



Resource Spotlight



Welcome to the inaugural edition of our new “Resource Spotlight” for family caregivers! Through conversations with our caregivers and community, we discovered that people are interested in learning more extensively about caregiving topics and resources that actually work. To address this need to spotlight topics and critical resources on a consistent basis, we will focus on

highlighting caregiving-appropriate vital tips each month in our new “Resource Spotlight” mailer. This resource mailer will take the place of our monthly newsletter, and we will continue to publish our monthly list of events in it to keep our clients informed about where we’ll be in the community. Don’t worry, though, our newsletter isn’t going

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CALENDAR OF EVENTS:

- **Feb 5th, 12th, 19th, & 26th, 2:30 -4:00 PM:** “Stress-Busting Program for Family Caregivers”
Location: Regency Park Oak Knoll
255 S. Oak Knoll Ave., Pasadena, CA 91101
REGISTRATION IS REQUIRED. Please call Grace Avila (213-821-6918) or Mei Chi Kuo (213-821-6920) to register.
- **Feb 5th, 6:00-7:30 PM:** Rancho Palos Verdes Support Group
Location: Mary & Joseph Retreat Center
5300 Crest Rd., Rancho Palos Verdes, CA 90275
- **Feb 6th & 20th, 1:00-2:30 PM:** Pasadena Support Group
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **Feb 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
- **Feb 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
- **Feb 13th, 10:00-11:30 AM:** Rosemead Support Group
Location: California Mission Inn (Massie Hall)
8417 Mission Dr., Rosemead, CA 91770
- **Feb 13th & 27th, 12:00-2:00 PM:** USC Support Group
Location: LACRC@USC - Davis School of Gerontology
- **Feb 14th, 4:30-6:00 PM:** Claremont Support Group
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- **Feb 19th, 10:00-11:30 AM:** “CALM About: Community Resources for Caregivers” (Cerritos)
Location: Cerritos Senior Center
12340 South St., Cerritos, CA 90703
- **Feb 21st, 9:00-11:00 AM:** “C.A.L.M. About: Community Resources for Caregivers” (Baldwin Park)
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Rooms
- **Feb 25th, 10:00 AM-12:00 PM:** Pasadena Village Support Group
Location: The Pasadena Village
236 W. Mountain St., Ste. 104
Pasadena, CA 91103
- **Feb 28th, 10:00 AM-12:00 PM:** Caregivers’ Circle
Location: Potrero Heights Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **Feb 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
- **Feb 28th, 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
- **Feb 28th, 6:30-8:00 PM:** Telephone Support Group
Please register by calling toll-free (855) 872-6060.

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

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away! It will now be published quarterly and will feature the same type of material it has always had, including note-worthy outcomes from implemented resources provided here.

Finally, we encourage everyone to sign up for our online email list by visiting our website at www.fcscgero.org and completing the “Stay Connected” block on the right side of the webpage with your name and email address. This is the best

method to receive the latest news from our center. We tend to send more updates, event invitations, and other timely subjects over email blast to save money from printing costs.

Please bear with us for the next few months as we transform many of our materials to a new, fresh look. We’re working hard to put our best face forward for our caregivers and community!



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.



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