

Caregiver Central

August 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 Leonard Davis School of Gerontology
3715 McClintock Ave.
Los Angeles, CA 90089-0191

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

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

Website: www.fcscgero.org

Email: fcscgero@usc.edu

USC Leonard Davis
School of Gerontology

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Updates & Announcements

It's a new fiscal year, and our budgets are reset ... which means we're back to our regular newsletter! Thank you to everyone who called, emailed, or personally spoke with one of our staff to ask about the monthly newsletter. We love to hear that this newsletter is something you look forward to every month and that you've missed it!

Many of you have been asking about our next Caregiver Retreat, and we're happy to announce that we have one scheduled for the end of this month. **Our Caregiver Retreat will be held on Tuesday, August 29th, at Westminster Gardens in Duarte from 10:00 AM to 3:00 PM.** Please refer for our calendar of events for more details. **To register, please call Jenny Peterson at 213-821-6908.** Group transportation and a limited amount of respite scholarships are available.

We will begin another four-week education series on "Stress, Resilience, & Positivity: Finding Balance" in Duarte on August 8th, 15th, 22nd, and 31st, 2:00-4:00 PM. This series will explore the idea of resilience, and why it is

important when coping with stress. How do you build resilient family caregivers who can cope and manage stress in positive, productive ways? This class is open to family caregivers of a loved one with a chronic condition and is being hosted by the be.group community Westminster Gardens. Please refer to our calendar of events for more details.

This month's educational theme at the center is "Collecting, Hoarding, & Caregiving." We will discuss the fine line between collecting and hoarding. What are some of the reasons collecting and hoarding occur, and what are some troublesome signs we should look out for? How do you deal with these issues as a caregiver? For dates and times when we are scheduled to speak about this topic, please refer to our calendar of events.

Looking forward, we will begin a 6-week "Powerful Tools" class at Hillcrest Retirement Community in La Verne on Mondays starting September 18th to October 23rd, 10:00-11:30 AM. Please call Mei-Chi Kuo at 213-821-6920 for more information or to register.

USC CareJourney

USC CareJourney allows family caregivers to connect with our center and learn about the

LACRC CareJourney™
PERSONAL CAREGIVER SUPPORT

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**.

Did You Know? Fun Facts about USC FCSC

Our grant funding cycles run from July-June (also known as a fiscal year). That is why you may start hearing our staff members using the phrase “end of the fiscal year” in May or June. We start a new fiscal year every July. For example, we are now in Fiscal Year 2017-2018.

Since we just closed out another successful fiscal year at our center, we want to share with you our accomplishments over the last fiscal year:

➔ **133** respite awards to our clients, totaling over **\$99k**

➔ **3,186** family consultation hours

➔ **169** new clients

➔ **274** people attended our 16th Annual Caregiver Conference (2016)

➔ Caregivers received **1,082** support group hours

➔ **15,017** miles driven by our staff
(enough for 3 round trips between Los Angeles and New York City)







CALENDAR OF EVENTS:

- **August 2nd & 16th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **August 3rd, 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
- **August 8th & 22nd, 11:30 AM-1:00 PM: First AME Church Support Group**
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- **August 8th, 15th, 22nd & 31st, 2:00-4:00 PM: “Stress, Resilience, & Positivity” Class**
Location: Westminster Gardens (a be.group community)
El Sueno Room
1420 Santo Domingo Ave., Duarte, CA 91010
REGISTRATION IS REQUIRED. Please call 1-855-872-6060 to register for this class.
- **August 9th, 10:00-11:30 AM: Rosemead Support Group**
Location: LACRC@USC - Rosemead Office
Massie Recreation Hall, 4807 Earle Ave., Rosemead, CA 91770
- **August 9th & 23rd, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **August 10th, 9:00-11:00 AM: “C.A.L.M. About: Collecting, Hoarding, & Caregiving”**
Location: Glendale Adventist Medical Center
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
- **August 14th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
- **August 17th, 9:00-11:00 AM: “C.A.L.M. About: Collecting, Hoarding, & Caregiving”**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room TBA
- **August 23rd, 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
- **August 24th, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- **August 24th, 10:00 AM-12:00 PM: Caregivers’ Circle**
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **August 24th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342
- **August 29th, 10:00 AM-3:00 PM: Caregiver Retreat**
Location: Westminster Gardens (a be.group community)
Packard Hall
1420 Santo Domingo Ave., Duarte, CA 91010
Suggested Donation: \$5.00
REGISTRATION IS REQUIRED. Please call Jenny Peterson at 213-821-6908 to register.

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

SAVE THE DATE: Our 17th Annual Caregiver Conference will be held on Saturday, October 28th at the USC Gerontology Center. More details will be released in next month’s newsletter.

AUGUST 2017

MON	TUES	WED	THURS	FRI
	01	02 1:00-2:30 PM Pasadena Support Group	03 10:00-11:30 AM Santa Fe Springs Support Group (Spanish)	04
07	08 11:30 AM-1:00 PM First AME Support Group 2:00 PM-4:00 PM Stress, Resilience, & Positivity (Duarte) 	09 10:00-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group	10 9:00-11:00 AM C.A.L.M. About: Collecting, Hoarding, & Caregiving (Glendale)	11
14 7:15-8:45 PM Telephone Support Group	15 2:00 PM-4:00 PM Stress, Resilience, & Positivity (Duarte)	16 1:00-2:30 PM Pasadena Support Group	17 9:00-11:00 AM C.A.L.M. About: Collecting, Hoarding, & Caregiving (Baldwin Park)	18 
21	22 11:30 AM-1:00 PM First AME Support Group 2:00 PM-4:00 PM Stress, Resilience, & Positivity (Duarte)	23 12:00-2:00 PM USC Support Group 1:00-2:30 PM Monterey Park Support Group (Chinese)	24 10:00 AM-12:00 PM Long Beach Support Group 10:00 AM-12:00 PM Montebello Caregiver Circle 6:00-7:30 PM Sylmar Support Group	25
28 	29 10:00 AM-3:00 PM Caregiver Retreat 	30	31 2:00 PM-4:00 PM Stress, Resilience, & Positivity (Duarte)	



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THE LAST WORD:

Food for Thought (Focus Group)

Researchers at USC are creating a program to prevent elder mistreatment. We would like family caregivers to provide feedback about the program. If you would like to be part of a focus group to help develop this program, please email Kylie Meyer at kyliemey@usc.edu or call 734-620-1993 to participate.

We know that most family caregivers provide excellent care. However, some caregivers are in risky situations. This program is designed to lower the

chance of mistreatment occurring and support healthy caregiving relationships.

We are seeking caregivers who have been caregiving for 6 months or more, and who provide care to someone over the age of 60. You do not need to consider yourself to be in an at-risk situation to join the conversation. Discussions would occur in September and October at USC's Leonard Davis School of Gerontology, where conversation will happen over food and drinks.



Time to Laugh

While reading the newspaper, Walter came across an article about a beautiful actress and model who married a boxer who was not noted for his IQ.

"I'll never understand," he said to his wife, "why the biggest jerks get the most attractive wives."

His wife replied: "Thank you, dear!"