

Caregiver Central

April 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
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Los Angeles, CA 90089-0191

LACRC@USC
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4807 Earle Ave.
Rosemead, CA 91770

TOLL-FREE PHONE:
1-855-872-6060

Website: www.fcscgero.org

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USC Leonard Davis
School of Gerontology

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Updates & Announcements

In last month's newsletter, we mentioned a partnership with the Encore Trojans group of the USC Alumni Association to bring awareness to caregiving issues in the USC community. The Encore Trojans group assembled caregiver appreciation packages during their annual USC Alumni Day of Service on Saturday, March 11th. The 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 was to remind family caregivers that their efforts are appreciated. Below are pictures of some of our USC alumni volunteers from the event.

This month, we're excited to announce that we will be holding two presentations in Mandarin Chinese on the topic of having a "Family Caregiver Checklist." This project is possible due to a new collaboration with the Cerritos

Chinese Catholic Association. Please refer to our calendar for more details on these two upcoming events.

We will begin a 6-week "Powerful Tools" class at Hillcrest Retirement Community in La Verne this month. Please refer to our calendar of events for more details about location and registration.

This month's educational theme at the center is "Coping with Ambiguous Loss." What is ambiguous loss? How does it affect caregivers? We will discuss the feelings of loss that occur throughout a caregiver's journey, and why it's important to reach acceptance for your "new normal" rather than holding on stubbornly to "the way things used to be." How do we allow ourselves to process what is happening around us and find the courage to move forward? For dates and times when we are scheduled to speak about this topic, please refer to our calendar of events.



Community Education Programs

One of the biggest components of the USC Family Caregiver Support Center's programs is offering community education to local centers or community groups who are interested in learning about caregiving issues. If you belong to such a community group and would like one of our staff to speak at a meeting or gathering, please contact



Jenny Peterson at 213-821-6908 to discuss how we can be a part of your event. In addition to talking about our free services for family caregivers, we also provide presentations on various topics of interest for the caregiving community.



CALENDAR OF EVENTS:

- April 4th, 11th, & 18th, 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.
- April 5th & 19th, 1:00-2:30 PM: Pasadena Support Group
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- April 6th & 20th, 10:00-11:30 AM: Santa Fe Springs Support Group (Presented in Spanish)
Location: Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs, CA 90670
- April 6th & 27th, 2:30-4:30 PM: Beverly Hills Caregiver Group
Location: Beth Jacob Congregation
9030 W. Olympic Blvd., Beverly Hills, CA 90211
PLEASE NOTE: The April 6th meeting was rescheduled from its regularly scheduled date of April 13th.
- April 7th, 10:00 AM-12:00 PM: "Powerful Tools for Caregivers" Class
Location: Beverly Hills Public Library
444 Rexford Dr., Beverly Hills, CA 90210
REGISTRATION FOR THIS CLASS HAS ENDED.
- April 7th, 10:00 AM-12:00 PM: "The Caregiving Journey: A Three-Part Series": Forming a Social Support System
Location: Arcadia Community Center
365 Campus Dr., Arcadia, CA 91007
- April 10th, 7:15-8:45 PM: Telephone Support Group
Please register by calling toll-free (855) 872-6060.
- April 11th, 10:00-11:30 AM: "Family Caregiver Checklist" (Presented in Mandarin Chinese)
Location: Cerritos Chinese School Office
18908 Norwalk Blvd., Artesia, CA 90701
Please call Mei-Chi Kuo at 213-821-6920 to register.
- April 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
- April 12th, 10:00-11:30 AM: Rosemead Support Group
Location: LACRC@USC - Rosemead Office
Massie Recreation Hall, 4807 Earle Ave., Rosemead, CA 91770
- April 12th & 26th, 12:00-2:00 PM: USC Support Group
Location: LACRC@USC - Davis School of Gerontology
- April 13th, 9:00-11:00 AM: "C.A.L.M. About: Coping with Ambiguous Loss"
Location: Glendale Adventist Medical Center
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
- April 13th & 27th, 10:00-11:30 AM: Santa Monica Support Group
Location: WISE Adult Day Service Center
1527 4th St., 2nd Fl., Santa Monica, CA 90401
- April 20th, 9:00-11:00 AM: "C.A.L.M. About: Coping with Ambiguous Loss"
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room TBA
- April 21st & 28th, 1:00-2:30 PM: "Powerful Tools for Caregivers" Class
Location: Hillcrest Retirement Community
Galen Walker Board Room
2705 Mountain View Dr., La Verne, CA 91750
REGISTRATION IS REQUIRED. Please call Mei-Chi Kuo at 213-821-6920 to register.
- April 26th, 1:00-2:30 PM: Monterey Park Support Group (Presented in Mandarin Chinese)
Location: Langley Senior Center
400 W. Emerson St., Monterey Park, CA 91754
- April 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
- April 27th, 10:00 AM-12:00 PM: Caregivers' Circle
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- April 27th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342
- April 29th, 10:00-11:30 AM: "Family Caregiver Checklist" (Presented in Mandarin Chinese)
Location: Cerritos Chinese School Office
18908 Norwalk Blvd., Artesia, CA 90701
Please call Mei-Chi Kuo at 213-821-6920 to register.

APRIL 2017

MON	TUES	WED	THURS	FRI
03 	04 1:00-3:00 PM "Stress-Busting Program for Family Caregivers" (Whittier)	05 1:00-2:30 PM Pasadena Support Group	06 10:00-11:30 AM Santa Fe Springs Support Group (Spanish) 2:30-4:30 PM Beverly Hills Caregiver Group	07 10:00 AM-12:00 PM The Caregiving Journey: A Three-Part Series (Arcadia) 10:00 AM-12:00 PM Powerful Tools (Beverly Hills)
10 7:15-8:45 PM Telephone Support Group	11 10:00-11:30 AM  "Caregiver Checklist" (CHINESE) (Cerritos) 11:30 AM-1:00 PM First AME Support Group 1:00-3:00 PM "Stress-Busting Program for Family Caregivers" (Whittier)	12 10:00-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group	13 9:00-11:00 AM C.A.L.M. About: Coping with Ambiguous Loss (Glendale) 10:00-11:30 AM Santa Monica Support Group	14
17	18 1:00-3:00 PM "Stress-Busting Program for Family Caregivers" (Whittier)	19 1:00-2:30 PM Pasadena Support Group	20 9:00-11:00 AM C.A.L.M. About: Coping with Ambiguous Loss (Baldwin Park) 10:00 AM-11:30 AM Santa Fe Springs Support Group (Spanish)	21  1:00-2:30 PM Powerful Tools (La Verne)
24 	25 11:30 AM-1:00 PM First AME Support Group	26 12:00-2:00 PM USC Support Group 1:00-2:30 PM Monterey Park Support Group (Chinese)	27 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 2:30-4:30 PM Beverly Hills Caregiver Group 6:00-7:30 PM Sylmar Support Group	28 10:00 AM-12:00 PM Powerful Tools (La Verne) 



**University of Southern California
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Los Angeles, CA 90089-0191**

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THE LAST WORD:

Re-Introducing Lucila Torres

Lucila Torres joined the Center in December 2014. She is originally from New Mexico and moved to Los Angeles four years ago. Lucila has an extensive background in social services including child protective services, public health and services for those affected by domestic violence. She enjoys her role as a Family Care

Navigator because it gives her the opportunity to continue her lifelong commitment to supporting family caregivers. She is bilingual and started the first Spanish speaking support group in Santa Fe Springs this year. Lucila lives in the South Bay and enjoys spending time with her family and trying out new foods and restaurants.

Ralphs Community Contribution Program

Did you know you could support the Family Caregiver Support Center at no extra cost to yourself? The USC FCSC is part of the Ralphs Community Contribution Program, which donates a small portion of your grocery bill to participating community agencies when you use your rewards card. Ralphs requires re-enrollment every year to continue being part of its Community

Contribution Program. If you haven't signed up yet, please call us at 1-855-872-6060 to find out how to enroll your Ralphs card.

