

Caregiver Central

May 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

May is Older Americans Month! The 2018

theme, “Engage at Every Age,” emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

This month’s educational theme at the center is “C.A.L.M. About: Fall Prevention & Home Safety.” We will discuss some of the most common home safety issues to be aware of in your home and how to avoid them. How does home design or layout affect someone with mobility or



memory issues? What can we do to help our loved ones be safer at home? For dates and times, please refer to our calendar of events for more details.

We will continue our popular 4-week “Stress, Resilience, & Positivity” educational series this month at The Kensington Sierra Madre. The schedule of remaining topics is below:

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

Caregiver Retreat

We are pleased to announce our next Caregiver Retreat will be on Thursday, May 31st, 2018, 10 AM-3 PM at the Mary & Joseph Retreat Center in Rancho Palos Verdes. Our one-day Caregiver Retreat is designed to give you some time to relax, rejoice, and reconnect. This day-long event will have workshops about self-care, stress

management techniques, and fun exercise/movement activities. (Suggested donation: \$10.00)

Due to limited space, **REGISTRATION IS REQUIRED.**
Please call 213-821-6908 to register for this event.






CALENDAR OF EVENTS:

- **May 1st, 2:00-4:00 PM:** “Resilience: Making Family Decisions”
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.
- **May 2nd & 16th, 1:00-2:30 PM:** Pasadena Support Group
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **May 3rd, 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
- **May 4th, 10:00 AM-12:00 PM:** “C.A.L.M. About: Fall Prevention & Home Safety”
Location: Arcadia Community Center
365 Campus Dr., Arcadia, CA 91007
- **May 8th & 22nd, 11:30 AM-1:00 PM:** First AME Church Support Group
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- **May 8th, 2:00-4:00 PM:** “Resilience: Embracing Positivity”
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.
- **May 9th, 10:00-11:30 AM:** Rosemead Support Group
Location: California Mission Inn (Massie Hall)
8417 Mission Dr., Rosemead, CA 91770
- **May 9th & 23rd, 12:00-2:00 PM:** USC Support Group
Location: LACRC@USC - Davis School of Gerontology
- **May 10th, 9:30-11:30 AM:** “C.A.L.M. About: Fall Prevention & Home Safety”
Location: Adventist Health Glendale
Live Well Lounge
1509 Wilson Terrace, Glendale, CA 91206
- **May 10th, 4:30-6:00 PM:** Claremont Support Group
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- **May 14th, 7:15-8:45 PM:** Telephone Support Group
Please register by calling toll-free (855) 872-6060.
- **May 17th, 9:00-11:00 AM:** “C.A.L.M. About: Fall Prevention & Home Safety”
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room B10
- **May 17th, 6:00-8:00 PM:** “C.A.L.M. About: The Importance of a Social Support System”
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- **May 24th, 10:00 AM-12:00 PM:** Caregivers’ Circle
Location: Potrero Heights Park Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **May 24th, 10:00 AM-12:00 PM:** Long Beach Support Group
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- **May 24th, 6:00-7:30 PM:** Sylmar Support Group (*PEER-LED*)
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342

Join us for this special event!

- **May 31st, 10:00 AM-3:00 PM:** Caregiver Retreat
Location: Mary & Joseph Retreat Center
5300 Crest Rd., Rancho Palos Verdes, CA 90275
REGISTRATION REQUIRED. Please call Jenny Peterson at 213-821-6908 to register.
(SUGGESTED DONATION: \$10)

MAY 2018

MON	TUES	WED	THURS	FRI
	<p>01</p> <p>2:00-4:00 PM "Resilience: Making Family Decisions" (Sierra Madre)</p> 	<p>02</p> <p>1:00-2:30 PM Pasadena Support Group</p>	<p>03</p> <p>1:00-2:30 PM Santa Fe Springs Support Group (Spanish)</p>	<p>04</p> <p>10:00 AM-12:00 PM C.A.L.M. About: Fall Prevention & Home Safety (Arcadia)</p>
				
<p>07</p>	<p>08</p> <p>11:30 AM-1:00 PM First AME Support Group</p> <p>2:00-4:00 PM "Resilience: Embracing Positivity" (Sierra Madre)</p> 	<p>09</p> <p>10:00-11:30 AM Rosemead Support Group</p> <p>12:00-2:00 PM USC Support Group</p>	<p>10</p> <p>9:30-11:30 AM C.A.L.M. About: Fall Prevention & Home Safety (Glendale)</p> <p>4:30-6:00 PM Claremont Support Group</p>	<p>11</p>
<p>14</p> <p>7:15-8:45 PM Telephone Support Group</p>	<p>15</p>	<p>16</p> <p>1:00-2:30 PM Pasadena Support Group</p>	<p>17</p> <p>9:00-11:00 AM C.A.L.M. About: Fall Prevention & Home Safety (Baldwin Park)</p> <p>6:00-8:00 PM C.A.L.M. About: The Importance of a Social Support System (Claremont)</p>	<p>18</p>
<p>21</p>	<p>22</p> <p>11:30 AM-1:00 PM First AME Support Group</p>	<p>23</p> <p>12:00-2:00 PM USC Support Group</p>	<p>24</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>	<p>25</p>
<p>28</p> 	<p>29</p>	<p>30</p>	<p>31</p> <p>10:00 AM-3:00 PM Caregiver Retreat</p>  	



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USC Family Caregiver Support Center
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THE LAST WORD:

Older Americans Month 2018

Across the country, older Americans are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They're working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's Administration on Aging, every May offers opportunity to hear from, support, and celebrate our nation's elders. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or what age

you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being. Being socially engaged can improve the quality of life for older adults (and other ages).



ENGAGE AT EVERY AGE: MAY 2018