Updates & Announcements

Our center is committed to providing comprehensive support services for family caregivers who 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.

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

This month, we’re in full swing with three of our Stress-Busting Program (SBP) for Family Caregivers classes. If you missed out on signing up for these events, don’t worry! We are beginning an SBP series in Rosemead from September 15 to November 10, 2015.

Save the Date: Open House

Spanish-Speaking Caregivers Needed

¿Es usted un cuidador de un ser querido con la enfermedad de Alzheimer u otra Demencia? El USC Departamento de Medicina de Familia está desarrollando materiales educativos sobre los desafíos de cuidar a un ser querido y necesita la contribución de cuidadores de pacientes con demencia. Solamente requiere una hora de tiempo y participantes están compensados con una tarjeta de regalo. Cuidadores que hablan inglés y español que están interesados deben llamar a Ana Poblet-Koutjie a (626) 457-6621 para aprender más.
Did you know you could support the Family Caregiver Support Center at no extra cost to yourself? The USC FCSC is part of the Ralphs Community Contribution Program, which donates a small portion of your grocery bill to participating community agencies when you use your rewards card. Ralphs requires re-enrollment every year to continue being part of its Community Contribution Program. If you are currently enrolled (or would like to newly enroll now!) in this program, we need you to re-enroll your Ralphs Rewards Card in September to continue your contributions to our program. Please follow the instructions below to enroll your Ralphs Rewards Card and help out the USC FCSC:

1.) Take this article and your Ralphs Rewards Card with you to Ralphs the next time you shop there.
2.) When you present your Ralphs Rewards Card to the cashier, please also supply them with the “scanbar” code below. It will be used by the cashier to link your card to USC FCSC. Once you have linked your Ralphs Rewards Card to USC FCSC, you do not need to bring the “scanbar” to Ralphs again.

If you wish to enroll online, please register your Ralph’s card at www.ralphs.com and enter our organization number, 80612, under the Community Rewards section.

Please call us with any questions or concerns at toll-free 855-872-6060.

The U.S. Department of Labor has clarified that siblings may be eligible for job-protected leave under the Family and Medical Leave Act (FMLA). As the law is currently written, siblings are not specifically included. The FMLA entitles eligible employees of covered employers to take unpaid, job-protected leave for their own health or to care for a family member, including to care for the employee’s spouse, child, or parent who has a serious health condition. Siblings are not listed.

The Department of Labor has expanded its definitions to include instances when someone may be acting in loco parentis (a parent). If a sibling steps in to care for an adult sibling who is “incapable of self-care because of a mental or physical disability,” he or she may be performing caretaking duties like a parent would and may be able to claim in loco parentis eligibility FMLA protected leave.

### Siblings Now Covered by FMLA

**The joke of the month:**

I felt like my body had gotten totally out of shape, so I got my doctor’s permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors.

I bent, twisted, gyrated, jumped up and down, and per‐spired for an hour.

But by the time I got my leotard on, the class was over.