

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

CALENDAR OF EVENTS:

- December 2nd & 16th, 1:00-2:30 PM: Pasadena Support Group
Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- December 4th, 10:00 AM-12:00 PM: Irwindale Support Group
Location: Irwindale Senior Center, 16116 Arrow Highway, Irwindale, CA 91706
- December 8th, 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
- December 9th, 10:00-11:30 AM: Rosemead Support Group
Location: USC FCSC @ Rosemead Office
Rogers' Hall Living Room, 4807 Earle Ave., Rosemead, CA 91770
- December 9th, 12:00-2:00 PM: USC Support Group
Location: USC FCSC @ USC Davis School of Gerontology
- December 10th, 9:00-11:00 AM: Caring Conversations, "Dementia: What Does It Mean?"
Location: Glendale Adventist Medical Center –Live Well Senior Lounge
1509 Wilson Terrace, Glendale, CA 91206
- December 14th, 7:15-8:45 PM: Telephone Support Group
Register by calling toll-free (855) 872-6060.
- December 15th, 9:00-11:00 AM: Caring Conversations, "How to Communicate with Doctors & Healthcare Professionals More Effectively"
Location: Kaiser Permanente Medical Center, Baldwin Park
1011 Baldwin Park Blvd, Baldwin Park, CA 91706
Basement Conference Room 4
- December 17th, 10:00 AM-12:00 PM: Caring Conversations, "Understanding Care Options"
Location: USC FCSC @ Rosemead Office
The Chapel's Social Room, 4807 Earle Ave., Rosemead, CA 91770

- December 17th, 2:00-4:00 PM: Caring Conversations, "How to Communicate with Doctors & Healthcare Professionals More Effectively"
Location: Verdugo Hills Hospital, Glendale-1808 Professional Building
- December 17th, 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.
- December 18th, 10:00 AM-12:00 PM: Caring Conversations, "Holiday Survival for Family Caregivers"
Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007
- December 21st, 2:00-3:30 PM: Santa Fe Springs Support Group
Location: Gus Velasco Neighborhood Center
9255 Pioneer Blvd., Santa Fe Springs, CA 90670



Caregiver Central

December 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



The holidays are upon us once again, and we want to take the opportunity to thank all of our clients and supporters for being with us through the year. We've had some major changes and transitions at the center this year, and we hope that means you will be enjoying improved services in the new year.

In 2016, we will be launching a new program at the Family Caregiver Support Center called "Caregivers' Day Out." Instead of waiting until November every year to celebrate our family caregivers, we want to honor their hard work all



year long. This new program will be dedicated toward helping our clients achieve some respite throughout the year. Caregivers' Day Out will feature different respite activities such as an outing, a day of pampering, or wellness workshops meant to boost caregiver mental and physical health. If you have any suggestions about activities you'd like to see us offer at these events, please let us know. Please stay tuned for more details about this exciting new program in the upcoming new year.

We are also looking forward to reviving an old program the spring of 2016: our legal and financial conference. During this event, we will invite local elder law attorneys to speak about the ins and outs of legal and financial planning for family caregivers. More details will be shared in the coming months about this upcoming program.

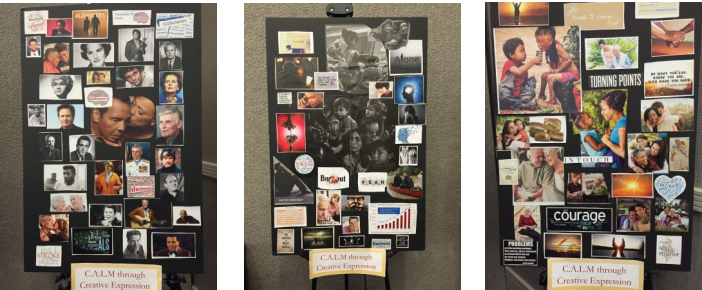
November Caregiver Conference: Recap



Our corner booth at “A Sandwich Generation Forum and Resource Expo” at the Marriott Burbank Airport Convention Center on November 14th was booming with visitors all day long. We were thrilled to meet so many of our family caregivers in person. Almost 300 people visited our resource tables throughout the day.

Dr. Donna Benton, Director of the USC FCSC, spoke on the topic of “(Un) Stuck in the Middle,” which focused on promoting caregiver wellness as a critical piece to maintaining good care for a loved one. Thank you to all the supporters who attended her breakout session and packed the room with interested ears. We had an impressive turnout at this event due to our supportive community.

Other session topics included 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.



December 2015

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|---|---|----------|
|  | | 01 | 02 1:00-2:30 PM Pasadena Support Group | 03 | 04 10:00 AM-12:00PM Irwindale Support Group | 05 |
| 06 | 07 | 08 11:30 AM-1:00 PM First AME Support Group | 09 10:00 AM-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group | 10 9:00-11:00 AM Caring Conversations (Glendale) | 11 | 12 |
| 13 | 14 7:15-8:45 PM Telephone Support Group | 15 9:00-11:00 AM Caring Conversations (Baldwin Park) | 16 1:00-2:30 PM Pasadena Support Group | 17 10:00 AM-12:00 PM Caring Conversations (Rosemead) 2:00-4:00 PM Caring Conversations (VHH) 7:00-8:00 PM CALM Telephone Series | 18 10:00 AM-12:00 PM Caring Conversations (Arcadia) | 09 |
| 20 | 21 2:00-3:30 PM Santa Fe Springs Support Group | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |  | |
| <div>Jokes of the Month: Q: What do you call people who are afraid of Santa Claus? A: Claustrophobic. Q: What do you get when you cross a snowman and a shark? A: Frost bite!</div> | | | | | | |

Beating the Holiday Blues

Holiday family gatherings and social events have a way of bringing to light family dynamics and tension that have otherwise been ignored the rest of the year. How do you navigate stressful family relationships during the holidays?

- 1.) Change your expectations.
Stop thinking people will change their current path or habits just because it is the holidays. People are the way they are, no matter how hard you may wish otherwise. If you continue to expect them to be different, then you will find yourself repeatedly disappointed. Learn to accept people as they are, and allow yourself to be pleasantly surprised.
- 2.) Let it go.
There are too many things in this life to worry about. Accept that there are things you cannot change, and work on the things you can.

3.) Worse comes to worst, put your best face forward.
You are the only person who can control you. Remember that you are in control of the way you feel and your own reactions. Do not give this power to anyone else. Encourage yourself to do the best you can, and march bravely forward.

