

# Caregiver Central

December 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

**A**s we head into the holiday season, we want to encourage our family caregivers to seek support and learn the power of saying “no.” We often agree to commitments on our time and energy because we feel uncomfortable saying “no” to others, but it is important to learn your limits. Be honest with yourself about what you can and cannot do. If committing to someone’s request will cause you undue stress or take up too much of your time, always remember that you can say “no.” By doing so, you are reinforcing your need to take care of yourself and respecting your own boundaries.

This 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**



## Re-Introducing Yvonne Kuo

**Y**vonne Kuo began working with the USC Family Caregiver Support Center as the Intake & Resource Specialist in 2001, earned her Master’s degree in Gerontology from USC in 2005, and is presently working at the USC FCSC as a Family Care Navigator helping family caregivers through their care journey. She is currently the longest-standing member of the clinical staff at our center.

Yvonne’s passion for working with family caregivers comes from her mother’s role as a caregiver for different family members. Yvonne believes learning is lifelong and that learning is not only from books, but from the people she has had the privilege of meeting.

On weekends, Yvonne is a chauffeur for her very busy daughter.



## 16th Annual CALM Conference

Our 16th Annual “Caregivers Are Learning More” C.A.L.M. Conference was a resounding success! It was held on Saturday, October 29th, 9:00 am-2:00 pm at the USC Leonard Davis School of Gerontology. There were three educational discussion panels in the morning which covered topics about changing laws and policies, community involvement, innovative programs, and how caregivers can stay motivated.

Over 275 people attended this year’s conference. Thirty-four exhibitors representing different types of community services related to caregiving participated in the resource fair. A Caregiver Meditation Room was available for caregivers to visit when they needed a chance to relax during the day. We launched our newest photo project, “What Does Caregiving Mean to Me?” for which

caregivers posed with hand-written notes about their caregiving experience (please see pictures below).

Major sponsors for this event included LA Care Health Plan (Platinum Sponsor), Lyft (Gold Sponsor), Care More Health Plan, Care1st Health Plan, and Molina Health Care (Silver Sponsors). Raffle prize items were coordinated and generously donated by Bobbe Akalonu, Launa Nash, and other community members.



Our conference was covered on the afternoon news of the TV station Univision! The TV crew was able to interview conference participants and our very own Director of Operations, Anabel Diaz, about the important role of caregivers in today’s society.

Thank you to everyone who attended our annual conference. Without you, we wouldn’t have been able to make it a success!





# DECEMBER 2016

MON	TUES	WED	THURS	FRI
	<p><u>The 4 stages of life:</u></p> <ol style="list-style-type: none"> <li>1. You believe in Santa Claus</li> <li>2. You don't believe in Santa Claus</li> <li>3. You dress up as Santa Claus</li> <li>4. You look like Santa Claus</li> </ol> <p>source: <a href="http://www.jokes4us.com/holidayjokes/christmasjokes/">http://www.jokes4us.com/holidayjokes/christmasjokes/</a></p>		01	02
05	06	07 1:00-2:30 PM Pasadena Support Group	08 9:00-11:00 AM C.A.L.M. About: Fall Prevention & Home Safety Tips (Glendale)  2:00-3:30 PM Beverly Hills Support Group  5:00-6:30 PM Santa Monica Support Group	09
12 7:15-8:45 PM Telephone Support Group	13 10:30-11:30 AM C.A.L.M. About: Fall Prevention & Home Safety Tips (San Gabriel)  11:30 AM-1:00 PM First AME Support Group	14 10:00 AM-11:30 AM Rosemead Support Group  12:00-2:00 PM USC Support Group	15 10:00 AM-12:00 PM Montebello Caregivers' Circle  6:00-7:30 PM Sylmar Support Group	16
19	20	21 1:00-2:30 PM Pasadena Support Group	22	23
26	27	28	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:

- December 7th & 21st, 1:00-2:30 PM: Pasadena Support Group  
Location: Pasadena Senior Center  
85 E. Holly St., Pasadena, CA 91103
- December 8th, 9:00-11:00 AM: "C.A.L.M. About: Fall Prevention & Home Safety Tips"  
Location: Glendale Adventist Medical Center  
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
- December 8th, 2:00-3:30 PM: Beverly Hills Caregiver Group  
Location: Beth Jacob Congregation  
9030 W Olympic Blvd., Beverly Hills, CA 90211
- December 8th, 5:00-6:30 PM: Santa Monica Support Group  
Location: WISE Adult Day Service Center  
1527 4th St., 2nd Fl., Santa Monica, CA 90401
- December 12th, 7:15-8:45 PM: Telephone Support Group  
Please register by calling toll-free (855) 872-6060.
- December 13th, 10:30-11:30 AM: "C.A.L.M. About: Fall Prevention & Home Safety Tips"  
Location: Healthcare Partners  
207 S. Santa Anita St., #205 (2nd Fl.), San Gabriel, CA 91776
- December 13th, 11:30 AM-1:00 PM: First AME Church Support Group  
Location: First AME Church: Allen House  
2249 South Harvard, Los Angeles, CA 90018
- December 14th, 10:00-11:30 AM: Rosemead Support Group  
Location: LACRC@USC - Rosemead Office  
Rogers' Hall, 4807 Earle Ave., Rosemead, CA 91770
- December 14th, 12:00-2:00 PM: USC Support Group  
Location: LACRC@USC - Davis School of Gerontology
- December 15th, 10:00 AM-12:00 PM: Caregivers' Circle  
Location: Potrero Heights Park Community & Senior Center  
8051 Arroyo Dr., Montebello, CA 90640
- December 15th, 6:00-7:30 PM: Sylmar Support Group (\*PEER-LED\*)  
Location: Lake View Terrace Library  
12002 Osborne St., Sylmar, CA 91342