

Caregiver Central

January 2019

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

There are big things on the horizon for the USC Family Caregiver Support Center. We've been busy behind the scenes preparing for a fantastic new year filled with fresh, new ideas. We are working on a website refresh and a brand new brochure. We have reviewed some new educational tools and programs that we're excited to unveil soon to our caregivers and community. Lastly, we've been talking about how to reach our local city, county, and state officials to share with them the full impact of caregiving upon families and communities. We want to make sure we have a voice and act as advocates for our caregivers on a political and legislative level.

This month's educational theme at the center is "C.A.L.M. About: Caregiver Checklist: Things You Should Know." We will discuss some important questions and decisions caregivers

should be prepared for. No matter where you are in the caregiving process, it may be helpful to review our Caregiver Checklist to see if you've missed something. This checklist is intended to be a tool to guide caregivers in preparing for the future.

We will begin a four-month partnership with the Cerritos Senior Center to provide educational sessions for caregivers. Our first session will be on Tuesday, January 22, 2019, 10:00-11:30 AM on the topic of "C.A.L.M. About: Caregiver Checklist: Things You Should Know." For more information and details, please refer to our calendar of events.



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

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 # _____ - _____ - _____ - _____

Expiration Date: _____ Billing Zip Code: _____

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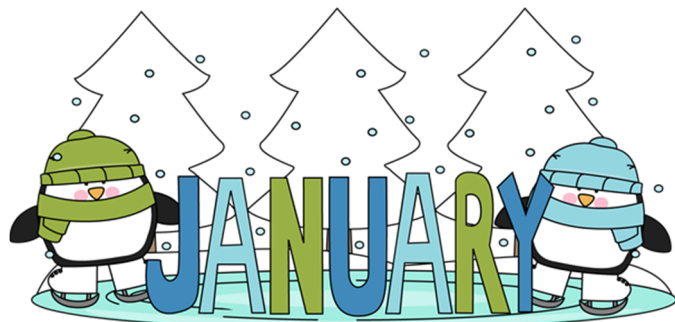
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CALENDAR OF EVENTS:

- **Jan 3rd, 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
- **Jan 8th & 22nd, 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
- **Jan 9th, 10:00-11:30 AM: Rosemead Support Group**
Location: California Mission Inn (Massie Hall)
8417 Mission Dr., Rosemead, CA 91770
- **Jan 9th & 23rd, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **Jan 10th, 4:30-6:00 PM: Claremont Support Group**
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- **Jan 16th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **Jan 22nd, 10:00-11:30 AM: CALM About: Caregiver Checklist: Things You Should Know (Cerritos)**
Location: Cerritos Senior Center
12340 South St., Cerritos, CA 90703

- **Jan 24th, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **Jan 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
- **Jan 24th, 6:00-7:30 PM: Lake View Terrace Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Lake View Terrace, CA 91342
- **Jan 24th, 6:30-8:00 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.



JANUARY 2019

MON	TUES	WED	THURS	FRI
	01	02	03 1:00-2:30 PM Santa Fe Springs Support Group	04
				
07	08 11:30 AM-1:00 PM First AME Support Group	09 10:00-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group	10 4:30-6:00 PM Claremont Support Group	11
14	15	16 1:00-2:30 PM Pasadena Support Group	17	18
21	22 10:00-11:30 AM CALM About: Caregiver Checklist: Things You Should Know (Cerritos) 11:30 AM-1:00 PM First AME Support Group	23 12:00-2:00 PM USC Support Group	24 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 6:30-8:00 PM TELEPHONE Support Group	25
28	29	30	31	
				



University of Southern California
USC Family Caregiver Support Center
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THE LAST WORD:

Telephone Support Group

Our telephone support group is back to its normal schedule this month. **Its regularly scheduled time will be the fourth Thursday of the month, 6:30-8:00 PM.** This group is open to family caregivers living in Los Angeles County. For more information or to receive the confidential call-in details, please contact support group facilitator, Alejandra Rojas, at 213-740-3953.

- **Why should you join a support group?** Support groups are a good way for you to meet others going through similar experiences, share your stories, celebrate your successes, and troubleshoot situations you are having difficulties with. Often caregivers will find that support groups are a good way to share their expertise and be helpful in solving other caregivers' questions.

- **Why should you join a TELEPHONE support group?**

TELEPHONE support groups are a great way for those who are unfamiliar with support groups to “get their feet wet.” Some people may feel more comfortable sharing their feelings and experiences over the phone as opposed to in-person. TELEPHONE support groups are also great for working caregivers or caregivers who find it inconvenient to leave the home to attend an in-person group.

