

RESOURCE SPOTLIGHT

May 2020



DIRECTOR'S MESSAGE

"All things seem possible in May." - Edwin Way Teale

I like this message of hope for May. It's possible that CA will open up again, with our new "normal" of physical distancing and other restrictions to keep us and those we care for safe. I started to make a list of things I miss that start with the letter "M".

- Malls
- Movie Theaters
- Meetings (non-virtual)
- Mondays
- Monday Night Football (only way to tell it was Monday)

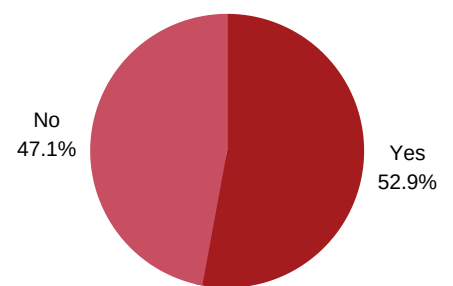
But what you shouldn't miss this May is our new Caregivers Are Learning More (C.A.L.M.) YouTube Channel (insert link). We want you to stay CALM, so please check out the channel and subscribe by clicking the bell icon.

WHAT CAREGIVERS ARE TELLING US

We asked 293 of our family caregivers, "Do you have an emergency backup plan?" It turns out, about half do, and the other half do not.

An emergency backup plan doesn't need to be complicated. At the very least, you should have in mind who (such as a relative, trusted friend, neighbor, etc.) will care for your loved one if you are unexpectedly ill or unable to provide care.

Be prepared for emergency situations by creating a plan, reviewing or practicing it regularly, and keeping an emergency supply kit. For more information on these steps, please refer to the CDC's recommendations at <https://www.cdc.gov/features/older-adult-emergency/>



LET US CARE FOR YOU

- 1.) Go to <https://www.fcsc.usc.edu/> to join our program.
- 2.) Look for the vertical tab "USC FCSC CareJourney" on the upper right side of our home page.
- 3.) Click on the tab, then click on **Log In or Join**.
- 4.) Complete the **Become a Member** section on the right.

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COVID-19: CLEAN YOUR PHONE

Face masks and gloves are commonplace when we go out ... even wiping down groceries after returning from the supermarket. With all this caution, have you ever thought of cleaning your germy phone? Researchers at the University of Arizona have found that cell phones carry 10 times more bacteria than most toilet seats!

HOW TO CLEAN YOUR PHONE:

- 1.) Unplug all cords, and turn off your phone.
- 2.) Use a soft microfiber cloth (like an eyeglass or camera lens cleaning cloth) to wipe down your phone.
- 3.) To disinfect, use rubbing alcohol; apply only to the cloth and not to the phone itself.

DO NOT USE bleach, compressed air, or other household cleaning products, as they are too harsh and may damage the screen.



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Family Caregiver Support Center



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

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