

Caregiver Central

July 2015

USC Family Caregiver Support Center

ABOUT US



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 @ CA Mission Inn

4807 Earle Ave.
Rosemead, CA 91770

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

New Rosemead Office & Updates



We've been busy here at the Family Caregiver Support Center! We moved from our Alhambra location to the California Mission Inn located in the city of Rosemead. Our new office now has a common area where we can invite family caregivers to visit us for educational programs or events. We're still unpacking boxes and tidying up our offices for visitors, but we hope to see you soon at our new office!

Thank you to everyone who helped by reaching out to local legislators and speaking up in support of our center. The newly signed California state budget for fiscal year 2015-2016 has designated an increase of \$2 million over funding provided in recent years. This amount is to be distributed amongst the 11 caregiver resource centers in California and restores state funding for the CRC system to what it was before the massive budget cuts in 2009.

This month we'll begin putting together our Caregivers' Corner project. This will be a massive undertaking to showcase photos and stories of real family caregivers. If you have a story about family caregiving or how our center has helped you, please consider being part of this project. Any family caregiver can participate; please call us at our toll free number (1-855-872-6060) for more information or to sign up.

Stress-Busting Program

Last month's newsletter introduced the "Stress-Busting Program (SBP) for Family Caregivers." SBP is an evidence-based program aimed at helping family caregivers who are caring for a person with dementia or chronic illness(es).

SBP is a nine-week program designed to help family caregivers improve their quality of life, cope with their caregiving situation, and learn to manage their stress. Caregivers who have participated in this program have reported significantly lower stress, depression, and anxiety as well as improved quality of life.

The USC Family Caregiver Support Center will be the first organization in California to be trained and certified to offer this program. We will be offering SBP in the following locations:

- Glendale at the USC Verdugo Hills Hospital from July 29 to September 23, 2:00-4:00 pm



- Long Beach at the Grace First Presbyterian Church from August 5 to September 30, 1:30-3:30 pm
- Rosemead at our new office location from September 15 to November 10, 10:00 am-12:00 pm
- Los Angeles at the USC campus from August 4th to September 29, 5:00-7:00 pm

If you are interested in attending or would like more information, please call us toll free at 1-855-872-6060. **Registration is required.**

Healthy Workplace, Healthy Family Act

If you are a working caregiver, paid sick leave can be difficult to arrange. The Healthy Workplace, Healthy Family Act of 2014 is aimed at helping working professionals to take paid sick leave when needed. Beginning July 1, 2015, employees who have worked in California for 30 or more days within a year from the beginning of employment are entitled to paid sick leave. Employees, including part-time and temporary employees, will earn at least one hour of paid leave for every 30 hours worked. Accrual begins on the first day of employment or July 1, 2015, whichever

is later. An employee can take paid leave for employee's own or a family member for the diagnosis, care or treatment of an existing health condition or preventive care. Please visit www.dir.ca.gov if you would like more information or to watch a free webinar about this about this new law.



July 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Joke of the Month: How come there's no "Knock, Knock" joke about America? Because freedom rings!			01 1:00-2:30 PM Pasadena Support Group	02 10:30-11:30 AM Caring Conversations (Palmdale)	03	04 
05	06 2:00-3:30 PM Caring Conversations (Santa Fe Springs)	07	08 12:00-2:00 PM USC Support Group	09 9:00-11:00 AM Caring Conversations (Glendale)	10 10:00AM-12:00PM Irwindale Support Group	11
12	13 All day—White House Conference on Aging 7:15-8:45 PM Telephone Support Group	14 11:30 AM—1:00PM First AME Support Group	15 1:00-2:30 PM Pasadena Support Group	16 7:00—8:00 PM CALM Telephone Series	17	18
19	20 2:00-3:30 PM Santa Fe Support Group	21 9:00-11:00 AM Caring Conversations (Baldwin Park)	22 12:00-2:00 PM USC Support Group	23 10:00-11:00AM Long Beach Support Group 6:00-7:30 PM Sylmar Support Group	24	25
26	27	28 11:30 AM-1:00 PM First AME Support Group	29 2:00-4:00 PM Stress-Busting Program (VHH)	30	31	

↓ **Calendar Details Listed Below** ↓

CALENDAR OF EVENTS:

- July 1st & 15th, 1:00-2:30 PM: Pasadena Support Group**
 Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- July 2nd, 10:30 AM-12:00 PM: Caring Conversations, "Dementia: What Does It Mean?," My Care Professionals**
 Location: 38345 30th St., Ste #E-3, Palmdale, CA 93550
- July 6th, 2:00-3:30 PM: Caring Conversations, "How to Prevent Your Loved One's Needs From Adversely Affecting Your Health," My Care Professionals**
 Location: Gus Velasco Neighborhood Center
 9255 Pioneer Blvd., Santa Fe Springs, CA 90670
- July 8th & 22nd, 12:00-2:00 PM: USC Support Group**
 Location: USC FCSC @ USC Davis School of Gerontology
- July 9th, 9:00-11:00 AM: Caring Conversations, "Communicating When One Person Has Dementia"**
 Location: Glendale Adventist Medical Center –Live Well Senior Lounge
 1509 Wilson Terrace, Glendale, CA 91206
- July 10th, 10:00 AM-12:00 PM: Irwindale Support Group**
 Location: Irwindale Senior Center, 16116 Arrow Highway, Irwindale, CA 91706
- July 13th, All Day: White House Conference on Aging**
 Watch it live on the web! <http://www.whitehouseconferenceonaging.gov/>
- July 13th, 7:15-8:45 PM: Telephone Support Group**
 Register by calling toll-free (855) 872-6060.
- July 14th & 28th, 11:30 AM-1:00 PM: First AME Church Support Group**
 Location: USC FCSC @ First AME Church: Allen House
 2249 South Harvard, Los Angeles, CA 90018
- July 16th, 7:00-8:00 PM: C.A.L.M. Telephone Series, "Unstuck," First Light Home Care**
 Conducted over the phone. Register by calling toll-free (855) 872-6060.
- July 20th, 2:00-3:30 PM: Santa Fe Springs Support Group**
 Location: Gus Velasco Neighborhood Center
 9255 Pioneer Blvd., Santa Fe Springs, CA 90670
- July 21st, 9:00-11:00 AM: Caring Conversations, "Safe Prescription & Over-the-Counter Medication Management "**
 Location: Kaiser Permanente Medical Center, Baldwin Park
 Basement Conference Room 4
- July 23rd, 10:00-11:00 AM: Long Beach Support Group**
 Location: Grace First Presbyterian Church (Fireside Room)
 3955 Studebaker Road, Long Beach, CA 90808
- July 23rd, 6:00-7:30 PM: Sylmar Support Group**
 Location: Lake View Terrace Library, 12002 Osborne St., Sylmar, CA 91342
- July 29th, 2:00-4:00 PM: Stress-Busting Program (VHH)**
 Location: Verdugo Hills Hospital, Glendale
 1808 Professional Building (Location given upon registration.)

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