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 CareJourney

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 and click on the link to register for USC CareJourney.

USC Leonard Davis School of Gerontology

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5 Tips to Beat the Post-Holiday Blues

When the holiday season passes and life returns to normal, many caregivers (and even non-caregivers!) will experience “post-holiday blues.” During the holiday season, we become accustomed to a fast-paced schedule filled with activity after activity. When we hit a slower pace on January 2nd, the lack of action and commotion fills some of us with mild feelings of disappointment, anxiety, and depression.

Here are 5 tips for beating the post-holiday blues:

1.) **Plan ahead.** Schedule something in January (or even February!) to look forward to. It doesn’t need to be an elaborate party; it could be a coffee date with a friend. When we have something to look forward to, it gives us hope and keeps us going.

2.) **Re-establish your support system.** During the holidays, we are often so busy running around that we neglect to nurture our support system. Perhaps you haven’t called a good friend in a long time or attended a support group meeting since the holiday season started. It’s time to get back in the habit of re-establishing these patterns of reaching out to our support system and keeping these bonds strong.

3.) **Make time for creative pursuits.** Using your creativity can lift your spirits and help you feel productive. You can try something as simple as adult coloring books (often available at the dollar bins at Target or Michaels), knitting, crocheting, or journaling.

4.) **Get physical.** Walking, running, exercising at the gym, dancing, gardening, etc. are all ways to encourage your body to get moving. Physical activity releases hormones in our bodies that help us feel better. It also gives us opportunities to get outside and soak in the sun, which is important for maintaining our Vitamin D levels!

5.) **You have a clean slate.** Look forward into the new year, instead of backward into the past one. The start of a new year means a new beginning, and you have the power to change things. If you find that you were unhappy with some of the things, situations, or people you dealt with in the past year, think about how you can change in the new year. Don’t be afraid to say to yourself, “This isn’t working, and something needs to change.” It’s a new year, and it’s the perfect time to make a new beginning!

*If your post-holiday blues are persistent and have lingered for several weeks without going away, please consult with a professional for help.*

My husband and I purchased an old home in Northern New York State from two elderly sisters. Winter was fast approaching and I was concerned about the house’s lack of insulation. "If they could live here all those years, so can we!" my husband confidently declared. One November night the temperature plunged to below zero, and we woke up to find interior walls covered with frost. My husband called the sisters to ask how they had kept the house warm. After a rather brief conversation, he hung up. "For the past 30 years," he muttered, "they’ve gone to Florida for the winter."

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<td>10:00-11:30 AM Rosemead Support Group</td>
<td>9:30-11:30 AM C.A.L.M. About: Things Every Caregiver Should Know (Glendale)</td>
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JANUARY 2018
CALENDAR OF EVENTS:

- **Jan 3rd & 17th, 1:00-2:30 PM**: Pasadena Support Group
  Location: Pasadena Senior Center
  85 E. Holly St., Pasadena, CA 91103

- **Jan 4th, 1:00-2:30 PM**: Santa Fe Springs Support Group *(Presented in Spanish)*
  Location: Gus Velasco Neighborhood Center
  9255 S. Pioneer Blvd., Santa Fe Springs, CA 90670

- **Jan 8th, 7:15-8:45 PM**: Telephone Support Group
  Please register by calling toll-free (855) 872-6060.

- **Jan 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

- **Jan 10th, 10:00-11:30 AM**: Rosemead Support Group
  Location: California Mission Inn
  Massie Recreation Hall
  8417 Mission Dr., Rosemead, CA 91770

- **Jan 10th & 24th, 12:00-2:00 PM**: USC Support Group
  Location: LACRC@USC - Davis School of Gerontology

- **Jan 11th, 9:30-11:30 AM**: “C.A.L.M. About: Things Every Caregiver Should Know”
  Location: Adventist Health Glendale
  Live Well Lounge
  1509 Wilson Terrace, Glendale, CA 91206

- **Jan 11th, 4:30-6:00 PM**: Claremont Support Group
  Location: Claremont Manor Care Center (OT Room)
  621 W. Bonita Ave., Claremont, CA 91711

- **Jan 18th, 9:00-11:00 AM**: “C.A.L.M. About: Things Every Caregiver Should Know”
  Location: Kaiser Permanente Medical Center
  1011 Baldwin Park Blvd., Baldwin Park, CA 91706
  Basement Conference Room TBA

- **Jan 25th, 10:00 AM-12:00 PM**: Caregivers’ Circle
  Location: Potrero Heights Park Community & Senior Center
  8051 Arroyo Dr., Montebello, CA 90640

- **Jan 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

- **Jan 25th, 6:00-7:30 PM**: Sylmar Support Group *(PEER-LED)*
  Location: Lake View Terrace Library
  12002 Osborne St., Sylmar, CA 91342