

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

# Caregiver Central

November 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](http://www.fcscgero.org)

**Email:** [fcscgero@usc.edu](mailto:fcscgero@usc.edu)

**USC Davis**  
School of Gerontology

## Updates & Announcements



Our recent Open House for our new Rosemead Office was a resounding success. Over 75 supporters and community members were able to join us throughout the day to celebrate our new satellite office location in Rosemead. During the remarks and ribbon-cutting ceremony, State Assemblymember Ed Chau spoke about the need to support family caregivers as a community effort.

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 Gironde, MSW, PhD, as our new Director of Clinical Services. More information about Dr. Gironde 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. Ask yourself: 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.

## 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, 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
- November 4th & 18th, 1:00-2:30 PM:** Pasadena Support Group  
Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- November 5th, 10:30 AM-12:00 PM:** Caring Conversations, "Healthier Eating for Family Caregivers and Older Adults"  
Location: My Care Professionals, 38345 30th St., Ste #E-3, Palmdale, CA 93550
- November 6th, 10:00 AM-12:00 PM:** Irwindale Support Group  
Location: Irwindale Senior Center, 16116 Arrow Highway, Irwindale, CA 91706
- November 9th, 7:15-8:45 PM:** Telephone Support Group  
Register by calling toll-free (855) 872-6060.
- November 10th, 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
- November 11th, 10:00-11:30 AM:** Rosemead Support Group  
Location: USC FCSC @ Rosemead Office  
Rogers' Hall Living Room, 4807 Earle Ave., Rosemead, CA 91770
- November 11th, 12:00-2:00 PM:** USC Support Group  
Location: USC FCSC @ USC Davis School of Gerontology
- November 12th, 9:00-11:00 AM:** Caring Conversations, "Understanding Home Care Options"  
Location: Glendale Adventist Medical Center –Live Well Senior Lounge  
1509 Wilson Terrace, Glendale, CA 91206

- November 14th, 9:00 AM-3:00 PM:** "A Sandwich Generation Forum and Resource Expo" - FREE EVENT  
Location: Burbank Airport Marriott Convention Center  
FCSC Breakout Session: 12:30-1:20 PM
- November 16th, 2:00-3:30 PM:** Santa Fe Springs Support Group  
Location: Gus Velasco Neighborhood Center  
9255 Pioneer Blvd., Santa Fe Springs, CA 90670
- November 17th, 9:00-11:00 AM:** Caring Conversations, "Understanding Home Care Options"  
Location: Kaiser Permanente Medical Center, Baldwin Park  
1011 Baldwin Park Blvd, Baldwin Park, CA 91706  
Basement Conference Room 3
- November 19th, 10:00 AM-12:00 PM:** Long Beach Support Group  
Location: Grace First Presbyterian Church (Fireside Room)  
3955 Studebaker Road, Long Beach, CA 90808
- November 19th, 10:00 AM-12:00 PM:** Caring Conversations, "Dementia: What Does It Mean?"  
Location: USC FCSC @ Rosemead Office  
The Chapel's Social Room, 4807 Earle Ave., Rosemead, CA 91770
- November 19th, 2:00-4:00 PM:** Caring Conversations, "Understanding Home Care Options"  
Location: Verdugo Hills Hospital, Glendale-1808 Professional Building
- November 19th, 7:00-8:00 PM:** C.A.L.M. Telephone Series, Topic TBA  
Conducted over the phone. Register by calling toll-free (855) 872-6060.
- November 20th, 10:00 AM-12:00 PM:** Caring Conversations, "Placement Options"  
Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007

A Warm Welcome to Our Latest Additions

The USC Family Caregiver Support Center (FCSC) is proud to announce the appointment of Melanie Girona 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 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 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02 2:00-3:30 PM Caring Conversations (Santa Fe Springs)	03 10:00 AM-12:00 PM Stress-Busting Program (Rosemead)	04 1:00-2:30 PM Pasadena Support Group	05 10:30 AM-12:00 PM Caring Conversations (Palmdale)	06 10:00 AM-12:00PM Irwindale Support Group	07
08	09 7:15-8:45 PM Telephone Support Group	10 10:00 AM-12:00 PM Stress-Busting Program (Rosemead)  11:30 AM-1:00 PM First AME Support Group	11 10:00 AM-11:30 AM Rosemead Support Group  12:00-2:00 PM USC Support Group	12 9:00-11:00 AM Caring Conversations (Glendale)	13	14 9:00AM-3:00 PM A Sandwich Generation Forum & Resource Expo
15	16 2:00-3:30 PM Santa Fe Springs Support Group	17 9:00-11:00 AM Caring Conversations (Baldwin Park)	18 1:00-2:30 PM Pasadena Support Group	19 10:00 AM-12:00 PM Caring Conversations (Rosemead)  10:00 AM-12:00 PM Long Beach Support Group  2:00-4:00 PM Caring Conversations (VHH)  7:00-8:00 PM CALM Telephone Series	20 10:00 AM-12:00 PM Caring Conversations (Arcadia)	21
22	23	24	25	26  Happy Thanksgiving	27	28
29	30	<div>Joke of the Month: What happened when the turkey got into a fight? He got the stuffing knocked out of him!</div>				