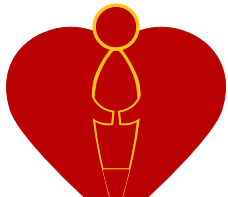


Caregiver Central

January 2015

USC Family Caregiver Support Center

ABOUT US



FAMILY CAREGIVER
SUPPORT CENTER

Our center is committed to providing comprehensive support services for family caregivers which are innovative, flexible, accessible, and personalized. The USC Family Caregiver Support Center provides free services for caregivers age 18 and over in Los Angeles County to aid in their caregiving process. The services available through the center include information and referral, education and training events, support groups, family consultations, online services, and respite. Caregivers can utilize these services on the phone, in person, or online.

The USC Family Caregiver Support Center operates from 8:30 AM to 5:00 PM on Mondays through Fridays.

USC Family Caregiver Support Center @ USC Davis School of Gerontology

3715 McClintock Avenue
Los Angeles, CA 90089-0191

USC Family Caregiver Support Center @ Marguerite Gardens

700 N. Stoneman Ave.
Alhambra, CA 91801

TOLL-FREE PHONE:
855-872-6060

Visit us on the Web:
www.fcscgero.org

Email: fcscgero@usc.edu

USC Davis
School of Gerontology

Educational Programs for the New Year



The new year is upon us, and with it, the promise of new things to come and New Year's resolutions to make. At the USC Family Caregiver Support Center, we are working feverishly to come up with new ideas to reach more caregivers in 2015. In addition to our long-standing caregiver support groups in Long Beach, Alhambra, Pasadena, and at USC, we proudly announce the start of a new family caregiver support group in collaboration with the First

A.M.E. Church, Los Angeles and the Sarah Allen Women's Missionary Society. This new support group will be open to both church members and the community in January 2015. Please contact Bobbe Akalonu, Liaison, at (323) 234-6033 for more information on this exciting new program.

Starting January 30th, we will begin a six-part Powerful Tools for Caregivers class in Palmdale in collaboration with My CARE Professionals. This class will be held 10:30 AM - 12:30 PM at the Palmdale office of My Care Professionals for six consecutive Fridays: January 30th, February 6th, 13th, 20th, 27th; & March 6th. This class is meant to help family caregivers learn to reduce personal stress, effectively communicate needs to family members or healthcare providers, navigate difficult caregiving decisions, and cope with their emotions. To register or for more information, please call us at our toll-free phone number, 855-872-6060.

Breaking Through the Clutter

Clutter oftentimes follows the holidays, either with the influx of new presents or things to put away after the holiday season has passed. Here are three tips to start decluttering your home after the holidays:

1.) Start with a recovery day.

Take a day after the holidays to relax and regroup. Sit down and think of what you want to accomplish during your decluttering session. Make a plan or strategy with goals that will help you keep track of your progress. To keep things less overwhelming, try to work on one room at a time.

2.) Recycle used holiday wrapping items.

Get rid of boxes, used wrapping paper, bows, ribbons, etc. Don't worry about keeping these things so you can reuse them "next year." Think about it: do you really want to store these things for an entire year? And if you do, will you remember you still have these items when the time comes around?

3.) Donate what you haven't used in one year.

Follow the "one year rule": If you haven't used something in over a year, donate it to charity. Chances are, you do not need it if you have not used it in over a year.

Keep Calm and Care On

We are excited to announce our new "Keep Calm and Care On" T-shirts. They were originally debuted at our annual Caregiver Conference in November, and they were a huge hit with our caregivers and supporters!

This would be a wonderful way to show your support for the USC Family Caregiver Support Center and help spread the word about our

organization and services. We need everyone's help to promote community involvement and support in this cause.

We have these T-shirts available for purchase for \$10 (plus additional shipping charges) in small, medium, large, and extra large sizes. Quantities are limited, so don't wait to order your T-shirt! #caregiversfighton

To place your order, call 855-872-6060.



January 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01 New Year's Day	02	03
04	05 7:00-8:30 PM Telephone Support Group	06	07 1:00-2:30 PM Pasadena Support Group	08 7:00-8:00 PM C.A.L.M. Telephone Series	09 10:00AM-12:00PM Irwindale Support Group	10
11	12	13	14 10:00AM-12:00PM Alhambra Support Group 11:30AM-1:30PM USC Support Group	15	16 10:00AM-12:00PM Caring Conversa- tions (Arcadia)	17
18	19	20	21	22 10:00AM-12:00PM Long Beach Sup- port Group 7:00-8:00 PM C.A.L.M. Telephone Series	23 10:00AM-12:00PM Caring Conversa- tions (Alhambra)	24
25	26	27	28 11:30 AM-1:30 PM C.A.L.M. Through Creative Expres- sion	29	30 10:30AM-12:30PM Powerful Tools for Caregivers (Palmdale)	31
↓ Calendar Details Listed Below ↓						

CALENDAR OF EVENTS:

- Jan. 5th, 7:00-8:30 PM: Telephone Support Group
- Jan. 7th, 1:00-2:30 PM: Pasadena Support Group
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- Jan. 8th, 7:00-8:00 PM: C.A.L.M. Telephone Series, "Caregiver First Aid: Part 1"
Conducted over the phone.
Register by calling toll-free (855) 872-6060.
- Jan. 9th, 10:00 AM-12:00 PM: Irwindale Support Group
Location: Irwindale Senior Center
16116 Arrow Hwy, Irwindale, CA 91706
- Jan. 14th, 10:00 AM-12:00 PM: Alhambra Support Group
Location: USC FCSC @ Marguerite Gardens
700 N. Stoneman Ave., Alhambra, CA 91801
- Jan. 14th, 11:30 AM-1:30 PM: USC Support Group
Location: USC FCSC @ USC Davis School of Gerontology
3715 McClintock Ave., Los Angeles, CA 90089
- Jan. 16th, 10:00 AM-12:00 PM: Caring Conversations, "New to Caregiving?
Helpful and Practical Advice for the Family Caregiver "
Location: Arcadia Community Center
365 Campus Dr., Arcadia, CA 91007
- Jan. 22nd, 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. 22nd, 7:00-8:00 PM: C.A.L.M. Telephone Series, "Caregiver First Aid: Part 2"
Conducted over the phone.
Register by calling toll-free (855) 872-6060.
- Jan. 23rd, 10:00 AM-12:00 PM: Caring Conversations, "Helping Families Make
Everyday Care Choices"
Location: USC FCSC @ Marguerite Gardens
700 N. Stoneman Ave., Alhambra, CA 91801
- Jan. 28th, 11:30 AM-1:30 PM: USC Caregivers Are Learning More (C.A.L.M.)
through Creative Expression
Location: USC FCSC @ USC Davis School of Gerontology
3715 McClintock Ave., Los Angeles, CA 90089
- Jan. 30th, 10:30 AM-12:30 PM: Powerful Tools for Caregivers
Location: My CARE Professionals Offices
38345 30th St. E, Suite E-3, Palmdale, CA 93550

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