

USC Family Caregiver Support Center  
 Davis School of Gerontology  
 3715 McClintock Ave.  
 Los Angeles, CA 90089-0191

# Caregiver Central

September 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.

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 @ 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**

**Web:** [www.fcscgero.org](http://www.fcscgero.org)

**Email:** [fcscgero@usc.edu](mailto:fcscgero@usc.edu)

**USC Davis**  
 School of Gerontology

## Updates & Announcements



**Y**ou may have noticed this month's newsletter looks a bit different. We made a few changes to our newsletter's format so we could provide you with a bigger calendar and larger text. Please let us know if you like it or have any other suggestions for our newsletter. We'd love to hear what you think!

This month, we're in full swing with three of our Stress-Busting Program (SBP) for Family Caregivers classes. If you missed out on signing up for these events, don't worry! We are beginning an SBP series in Rosemead from September 15 to November 10, 2015.

We will also be starting new SBP series in the new year, so the program will be coming soon to a location near you!

Many of you have been attending our monthly Caring Conversations education events at various locations around the county. We will be starting up a Caring Conversations series in Glendale at our USC Verdugo Hills Hospital office as well as one in Rosemead at our Rosemead office. Please refer to our calendar for more details.

Lastly, we have a new support group starting up in Rosemead at the California Mission Inn on the second Wednesday of the month, 10:00-11:30am. We'd like to invite family caregivers in the area to join us. More details are available on our calendar.

## CALENDAR OF EVENTS:

- **September 1st, 8th, 15th, 22nd, & 29th, 5:00-7:00 PM: Stress-Busting Program (USC)**  
 Location: USC FCSC @ USC Davis School of Gerontology
- **September 2nd & 16th, 1:00-2:30 PM: Pasadena Support Group**  
 Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- **September 2nd, 9th, 16th & 23rd, 1:30-3:30 PM: Stress-Busting Program (Long Beach)**  
 Location: Grace First Presbyterian Church  
 3955 Studebaker Road, Long Beach, CA 90808
- **September 2nd, 9th, 16th & 23rd, 2:00-4:00 PM: Stress-Busting Program (VHH)**  
 Location: Verdugo Hills Hospital, Glendale-1808 Professional Building
- **September 3rd, 10:30 AM-12:00 PM: Caring Conversations, "Understanding Home Care Options"**  
 Location: 38345 30th St., Ste #E-3, Palmdale, CA 93550
- **September 4th, 10:00 AM-12:00 PM: Irwindale Support Group**  
 Location: Irwindale Senior Center, 16116 Arrow Highway, Irwindale, CA 91706
- **September 8th & 22nd, 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
- **September 9th, 10:00-11:30 AM: Rosemead Support Group**  
 Location: USC FCSC @ Rosemead Office  
 4807 Earle Ave., Rosemead, CA 91770
- **September 9th, 12:00-2:00 PM: USC Support Group**  
 Location: USC FCSC @ USC Davis School of Gerontology
- **September 10th, 9:00-11:00 AM: Caring Conversations, "Managing Elder Care, Trusts, and Medi-Cal"**  
 Location: Glendale Adventist Medical Center –Live Well Senior Lounge  
 1509 Wilson Terrace, Glendale, CA 91206
- **September 14th, 7:15-8:45 PM: Telephone Support Group**  
 Register by calling toll-free (855) 872-6060.
- **September 15th, 9:00-11:00 AM: Caring Conversations, "Let's Talk About Legal/ Financial Planning and Caregiving"**  
 Location: Kaiser Permanente Medical Center, Baldwin Park  
 Basement Conference Room 3
- **September 15th, 22nd, & 29th, 10:00 AM-12:00 PM: Stress-Busting Program (Rosemead)**  
 Location: USC FCSC @ Rosemead Office  
 The Chapel's Social Room  
 4807 Earle Ave., Rosemead, CA 91770
- **September 17th, 7:00-8:00 PM: C.A.L.M. Telephone Series, "Estate Planning"**  
 Conducted over the phone. Register by calling toll-free (855) 872-6060.
- **September 18th, 10:00 AM-12:00 PM: Caring Conversations, "Community Resources for Caregivers"**  
 Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007
- **September 21st, 2:00-3:30 PM: Santa Fe Springs Support Group**  
 Location: Gus Velasco Neighborhood Center  
 9255 Pioneer Blvd., Santa Fe Springs, CA 90670
- **September 23rd, 12:00-2:00 PM: "C.A.L.M. (Through Creative Expression)" USC Support Group**  
 Location: USC FCSC @ USC Davis School of Gerontology
- **September 24th, 10:00-11:00 AM: Long Beach Support Group**  
 Location: Grace First Presbyterian Church (Fireside Room)  
 3955 Studebaker Road, Long Beach, CA 90808
- **September 24th, 2:00-4:00 PM: Caring Conversations, "Let's Talk About Legal/ Financial Planning and Caregiving"**  
 Location: Verdugo Hills Hospital, Glendale-1808 Professional Building
- **September 24th, 6:00-7:30 PM: Sylmar Support Group**  
 Location: Lake View Terrace Library, 12002 Osborne St., Sylmar, CA 91342

## Save the Date: Open House



Please **SAVE THE DATE** for our **OPEN HOUSE** at our **Rosemead Office on Friday, October 23, 2015.**

## Spanish-Speaking Caregivers Needed

¿Es usted un cuidador de un ser querido con la enfermedad de Alzheimer u otra Demencia? El USC Departamento de Medicina de Familia está desarrollando materiales educativos sobre los desafíos de cuidar a un ser querido y necesita la contribución de cuidadores de pacientes con demencia. Solamente requiere una hora de tiempo y participantes están compensados con una tarjeta de regalo. Cuidadores que hablan inglés y español que están interesados deben llamar a Ana Poblet-Kouttjie a (626) 457-6621 para aprender más.

## Ralphs Community Contribution Program

**D**id you know you could support the Family Caregiver Support Center at no extra cost to yourself? The USC FCSC is part of the Ralphs Community Contribution Program, which donates a small portion of your grocery bill to participating community agencies when you use your rewards card. Ralphs requires re-enrollment every year to continue being part of its Community Contribution Program. If you are currently enrolled (or would like to newly enroll now!) in this program, we need you to re-enroll your Ralphs Rewards Card in September to continue your contributions to our program. Please follow the instructions below to enroll your Ralphs Rewards Card and help out the USC FCSC:

After the cashier swipes your Ralphs Rewards Card and the “scanbar” code below, it will link your Ralphs Rewards Card to USC FCSC .



Once you have linked your Ralphs Rewards Card to USC FCSC, you do not need to bring the “scanbar” to Ralphs again.

If you wish to enroll online, please register your Ralph’s card at [www.ralphs.com](http://www.ralphs.com) and enter our organization number, 80612, under the Community Rewards section.

Please call us with any questions or concerns at toll-free 855-872-6060.



- 1.) Take this article and your Ralphs Rewards Card with you to Ralphs the next time you shop there.
- 2.) When you present your Ralphs Rewards Card to the cashier, please also supply them with the “scanbar” to the right. It will be used by the cashier to link your card to USC FCSC.

## Siblings Now Covered By FMLA



**T**he U.S. Department of Labor has clarified that siblings may be eligible for job-protected leave under the Family and Medical Leave Act (FMLA). As the law is currently written, siblings are not specifically included.

a parent.” If a sibling steps in to care for an adult sibling who is “incapable of self-care because of a mental or physical disability,” he or she may be performing caretaking duties like a parent would and may be able to claim *in loco parentis* eligibility FMLA protected leave.



The FMLA entitles eligible employees of covered employers to take unpaid, job-protected leave for their own health or to care for a family member, including to care for the employee’s spouse, child, or parent who has a serious health condition. Siblings are not listed.

The Department of Labor has expanded its definitions to include instances when someone may be acting *in loco parentis*, or “in the place of

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>01</b> 5:00-7:00 PM Stress-Busting Program (USC)	<b>02</b> 1:00-2:30 PM Pasadena Support Group  1:30-3:30 PM Stress-Busting Program (Long Beach)  2:00-4:00 PM Stress-Busting Program (VHH)	<b>03</b> 10:30 AM-12:00 PM Caring Conversations (Palmdale)	<b>04</b> 10:00 AM-12:00PM Irwindale Support Group	<b>05</b>
<b>06</b>	<b>07</b> 	<b>08</b> 11:30 AM-1:00 PM First AME Support Group  5:00-7:00 PM Stress-Busting Program (USC)	<b>09</b> 10:00-11:30 AM Rosemead Support Group  12:00-2:00 PM USC Support Group  1:30-3:30 PM Stress-Busting Program (Long Beach)  2:00-4:00 PM Stress-Busting Program (VHH)	<b>10</b> 9:00-11:00 AM Caring Conversations (Glendale)	<b>11</b>	<b>12</b>
<b>13</b> 	<b>14</b> 7:15-8:45 PM Telephone Support Group	<b>15</b> 9:00-11:00 AM Caring Conversations (Baldwin Park)  10:00 AM-12:00 PM Stress-Busting Program (Rosemead)  5:00-7:00 PM Stress-Busting Program (USC)	<b>16</b> 1:00-2:30 PM Pasadena Support Group  1:30-3:30 PM Stress-Busting Program (Long Beach)  2:00-4:00 PM Stress-Busting Program (VHH)	<b>17</b> 7:00-8:00 PM CALM Telephone Series	<b>18</b> 10:00 AM-12:00 PM Caring Conversations (Arcadia)	<b>19</b>
<b>20</b>	<b>21</b> 2:00-3:30 PM Santa Fe Springs Support Group	<b>22</b> 10:00 AM-12:00 PM Stress-Busting Program (Rosemead)  11:30 AM-1:00 PM First AME Support Group  5:00-7:00 PM Stress-Busting Program (USC)	<b>23</b> 12:00-2:00 PM USC Support Group  1:30-3:30 PM Stress-Busting Program (Long Beach)  2:00-4:00 PM Stress-Busting Program (VHH)	<b>24</b> 10:00 AM-12:00 PM Long Beach Support Group  2:00-4:00 PM Caring Conversations (VHH)  6:00-7:30 PM Sylmar Support Group	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> 10:00 AM-12:00 PM Stress-Busting Program (Rosemead)  5:00-7:00 PM Stress-Busting Program (USC)	<b>30</b> 1:30-3:30 PM Stress-Busting Program (Long Beach)	<b>Joke of the Month:</b> I felt like my body had gotten totally out of shape, so I got my doctor’s permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors.  I bent, twisted, gyrated, jumped up and down, and perspired for an hour.  But by the time I got my leotard on, the class was over.		