

Caregiver Central

February 2017

Los Angeles Caregiver Resource Center @ USC

ABOUT US



The Los Angeles Caregiver Resource Center @ USC provides services for family caregivers in Los Angeles County to aid in the caregiving process. We are committed to supporting caregivers through information and referral, education and training events, support groups, family consultations, online services, and respite.

LACRC@USC has been empowering family caregivers in the Los Angeles area since 1989. It is part of a statewide system of 11 Caregiver Resource Centers throughout California.

Los Angeles Caregiver Resource Center @ USC
Davis School of Gerontology
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Los Angeles, CA 90089-0191

LACRC@USC
CA Mission Inn
4807 Earle Ave.
Rosemead, CA 91770

TOLL-FREE PHONE:
1-855-872-6060

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USC Leonard Davis
School of Gerontology

This program is funded, in part, by the Department of California Health Care Services, the Los Angeles County Community and Senior Services, and the USC Leonard Davis School of Gerontology.

Updates & Announcements

We're as busy as bees over at the Center! This month we have various new programs launching, and we're working on developing more over the next few months!

Our new Spanish support group at the Gus Velasco Neighborhood Center in Santa Fe Springs was launched last month and is growing steadily. This new caregiver group meets on the first and third Thursdays of every month from 10:00-11:30 am. For more details, please contact Lucila Torres, Family Care Navigator, at 213-821-3107. Please join us if you're in the area!

We are also starting a new support group in Monterey Park at the Langley Senior Center. This group will be presented in Chinese (Mandarin) and will meet on the third Wednesday of every month from 1:00-2:30 pm, starting February 22nd. For more information, please contact Mei-Chi Kuo, Family Care Navigator, at 213-821-6920.

Beginning this month, we are launching a three-month education series at the Arcadia Community Center from February to April. This new educational program is called "The Caregiving Journey: A Three-Part Series" and will be held on the first Fridays of the month through April. This month's topic is "The importance of a Caregiver Checklist." Please refer to our calendar of events for more details.

This month's educational theme at the center is "The Fine Line Between Collector and Hoarder." Join us as we discuss how collecting can sometimes lead to hoarding. How do we recognize the signs? What can we do to help those we care for who may have a difficult time letting go of things? For dates and times when we are scheduled to speak about this topic, please refer to our calendar of events.

Lastly, we're excited to report that this year marks the 30th Anniversary of the California Caregiver Resource Centers. To celebrate this milestone, the CA Caregiver Resource Centers will be holding an exhibit titled "The Many Faces of Caregiving" to honor the over 4.5 million Californians who provide unpaid care for a family member or friend. It is scheduled to be on display in Annex Hallway of the State Capitol Building in Sacramento from February 6th to the 24th. This exhibit will highlight the personal stories of nine family caregivers throughout the state of California who have each sought support and services from their local Caregiver Resource Center.



Coming soon: CareJourney USC

We're going digital! The USC FCSC is working behind the scenes to implement a new online environment for family caregivers.

With this new system, caregivers will have 24/7 access to customized information and support that is unique to their specific caregiving

needs. CareJourney members will have access to a personalized dashboard loaded with fact sheets, articles, videos, and webinars. CareJourney USC will be provided at no charge to caregivers, and will enhance the services our center provides. Stay tuned in the coming months for our official announcement about CareJourney's launch.

Stress-Busting Program for Family Caregivers






We will begin a "Stress-Busting Program (SBP) for Family Caregivers" class this month in collaboration with Oakmont of Whittier. The class will be from February 21st to April 18th. Registration is required. Please call Grace Avila at 213-821-6918 to register or for more information.

SBP is an evidence-based nine-week program aimed at helping family caregivers who are caring for a person with dementia or chronic illness(es). It is a nine-week class designed to help family caregivers improve their quality of life, cope with their caregiving situation, and learn to manage their stress. Caregivers who have participated in this program have reported significantly lower stress, depression, and anxiety as well as improved quality of life.

CALENDAR OF EVENTS:

- **Feb 1st & 15th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **Feb 2nd & 16th, 10:00-11:30 AM: Santa Fe Springs Support Group (Spanish)**
Location: Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs, CA 90670
- **Feb 2nd, 9th, & 16th, 3:30-5:30 PM: "Powerful Tools for Caregivers" Class**
Location: WISE Adult Day Service Center
1527 4th St., 2nd Fl., Santa Monica, CA 90401
REGISTRATION FOR THIS CLASS HAS ENDED.
- **Feb 3rd, 10:00 AM-12:00 PM: "The Caregiving Journey: A Three-Part Series": The Importance of a Caregiver Checklist**
Location: Arcadia Community Center
365 Campus Dr., Arcadia, CA 91007
- **Feb 8th, 10:00-11:30 AM: Rosemead Support Group**
Location: LACRC@USC - Rosemead Office
Massie Recreation Hall, 4807 Earle Ave., Rosemead, CA 91770
- **Feb 8th & 22nd, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **Feb 9th, 9:00-11:00 AM: "C.A.L.M. About: The Fine Line Between Collector and Hoarder"**
Location: Glendale Adventist Medical Center
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
- **Feb 9th & 23rd, 10:00-11:30 AM: Santa Monica Support Group**
Location: WISE Adult Day Service Center
1527 4th St., 2nd Fl., Santa Monica, CA 90401
- **Feb 9th & 23rd, 2:00-3:30 PM: Beverly Hills Caregiver Group**
Location: Beth Jacob Congregation
9030 W. Olympic Blvd., Beverly Hills, CA 90211
- **Feb 13th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
- **Feb 14th & 28th, 11:30 AM-1:00 PM: First AME Church Support Group**
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- **Feb 16th, 9:00-11:00 AM: "C.A.L.M. About: The Fine Line Between Collector and Hoarder"**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room TBA
- **Feb 21st & 28th, 1:00 -3:00 PM: "Stress-Busting Program for Family Caregivers" (Whittier)**
Location: Oakmont of Whittier
13617 Whittier Blvd, Whittier, CA 90605
REGISTRATION IS REQUIRED. Please call Grace Avila at 213-821-6918 to register for this class.
- **Feb 22nd, 1:00-2:30 PM: Monterey Park Support Group (Chinese)**
Location: Langley Senior Center
400 W. Emerson St., Monterey Park, CA 91754
- **Feb 23rd, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- **Feb 23rd, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **Feb 23rd, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342

FEBRUARY 2017

MON	TUES	WED	THURS	FRI
		01 1:00-2:30 PM Pasadena Support Group	02  10:00-11:30 AM Santa Fe Springs Support Group (Spanish) 3:30-5:30 PM Powerful Tools (WISE)	03  10:00 AM-12:00 PM The Caregiving Journey: A Three-Part Series (Arcadia)
06	07	08 10:00-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group	09 9:00-11:00 AM C.A.L.M. About: The Fine Line Between Collector & Hoarder (Glendale) 10:00-11:30 AM Santa Monica Support Group 2:00-3:30 PM Beverly Hills Support Group 3:30-5:30 PM Powerful Tools (WISE)	10
13 7:15-8:45 PM Telephone Support Group	14 11:30 AM-1:00 PM First AME Support Group 	15 1:00-2:30 PM Pasadena Support Group	16 9:00-11:00 AM C.A.L.M. About: The Fine Line Between Collector & Hoarder (Baldwin Park) 10:00 AM-11:30 AM Santa Fe Springs Support Group (Spanish) 3:30-5:30 PM Powerful Tools (WISE)	17
20 	21 1:00-3:00 PM "Stress-Busting Program for Family Caregivers" (Whittier)	22 12:00-2:00 PM USC Support Group 1:00-2:30 PM Monterey Park Support Group (Chinese) 	23 10:00 AM-12:00 PM Long Beach Support Group 10:00-11:30 AM Santa Monica Support Group 10:00 AM-12:00 PM Montebello Caregiver Circle 2:00-3:30 PM Beverly Hills Caregiver Group 6:00-7:30 PM Sylmar Support Group	24
27	28 11:30 AM-1:00 PM First AME Support Group 1:00-3:00 PM "Stress-Busting Program for Family Caregivers" (Whittier)	<p>One morning, Emma woke up with a start. Her husband Jim asked what was the matter, she told him, "I just had a dream that you gave me a pearl necklace for Valentine's day. What do you think it means?" "You'll know tonight," Jim said.</p> <p>That evening, Jim came home with a small package and gave it to his wife. Delighted, Emma opened it - only to find a book entitled "The Meaning of Dreams."</p> <p>source: http://www.guy-sports.com</p>		

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THE LAST WORD

Re-Introducing Grace Avila

Grace Avila has been with the USC Family Caregiver Support Center since 2004, when she joined as an Intake & Resource Specialist. She has since become a Family Care Navigator helping families navigate the world of caregiving. Through her participation in the California Work & Family Coalition, Grace advocates not only on behalf of her clients but all the working caregivers

throughout the state by creating public awareness of the various complexities working caregivers face.

Grace enjoys taking pictures and making digital picture books. She is also an “outdoors” girl at heart with a lifelong love of camping, hiking, and exploration. Grace’s latest project is training her new puppy, Sam, a Boxer who likes to get into a lot of trouble but has quickly become an integral part of the family.

Community Spotlight: “Caregiver U”

We are collaborating with several community agencies for “Caregiver U: A Morning to Take Care of You” on Saturday, March 11, 9:00 am-12:30 pm at the Ken Edwards Center (1527 4th St., Santa Monica, CA 90401). This is a free community event for family and working

caregivers and will include educational workshops, resource tables, and self-care activities. Sponsors include WISE & Healthy Aging, UCLA Health, Alzheimer’s Greater LA, USC Family Caregiver Support Center, and Santa Monica Library. For more information or to register, please call at 1-800-516-5323.