

Caregiver Central

July 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

Can you believe we're already in July? We've been busy planning our programs and hope you've enjoyed attending our events!

Our latest Caregiver Retreat in May, held at Westminster Gardens in Duarte, was attended by 30 caregivers. Participants were able to indulge in stretching exercises, Zumba, and painting artwork. TimeSlips, a story-telling workshop, captivated the caregivers' attention as they were encouraged to creatively develop a story with only a photo for reference. 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.

Since our last newsletter, we've launched two new support groups in Downey and Azusa as well as a Spanish telephone support group. In total, the USC Family Caregiver Support Center runs 16 different



Melissa Philips leads a painting workshop at the May Caregiver Retreat.

support groups throughout Los Angeles County. We even provide telephone support groups for those who find it inconvenient to attend a group in person. If you haven't looked at our support group offerings lately, we encourage you to take a look at our calendar of events (published in our monthly Resource Spotlight and our website www.fcscgero.org).

Our Legal and Financial Planning Conference in June at the Gus Velasco Neighborhood Center in Santa Fe Springs was attended by 57 participants. Continental breakfast and drinks were generously sponsored by Remita Health. Among the topics discussed were: who pays for long term care, estate planning, and document preparation for families. Participants were able to learn about the basics of each of these subjects and had an opportunity to speak more at length with the speakers after their presentations.



Artwork created by retreat participants during a painting workshop.

Finding Community in Support Groups

Three years ago, Santos Chuela attended his first Family Caregiver Support Group. His son brought him to the Santa Fe Springs group facilitated by our Family Care Navigator (FCN), Lucila Torres. It was not until Santos' son heard him vent that he realized how stressed his father truly was. Santos experienced depression, anxiety, and insomnia because he was worried about his wife with dementia whom he was caring for. Even though Santos loves his wife immensely, he is thankful for the opportunity to express his emotions and be supported by Lucila and the other family caregivers. He makes it a point to attend the support group each month.

Santos also participates in the Spanish Telephone Support Group that Alejandra Rojas (FCN) facilitates. Santos has a background in advocacy and has been a huge proponent in encouraging his caregiving community and recommending support groups. Alejandra explained when her group first started; she only had two participants, but more caregivers joined after Santos began promoting it in his own community.

Santos is a great example of using information from support groups in everyday life. During one group, a caregiver was running late due to an unforeseen caregiving situation and was very stressed by the time he made it inside. In response, Santos shared some breathing techniques to help him relax.

“Self-care” is a common theme in support groups and is what Santos has been practicing since joining our program. After his son learned how stressed Santos was, he and his wife now visit twice a week to alleviate Santos of his caregiving duties. During this time, Santos does things he enjoys such as window shopping or spending time with friends. This recharges Santos to go above and beyond basic care for his wife such as learning to polish her nails or apply makeup. He knows it is what she would have done for herself.

Santos is not only a positive addition to his support groups, but is also involved with other services of our program. He attends our Caregiving Conference each year as well as our Caregiver Retreats. Santos attended our Caregiver Retreat in May, participated in the day's agenda, and left with a beautiful painting he created.



Santos Chuela working on his painting at the Caregiver Retreat in May.



Santos Chuela proudly showing off his finished painting.

Foundation Helps with Home Improvement

Sharon Parker has provided full-time care for over three years for her aunt and mother (until her passing). She relocated from Hawaii to California to care for the two and moved in with the sisters despite their mobile home's needed repairs. When Family Care Navigator (FCN), Lucila Torres, visited the home for an initial assessment, Sharon expressed her concerns about the home needing attention. As a result, Lucila referred Sharon to the Kathi Koll Foundation, an organization that awards eligible caregivers between \$500 to \$1,500 worth of goods or services to be used on caregiving needs.

Sharon completed her application to the foundation and was pleasantly surprised when she heard back in just a couple of weeks. She was approved for a professional carpet cleaning as well as a Home Depot gift card to buy materials for her home improvements. Sharon is handy and preferred to cut labor costs by doing most of the repairs on her own. With her gift card she was able to fix her running toilet, repair her sink, purchase indoor table lamps, a table for her front porch, and buy the materials to build a new porch railing.

With summer now here, Sharon wanted to be able to sit outside safely with her aunt. She found someone to build the railing from the materials that she bought with her gift card and primed and painted the railing herself.

Sharon is now enjoying her home repairs and is thankful to her FCN's referral and the generosity from Kathi Koll Foundation.



Sharon Parker with her aunt outside their home.



The finished product: A new porch railing was built so Sharon Parker and her aunt are able to sit safely on their porch to enjoy the summer weather.

THE LAST WORD:

Free Events Around Town

Central LA Region:

Saturday and Sunday, August 10-11, 2019
11th Annual Los Angeles Tanabata Festival
"Romance in the Stars"

100 N. Central Ave., Los Angeles, CA 90012
<https://www.tanabatalosangeles.org/festival/>

Sunday, September 8, 2019 @ 10 AM- 1:00 PM
East LA Mexican Independence Day Parade & Festival

Parade Start: On Cesar Chavez and Mednik @ 10 AM
Festival: On Mednik and 1st @ 11 AM - 5 PM
<http://www.cmcplosangeles.org/>

Gateway Cities Region:

Thursday, August 8, 2019 @ 7:00 PM
Summer Concerts (Electric Vinyl – Classic Rock)
Parnell Park: 15390 Lambert Road, Whittier, CA 90604
<https://www.whittierevents.com/>

Monday, August 5, 2019 @ 7:00pm
Summer Concerts (The Band Fresh – Top 40's)
Central Park: 13212 Park Street, Whittier, CA 90601
<https://www.whittierevents.com/>

San Gabriel Valley Region:

Saturday mornings - Beginning @ 7:30 AM to 10:00 AM
First-Time Archers Class (free admission w/ registration)
The First-Time Archers class is open to everyone. Classes are held every Saturday throughout the year. Advance registration is required.
Pasadena Roving Archers @ Pasadena Archery Range
415 S. Arroyo Blvd., Pasadena, CA 91105
Phone: (626) 460-0520
<https://www.rovingarchers.com/instruction/first-time-archers>

