our extensive resources, which includes: caregiver education and training, care planning, support groups, short-term respite care, initial legal and financial consultations, and short-term counseling. All these services are provided at no cost to participants caring for individuals aged 60 and older or those with cognitive impairments.

To connect with services available in your area, please call Valley Caregiver Resource Center at **559-224-9154**.



## Medicare and Your Mental Health

By: Laura Robinson, HICAP Program Manager

Mental health conditions, like depression and anxiety, can happen to anyone at any time. It affects how we think, feel and act -- determines how we handle stress, relate to others and make choices. If you think you may have problems that affect your mental health, you can get help.

### TALK TO YOUR PROVIDER IF YOU HAVE:

Thoughts of ending your life (like a fixation on death or suicidal thoughts or attempts)

- Sad, empty or hopeless feelings
- Loss of self-worth (like worries about being a burden, feelings of worthlessness or self-loathing)
- Symptoms of social withdrawal (like you don't want to be with friends, engage in activities or leave home)
- Little interest in things you used to enjoy
- Low energy
- Trouble concentrating
- Trouble sleeping (like difficulty falling or staying asleep, oversleeping or daytime sleepiness)
- Loss of appetite or weight loss
- Increased use of alcohol or other drugs

Medicare helps cover outpatient and inpatient mental health care, as well as prescription drugs you may need to treat a mental health condition. Mental health care services and programs involve diagnosing and treating people with mental health disorders (including substance use disorders). These services and programs may be provided in outpatient and inpatient settings.

- Medicare covers one depression screening per year.
- You must get the screening in a primary care doctor's office or primary care clinic that can provide follow-up treatment and referrals.
- Talk to your doctor during your yearly wellness visit about changes in your mental health since your last visit.

If you would like more information, reach out to your local HICAP office at **800-434-0222**.

Continued from pg 2

## Stress (cont.)

as meditation, journaling, or breathing exercises. "The time to relax is when you don't have time for it." – Sydney J. Harris

**4. Visit your doctor** – Taking care of your health and discussing your stress levels can give you the tools to deal with your stress levels. "For fast-acting relief, try slowing down." – Lily Tomlin

**5. Eat well** – A lot of stress and anxiety is held in the gut. Having healthy bacteria in the gut allows the brain to feel less stress. "Can it be a mistake that 'STRESSED' is 'DESSERTS' spelled backwards?" – Anonymous

Stress is experienced by all people, but in different ways and to different degrees. The key to coping with stress is learning the triggers that cause stress in your life. Being aware of your triggers can help you prepare to handle stressful situations better and have the tools in place to combat the stress.

We are all in this together, and the best way to combat the stress you feel is to talk to others about your stress. Having a support system can relieve the feelings of stress. No one should go about this alone. Make sure to reach out if you are feeling overwhelmed.

# Big Changes to California Small Estate Probate Laws: What You Need to Know if your loved one passes away after April 1, 2025

By: Gary L. Winter, Lawvex CEO

Starting April 1, 2025, California is making it easier and faster for families to handle small estates after a loved one passes away. Thanks to Assembly Bill 2016 (AB 2016), more estates will qualify for simplified probate procedures, meaning lower costs and fewer court delays.

However, even under the new rules, Category 2 and 3 still require a probate court case. That means all heirs and beneficiaries must be located, cooperative, and willing to sign the required documents. If there is disagreement, missing heirs, or unwillingness to participate, full probate is typically the only option.

If you're dealing with an estate in Category 2 or 3, working with an experienced probate attorney is the best way to ensure a smooth process.

## HOW DO YOU KNOW IF YOU QUALIFY?

To determine if you can use the new simplified probate process, ask yourself:

- Are your loved one's total non-real estate assets worth less than \$184,500?
- Did the decedent own a home worth less than \$750,000 (fair market value)?
- Are heirs and beneficiaries willing to cooperate, and sign the required documents?

Based on the answers, estates will fall into one of three categories:

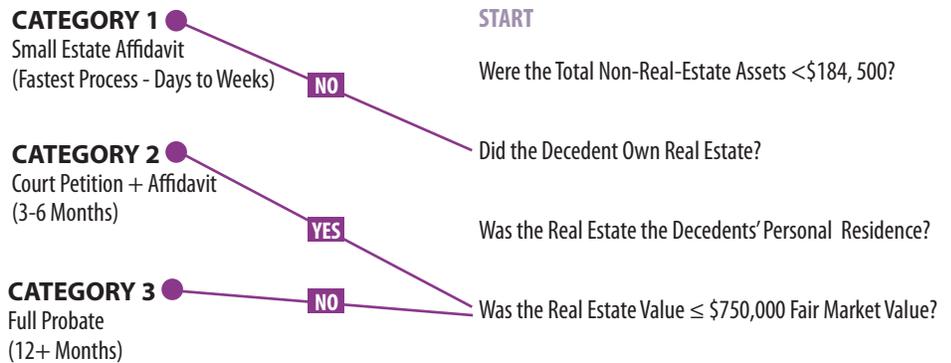
### Category 1: Estates Under \$184,500 With No Real Estate

Use: *Small Estate Affidavit* (Probate Code §§ 13101-13111)

- The total value of the estate's personal property (bank accounts, cars, valuables, etc.) is less than \$184,500
- And the decedent did not own real estate
- You can use a Small Estate Affidavit instead of going to probate court
- Fastest and easiest process—can often be completed in days or weeks, depending on the number and location of beneficiaries or heirs
- All heirs and beneficiaries must sign the Affidavit—if anyone is missing or uncooperative, this option won't work.

## CALIFORNIA SMALL ESTATE PROBATE DECISION TREE

(Effective April 1, 2025)



### Category 2: Estates Under \$184,500 With One Personal Residence (Worth No More Than \$750,000 Fair Market Value)

Use: *Petition to Determine Succession* (Probate Code §§ 13151-13158) & *Small Estate Affidavit*

- The total value of the estate's personal property is still under \$184,500
- **And** the decedent owned only one real estate property that:
  1. Was their personal residence
  2. Is worth \$750,000 or less (fair market value)
- You must get a Probate Court Order, but probate may be expedited with a single petition and court appearance
- You can use the Small Estate Affidavit for everything else
- Typically completed within 6 to 9 months, depending on how busy the County's Probate Court is. The busier the court, the longer it takes to schedule a hearing.
- This is a probate court case, so hiring an expert probate attorney will help ensure the process goes smoothly.
- All heirs and beneficiaries must sign both the Affidavit and the Court Petition—if any heir is missing, uncooperative, or disputes the inheritance, full probate will likely be required.

### Category 3: Estates That Don't Qualify for Category 1 or 2

Process: *Full Probate Administration*

If any of the following apply, the estate must go through full probate court:

- The estates total assets is more than \$184,500
- **Or** the decedent owned more than one real estate property

- **Or** the real estate is worth more than \$750,000 (fair market value)
- **Or** there are heirs or beneficiaries who can't be located, won't cooperate, or are disputing the estate
- This is a formal probate court case, which can take 12 months or longer. Working with an expert probate attorney is the best way to navigate the process efficiently and get your inheritance faster.

## WHY THESE CHANGES MATTER FOR FAMILIES

- More estates qualify for simple transfers – especially when most of the estate value is in a single residence. Avoiding full probate means fewer court costs, lower legal fees, and less waiting for your inheritance.
- Faster access to assets – heirs can receive property and accounts quicker instead of being stuck in probate court for a year or more.
- Fewer court appearances – while some court involvement is still required, the new limits make it easier to handle an estate with just one court appearance instead of multiple hearings.

## WHAT SHOULD YOU DO NEXT?

If you've recently lost a loved one, check if their estate qualifies under these new rules. If it does, you may be able to transfer assets much faster—as long as all heirs cooperate. However, if the estate falls into Category 2 or 3, hiring an experienced probate attorney is the best way to ensure success. A skilled attorney can avoid mistakes, speed up court filings, and handle any disputes that arise.

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Mother Teresa once said, "*Do small things with great love.*" Valley Caregiver Resource Center could not accomplish the important work we do to serve the seniors in our community without the help of our amazing volunteers. Their love and dedication is invaluable, and for that, we thank them with all our hearts!

# Elder Abuse Awareness and Prevention Month

By: Susan Bussean, Fresno-Madera Long Term Care Ombudsman Program Manager

**E**lder Abuse Awareness and Prevention Month is observed in June and World Elder Abuse Awareness Day (WEAAD) is on June 15. This month is dedicated to raising awareness about the mistreatment of older adults and promoting actions to prevent abuse, neglect and exploitation. Elder abuse is a serious and often overlooked issue that affects millions of older adults worldwide. Raising awareness and taking preventative measures are crucial steps in protecting the well-being of elderly individuals.

## WHAT IS ELDER ABUSE?

Elder abuse refers to any intentional or negligent act that causes harm or distress to an older adult. It can occur in various settings, including private homes, nursing facilities and assisted living centers.

## TYPES OF ELDER ABUSE

- Physical Abuse – Inflicting pain or injury through actions like hitting, pushing or restraining
- Emotional/Psychological Abuse – Using threats, insults, humiliation or isolation to cause emotional distress

- Financial Exploitation – Stealing, misusing, or coercing an elder into giving away money or assets
- Neglect – Failing to provide essential care, such as food, medical attention or hygiene
- Sexual Abuse – Engaging in non-consensual sexual activity with an elderly person
- Abandonment – Deserting an elderly individual without proper care or support

## WARNING SIGNS OF ELDER ABUSE

- Unexplained injuries (bruises, burns, fractures)
- Sudden changes in financial situations
- Withdrawal from social activities or loved ones
- Poor hygiene or unsafe living conditions
- Fearfulness, anxiety or depression
- Unpaid bills or missing personal belongings

## PREVENTION STRATEGIES

- Report Suspected Abuse – Contact local adult protective services, law

- enforcement or elder advocacy groups if abuse is suspected
- Stay Connected – Regular visits and communication with elderly individuals can help detect signs of abuse
- Educate Caregivers & Family – Awareness training can help caregivers recognize and prevent abuse
- Encourage Financial Safeguards – Set up trusted power of attorney arrangements and monitor financial transactions
- Know Your Rights – Older adults should be aware of their rights and have access to resources for protection

## RESOURCES FOR HELP

- National Elder Abuse Hotline: 1-800-677-1116
- Adult Protective Services (APS) in your state/county
- National Center on Elder Abuse (NCEA)

For additional information, please call **Fresno-Madera Long Term Care Ombudsman Program at: (559) 224-9177.**



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Valley Shredding  
Dr. Virgil Airola  
Visiting Angels - Porterville/Visalia  
Willow Creek Healthcare Center  
Wright Equities



# CAREGIVER EDUCATIONAL CLASSES



Classes are offered In-Person or Virtually

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)

**valley**  
CAREGIVER  
RESOURCE CENTER

For the safety of others, if you are not feeling well, please do not attend in-person classes. Classes are intended for family caregivers, not for professional providers or care receivers.

## SPRING 2025

### APRIL Classes

- V** **Caregiving with Siblings**  
Wednesday, April 16, 2025 | 2 to 3:30 p.m.
- H** **Area Agency on Aging Resources**  
Tuesday, April 22, 2025 | 2 to 3:30 p.m.
- H** **Senior Living Options and Placement**  
Thursday, April 24, 2025 | 6 to 7:30 p.m.
- I** **Elder Estate Planning**  
Call to Register  
Friday, April 25, 2025 | 10 to 11:30 a.m.
- H** **Hospice 101**  
Tuesday, April 29, 2025 | 2 to 3:30 p.m.

### MAY Classes

- V** **Doing More by Doing Less:  
Putting Burnout on the Backburner**  
Tuesday, May 13, 2025 | 2 to 3:30 p.m.
- H** **The Latest Advancements in the Treatment  
of Parkinson's Disease**  
Thursday, May 15, 2025 | 2 to 3:30 p.m.
- H** **Funeral Planning 101:  
A Guide to Honoring Life and Legacy**  
Tuesday, May 20, 2025 | 2 to 3:30 p.m.
- I** **Safety and Transferring Training**  
Call to Register  
Tuesday, May 27, 2025 | 11:30 a.m. to 1:30 p.m.

### JUNE Classes

- H** **Challenging Dementia Behaviors**  
Thursday, June 12, 2025 | 2 to 3:30 p.m.
- H** **Shedding Light on Senior Abuse**  
Tuesday, June 17, 2025 | 2 to 4 p.m.
- H** **Elder Abuse Prevention (Spanish)**  
Friday, June 20, 2025 | 10 to 11:30 a.m.
- H** **Family Conflict**  
Tuesday, June 24, 2025 | 2 to 4 p.m.
- V** **Caregiver Book Club**  
CRC Clients Only  
Friday, June 27, 2025 | 2 to 3 p.m.

**PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.**

**PLEASE 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.

### 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 two-hour eight-sessions program. Limited Space.  
Call the main office at (559) 224-9154 for dates and times
- I** **Powerful Tools For Caregivers Class**  
Powerful Tools for Caregivers is a two-hour six-sessions program. This class will give you the tools to help reduce stress, communicate effectively, reduce guilt, anger, and depression, help you relax, make tough decisions, set goals and problem-solve. Please note that this class will NOT focus on the disease process. Limited Space.  
Call the main office at (559) 224-9154 for dates and times

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

For more info on these events or our programs, visit:  
[www.valleycrc.org](http://www.valleycrc.org)

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For the safety of others, if you are not feeling well, please do not attend in-person classes. Classes are intended for family caregivers, not for professional providers or care receivers.

## SPRING 2025

### 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 offered In-Person or Virtually

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

### KERN County

#### Caregiver Support Group

1st Tuesday | 1:00pm-2:30pm

Location: Tehachapi Senior Center

#### Caregiver Support Group

3rd Thursday | 10:30am-12:00pm

Location: Ridgecrest Senior Services

### MADERA County

#### Caregiver Support Group

2nd & 4th Tuesday | 10:00-11:30am

Location: Oakhurst Lutheran Church

### MERCED County

#### Alzheimer/Dementia Support Group

2nd Tuesday | 2:00-3:30pm

Location: Please Call 559-224-9154 for Location

#### Caregiver Support Group

4th Tuesday | 2:00-3:30pm

Location: Virtual

### TULARE County

#### Caregiver Support Group

3rd Thursday | 10:00-11:30am

Location: Tulare Senior Center

## LOCATION GUIDE

#### Fresno VCRC Office:

5363 N. Fresno St., Fresno, CA 93710

#### Oakhurst Lutheran Church:

39255 Black Road, Oakhurst, CA 93644

#### Ridgecrest Senior Services:

417 Drummond Ave, Ridgecrest, CA 93555

#### Tulare Senior Center:

201 N. F Street, Tulare, CA 93274

#### Tehachapi Senior Center:

500 E. F Street, Tehachapi, CA 93561

### 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](http://www.valleycrc.org)

# 2025

## CALENDAR OF EVENTS



**March 8, 2025**

**Drive-Thru  
Shredding Event**  
Dispose of personal  
documents safely.



**April 14, 2025**

**12th Annual Fundraising  
Golf Tournament**  
Get your team together!



**April 2025**

**HICAP Volunteer  
Recognition Luncheon**  
Recognizing our volunteers



**April 2025**

**Ombudsman Volunteer  
Recognition Luncheon**  
Recognizing our dedicated  
volunteers



**June 2025**

**Elder Abuse  
Awareness Event**  
Know Abuse,  
Report Abuse



**August 13, 2025**

**Donor Appreciation at  
Fort Washington**  
Honoring our community  
partners



**October 17, 2025**

**Tropical Soiree**  
**29th Annual  
Celebration Of Care**  
Dinner-Live & Silent auction



**TBD**

**OASIS Expansion  
Open House**



For more information visit our website [www.valleycrc.org](http://www.valleycrc.org)

For Questions, Please Contact:  
Meghan Velasquez, Executive Director  
[mvelasquez@valleycrc.org](mailto:mvelasquez@valleycrc.org) 559.224.9154

Valley Caregiver Resource Center Presents a

# *Tropical Soirée*

**OCTOBER 17, 2025**

CLOVIS VETERANS MEMORIAL HALL

**6:30 PM**

**TICKETS**

**\$150** Per Person



**FOR SPONSORSHIPS**

Contact Meghan Velasquez

(559) 224-9154

[mvelasquez@valleycrc.org](mailto:mvelasquez@valleycrc.org)



**valley**  
CAREGIVER  
RESOURCE CENTER

**12TH ANNUAL  
GOLF TOURNAMENT**

**MONDAY  
APRIL 14, 2025**



*Thank You To Our Title Sponsor*  
**Senior Care Advocates**

**11 AM Registration — 1 PM Shotgun Start — Scramble**  
**Dragon Fly Golf Club • 43369 Avenue 12 Madera, CA 93636**

**\$30 SUPER TICKETS**

**STILL AVAILABLE**

- (1) 50/50 Ticket
- (2) Mulligans
- (25) Raffle Prize Tickets

**TEE SPONSORSHIPS**

**STILL AVAILABLE**

**CALL 559-224-9154**



**SOLD OUT**



# Grief Support Group

*Facilitated by Seva Hospice*

A supportive space for those grieving the recent loss of a loved one or navigating the anticipatory grief while caring for someone. Connect, share and find comfort among others who understand.

## **8 Sessions | Second and Third Mondays of the Month**

|        |         |         |           |
|--------|---------|---------|-----------|
| May 12 | June 9  | July 14 | August 11 |
| May 19 | June 16 | July 21 | August 18 |

**10 to 11:30 a.m.**

## **Valley Caregiver Resource Center**

5363 N. Fresno Street Fresno, CA 93710 (Barstow and Fresno)

**Registration Required. Please call 559-224-9154.**





# Grupo de apoyo para personas enfrentado el duelo y la pérdida

*Facilitado por Seva Hospice*

Un espacio de apoyo para quienes están de luto por la pérdida reciente de un ser querido o enfrentan el duelo anticipado mientras cuidan a alguien. Conéctate, comparte, y encuentra consuelo con otros que te entienden.

## **8 sesiones | segundo y tercer lunes del mes**

mayo 12    junio 9    julio 14    agosto 11  
mayo 19    junio 16    julio 21    agosto 18

**de las 10 a las 11:30 a.m.**

### **Valley Caregiver Resource Center**

5363 N. Fresno Street Fresno, CA 93710 (Barstow y Fresno)

**Es necesario registrarse. Por favor llame 559-224-9154.**



# thank you

to everyone who attended and volunteered at our  
**Shredding Event for Seniors and Caregivers**

**WE ARE THRILLED TO HAVE SERVED**

# 238

**PARTICIPANTS**

*Your support made this event possible.  
Thank you for helping us keep things safe and secure!*



**valley**  
CAREGIVER  
RESOURCE CENTER

 **SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud

# FREE HOME PICKUPS

Donate Your Unwanted Clothing and Shoes



To Schedule, Visit  
[www.justporchit/vcrc](http://www.justporchit/vcrc)



Support Valley Caregiving Resource Center and recycle your old clothes with ease!  
Whether you have 1 bag or 100, we will pick everything up from your front porch.

