

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

Here in Southern California, it definitely feels like “spring has sprung”! The weather is beautiful (though somewhat fickle at times), and we have more daylight hours to enjoy due to Daylight Savings Time. This gives us some wonderful opportunities to spend some more time outdoors and absorb much-needed Vitamin D to boost our spirits.



events for more information on a presentation near you.

This month’s educational theme at the center is **“C.A.L.M. (Caregivers Are Learning More) About: Nutrition & Healthier Eating.”** Many times, even though we see nutrition labels on almost everything we eat, we have no idea what they are telling us. This topic will discuss how to decode nutrition labels and understand the information that is being provided in the label. We will also talk about how to improve eating habits for older adults and how to make healthier choices. Please refer to our calendar of

The USC Family Caregiver Support Center is co-sponsoring **“Getting Unstuck: Prepped, Planned and Balanced Caregiving”** at the USC Leonard Davis School of Gerontology on Thursday, April 7th, 6:00-8:30 pm in collaboration with the USC Alumni Association. Our director, Dr. Donna Benton, will be speaking about strategies to maintain your health and well-being during your caregiving journey. Please see the next page for more details about this event.



CALENDAR OF EVENTS:

- **April 4th, 11th, 18th & 25th, 10:00 AM-12:00 PM: “Stress Busting Program”**
 Location: West Covina Senior Center
 2501 E. Cortez St., West Covina, CA 91790
- **April 5th, 2:00-3:30 PM: “C.A.L.M. About: Nutrition & Healthier Eating”**
 Location: Gus Velasco Neighborhood Center
 9255 Pioneer Blvd., Santa Fe Springs, CA 90670
- **April 6th & 20th, 1:00-2:30 PM: Pasadena Support Group**
 Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- **April 6th, 13th, 20th & 27th, 2:00-4:00 PM: “Stress Busting Program”**
 Location: The Kensington Sierra Madre
 245 W. Sierra Madre Blvd., Sierra Madre, CA 91024
- **April 7th, 10:30 AM-12:00 PM: “C.A.L.M. About: Nutrition & Healthier Eating”**
 Location: My Care Professionals, 38345 30th St., Ste #E-3, Palmdale, CA 93550
- **April 7th, 6:00 PM-8:30 PM: “Getting Unstuck: Prepped, Planned, & Balanced Caregiving”**
 Location: USC Leonard Davis School of Gerontology, Auditorium
 3715 McClintock Ave., Los Angeles, CA 90089
*****REGISTRATION REQUIRED.*****
 \$40 Registration Fee (includes dinner, parking & program)
 QUESTIONS? Please call Kate Fergusson @ USC Alumni Assn at (213) 821-5609.
- **April 11th, 7:15-8:45 PM: Telephone Support Group**
 Please register by calling toll-free (855) 872-6060.
- **April 12th & 26th, 11:30 AM-1:00 PM: First AME Church Support Group**
 Location: First AME Church: Allen House
 2249 South Harvard, Los Angeles, CA 90018
- **April 13th, 10:00-11:30 AM: Rosemead Support Group**
 Location: LACRC@USC - Rosemead Office
 Rogers’ Hall Living Room, 4807 Earle Ave., Rosemead, CA 91770
- **April 13th & 27th, 12:00-2:00 PM: USC Support Group**
 Location: LACRC@USC - Davis School of Gerontology
- **April 14th, 9:00-11:00 AM: “C.A.L.M. About: Nutrition & Healthier Eating”**
 Location: Glendale Adventist Medical Center –Live Well Senior Lounge
 1509 Wilson Terrace, Glendale, CA 91206
- **April 15th, 10:00 AM-12:00 PM: “C.A.L.M. About: Nutrition & Healthier Eating”**
 Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007
- **April 21st, 9:00-11:00 AM: “C.A.L.M. About: Nutrition & Healthier Eating”**
 Location: Kaiser Permanente Medical Office Building, West Covina
 1249 Sunset Ave., West Covina, CA 91790
 Conference Room A, 1st Floor
- **April 21st, 2:00-4:00 PM: “C.A.L.M. About: Nutrition & Healthier Eating”**
 Location: LACRC@USC - Verdugo Hills Hospital, Glendale
 1808 Medical Professional Building
- **April 21st, 7:00-8:00 PM: C.A.L.M. Telephone Series, “C.A.L.M. About: Nutrition & Healthier Eating”**
 Conducted over the phone. Please register by calling toll-free (855) 872-6060.
- **April 27th, 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
- **April 28th, 10:00 AM-12:00 PM: Long Beach Support Group**
 Location: Grace First Presbyterian Church (Fireside Room)
 3955 Studebaker Road, Long Beach, CA 90808
- **April 28th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
 Location: Lake View Terrace Library, 12002 Osborne St., Sylmar, CA 91342

“Getting Unstuck”

The USC Family Caregiver Support Center is co-sponsoring “Getting Unstuck: Prepped, Planned and Balanced Caregiving” at the USC Leonard Davis School of Gerontology on Thursday, April 7th, 6:00-8:30 pm in collaboration with the USC Alumni Association. Our director, Dr. Donna Benton, will provide strategies to help you maintain your health and well-being throughout your caregiving journey. Carlos A. Arcos, elder law attorney, will provide an overview and guidance on estate and healthcare planning to help minimize common mistakes.

Although this event is organized by the USC Alumni Association, registration is open to the community, not only USC alumni.



Thursday, April 7, 2016
6:00 - 8:30 p.m.

Leonard Davis School of Gerontology Center
3715 McClintock Avenue
USC University Park Campus
Los Angeles, CA 90089

\$40 Registration Fee
Includes dinner, parking and program

This event is brought to you by
USC Encore Trojans and the
USC Family Caregiver Support Center.

Questions? Please call **Kate Fergusson**,
Associate Director of Engagement Programs
at the USC Alumni Association
at (213) 821-5609.

April 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01 	02
03	04 10:00 AM-12:00 PM Stress-Busting Program (West Covina)	05 2:00-3:30 PM C.A.L.M. About: Nutrition & Healthier Eating (Santa Fe Springs)	06 1:00-2:30 PM Pasadena Support Group 2:00-4:00 PM Stress-Busting Program (Sierra Madre)	07 10:30 AM-12:00 PM C.A.L.M. About: Nutrition & Healthier Eating (Palmdale) 6:00-8:30 PM Getting Unstuck: Prepped, Planned and Balanced Caregiving	08	09
10	11 10:00 AM-12:00 PM Stress-Busting Program (West Covina) 7:15-8:45 PM Telephone Support Group	12 11:30 AM-1:00 PM First AME Support Group	13 10:00 AM-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group 2:00-4:00 PM Stress-Busting Program (Sierra Madre)	14 9:00-11:00 AM C.A.L.M. About: Nutrition & Healthier Eating (Glendale)	15 10:00 AM-12:00 PM C.A.L.M. About: Nutrition & Healthier Eating (Arcadia)	16
17	18 10:00 AM-12:00 PM Stress-Busting Program (West Covina)	19	20 1:00-2:30 PM Pasadena Support Group 2:00-4:00 PM Stress-Busting Program (Sierra Madre)	21 9:00-11:00 AM C.A.L.M. About: Nutrition & Healthier Eating (West Covina) 2:00-4:00 PM C.A.L.M. About: Nutrition & Healthier Eating (VHH) 7:00-8:00 PM C.A.L.M. About: Nutrition & Healthier Eating (Telephone)	22	23
24	25 10:00 AM-12:00 PM Stress-Busting Program (West Covina)	26 11:30 AM-1:00 PM First AME Support Group	27 12:00-2:00 PM USC Support Group 2:00-4:00 PM Stress-Busting Program (Sierra Madre)	28 10:00 AM-12:00 PM Long Beach Support Group 6:00-7:30 PM Sylmar Support Group	29 	30

Advocacy: Family Caregiver Respite Support

In 2009, California Caregiver Resource Centers funding was cut by 74%--one of the largest historical funding cuts of any health and human services program. Subsequently, respite services were nearly eliminated. The statewide CRC total allocation has gone from \$10.5 million to the current funding level of \$4.9 million, after a modest restoration of \$2 million last legislative session, to serve 5.8 million family caregivers in California.

State Senator Janet Nguyen’s bill named [SB 1377 Family Caregiver Respite Support](#) will appropriate funds to the statewide Caregiver Resource Centers (CRCs) to reinstate much needed respite care services.



SB 1377 would restore the 11 CRC budgets by \$275,000 each to fund respite services at a functioning level. As the state continues to promote home and community-based services and managed health care, unpaid family

caregivers will be heavily relied upon by providers to help their loved ones navigate and make choices

about their healthcare.

Respite care provides caregivers a temporary rest from caregiving, while the person who is being cared for continues to receive assistance in a safe environment. Respite supports and strengthens a caregiver’s ability to stay healthy. Respite care can be provided as in-home care, adult day care, residential, and transportation services to relieve the caregiver from the stresses of constant care provision. Currently there are over 5,000 caregivers on wait lists for respite.

Caregiver Resource Centers are the lead agency in California that exclusively serve and support unpaid family caregivers through respite and counseling services. California family caregivers are the backbone of reducing hospital readmissions and compliance with provider’s care plans. These family caregivers are the invisible but essential long-term care work-force in the state. They provide 80% of the support services that may otherwise be ultimately provided in a skilled nursing facility or hospital.