

Caregiver Central

December 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
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Rosemead, CA 91770

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USC Leonard Davis
School of Gerontology

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Updates & Announcements

Our 18th Annual “Caregivers Are Learning More” Conference on Saturday, November 3rd, 9:00 AM-2:00 PM was a resounding success. This year’s conference drew in almost 250 people. This year’s theme was “Stepping Stones of Care,” which explored the different levels of care your loved one may go through. Speakers included Dr. Balu Gadhe from Care More Health Plan (“Palliative Care vs Hospice Care”), Dr. Greg Sanchez from Home Instead Home Care (“Hiring In-Home Help”), Anthony Chee from New York Life (“How to Plan & Pay for Long Term Care”), Jason Eddy from Care Patrol (“Types of Care Facilities”), and Dr. Anna Arabyan from the USC Leonard Davis School of Gerontology (“The Art of Pain Management”). There was also a resource fair with over 25 booths highlighting community resources for caregivers.



Based upon event evaluations, 95% of participants would recommend our annual Caregiver Conference to a friend. More than 50% of participants attended the conference to gather information and find support.

This month’s educational theme at the center is “C.A.L.M. About: Managing Holiday Stress.” We will discuss some of the common sources of holiday stress for caregivers and how to manage them. How do the holidays affect caregivers? How do we make the holidays easier and more manageable for caregivers?

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

Telephone Support Group

Our telephone support group will take a brief break in December due to the holidays, but will be back in January 2019. **Its regularly scheduled time will be the fourth Thursday of the month, 6:30-8:00 PM.** For more information or to receive the confidential call-in details, please contact support group facilitator, Alejandra Rojas, at 213-740-3953.

- **Why should you join a support group?**

Support groups are a good way for you to meet others going through similar experiences, share your stories, celebrate your successes, and troubleshoot situations you are having difficulties with. Often caregivers will find that support groups are a good way to share their expertise and be helpful in solving other caregivers' questions.

- **Why should you join a TELEPHONE support group?**

TELEPHONE support groups are a great way for those who are unfamiliar with support groups to “get their feet wet.” Some people may feel more comfortable sharing their feelings and experiences over the phone as opposed to in-person. TELEPHONE support groups are also great for working caregivers or caregivers who find it inconvenient to leave the home to attend an in-person group.



CALENDAR OF EVENTS:

- **Dec 4th, 6:00-7:30 PM: Rancho Palos Verdes Support Group**
Location: Mary & Joseph Retreat Center
5300 Crest Rd., Rancho Palos Verdes, CA 90275
- **Dec 5th & 19th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **Dec 6th, 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
- **Dec 11th, 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
- **Dec 12th, 10:00-11:30 AM: Rosemead Support Group**
Location: California Mission Inn (Massie Hall)
8417 Mission Dr., Rosemead, CA 91770
- **Dec 12th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **Dec 13th, 9:30-11:30 AM: "C.A.L.M. About: Managing Holiday Stress"**
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.*
- **Dec 13th, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **Dec 13th, 4:30-6:00 PM: Claremont Support Group**
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- **Dec 20th, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- **Dec 20th, 6:00-7:30 PM: Lake View Terrace Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Lake View Terrace, CA 91342

DECEMBER 2018

| MON | TUES | WED | THURS | FRI |
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| 03 | 04 6:00-7:30 PM Rancho Palos Verdes Support Group | 05 1:00-2:30 PM Pasadena Support Group | 06 1:00-2:30 PM Santa Fe Springs Support Group | 07 |
| 10 | 11 11:30 AM-1:00 PM First AME Support Group | 12 10:00-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group | 13 9:30-11:30 AM C.A.L.M. About: Managing Holiday Stress (Glendale) 10:00 AM-12:00 PM Montebello Caregivers' Circle 4:30-6:00 PM Claremont Support Group | 14 |
| 17 | 18 | 19 1:00-2:30 PM Pasadena Support Group | 20 10:00 AM-12:00 PM Long Beach Support Group 6:00-7:30 PM Sylmar Support Group | 21 |
| 24 | 25 | 26 | 27 | 28 |
| 31 |  | | | |



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THE LAST WORD:

Time to Laugh

