

Caregiver Central

January 2017

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
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USC Leonard Davis
School of Gerontology

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Updates & Announcements

We have some exciting new developments to report in January. We will be starting up a Spanish support group at the Gus Velasco Neighborhood Center in Santa Fe Springs. This new group will meet on the first and third Thursdays of every month from 10:00-11:30 am, starting January 5th. For more details, please contact Lucila Torres, Family Care Navigator, at 213-821-3107.

Our Santa Monica (WISE) support group which normally meets in the evenings on the second and fourth Thursdays of the month will change its meeting time to mornings from 10:00 to 11:30 am. We will begin a six-week "Powerful Tools for Caregivers" class in collaboration with WISE starting

Thursday, January 12th. Please see our calendar of events for more details.

This month's educational theme at the center is "Accessing Community Resources for Family Caregivers." Join us as we discuss how local resources can help caregivers. Please refer to our calendar of events for more details.



Re-Introducing Mei-Chi Kuo

Mei-Chi Kuo has been working with the USC Family Caregiver Support Center since 2001. She has held a variety of roles at the center and is currently a Family Care Navigator helping families navigate their caregiving journeys. Mei-Chi is a caregiver for her family member, so she has firsthand knowledge about the challenges of caregiving and can personally relate to the struggles our clients face.

Mei-Chi is an avid gardener and is always looking for new vegetables or

fruits to grow in her garden. She believes strongly in always keeping herself busy, so you will very rarely see her sitting idly. She is learning to speak Spanish. Mei-Chi loves eating Chinese food and absolutely believes in food therapy.

Although Mei-Chi and Yvonne (introduced last month) share the same last name, they are not related. (Yes, we are asked this question quite often.)



Holiday Food Drive

This year's holiday food drive was a success. We tried a new format in which we provided our clients' families with grocery gift cards to Ralphs. Our donors were generous, and we were able to award eleven of our clients' families with a little extra help during the holiday season. We hope to continue this tradition for next year's holiday season.



Post-Holiday Letdown

Most of us have probably been running around busy since before Thanksgiving. Now that we're in January, we can breathe a deep sigh of relief and finally relax a little bit.

The holidays have a tendency to force us into stressful situations. On the flip side, even though the holidays can be stressful, many of us also find comfort and joy in the decorations, festivities, family, and friends that we have the opportunity to enjoy during this time. These opportunities to see people or participate in holiday activities or get-togethers may not be possible at any other time of the year. When we reach January and begin the new year, it is oftentimes difficult to let go of the joy and comfort you feel during the holidays. It is not uncommon to experience "post-holiday letdown" (regardless of whether or not you are a caregiver) in January and February.

Instead of the usual New Year's resolutions (which, let's face it, no one sticks to past March), let's try to influence ourselves in positive ways. Instead of seeing January as a blank calendar, fill it up with things to look forward to! Schedule a lunch date with a friend, a hair cut with your stylist, or something else that you would be excited about in the middle or end of January. In this case, it's the anticipation that matters.

Positive thinking is a big part of influencing ourselves from within. When we engage in negative thought patterns such as focusing on

what we have not accomplished or how disappointed we are that something did not turn out perfectly, we start ourselves on a downward spiral. Negative thinking builds upon itself and can subtly tear down your confidence and inner strength. Try to focus on the accomplishments you have achieved rather than those you have not. These do not need to be grand achievements; they could be as simple as "I was able to wash my hair today" or "I was able to sit and enjoy a cup of coffee." When we think positively about ourselves, it validates the value we put upon our own happiness.

Let us not focus on the "would of, could of, should of" thought patterns that are so easy to fall into and slowly poison our self-confidence. Make it a point to celebrate the small things that bring you joy and keep you going.

If you feel your post-holiday blues have stuck around for a few weeks after the holidays have passed, you may want to consider reaching out to your physician or mental health professional for help.



JANUARY 2017

MON	TUES	WED	THURS	FRI
02	03	04 1:00-2:30 PM Pasadena Support Group	05 10:00-11:30 AM Santa Fe Springs Support Group (Spanish)	06
09 7:15-8:45 PM Telephone Support Group	10 11:30 AM-1:00 PM First AME Support Group	11 10:00-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group	12 9:00-11:00 AM C.A.L.M. About: Accessing Community Resources for Family Caregivers (Glendale) 10:00-11:30 AM Santa Monica Support Group 2:00-3:30 PM Beverly Hills Support Group 3:30-5:30 PM Powerful Tools (WISE)	13
16	17	18 1:00-2:30 PM Pasadena Support Group	19 10:00 AM-11:30 AM Santa Fe Springs Support Group (Spanish) 3:30-5:30 PM Powerful Tools (WISE)	20
23	24 11:30 AM-1:00 PM First AME Support Group	25 12:00-2:00 PM USC Support Group	26 10:00 AM-12:00 PM Long Beach Support Group 10:00-11:30 AM Santa Monica Support Group 10:00 AM-12:00 PM Montebello Caregiver Circle 2:00-3:30 PM Beverly Hills Caregiver Group 3:30-5:30 PM Powerful Tools (WISE) 6:00-7:30 PM Sylmar Support Group	27
30	31	<div> <p>Q: What do you get when you cross a snowman with a vampire?...</p> <p>A: Frostbite</p> <p>source: www.mytowntutors.com</p> </div>		

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USC Family Caregiver Support Center
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CALENDAR OF EVENTS:

- January 4th & 18th, 1:00-2:30 PM: Pasadena Support Group
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- January 5th & 19th, 10:00-11:30 AM: Santa Fe Springs Support Group (Spanish)
Location: Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs, CA 90670
- January 9th, 7:15-8:45 PM: Telephone Support Group
Please register by calling toll-free (855) 872-6060.
- January 10th & 24th, 11:30 AM-1:00 PM: First AME Church Support Group
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- January 11th, 10:00-11:30 AM: Rosemead Support Group
Location: LACRC@USC - Rosemead Office
Rogers' Hall, 4807 Earle Ave., Rosemead, CA 91770
- January 11th & 25th, 12:00-2:00 PM: USC Support Group
Location: LACRC@USC - Davis School of Gerontology
- January 12th, 9:00-11:00 AM: "C.A.L.M. About: Accessing Community Resources for Family Caregivers"
Location: Glendale Adventist Medical Center
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
- January 12th & 26th, 10:00-11:30 AM: Santa Monica Support Group
Location: WISE Adult Day Service Center
1527 4th St., 2nd Fl., Santa Monica, CA 90401
- January 12th & 26th, 2:00-3:30 PM: Beverly Hills Caregiver Group
Location: Beth Jacob Congregation
9030 W. Olympic Blvd., Beverly Hills, CA 90211
- January 12th, 19th, & 26th, 3:30-5:30 PM: "Powerful Tools for Caregivers" Class
Location: WISE Adult Day Service Center
1527 4th St., 2nd Fl., Santa Monica, CA 90401
To register, contact Miriam Caiden, MSG, PhD at WISE & Health Aging (310) 394-9871, ext. 264.
- January 26th, 10:00 AM-12:00 PM: Long Beach Support Group
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- January 26th, 10:00 AM-12:00 PM: Caregivers' Circle
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- January 26th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342