

# Caregiver Central

October 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](http://www.fcscgero.org)

Email: [fcscgero@usc.edu](mailto:fcscgero@usc.edu)

USC Leonard Davis  
School of Gerontology

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## Updates & Announcements

**W**e're busy little bees over here at the center! We've been putting together one of our largest events of the year: 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. To register for this event, please visit our website [www.fcscgero.org](http://www.fcscgero.org) or call us toll-free at 1-855-872-6060.

This month's educational theme at the center is "Understanding Difficult

Behaviors of Dementia." We will discuss some common behaviors exhibited by people with dementia. Some of these behaviors can be challenging for caregivers to deal with in the course of trying to provide good care. What are some strategies for understanding and coping with some of these difficult behaviors? For dates and times when we are scheduled to speak about this topic, please refer to our calendar of events.

If you have not already done so, please support the USC Family Caregiver Support Center by re-enrolling your Ralphs card to participate in the Ralphs Community Contribution Program. Please refer to the back page for more information on how to enroll and support our program.



SATURDAY, OCTOBER 28, 2017  
9:00 AM - 2:00 PM

**CAREGIVING**  
AROUND THE **CLOCK**

17th Annual "Caregivers Are Learning More"  
**C.A.L.M. Conference**

## USC CareJourney

**U**SC 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](http://www.fcscgero.org) and click on the link to register for **USC CareJourney**.



# CAREGIVING AROUND THE CLOCK

## 17<sup>TH</sup> ANNUAL CAREGIVERS ARE LEARNING MORE **C.A.L.M. CONFERENCE**

SATURDAY, OCTOBER 28, 2017 | 9:00 AM-2:00 PM

USC LEONARD DAVIS SCHOOL OF GERONTOLOGY  
3715 McCLINTOCK AVE., LOS ANGELES, CA 90089



REGISTER ONLINE AT [WWW.FCSCGERO.ORG](http://WWW.FCSCGERO.ORG) OR TOLL FREE 1-855-872-6060

### CALENDAR OF EVENTS:

- **Oct 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.**
- **Oct 4th & 18th, 1:00-2:30 PM:** Pasadena Support Group  
Location: Pasadena Senior Center  
85 E. Holly St., Pasadena, CA 91103
- **Oct 5th, 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
- **Oct 6th, 10:00 AM-12:00 PM:** “Stress, Resilience, & Positivity”  
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.**
- **Oct 9th, 7:15-8:45 PM:** Telephone Support Group  
Please register by calling toll-free (855) 872-6060.
- **Oct 10th & 24th, 11:30 AM-1:00 PM:** First AME Church Support Group  
Location: First AME Church: Allen House  
2249 South Harvard, Los Angeles, CA 90018
- **Oct 11th, 10:00-11:30 AM:** Rosemead Support Group  
Location: LACRC@USC - Rosemead Office  
Massie Recreation Hall, 4807 Earle Ave., Rosemead, CA 91770
- **Oct 11th & 25th, 12:00-2:00 PM:** USC Support Group  
Location: LACRC@USC - Davis School of Gerontology
- **Oct 12th, 9:00-11:00 AM:** “C.A.L.M. About: Understanding Difficult Behaviors of Dementia”  
Location: Glendale Adventist Medical Center  
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
- **Oct 12th, 4:30-6:00 PM:** Claremont Support Group  
Location: Claremont Manor Care Center (OT Room)  
621 W. Bonita Ave., Claremont, CA 91711
- **Oct 19th, 9:00-11:00 AM:** “C.A.L.M. About: Understanding Difficult Behaviors of Dementia”  
Location: Kaiser Permanente Medical Center  
1011 Baldwin Park Blvd., Baldwin Park, CA 91706  
Basement Conference Room TBA
- **Oct 25th, 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
- **Oct 26th, 10:00 AM-12:00 PM:** Long Beach Support Group  
Location: Grace First Presbyterian Church (Fireside Room)  
3955 Studebaker Road, Long Beach, CA 90808
- **Oct 26th, 10:00 AM-12:00 PM:** Caregivers’ Circle  
Location: Potrero Heights Park Community & Senior Center  
8051 Arroyo Dr., Montebello, CA 90640
- **Oct 26th, 6:00-7:30 PM:** Sylmar Support Group (\*PEER-LED\*)  
Location: Lake View Terrace Library  
12002 Osborne St., Sylmar, CA 91342

**Oct 28th, 9:00 AM-2:00 PM:** Caregiver Conference  
Location: USC Leonard Davis School of Gerontology  
3715 McClintock Ave., Los Angeles, CA 90089  
**Please register at [www.fcscgero.org](http://www.fcscgero.org) or call us toll-free at 1-855-872-6060.**

**\*\*\*The Beverly Hills support group at Beth Jacob Congregation will be temporarily on hold until after October 2017. \*\*\***

# OCTOBER 2017

MON	TUES	WED	THURS	FRI
<b>02</b> 10:00-11:30 AM Powerful Tools (La Verne)	<b>03</b>	<b>04</b> 1:00-2:30 PM Pasadena Support Group	<b>05</b> 10:00-11:30 AM Santa Fe Springs Support Group (Spanish)	<b>06</b> 10:00 AM-12:00 PM Stress, Resilience, & Positivity Group (Arcadia)
<b>09</b> 10:00-11:30 AM Powerful Tools (La Verne)  7:15-8:45 PM Telephone Support Group	<b>10</b> 11:30 AM-1:00 PM First AME Support Group	<b>11</b> 10:00-11:30 AM Rosemead Support Group  12:00-2:00 PM USC Support Group	<b>12</b> 9:00-11:00 AM C.A.L.M. About: Understanding Difficult Behaviors (Glendale)  4:30-6:00 PM Claremont Support Group	<b>13</b>
<b>16</b> 10:00-11:30 AM Powerful Tools (La Verne)	<b>17</b>	<b>18</b> 1:00-2:30 PM Pasadena Support Group	<b>19</b> 9:00-11:00 AM C.A.L.M. About: Understanding Difficult Behaviors (Baldwin Park)	<b>20</b>
<b>23</b> 10:00-11:30 AM Powerful Tools (La Verne)	<b>24</b> 11:30 AM-1:00 PM First AME Support Group	<b>25</b> 12:00-2:00 PM USC Support Group  1:00-2:30 PM Monterey Park Support Group (Chinese)	<b>26</b> 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	<b>27</b> 10:00 AM-12:00 PM Stress, Resilience, & Positivity (Arcadia)
<b>30</b>	<b>31</b>	<b>LAST DAY TO REGISTER FOR CONFERENCE</b> <a href="http://www.fcscgero.org">www.fcscgero.org</a>		<b>CAREGIVER CONFERENCE</b> <b>10/28, 9 AM-2 PM</b>



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

NON-PROFIT ORG  
 U.S. POSTAGE PAID  
 UNIVERSITY OF  
 SOUTHERN CALIFORNIA

## THE LAST WORD:

# Ralphs Community Contribution Program

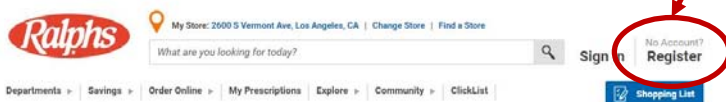
**T**he USC FCSC is part of the Ralphs Community Contribution Program, which donates a small portion of your grocery bill to participating community agencies when you use your rewards card. Ralphs requires re-enrollment every year to continue being part of its Community Contribution Program. If you are 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.)

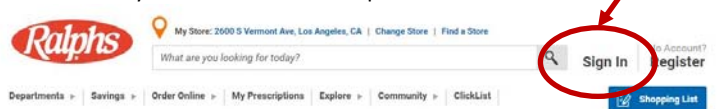
**Option #2:**

1. Log in to [www.ralphs.com/signin](http://www.ralphs.com/signin)
2. Click on “No Account? Register” at the top.

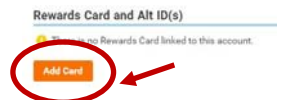


3. Follow the easy steps to create an online account.
4. You will be instructed to go to your email inbox to confirm your account.

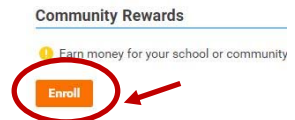
5. After you confirm your online account by clicking on the link in your email, return to [www.ralphs.com](http://www.ralphs.com) and click on ‘Sign In’, enter your email address and password.



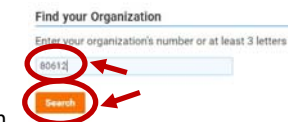
6. View all your information under “My Account” and make sure to add your Ralphs Rewards Card.



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.

