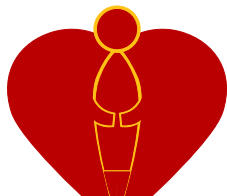


Caregiver Central

May 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 Avenue
Los Angeles, CA 90089-0191

USC Family Caregiver Support Center @ Marguerite Gardens

700 N. Stoneman Ave.
Alhambra, CA 91801

USC Family Caregiver Support Center @ Verdugo Hills Hospital

1808 Verdugo Blvd., Ste. 420A
Glendale, CA 91208

TOLL-FREE PHONE:
855-872-6060

Visit us on the Web:
www.fcscgero.org

Email: fcscgero@usc.edu

USC Davis

School of Gerontology

National Senior Health & Fitness Day

This year marks the 22nd Annual National Senior Health & Fitness Day, held on Wednesday, May 27, 2015 as part of Older Americans Month. The theme for this year's Day is "If You Keep Moving... You'll Keep Improving." Events being hosted at over 1,000 locations across the country will promote the importance of regular physical activity for older adults as well as showcase the work they do to promote health and fitness in their communities. Staying physically active as you age is an important way to stay healthy and engaged.

1) What do I have to do for National Senior Health & Fitness Day?

The activities hosted by participating organizations are non-competitive and intended to promote physical activity in older adults and may even include health screenings. Activities may include walking, low-impact exercises, and health information workshops.

2) Where will National Senior Health & Fitness Day events be held?

The approximately 100,000 older adults will participate in the Day's activities at a variety of facilities. These places may include area agencies on aging, banks, health clubs, houses of worship, hospitals, park and recreation departments, retirement communities, senior centers, or local aging departments. If there are no local organizations near you hosting any of the Day's events, you should encourage them to register to host an event by calling 1-800-828-8225 or visiting their website, www.fitnessday.com.



Whether at a formal event or not, you should take the time to find ways for you to incorporate regular physical activity into your daily life to continue being healthy!

USC Verdugo Hills Hospital

The USC Family Caregiver Support Center will be at the USC Verdugo Hills Hospital!

In addition to our locations at the USC University Park Campus and Marguerite Gardens, in Alhambra, California, our staff will be holding office hours at the USC Verdugo Hills Hospital starting in May 2015. We will be there every Monday and Thursday from 10:00 AM—3:00 PM to serve family caregivers in Glendale and its surrounding communities.

Much like at our other sites, we will be offering educational programs, emotional support, and practical strategies for accessing community resources to family caregivers in the hospital.

The partnership between the USC Family Caregiver Support Center and the USC Verdugo Hills Hospital will help reduce the likelihood of readmission of the patients in the care of family caregivers by providing the caregivers with the education and support they need to provide excellent care for their family members when they are sent home.

The offices at the Hospital are also open to individuals who are not or have not been patients at the hospital.

In order to kick off our start at the Hospital, we will be at the USC Verdugo Hills Hospital Health Fair from 10:00AM—2:00PM. Admission to the day's events and lunch are free!

We hope to see you there!

Power in Numbers


In 2009 the Caregiver Resource Centers suffered a massive budget cut. The budget cut 74% of the funds utilized to support the family caregiver. We ask that everyone reach out to their state legislators to help express the importance to reinstate the CRC funds. The restoration of funds will ensure that the CRCs continue to provide the support and services that family caregivers require to continue to care for their loved ones in the home.

Announcements

Caregivers' Corner: We would love to showcase our clients and the wonderful work they do on our website. If you would like to get your picture taken with your loved one to be shared in this new site, please let us know and we'll arrange a visit.

USC Verdugo Hills Hospital Health Fair: Saturday May 02, 2015
1812 Verdugo Boulevard
Glendale, CA 91208
10 a.m. – 2 p.m.
4th Floor Main Lobby (Council Room/Patio Area)

May 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Joke of the Month: A man went to visit a friend and was amazed to find him playing chess with his dog. He watched the game in astonishment for a while. "I can hardly believe my eyes!" he exclaimed. "That's the smartest dog I've ever seen." "Nah, he's not so smart," the friend replied. "I've beaten him three games out of five."					01 10:00AM-12:00PM Irwindale Support Group	02
03	04	05	06 1:00-2:30 PM Pasadena Support Group	07 10:30 am –Noon Caring Conversations (Palmdale) 7:00-8:00 PM C.A.L.M. Telephone Series	08	09
10 	11 7:15 PM-8:45 PM Telephone Support Group	12 11:30 AM-1:00 PM First AME Support Group	13 10:00AM-12:00PM Alhambra Support Group 12:00-1:30 PM USC Support Group	14 9:00am-11:00am Caring Conversations (Glendale)	15 10:00AM-12:00PM Caring Conversations (Arcadia)	16
17	18	19	20 1:00-2:30 PM Pasadena Support Group	21 7:00–8:00 PM C.A.L.M. Telephone Series	22	23
24	25 Memorial Day	26 11:30 AM-1:00 PM First AME Support Group	27 12:00– 1:30 PM USC Support Group	28 10:00AM-12:00PM Long Beach Support Group 10:00AM-12:00PM Sylmar Support Group	29	30
31						

↓ **Calendar Details Listed Below** ↓

CALENDAR OF EVENTS:

- May 1st, 10:00AM-12:00PM: Irwindale Support Group**
 Location: Irwindale Senior Center, 16116 Arrow Highway, Irwindale, CA 91706
- May 6th & 20th, 1:00-2:30PM: Pasadena Support Group**
 Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- May 7th, 10:30 AM-12:00PM: Caring Conversations, "Planning the Caregiver's Journey"-My Care Professionals**
 Location: 38345 30th St., Ste #E-3, Palmdale, CA 93550
- May 7th, 7:00-8:00 PM: C.A.L.M. Telephone Series, "Reducing Caregiver Stress through Mindfulness,"-Dr. Felipe Jain, M.D.**
 Conducted over the phone. Register by calling toll-free (855) 872-6060
- May 11th, 7:15-8:45PM: Telephone Support Group**
 Register by calling toll-free (855) 872-6060
- May 12th & 26th, 11:30AM-1:00PM: First AME Church Support Group**
 Location: USC FCSC @ First AME Church: Allen House 2249 South Harvard, Los Angeles, CA 90018
- May 13th, 10:00-12:00PM: Alhambra Support Group**
 Location: USC FCSC @ Marguerite Gardens
- May 13th & 27th, 12:00-2:00PM: USC Support Group**
 Location: USC FCSC @ USC Davis School of Gerontology
- May 14th, 9:00-11:00AM: Caring Conversations, "Let's Talk About Legal Planning & Caregiving,"-My CARE Professionals**
 Location: USC FCSC @ Glendale Adventist
- May 15th, 10:00am –Noon: Caring Conversations, "Coping with the Behaviors of Caring for Someone with Dementia and/or Chronic Illnesses" My Care Professionals**
 Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007
- May 21, 7:00PM-8:00PM: C.A.L.M. Telephone Support Group, "How Does Hospice Work?"- Comfort Choice Hospice**
 Conducted over the phone. Register by calling toll-free (855) 872-6060
- May 28th, 6:00-7:30PM: Sylmar Support Group**
 Location: Lake View Terrace Library, 12002 Osborne St., Sylmar, CA 91342
- May 28th, 10:00AM-12:00PM: Long Beach Support Group**
 Location: Grace First Presbyterian Church (Fireside Room) 3955 Studebaker Road, Long Beach, CA 90808

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