

Caregiver Central

June 2018

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

June 15th is World Elder Abuse Awareness Day. Most people immediately think of physical abuse, but elder mistreatment exists in many other forms including: sexual abuse, emotional or psychological abuse, neglect, abandonment, financial or material

exploitation, and self-neglect. To find out more about elder mistreatment, please visit the website for the National Center for Elder Abuse at <https://ncea.acl.gov>

This month's educational theme at the center is "C.A.L.M. About: Communicating with Medical Professionals." Many of us become tongue-tied when we're at the doctor's office. We may feel shy about



asking questions, or we might believe that "the doctor knows best." It is important to remember that we are our own best advocates for our healthcare -- and that goes for those we are caring for too! How do we have effective communication with doctors, nurses, and other medical staff to help us achieve the best results? For dates and times that we will be discussing this topic, please refer to our calendar of events for more details.

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

New Medicare Cards Coming Soon

In case you haven't heard, Medicare will be mailing out new cards starting in April 2018. The new card will have a unique ID number that will replace your social security number. Medicare is replacing all current cards in an effort to remove social security numbers and reduce Medicare fraud and identity theft. Your Medicare benefits will remain the same.

Medicare beneficiaries in California will receive their new Medicare cards April 2018 -June 2018.

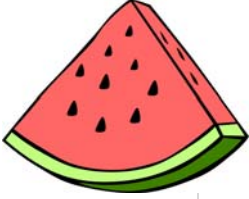





CALENDAR OF EVENTS:

- **June 6th & 20th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **June 7th, 1:00-2:30 PM: Santa Fe Springs Support Group (Presented in Spanish)**
Location: Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs, CA 90670
- **June 11th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
- **June 12th & 26th, 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
- **June 13th, 10:00-11:30 AM: Rosemead Support Group**
Location: California Mission Inn (Massie Hall)
8417 Mission Dr., Rosemead, CA 91770
- **June 13th & 27th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **June 14th, 9:30-11:30 AM: "C.A.L.M. About: Communicating with Medical Professionals"**
Location: Adventist Health Glendale
Community Services Center Gym
311 A Vallejo Dr.
Glendale, CA 91206
(across from Vallejo Drive Church)
****PARKING – Please note the Rehab parking spaces in front of the gym are reserved for patient parking ONLY. Street parking is available as well as hospital parking. Parking will be validated if needed.**
- **June 14th, 4:30-6:00 PM: Claremont Support Group**
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- **June 21st, 9:00-11:00 AM: "C.A.L.M. About: Communicating with Healthcare Professionals"**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room B10
- **June 28th, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **June 28th, 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 28th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342



JUNE 2018

MON	TUES	WED	THURS	FRI
			01	
04	05	06 1:00-2:30 PM Pasadena Support Group	07 1:00-2:30 PM 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 9:30-11:30 AM C.A.L.M. About: Communicating with Medical Professionals (Glendale) 4:30-6:00 PM Claremont Support Group	15
18 	19	20 1:00-2:30 PM Pasadena Support Group	21 9:00-11:00 AM C.A.L.M. About: Communicating with Medical Professionals (Baldwin Park)	22
25	26 11:30 AM-1:00 PM First AME Support Group	27 12:00-2:00 PM USC Support Group	28 10:00 AM-12:00 PM Montebello Caregivers' Circle 10:00 AM-12:00 PM Long Beach Support Group 6:00-7:30 PM Sylmar Support Group	29



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

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THE LAST WORD:

World Elder Abuse Awareness Day 2018

As Americans, we believe in justice for all. Yet, an estimated 5 million, or 1 in 10, older Americans experience elder abuse, neglect, or exploitation. Working together, we can build the essential social supports that prevent abuse and keep everyone safe as we age. As a society, we can --and must-- find solutions to address issues like elder abuse, which also threatens the well-being of our community.

World Elder Abuse Awareness Day (WEAAD) is commemorated on June 15th every year. It is an opportunity for people or organizations to take action to protect older people by raising awareness about elder abuse, why it occurs, and what we can do to stop it. We can act collectively to support justice for all.



Our policies and practices make it hard for older people to stay involved with and connected to our communities as they age. As a result, older people are more likely to experience social isolation, which increases the likelihood of abuse and neglect. We can design stronger societal supports to keep our older people connected and protect them from abuse, whether financial, emotional, physical or sexual. When we address a root cause, like social isolation, we also make it less likely that people will neglect themselves (self-neglect). Older adults who are socially connected and protected from harm are less likely to be hospitalized, less likely to go into nursing homes and less likely to die.

We can and must create healthier and safer living environments for older adults, including their homes, nursing homes, and assisted living facilities.