

# Caregiver Central

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

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

**USC Leonard Davis**  
School of Gerontology

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## Updates & Announcements

**A**ugust is National Immunization Awareness Month. Many adults think of immunizations as a childhood concern, but there is growing awareness that adults should keep up with their immunizations as well. Vaccines are recommended for adults to prevent serious diseases such as influenza (flu), shingles, pneumonia, hepatitis, and whooping cough. Older adults and adults with certain chronic conditions are at increased risk for serious complications from vaccine-preventable diseases. Vaccination is important because it not only protects the person being vaccinated, but also helps prevent the spread of diseases to others – especially those who are most vulnerable to serious complications, such as young children, older people, and people with certain chronic conditions or weakened immune systems. Please see the last

page of this newsletter for more information.

This month's educational theme at the center is "C.A.L.M. About: What is Dementia?" We will discuss what it means to have a diagnosis of dementia and what to expect. How do you care for someone with dementia? What are some tips for challenging situations which may come up? For dates and times that we will be discussing this topic, please refer to our calendar of events for more details.

We will be holding a 6-week class called "Powerful Tools for Caregivers" in Los Angeles for six consecutive Fridays beginning August 10 to September 14, 10 AM-12 PM. This class will discuss tools for managing communication and handling difficult situations as a family caregiver. For more details or registration information, please refer to our calendar of events.

## 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**


About 1 in 3 adults in the US  
WILL GET SHINGLES




ASK YOUR HEALTHCARE PROFESSIONAL  
ABOUT SHINGLES VACCINATION

JOIN THE  
CONVERSATION  
#PREVENTSHINGLES

 facebook.com/nfidvaccines

 twitter.com/nfidvaccines

 instagram.com/nfid\_vaccines



National  
Foundation for  
Infectious  
Diseases

www.nfid.org/shingles

## CALENDAR OF EVENTS:

- August 1st & 15th, 1:00-2:30 PM: Pasadena Support Group  
Location: Pasadena Senior Center  
85 E. Holly St., Pasadena, CA 91103
- August 2nd, 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
- August 8th, 10:00-11:30 AM: Rosemead Support Group  
Location: California Mission Inn (Massie Hall)  
8417 Mission Dr., Rosemead, CA 91770
- August 8th & 22nd, 12:00-2:00 PM: USC Support Group  
Location: LACRC@USC - Davis School of Gerontology
- August 9th, 9:30-11:30 AM: "C.A.L.M. About: What is Dementia?"  
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.*
- August 9th, 4:30-6:00 PM: Claremont Support Group  
Location: Claremont Manor Care Center (OT Room)  
621 W. Bonita Ave., Claremont, CA 91711
- August 10th, 17th, 24th & 31st, 10:00 AM-12:00 PM: "Powerful Tools for Caregivers"  
Location: Holman United Methodist Church  
3320 W. Adams Blvd. (Crockett Library)  
Los Angeles, CA 90018  
**REGISTRATION IS REQUIRED. Please call Lucila Torres (213-821-3107) or Alejandra Rojas (213-740-3953) to register.**
- August 14th & 28th, 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
- August 16th, 9:00-11:00 AM: "C.A.L.M. About: What is Dementia?"  
Location: Kaiser Permanente Medical Center  
1011 Baldwin Park Blvd., Baldwin Park, CA 91706  
Basement Conference Room B7
- August 23rd, 10:00 AM-12:00 PM: Caregivers' Circle  
Location: Potrero Heights Community & Senior Center  
8051 Arroyo Dr., Montebello, CA 90640
- August 23rd, 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 23rd, 6:00-7:30 PM: Sylmar Support Group (\*PEER-LED\*)  
Location: Lake View Terrace Library  
12002 Osborne St., Sylmar, CA 91342

# AUGUST 2018

MON	TUES	WED	THURS	FRI
		<p><b>01</b>            1:00-2:30 PM            Pasadena Support Group</p>	<p><b>02</b>            1:00-2:30 PM            Santa Fe Springs Support Group (Spanish)</p>	<p><b>03</b></p>
<p><b>06</b></p>	<p><b>07</b></p>	<p><b>08</b>            10:00-11:30 AM            Rosemead Support Group             12:00-2:00 PM            USC Support Group</p>	<p><b>09</b>            9:30-11:30 AM            C.A.L.M. About: What is Dementia? (Glendale)             4:30-6:00 PM            Claremont Support Group</p>	<p><b>10</b>            10:00 AM-12:00 PM            Powerful Tools (Los Angeles)</p>
<p><b>13</b></p>	<p><b>14</b>            11:30 AM-1:00 PM            First AME Support Group</p>	<p><b>15</b>            1:00-2:30 PM            Pasadena Support Group</p>	<p><b>16</b>            9:00-11:00 AM            C.A.L.M. About: What is Dementia? (Baldwin Park)</p>	<p><b>17</b>            10:00 AM-12:00 PM            Powerful Tools (Los Angeles)</p>
<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b>            12:00-2:00 PM            USC Support Group</p>	<p><b>23</b>            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</p>	<p><b>24</b>            10:00 AM-12:00 PM            Powerful Tools (Los Angeles)</p>
<p><b>27</b></p>	<p><b>28</b>            11:30 AM-1:00 PM            First AME Support Group</p>	<p><b>29</b></p> 	<p><b>30</b></p>	<p><b>31</b>            10:00 AM-12:00 PM            Powerful Tools (Los Angeles)</p>



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Los Angeles, CA 90089-0191**

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SOUTHERN CALIFORNIA

## THE LAST WORD:

### Vaccination Facts

**A**ll adults should get vaccines to protect their health. Even healthy adults can become seriously ill and pass diseases on to others. Everyone should have their vaccination needs assessed at their doctor's office, pharmacy, or other visits with health care providers. Certain vaccines are recommended based on a person's age, occupation, or health conditions (such as asthma, chronic obstructive pulmonary disease, diabetes or heart disease). Vaccination is important because it protects the person receiving the vaccine and helps prevent the spread of disease, especially to those who are most vulnerable to serious complications (such as infants and young children, the elderly, and those with chronic conditions and weakened immune systems).

All adults, including pregnant women, should get the influenza (flu) vaccine each year to protect against

seasonal flu. Every adult should have one dose of Tdap vaccine (tetanus, diphtheria, and pertussis or whooping cough) if they did not get Tdap as a teen, and then get the Td (tetanus and diphtheria) booster vaccine every 10 years.

Adults 60 years and older are recommended to receive the shingles vaccine. Adults 65 and older are recommended to receive one or more pneumococcal vaccines. Some adults younger than 65 years with certain high-risk conditions are also recommended to receive one or more pneumococcal vaccinations. Adults may need other vaccines (such as hepatitis A, hepatitis B, and HPV) depending on their age, occupation, travel, medical conditions, vaccinations they have already received, or other considerations.