

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

CALENDAR OF EVENTS:

- **July 6th & 20th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
 - **July 11th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
 - **July 12th, 10:30-11:30 AM: “C.A.L.M. About: What is Dementia? Understanding Dementia Behaviors”**
Location: Healthcare Partners
207 S. Santa Anita St., #205 (Second Floor), San Gabriel, CA 91776
 - **July 12th & 26th, 11:30 AM-1:00 PM: First AME Church Support Group**
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
 - **July 13th, 10:00-11:30 AM: Rosemead Support Group**
Location: LACRC@USC - Rosemead Office
Rogers’ Hall Living Room, 4807 Earle Ave., Rosemead, CA 91770
 - **July 13th & 27th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
 - **July 14th, 9:00-11:00 AM: “C.A.L.M. About: What is Dementia? Understanding Dementia Behaviors”**
Location: Glendale Adventist Medical Center – Live Well Senior Lounge
1509 Wilson Terrace, Glendale, CA 91206
 - **July 14th, 2:00-3:30 PM: Beth Jacob Congregation Support Group**
Location: Beth Jacob Congregation
9030 W Olympic Blvd., Beverly Hills, CA 90211
- **July 14th & 28th, 5:00-6:30 PM: WISE Support Group**
Location: WISE Adult Day Service Center
1527 4th St., 2nd Fl., Santa Monica, CA 90401
 - **July 21st, 9:00-11:00 AM: “C.A.L.M. About: What is Dementia? Understanding Dementia Behaviors”**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room 11
 - **July 21st, 7:00-8:00 PM: C.A.L.M. Telephone Series, “C.A.L.M. About: What is Dementia? Understanding Dementia Behaviors”**
Conducted over the phone. Please register by calling toll-free (855) 872-6060.
 - **July 27th, 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
 - **July 28th, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
 - **July 28th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library, 12002 Osborne St., Sylmar, CA 91342

Caregiver Central

July 2016

Los Angeles Caregiver Resource Center @ USC

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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LACRC@USC
CA Mission Inn
4807 Earle Ave.
Rosemead, CA 91770

TOLL-FREE PHONE:
855-872-6060

Website: www.fcscgero.org

Email: fcscgero@usc.edu

USC Leonard Davis
School of Gerontology

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Updates & Announcements

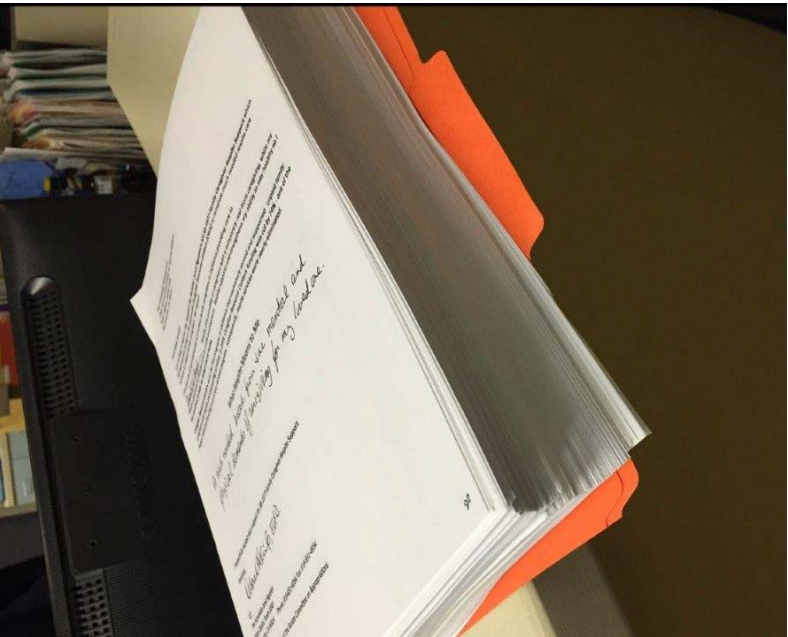


A big thank you to everyone who wrote letters, called, emailed and faxed our California legislators about SB 1377. Despite extraordinary support from the caregiving community, SB 1377 was stopped at the Senate Appropriations Committee due to the projected cost to the state. At the bottom of this page is a photo of all the letters supporting SB 1377 given to elected officials in the Senate Appropriations Committee. We will continue to educate elected officials and policymakers on the need to support family caregivers. We encourage our clients and supporters to continue posting on the CA Caregivers Take Action Facebook page.

Our newly launched caregiver support group in collaboration with Beth Jacob

Congregation in Beverly Hills has received much positive feedback from the community. Beginning in August 2016, we will be expanding this new group to meet **TWICE** a month on the second and fourth Thursdays of the month from 2:00 to 3:30 PM. (This group is non-denominational and open to the community.) We’d love to meet you if you’re in the area!

This month’s educational theme at the center is **“C.A.L.M. (Caregivers Are Learning More) About: What is Dementia? Understanding Dementia Behaviors.”** We will discuss common dementia behaviors which may be frustrating or challenging for family caregivers and how to deal with these behaviors in positive, productive ways. Please refer to our calendar of events for more information on a presentation near you.



Dish Gardens for Caregivers

At the end of June, our USC and First A.M.E. Church support groups had the unique opportunity to join each other for a fun get-together where caregivers learned about making dish gardens using succulents. Plants, potting soil, and other gardening supplies for this project were jointly donated by Georgia Lumpkin and Bobbe Akalonu. Caregivers were provided with empty plant saucers which they filled with potting soil and various succulents Ms. Lumpkin propagated from her own plant collection at home.

This gardening project was originally introduced as part of the “C.A.L.M. Through Creative Expression” support group at USC. The focus of this support group is to explore different forms of creative expression as stress management and relaxation techniques. The “C.A.L.M. Through Creative Expression” support group is a complement to the traditional support group held at USC. To find out more information about either one of these groups, please contact Grace Avila, Family Care Navigator, at 213-821-6918.



Legal Conference Recap

Our “Let’s Talk About Legal & Financial Planning” Conference on Friday, June 24th, 9:00 am-12:30 pm in Alhambra was a resounding success. Over 80 attendees made up of family caregivers, social workers, and other interested community members were present at the event. There were twelve exhibitor tables for attendees to visit and learn more information about various community agencies. Sara Polinsky, elder law attorney, spoke about “Common Estate Planning Mistakes” people make and how to avoid them. Kathryn Humphres, owner and president of Medi-Cal Regulation Specialists, spoke about “Understanding Medi-Cal” and some of the common myths surrounding the Medi-Cal system. We received great feedback from attendees about the need for this type of information in the community, and we hope to provide more of these workshops and conferences in the future!



July 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div><div>4th of July Joke:</div><div>During the Revolutionary War, a Lieutenant asked a soldier why he was falling back during a really fierce battle. “Didn’t you hear me say that we’re outnumbered 4 to 1?”</div><div>The soldier replied, “I got my four, Sir.”</div></div>				01	02
03	04 <div><div>4th of July</div></div>	05	06 <div><div>1:00-2:30 PM</div><div>Pasadena Support Group</div></div>	07	08	09
10	11 <div><div>7:15-8:45 PM</div><div>Telephone Support Group</div></div>	12 <div><div>10:30-11:30 AM</div><div>C.A.L.M. About: What is Dementia? (San Gabriel)</div><div>11:30 AM-1:00 PM</div><div>First AME Support Group</div></div>	13 <div><div>10:00 AM-11:30 AM</div><div>Rosemead Support Group</div><div>12:00-2:00 PM</div><div>USC Support Group</div></div>	14 <div><div>9:00-11:00 AM</div><div>C.A.L.M. About: What is Dementia? (Glendale)</div><div>2:00-3:30 PM</div><div>Beth Jacob Support Group</div><div>5:00-6:30 PM</div><div>WISE Support Group</div></div>	15	16
17	18	19	20 <div><div>1:00-2:30 PM</div><div>Pasadena Support Group</div></div>	21 <div><div>9:00-11:00 AM</div><div>C.A.L.M. About: What is Dementia? (West Covina)</div><div>7:00-8:00 PM</div><div>C.A.L.M. About: What is Dementia? (Telephone)</div></div>	22	23
24	25	26 <div><div>11:30 AM-1:00 PM</div><div>First AME Support Group</div></div>	27 <div><div>12:00-2:00 PM</div><div>USC Support Group</div></div>	28 <div><div>10:00 AM-12:00 PM</div><div>Long Beach Support Group</div><div>5:00-6:30 PM</div><div>WISE Support Group</div><div>6:00-7:30 PM</div><div>Sylmar Support Group</div></div>	29	30