

Caregiver Central

September 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

Fall is in the air! Even though the days are still sunny and warm, a chill has crept into the early mornings and evenings. At the center, we're busy planning exciting programs for our caregivers for the upcoming fall and winter.

We will begin another four-week education series on "Stress, Resilience, & Positivity: Finding Balance" at the Arcadia Community Center on September 15th, 22nd, 29th, and October 6th, 10:00 AM-12:00 PM. This series will explore the idea of resilience, and why it is 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. Please refer to our calendar of events for more details.

This month's educational theme at the center is "Dementia: What Does It Mean?" We will discuss what a dementia diagnosis means. What are some signs of early dementia, and how can we help our family members who are possibly experiencing symptoms? For dates and times when we are scheduled to speak about this topic,

please refer to our calendar of events.

We will begin a 6-week "Powerful Tools" class at Hillcrest Retirement Community in La Verne on Mondays starting September 18th to October 23rd, 10:00-11:30 AM. This class will discuss how to communicate effectively as a caregiver and how to manage challenging behaviors. **REGISTRATION IS REQUIRED.** Please call Mei-Chi Kuo at 213-821-6920 for more information or to register.

It's that time of the year again! Please support the USC Family Caregiver Support Center by re-enrolling your Ralph card to participate in the Ralphs Community Contribution Program. Please refer to the following pages for more information on how to enroll and support our program.

Lastly, please mark your calendars for our 17th Annual Caregiver Conference. This year's conference will be held on Saturday, October 28th, 9:00 AM-2:00 PM. The theme is "Caregiving Around the Clock" and will focus upon ways to help and support caregivers through their day-to-day tasks, seek information about community resources, and ultimately, how to thrive --instead of just survive-- the caregiving journey.

USC CareJourney

USC CareJourney allows family caregivers to connect with our center and learn about the resources and services we offer.

LACRC CareJourney™
PERSONAL CAREGIVER SUPPORT

Caregivers can access information matching their unique caregiving needs 24/7 from their own computer or mobile device. To join, please visit our website at www.fcscgero.org and click on the link to register for **USC CareJourney**.

Caregiver Retreat

Our latest Caregiver Retreat on Tuesday, August 29th, 2017 in Duarte was a resounding success! We welcomed over 35 family caregivers to a wonderful day of rest and relaxation. Retreat workshops included a music therapy circle led by Katherine Halliwell of Full Circle Music Services, comedic relief and storytelling by Joseph Sullivan, art therapy through coloring and sticker-by-number projects, and even a Zumba class led by our very own staff member, Gina Farfan. Caregivers even enjoyed 15-minute chair massages, generously sponsored by Westminster Gardens.

We received much positive feedback from our caregivers and visiting representatives from our sponsors. Many thanks to the be.group community

Westminster Gardens for hosting this important program for caregivers.

Planning is already in progress for our next Caregiver Retreat in early spring 2018. Stay tuned in the coming months for more details!



CALENDAR OF EVENTS:

- **Sept 6th & 20th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
 - **Sept 7th, 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
 - **Sept 11th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
 - **Sept 12th & 26th, 11:30 AM-1:00 PM: First AME Church Support Group**
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
 - **Sept 13th, 10:00-11:30 AM: Rosemead Support Group**
Location: LACRC@USC - Rosemead Office
Massie Recreation Hall, 4807 Earle Ave., Rosemead, CA 91770
 - **Sept 13th & 27th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
 - **Sept 14th, 9:00-11:00 AM: "C.A.L.M. About: Dementia: What Does It Mean?"**
Location: Glendale Adventist Medical Center
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
 - **Sept 14th, 4:30-6:00 PM: Claremont Support Group**
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
 - **Sept 15th, 22nd, 29th & October 6th, 10:00 AM-12:00 PM: "Stress, Resilience, & Positivity" Class**
Location: Arcadia Community Center
365 Campus Dr., Arcadia, CA 91007
Please call Jenny Peterson at 213-821-6908 or Yvonne Kuo at 213-821-6919 to register for this class.
 - **Sept 18th, 25th, October 2nd, 9th, 16th, & 23rd, 10:00 -11:30 AM: "Powerful Tools" Class**
Location: Hillcrest Retirement Community
2705 Mountain View Drive, La Verne, CA 91750
Please call Mei Chi Kuo at 213-821-6920 to register.
 - **Sept 21st, 9:00-11:00 AM: "C.A.L.M. About: Dementia: What Does It Mean?"**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room TBA
 - **Sept 27th, 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
 - **Sept 28th, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
 - **Sept 28th, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
 - **Sept 28th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342
- ***The Beverly Hills support group at Beth Jacob Congregation will be temporarily on hold until October 2017.*****

SAVE THE DATE: Our 17th Annual Caregiver Conference will be held on Saturday, October 28th, 9:00 AM - 2:00 PM at the USC Gerontology Center. To register, please call us at toll-free 1-855-872-6060 or visit us at www.fcscgero.org

SEPTEMBER 2017

MON	TUES	WED	THURS	FRI
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Farmer Evans was driving his John Deere tractor along the road with a trailer load of fertilizer. Tim, a little boy of eight, was playing in his yard when he saw the farmer and asked, "What've you got in your trailer?"

"Manure," Farmer Evans replied.

"What are you going to do with it?" asked Tim.

"Put it on my strawberries," answered the farmer.

Tim replied, "You ought to come and eat with us; we put ice cream on our strawberries."

01

04



05

06

1:00-2:30 PM
Pasadena Support Group

07

10:00-11:30 AM
Santa Fe Springs Support Group (Spanish)

08

11

7:15-8:45 PM Telephone Support Group

12

11:30 AM-1:00 PM
First AME Support Group

13

10:00-11:30 AM
Rosemead Support Group

12:00-2:00 PM
USC Support Group

14

9:00-11:00 AM
C.A.L.M. About: Dementia: What Does It Mean? (Glendale)

4:30-6:00 PM
Claremont Support Group



15

10:00 AM-12:00 PM
Stress, Resilience, & Positivity (Arcadia)



18

10:00-11:30 AM
Powerful Tools (La Verne)



19

20

1:00-2:30 PM
Pasadena Support Group

21

9:00-11:00 AM
C.A.L.M. About: Dementia: What Does It Mean? (Baldwin Park)

22

10:00 AM-12:00 PM
Stress, Resilience, & Positivity (Arcadia)

25

10:00-11:30 AM
Powerful Tools (La Verne)

26

11:30 AM-1:00 PM
First AME Support Group

27

12:00-2:00 PM
USC Support Group

1:00-2:30 PM
Monterey Park Support Group (Chinese)

28

10:00 AM-12:00 PM
Long Beach Support Group

10:00 AM-12:00 PM
Montebello Caregiver Circle

6:00-7:30 PM
Sylmar Support Group

29

10:00 AM-12:00 PM
Stress, Resilience, & Positivity (Arcadia)



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

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THE LAST WORD:

Ralphs Community Contribution Program

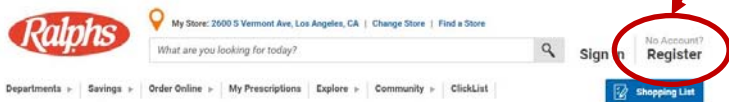
The USC FCSC is part of the Ralphs Community Contribution Program, which donates a small portion of your grocery bill to participating community agencies when you use your rewards card. Ralphs requires re-enrollment every year to continue being part of its Community Contribution Program. If you are currently enrolled (or would like to newly enroll!) in this program, we need you to re-enroll your Ralphs Rewards Card beginning September 1st to continue your contributions to our program.

Option #1 (RECOMMENDED):

Call the Ralphs Community Contribution Program at 1-800-443-4438 and follow the instructions on the phone to speak with a representative who can assist you in enrolling your Ralphs Rewards Card. (Please reference NPO # 80612.)

Option #2:

1. Log in to www.ralphs.com/signin
2. Click on "No Account? Register" at the top.

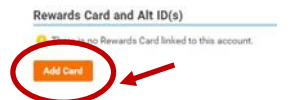


3. Follow the easy steps to create an online account.
4. You will be instructed to go to your email inbox to confirm your account.

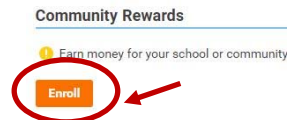
5. After you confirm your online account by clicking on the link in your email, return to www.ralphs.com and click on 'Sign In', enter your email address and password.



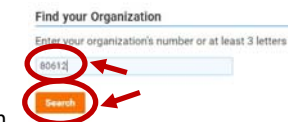
6. View all your information under "My Account" and make sure to add your Ralphs Rewards Card.



7. Link your card to the USC FCSC by clicking on the "Community Rewards - Enroll" button.



8. Type our NPO number (80612) and click on "Search."



9. Click on the circle to the left of your organizations' name. Click on "Enroll" to finish your enrollment.

