

Caregiver Central

July 2017

Los Angeles Caregiver Resource Center @ USC

Updates & Announcements

Our summer collaboration with the USC Marshall School of Business to provide education to caregivers at USC and in the surrounding community is coming to an end this month. We will hold one more session for this series on Wednesday, July 12th, 12:00-1:00 PM (USC campus, Building VPD 302) about "Embracing Positive Thinking." This topic will cover how and why positive thinking is important for getting through the rough times in caregiving and explore ways to cultivate self-compassion and optimism.

This month's educational theme at the center is "CALM About: Difficult Family Dynamics." We will discuss how

family relationships affect our caregiving styles. How do we manage our expectations about family and our roles in the caregiving experience? For dates and times when we are scheduled to speak about this topic, please refer to our calendar of events.

Please save the date for our upcoming one-day Caregiver Retreat! It will be held on Tuesday, August 29th, 10 AM-3 PM at the be.group community Westminster Gardens in Duarte. Stay tuned; more details will be shared with you in the weeks to come!

The Beverly Hills support group at Beth Jacob Congregation will be temporarily on hold until October 2017.

Why does our newsletter look different? In an effort to conserve funds, we are temporarily presenting a shortened version of our printed newsletter.

Introducing Gina Farfan

Our center is proud to introduce the newest member of our team, Gina Farfan. She joined the center in August 2016 as an Administrative Assistant. She has her bachelor's degree in social work from UNAM in Mexico and is currently working towards her Master's degree in Gerontology at the University of Southern California. Gina is a certified Zumba instructor and leads classes in Long Beach. She enjoys spending time with her two kids.

USC CareJourney

USC CareJourney allows family caregivers to connect with our center and learn about the resources and services we offer. Caregivers can access information matching their unique caregiving needs 24/7 from their own computer or mobile device. To join, please visit our website at www.fcscgero.org and click on the link to register for **USC CareJourney**.

LACRC CareJourney™
PERSONAL CAREGIVER SUPPORT



Happy Fourth of July!

Fun Facts: Americans consume around 155 million hot dogs on the Fourth of July each year. They also spend \$92 million on chips, \$167.5 million on watermelon, and \$341.4 million on beer.



Please mail donations to: **USC Family Caregiver Support Center, 3715 McClintock Ave., Los Angeles, CA 90089**

Your contributions help support important programs for family caregivers.

Donations of any size are appreciated.

Please accept my tax-deductible donation of \$ _____

Name: _____

Address: _____

Phone: _____

CHECK: Please make payable to: **USC Family Caregiver Support Center.**

CREDIT CARD (circle one): MasterCard Visa
Account # _____ - _____ - _____ - _____

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CALENDAR OF EVENTS:

- **July 5th & 19th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
 - **July 6th & 20th, 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
 - **July 10th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
 - **July 11th & 25th, 11:30 AM-1:00 PM: First AME Church Support Group (*PEER-LED*)**
Location: First AME Church (Allen House)
2249 South Harvard, Los Angeles, CA 90018
 - **July 11th, 2:30-4:30 PM: "Family Caregiver Mini-Series: Importance of Self-Care"**
Location: Claremont Manor Care Center
621 W. Bonita Ave., Claremont, CA 91711
 - **July 12th, 10:00-11:30 AM: Rosemead Support Group**
Location: LACRC@USC - Rosemead Office
Massie Recreation Hall, 4807 Earle Ave., Rosemead, CA 91770
 - **July 12th & 26th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
 - **July 12th, 12:00-1:00 PM: "Embracing Positive Thinking"**
Location: USC Campus - VPD 302
 - **July 13th, 9:00-11:00 AM: "C.A.L.M. About: Difficult Family Dynamics"**
Location: Glendale Adventist Medical Center
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
 - **July 20th, 9:00-11:00 AM: "C.A.L.M. About: Difficult Family Dynamics"**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room TBA
 - **July 26th, 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
 - **July 27th, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
 - **July 27th, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
 - **July 27th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342
- ***The Beverly Hills support group at Beth Jacob Congregation will be temporarily on hold until October 2017. *****