

Resource Spotlight

USC Leonard Davis
Family Caregiver Support Center

The vital backbone of our organization are our Family Care Navigators. Their respected knowledge and depth of experience are at the foundation of every successful outcome our clients' experience. Further, their know-how in leaving no stone unturned to meet a specific need at hand; often significantly lifting an emotional/mental burden from our family caregivers, often create noteworthy moments; which become defining best practices here at our center. Of note, the synergistic relationship between our Family Care Navigators and clients, coupled with our community partners and resources are a winning combination.

Last month, in our inaugural Resource Spotlight, we shared we would bring you resources that actually work, so here we go. At the heart of all our resources that work, is our very own center. At the USC Family Caregiver Support Center, we start wherever our family caregivers are, then perceptively yet tactically, walk along with them on their unique caregiving journey to offer all we can at that moment in time. Yes, of course, we strategically plan ahead with them too; but as we all know plans do get derailed and when they do, we hope to be there.

The following resources actually work. We have

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CALENDAR OF EVENTS:

- **March 5th, 6:00-7:30 PM: Rancho Palos Verdes Support Group**
Location: Mary & Joseph Retreat Center
5300 Crest Rd., Rancho Palos Verdes, CA 90275
- **March 5th, 12th, 19th, & 26th, 2:30 -4:00 PM: "Stress-Busting Program for Family Caregivers" (Pasadena)**
Location: Regency Park Oak Knoll
255 S. Oak Knoll Ave., Pasadena, CA 91101
THIS CLASS IS FULL; REGISTRATION IS CLOSED.
- **March 6th & 20th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **March 7th, 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
- **March 12th & 26th, 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
- **March 13th, 10:00-11:30 AM: Rosemead Support Group**
Location: California Mission Inn (Massie Hall)
8417 Mission Dr., Rosemead, CA 91770
- **March 13th & 27th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **March 14th, 4:30-6:00 PM: Claremont Support Group**
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- **March 18th & 25th, 2:30 -4:00 PM: "Stress-Busting Program for Family Caregivers" (West Covina)**
Location: West Covina Senior Center (Cortez Park)
2501 E. Cortez St., West Covina, CA 91791
REGISTRATION IS REQUIRED. Please call Grace Avila (213-821-6918) or Mei Chi Kuo (213-821-6920) to register.
- **March 19th, 10:00-11:30 AM: "CALM About: Taking Care of YOU: Caring for the Caregiver" (Cerritos)**
Location: Cerritos Senior Center
12340 South St., Cerritos, CA 90703
- **March 21st, 9:00-11:00 AM: "C.A.L.M. About: Taking Care of YOU: Caring for the Caregiver" (Baldwin Park)**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Rooms
- **March 25th, 10:00 AM-12:00 PM: Pasadena Village Support Group**
Location: The Pasadena Village
236 W. Mountain St., Ste. 104, Pasadena, CA 91103
- **March 28th, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **March 28th, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- **March 28th, 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
- **March 28th, 6:30-8:00 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.

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tested them, implemented them, and as mentioned; you will learn how they were put to work in our upcoming quarterly newsletter:

<p>USC Family Caregiver Support Program at the USC Leonard Davis School of Gerontology</p> <p>At no cost, become a member at https://cj.fcscgero.org/login, or call toll-free 855-872-6060.</p>	<p>Right at Home In-Home Care & Assistance</p> <p>Contact: 877-697-7537 https://www.rightathome.net/contact</p>	<p>General Caregiving Support Group 12:00pm-2:00pm</p> <p>2nd & 4th Wednesday of each month</p> <p>USC Leonard Davis School of Gerontology 3715 McClintock Ave. Los Angeles, CA 90089</p>
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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.



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