### Caregiver Central

**April 2016**

#### Los Angeles Caregiver Resource Center @ USC

**3715 McClintock Ave.**

**Los Angeles, CA 90089-0191**

#### Updates & Announcements

**Here in Southern California, it definitely feels like “spring has sprung”!** The weather is beautiful (though somewhat fickle at times), and we have more daylight hours to enjoy due to Daylight Savings Time. This gives us some wonderful opportunities to spend some more time outdoors and absorb much-needed Vitamin D to boost our spirits.

This month’s educational theme at the center is “C.A.L.M. (Caregivers Are Learning More) About: Nutrition & Healthier Eating.” Many times, even though we see nutrition labels on almost everything we eat, we have no idea what they are telling us. This topic will discuss how to decode nutrition labels and understand the information that is being provided in the label. We will also talk about how to improve eating habits for older adults and how to make healthier choices. Please refer to our calendar of events for more information on a presentation near you.

The USC Family Caregiver Support Center is co-sponsoring “Getting Unstuck: Prepped, Planned and Balanced Caregiving” at the USC Leonard Davis School of Gerontology on Thursday, April 7th, 6:00-8:30 pm in collaboration with the USC Alumni Association. Our director, Dr. Donna Benton, will be speaking about strategies to maintain your health and well-being during your caregiving journey. Please see the next page for more details about this event.

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**About Us**

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.

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Davis School of Gerontology

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**CALENDAR OF EVENTS:**

- **April 8th, 11th, 18th & 21st, 10:00 AM-12:00 PM:** “Stress Busting Program”
  - Location: West Covina Senior Center
  
- **April 9th, 1-3:30 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: Gal Vallesio Neighborhood Center

- **April 9th & 20th, 1:00-2:30 PM:** Pasadena Support Group
  - Location: Pasadena Senior Center, 8 E. Holly St., Pasadena, CA 91103

- **April 9th, 11th, 20th & 27th, 2:00-4:00 PM:** “Stress Busting Program”
  - Location: The Kensington Sierra Madre
  
- **April 9th, 10-11:30 AM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: Glendale Adventist Medical Center – Live Well Senior Lounge

- **April 9th, 10:00 AM-12:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007

- **April 9th, 9:00-11:00 AM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: Kaiser Permanente Medical Office Building, West Covina

- **April 10th, 10-12:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007

- **April 11th, 7:15-8:45 PM:** Telephone Support Group
  - Please call Kate Ferguson @ USC Alumni Assn at (213) 821-5609.

- **April 11th, 7-8:45 PM:** Telephone Support Group
  - Please register by calling toll-free (855) 872-6060.

- **April 12th & 26th, 11-12 AM-1:00 PM:** First AME Church Support Group
  - Location: First AME Church: Allen House
  
- **April 13th & 23rd, 12:00-2:00 PM:** USC Support Group
  - Location: LACRC@USC - Davis School of Gerontology

- **April 14th, 9:00-11:00 AM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: Glendale Adventist Medical Center – Live Well Senior Lounge

- **April 14th, 1:00-2:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: LACRC@USC - Verdugo Hills Hospital, Glendale

- **April 15th, 10:00 AM-12:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: Glendale Adventist Medical Center – Live Well Senior Lounge

- **April 16th & 20th, 1:00-2:30 PM:** Pasadena Support Group
  - Location: Pasadena Senior Center, 8 E. Holly St., Pasadena, CA 91103

- **April 17th, 10-12:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: LACRC@USC - Verdugo Hills Hospital, Glendale

- **April 18th, 10-12:00 PM:** Long Beach Support Group
  - Location: Grace First Presbyterian Church (Fireside Room)

- **April 19th, 10-12:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: LACRC@USC - Verdugo Hills Hospital, Glendale

- **April 21st, 9:00-11:00 AM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: Kaiser Permanente Medical Office Building, West Covina

- **April 21st, 10-12:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: LACRC@USC - Verdugo Hills Hospital, Glendale

- **April 21st, 10-12:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: My Care Professionals, 38345 30th St., Ste H-3, Palmdale, CA 93550

- **April 21st, 2:00-4:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: LACRC@USC - Verdugo Hills Hospital, Glendale

- **April 21st, 2:00-4:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: LACRC@USC - Verdugo Hills Hospital, Glendale

- **April 21st, 7:00-8:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: LACRC@USC - Verdugo Hills Hospital, Glendale

- **April 23rd, 10-12:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: LACRC@USC - Verdugo Hills Hospital, Glendale

- **April 23rd, 10-12:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: LACRC@USC - Verdugo Hills Hospital, Glendale

- **April 27th, 12-2:00 PM:** “C.A.L.M. (Caregivers Are Learning More) Through Creative Expression” Support Group
  - Location: LACRC@USC - Davis School of Gerontology

- **April 28th, 10-12:00 PM:** Long Beach Support Group
  - Location: Grace First Presbyterian Church (Fireside Room)

- **April 28th, 10-12:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: LACRC@USC - Verdugo Hills Hospital, Glendale

- **April 28th, 6-9:30 PM:** Sylmar Support Group (Members Only)
  - Location: Sylmar Library, 12002 Osborne St., Sylmar, CA 91342

- **April 29th, 10-12:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: LACRC@USC - Verdugo Hills Hospital, Glendale

- **April 30th, 12-2:00 PM:** “C.A.L.M. About: Nutrition & Healthier Eating”
  - Location: LACRC@USC - Verdugo Hills Hospital, Glendale
The USC Family Caregiver Support Center is co-sponsoring “Getting Unstuck: Prepped, Planned and Balanced Caregiving” at the USC Leonard Davis School of Gerontology on Thursday, April 7th, 6:00-8:30 pm in collaboration with the USC Alumni Association. Our director, Dr. Donna Benton, will provide strategies to help you maintain your health and well-being throughout your caregiving journey. Carlos A. Arcos, elder law attorney, will provide an overview and guidance on estate and healthcare planning to help minimize common mistakes.

Although this event is organized by the USC Alumni Association, registration is open to the community, not only USC alumni.

Thursday, April 7, 2016
6:00 - 8:30 p.m.
Leonard Davis School of Gerontology Center
3715 McClintock Avenue
USC University Park Campus
Los Angeles, CA 90089

$40 Registration Fee
Includes dinner, parking and program

This event is brought to you by USC Encore Trojans and the USC Family Caregiver Support Center.

Questions? Please call Kate Ferguson, Associate Director of Engagement Programs at the USC Alumni Association at (213) 821-5609.

Advocacy: Family Caregiver Respite Support

In 2009, California Caregiver Resource Centers funding was cut by 74%—one of the largest historical funding cuts of any health and human services program. Subsequently, respite services were nearly eliminated. The statewide CRC total allocation has gone from $10.5 million to the current funding level of $4.9 million, after a modest restoration of $2 million last legislative session, to serve 5.8 million family caregivers in California.

State Senator Janet Nguyen’s bill named SB 1377 Family Caregiver Respite Support will appropriate funds to the statewide Caregiver Resource Centers (CRCs) to reinstate much needed respite care services.

SB 1377 would restore the 11 CRC budgets by $275,000 each to fund respite services at a functioning level. As the state continues to promote home and community-based services and managed health care, unpaid family caregivers will be heavily relied upon by providers to help their loved ones navigate and make choices about their healthcare.

Respite care provides caregivers a temporary rest from caregiving, while the person who is being cared for continues to receive assistance in a safe environment. Respite supports and strengthens a caregiver’s ability to stay healthy. Respite care can be provided as in-home care, adult day care, residential, and transportation services to relieve the caregiver from the stresses of constant care provision. Currently there are over 5,000 caregivers on wait lists for respite.

Caregiver Resource Centers are the lead agency in California that exclusively serve and support unpaid family caregivers through respite and counseling services. California family caregivers are the backbone of reducing hospital readmissions and compliance with provider’s care plans. These family caregivers are the invisible but essential long-term care work-force in the state. They provide 80% of the support services that may otherwise be ultimately provided in a skilled nursing facility or hospital.