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

**CALENDAR OF EVENTS:**

- **November 2nd, 2:00-3:30 PM:** Caring Conversations, “Understanding Cal MediConnect”
  - Location: Gus Velasco Neighborhood Center
  - 9255 Pioneer Blvd., Santa Fe Springs, CA 90670
- **November 3rd & 10th, 11:30 AM:** Stress-Busting Program (Rosemead)
  - Location: USC FCSC @ Rosemead Office
  - The Chapel’s Social Room, 4807 Earle Ave., Rosemead, CA 91770
- **November 4th & 18th, 1:00-2:30 PM:** Pasadena Support Group
  - Location: Pasadenen Senior Center, 85 E. Holly St., Pasadena, CA 91103
- **November 5th, 10:30 AM-12:00 PM:** Caring Conversations, “Understanding Home Care Options”
  - Location: Kaiser Permanente Medical Center, Baldwin Park
  - 1011 Baldwin Park Blvd, Baldwin Park, CA 91706
- **November 6th, 10:00 AM-12:00 PM:** Telehome Support Group
  - Location: Irwindale Senior Center, 15116 Arrow Highway, Irwindale, CA 91736
- **November 9th, 11:00 AM:** Caring Conversations, “Dementia: What Does It Mean?”
  - Location: USC FCSC @ Rosemead Office
  - The Chapel’s Social Room, 4807 Earle Ave., Rosemead, CA 91770
- **November 17th, 10:00 AM-11:00 AM:** Caring Conversations, “Understanding Home Care Options”
  - Location: USC FCSC @ CA Mission Inn
  - 4807 Earle Ave.
  - Rosemead, CA 91770
- **November 19th, 10:00 AM-11:00 AM:** Caring Conversations, “Understanding Home Care Options”
  - Location: USC FCSC @ Rosemead Office
  - The Chapel’s Social Room, 4807 Earle Ave., Rosemead, CA 91770
- **November 20th, 10:00 AM-12:00 PM:** “A Sandwich Generation Forum and Resource Expo” - FREE EVENT
  - Location: Burbank Airport Marriott Convention Center
  - FCSC Breakout Session: 12:30-1:20 PM

**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 @ USC Rosemead Office**

9255 Pioneer Blvd., Baldwin Park, CA 91706

**USC Family Caregiver Support Center @ USC Davis School of Gerontology**

4807 Earle Ave.
Rosemead, CA 91770

**USC Family Caregiver Support Center @ Verdugo Hills Hospital**

1808 Verdugo Blvd., Ste. 420
Glendale, CA 91208

**TOLL-FREE PHONE:**

855-872-6060

**Web:** [www.fcscgero.org](http://www.fcscgero.org)

**Email:** fcscgero@usc.edu

**USC Davis School of Gerontology**

**Updates & Announcements**

Representatives from the offices of State Senator Ed Hernandez, Congresswoman Judy Chu, and LA County Supervisor Hilda Solis were also present.

The USC Family Caregiver Support Center (FCSC) is proud to announce the appointment of Melanie Gironda, MSW, PhD, as our new Director of Clinical Services. More information about Dr. Gironda and other latest additions to our center can be found on the following page.

Don’t forget to visit us at the Sandwich Generation Forum in Burbank on Saturday, November 14 from 9am to 3pm at the Burbank Airport Marriott Convention Center! Please see the enclosed flyer for more information.

**National Family Caregivers Month**

November is National Family Caregivers Month. The Caregiver Action Network (CAN) has announced this year’s theme is “Respite: Care for Caregivers.”

What exactly is “respite”? Respite is the chance to take a break and unwind from the stress of caregiving. It is an opportunity to re-energize and focus on the needs of family caregivers, who often forget or neglect themselves because they are so busy caring for someone else.

Respite is not a luxury. Studies have shown that family caregivers are often in poorer health than those they care for. The chronic stress from caregiving can begin to take a toll on a caregiver’s health and emotional well-being, which often leads to caregiver burnout.

Effective respite activities vary from person to person. Sometimes what may help one person does not apply to someone else. The key to effective respite is to find what works for you. inversion: What refreshes and re-energizes you?

The USC Family Caregiver Support Center has limited funding to help caregivers with respite care. Our center is committed to empowering family caregivers to maintain their physical and emotional well-being. Please call us at 1-855-872-6060 for more details.
A Warm Welcome to Our Latest Additions

he USC Family Caregiver Support Center (FCSC) is proud to announce the appointment of Melanie Gironda as our new Director of Clinical Services, MSW, PhD. Melanie received her PhD in Public Policy with a concentration in Gerontology and her MSW from UCLA. Her impressive research experience in the areas of caregiving, social isolation, and health literacy will assist the FCSC in our continued efforts to provide quality evidence-based services to our clients. In her leisure time, Melanie is a member of a book group that has met monthly for over 20 years. She also enjoys hiking, gardening, and following her favorite baseball team. Our center also has the pleasure of welcoming our three newest student workers:

Jenny Ventura is from the city of Lynwood and is a freshman majoring in Neuroscience. She hopes to become a pediatric oncologist and work at the Children’s Hospital of Los Angeles.

Mia Yanez is a first year student majoring in Human Biology. She loves interacting with others and hopes to become a pediatrician one day.

Cristina R. Garcia is a freshman studying to become an occupational therapist. She loves helping people, so she enjoys working at the Family Caregiver Support Center because she is able to give back to the community through her job.

November Caregiver Conference

November is National Family Caregivers 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 event for caregivers called “A Sandwich Generation Forum & 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 to 3pm at the Burbank Airport Marriott Convention Center.

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. This breakout session is scheduled for 12:30-1:20 PM. The USC FCSC will provide a very limited number of respite awards to our family caregivers who are interested in attending Dr. Benton’s breakout session at this conference. For more information about how to apply for a respite award to attend this conference, please call us at 1-855-872-6060.

Other 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.

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

November 2015

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Happy Thanksgiving

Joke of the Month:
What happened when the turkey got into a fight?
He got the stuffing knocked out of him!