

Caregiver Central

April 2019

Los Angeles Caregiver Resource Center @ USC

ABOUT US

USC Leonard Davis
Family Caregiver Support Center

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.

LACRC

LOS ANGELES CAREGIVER RESOURCE CENTER
A program of the USC Family Caregiver Support Center

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Updates & Announcements

Welcome to our (now) quarterly newsletter! In this issue, we will elaborate further on the two resources we introduced in our Resource Spotlight. These are real stories about real caregivers and how they were able to use the resources presented to them with the help of their assigned Family Care Navigators.

Our latest Caregiver Retreat in March was attended by 35 caregivers. They were able to enjoy a lovely sunny day at the Mary and Joseph Retreat Center in Rancho Palos Verdes. Participants were able to indulge in stretching exercises, Zumba, and painting artwork. Melissa Philips, caregiver for her grandmother, delivered a touching speech about her caregiving journey and how creativity and artwork helped her find her own identity again.

On the advocacy side, we are educating our local legislators about all the California Caregiver Resource

Centers and how they help support caregivers in their times of need. Legislators need to understand the role that family caregivers play in our communities and that they need support to be able to continue providing care. The CA CRCs are requesting a one-time budget augmentation to supplement current services for caregivers in California.

Our Family Care Navigators are working hard to increase the number of support groups we offer throughout LA County. Since January, we have launched four new caregiver support groups in Pico Rivera, Pasadena Central Library (LGBTQ), The Pasadena Village, and Spanish Telephone Support Group. There are plans to add more groups in the next few months, including one in Downey and one in Azusa. To find out more details about these groups, please visit our website at www.fscsgero.org or look for our list of events in our monthly Resource Spotlight in coming months.



Artwork created by retreat participants during a painting workshop.

Hilarity for Charity Supports Family Caregivers

In 2017, Patricia Leon first met Grace Avila, Family Care Navigator. Grace was one of the instructors for USC Family Caregiver Support Center's nine-week caregiver training, "Stress-Busting Program for Family Caregivers." Patricia and Grace formed a strong bond, and Grace was able to provide Patricia with the emotional support she needed. When Patricia's name came up on the respite-ready list, Grace worked with Patricia to help her pay for in-home care. It was clear that Patricia's respite award was helpful in supporting her as a family caregiver.

Grace encouraged Patricia to fill out an application for Hilarity for Charity's Home Care Grant Program. The HFC Home Care Grant relieves caregivers and gives them time to rest, recharge and focus on their personal and professional life by helping them pay for in-home care for a limited amount of time.

Hilarity for Charity was founded in 2012 by actor Seth Rogan and his wife Lauren Miller. The couple has personally seen the effects of dementia on families; Miller's mother was diagnosed with early-

onset Alzheimer's at 55.

Patricia completed and submitted the application with Grace's help. Much to her surprise, HFC later contacted her with good news: she had been chosen as one of their grant recipients! She was able to put the grant to good use for the short amount of time it was available to her.

A year later, HFC contacted Patricia to do a video interview about how the grant had helped her with caring for her mother. Patricia asked Grace to be present for moral support. Much to everyone's surprise, HFC founders Seth Rogan and Lauren Miller also came along with the video crew!

The pair awarded Patricia with a whole year's worth of respite hours in recognition of her role as a caregiver. They had reviewed Patricia's story written in her own words and were so touched by her experience that they wanted to provide her with more help.

Kudos to Patricia and Grace for thinking outside the box and utilizing other community resources!



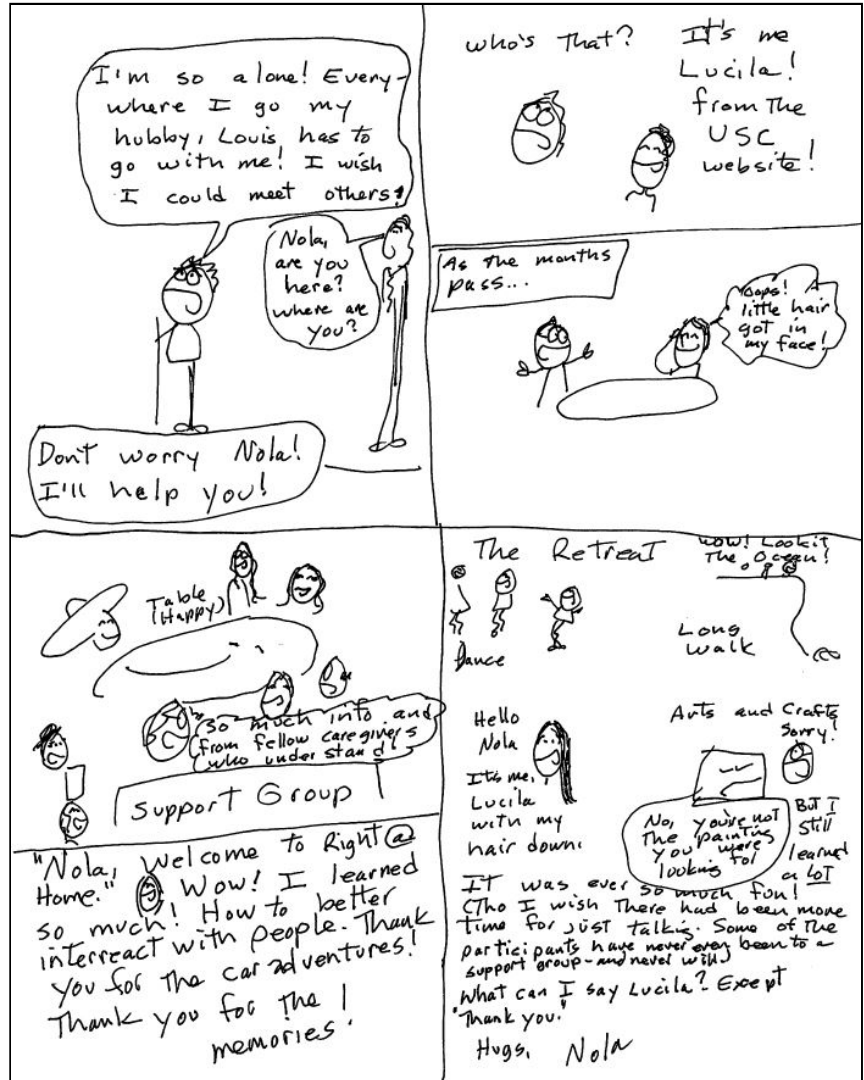
Hilarity for Charity founders Seth Rogan and his wife, Lauren Miller, make a surprise visit to Patricia Leon's house.

Caregiver Finds Support From FCN

In our February Resource Spotlight, we highlighted three vital resources: the USC Family Caregiver Support Program at the USC Leonard Davis School of Gerontology, Right at Home In-Home Care & Assistance, and our general caregiving support group held on campus at the USC Leonard Davis School of Gerontology. To bring these resources to life, we partnered our Family Care Navigator, Lucila Torres, with one of our program participants, Mrs. Nola Frame-Gray, and brought aboard two critical partners from Right at Home In Home Care & Assistance in Santa Monica Letha Irvin, LVN and Yvette Pool.

Nothing could have ever expressed Nola's caregiving journey, or the value of the meaningful partnership of resources Lucila orchestrated more than this thank you illustration recently sent to Lucila by Nola. As popularized by Fred R. Barnard in the 1920s, the saying goes, "A picture is worth a thousand words", and it definitely shows here:

Our Family Care Navigators here at the USC Family Caregiver Support Center work tirelessly to understand and build respectful relationships with our family caregivers, enabling them to provide our family caregivers with what they need, just when they need it. Emotionally, our Family Care Navigators have mastered delivering the intangible, ongoing emotional support, which is critically irreplaceable in our family caregivers' journey. Maya Angelou said, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." This quote exemplifies the amazing relationship Lucila has cultivated with Nola, and it is quite clear how Nola feels about Lucila.



Left to right: Yvette Pool; Mr. Louis Gray; Mrs. Nola Frame-Gray; Lucila Torres, Family Care Navigator; Letha Irvin, LVN

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THE LAST WORD:

Free Events Around Town



San Gabriel Valley Region:

Sunday, April 28, 2019 - Beginning @ 7:00PM
Cool Beans Comedy | Free Admission+
Featuring Jesus Trejo, Stand Up Comedian and
Caregiver* featured in AARP Studios feature-length
documentary, "Care to Laugh"
Ice House
Pasadena, CA
Phone: (626) 577-1894
+ <https://www.coolbeanscomedy.com/tickets>
*<https://www.aarp.org/caregiving/stories/info-2018/care-to-laugh-jesus-trejo.html>

Saturday, May 11, 2019 Beginning @ 10:00AM
Golden Future 50+ Expo – 8th Annual LA North /
Pasadena / SGV Edition | Free Admission+
Pasadena Conference Center
Pasadena, CA
Phone: (805) 716-3303 +<https://goldenfutureseniorexpo.com/>

Gateway Cities Region:

Saturday, May 4, 2019 Beginning @ 8:00AM
Guided Nature Walk: Raptor Ramble | Free Admission+
2-hour guided nature walk and tour of the Los Cerritos
Wetlands
Los Cerritos Wetlands Land Trust
Long Beach, CA
Phone: (562) 293-3011
+http://lcwlandtrust.org/wp-content/uploads/2019_hikes_LCWLT-dragged.pdf

Central LA Region:

Sunday, May 19, 2019 Beginning @ 12:00pm
Museums of the Arroyo Day (MOTA) |
Heritage Square Museum - A living history museum which
explores the settlement and development of Southern
California during its first 100 years of
statehood | Free Admission+
Los Angeles, CA
Phone: (323) 225-2700
+<http://www.museumsofthearroyo.com/>