



University of Southern California
USC Family Caregiver Support Center
3715 McClintock Ave.
Los Angeles, CA 90089-0191

Caregiver Central

May 2017

Los Angeles Caregiver Resource Center @ USC

Updates & Announcements

We're pleased to announce that our newly developed four-week class called "Stress, Resilience & Positivity" was such a hit this March at The Kensington in Sierra Madre that we will be holding the class again this month in Long Beach at the Grace First Presbyterian Church. What is resilience, and why is it important when coping with stress? How do we build resilient family caregivers who can cope and manage stress in positive ways? Please join us for a four-week class designed to help family caregivers find positive ways to cope with stress, build resilience, and embrace positive thinking. This class will be held for four Wednesdays, May 10th-31st, 2:00-4:00 PM. Please refer to our calendar for more details.

We will be holding two presentations in Mandarin Chinese on "What is Dementia?" This project is possible due to a collaboration with the Cerritos Chinese Catholic Association. Please refer to our calendar for more details on these two upcoming events.

This month's educational theme at the center is "What is Normal Memory Loss vs. Dementia?" What would be considered "normal" memory loss? How do we recognize the early signs of dementia? We will discuss how to tell the difference between the two, and what to do if someone you love may have dementia. For dates and times when we are scheduled to speak about this topic, please refer to our calendar of events.

Why does our newsletter look different? In an effort to conserve funds, we are temporarily presenting a shortened version of our printed newsletter. Our online and email newsletter will remain unchanged.

USC CareJourney Launches

The USC Family Caregiver Support Center is thrilled to announce the launch of USC CareJourney, our new secure online program which provides you with a personalized dashboard of information, support and resources for family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke,



Parkinson's, traumatic brain injury, and other illnesses. USC CareJourney allows family caregivers to connect with our center and learn about the resources and services we offer. Caregivers can access information matching their unique caregiving needs 24/7 from their own computer or mobile device. To join, visit our website www.fcscgero.org and click on the link to register for **USC CareJourney**. You will be asked to answer a brief set of questions about your caregiving situation during the online registration process. (**PLEASE NOTE:** USC CareJourney is intended for the use of family caregivers, NOT professionals in the field.)

CALENDAR OF EVENTS:

- **May 3rd & 17th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **May 4th & 18th, 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
- **May 8th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
- **May 9th, 10:30 AM-12:00 PM: "What is Dementia?" (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.
- **May 9th & 23rd, 11:30 AM-1:00 PM: First AME Church Support Group**
Location: First AME Church (Allen House)
2249 South Harvard, Los Angeles, CA 90018
- **May 9th, 2:30-4:30 PM: "Family Caregiver Mini-Series: Intro to Caregiver Support Services"**
Location: Claremont Manor Care Center
621 W. Bonita Ave., Claremont, CA 91711
- **May 10th, 10:00-11:30 AM: Rosemead Support Group**
Location: LACRC@USC - Rosemead Office
Massie Recreation Hall, 4807 Earle Ave., Rosemead, CA 91770
- **May 10th & 24th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **May 10th, 17th, 24th & 31st, 2:00-4:00 PM: "Stress, Resilience, & Positivity" (Long Beach)**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
REGISTRATION IS REQUIRED. Please call Yvonne Kuo at 213-821-6919 or Jenny Peterson at 213-821-6908.
- **May 11th, 9:00-11:00 AM: "C.A.L.M. About: Normal Memory Loss vs. Dementia"**
Location: Glendale Adventist Medical Center
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
- **May 11th & 25th, 10:00-11:30 AM: Santa Monica Support Group**
Location: WISE Adult Day Service Center
1527 4th St., 2nd Fl., Santa Monica, CA 90401
- **May 11th, 2:30-4:30 PM: Beverly Hills Caregiver Group**
Location: Beth Jacob Congregation
9030 W. Olympic Blvd., Beverly Hills, CA 90211
*****PLEASE NOTE: The May 25th meeting is cancelled. Meetings will return to regular schedule in June.*****
- **May 18th, 9:00-11:00 AM: "C.A.L.M. About: Normal Memory Loss vs. Dementia"**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room TBA
- **May 20th, 8:00 AM-2:30 PM: 9th Annual Senior Symposium, (hosted by ONEgeneration)**
Location: ONEgeneration Senior Enrichment Center
18255 Victory Blvd., Reseda, CA 91335
Please register by calling ONEgeneration at 818-705-2345. **PLEASE NOTE: This event is hosted by our community partner, ONEgeneration.***
- **May 20th, 10:30 AM-12:00 PM: "What is Dementia?" (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.
- **May 24th, 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
- **May 25th, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- **May 25th, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **May 25th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342