

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

Caregiver Central

June 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.

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

USC Leonard Davis
School of Gerontology

Updates & Announcements

Last month, we launched our new “Caregivers Are Learning More (C.A.L.M.)” education series in collaboration with Health Care Partners in San Gabriel. Please join us for the next education session on Tuesday, June 14th, 10:30-11:30 AM. Please refer to our calendar of events for more details.

Our new caregiver support group in collaboration with Beth Jacob Congregation in Beverly Hills was launched in May. This new group meets every second Thursday of the month 2:00 to 3:30 PM. (This group is non-denominational and open to the community.) We’d love to meet you if you’re in the area!

This month’s educational theme at the

center is “C.A.L.M. (Caregivers Are Learning More) About: Legal & Financial Planning for Family Caregivers.” We will discuss legal documents family caregivers should consider having and why they are important. We will also talk about common estate planning mistakes and how to avoid them. Please refer to our calendar of events for more information on a presentation near you.

Please join us for our upcoming “Let’s Talk About Legal & Financial Planning” Conference on Friday, 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:

- **June 1st & 15th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA 91103
- **June 6th, 10:00 AM-12:00 PM: “Stress Busting Program”**
Location: West Covina Senior Center
2501 E. Cortez St., West Covina, CA 91790
- **June 8th, 10:00-11:30 AM: Rosemead Support Group**
Location: LACRC@USC - Rosemead Office
Rogers’ Hall Living Room, 4807 Earle Ave., Rosemead, CA 91770
- **June 8th & 22nd, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **June 9th, 9:00-11:00 AM: “C.A.L.M. About: Stress Management with Chair Tai Chi”**
Location: Glendale Adventist Medical Center – Live Well Senior Lounge
1509 Wilson Terrace, Glendale, CA 91206
- **June 9th, 2:00-3:30 PM: Beth Jacob Congregation Support Group**
Location: Beth Jacob Congregation
9030 W Olympic Blvd., Beverly Hills, CA 90211
- **June 9th & 23rd, 5:00-6:30 PM: WISE Support Group**
Location: WISE Adult Day Service Center
1527 4th St., 2nd Fl., Santa Monica, CA 90401
- **June 13th, 7:15-8:45 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
- **June 14th & 28th, 11:30 AM-1:00 PM: First AME Church Support Group**
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- **June 14th, 10:30-11:30 AM: “C.A.L.M. About: Hospital Discharge Planning”**
Location: Healthcare Partners
207 S. Santa Anita St., #205 (Second Floor), San Gabriel, CA 91776
- **June 16th, 9:00-11:00 AM: “C.A.L.M. About: Legal & Financial Planning”**
Location: Kaiser Permanente Medical Office Building, West Covina
1249 Sunset Ave., West Covina, CA 91790
Conference Room A, 1st Floor
- **June 16th, 7:00-8:00 PM: C.A.L.M. Telephone Series, “C.A.L.M. About: Legal & Financial Planning”**
Conducted over the phone. Please register by calling toll-free (855) 872-6060.
- **June 17th, 10:00 AM-12:00 PM: “C.A.L.M. About: Legal & Financial Planning”**
Location: Arcadia Community Center, 365 Campus Dr. Arcadia, CA 91007
- **June 22nd, 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
- **June 23rd, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- **June 23rd, 6:00-7:30 PM: Sylmar Support Group (*PEER-LED*)**
Location: Lake View Terrace Library, 12002 Osborne St., Sylmar, CA 91342
- **June 24th, 9:00 AM-12:30 PM: “Let’s Talk About Legal & Financial Planning” Conference**
Location: Almanson Court
700 S. Almanson St., Alhambra, CA 91801

Introducing Lisa Shainberg

Our center is proud to introduce our newest Family Care Navigator, Lisa Shainberg, MSW. Lisa was born and raised in Los Angeles, CA, yet she has lived all over the world throughout her professional experiences. Lisa received her undergraduate degree in Psychology from Barnard College of Columbia University, and then went on to complete her MSW at New York University. After working on the east coast for several years, specializing in working with older adults and caregivers, Lisa moved back to her home town and has joined us at the

USC Family Caregiver Support Center. Lisa has previously worked at social service agencies such as Jewish Family Services, as well as medical companies such as Blue Cross/Blue Shield. Lisa was a competitive figure skater for 16 years and currently works as a part time Latin dance instructor as well. She holds multiple certifications including: Dance/Movement Therapy Certification, Case Management Certification, Cognitive Behavioral Therapy Certification, Motivational Interviewing, and Short Term/Brief Therapy. On her free time she enjoys spending time with her large family and doing anything outdoorsy!



Legal & Financial Planning

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

\$20 Registration Fee

4 Easy Ways to Register!

Please register by Wednesday, June 15, 2016.

- ◇ Call toll-free 1-855-872-6060
- ◇ Fax this form to 213-821-2920
- ◇ Email this form to fcscgero@usc.edu
- ◇ Mail this form to:
 USC FCSC
 3715 McClintock Ave.
 Los Angeles, CA 90089-0191

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.



REGISTRATION FORM

Please register by Wednesday, June 15, 2016.

NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

PAYMENT (\$20 Registration Fee):

Checks / Money Orders: Please make payable to: USC Family Caregiver Support Center

Credit Card (circle one): MasterCard Visa
 Account # _____ - _____ - _____

Expiration Date: _____ Billing Zip Code: _____

Cardholder's Name: _____

Cardholder's Signature: _____



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June 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 1:00-2:30 PM Pasadena Support Group	02	03 National Doughnut Day	04
05	06 10:00 AM-12:00 PM Stress-Busting Program (West Covina)	07	08 10:00 AM-11:30 AM Rosemead Support Group 12:00-2:00 PM USC Support Group	09 9:00-11:00 AM C.A.L.M. About: Stress Management with Chair Tai Chi (Glendale) 2:00-3:30 PM Beth Jacob Support Group 5:00-6:30 PM WISE Support Group	10	11
12	13 7:15-8:45 PM Telephone Support Group	14 10:30-11:30 AM C.A.L.M. About: Hospital Discharge Planning (San Gabriel) 11:30 AM-1:00 PM First AME Support Group	15 1:00-2:30 PM Pasadena Support Group	16 9:00-11:00 AM C.A.L.M. About: Legal & Financial Planning (West Covina) 7:00-8:00 PM C.A.L.M. About: Legal & Financial Planning (Telephone)	17 10:00 AM-12:00 PM C.A.L.M. About: Legal & Financial Planning (Arcadia)	18
19	20	21	22 12:00-2:00 PM USC Support Group	23 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	24 9:00 AM-12:30 PM Let's Talk About Legal & Financial Planning Conference	25
26	27	28 11:30 AM-1:00 PM First AME Support Group	29	30	Father's Day Joke A small boy was at the zoo with his father. They were looking at the tigers, and his father was telling him how ferocious they were. "Daddy, if the tigers got out and ate you up..." "Yes, son?" the father asked, ready to console him. "which bus would I take home?"	

