

Caregiver Central

April 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
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

At the center, spring is the time we start our planning for our fall programming. It may seem early, but some of our programming and community partnerships take months of planning before launch. If you have any ideas for what you'd like to see in upcoming months, please let us know!

This month's educational theme at the center is "C.A.L.M. About: Forming a Social Support System." We will discuss the importance of a social support system for caregivers: whether it be friends and family, professionals, neighbors, or community. Sometimes we find support and comfort in the most unlikely of places. Many of us consider only family and friends as part of our support system, but when we examine our lives, we often realize support extends outward from our personal circle. Therapists, social workers, neighbors, church groups, etc. also have an integral part in boosting and



supporting us through this journey. For dates and times, please refer to our calendar of events for more details.

This month we will revisit our popular 4-week "Stress, Resilience, & Positivity" educational series. For four Tuesdays, from April 17th to May 8th, 2:00-4:00 PM, we will be offering our "Resilience" program at The Kensington Sierra Madre. The schedule of topics is below:

April 17th - "Stress, Coping, & Gratitude"

April 24th - "Exploring Family Dynamics"

May 1st - "Making Family Decisions"

May 8th - "Embracing Positivity"

For more information, please call the USC FCSC at toll-free 1-855-872-6060.

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

New Caregiver Support Groups

Jewish Family Services of Los Angeles is starting a new caregiver support group in Beverly Hills. This new group will be held on the 1st and 3rd Thursdays of the month, 2:00-3:30 PM at La Cienega Park (8400 Gregory Way, Beverly Hills, CA 90211.) The group will be taking place in the Homeroom. For more information, please call Jewish Family Services at 323-937-5900, extension 1304.




Are you a caregiver for your spouse or partner?

A new spousal caregiver support group will be starting in the Culver City area. The focus of this group will be on spouses who have placed (or are considering placement of) their loved one. For more information about meeting times and exact location, please contact:
Judy Hochman
310-837-3801 or 305-613-7175
judyhochman2@gmail.com

CALENDAR OF EVENTS:

- **April 4th & 18th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **April 5th, 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
- **April 6th, 10:00 AM-12:00 PM: "C.A.L.M. About: Forming a Social Support System"**
Location: Arcadia Community Center
365 Campus Dr., Arcadia, CA 91007
- **April 9th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
- **April 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
- **April 11th, 10:00-11:30 AM: Rosemead Support Group**
Location: California Mission Inn (Massie Hall)
8417 Mission Dr., Rosemead, CA 91770
- **April 11th & 25th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **April 12th, 9:30-11:30 AM: "C.A.L.M. About: Forming a Social Support System"**
Location: Adventist Health Glendale
Live Well Lounge
1509 Wilson Terrace, Glendale, CA 91206
- **April 12th, 4:30-6:00 PM: Claremont Support Group**
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- **April 17th, 2:00-4:00 PM: "Resilience: Stress, Coping, & Gratitude"**
Location: The Kensington Sierra Madre
245 W. Sierra Madre Blvd., Sierra Madre, CA 91024
Please call Yvonne Kuo (213-821-6919) or Jenny Peterson (213-821-6908) to register.
- **April 19th, 9:00-11:00 AM: "C.A.L.M. About: Forming a Social Support System"**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room B10
- **April 19th, 6:00-8:00 PM: "C.A.L.M. About: Community Care Options"**
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- **April 24th, 2:00-4:00 PM: "Resilience: Exploring Family Dynamics"**
Location: The Kensington Sierra Madre
245 W. Sierra Madre Blvd., Sierra Madre, CA 91024
Please call Yvonne Kuo (213-821-6919) or Jenny Peterson (213-821-6908) to register.
- **April 26th, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **April 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
- **April 26th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342

APRIL 2018

MON	TUES	WED	THURS	FRI
02	03	04 1:00-2:30 PM Pasadena Support Group	05 1:00-2:30 PM Santa Fe Springs Support Group (Spanish)	06 10:00 AM-12:00 PM C.A.L.M. About: Forming a Social Support System (Arcadia)
09 7:15-8:45 PM Telephone Support Group	10 11:30 AM-1:00 PM First AME Support Group	11 10:00-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group	12 9:30-11:30 AM C.A.L.M. About: Forming a Social Support System (Glendale) 4:30-6:00 PM Claremont Support Group	13
16	17 2:00-4:00 PM "Resilience: Stress, Coping, & Gratitude" (Sierra Madre) 	18 1:00-2:30 PM Pasadena Support Group	19 9:00-11:00 AM C.A.L.M. About: Forming a Social Support System (Baldwin Park) 6:00-8:00 PM C.A.L.M. About: Community Care Options (Claremont)	20
23	24 11:30 AM-1:00 PM First AME Support Group 2:00-4:00 PM "Resilience: Exploring Family Dynamics " (Sierra Madre) 	25 12:00-2:00 PM USC Support Group	26 10:00 AM-12:00 PM Montebello Caregivers' Circle 10:00 AM-12:00 PM Long Beach Support Group 6:00-7:30 PM Sylmar Support Group	27
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University of Southern California
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Los Angeles, CA 90089-0191

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THE LAST WORD:

Fun Facts About Spring



Around 1,800 bird species migrate in the Spring, returning home after going away for the winter.



The first day of spring, the vernal equinox, has 12 hours of daylight and 12 hours of darkness.



The first Spring flower to bloom is often the dandelion. The flower was originally from Asia and can be used as food and medicine.



Sense of smell can be more acute in spring as there is usually more moisture in the air.

