Caregiver Central
March 2016

ABOUT US

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Updates & Announcements

O

ur first “Caregivers’ Day Out” in February was a resounding success. We welcomed over forty caregivers to this day-long program of pampering and learning to take care of yourself. More details about the event are on the next page.

This month’s educational theme at the center is “C.A.L.M. (Caregivers Are Learning More) About: Helping Someone Who Does Not Want Your Help.” This topic will discuss caring for someone with challenging behaviors. We will talk about how and why some challenging behaviors develop. We will also discuss some strategies for dealing with challenging behaviors in the people you are caring for. Please refer to our calendar of events for more information on a presentation near you.

For those of you who missed out on our launch of the “Stress-Busting Program for Family Caregivers” last fall, it’s back again! This is a nine-week class that discusses strategies for caregiving and stress management. It is an evidence-based program originally developed at the University of Texas, San Antonio. We’d love to see you at one of these classes! More details about this program can be found on the next page.

The Los Angeles Caregiver Resource Center @ USC provides services for family caregivers in Los Angeles County to aid in the caregiving process. We are committed to supporting caregivers through information and referral, education and training events, support groups, family consultations, online services, and respite.

LACRC@USC has been empowering family caregivers in the Los Angeles area since 1989. It is part of a statewide system of 11 Caregiver Resource Centers throughout California.

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

LACRC@USC

CA Mission Inn
4807 Earle Ave.
Rosemead, CA 91770

LACRC@USC

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

Caregivers’ Day Out

March 1st, 2:00-3:30 PM: “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”
Location: Kaiser Permanente Medical Office Building, West Covina 1249 Sunset Ave., West Covina, CA 91790 Conference Room A, 1st Floor

March 3rd, 10:00 AM-12:00 PM: “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”
Location: LACRC@USC - Verdugo Hills Hospital, Glendale 1808 Medical Professional Building

Conducted over the phone. Please register by calling toll-free (855) 872-6060.

March 5th, 9:00 AM-11:30 AM: “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”
Location: Rosmead Support Group
Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007

March 5th, 1:00-2:30 PM: Pasadena Support Group
Location: First AME Church, Allen House 2249 South Harvard, Los Angeles, CA 90018

March 5th, 10:00 AM-12:00 PM: “Stress Busting Program”
Location: West Covina Senior Center 2501 E. Cortez St., West Covina, CA 91790 REGISTRATION REQUIRED. Please call toll-free 1-855-872-6060 to register.

March 9th, 10:00 AM-12:00 PM: “Stress Busting Program”
Location: LACRC@USC – Davis School of Gerontology

March 10th, 9:00-11:00 AM: “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”
Location: Glendale Adventist Medical Center –Jove Well Senior Lounge 5089 Wilson Terrace, Glendale, CA 91205

March 11th, 2:00-3:30 PM: “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”
Location: LACRC@USC – Davis School of Gerontology

March 13th, 9:00 AM-11:00 AM: “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”
Location: Rosmead Support Group

March 15th, 7:15-8:45 PM: Telephone Support Group
Please register by calling toll-free (855) 872-6060.

March 16th, 2:00-3:30 PM: Santa Fe Springs Support Group
Location: Gus Velasco Neighborhood Center 9255 Pioneer Blvd., Santa Fe Springs, CA 90670

March 17th, 9:00-11:00 AM: “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”
Location: Kaiser Permanente Medical Office Building, West Covina 1249 Sunset Ave., West Covina, CA 91790 Conference Room A, 1st Floor

March 17th, 2:00-4:00 PM: “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”
Location: LACRC@USC - Verdugo Hills Hospital, Glendale 1808 Medical Professional Building

Conducted over the phone. Please register by calling toll-free (855) 872-6060.

March 18th, 10:00 AM-12:00 PM: “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”
Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007

March 22nd, 12:00-2:00 PM: “C.A.L.M. (Caregivers Are Learning More) Through Creative Expression” Support Group
Location: LACRC@USC – Davis School of Gerontology

March 23rd, 2:00-3:00 PM: “Stress Busting Program”
Location: LACRC@USC - Davis School of Gerontology

March 23rd & 30th, 2:00-4:00 PM: “Stress Busting Program”
Location: The Kensington Sierra Madre 1509 Wilson Terrace, Glendale, CA 91205 REGISTRATION REQUIRED. Please call toll-free 1-855-872-6060 to register.

March 23rd & 30th, 2:00-4:00 PM: “Stress Busting Program”
Location: LACRC@USC – Davis School of Gerontology

March 24th, 10:00 AM-12:00 PM: Sylmar Support Group (*PEER-LED*)
Location: Grace First Presbyterian Church (Finale Room) 3955 Studebaker Road, Long Beach, CA 90808

March 24th, 5:00-7:30 PM: Sylmar Support Group (*PEER-LED*)
Location: Lake View Terrace Library, 12602 Osborne St., Sylmar, CA 91342

March 28th, 6:00-7:30 PM: Telephone Support Group
Please register by calling toll-free (855) 872-6060.

March 29th, 10:00 AM-12:00 PM: “Stress Busting Program”
Location: The Kensington Sierra Madre 1509 Wilson Terrace, Glendale, CA 91206 REGISTRATION REQUIRED. Please call toll-free 1-855-872-6060 to register.

March 30th, 10:00 AM-12:00 PM: Telephone Support Group
Please register by calling toll-free (855) 872-6060.
We will begin two “Stress-Busting Program (SBP) for Family Caregivers” classes this month. We launched our first SBP class last year at the end of July. SBP is an evidence-based program aimed at helping family caregivers who are caring for a person with dementia or chronic illness(es). SBP is a nine-week program designed to help family caregivers improve their quality of life, cope with their caregiving situation, and learn to manage their stress. Caregivers who have participated in this program have reported significantly lower stress, depression, and anxiety as well as improved quality of life.

The USC Family Caregiver Support Center is the first (and only!) organization in California to be trained and certified to offer this program. We will be offering SBP in the following locations:

- Sierra Madre at The Kensington from March 23rd to May 18th, 2:00-4:00 pm
- West Covina at the West Covina Senior Center from March 21 to May 16th, 10:00-12:00 pm

If you are interested in attending or would like more information, please call us toll free at 1-855-872-6060. Registration is required.

March 2016

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