

USC Family Caregiver Support Center
Davis School of Gerontology
3715 McClintock Ave.
Los Angeles, CA 90089-0191

Caregiver Central

October 2015

USC Family Caregiver Support Center

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.

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

Web: www.fcscgero.org

Email: fcscgero@usc.edu

USC Davis
School of Gerontology

Updates & Announcements



This month we are looking forward to our Open House at our Rosemead office on Friday, October 23rd, 10:00AM-3:00PM. You may even have already received an invitation to the Open House in the mail by now. We would love to see you there! Please see the article below for more details about the event.

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 a 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.

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.

Please call us at 1-855-872-6060 or email us at fcscgero@usc.edu.

Date: Friday, October 23, 2015
Time: 10:00 AM - 3:00 PM
Remarks at 11:00 AM
Location: 4807 Earle Avenue
Rosemead, CA 91770



CALENDAR OF EVENTS:

- October 1st, 10:30 AM-12:00 PM:** Caring Conversations, "End of Life Planning"
Location: My Care Professionals, 38345 30th St., Ste #E-3, Palmdale, CA 93550
- October 5th, 2:00-3:30 PM:** Caring Conversations, "How to Communicate with Doctors and Healthcare Professionals Effectively"
Location: Gus Velasco Neighborhood Center
9255 Pioneer Blvd., Santa Fe Springs, CA 90670
- October 6th, 13th, 20th & 27th, 10:00 AM-12:00 PM:** Stress-Busting Program (Rosemead)
Location: USC FCSC @ Rosemead Office
The Chapel's Social Room, 4807 Earle Ave., Rosemead, CA 91770
- October 6th, 13th & 20th, 5:00-7:00 PM:** Stress-Busting Program (USC)
Location: USC FCSC @ USC Davis School of Gerontology
- October 7th & 21st, 1:00-2:30 PM:** Pasadena Support Group
Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- October 7th, 14th, & 21st, 1:30-3:30 PM:** Stress-Busting Program (Long Beach)
Location: Grace First Presbyterian Church
3955 Studebaker Road, Long Beach, CA 90808
- October 8th, 9:00-11:00 AM:** Caring Conversations, "Maintain Your Brain"
Location: Glendale Adventist Medical Center –Live Well Senior Lounge
1509 Wilson Terrace, Glendale, CA 91206
- October 9th, 10:00 AM-12:00 PM:** Irwindale Support Group
Location: Irwindale Senior Center, 16116 Arrow Highway, Irwindale, CA 91706
- October 12th, 7:15-8:45 PM:** Telephone Support Group
Register by calling toll-free (855) 872-6060.
- October 13th & 27th, 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
- October 14th, 10:00-11:30 AM:** Rosemead Support Group
Location: USC FCSC @ Rosemead Office, 4807 Earle Ave., Rosemead, CA 91770
- October 14th, 12:00-2:00 PM:** USC Support Group
Location: USC FCSC @ USC Davis School of Gerontology
- October 15th, 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
- October 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) 872-6060.
- October 16th, 10:00 AM-12:00 PM:** Caring Conversations, "Medication Management for Caregivers"
Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007
- October 19th, 2:00-3:30 PM:** Santa Fe Springs Support Group
Location: Gus Velasco Neighborhood Center
9255 Pioneer Blvd., Santa Fe Springs, CA 90670
- October 20th, 9:00-11:00 AM:** Caring Conversations, "Caregiving Essentials: How to Safety Transfer & Lift While Presenting Injuries"
Location: Kaiser Permanente Medical Center, Baldwin Park
1011 Baldwin Park Blvd, Baldwin Park, CA 91706
Basement Conference Room 3
- October 22nd, 10:00 AM-12:00 PM:** Long Beach Support Group
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- October 22nd, 2:00-4:00 PM:** Caring Conversations, "Safe Transfers and Lifting to Prevent Injuries"
Location: Verdugo Hills Hospital, Glendale-1808 Professional Building
- October 22nd, 6:00-7:30 PM:** Sylmar Support Group
Location: Lake View Terrace Library, 12002 Osborne St., Sylmar, CA 91342
- October 23rd, 10:00 AM-3:00 PM:** Open House @ Rosemead Satellite Office
Location: USC FCSC @ Rosemead Office
4807 Earle Ave., Rosemead, CA 91770
- October 28th, 12:00-2:00 PM:** "C.A.L.M. (Through Creative Expression)" USC Support Group
Location: USC FCSC @ USC Davis School of Gerontology

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 “scanbar” to the right. It will be used by the cashier to link your card to USC FCSC.

After the cashier swipes your Ralphs Rewards Card and the “scanbar” code below, it will link your Ralphs Rewards 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.



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 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!

October 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Joke of the Month: What do you do when 50 zombies surround your house? Hope it’s Halloween!! Why do mummies make good employees? They get all wrapped up in their work. What does Mrs. Ghost serve for dessert? Ice scream.</div>				01 10:30 AM-12:00 PM Caring Conversations (Palmdale)	02 WORLD SMILE DAY 	03
04	05 2:00-3:30 PM Caring Conversations (Santa Fe Springs)	06 10:00 AM-12:00 PM Stress-Busting Program (Rosemead) 5:00-7:00 PM Stress-Busting Program (USC)	07 1:00-2:30 PM Pasadena Support Group 1:30-3:30 PM Stress-Busting Program (Long Beach)	08 9:00-11:00 AM Caring Conversations (Glendale)	09 10:00 AM-12:00PM Irwindale Support Group	10
11	12 7:15-8:45 PM Telephone Support Group	13 10:00 AM-12:00 PM Stress-Busting Program (Rosemead) 11:30 AM-1:00 PM First AME Support Group 5:00-7:00 PM Stress-Busting Program (USC)	14 10:00 AM-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group 1:30-3:30 PM Stress-Busting Program (Long Beach)	15 10:00 AM-12:00 PM Caring Conversations (Rosemead) 7:00-8:00 PM CALM Telephone Series	16 10:00 AM-12:00 PM Caring Conversations (Arcadia)	17
18	19 2:00-3:30 PM Santa Fe Springs Support Group	20 9:00-11:00 AM Caring Conversations (Baldwin Park) 10:00 AM-12:00 PM Stress-Busting Program (Rosemead) 5:00-7:00 PM Stress-Busting Program (USC)	21 1:00-2:30 PM Pasadena Support Group 1:30-3:30 PM Stress-Busting Program (Long Beach)	22 10:00 AM-12:00 PM Long Beach Support Group 2:00-4:00 PM Caring Conversations (VHH) 6:00-7:30 PM Sylmar Support Group	23 10:00 AM–3:00 PM Open House @ Rosemead Office 	24
25	26	27 10:00 AM-12:00 PM Stress-Busting Program (Rosemead) 11:30 AM-1:00 PM First AME Support Group	28 12:00-2:00 PM USC Support Group	29	30	31 HAPPY HALLOWEEN!