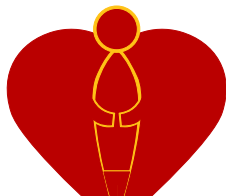


Caregiver Central

August 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 Ave
Los Angeles, CA 90089-0191

USC Family Caregiver Support Center @ CA Mission Inn

4807 Earle Ave
Rosemead, CA 91770

USC Family Caregiver Support Center @ Verdugo Hills Hospital

1808 Verdugo Blvd, Ste 420A
Glendale, CA 91208

TOLL-FREE PHONE:
855-872-6060

Visit us on the Web:
www.fcscgero.org

Email: fcscgero@usc.edu

USC Davis
School of Gerontology

Updates & Announcements



The USC Family Caregiver Support Center was able to help 93 caregivers and their families in need of respite assistance in the months of May and June. Respite awards have helped our family caregivers visit a support group, attend an educational event, or given them a much-deserved rest from the stress of caregiving. There is a wait list due to our limited funding for respite assistance, and there are eligibility requirements for this benefit. Please call us toll free at 1-855-872-6060 to see if you

qualify for respite assistance through our organization.

We will be starting up a new support group at our Rosemead office. This new group will meet on the second Wednesday of the month, 10-11:30 AM. The first meeting of this group will be on August 12th. We hope you will join us if you live in the surrounding areas!

Although it may seem early to be already planning for 2016, we are looking ahead to the new year and discussing different options for education. We'd love your input! If you have any particular topics or ideas you'd like to see our center involved with, please let us know by calling us toll-free at 1-855-872-6060.

Heat-Related Illnesses

As the weather heats up, we need to take care to recognize and prevent heat-related illnesses like heat exhaustion and heat stroke. Heat stroke is a serious medical condition that occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided. If your loved one has any of the following symptoms, please seek immediate medical assistance:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

Heat exhaustion is a milder form of heat-related illness that can develop after several



days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Symptoms include:

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

Please seek immediate medical assistance if you suspect your loved one is suffering from a heat-related illness.

Stress-Busting Program

There are still spaces available in our "Stress-Busting Program (SBP) for Family Caregivers"! SBP is a nine-week program designed to help family caregivers improve their quality of life, cope with their caregiving situation, and learn to manage their stress. Caregivers who have participated in this program have reported significantly lower stress, depression, and anxiety as well as improved quality of life.

We will be offering SBP in the following locations:

- Glendale at the USC Verdugo Hills Hospital from July 29 to September 23, 2:00-4:00 pm

- Long Beach at the Grace First Presbyterian Church from August 5 to September 30, 1:30-3:30 pm
- Rosemead at our new office location from September 15 to November 10, 10:00 am-12:00 pm
- Los Angeles at the USC campus from August 4th to September 29, 5:00-7:00 pm

If you are interested in attending or would like more information, please call us toll free at 1-855-872-6060. **Registration is required.**



August 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Joke of the Month: Right-handed people operate in the left side of the brain. Left-handed people use the right side. Therefore, only left handed people are in their right mind!						01
02	03 2:00-3:30 PM Caring Conversations (Santa Fe Springs)	04 5:00-7:00 PM Stress-Busting Program (USC)	05 1:00-2:30 PM Pasadena Support Group 1:30-3:30 PM Stress-Busting Program (Long Beach) 2:00-4:00 PM Stress-Busting Program (VHH)	06 10:30-11:30 AM Caring Conversations (Palmdale)	07 10:00AM-12:00PM Irwindale Support Group	08
09	10 7:15-8:45 PM Telephone Support Group	11 11:30 AM-1:00PM First AME Support Group 5:00-7:00 PM Stress-Busting Program (USC)	12 10:00-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group 1:30-3:30 PM Stress-Busting Program (Long Beach) 2:00-4:00 PM Stress-Busting Program (VHH)	13 9:00-11:00 AM Caring Conversations (Glendale) 	14	15
16	17 2:00-3:30 PM Santa Fe Springs Support Group	18 9:00-11:00 AM Caring Conversations (Baldwin Park) 5:00-7:00 PM Stress-Busting Program (USC)	19 1:00-2:30 PM Pasadena Support Group 1:30-3:30 PM Stress-Busting Program (Long Beach) 2:00-4:00 PM Stress-Busting Program (VHH)	20 7:00-8:00 PM CALM Telephone Series	21 10:00AM-12:00PM Caring Conversations (Arcadia)	22
23 30	24 31	25 11:30 AM-1:00 PM First AME Support Group 5:00-7:00 PM Stress-Busting Program (USC)	26 12:00-2:00 PM USC Support Group 1:30-3:30 PM Stress-Busting Program (Long Beach) 2:00-4:00 PM Stress-Busting Program (VHH)	27 10:00AM-12:00PM Long Beach Support Group 2:00-4:00PM Caring Conversations (VHH) 6:00-7:30 PM Sylmar Support Group	28	29

↓ **Calendar Details Listed Below** ↓

CALENDAR OF EVENTS:

- **August 3rd, 2:00-3:30 PM:** Caring Conversations, "Medications: What You Need to Know to Be Safe"
Location: Gus Velasco Neighborhood Center, 9255 Pioneer Blvd., Santa Fe Springs, CA 90670
- **August 4th, 11th, 18th, & 25th, 5:00-7:00 PM:** Stress-Busting Program (USC)
Location: USC FCSC @ USC Davis School of Gerontology
- **August 5th & 19th, 1:00-2:30 PM:** Pasadena Support Group
Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- **August 5, 12th, 19th, & 26th, 1:30-3:30 PM:** Stress-Busting Program (Long Beach)
Location: Grace First Presbyterian Church, 3955 Studebaker Road, Long Beach, CA 90808
- **August 5, 12th, 19th, & 26th, 2:00-4:00 PM:** Stress-Busting Program (VHH)
Location: Verdugo Hills Hospital, Glendale-1808 Professional Building
- **August 6th, 10:30 AM-12:00 PM:** Caring Conversations, "Strategies for Dementia Caregiving"
Location: 38345 30th St., Ste #E-3, Palmdale, CA 93550
- **August 7th, 10:00 AM-12:00 PM:** Irwindale Support Group
Location: Irwindale Senior Center, 16116 Arrow Highway, Irwindale, CA 91706
- **August 10th, 7:15-8:45 PM:** Telephone Support Group
Register by calling toll-free (855) 872-6060.
- **August 11th & 25th, 11:30 AM-1:00 PM:** First AME Church Support Group
Location: USC FCSC @ First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- **August 12th, 10:00-11:30 AM:** Rosemead Support Group
Location: USC FCSC @ Rosemead Office
- **August 12th, 12:00-2:00 PM:** USC Support Group
Location: USC FCSC @ USC Davis School of Gerontology
- **August 13th, 9-11:00 AM:** Caring Conversations, "How to Safely Transfer & Lift While Preventing Injury"
Location: Glendale Adventist Medical Center –Live Well Senior Lounge
1509 Wilson Terrace, Glendale, CA 91206
- **August 17th, 2:00-3:30 PM:** Santa Fe Springs Support Group
Location: Gus Velasco Neighborhood Center, 9255 Pioneer Blvd., Santa Fe Springs, CA 90670
- **August 18th, 9:00-11:00 AM:** Caring Conversations, "Coping with Behaviors of Caring for Someone with Dementia or Chronic Illnesses"
Location: Kaiser Permanente Medical Center, Baldwin Park, Basement Conference Room 3
- **August 20th, 7:00-8:00 PM:** C.A.L.M. Telephone Series, "Unstuck"
Conducted over the phone. Register by calling toll-free (855) 872-6060.
- **August 21st, 10:00 AM-12:00 PM:** Caring Conversations, "Legal & Financial Issues to Consider When Caregiving"
Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007
- **August 26th, 12:00-2:00 PM:** "C.A.L.M. (Through Creative Expression)" USC Support Group
Location: USC FCSC @ USC Davis School of Gerontology
- **August 27th, 10:00-11:00 AM:** Long Beach Support Group
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- **August 27th, 6:00-7:30 PM:** Sylmar Support Group
Location: Lake View Terrace Library, 12002 Osborne St., Sylmar, CA 91342

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