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.

Updates & Announcements

August is National Immunization Awareness Month. Many adults think of immunizations as a childhood concern, but there is growing awareness that adults should keep up with their immunizations as well. Vaccines are recommended for adults to prevent serious diseases such as influenza (flu), shingles, pneumonia, hepatitis, and whooping cough. Older adults and adults with certain chronic conditions are at increased risk for serious complications from vaccine-preventable diseases. Vaccination is important because it not only protects the person being vaccinated, but also helps prevent the spread of diseases to others – especially those who are most vulnerable to serious complications, such as young children, older people, and people with certain chronic conditions or weakened immune systems. Please see the last page of this newsletter for more information.

This month’s educational theme at the center is “C.A.L.M. About: What is Dementia?” We will discuss what it means to have a diagnosis of dementia and what to expect. How do you care for someone with dementia? What are some tips for challenging situations which may come up? For dates and times that we will be discussing this topic, please refer to our calendar of events for more details.

We will be holding a 6-week class called “Powerful Tools for Caregivers” in Los Angeles for six consecutive Fridays beginning August 10 to September 14, 10 AM-12 PM. This class will discuss tools for managing communication and handling difficult situations as a family caregiver. For more details or registration information, please refer to our calendar of events.

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.
CALENDAR OF EVENTS:

- **August 1st & 15th, 1:00-2:30 PM:** Pasadena Support Group  
  Location: Pasadena Senior Center  
  85 E. Holly St., Pasadena, CA 91103

- **August 2nd, 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

- **August 8th, 10:00-11:30 AM:** Rosemead Support Group  
  Location: California Mission Inn (Massie Hall)  
  8417 Mission Dr., Rosemead, CA 91770

- **August 8th & 22nd, 12:00-2:00 PM:** USC Support Group  
  Location: LACRC@USC - Davis School of Gerontology

- **August 9th, 9:30-11:30 AM:** “C.A.L.M. About: What is Dementia?”  
  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.

- **August 9th, 4:30-6:00 PM:** Claremont Support Group  
  Location: Claremont Manor Care Center (OT Room)  
  621 W. Bonita Ave., Claremont, CA 91711

- **August 10th, 17th, 24th & 31st, 10:00 AM-12:00 PM:** “Powerful Tools for Caregivers”  
  Location: Holman United Methodist Church  
  3320 W. Adams Blvd. (Crockett Library)  
  Los Angeles, CA 90018  
  **REGISTRATION IS REQUIRED. Please call Lucila Torres (213-821-3107) or Alejandra Rojas (213-740-3953) to register.**

- **August 14th & 28th, 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

- **August 16th, 9:00-11:00 AM:** “C.A.L.M. About: What is Dementia?”  
  Location: Kaiser Permanente Medical Center  
  1011 Baldwin Park Blvd., Baldwin Park, CA 91706  
  Basement Conference Room B7

- **August 23rd, 10:00 AM-12:00 PM:** Caregivers’ Circle  
  Location: Potrero Heights Community & Senior Center  
  8051 Arroyo Dr., Montebello, CA 90640

- **August 23rd, 10:00 AM-12:00 PM:** Long Beach Support Group  
  Location: Grace First Presbyterian Church (Fireside Room)  
  3955 Studebaker Road, Long Beach, CA 90808

- **August 23rd, 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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Vaccination Facts

All adults should get vaccines to protect their health. Even healthy adults can become seriously ill and pass diseases on to others. Everyone should have their vaccination needs assessed at their doctor’s office, pharmacy, or other visits with health care providers. Certain vaccines are recommended based on a person’s age, occupation, or health conditions (such as asthma, chronic obstructive pulmonary disease, diabetes or heart disease). Vaccination is important because it protects the person receiving the vaccine and helps prevent the spread of disease, especially to those who are most vulnerable to serious complications (such as infants and young children, the elderly, and those with chronic conditions and weakened immune systems).

All adults, including pregnant women, should get the influenza (flu) vaccine each year to protect against seasonal flu. Every adult should have one dose of Tdap vaccine (tetanus, diphtheria, and pertussis or whooping cough) if they did not get Tdap as a teen, and then get the Td (tetanus and diphtheria) booster vaccine every 10 years.

Adults 60 years and older are recommended to receive the shingles vaccine. Adults 65 and older are recommended to receive one or more pneumococcal vaccines. Some adults younger than 65 years with certain high-risk conditions are also recommended to receive one or more pneumococcal vaccinations. Adults may need other vaccines (such as hepatitis A, hepatitis B, and HPV) depending on their age, occupation, travel, medical conditions, vaccinations they have already received, or other considerations.