Oct 10th, 10:00 AM-12:00 PM: Caring Conversations, “Planning the Caregiver’s Journey”
Location: USC FCSC @ Rosemead Office
The Chapel’s Social Room, 4807 Earle Ave., Rosemead, CA 91770

Oct 15th, 7:00-8:00 PM: C.A.L.M. Telephone Series, “Welcome to the VA”
Conducted over the phone. Register by calling toll-free (855) 872-8680.

Oct 15th, 10:00 AM-12:00 PM: Caring Conversations, “Medication Management for Caregivers”
Location: Arcadia Community Center, 365 Campus Dr, Arcadia, CA 91007

Oct 19th, 2:00-3:30 PM: Santa Fe Springs Support Group
Location: USC FCSC @ Rosemead Office
12002 Osborne St., Sylmar, CA 91342

Oct 22nd, 10:00 AM-12:00 PM, Long Beach Support Group
Location: Grace First Presbyterian Church (Freseda Room)
3955 Studebaker Road, Long Beach, CA 90808

Oct 23rd, 10:00 AM-12:00 PM: Open House @ Rosemead Office
4807 Earle Ave., Rosemead, CA 91770

Oct 25th, 10:00 AM-12:00 PM: Caring Conversations, “Aging with Dignity: The Power of Vision”
Location: USC FCSC @ Rosemead Office
12002 Osborne St., Sylmar, CA 91342

Oct 26th, 1:00-3:00 PM: Caring Conversations, “Age-Friendly Neighborhoods for All”
Location: USC FCSC @ Rosemead Office
12002 Osborne St., Sylmar, CA 91342

Oct 27th, 10:00 AM-12:00 PM: Open House @ Rosemead Office
4807 Earle Ave., Rosemead, CA 91770

Oct 28th, 1:00-3:00 PM: C.A.L.M. Telephone Series, “Aging with Dignity: The Power of Vision”
Conducted over the phone. Register by calling toll-free (855) 872-8680.

Oct 29th, 10:00 AM-12:00 PM: Caring Conversations, “Aging with Dignity: The Power of Vision”
Location: USC FCSC @ Rosemead Office
12002 Osborne St., Sylmar, CA 91342

Oct 30th, 10:00 AM-12:00 PM: Caring Conversations, “Aging with Dignity: The Power of Vision”
Location: USC FCSC @ Rosemead Office
12002 Osborne St., Sylmar, CA 91342

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.

Have you re-registered your Ralphs card for the Community Contribution Program yet? We want to remind everyone that Ralphs requires re-enrollment every year to continue being part of its Community Contribution Program. On the back of this page, you will find instructions on how to re-enroll your Ralphs card. It only takes a few minutes, and we would really appreciate your help!

The new support group at our Rosemead office is enjoying an excellent turnout. We hope you will join us in making our upcoming Caring Conversations (an educational series) at the Rosemead office just as well-attended as the new support group.

Lastly, we’d like to remind our caregivers about our new educational event location at the Gus Velasco Neighborhood Center in Santa Fe Springs. We will be holding Caring Conversations (an educational series) every first Monday of the month and a caregiver support group every third Monday of the month. Please see our calendar for more details.

The USC Family Caregiver Support Center will be hosting an Open House on Friday, October 23rd, from 10:00 AM to 3:00 PM to celebrate our new satellite office location in Rosemead. This new office space is generously provided by one of our community partners, the California Mission Inn.

Remarks and a ribbon-cutting ceremony will commence at 11:00 AM. Light refreshments will be served.

The new support group at our Rosemead office is enjoying an excellent turnout. We hope you will join us in making our upcoming Caring Conversations (an educational series) at the Rosemead office just as well-attended as the new support group.

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You Are Cordially Invited: Open House

The USC Family Caregiver Support Center will be holding an Open House on Friday, October 23rd, from 10:00 AM to 3:00 PM to celebrate our new satellite office location in Rosemead. This new office space is generously provided by one of our community partners, the California Mission Inn.

Remarks and a ribbon-cutting ceremony will commence at 11:00 AM. Light refreshments will be served.

We would love to see you there! Walk-ins are welcome, but RSVP would be appreciated.

How can we help you today?
Ralphs Community Contribution Program

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 “scannar” to the right. 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 “scannar” 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.

November Caregiver Conference

November is National Family Caregiver Month. Every year, the USC Family Caregiver Support Center celebrates our family caregivers in November by holding our annual Caregivers Are Learning More (C.A.L.M.) Conference. We have a unique opportunity this year to collaborate with KNX 1070 NEWSRADIO and other community agencies to host a larger conference for community agencies to host a larger conference for caregivers called “A Sandwich Generation Forum and Resource Expo.” This collaboration will allow our center to reach more family caregivers in Los Angeles County and will take the place of our usual November conference.

Leeza Gibbons is among 25 prominent speakers who will gather for “A Sandwich Generation Forum & Resource Expo” to offer help and guidance for people facing the complex challenges of caregiving for aging parents and growing children. The free event will take place on Saturday, November 14 from 9am – 3pm at the Burbank Airport Marriott Convention Center.

Session topics will include caregiving in and out of the home, coping with the unexpected financial burden of being caught in the middle, dealing with dementia, adult kids who return to the empty nest, and scams and abuses faced by the elderly. Dr. Donna Benton, director of the USC FCSC, will speak on the topic of “Un(Stuck) in the Middle,” which will focus on promoting caregiver wellness as a critical piece to maintaining good care for your loved one.

Please see the enclosed flyer for more details. We hope to see you there!