



U.S. Department  
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## News Release

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### FOR IMMEDIATE RELEASE

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### VA Loma Linda Caregiver Support Program Resource Fair

**Loma Linda, CA** —VA Loma Linda Healthcare System's Caregiver Support Program (CSP) is hosting their fourth annual Caregiver and Family Resource Fair November 16, from 10 a.m. to 1 p.m. at the [Ambulatory Care Center](#) at 26001 Redlands Blvd., Redlands, CA 92373, conference room 1C-118. Caregivers, Veterans and their families are invited to learn about VA Primary Care Services, Rehabilitation, Mental Health, Nutrition Services, Whole Health, Advance Directives, Vet Centers and more.

“Our goal is to increase awareness about the many services and support available to caregivers and families, connecting them with VA and community resources available nationally and in the local community,” said Zsa Zsa Sanders, LCSW, Caregiver Support Coordinator at VALLHS. “In addition to celebrating National Family Caregivers Month and ‘Year of the Caregiver — The Whole Caregiver,’ our goal is to encourage Veterans’ caregivers who are not CSP participants to enroll.”

[VA's Caregiver Support Program \(CSP\)](#) offers services to caregivers of eligible and covered Veterans enrolled in the VA healthcare system. The program's mission is to promote the health and well-being of family caregivers who care for our Nation's Veterans, through education, resources, support and services. As CSP participants, caregivers gain access to a range of local, national, individual, and group resources, including:

- [VA Loma Linda Healthcare System CSP Program](#)
- Caregiver health and well-being coaching
- Building Better Caregivers
- Caregivers FIRST (Finding Important Resources, Support and Training)
- Resources for Enhancing All Caregivers Health (REACH) VA Program
- Respite
- Peer support mentoring
- CSP events, including:
  - Qigong Virtual Wellness Activity Series, November 20
  - Virtual Building Relationships Health & Safety, November 29

“CSP is offering more caregiver-centric resources than ever before,” said CSP Executive Director Colleen M. Richardson. “We believe resources that care for the whole caregiver, including their individual goals, are as critical as their support to injured and ill Veterans.”

To learn more about resources available for caregivers of Veterans, visit [Caregiver Support | VA Loma Linda Health Care | Veterans Affairs](#), [VA Caregiver Support Program Home](#), subscribe to [CSP email updates](#), or contact the [VA Loma Linda CSP team](#) at 909-825-7084 ext. 4805.