



NATIONAL CAREGIVER MONTH : SUPPORT, STRENGTH, AND SOLIDARITY



Pictured from left to right: CAPC staff member Rudy, individuals Ana, David, and Cindy, and CAPC staff member Samantha.

At CAPC, Inc., we're proud to join the nation in celebrating National Caregiver Month! This month highlights to recognize and honor caregivers for their hard work, resilience, and dedication. The month aims to raise awareness about caregiving issues and educate communities about the challenges caregivers face while increasing support for them.

Ways to Support Caregivers

- **Raise Awareness:** Many caregivers do not recognize themselves as caregivers, this month highlights their vital role in the healthcare system. 
- **Acknowledge Sacrifices:** Honor the emotional, physical, and financial challenges caregivers face and thanks them for their dedication. 
- **Connect Caregivers to Resources:** Promote access to support networks, education, and tools to help caregivers care for others and themselves.
- **Provide Validation:** Recognize and appreciate caregivers who often feel unseen, reminding them their efforts truly matter. 

Government Shutdown and How it is Affecting Our Caregivers

From the government shutdown to the budget cuts to resources, our caregivers and consumers are being affected.

- **Increased Healthcare Costs** - Some Affordable Care Act (ACA) tax credits are set to expire, potentially causing a raise insurance premiums, costing caregivers more each year.
- **SNAP (Food Assistance) Restrictions** - Proposed changes would raise the age threshold for work requirements and reduce state flexibility to waive them, increasing food insecurity for disabled individuals and caregivers.
- **Cuts to the Administration for Community Living (ACL)** - Reductions to ACL programs may affect respite care, independent living, and Meals on Wheels.
- **Medicare and Medicaid** - Ongoing services may face slower approvals for home and community-based care.
- **Social Security** - SSI payments continue, but longer processing times and suspended non-critical services may burden caregivers.

If you are in need of resources or more information, please reach out to your Case Manager or call our office at (562) 693-8826.

CAPC HIGHLIGHT



Cindy's Story: Living, Learning, & Thriving



My name is Cindy. I started in 1989 with CAPC. I do budgeting, cooking, kind of a lot of things sometimes. And grocery shopping. I've made some good meals with staff assistance.

My favorite meal I like to make is enchiladas, tacos, and spaghetti. What I want to learn is to make smaller portions of my meals because I feel like I have way too many leftovers!

I have met a lot of friends and CAPC, I do outings with my some of my friends that are in the program. We went to Great Wolf Lodge in September, and this year I had the courage to go down waterslides without getting dizzy. I've gone out to movies with my friend Lindsay.

I love to work on art projects. My favorite project I've done is a beach scenery painting. I really like that one because it reminds me of being up at the river visiting my mom and dad where they live.



CAPC Consumer Cindy is pictured in her home in the middle of an art session

CAPC'S ANNUAL COMMUNITY HARVEST DAY 2025



It is that time of year again! We are happy to announce that we are hosting our annual Community Harvest Day! We highly encourage consumers and family members to show up and join us as we celebrate together for the coming holidays. This year's event will feature local giveaways, raffles, and some Thanksgiving shopping. Scan the QR code to RSVP.

JOIN US:
NOVEMBER 20, 2025
STARTING AT 10 AM
VONS MARKET
15740 LA FORGE ST, WHITTIER, CA 90603



A Look at Last Year's Fun:



Photos of CAPC consumers and staff pictured at the 2024 Community Harvest Day at Vons market in Whittier.



**OFFICE WILL
BE CLOSED**

NOVEMBER 27 & 28

Happy
Thanksgiving



CAPC HIGHLIGHT



CAPC Staff Victor is pictured with CAPC Consumer Adam.

Victor's Impact: Empowering through Creativity & Connection by Case Manager, Maricela

Victor joined our team in February 2025 and has made a remarkable difference in the lives of the individuals we serve, quickly earning their admiration and trust. Victor brings creativity and enthusiasm to every activity, whether it's organizing interactive games at the park, encouraging Priscilla's creativity through cookie-making, showing Sylvia how to count change, or motivating Gabe to use the basketball court.

His thoughtful approach helps individuals explore their interests, build confidence, and engage in meaningful experiences.

Victor is also a reliable team member, readily covering shifts and collaborating with colleagues, such as helping Adam Z. succeed in bingo. His dedication, creativity, and positive impact make him an invaluable part of the CAPC team, and we feel fortunate to have him.

CASE MANAGER, LUZY CELEBRATES MILESTONE 25 YEARS WITH CAPC



A Message from Luzy:

I want to begin this message in a spirit of gratitude. I have learned so much from the individuals we serve. It has and continues to be an honor. It is awesome to be part of their life, in the good time and the difficult times. But most of all during their accomplishments. Throughout the years, I have been part of Individuals moving into their own apartments for the first time, obtaining paid employment for the first time, obtaining their Driver's license, overcoming medical issues, etc. Even though there are also some difficult times, I appreciate being part of all aspects of their life, as it is not only spiritually rewarding; it has also provided me with the opportunity to grow as a person. I continue to learn from them today.

I want to thank our Founder, Dan Hulbert for believing in me, Shauna Steele for all the positive changes she has made (within the organization), Edith Fierro for always providing me with continuous guidance, and to all my coworkers past and present for also being part of my life and growth. Lastly, I want to thank CAPC for providing me with employment for the last 25 years. THANK YOU!



Luzy is pictured at CAPC's office with a bouquet of flowers.

JOIN US FOR DISNEYLAND DAY 2026



Families and CAPC consumers are invited to join CAPC for a day of fun and memories at Disneyland Park on January 22, 2026! To attend, please RSVP with payment of \$100 by Thursday, November 20 at 4 PM

**SCAN THE QR CODE FOR
MORE INFO
& TO RSVP
WITH PAYMENT:**





2025/2026 CAPC EVENTS CALENDAR

- Community Harvest Event -
November 20, 2025
- Last Day to RSVP For Disney Day -
November 20, 2025
- CAPC Holiday Party -
December 2025
- Disneyland Day -
January 22, 2026
- Abilities Expo -
March 27, 2026



HAPPY BIRTHDAY

DAVID R - 11/2	BRITTANY M - 11/8
PERRY N - 11/2	FABIAN C - 11/9
TOM M - 11/4	ARTHUR C - 11/12
VICTORIA R - 11/5	JONATHAN B - 11/15
	KATHLEEN T - 11/27

FOLLOW US ON SOCIAL MEDIA AND STAY UPDATED:

FACEBOOK: @CAPCINC
INSTAGRAM: @CAPCINC
X: @CAPCINC

OR VISIT OUR WEBSITE:
WWW.CAPCINC.ORG

INDIVIDUAL RESOURCE CENTER IS AVAILABLE FOR USE!



- Assistive Hand Devices for Writing or Technology Use
- Laptops/Key Boards available
- Access to Applications (Access Services, Job Search, HUDD Housing)
- Private room for mock interviews and prep
- Work space with a desk



**CONTACT YOUR CASE MANAGER TO
SCHEDULE A VISIT!**



ICON DIRECTORY

- Community Resource
- Events
- CAPC Highlight
- Community Support