

ABOUT US



The Los Angeles Caregiver Resource Center @ USC provides services for family caregivers in Los Angeles County to aid in the caregiving process. We are committed to supporting caregivers through information and referral, education and training events, support groups, family consultations, online services, and respite.

LACRC@USC has been empowering family caregivers in the Los Angeles area since 1989. It is part of a statewide system of 11 Caregiver Resource Centers throughout California.

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

LACRC@USC
CA Mission Inn
4807 Earle Ave.
Rosemead, CA 91770

LACRC@USC
Verdugo Hills Hospital
1808 Verdugo Blvd., Ste. 420A
Glendale, CA 91208

TOLL-FREE PHONE:
855-872-6060

Web: www.fcscgero.org

Email: fcscgero@usc.edu

Updates & Announcements



This month we are launching our newest program: **“Caregivers’ Day Out.”** This event is designed to give family caregivers some time to relax and take a breather. This day-long event will have workshops about self-care, stress management techniques, and fun exercise/movement activities. It will be held on Wednesday, February 17, 2016, 10:00 am-3:00 pm at the Mary & Joseph Retreat Center in Rancho Palos Verdes. Registration is required; please call 213-821-6908 to register for this event. Respite scholarships to attend and transportation are available.

This month’s educational theme at the center is **“C.A.L.M. (Caregivers Are Learning More) About: Hiring In-Home Help.”** This topic will take you through how to assess your needs and develop an appropriate budget for home care. We will discuss different home care options

and what sort of caregiving situations are suited for each option. We will also cover realistic and unrealistic expectations for hiring in-home help. Please refer to our calendar of events for more information on a presentation near you.

Have you tried calling in to listen to our telephone “C.A.L.M” education series? This series occurs every third Thursday of the month from 7:00 pm-8:00 pm. It is an excellent opportunity for family caregivers who want to listen and participate in one of our educational series from the comfort of their own home or working caregivers who cannot attend events during the daytime. Please call our toll-free phone number at 1-855-872-6060 to register and receive an access code for this telephone event.



CALENDAR OF EVENTS:

- **February 2nd, 2:00-3:30 PM: “C.A.L.M. About: Hiring In-Home Help”**
Location: Gus Velasco Neighborhood Center
9255 Pioneer Blvd., Santa Fe Springs, CA 90670
- **February 3rd & 17th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- **February 4th, 10:30 AM-12:00 PM: “C.A.L.M. About: Hiring In-Home Help”**
Location: My Care Professionals, 38345 30th St., Ste #E-3, Palmdale, CA 93550
- **February 5th, 10:00 AM-12:00 PM: Irwindale Support Group**
Location: Irwindale Senior Center, 16116 Arrow Highway, Irwindale, CA 91706
- **February 8th, 7:15-8:45 PM: Telephone Support Group**
Register by calling toll-free (855) 872-6060.
- **February 9th & 23rd, 11:30 AM-1:00 PM: First AME Church Support Group**
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- **February 9th, 2:00-3:00 PM: “C.A.L.M. About: Hiring In-Home Help”**
Location: LACRC@USC - Rosemead Office
Rogers’ Hall Living Room, 4807 Earle Ave., Rosemead, CA 91770
- **February 10th, 10:00-11:30 AM: Rosemead Support Group**
Location: LACRC@USC - Rosemead Office
Rogers’ Hall Living Room, 4807 Earle Ave., Rosemead, CA 91770
- **February 10th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **February 11th, 9:00-11:00 AM: “C.A.L.M. About: Hiring In-Home Help”**
Location: Glendale Adventist Medical Center –Live Well Senior Lounge
1509 Wilson Terrace, Glendale, CA 91206
- **February 16th, 2:00-3:30 PM: Santa Fe Springs Support Group**
Location: Gus Velasco Neighborhood Center
9255 Pioneer Blvd., Santa Fe Springs, CA 90670
- **February 17th, 10:00 AM-3:00 PM: “Caregivers’ Day Out”**
*****REGISTRATION REQUIRED*****
Location: Mary & Joseph Retreat Center
5300 Crest Rd., Rancho Palos Verdes, CA 90275
- **February 18th, 9:00-11:00 AM: “C.A.L.M. About: Hiring In-Home Help”**
Location: Kaiser Permanente Medical Office Building, West Covina
1249 Sunset Ave., West Covina, CA 91790
Conference Room A, 1st Floor
- **February 18th, 2:00-4:00 PM: “C.A.L.M. About: Hiring In-Home Help”**
Location: LACRC@USC - Verdugo Hills Hospital, Glendale
1808 Medical Professional Building
- **February 18th, 7:00-8:00 PM: C.A.L.M. Telephone Series, “C.A.L.M. About: Hiring In-Home Help”**
Conducted over the phone. Register by calling toll-free (855) 872-6060.
- **February 19th, 10:00 AM-12:00 PM: “C.A.L.M. About: Hiring In-Home Help”**
Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007
- **February 24th, 12:00-2:00 PM: “C.A.L.M. (Caregivers Are Learning More) Through Creative Expression” Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **February 25th, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Stuebaker Road, Long Beach, CA 90808
- **February 25th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library, 12002 Osborne St., Sylmar, CA 91342



Learning to Love Yourself

February is a month when a lot of people talk about love for others, but what about love for yourself? We urge you to spend some moments this month to appreciate and love yourself for all the hard work you do as a family caregiver. This is often the hardest thing to do because caregivers neglect themselves and their own needs due to all the other demands on their time and energy. You need to take good care of yourself to take care of someone else.



love yourself by being honest and acknowledging all the things you do. Take some time to celebrate your amazing work and join us Wednesday, February 17, 2016, 10:00 am-3:00 pm at the Mary & Joseph Retreat Center in Rancho Palos Verdes for our "Caregivers' Day Out." Registration is required; please call 213-821-6908 to register for this event. Respite scholarships to attend are available. **Please refer to the enclosed flyer for more information.**



Many caregivers minimize their own contributions as a family caregiver, often downplaying their roles and accomplishments. This kind of behavior lessens the value of their hard work and eventually leads to family and friends not fully grasping the true impact of their efforts. This month, think about how you can

Understanding POLST

When you are seriously ill, making sure your loved ones and doctors know what kinds of medical treatment you want as you approach the end of your life is very important. Physician Orders for Life-Sustaining Treatment (POLST) can help do just that.

POLST is a form that clearly states what kinds of medical treatment patients want toward the end of their lives. Printed on bright pink paper, and signed by both a doctor and patient, POLST helps give seriously-ill patients more control over their care.

POLST also helps you talk with your healthcare team and your loved ones about your choices. POLST can help reduce patient and family suffering, and make sure that your wishes are known and honored. As a result, POLST can prevent unwanted or medically ineffective treatment, reduce patient and family suffering, and help ensure that patients' wishes are honored.

What information is included on the POLST form? The decisions documented on the POLST form include whether to: • Attempt cardiopulmonary resuscitation, • Use high intensity treatments, • Use a ventilator to help with breathing, and • Provide artificial nutrition by tube.

Filling out a POLST form is entirely voluntary, but California law requires that the physician orders in a POLST be followed by healthcare providers. Doctors say that seriously ill patients and those with chronic, progressive illness should have a POLST.

Does the POLST form replace traditional Advance Directives? The POLST form complements an Advance Directive and is not intended to replace that document. An Advance Directive is still necessary to appoint a legal healthcare decisionmaker, and is recommended for all adults, regardless of their health status.

-Excerpt from www.capolst.org ("POLST for Patients & Loved Ones")

February 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	02 2:00-3:30 PM C.A.L.M. About: Hiring In-Home Help (Santa Fe Springs) 	03 1:00-2:30 PM Pasadena Support Group	04 10:30 AM-12:00 PM C.A.L.M. About: Hiring In-Home Help (Palmdale)	05 10:00 AM-12:00 PM Irwindale Support Group	06
07	08 7:15-8:45 PM Telephone Support Group	09 11:30 AM-1:00 PM First AME Support Group 2:00 PM-3:00 PM C.A.L.M. About: Hiring In-Home Help (Rosemead)	10 10:00 AM-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group	11 9:00-11:00 AM C.A.L.M. About: Hiring In-Home Help (Glendale)	12	13
14 	15	16 2:00-3:30 PM Santa Fe Springs Support Group	17 10:00 AM-3:00 PM Caregivers' Day Out 1:00-2:30 PM Pasadena Support Group	18 9:00-11:00 AM C.A.L.M. About: Hiring In-Home Help (West Covina) 2:00-4:00 PM C.A.L.M. About: Hiring In-Home Help (VHH) 7:00-8:00 PM C.A.L.M. About: Hiring In-Home Help (Telephone)	19 10:00 AM-12:00 PM C.A.L.M. About: Hiring In-Home Help (Arcadia)	20
21	22	23 11:30 AM-1:00 PM First AME Support Group	24 12:00-2:00 PM USC Support Group	25 10:00 AM-12:00 PM Long Beach Support Group 6:00-7:30 PM Sylmar Support Group	26	27
28	29	<p>Joke of the Month:</p> <p>Q: What did the stamp say to the envelope? A: I'm stuck on you!</p>				