

Caregiver Central

October 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

Evenings are starting to have a chill in the air, and pumpkin spice is the talk of the town. Fall has arrived! Remember to use caution when driving or walking in the evenings as the sun sets sooner these days.

Our new “Lunch & Learn CALM” launched last month was a success and helped us to reach working family caregivers as well as those for whom a daytime workshop was more ideal. “Lunch & Learn CALM” will be held every other month; the next “Lunch & Learn CALM” will be held on Wednesday, November 16th, 11:30 AM -12:30 PM. More details will be available in the upcoming November newsletter.

The new Montebello Caregiver Circle welcomed family caregivers in Montebello and surrounding communities. This will be an ongoing monthly event held on the fourth Thursday of the month, 10 AM-12 PM. If you are in the area, please stop by

and join the group; we’d love to meet you!

This month’s educational theme at the center is “C.A.L.M. About: How to Safely Lift & Transfer While Preventing Injuries.” When we care for others, we often have to help lift and transfer them (i.e. getting in and out of bed, getting in and out of the car, bathing or showering). We will discuss techniques to keep yourself safe while helping your loved ones move around. Please refer to our calendar of events for more information on a presentation near you.

The nighttime telephone CALM has been on break over the summer months and will return this month on Thursday, October 20, 7:00-8:00 PM. The topic will be “Flu Prevention Tips,” presented by Veronica Sanchez-Perez from Care More Health Plan. **To participate in this tele-workshop, please call toll-free 1-866-528-2256 and use access code 2205363 at the scheduled date and time of the event.**

Re-Introducing Anabel Diaz

Our “Fun Facts About USC FCSC” received such great feedback when it first came out that we’ve decided to re-introduce our staff members who have been here a long time. We’d like to start by re-introducing Anabel Diaz, our longest-standing staff member. This October marks Anabel’s 18-year anniversary of working for the center.

Anabel started as a student worker while completing her Bachelor’s degree in Business Administration. She then received her Master of Public Administration degree from the USC Sol Price School of Public Policy. Her passion for working with family caregivers comes from her own personal experience with the caregiving journey. She enjoys reading, laughing and all desserts.



16th Annual "Caregivers Are Learning More"
C.A.L.M. Conference

Saturday, October 29, 2016, 9:00 am-2:00 pm

**USC Leonard Davis School of Gerontology
3715 McClintock Ave., Los Angeles, CA 90089**



It's time to talk about **RAISING EXPECTATIONS**
for laws & policies, innovative programs, community collaborations,
health care services, and much more!

****Please register by Wednesday, October 26, 2016. ****

Only registered attendees will be provided with a boxed lunch.

NO COST TO ATTEND

Register online: www.fcscgero.org

Don't have Internet access? Please call **323-546-4579** to register.

Continental Breakfast & Lunch Sponsor



Parking & Transportation Sponsor




Additional Sponsors



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OCTOBER 2016

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>"Hey, you! Pull over!" shouted the traffic cop.</p> <p>The lady complied, and she was fined seventy-five dollars for not wearing a seatbelt.</p> <p>She went home in great anxiety lest her husband, who always examined her checkbook, should learn of the incident. Then inspiration struck and she marked the check stub, "One pullover: \$75."</p>						01
02	03	04	05 1:00-2:30 PM Pasadena Support Group	06	07	08
09	10 7:15-8:45 PM Telephone Support Group	11 10:30-11:30 AM C.A.L.M. About: Making Choices About Everyday Care (San Gabriel) 11:30 AM-1:00 PM First AME Support Group	12 10:00 AM-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group	13 9:00-11:00 AM C.A.L.M. About: How to Safely Lift & Transfer (Glendale) 2:00-3:30 PM Beth Jacob Caregiver Group 5:00-6:30 PM WISE Support Group	14	15
16	17	18	19 1:00-2:30 PM Pasadena Support Group	20 9:00-11:00 AM C.A.L.M. About: How to Safely Lift & Transfer (Baldwin Park) 7:00-8:00 PM TELEPHONE CALM: Flu Prevention Tips	21	22
23	24	25 11:30 AM-1:00 PM First AME Support Group	26 12:00-2:00 PM USC Support Group	27 10:00 AM-12:00 PM Long Beach Support Group 10:00 AM-12:00 PM Montebello Caregiver Circle 2:00-3:30 PM Beth Jacob Caregiver Group 5:00-6:30 PM WISE Support Group 6:00-7:30 PM Sylmar Support Group	28	29 9:00 AM-2:00 PM 16th Annual "Caregivers Are Learning More" C.A.L.M. Conference
30	31					

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

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CALENDAR OF EVENTS:

- **October 5th & 19th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **October 10th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
- **October 11th, 10:30-11:30 AM: "C.A.L.M. About: Helping Families Make Choices About Everyday Care"**
Location: Healthcare Partners
207 S. Santa Anita St., #205 (2nd Fl.), San Gabriel, CA 91776
- **October 11th & 25th, 11:30 AM-1:00 PM: First AME Church Support Group**
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- **October 12th, 10:00-11:30 AM: Rosemead Support Group**
Location: LACRC@USC - Rosemead Office
Rogers' Hall, 4807 Earle Ave., Rosemead, CA 91770
- **October 12th & 26th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **October 13th, 9:00-11:00 AM: "C.A.L.M. About: How to Safely Lift & Transfer While Preventing Injuries"**
Location: Glendale Adventist Medical Center
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
- **October 13th & 27th, 2:00-3:30 PM: Beth Jacob Congregation Caregiver Group**
Location: Beth Jacob Congregation
9030 W Olympic Blvd., Beverly Hills, CA 90211
- **October 13th & 27th, 5:00-6:30 PM: WISE Support Group**
Location: WISE Adult Day Service Center
1527 4th St., 2nd Fl., Santa Monica, CA 90401
- **October 20th, 9:00-11:00 AM: "C.A.L.M. About: How to Safely Lift & Transfer with Preventing Injuries"**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room 11
- **October 20th, 7:00-8:00 PM: "C.A.L.M. About: Flu Prevention Tips"**
Conducted over the TELEPHONE. To participate in this tele-workshop, please **call toll-free 1-866-528-2256 and use access code 2205363** at the scheduled date and time of the event.
- **October 26th, 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
- **October 27th, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- **October 27th, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **October 27th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342
- **October 29th, 9:00 AM-2:00 PM: 16th Annual "Caregivers Are Learning More" (CALM) Conference**
Location: LACRC@USC - Davis School of Gerontology