



University of Southern California
USC Family Caregiver Support Center
3715 McClintock Ave.
Los Angeles, CA 90089-0191

Caregiver Central

June 2017

Los Angeles Caregiver Resource Center @ USC

Updates & Announcements

We are embarking upon a new collaboration with the USC Marshall School of Business to provide education to caregivers at USC and in the surrounding community. We will hold a three-part series about caregiving issues on the following dates:

- Tuesday, June 7th, 12:00-1:00 PM, USC Campus, Building: VPD 302
"Taking Care of YOU"
- Tuesday, June 21st, 12:00-1:00 PM, USC Campus, Building: VPD 302
"Forming a Social Support System"
- Tuesday, July 12th, 12:00-1:00 PM
"Embracing Positive Thinking"

This month's educational theme at the center is "What is the Difference Between Hospice and Palliative Care?" These two types of care are often confused with one another because they share similarities. Hospice care and palliative care each serve a specific purpose and goal, and we will discuss the differences. For dates and times when we are scheduled to speak about this topic, please refer to our calendar of events.

June 15th is World Elder Abuse Awareness Day (WEAAD). The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

Why does our newsletter look different? In an effort to conserve funds, we are temporarily presenting a shortened version of our printed newsletter. Our online and email newsletter will remain unchanged.

Re-Introducing Lisa Shainberg

Our center is proud to introduce our newest Family Care Navigator, Lisa Shainberg, MSW. Lisa was born and raised in Los Angeles, CA, yet she has lived all over the world throughout her professional experiences. Lisa received her undergraduate degree in Psychology from Barnard College of Columbia University, and then went on to complete her MSW at New York University. After working on the east coast for several years, specializing in working with older adults and caregivers, Lisa moved back to her home town and has joined us at the USC

Family Caregiver Support Center. Lisa has previously worked at social service agencies such as Jewish Family Services, as well as medical companies such as Blue Cross/Blue Shield. Lisa was a competitive figure skater for 16 years and currently works as a part time Latin dance instructor as well. She holds multiple certifications including: Dance/Movement Therapy Certification, Case Management Certification, Cognitive Behavioral Therapy Certification, Motivational Interviewing, and Short Term/Brief Therapy. On her free time she enjoys spending time with her large family and doing anything outdoorsy!



CALENDAR OF EVENTS:

- **June 1st & 15th, 10:00-11:30 AM: Santa Fe Springs Support Group (Presented in Spanish)**
Location: Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs, CA 90670
- **June 7th & 21st, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **June 7th, 12:00-1:00 PM: "Taking Care of You"**
Location: USC Campus - VPD 302
- **June 8th, 9:00-11:00 AM: "C.A.L.M. About: The Difference Between Hospice and Palliative Care"**
Location: Glendale Adventist Medical Center
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
- **June 8th & 22nd, 2:30-4:30 PM: Beverly Hills Caregiver Group**
Location: Beth Jacob Congregation
9030 W. Olympic Blvd., Beverly Hills, CA 90211
- **June 12th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
- **June 13th & 27th, 11:30 AM-1:00 PM: First AME Church Support Group**
Location: First AME Church (Allen House)
2249 South Harvard, Los Angeles, CA 90018
- **June 13th, 2:30-4:30 PM: "Family Caregiver Mini-Series: Useful Relaxation Techniques"**
Location: Claremont Manor Care Center
621 W. Bonita Ave., Claremont, CA 91711
- **June 14th, 10:00-11:30 AM: Rosemead Support Group**
Location: LACRC@USC - Rosemead Office
Massie Recreation Hall, 4807 Earle Ave., Rosemead, CA 91770
- **June 14th & 28th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **June 15th, 9:00-11:00 AM: "C.A.L.M. About: The Difference Between Hospice and Palliative Care"**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room TBA
- **June 21st, 12:00-1:00 PM: "Forming a Social Support System"**
Location: USC Campus - VPD 302
- **June 22nd, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **June 22nd, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- **June 22nd, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342
- **June 28th, 1:00-2:30 PM: Monterey Park Support Group (Presented in Mandarin Chinese)**
Location: Langley Senior Center
400 W. Emerson St., Monterey Park, CA 91754