# Caregiver Centra

### **ABOUT US**



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



## **Tax Tips for Caregivers**

ax day is upon us and it is time to make sure you have provided all of the correct information you need to complete the forms appropriately and to get the most from your return. As a caregiver you do have some options to increase your return. Did you know that you can claim your loved one as a dependent? Before you do, take some time to consider these questions and how they apply your personal situation and consult your tax preparer.

#### 1) How does your loved one qualify as a dependent?

The person you provide care for does not have to be a relative to be claimed as a dependent. Your loved one qualifies as a dependent on your tax return when you provide a minimum of 50% of support and if your loved one's annual income is less than \$3,950, not including Social Security income. Keep in mind that pensions, interest earned from a savings account, and retirement funds are all considered income.

#### 2) What are some items that can be claimed?

If you have provided your loved one with a minimum of 50% of financial support which includes, but is not limited to, food, shelter, clothing, transportation, assistive devices, inhome care costs, and some home modifications required for medical reasons, just to name a few. Any medical expenses that are not covered through your loved one's medical insurance such as medication co-pays, deductibles, dental coverage, and if the total annual medical expenses total at least 10% of your adjusted gross income.

So take the time to assess your caregiving situation and remember to keep proof of

purchase for your records and to facilitate tax filing. Now that you have this information you can use it to better prepare for 2015.



## Combat the Stress

here are different types of stress that we experience that impact our daily lives. Some of the stress we experience can be categorized as Eustress (good stress) or distress (bad stress).

Eustress is the stress that is deemed helpful or giving Be Mindfu Practice Focusing oneself the feeling fulfillment. It is the short-term stress, or adrenaline that we feel when we have accomplished something or we have won а competition. Distress is the stress we should be more

concerned with as far as how it affects our health. It can be either short-term or longterm and can cause great pain, anxiety, or concern. When we think about stress we generally are referring to the distress, the bad or negative stress, we experience. Symptoms

that may be present with someone who is under chronic stress include, but are not limited to: decline or weakening of the immune system, increase in blood pressure, increase the risk of heart attack or stroke and increase

possibility of feeling the anxious or depressed. To avoid of Live in the Moment some of these symptoms from having a negative impact on your health there are several activities that you can do to reduce your stress levels: 1) Deep Breathing: Take a five minute break to focus on your breathing 2) Listen to Music:

Listen to calming music or music attached to positive memories 3) Walk it off: Go for a quiet walk outdoors and feel the sun on your skin 4) Find pleasure: Take a moment to discover what you enjoy doing and what makes you feel good and do it.

# Be Preser Stative Post 1 Se Preser Service Post 1 Se Preser Service Post 1 Servic Create Your Life Meditate for Clarity ress Relief Ski Inspire Yourself

## Sun Safety

pring is here and the weather is warming up, drawing us outside. Remember to wear a wide brimmed hat, sunblock and sun glasses to protect your skin and your eyes from the harmful UV rays if you plan to be outside more than 20 minutes. Sun protection is the principal means of preventing premature aging and skin cancer. Look for a sunscreen that protects against both UVB and UVA radiation with an SPF 15 or higher for best results.

## Announcements

Caregivers' Corner: We would love to showcase our clients and the wonderful work they do on our website. If you would like to get your picture taken with your loved one to be shared in this new site, please let us know and we'll arrange a visit.

Caregiver Survey: Inside you will find a survey being conducted by one of our Davis Gerontology students. Please help him out by filling it out and sending it back to our USC office. Thank you in advance.

# April 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lawn & Garden Month			01 1:00-2:30 PM Pasadena Support Group	7:00-8:00 PM C.A.L.M. Telephone Series	03 10:00AM-12:00PM Irwindale Support Group	04
05	06	07	08 10:00AM-12:00PM Alhambra Support Group 12:00-1:30 PM USC Support Group	9:00AM-11:00AM Caring Conversa- tions (Glendale)	National Siblings Day	11
12	13 7:00-8:30 PM Telephone Support Group	14 11:30 AM-1:00 PM First AME Support Group	15 1:00-2:30 PM Pasadena Support Group	16 7:00-8:00PM C.A.L.M. Telephone Series National Stress Awareness Day	17 10:00AM-12:00PM Caring Conversa- tions (Arcadia)	18
19	20	21	22 12:00-1:30 PM C.A.L.M. Through Creative Expres- sion	23 10:00AM-12:00PM Long Beach Support Group 10:00AM-12:00PM Sylmar Support Group	24 10:00AM-12:00PM Caring Conversa- tions (Alhambra)	25 11:00AM-2:00PM Caregiver Pamper Day (City of Ingle- wood Rogers Park)
26	Tell A Story Day	28 11:30 AM-1:00 PM First AME Support Group  Caler	29  ndar Details Listed Bo	30 <b>a</b> low <b>↓</b>	Joke of the Month: Dogs vs. Cats A dog thinks: "Hey, these people I live with feed me, love me, provide me with a nice warm, dry house, pet me & take good care of meTHEY MUST BE GODS! A cat thinks: "Hey, these people I live with feed me, love me, provide me with a nice warm, dry house, pet me & take good care of meI MUST BE A GOD!	

## **CALENDAR OF EVENTS:**

- April 1st & 15th, 1:00-2:30 PM: Pasadena Support Group Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- April 2nd, 7:00-8:00 PM: C.A.L.M. Telephone Series, "Issues of Capacity and Planning for the Future"-Janet Morris, Esq., Bet Tzedek Legal Services Conducted over the phone. Register by calling toll-free (855) 872-6060
- April 3rd, 10:00AM-12:00PM: Irwindale Support Group
   Location: Irwindale Senior Center, 16116 Arrow Hwy, Irwindale, CA 91706
- April 8th, 10:00AM-12:00PM: Alhambra Support Group Location: USC FCSC @ Marguerite Gardens
- April 8th, 12:00-1:30PM: USC Support Group Location: USC FCSC @ USC Davis School of Gerontology
- April 9th, 9:00-11:00 AM: Caring Conversations, "Coping with the Behaviors of Caring for Someone with Dementia and/or Chronic Illnesses"-My Care Professionals Location: Glendale Adventist Medical Center-Live Well Senior Lounge 1509 Wilson Terrace, Glendale, CA 91206
- April 13th, 7:00-8:30PM: Telephone Support Group Register by calling toll-free (855) 872-6060
- April 14th & 28th, 11:30AM-1:00PM: First AME Support Group Location: USC FCSC @ First AME Church: Allen House 2249 South Harvard, Los Angeles, CA 90018
- April 16th, 7:00-8:00PM: C.A.L.M. Telephone Series, "Facility Placement Options"-Jason Bloome, Connections-Care Home Referrals
   Conducted over the phone. Register by calling toll-free (855) 872-6060
- April 17th, 10:00AM-12:00PM: Caring Conversations, "Understanding Dementia,"-Grace Avila Location: Arcadia Community Center, 365 Campus Dr., Arcadia, CA 91007
- April 22nd, 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
- April 23rd, 10:00AM-12:00PM: Long Beach Support Group Location: Grace First Presbyterian Church (Fireside Room) 3955 Studebaker Road, Long Beach, CA 90808
- April 23rd, 6:00PM-7:30PM: Sylmar Support Group Location: Lake View Terrace Library 12002 Osborne St., Sylmar, CA 91342
- April 24th, 10:00AM-12:00PM: Caring Conversations, "Let's Talk About Legal Planning and Caregiving"-Fanny Wong Tagawa, Attorney at Law Location: USC FCSC @ Marguerite Gardens