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) 872-6920.

- **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: Potroo 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.
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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.