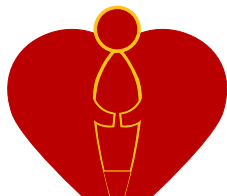


Caregiver Central

March 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

USC FCSC Teams Up With USC VHH



With the growing need for family caregiver support throughout Los Angeles County, the USC Family Caregiver Support Center is proud to announce a new partnership with the newest member of Keck Medicine of USC, USC Verdugo Hills Hospital. On April 1st, FCSC and USC Verdugo Hills Hospital will be hosting an open house to kick off the new collaboration. FCSC will have offices on site to serve family caregivers in Glendale and its surrounding

communities. By collaborating with USC VHH, we hope to decrease the rate of patient readmission by providing family caregivers with the education and support they need in order to provide excellent care for their family members when they are discharged from the hospital to return home. Many caregivers struggle at the beginning of their journey with whom or where to turn to for help and information. By being on site at USC VHH, we are able to offer educational programs, emotional support, and practical strategies for accessing community resources. The services provided will continue to be not for profit to interested participants.

For more information please contact us at (855)USC-6060, (818)658-9502 or email us at VHH-FCSC@USC.edu.

Photo: courtesy of the University of Southern California, by Phil Channing

Senior Safety

Fall prevention and home modifications are keys to maintaining a safe home. Falls are one of the leading causes of injury within the aging population. By taking the time to assess your homes fall hazards, and making small changes, many times falls and injuries that come from sustaining a fall can be avoided. Here are some tips:

1) Install Bathroom Grab Bars

Adding grab bars will facilitate getting in and out of the tub or getting up from the commode.

2) Remove Area Rugs

Remove area rugs that may bunch up or slip and any other objects on or around the floor that may become a tripping hazard.

3) Re-organize Rooms

Re-organize and re-arrange furniture so that there is ample space to walk around furniture and to access the most commonly used items.

4) Add Lighting

Add additional lights to illuminate walking paths throughout the home.

Take "Five" with USC FCSC

Lights - Camera - Fundraising Action! We, at USC FCSC have the opportunity to attend and be a part of a live studio audience for Live TV show tapings here in Los Angeles. We would like to extend the invitation for you to join us at a day or evening taping where you will enjoy some laughter and camaraderie with the USC FCSC staff and other family caregivers. Please come join us to raise funds so that we may continue to provide support to all of the wonderful family

caregivers out there. Contact the center if you are interested and for further information.



Announcements

Home Modifications: Making modifications to your home is one of the most important things that you can do to keep the person you are caring for safe in the home. This is an announcement that there are still funds available for those who are in need of bathroom grab bars. Call us for eligibility.

Caregiver's Corner: We will soon be launching our Caregiver's Corner on the USC FCSC website where you can share your journey as a caregiver with your loved one through photos, videos and stories. If you would like to get your picture taken with your loved one, please let us know and we'll arrange a visit.

March 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
01	02 7:00-8:30 PM Telephone Support Group	03	04 1:00-2:30 PM Pasadena Support Group	05 7:00-8:00 PM C.A.L.M. Telephone Series	06 10:00AM-12:00PM Irwindale Support Group	07	
08  Daylight savings begins at 2:00 AM	09	10 11:30 AM-1:00 PM FAME Support Group	11 10:00AM-12:00PM Alhambra Support Group 12:00 PM-1:30 PM USC Support Group	12 9:00AM-11:00AM Caring Conversations (Glendale)	13	14  National Pi Day	
15	16	17  St. Patrick's Day	18 1:00-2:30 PM Pasadena Support Group	19 7:00-8:00 PM C.A.L.M. Telephone Series	20 10:00AM-12:00PM Caring Conversations (Arcadia) 10:30AM-12:30PM Powerful Tools for Caregivers (Palmdale)	21	
22	23	24 11:30 AM-1:00 PM FAME Support Group	25 12:00 PM-1:30 PM C.A.L.M. Through Creative Expression	26 10:00AM-12:00PM Long Beach Support Group	27 10:00AM-12:00PM Caring Conversations (Alhambra) 10:30AM-12:30PM Powerful Tools for Caregivers (Palmdale)	28	
29	30  Take a walk in the park day	31	<p>Joke of the month: My memory is gone Mildred, so I changed my password to "Incorrect." That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect." -From greatcleanjokes.com</p>				

↓ **Calendar Details Listed Below** ↓

CALENDAR OF EVENTS:

- Mar. 2th, 7:00-8:30 PM: Telephone Support Group
- Mar. 4th & 18th, 1:00-2:30 PM: Pasadena Support Group
Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- Mar. 5th, 7:00-8:00 PM: C.A.L.M. Telephone Series, "Spring Cleaning a Senior's Home"-My CARE Professionals
Conducted over the phone. Register by calling toll-free (855) 872-6060.
- Mar. 6th, 10:00 AM-12:00 PM: Irwindale Support Group
Location: Irwindale Senior Center, 16116 Arrow Hwy, Irwindale, CA 91706
- Mar. 10th & 24th, 11:30 AM-1:00 PM: FAME Support Group
Location: USC FCSC @ First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- Mar. 11th, 10:00 AM-12:00 PM: Alhambra Support Group
Location: USC FCSC @ Marguerite Gardens
- Mar. 11th, 12:00-1:30 PM: USC Support Group
Location: USC FCSC @ USC Davis School of Gerontology
- Mar. 12th, 9:00-11:00 AM: Caring Conversations, "Understanding Home Care Options"-ComForcare Senior Services
Location: Glendale Adventist Medical Center –Live Well Senior Lounge
1509 Wilson Terrace, Glendale, CA 91206
- Mar. 19th, 7:00-8:00 PM: C.A.L.M. Telephone Series, "Caregiving & Sibling Relationships"-My CARE Professionals
Conducted over the phone. Register by calling toll-free (855) 872-6060.
- Mar. 20th, 10:00 AM-12:00 PM: Caring Conversations, "Safe Prescription & Over-the-Counter Medication Management"-My CARE Professionals
Location: Arcadia Community Center, 365 Campus Dr., Arcadia, CA 91007
- Mar. 20th, 27th 10:30 AM-12:30 PM: Powerful Tools for Caregivers
Location: My CARE Professionals Office
38345 30th St. E, Suite E-3, Palmdale, CA 93550
Registration Required
- Mar. 25th, 12:00-1:30 PM: USC Caregivers Are Learning More (C.A.L.M.) through Creative Expression
Location: USC FCSC @ USC Davis School of Gerontology
- Mar. 26th, 10:00 AM-12:00 PM: Long Beach Support Group
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- Mar. 27th, 10:00 AM-12:00 PM: Caring Conversations, "Safe Prescription & Over-the-Counter Medication Management"-My CARE Professionals
Location: USC FCSC @ Marguerite Gardens

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