

## 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](http://www.fcscgero.org)

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



## Updates & Announcements

Our first “Caregivers’ Day Out” in February was a resounding success. We welcomed over forty caregivers to this day-long program of pampering and learning to take care of yourself. More details about the event are on the next page.



This month’s educational theme at the center is **“C.A.L.M. (Caregivers Are Learning More) About: Helping Someone Who Does Not Want Your Help.”** This topic will discuss caring for someone with challenging behaviors. We will talk about how and why some challenging behaviors develop. We will also discuss some strategies for dealing with challenging behaviors in the people you

are caring for. Please refer to our calendar of events for more information on a presentation near you.

For those of you who missed out on our launch of the “Stress-Busting Program for Family Caregivers” last fall, it’s back again! This is a nine-week class that discusses strategies for caregiving and stress management. It is an evidence-based program originally developed at the University of Texas, San Antonio. We’d love to see you at one of these classes! More details about this program can be found on the next page.



## Caregivers’ Day Out

## CALENDAR OF EVENTS:

- **March 1st, 2:00-3:30 PM:** “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”  
 Location: Gus Velasco Neighborhood Center  
 9255 Pioneer Blvd., Santa Fe Springs, CA 90670
- **March 2nd & 16th, 1:00-2:30 PM:** Pasadena Support Group  
 Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- **March 3rd, 10:30 AM-12:00 PM:** “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”  
 Location: My Care Professionals, 38345 30th St., Ste #E-3, Palmdale, CA 93550
- **March 4th, 10:00 AM-12:00 PM:** Irwindale Support Group  
 Location: Irwindale Senior Center, 16116 Arrow Highway, Irwindale, CA 91706
- **March 8th & 22nd, 11:30 AM-1:00 PM:** First AME Church Support Group  
 Location: First AME Church: Allen House  
 2249 South Harvard, Los Angeles, CA 90018
- **March 9th, 10:00-11:30 AM:** Rosemead Support Group  
 Location: LACRC@USC - Rosemead Office  
 Rogers’ Hall Living Room, 4807 Earle Ave., Rosemead, CA 91770
- **March 9th, 12:00-2:00 PM:** USC Support Group  
 Location: LACRC@USC - Davis School of Gerontology
- **March 10th, 9:00-11:00 AM:** “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”  
 Location: Glendale Adventist Medical Center –Live Well Senior Lounge  
 1509 Wilson Terrace, Glendale, CA 91206
- **March 14th, 7:15-8:45 PM:** Telephone Support Group  
 Please register by calling toll-free (855) 872-6060.
- **March 15th, 2:00-3:30 PM:** Santa Fe Springs Support Group  
 Location: Gus Velasco Neighborhood Center  
 9255 Pioneer Blvd., Santa Fe Springs, CA 90670
- **March 17th, 9:00-11:00 AM:** “C.A.L.M. About: Helping Someone Who Does Not

- Want Your Help”  
 Location: Kaiser Permanente Medical Office Building, West Covina  
 1249 Sunset Ave., West Covina, CA 91790  
 Conference Room A, 1st Floor
- **March 17th, 2:00-4:00 PM:** “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”  
 Location: LACRC@USC - Verdugo Hills Hospital, Glendale  
 1808 Medical Professional Building
- **March 17th, 7:00-8:00 PM:** C.A.L.M. Telephone Series, “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”  
 Conducted over the phone. Please register by calling toll-free (855) 872-6060.
- **March 18th, 10:00 AM-12:00 PM:** “C.A.L.M. About: Helping Someone Who Does Not Want Your Help”  
 Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007
- **March 21st & 28th, 10:00 AM-12:00 PM:** “Stress Busting Program”  
 Location: West Covina Senior Center  
 2501 E. Cortez St., West Covina, CA 91790  
REGISTRATION REQUIRED. Please call toll-free 1-855-872-6060 to register.
- **March 23rd, 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
- **March 23rd & 30th, 2:00-4:00 PM:** “Stress Busting Program”  
 Location: The Kensington Sierra Madre  
 245 W. Sierra Madre Blvd., Sierra Madre, CA 91024  
REGISTRATION REQUIRED. Please call toll-free 1-855-872-6060 to register.
- **March 24th, 10:00 AM-12:00 PM:** Long Beach Support Group  
 Location: Grace First Presbyterian Church (Fireside Room)  
 3955 Studebaker Road, Long Beach, CA 90808
- **March 24th, 6:00-7:30 PM:** Sylmar Support Group (\*PEER-LED\*)  
 Location: Lake View Terrace Library, 12002 Osborne St., Sylmar, CA 91342

# Stress-Busting Program for Family Caregivers

**W**e will begin two “Stress-Busting Program (SBP) for Family Caregivers” classes this month. We launched our first SBP class last year at the end of July. 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 is the first (and only!) organization in California to be trained and certified to offer this program. We will be offering SBP in the following locations:

- Sierra Madre at The Kensington from March 23rd to May 18th, 2:00-4:00 pm
- West Covina at the West Covina Senior Center from March 21 to May 16th, 10:00-12:00 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.**

## “Caregivers’ Day Out” Recap

**T**his February, we brought back an old program with a new twist. “Caregivers’ Day Out” is an adapted version of our old “48 Hour! Caregiver Retreat” program. The first caregiver retreats were launched in the year 2000 with the goal of allowing family caregivers to “get away” for a short period of time to relax and take a breather from the stress of caregiving.





Based upon feedback from our family caregivers, we adapted the 48 Hour! Caregiver Retreat to a new one-day format to allow more caregivers to attend. The latest Caregivers’ Day Out was held on Wednesday, February 17, 2016, 10:00 am-

3:00 pm at the Mary & Joseph Retreat Center in Rancho Palos Verdes. This day-long event had workshops about self-care, stress management techniques, and fun exercise/movement activities. We welcomed more than forty caregivers to our new one-day retreat. We also had ten student volunteers from the USC Gerontology program attend as support staff.

We’d like to send out a heartfelt thank you to all of our caregivers who attended and made the launch of this new program a success. We are looking forward to holding more of these one-day retreats in the future.

# March 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>01</b> 2:00-3:30 PM C.A.L.M. About: Helping Someone Who Does Not Want Your Help (Santa Fe Springs)	<b>02</b> 1:00-2:30 PM Pasadena Support Group	<b>03</b> 10:30 AM-12:00 PM C.A.L.M. About: Helping Someone Who Does Not Want Your Help (Palmdale)	<b>04</b> 10:00 AM-12:00 PM 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	<b>09</b> 10:00 AM-11:30 AM Rosemead Support Group  12:00-2:00 PM USC Support Group	<b>10</b> 9:00-11:00 AM C.A.L.M. About: Helping Someone Who Does Not Want Your Help (Glendale)  	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> 7:15-8:45 PM Telephone Support Group  	<b>15</b> 2:00-3:30 PM Santa Fe Springs Support Group	<b>16</b> 1:00-2:30 PM Pasadena Support Group	<b>17</b> 9:00-11:00 AM C.A.L.M. About: Helping Someone Who Does Not Want Your Help (West Covina)  2:00-4:00 PM C.A.L.M. About: Helping Someone Who Does Not Want Your Help (VHH)  7:00-8:00 PM C.A.L.M. About: Helping Someone Who Does Not Want Your Help (Telephone)	<b>18</b> 10:00 AM-12:00 PM C.A.L.M. About: Helping Someone Who Does Not Want Your Help (Arcadia)	<b>19</b>
<b>20</b>	<b>21</b> 10:00 AM-12:00 PM Stress-Busting Program (West Covina)	<b>22</b> 11:30 AM-1:00 PM First AME Support Group	<b>23</b> 12:00-2:00 PM USC Support Group  2:00-4:00 PM Stress-Busting Program (Sierra Madre)	<b>24</b> 10:00 AM-12:00 PM Long Beach Support Group  6:00-7:30 PM Sylmar Support Group	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> 10:00 AM-12:00 PM Stress-Busting Program (West Covina)	<b>29</b>	<b>30</b> 2:00-4:00 PM Stress-Busting Program (Sierra Madre)	<b>31</b>		