

# Caregiver Central

November 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

**N**ovember is National Family Caregivers Month. Please join us in celebrating family caregivers and everything they do all day, every day. Caregiving is “Around the Clock.” Ask any caregiver, and they will tell you that this is a “24 hours a day, 7 days a week” type of role with little or no opportunity to seek some rest for themselves. Studies have shown that caregivers often neglect their own care and needs, are in poor physical health themselves, and are at higher risk for anxiety and depression. Caregivers who are isolated without a strong social support system are most affected by the struggles of caregiving.

This November, if you are a caregiver, we encourage you to reach out to other caregivers, attend a support group meeting, and take a few minutes to rest. If you know a caregiver, show some kindness by telling that person that they are doing a great job! Show caregivers that they matter!

Our 17th Annual Caregiver Conference on Saturday, October 28th was a complete success! We welcomed over 250 people at the USC Leonard Davis

School of Gerontology. In addition to a resource fair, we had educational presentations on topics of dental care for caregivers, how to combat loneliness and isolation as a caregiver, and how to use lifestyle choices to prevent and reverse chronic illnesses. A team of faculty, staff and students from the USC School of Dentistry was on-site to provide oral health screenings to conference participants.

This month’s educational theme at the center is “Managing Holiday Stress.” We will discuss common causes of stress for caregivers that are particularly unique to the holiday season. How do we balance our needs for tradition, festivity, and gatherings with our roles as caregivers? How do we adapt our holidays appropriately to our needs and those of the people we care for? For dates and times when we are scheduled to speak about this topic, please refer to our calendar of events.

Finally, please see the last page of this newsletter for a special tribute dedicated to our caregivers. This November, we thank our family caregivers for everything they do!

## USC CareJourney

**U**SC 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, please visit our website at [www.fcscgero.org](http://www.fcscgero.org) and click on the link to register for **USC CareJourney**.

**LACRC CareJourney™**  
**PERSONAL CAREGIVER SUPPORT**

# Playing With Puppies

**H**ow can volunteering be respite? If you get to play with puppies, it can be.

Being a caregiver takes a toll. Sometime volunteering can break things up and give respite, just because it's something different to do. Finding time to focus on something new can refresh your outlook and benefit you emotionally. A local non-profit helping seniors and those living with life-threatening illnesses with the care of their companion animals could use your assistance.

The local organization PAWS/LA ([www.pawsla.org](http://www.pawsla.org)) is located at 2121 South Flower Street, Los

Angeles, CA 90007, needs morning and afternoon volunteers to help greet clients and handle light filing. Each volunteer shift is 3 hours from 10-1pm and 2-5pm, Monday – Thursday. If you'd like more information please contact John Meeks, Volunteer Coordinator, PAWS/LA [jmeeks@pawsla.org](mailto:jmeeks@pawsla.org) or by phone 213-741-1950 ext. 116.



## CALENDAR OF EVENTS:


- **Nov 1st & 15th, 1:00-2:30 PM: Pasadena Support Group**  
Location: Pasadena Senior Center  
85 E. Holly St., Pasadena, CA 91103
- **Nov 2nd, 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
- **Nov 8th, 10:00-11:30 AM: Rosemead Support Group**  
Location: LACRC@USC - Rosemead Office  
Massie Recreation Hall, 4807 Earle Ave., Rosemead, CA 91770
- **Nov 8th & 22nd, 12:00-2:00 PM: USC Support Group**  
Location: LACRC@USC - Davis School of Gerontology
- **Nov 9th, 9:00-11:00 AM: "C.A.L.M. About: Managing Holiday Stress"**  
Location: Glendale Adventist Medical Center  
Live Well Lounge, 1509 Wilson Terrace, Glendale, CA 91206
- **Nov 9th, 4:30-6:00 PM: Claremont Support Group**  
Location: Claremont Manor Care Center (OT Room)  
621 W. Bonita Ave., Claremont, CA 91711
- **Nov 13th, 7:15-8:45 PM: Telephone Support Group**  
Please register by calling toll-free (855) 872-6060.
- **Nov 14th & 28th, 11:30 AM-1:00 PM: First AME Church Support Group**  
Location: First AME Church: Allen House  
2249 South Harvard, Los Angeles, CA 90018
- **Nov 16th, 10:00 AM-12:00 PM: Long Beach Support Group**  
Location: Grace First Presbyterian Church (Fireside Room)  
3955 Studebaker Road, Long Beach, CA 90808  
**\*\* PLEASE NOTE: This event has been re-scheduled outside of its regular monthly schedule due to the Thanksgiving holiday.\*\***
- **Nov 16th, 10:00 AM-12:00 PM: Caregivers' Circle**  
Location: Potrero Heights Park Community & Senior Center  
8051 Arroyo Dr., Montebello, CA 90640  
**\*\* PLEASE NOTE: This event has been re-scheduled outside of its regular monthly schedule due to the Thanksgiving holiday.\*\***

### **Sylmar Support Group (\*PEER-LED\*)**

Location: Lake View Terrace Library  
12002 Osborne St., Sylmar, CA 91342

**\*\* PLEASE NOTE: Due to the Thanksgiving holiday this month, this event will be re-scheduled to a different date and time. Please call us at 1-855-872-6060 for more details.\*\***

# NOVEMBER 2017

MON	TUES	WED	THURS	FRI
		<b>01</b> 1:00-2:30 PM Pasadena Support Group	<b>02</b> 10:00-11:30 AM Santa Fe Springs Support Group (Spanish)	<b>03</b>
<b>06</b>	<b>07</b>	<b>08</b> 10:00-11:30 AM Rosemead Support Group  12:00-2:00 PM USC Support Group	<b>09</b> 9:00-11:00 AM C.A.L.M. About: Managing Holiday Stress (Glendale)  4:30-6:00 PM Claremont Support Group	<b>10</b>
<b>13</b> 7:15-8:45 PM Telephone Support Group	<b>14</b> 11:30 AM-1:00 PM First AME Support Group	<b>15</b> 1:00-2:30 PM Pasadena Support Group	<b>16</b> 10:00 AM-12:00 PM Long Beach Support Group  10:00 AM-12:00 PM Montebello Caregivers' Circle	<b>17</b>
<b>20</b>	<b>21</b>	<b>22</b> 12:00-2:00 PM USC Support Group	<b>23</b> 	<b>24</b>
<b>27</b>	<b>28</b> 11:30 AM-1:00 PM First AME Support Group	<b>29</b>	<b>30</b>	



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## THE LAST WORD:

### Caregiver Appreciation Tribute

**T**hank you for the endless hard work you do. Thank you for rolling up your sleeves and getting things done when you are needed. Thank you for the long days and even longer nights. Thank you for pushing forward when things become difficult. Thank you for the love, sweat, laughter, and tears that you have shown in this journey. Thank you for being the glue that holds our families -- and communities -- together. Thank you for the countless sacrifices you have made, whether or not others know about these sacrifices. Thank you for being committed to this role as a caregiver.

Sometimes the path becomes rocky, and you lose your way. Sometimes you want to run as fast as you can in the other direction. Sometimes it may seem like no one sees or hears you. But we do. We see you. We hear you. We know what you are going through. **YOU ARE NOT ALONE.**

*The USC Family Caregiver Support Center is here to support you through this journey. Connect with us at 1-855-872-6060 or [www.fcscgero.org](http://www.fcscgero.org).*