

Caregiver Central

July 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

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USC Leonard Davis
School of Gerontology

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Updates & Announcements

As we head into the “dog days of summer,” we encourage everyone to stay safe and cool during the hot weather. Older adults are particularly at risk for heat illness, and we urge all our family caregivers to be educated about this serious medical condition. Please read the last page of our newsletter for information about heat illness and how to prevent it.

This month’s educational theme at the center is “C.A.L.M. About: Ambiguous Loss & Grieving.” Grief is a multi-faceted subject; many people think of it as an emotion associated solely with death or loss of a loved one. Grief can begin at any time during the caregiving journey. It can even start at the moment of diagnosis. Grief is the normal and natural emotional reaction to loss or change of any kind. Grief is the conflicting feelings caused by the end of or change in a familiar

pattern of behavior. We will discuss how feelings of loss can affect us throughout different stages of caregiving, and how loss can mean different things depending upon where you are on your caregiving journey. How do we feel grief for someone who is physically here, but mentally absent? For dates and times that we will be discussing this topic, 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

Time to Laugh



During the Revolutionary War, a Lieutenant asked a soldier why he was falling back during a really fierce battle. "Didn't you hear me say that we're outnumbered 4 to 1?" The soldier replied, "Well, I got my four, Sir."

source: <http://www.jokes4us.com/holidayjokes/independencedayjokes.html>




CALENDAR OF EVENTS:

- **July 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
- **July 9th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
- **July 10th & 24th, 11:30 AM-1:00 PM: First AME Church Support Group (*PEER-LED*)**
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- **July 11th, 10:00-11:30 AM: Rosemead Support Group**
Location: California Mission Inn (Massie Hall)
8417 Mission Dr., Rosemead, CA 91770
- **July 11th & 25th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **July 12th, 9:30-11:30 AM: "C.A.L.M. About: Ambiguous Loss & Grieving"**
Location: Adventist Health Glendale
Community Services Center Gym
311 A Vallejo Dr.
Glendale, CA 91206
(across from Vallejo Drive Church)
****PARKING – Please note the Rehab parking spaces in front of the gym are reserved for patient parking ONLY. Street parking is available as well as hospital parking. Parking will be validated if needed.**
- **July 12th, 4:30-6:00 PM: Claremont Support Group**
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- **July 18th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **July 19th, 9:00-11:00 AM: "C.A.L.M. About: Ambiguous Loss & Grieving"**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Room B7
- **July 26th, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **July 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
- **July 26th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Sylmar, CA 91342



JULY 2018

MON	TUES	WED	THURS	FRI
<p>02</p> 	<p>03</p>	<p>04</p> 	<p>05</p> <p>1:00-2:30 PM Santa Fe Springs Support Group (Spanish)</p>	<p>06</p>
<p>09</p> <p>7:15-8:45 PM Telephone Support Group</p>	<p>10</p> <p>11:30 AM-1:00 PM First AME Support Group</p>	<p>11</p> <p>10:00-11:30 AM Rosemead Support Group</p> <p>12:00-2:00 PM USC Support Group</p>	<p>12</p> <p>9:30-11:30 AM C.A.L.M. About: Ambiguous Loss & Grieving (Glendale)</p> <p>4:30-6:00 PM Claremont Support Group</p>	<p>13</p>
<p>16</p>	<p>17</p>	<p>18</p> <p>1:00-2:30 PM Pasadena Support Group</p>	<p>19</p> <p>9:00-11:00 AM C.A.L.M. About: Ambiguous Loss & Grieving (Baldwin Park)</p>	<p>20</p>
<p>23</p>	<p>24</p> <p>11:30 AM-1:00 PM First AME Support Group</p>	<p>25</p> <p>12:00-2:00 PM USC Support Group</p>	<p>26</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>27</p>
<p>30</p> 	<p>31</p>			



University of Southern California
USC Family Caregiver Support Center
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THE LAST WORD:

Preventing Heat Illness

Heat illness is a serious medical condition resulting in the body's inability to cope with a particular heat load. The health effects include heat cramps, heat exhaustion (excessive loss of water and salt), and heatstroke (the body is unable to control its temperature, resulting in permanent disability or death).



3. **Take frequent breaks.** Five (5) minute breaks in the cool shade allows the body to recover more quickly from heat stress.
4. **Wear sunscreen.** SPF 15 blocks at least 93% of UVB rays.
5. **Be mindful of medication side effects.** Ask your health care provider or pharmacist if there are any adverse effects to being in the sun/heat while on prescription medication.

How can heat illness be prevented?

1. **Drink plenty of water.** Drink one quart of water per hour. Don't wait until you get thirsty. Do not drink alcohol, coffee, or soft drinks.
2. **Wear light-weight/loose-fitting clothing.** Include bandana; UV-absorbent sunglasses; and a wide-brimmed hat or cap.

