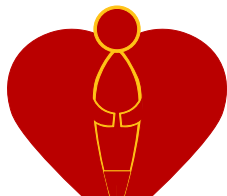


Caregiver Central

February 2015

USC Family Caregiver Support Center

ABOUT US



FAMILY CAREGIVER
SUPPORT CENTER

Our center is committed to providing comprehensive support services for family caregivers which are innovative, flexible, accessible, and personalized. The USC Family Caregiver Support Center provides free services for caregivers age 18 and over in Los Angeles County to aid in their caregiving process. The services available through the center include information and referral, education and training events, support groups, family consultations, online services, and respite. Caregivers can utilize these services on the phone, in person, or online.

The USC Family Caregiver Support Center operates from 8:30 AM to 5:00 PM on Mondays through Fridays.

USC Family Caregiver Support Center @ USC Davis School of Gerontology

3715 McClintock Ave
Los Angeles, CA 90089-0191

USC Family Caregiver Support Center @ Marguerite Gardens

700 N. Stoneman Ave
Alhambra, CA 91801

**TOLL-FREE PHONE:
855-872-6060**

**Visit us on the Web:
www.fcscgero.org**

Email: fcscgero@usc.edu

USCDavis
School of Gerontology

Loving Thyself

February is a time when love is in the air. Although we use Valentine's Day to let our loved ones know how much they mean to us, remember to show yourself some love too. Through self-care, caregivers are reminded that they are loved and important, which is crucial to one's mental health and well-being. It is easy to get lost in the day-to-day activities and caregiving responsibilities, but take this time to reflect and identify ways that you have found to bring you joy and tranquility in the past.

Learning how to incorporate self-care will benefit your physical health in the long run by lowering your blood pressure and heart rate. By learning different coping strategies to avoid stress and burn-out, caregivers will also see an improvement in emotional health and how they approach their caregiving responsibilities since they feel "recharged." Self-care can be a challenge to incorporate at first, but once you

decide what works for you, it can remind you and others that your needs are important too. An activity that works for one person may not work for another, but it is important to take the time to learn and identify what is important to you and what makes you happy.



February is Heart Health Month



Heart disease is the leading cause of death in the U.S., which targets both men and women alike.

However, you can significantly reduce the risk of heart disease through small lifestyle changes. Remember that by reducing your risk for heart disease you can also reduce the risk of diabetes and stroke. Here are some Tips from the American Heart Association for a Healthier Heart:

1) Follow a heart healthy diet
Make small changes such as: using different

spices instead of salt to flavor your food, incorporate extra virgin olive oil, add omega-3 fatty acids (found in fish or fish oil supplements), limit saturated fats & added sugars, and incorporate more fruits, vegetables, & whole grains.

2) Participate in regular, physical activities
Participate in at least 30 minutes, 5 days a week of moderate physical activity, such as brisk walking. Physical activity will also help maintain a healthy weight. As caregivers, time is limited so try breaking down the physical activity into three 10 minute sessions.

3) Stop Smoking
Smoking has a negative impact on your cardiovascular system, increasing the risk of coronary artery disease and hardening of the arteries. Smoking also diminishes lung capacity which in turn makes physical activity more difficult.

(Be sure to consult your Primary Care Physician prior to any physical activity and dietary changes.)

T-shirts are still available! Please send your \$12 check to our USC address with the requested size or reserve yours by calling: 855-872-6060.



February 2015

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|--|--|---|---|-----------------------|
| 01 | 02 7:00-8:30 PM Telephone Support Group | 03 | 04 1:00-2:30 PM Pasadena Support Group | 05 7:00-8:00 PM C.A.L.M. Telephone Series | 06 10:00AM-12:00PM Irwindale Support Group 10:30AM-12:30PM Powerful Tools for Caregivers (Palmdale) | 07 |
| 08 | 09 | 10 11:30 AM-1:00 PM FAME Support Group | 11 10:00AM-12:00PM Alhambra Support Group 12:00 PM-1:30 PM USC Support Group | 12 9:00AM-11:00AM Caring Conversations (Glendale) | 13 10:30AM-12:30PM Powerful Tools for Caregivers (Palmdale) | 14 Valentine's Day |
| 15 | 16 | 17 | 18 1:00-2:30 PM Pasadena Support Group | 19 11:30AM-12:30PM Malibu Senior Center Workshop 7:00-8:00 PM C.A.L.M. Telephone Series | 20 10:00AM-12:00PM Caring Conversations (Arcadia) 10:30AM-12:30PM Powerful Tools for Caregivers (Palmdale) | 21 |
| 22 | 23 | 24 11:30 AM-1:00 PM FAME Support Group | 25 12:00 PM-1:30 PM C.A.L.M. Through Creative Expression | 26 10:00AM-12:00PM Long Beach Support Group | 27 10:00AM-12:00PM Caring Conversations (Alhambra) 10:30AM-12:30PM Powerful Tools for Caregivers (Palmdale) | 28 |

↓ **Calendar Details Listed Below** ↓

CALENDAR OF EVENTS:

- **Feb. 2th, 7:00-8:30 PM: Telephone Support Group**
- **Feb. 4th & 18th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- **Feb. 5th, 7:00-8:00 PM: C.A.L.M. Telephone Series, "Underlying Causes of Difficult Behaviors that Often Accompany Dementia & Other Chronic Illness"**
Conducted over the phone. Register by calling toll-free (855) 872-6060.
- **Feb. 6th, 10:00 AM-12:00 PM: Irwindale Support Group**
Location: Irwindale Senior Center, 16116 Arrow Hwy, Irwindale, CA 91706
- **Feb. 6th, 13th, 20th & 27th 10:30 AM-12:30 PM: Powerful Tools for Caregivers**
Location: My CARE Prof., 38345 30th St. E, Suite E-3, Palmdale, CA 93550
Registration Required
- **Feb. 10th & 24th, 11:30 AM-1:00 PM: FAME Support Group**
Location: USC FCSC @ First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- **Feb. 11th, 10:00 AM-12:00 PM: Alhambra Support Group**
Location: USC FCSC @ Marguerite Gardens
- **Feb. 11th, 12:00-1:30 PM: USC Support Group**
Location: USC FCSC @ USC Davis School of Gerontology
- **Feb. 12th, 9:00-11:00 AM: Caring Conversations, "How to Communicate with Doctors & Health Care Professionals More effectively (My CARE Professionals)"**
Location: Glendale Adventist Medical Center –Live Well Senior Lounge
1508 Wilson Terrace, Glendale, CA 91206
- **Feb. 19th, 11:30 AM-12:30 PM: Malibu Senior Center, "I Just Realized I'm a Family Caregiver, Now What?"**
Location: Malibu Senior Ctr, 23825 Stuart Ranch Road, Malibu, CA 90265
- **Feb. 19th, 7:00-8:00 PM: C.A.L.M. Telephone Series, "Strategies for Working with Discharge Planners"**
Conducted over the phone. Register by calling toll-free (855) 872-6060.
- **Feb. 20th, 10:00 AM-12:00 PM: Caring Conversations, "How to Communicate with Doctors & Health Care Professionals More effectively (My CARE Professionals)"**
Location: Arcadia Community Center, 365 Campus Dr., Arcadia, CA 91007
- **Feb. 25th, 12:00-1:30 PM: USC Caregivers Are Learning More (C.A.L.M.) through Creative Expression**
Location: USC FCSC @ USC Davis School of Gerontology
- **Feb. 26th, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808

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Los Angeles, CA 90089-0191