

Caregiver Central

January 2018

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
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Los Angeles, CA 90089-0191

LACRC@USC
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Rosemead, CA 91770

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USC Leonard Davis
School of Gerontology

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Updates & Announcements

As the prospect of a new year greets us, we are faced with a clean slate; what do we do with it? It is often during this time of year that we feel like we can make changes and start fresh again. Some of us may call this process making New Year's resolutions while others will simply call it turning over a new leaf. In any case, since we are facing a new year, we encourage you to examine your life in 2017 with honesty (and sometimes, courage) to reflect upon what has worked for you as a caregiver and what has not. How can you adapt things to better fit your lifestyle as a caregiver? Many times people become caregivers and carry on for quite some time "as is," without making changes in their lives and expecting things can or will stay the same. The hard truth to face is that everything changes when you are a caregiver. For your own sanity and happiness, learning to accept these changes and finding ways to adapt will



lead you to discovering a "new normal." When we struggle to keep things as they always were, we discount the ways in which our lives have changed and true impact of these changes.

This month's educational theme at the center is "C.A.L.M. About: Things Every Caregiver Should Know." We will discuss some of the most common questions caregivers have and possible solutions. This topic would be good for new caregivers to find out the most common issues that affect the caregiving situation in families, and how to cope effectively. Please refer to our calendar of events for more details.

USC CareJourney

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, please visit our website at www.fcscgero.org and click on the link to register for **USC CareJourney**.

LACRC CareJourney™
PERSONAL CAREGIVER SUPPORT

5 Tips to Beat the Post-Holiday Blues

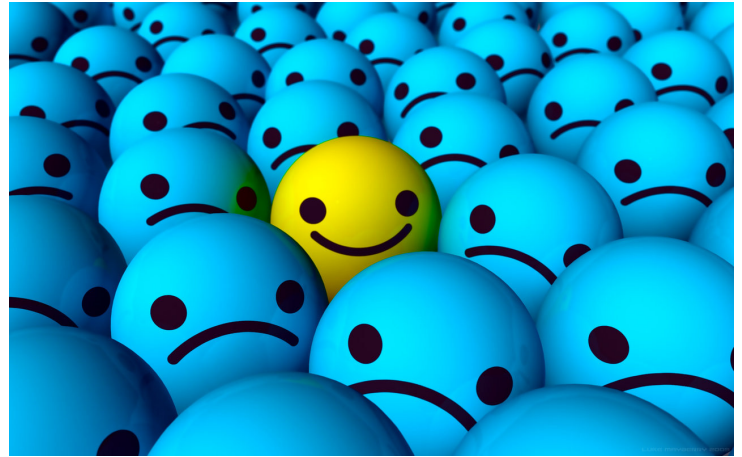
When the holiday season passes and life returns to normal, many caregivers (and even non-caregivers!) will experience “post-holiday blues.” During the holiday season, we become accustomed to a fast-paced schedule filled with activity after activity. When we hit a slower pace on January 2nd, the lack 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."

source: <http://www.jokes4us.com/miscellaneousjokes/weatherjokes/winterjokes.html>

JANUARY 2018

MON	TUES	WED	THURS	FRI
<p>01</p> 	02	<p>03</p> <p>1:00-2:30 PM Pasadena Support Group</p>	<p>04</p> <p>1:00-2:30 PM Santa Fe Springs Support Group (Spanish)</p>	05
<p>08</p> <p>7:15-8:45 PM Telephone Support Group</p>	<p>09</p> <p>11:30 AM-1:00 PM First AME Support Group</p>	<p>10</p> <p>10:00-11:30 AM Rosemead Support Group</p> <p>12:00-2:00 PM USC Support Group</p>	<p>11</p> <p>9:30-11:30 AM C.A.L.M. About: Things Every Caregiver Should Know (Glendale)</p> <p>4:30-6:00 PM Claremont Support Group</p>	12
15	16	<p>17</p> <p>1:00-2:30 PM Pasadena Support Group</p>	<p>18</p> <p>9:00-11:00 AM C.A.L.M. About: Things Every Caregiver Should Know (Baldwin Park)</p>	19
22	<p>23</p> <p>11:30 AM-1:00 PM First AME Support Group</p>	<p>24</p> <p>12:00-2:00 PM USC Support Group</p>	<p>25</p> <p>10:00 AM-12:00 PM Montebello Caregivers' Circle</p> <p>10:00 AM-12:00 PM Long Beach Support Group</p> <p>6:00-7:30 PM Sylmar Support Group</p>	26
29	30	31		



University of Southern California
USC Family Caregiver Support Center
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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