

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

Caregiver Central

May 2016

Los Angeles Caregiver Resource Center @ USC

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.

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 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

USC Leonard Davis
 School of Gerontology

Updates & Announcements

We are pleased to unveil our new logo for the Los Angeles Caregiver Resource Center. This redesign reaffirms our connection to our roots as part of the statewide system of California Caregiver Resource Centers. Members of the community had expressed confusion about whether the Los Angeles Caregiver Resource Center (established in 1989) was still in existence and how it was related to the current USC Family Caregiver Support Center. As one administrator put it, "This is the home of the Los Angeles Caregiver Resource Center, which is a program of the USC Family Caregiver Support Center, and is housed at the USC Leonard Davis School of Gerontology."

We are starting up a new "Caregivers Are Learning More (C.A.L.M.)" education series in collaboration with Health Care Partners in San Gabriel. Please join us for our inaugural education session on Tuesday, May 10th, 10:30-11:30 AM. Please refer to our calendar of events for more details.

This month, we will be launching two new caregiver support groups. We will be collaborating with Beth Jacob Congregation in Beverly Hills to start a caregiver group that will meet every

second Thursday of the month starting May 12th from 2:00 to 3:30 PM. (This group is non-denominational and open to the community.) We are also collaborating with WISE & Healthy Aging to start a new caregiver support group that will meet every second and fourth Thursday of the month starting May 12th and 26th from 5:00 to 6:00 PM. For more details, please refer to our calendar of events.

This month's educational theme at the center is "**C.A.L.M. (Caregivers Are Learning More) About: End-of-Life Planning.**" We will discuss how to make your loved one's final wishes known. What are the proper documents or procedures to make sure your loved one's final wishes are followed? Please refer to our calendar of events for more information on a presentation near you.

Please save the date for our upcoming "Let's Talk About Legal & Financial Planning" Conference on June 24, 2016, 9:00 am-12:30 pm in Alhambra. This event will discuss "Legal Planning for Family Caregivers," "Understanding Medi-Cal," and will include a resource fair. Transportation can be arranged upon request. Please turn the page for more details about this event.

CALENDAR OF EVENTS:

- **May 2nd, 9th, 16th, & 23rd 10:00 AM-12:00 PM: "Stress Busting Program"**
 Location: West Covina Senior Center
 2501 E. Cortez St., West Covina, CA 91790
- **May 4th & 18th, 1:00-2:30 PM: Pasadena Support Group**
 Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- **May 4th, 11th, & 18th, 2:00-4:00 PM: "Stress Busting Program"**
 Location: The Kensington Sierra Madre
 245 W. Sierra Madre Blvd., Sierra Madre, CA 91024
- **May 5th, 10:30 AM-12:00 PM: "C.A.L.M. About: End-Of-Life Planning"**
 Location: My Care Professionals, 38345 30th St., Ste #E-3, Palmdale, CA 93550
- **May 9th, 7:15-8:45 PM: Telephone Support Group**
 Please register by calling toll-free (855) 872-6060.
- **May 10th, 10:30-11:30 AM: "C.A.L.M. About: Tips for Family Caregivers"**
 Location: Healthcare Partners
 207 S. Santa Anita St., #205 (Second Floor), San Gabriel, CA 91776
- **May 10th & 24th, 11:30 AM-1:00 PM: First AME Church Support Group**
 Location: First AME Church: Allen House
 2249 South Harvard, Los Angeles, CA 90018
- **May 11th, 10:00-11:30 AM: Rosemead Support Group**
 Location: LACRC@USC - Rosemead Office
 Rogers' Hall Living Room, 4807 Earle Ave., Rosemead, CA 91770
- **May 11th & 25th, 12:00-2:00 PM: USC Support Group**
 Location: LACRC@USC - Davis School of Gerontology
- **May 12th, 9:00-11:00 AM: "C.A.L.M. About: End-of-Life Planning"**
 Location: Glendale Adventist Medical Center – Live Well Senior Lounge
 1509 Wilson Terrace, Glendale, CA 91206
- **May 12th, 2:00-3:30 PM: Beth Jacob Congregation Support Group**
 Location: Beth Jacob Congregation
 9030 W Olympic Blvd., Beverly Hills, CA 90211
- **May 12th & 26th, 5:00-6:30 PM: WISE Support Group**
 Location: WISE Adult Day Service Center
 1527 4th St., 2nd Fl., Santa Monica, CA 90401
- **May 19th, 9:00-11:00 AM: "C.A.L.M. About: End-Of-Life Planning"**
 Location: Kaiser Permanente Medical Office Building, West Covina
 1249 Sunset Ave., West Covina, CA 91790
 Conference Room A, 1st Floor
- **May 19th, 2:00-4:00 PM: "C.A.L.M. About: End-Of-Life Planning"**
 Location: LACRC@USC - Verdugo Hills Hospital, Glendale
 1808 Medical Professional Building
- **May 19th, 7:00-8:00 PM: C.A.L.M. Telephone Series, "C.A.L.M. About: End-Of-Life Planning"**
 Conducted over the phone. Please register by calling toll-free (855) 872-6060.
- **May 20th, 10:00 AM-12:00 PM: "C.A.L.M. About: End-Of-Life Planning"**
 Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007
- **May 25th, 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
- **May 26th, 10:00 AM-12:00 PM: Long Beach Support Group**
 Location: Grace First Presbyterian Church (Fireside Room)
 3955 Studebaker Road, Long Beach, CA 90808
- **May 26th, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
 Location: Lake View Terrace Library, 12002 Osborne St., Sylmar, CA 91342





Friday, June 24, 2016, 9:00 am-12:30 pm
 Almansor Court, 700 S. Almansor St., Alhambra, CA 91801

Legal & Financial Planning

REGISTER TODAY!
\$20 Registration Fee

Please register by Wednesday, June 15, 2016.

- ◇ Call toll-free 1-855-872-6060
- ◇ Download the registration form from our website: www.fcscgero.org

The **USC Family Caregiver Support Center** invites the caregiving community to attend this half-day conference to learn about:

**Legal Planning for Family Caregivers
 Understanding Medi-Cal
 Resource Fair**

Transportation can be arranged upon request.
 Questions? Please call Jenny Peterson at 213-821-6908.

Advocacy: Family Caregiver Respite Support

Did you know that even with bi-partisan support of a bill it can **STALL** once it reaches Appropriations? In California, bills that request over \$250,000 are automatically placed on **Suspense**, which can be permanent or temporary. The bill will remain permanently in suspension if there is not enough support to push the bill forward. **It can be moved if people take action and help push the bill to a hearing.**

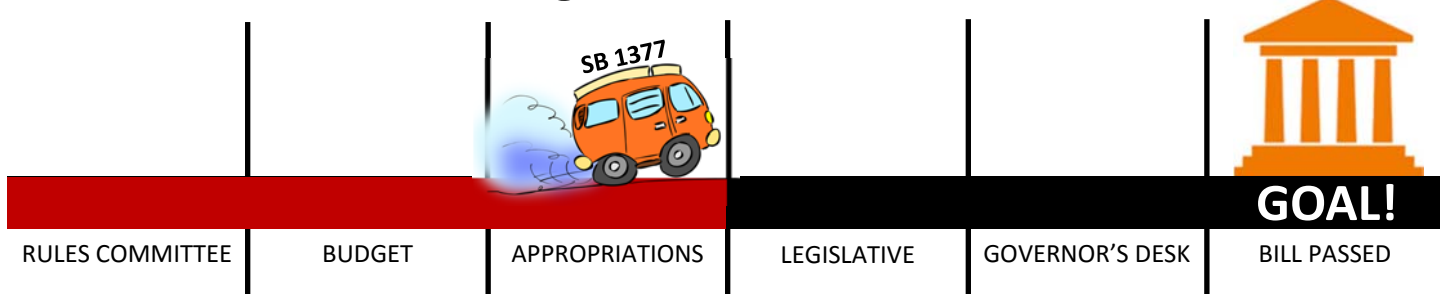
To **PUSH** a bill out of appropriations, fuel is required. The fuel needed for a bill to move forward is stories, phone calls and/or pictures that can be shared with elected officials in the state capitol.

SB 1377 requests \$3.3 million in respite support for California family caregivers.

The bus needs to get on the road before May 20, so we need to start pushing now!

- ⇒ **POST** a photo and/or comment on our special Caregiver Advocate Facebook page: <https://www.facebook.com/CaliforniaCaregiversTakeAction>
- ⇒ **SHARE** this post on your Facebook or Twitter pages.
- ⇒ **WRITE** a short letter about what respite means to you, your friends or your community and e-mail it to us at fcscgero@usc.edu.
- ⇒ **FAX** your letter to 916-442-5961 Attn: SB 1377
- ⇒ **MAIL** letters to:
 USC Family Caregiver Support Center/LACRC
 Attn: Take Action SB 1377
 3715 McClintock Ave.
 Los Angeles, CA 90089-0191

The ROAD to Passing a BILL



May 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02 10:00 AM-12:00 PM Stress-Busting Program (West Covina)	03	04 1:00-2:30 PM Pasadena Support Group 2:00-4:00 PM Stress-Busting Program (Sierra Madre)	05 10:30 AM-12:00 PM C.A.L.M. About: End-of-Life Planning (Palmdale)	06	07
08	09 10:00 AM-12:00 PM Stress-Busting Program (West Covina) 7:15-8:45 PM Telephone Support Group	10 10:30-11:30 AM C.A.L.M. About: Tips for Family Caregivers (San Gabriel) 11:30 AM-1:00 PM First AME Support Group	11 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)	12 9:00-11:00 AM C.A.L.M. About: End-of-Life Planning (Glendale) 2:00-3:30 PM Beth Jacob Support Group 5:00-6:30 PM WISE Support Group	13	14
15	16 10:00 AM-12:00 PM Stress-Busting Program (West Covina)	17	18 1:00-2:30 PM Pasadena Support Group 2:00-4:00 PM Stress-Busting Program (Sierra Madre)	19 9:00-11:00 AM C.A.L.M. About: End-of-Life Planning (West Covina) 2:00-4:00 PM C.A.L.M. About: End-of-Life Planning (VHH) 7:00-8:00 PM C.A.L.M. About: End-of-Life Planning (Telephone)	20 10:00 AM-12:00 PM C.A.L.M. About: End-of-Life Planning (Arcadia)	21
22	23 10:00 AM-12:00 PM Stress-Busting Program (West Covina)	24 11:30 AM-1:00 PM First AME Support Group	25 12:00-2:00 PM USC Support Group	26 10:00 AM-12:00 PM Long Beach Support Group 5:00-6:30 PM WISE Support Group 6:00-7:30 PM Sylmar Support Group	27	28
29	30	31				

