

# Caregiver Central

November 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](http://www.fcscgero.org)

**Email:** [fcscgero@usc.edu](mailto:fcscgero@usc.edu)

**USC Leonard Davis**  
School of Gerontology

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## Updates & Announcements

**D**aylight Savings Time will be ending this month, so don't forget to turn your clocks back an hour on Sunday, November 6th. With this change, take care when driving or taking walks in the evenings, as it will be dark sooner than we've become accustomed to over the summer months.

November is National Family Caregivers Month. We'd like to take this opportunity to celebrate and show appreciation for all of our family caregivers who work so hard and

tirelessly for others. Caregivers are the unsung heroes who keep our families together and provide the backbone for the long-term care system. For more information about National Family Caregivers Month, please turn to the next page.



## Re-Introducing Donna Benton

**D**r. Donna Benton has been the Director of the USC Family Caregiver Support Center / LACRC since 2000. She became interested in the field of gerontology through her volunteer work in high school with the Gray Panthers. She said, "The idea that generations have to support each other just felt sensible to me."

A little known fact about Donna is that she has traveled by train throughout the USA, Canada, and India. She also recently gave up her obsession with Diet Coke.

One of Donna's favorite quotes is:  
*Raisin cookies that look like chocolate chip cookies are the main reason I have trust issues. - Author Unknown*

## Holiday Food Drive

**T**his year, we will be doing a twist on a traditional Holiday Food Drive. Instead of actual food items, we are collecting monetary donations and grocery gift cards for clients' families in need. We will collect and distribute all donations to families in need as grocery gift cards (i.e. Ralphs, Albertsons, Vons, etc.) by mid-December. For more information,

please contact Jenny Peterson at 213-821-6908.

If you are interested in donating to the Holiday Food Drive, please send your donations to our office marked:

**HOLIDAY FOOD DRIVE**  
**USC FCSC/LACRC**  
**3715 McClintock Ave.**  
**Los Angeles, CA 90089**

# Lisa's EZ Pumpkin Pie Recipe

## INGREDIENTS:

- 1 can (30 oz.) LIBBY'S® Easy Pumpkin Pie Mix
- 2/3 cup (5 fl.-oz can) NESTLÉ® CARNATION® Evaporated Milk
- 2 large eggs, beaten
- 1 unbaked 9-inch (4-cup volume) deep-dish pie shell



## COOKING INSTRUCTIONS:

**MIX** pumpkin pie mix, evaporated milk and eggs in large bowl.

**POUR** into pie shell.

**BAKE** in preheated 425°F oven for 15 minutes. Reduce temperature to 350° F; bake 50 to 60 minutes or until knife inserted near center comes out clean.

**COOL** on wire rack for 2 hours. Serve immediately or refrigerate.

## Celebrating Family Caregivers

**N**ovember is National Family Caregivers Month. The theme for this year is “Take Care to Give Care,” which is a concept we’ve been talking about at the USC FCSC since we opened our doors in 1989. The first rule of taking care of others: ***Take care of yourself first.***

Caregiving can be a rewarding experience, but it is also physically and emotionally demanding. The stress of dealing with caregiving responsibilities leads to a higher risk of health issues among the nation’s 90 million family caregivers. As a family caregiver, remember to pay attention to your own physical and mental wellness, and get proper rest and nutrition. Only by taking care of yourself can you be strong enough to take care of your loved one.

**Caregiving can be a stressful job.** Most family caregivers say they feel stressed providing care for a loved one. With all of their caregiving responsibilities – from managing medications to arranging doctor appointments to planning meals – caregivers too often put themselves last.

**The stress of caregiving impacts your own health.** One out of five caregivers admit they have

sacrificed their own physical health while caring for a loved one. Due to stress, family caregivers have a disproportionate number of health and emotional problems. They are twice as likely to suffer depression and are at increased risk for many other chronic conditions.

**Proper nutrition helps promote good health.** Ensuring that you are getting proper nutrition is key to help maintain your strength, energy and stamina, as well as strengthening your immune system. Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself and keep a positive attitude overall.

**Remember: “Rest. Recharge. Respite.”** People think of respite as a luxury, but considering caregivers’ higher risk for health issues from chronic stress, those risks can be a lot costlier than some time away to recharge. The chance to take a breather, the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today.

During **National Family Caregivers Month**, we remind family caregivers that to be strong enough to care for your loved one, you must ***Take Care to Give Care!***

*\*Adapted from the Caregiver Action Network, [www.caregiveraction.org](http://www.caregiveraction.org)*

# NOVEMBER 2016

MON	TUES	WED	THURS	FRI
	<b>01</b>	<b>02</b> 1:00-2:30 PM Pasadena Support Group	<b>03</b>	<b>04</b>
<b>07</b>	<b>08</b> 10:30-11:30 AM C.A.L.M. About: Holiday Survival Tips for Caregivers (San Gabriel)  11:30 AM-1:00 PM First AME Support Group	<b>09</b> 10:00 AM-11:30 AM Rosemead Support Group  12:00-2:00 PM USC Support Group	<b>10</b> 9:00-11:00 AM C.A.L.M. About: Holiday Survival Tips for Caregivers (Glendale)  2:00-3:30 PM Beverly Hills Support Group  5:00-6:30 PM Santa Monica Support Group	<b>11</b>
<b>14</b> 7:15-8:45 PM Telephone Support Group	<b>15</b>	<b>16</b> 11:30 AM-12:30 PM "Lunch & Learn" C.A.L.M. About: Holiday Survival Tips (TELEPHONE)  1:00-2:30 PM Pasadena Support Group	<b>17</b> 9:00-11:00 AM C.A.L.M. About: Holiday Survival Tips for Caregivers (Baldwin Park)  10:00 AM-12:00 PM Long Beach Support Group  6:00-7:30 PM Sylmar Support Group	<b>18</b>
<b>21</b>	<b>22</b> 11:30 AM-1:00 PM First AME Support Group	<b>23</b> 10:00 AM-12:00 PM Montebello Caregivers' Circle	 <p>Happy Thanksgiving</p> <p>I got invited to dinner at this guy's place on Thursday, but he wants me there 10 hours early... Is that weird???</p>	
<b>28</b>	<b>29</b>	<b>30</b>		

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

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### CALENDAR OF EVENTS:

- November 2nd & 16th, 1:00-2:30 PM: Pasadena Support Group  
Location: Pasadena Senior Center  
85 E. Holly St., Pasadena, CA 91103
- November 8th, 10:30-11:30 AM: "C.A.L.M. About: Holiday Survival Tips for Caregivers"  
Location: Healthcare Partners  
207 S. Santa Anita St., #205 (2nd Fl.), San Gabriel, CA 91776
- November 8th & 22nd, 11:30 AM-1:00 PM: First AME Church Support Group  
Location: First AME Church: Allen House  
2249 South Harvard, Los Angeles, CA 90018
- November 9th, 10:00-11:30 AM: Rosemead Support Group  
Location: LACRC@USC - Rosemead Office  
Rogers' Hall, 4807 Earle Ave., Rosemead, CA 91770
- November 9th, 12:00-2:00 PM: USC Support Group  
Location: LACRC@USC - Davis School of Gerontology
- November 10th, 9:00-11:00 AM: "C.A.L.M. About: Holiday Survival Tips for Caregivers"  
Location: Glendale Adventist Medical Center  
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
- November 10th, 2:00-3:30 PM: Beverly Hills Caregiver Group  
Location: Beth Jacob Congregation  
9030 W Olympic Blvd., Beverly Hills, CA 90211
- November 10th, 5:00-6:30 PM: Santa Monica Support Group  
Location: WISE Adult Day Service Center  
1527 4th St., 2nd Fl., Santa Monica, CA 90401
- November 14th, 7:15-8:45 PM: Telephone Support Group  
Please register by calling toll-free (855) 872-6060.
- November 16th, 11:30 AM-12:30 PM: "Lunch & Learn C.A.L.M. About: Holiday Survival Tips for Caregivers"  
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.
- November 17th, 9:00-11:00 AM: "C.A.L.M. About: Holiday Survival Tips for Caregivers"  
Location: Kaiser Permanente Medical Center  
1011 Baldwin Park Blvd., Baldwin Park, CA 91706  
Basement Conference Room 11
- November 17th, 10:00 AM-12:00 PM: Long Beach Support Group  
Location: Grace First Presbyterian Church (Fireside Room)  
3955 Studebaker Road, Long Beach, CA 90808
- November 17th, 10:00 AM-12:00 PM: Caregivers' Circle  
Location: Potrero Heights Park Community & Senior Center  
8051 Arroyo Dr., Montebello, CA 90640
- November 17th, 6:00-7:30 PM: Sylmar Support Group (\*PEER-LED\*)  
Location: Lake View Terrace Library  
12002 Osborne St., Sylmar, CA 91342