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.
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: Potero 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
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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).

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.
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.