

# Caregiver Central

December 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](http://www.fcscgero.org)

**Email:** [fcscgero@usc.edu](mailto:fcscgero@usc.edu)

**USC Leonard Davis**  
School of Gerontology

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## Updates & Announcements

**H**ow do the holidays affect caregivers? Many caregivers report higher levels of stress, anxiety, and depression during the holiday season. A variety of factors can contribute to these feelings: loss over not being able to do things “the same as always,” increased pressure to attend gatherings, a fast-paced schedule, a rise in social interactions with people you would not normally find yourself with any other time of the year, etc. As we approach the holiday season, we urge you to be honest with yourself and be reasonable about what you can and can’t do. Don’t feel pressure to say “yes” to everything; respect your own boundaries.

This month’s educational theme at the center is “C.A.L.M. About: How to

Hold A Family Meeting.” We will discuss basic ground rules for holding a successful family meeting, and what can derail families from accomplishing their goals. What role do family dynamics play in family meeting, and how do we develop strategies to minimize our families’ emotional baggage from weighing us down?

From all of us here at the USC Family Caregiver Support Center, we wish you a wonderful, happy, and safe holiday season.

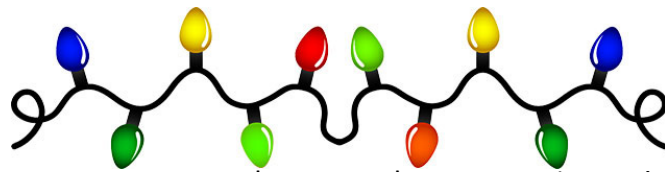


## USC CareJourney

**U**SC 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](http://www.fcscgero.org) and click on the link to register for **USC CareJourney**.

**LACRC CareJourney™**  
**PERSONAL CAREGIVER SUPPORT**

# Changing Traditions



**W**hat do the holidays mean to you? For many of us, the holidays can be a wondrous time filled with family, joy, and celebration. The holidays give us a chance to look at our lives and remember what we are grateful for. They offer us an opportunity to celebrate the people and things that bring us joy.

The holidays, however, can also contain a darker side. For many families, the holidays expose difficulties in relationships and the ways family members navigate these relationships. The holidays can bring to light realizations that someone is struggling more than they normally reveal the rest of the year. Tangled up with our goals to enjoy the holidays, we often subject ourselves to unrealistic expectations of how “everything should be” and how “we’ve always done it like this.” The idea of keeping our family traditions going strongly affects many of us during this time of year. In the quest to continue tradition, we fail to treat ourselves kindly.

We run ourselves ragged, overcommit our time, and struggle silently to do it all.

This holiday season, we urge you to think about the ways your life has changed, and how you can adapt your holidays to fit your “new normal.” How do we balance our needs for tradition, festivity, and gatherings with our roles as caregivers? How do we adapt our holidays appropriately to our needs and those of the people we care for? The first step is learning to accept the idea that tradition is not about doing things exactly as they have always been, but rather, capturing the joy and love we feel inside when we experience the tradition. When we allow ourselves to focus on the feelings instead of the actions themselves, we can start to change the ways we hold true to our traditions. Traditions can lift our spirits and reassure us that we still matter. They are important because they give us a sense of stability and something to look forward to. Don’t let them become a burden because they no longer fit your lifestyle and caregiving situation!

## CALENDAR OF EVENTS:

- Dec 6th & 20th, 1:00-2:30 PM: Pasadena Support Group  
Location: Pasadena Senior Center  
85 E. Holly St., Pasadena, CA 91103
- Dec 7th, 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
- Dec 11th, 7:15-8:45 PM: Telephone Support Group  
Please register by calling toll-free (855) 872-6060.
- Dec 12th, 11:30 AM-1:00 PM: First AME Church Support Group  
Location: First AME Church: Allen House  
2249 South Harvard, Los Angeles, CA 90018
- Dec 13th, 10:00-11:30 AM: Rosemead Support Group  
Location: California Mission Inn  
Massie Recreation Hall  
8417 Mission Dr., Rosemead, CA 91770
- Dec 13th, 12:00-2:00 PM: USC Support Group  
Location: LACRC@USC - Davis School of Gerontology
- Dec 14th, 9:00-11:00 AM: “C.A.L.M. About: How to Hold a Family Meeting”  
Location: Glendale Adventist Medical Center  
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
- Dec 14th, 4:30-6:00 PM: Claremont Support Group  
Location: Claremont Manor Care Center (OT Room)  
621 W. Bonita Ave., Claremont, CA 91711
- Dec 21st, 10:00 AM-12:00 PM: Caregivers’ Circle  
Location: Potrero Heights Park Community & Senior Center  
8051 Arroyo Dr., Montebello, CA 90640  
**\*\* PLEASE NOTE: This event has been re-scheduled outside of its regular monthly schedule due to the holidays.\*\***
- Dec 21st, 6:00-7:30 PM: Sylmar Support Group (\*PEER-LED\*)  
Location: Lake View Terrace Library  
12002 Osborne St., Sylmar, CA 91342  
**\*\* PLEASE NOTE: This event has been re-scheduled outside of its regular monthly schedule due to the holidays.\*\***

# DECEMBER 2017

MON	TUES	WED	THURS	FRI
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Farmer Evans was driving his John Deere tractor along the road with a trailer load of fertilizer. Tim, a little boy of eight, was playing in his yard when he saw the farmer and asked, "What've you got in your trailer?"

"Manure," Farmer Evans replied.

"What are you going to do with it?" asked Tim.

"Put it on my strawberries," answered the farmer.

Tim replied, "You ought to come and eat with us; we put ice cream on our strawberries."

01

04

05

06

1:00-2:30 PM  
Pasadena Support Group

07

10:00-11:30 AM  
Santa Fe Springs Support Group (Spanish)

08

11

7:15-8:45 PM Telephone Support Group

12

11:30 AM-1:00 PM  
First AME Support Group

13

10:00-11:30 AM  
Rosemead Support Group

12:00-2:00 PM  
USC Support Group

14

9:00-11:00 AM  
C.A.L.M. About: How to Hold a Family Meeting (Glendale)

4:30-6:00 PM  
Claremont Support Group

15

18

19

20

1:00-2:30 PM  
Pasadena Support Group

21

10:00 AM-12:00 PM  
Montebello Caregivers' Circle

6:00-7:30 PM  
Sylmar Support Group

22

25

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

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**Your contributions help support important programs for family caregivers.**

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 A program of the USC Family Caregiver Support Center

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