

Caregiver Central

March 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 Leonard 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

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Updates & Announcements

We mentioned in last month's newsletter that this year marks the 30th Anniversary of the California Caregiver Resource Centers. To celebrate this milestone, the CA Caregiver Resource Centers held an exhibit titled "The Many Faces of Caregiving" to honor the over 4.5 million Californians who provide unpaid care for a family member or friend. It was on display in the Annex Hallway of the State Capitol Building in Sacramento from February 6th to the 24th. This exhibit highlighted the personal stories of nine family caregivers throughout the state of California who have each sought support and services from their local Caregiver Resource Center. We hope that these testimonials helped legislators and other parties understand the often unrecognized contributions of family caregivers. Below is a picture of the exhibit on display in the State Capitol Building.

Last month, we started a new support group in Monterey Park at the Langley Senior Center. This group is presented in Chinese (Mandarin) and will meet on

the fourth Wednesday of every month from 1:00-2:30 pm. For more information, please contact Mei-Chi Kuo, Family Care Navigator, at 213-821-6920.

We will begin a 6-week "Powerful Tools" class at Beverly Hills Public Library this month, March 3rd-April 7th, 10:00 AM-12:00 PM. This class will discuss how to communicate effectively as a caregiver and how to manage challenging behaviors. **REGISTRATION IS REQUIRED.** Please call Yvonne Kuo at 213-821-6919 or Lisa Shainberg at 213-740-3953 to register for this class. Please refer to our calendar of events for more details.

This month's educational theme at the center is "Embracing Positive Thinking." Join us as we discuss how positive and negative thinking can affect a caregiver's outlook on their caregiving situation. How and why is positive thinking important for getting through the rough times? How can we encourage ourselves to focus on positivity? For dates and times when we are scheduled to speak about this topic, please refer to our calendar of events.



USC FCSC Partners with USC Alumni

The USC Family Caregiver Support Center is proud to announce a partnership with the Encore Trojans group of the USC Alumni Association to support community services and events. The Encore Trojans group will be assembling caregiver appreciation packages during their annual **USC Alumni Day of SService on Saturday, March 11th, 9:00 AM-12:00 PM**. These caregiver appreciation packages will be distributed to USC FCSC clients and given out at our various caregiver education

events throughout the year. The goal of this joint project is to remind family caregivers that their efforts are appreciated.





We are fortunate to be able to host this event at our Rosemead Office. If you live in the area, please stop by to meet the volunteers, tell your story, or pick up a caregiver appreciation package.



CALENDAR OF EVENTS:

- **March 1st & 15th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **March 2nd & 16th, 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
- **March 3rd, 10th, 17th, 24th, & 31st, 10:00 AM-12:00 PM: "Powerful Tools for Caregivers" Class**
Location: Beverly Hills Public Library
444 Rexford Dr., Beverly Hills, CA 90210
REGISTRATION IS REQUIRED. Please call Yvonne Kuo at 213-821-6919 or Lisa Shainberg at 213-740-3953.
- **March 3rd, 10:00 AM-12:00 PM: "The Caregiving Journey: A Three-Part Series": Looking to Community Resources for Caregivers**
Location: Arcadia Community Center
365 Campus Dr., Arcadia, CA 91007
- **March 7th, 14th, 21st & 28th, 1:00-3:00 PM: "Stress-Busting Program for Family Caregivers" (Whittier)**
Location: Oakmont of Whittier
13617 Whittier Blvd, Whittier, CA 90605
REGISTRATION FOR THIS CLASS HAS ENDED.
- **March 7th, 14th, 21st & 28th, 2:00-4:00 PM: "Stress, Resilience, & Positivity" (Sierra Madre)**
Location: The Kensington Sierra Madre
245 W. Sierra Madre Blvd., Sierra Madre, CA 91024
REGISTRATION IS REQUIRED. Please call Yvonne Kuo at 213-821-6919 or Jenny Peterson at 213-821-6908.
- **March 8th, 10:00-11:30 AM: Rosemead Support Group**
Location: LACRC@USC - Rosemead Office
Massie Recreation Hall, 4807 Earle Ave., Rosemead, CA 91770
- **March 8th & 22nd, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **March 9th, 9:00-11:00 AM: "C.A.L.M. About: Embracing Positive Thinking"**
Location: Glendale Adventist Medical Center
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
- **March 9th & 23rd, 10:00-11:30 AM: Santa Monica Support Group**
Location: WISE Adult Day Service Center
1527 4th St., 2nd Fl., Santa Monica, CA 90401
- **March 9th & 23rd, 2:00-3:30 PM: Beverly Hills Caregiver Group**
Location: Beth Jacob Congregation
9030 W. Olympic Blvd., Beverly Hills, CA 90211
- **March 11th, 9:00 AM-12:00 PM: USC Alumni Day of SService/ Caregiver Appreciation Day**
Location: LACRC@USC - Rosemead Office
Chapel Room, 4807 Earle Ave., Rosemead, CA 91770
- **March 11th, 9:00 AM-12:30 PM: "Caregiver U: A Morning to Take Care of You"**
Location: Ken Edwards Center
1527 4th St., Santa Monica, CA 90401
Please register by calling 1-800-516-5323.
- **March 13th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
- **March 14th & 28th, 11:30 AM-1:00 PM: First AME Church Support Group**
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- **March 16th, 9:00-11:00 AM: "C.A.L.M. About: Embracing Positive Thinking"**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room TBA
- **March 22nd, 1:00-2:30 PM: Monterey Park Support Group (Chinese)**
Location: Langley Senior Center
400 W. Emerson St., Monterey Park, CA 91754
- **March 23rd, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- **March 23rd, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **March 23rd, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342

MARCH 2017

MON	TUES	WED	THURS	FRI
		01 1:00-2:30 PM Pasadena Support Group	02 10:00-11:30 AM Santa Fe Springs Support Group (Spanish)	03 10:00 AM-12:00 PM The Caregiving Journey: A Three-Part Series (Arcadia) 10:00 AM-12:00 PM Powerful Tools (Beverly Hills)
06	07 1:00-3:00 PM "Stress-Busting Program for Family Caregivers" (Whittier) 2:00-4:00 PM "Stress, Resilience, & Positivity" (Sierra Madre) 	08 10:00-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group	09 9:00-11:00 AM C.A.L.M. About: Embracing Positive Thinking (Glendale) 10:00-11:30 AM Santa Monica Support Group 2:00-3:30 PM Beverly Hills Caregiver Group	10 10:00 AM-12:00 PM Powerful Tools (Beverly Hills) 
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THE LAST WORD:

Re-Introducing Jenny Peterson

Jenny Peterson first joined the USC Family Caregiver Support Center in 2006. Today, she works on establishing communications campaigns and strategies for the center.

Jenny's interest is in developing educational programs and events for the center, including the annual Caregiver Conference and Caregiver Retreat. She is also the steward of USC FCSC's graphic identity: designer of flyers, brochures, newsletters, and other printed materials.

When Jenny is not busy chasing around her two toddlers and keeping them out of trouble, she can be found indulging in garden therapy. She likes to grow unusual varieties of fruits and vegetables such as chocolate and purple-colored bell peppers, white pomegranates, thornless raspberry bushes, white eggplants, rare succulents, etc.



“Stress, Resilience & Positivity”

In keeping with this month's educational theme, we will start a four-week education series on “Stress, Resilience, & Positivity: Finding Balance” in Sierra Madre for four Tuesdays, March 7-28, 2:00-4:00 PM. This series will explore the idea of resilience, and why is it important when coping with stress? How do you build resilient family caregivers

who can cope and manage stress in positive, productive ways? This class is open to family caregivers of a loved one with a chronic condition and is generously sponsored by The Kensington Sierra Madre. Please refer to our calendar of events for more details.