

Caregiver Central

September 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.

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

TOLL-FREE PHONE:
1-855-872-6060

Website: www.fcscgero.org

Email: fcscgero@usc.edu

USC Leonard Davis
School of Gerontology

This program is funded, in part, by the Department of California Health Care Services, the Los Angeles County Community and Senior Services, and the USC Leonard Davis School of Gerontology.

Updates & Announcements

It's hard to believe it's already September when the days are still scorchingly hot and the hum of hard-working air conditioning units continue to drown out all other neighborhood sounds. We are looking forward to the fall and all the exciting events we have planned for you!

The USC FCSC participates in the Ralphs Community Contribution Program, which donates a small portion of your grocery bill to participating community agencies when you use your rewards card. It's that time of the year again when our supporters need to re-enroll their Ralphs Rewards Cards to continue their contributions to our program. Please refer to the next page for more details on how to enroll or re-enroll in this program.

We're excited to announce that we've set the date for our **16th Annual "Caregivers Are Learning More"**

C.A.L.M. Conference. It is scheduled for **Saturday, October 29th, 9:00am-2:00pm** at the USC Leonard Davis School of Gerontology. **Please SAVE THE DATE for this event.** More registration details will be coming soon.

This month we will be launching our "Caregivers' Circle" at the Potrero Heights Park Community and Senior Center in Montebello. This new group will provide caregiver education and support to Montebello and its surrounding communities. The first meeting for this group will be Thursday, September 22nd from 10 am-12 pm and will be held the fourth Thursday of the month hereafter.

The evening **TELEPHONE C.A.L.M.** education sessions (third Thursdays, 7:00-8:00 pm) will be "on break" in the month of September; it will return on Thursday, October 20.

Lunch & Learn C.A.L.M.

Based upon feedback from our clients, we will be adding a new daytime slot for our TELEPHONE education (in addition to the current evening time slot). We will start with our first daytime "Lunch & Learn C.A.L.M." on Wednesday, September 21, 2016, 11:30 am-12:30 pm. This tele-workshop is open to all: family caregivers, professionals, social workers, and other interested community members. The topic is **"C.A.L.M. About: How Can My**

Pharmacist Help Me?" We will discuss ways that pharmacists can help caregivers manage chronic health conditions requiring medication(s). We will also talk about ways to manage and organize prescription and over-the-counter medication. **To participate in this tele-workshop, please call toll-free 1-866-528-2256 and use access code 2205363 at the date and time of the scheduled event.** Please call Jenny Peterson at 213-821-6908 for more information or questions.

Ralphs Community Contribution Program

Did you know you could support the Family Caregiver Support Center at no extra cost to yourself? The USC FCSC is part of the Ralphs Community

Contribution Program, which donates a small portion of your grocery bill to participating community agencies when you use your rewards card. Ralphs requires re-enrollment every year to continue being part of its Community Contribution Program. If you are currently enrolled (or would like to newly enroll!) in this program, we need you to re-enroll your Ralphs Rewards Card beginning September 1st to continue your contributions to our program.

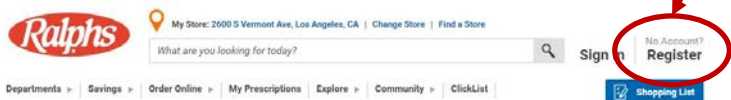
Please note that the re-enrollment process has changed this year. Ralphs is no longer providing us with a unique scanbar as they did in past years. Please follow the instructions below to enroll your Ralphs Rewards Card and help out the USC FCSC:

Option #1 (RECOMMENDED):

Call the Ralphs Community Contribution Program at 1-800-443-4438 and follow the instructions on the phone to speak with a representative who can assist you in enrolling your Ralphs Rewards Card.

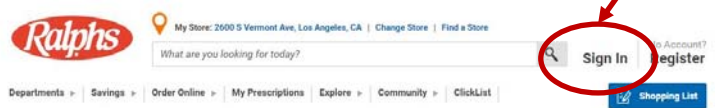
Option #2:

1. Log in to www.ralphs.com
2. Click on “No Account? Register” at the top.

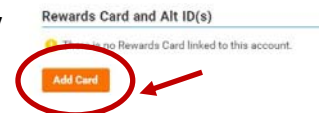


3. Follow the easy steps to create an online account.
4. You will be instructed to go to your email inbox to confirm your account.

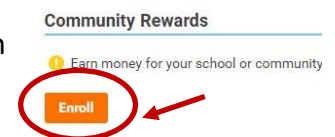
5. After you confirm your online account by clicking on the link in your email, return to www.ralphs.com and click on ‘Sign In’, enter your email address and password.



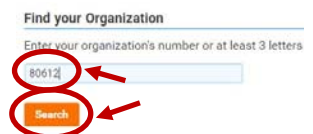
6. View all your information under “My Account” and make sure to add your Ralphs Rewards Card.



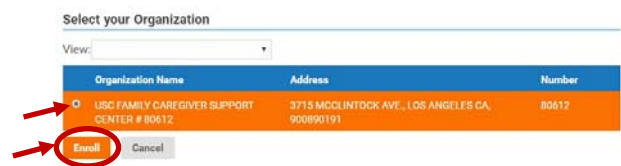
7. Link your card to the USC FCSC by clicking on the “Community Rewards - Enroll” button.



8. Type our NPO number (80612) and click on “Search.”





9. Click on the circle to the left of your organizations’ name. Click on “Enroll” to finish your enrollment process.



Please call us with any questions or concerns at toll-free 1-855-872-6060. Thank you for supporting our program!



SEPTEMBER 2016

MON	TUES	WED	THURS	FRI
<p>A distraught woman phoned her doctor's office. "Is it true," she asked, "that the medication you prescribed has to be taken for the rest of my life?"</p> <p>"Yes, I'm afraid so," the doctor told her.</p> <p>There was a moment of silence before the woman replied, "I'm wondering then, just how serious is my condition because this prescription is marked 'NO REFILLS?'"</p>			01	02
<p>05</p>  <p>HAPPY LABOR DAY</p>	06	<p>07</p> <p>1:00-2:30 PM Pasadena Support Group</p>	<p>08</p> <p>9:00-11:00 AM C.A.L.M. About: Caring for the Caregiver (Glendale)</p> <p>2:00-3:30 PM Beth Jacob Support Group</p> <p>5:00-6:30 PM WISE Support Group</p>	09
<p>12</p> <p>7:15-8:45 PM Telephone Support Group</p>	<p>13</p> <p>10:30-11:30 AM C.A.L.M. About: How to Hold a Family Meeting (San Gabriel)</p> <p>11:30 AM-1:00 PM First AME Support Group</p>	<p>14</p> <p>10:00 AM-11:30 AM Rosemead Support Group</p> <p>12:00-2:00 PM USC Support Group</p>	15	16
<p>19</p>  <p>International Talk Like A Pirate Day</p>	<p>20</p>	<p>21</p> <p>NEW! 11:30 AM-12:30 PM "Lunch & Learn" C.A.L.M. About: How Can My Pharmacist Help Me? (TELEPHONE)</p> <p>1:00-2:30 PM Pasadena Support Group</p>	<p>22</p> <p>9:00-11:00 AM C.A.L.M. About: Nutrition & Healthier Eating for Older Adults (Baldwin Park)</p> <p>10:00 AM-12:00 PM Long Beach Support Group</p> <p>10:00 AM-12:00 PM Montebello Caregivers' Circle</p> <p>2:00-3:30 PM Beth Jacob Support Group</p> <p>5:00-6:30 PM WISE Support Group</p> <p>6:00-7:30 PM Sylmar Support Group</p>	<p>23</p> <p>NEW!</p>
26	<p>27</p> <p>11:30 AM-1:00 PM First AME Support Group</p>	<p>28</p> <p>12:00-2:00 PM USC Support Group</p>	29	30

University of Southern California
USC Family Caregiver Support Center
3715 McClintock Ave.
Los Angeles, CA 90089-0191

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CALENDAR OF EVENTS:

- September 7th & 21st, 1:00-2:30 PM: Pasadena Support Group
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- September 8th, 9:00-11:00 AM: "C.A.L.M. About: Caring for the Caregiver"
Location: Glendale Adventist Medical Center – Live Well Senior Lounge
1509 Wilson Terrace, Glendale, CA 91206
- September 8th & 22nd, 2:00-3:30 PM: Beth Jacob Congregation Support Group
Location: Beth Jacob Congregation
9030 W Olympic Blvd., Beverly Hills, CA 90211
- September 8th & 22nd, 5:00-6:30 PM: WISE Support Group
Location: WISE Adult Day Service Center
1527 4th St., 2nd Fl., Santa Monica, CA 90401
- September 12th, 7:15-8:45 PM: Telephone Support Group
Please register by calling toll-free (855) 872-6060.
- September 13th, 10:30-11:30 AM: "C.A.L.M. About: How to Hold A Family Meeting"
Location: Healthcare Partners
207 S. Santa Anita St., #205 (2nd Fl.), San Gabriel, CA 91776
- September 13th & 27th, 11:30 AM-1:00 PM: First AME Church Support Group
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- September 14th, 10:00-11:30 AM: Rosemead Support Group
Location: LACRC@USC - Rosemead Office
Rogers' Hall, 4807 Earle Ave., Rosemead, CA 91770
- September 14th & 28th, 12:00-2:00 PM: USC Support Group
Location: LACRC@USC - Davis School of Gerontology
- September 21st, 11:30 AM-12:30 PM: "Lunch & Learn C.A.L.M. Telephone Series"
Conducted over the phone. To participate in this tele-workshop, please **call toll-free 1-866-528-2256 and use access code 2205363** at the date and time of the scheduled event.
- September 22nd, 9:00-11:00 AM: "C.A.L.M. About: Nutrition & Healthier Eating for Older Adults"
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room 11
- September 22nd, 10:00 AM-12:00 PM: Long Beach Support Group
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- September 22nd, 10:00 AM-12:00 PM: Caregivers' Circle
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- September 22nd, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342
- September 28th, 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