

# Leeza's Care Connection



*Our mission is to help family caregivers cope with Alzheimer's and chronic illness through tips, strategies, and support.*

## CONTACT US

**Email:** [info@leezascareconnection.org](mailto:info@leezascareconnection.org)  
**PHONE:** (818) 847-3686 or 888-OK-LEEZA  
**[www.leezascareconnection.org](http://www.leezascareconnection.org)**



**Managing Director:** Allison Korrey  
**Email:** [allison@leezascareconnection.org](mailto:allison@leezascareconnection.org)  
**Resource Specialist:** Bernice Sanders  
**Email:** [info@leezascareconnection.org](mailto:info@leezascareconnection.org)



This month, you'll find lots of good information in our newsletter about how to protect your mental wellness. I hope you'll take a look at **"8 Activities to Improve Your Well-Being"** and see if you can commit to one or two items off the checklist. If you're like me, there's one suggestion in particular that bugs me, haunts me, and sometimes works my last nerve and that's decluttering.

Ugh! The very nature of it implies that I'm someone who clutters, and I know that's not good, so I start to judge myself and decide just not to look at this tendency I have to keep everything....just in case, I might need it. From my work files, to my family photos and my out of season clothes, it's pretty obvious that I can easily create clutter, or at least organized piles of clutter (anyone relate?!).

Well, preparing for this issue of our newsletter **gave me the inspiration to focus on the mental health benefits which are waiting on me if I rid at least one part of my life of clutter.** I decided to start small (a great suggestion) and tackle a couple of desk drawers. That way I'm less likely to get discouraged and ditch

the effort. I'll let you know how it goes, but here are the mental health benefits I'm focused on: **better self esteem and better focus.** I know when those two traits are in high gear, everything else in my life seems to go more smoothly, so..... I've set aside the time, tried to manage my need for it to be perfect, and made my favorite cup of coffee to keep me company. I feel better already! We hope you'll share which of our mental health tips you've been able to incorporate in your life. **Happy September!**



**Know  
dementia,  
know  
Alzheimer's**

**#WorldAlzheimersDay**

We're pledging to take the **BrainGuide** by @UsAgainstAlz memory questionnaire to receive tailored info and resources on managing #brainhealth. **Join us** by visiting [MyBrainGuide.org](http://MyBrainGuide.org) or calling 855-272-4641.

*Available in English & Spanish*

**BrainGuide**<sup>™</sup>  
by **UsAgainstAlzheimer's**

## EDUCATIONAL PROGRAMS



**FREE  
WEBINARS!  
NEW TOPICS  
EVERY WEEK!**

**REGISTER ONLINE** or email [info@leezascareconnection.org](mailto:info@leezascareconnection.org)

*Wednesday, September 7 at 10am-11am (virtual)*

**“Oak Street Health- Value Based Care Model for Senior Primary Care”** Value-based care has emerged as an alternative and potential replacement for fee-for-service reimbursement based on quality rather than quantity. Learn more about health care providers who are straying from fee-for-service models under CMS( Centers for Medicare & Medicaid Services) guidelines to better meet the needs of our Seniors.

*Wednesday, September 14 at 10am-11am (virtual)*

**“Ageing Gracefully, What is Best for Your Loved Ones”** As aging brings the need for assistance, what is the best option for your loved one? Hiring help to age gracefully at home? Or changing scenery and moving to a new community where care, activities, and other services are available on site? Kenny Ossen (Senior Living Advocates) and Tanner Gish (Loving Homecare) pull back the curtain, and help you understand the best fit for the right life stage.

*Wednesday, September 21 at 10am-11am (virtual)*

**“Sensitive Situations with Daryl McNair”** Daryl McNair to help us learn better ways to handle sensitive situations in Dementia Caregiving. In uncomfortable caregiving situations, it’s important to maintain their dignity and independence as much as possible. Have a sensitive situation you need help with? Submit your questions to us at: [RESOURCELCC@GMAIL.COM](mailto:RESOURCELCC@GMAIL.COM)

*Wednesday, September 28 at 10am-11am (virtual)*

**“Medicare Open Enrollment Information ”** Senior Resource Services and Humana are back. It’s almost here! Open Enrollment starts October 15th! Get prepared to take action and update your Medicare insurance plans to meet your healthcare needs.

## WELLNESS & ENERGY PROGRAMS

**Men’s Coffee Club**– Meets the 2nd and 4th Friday of the month at 6:30am. Connect with other caregivers who have walked the caregiving path over coffee and breakfast.

**NEW! Beginner Tai Chi**- Meets 2nd & 4th Monday from 8am - 9am. Join Rob McCue for a low impact, slow-motion exercise that helps you breathe deeply and naturally, focusing your attention on your bodily sensations. Tai chi helps balance & stability done both sitting and standing.

**NEW! Beginner Yoga**- Meets the 1st and 3rd Monday of the month from 8:00am-9:00pm. This class is for beginners and yogis of all levels. This yoga can be performed standing or sitting.

# SUPPORT GROUPS

Are you thinking about a support group? We offer a variety of groups designed to meet many caregiving situations. Many people tell us it's the thing that gives them peace of mind, a lifeline to hope and a family of people who "get it." We'd love to have you join our community! We are here for you at anytime to answer your questions and help you connect with the resources you need to navigate your caregiving journey. You're not alone.

Email Allison Korrey, Managing Director, at [allison@leezascareconnection.org](mailto:allison@leezascareconnection.org) or call (818) 847- 3686

## **Meet Our Empowerment/Support Group Facilitators**

Liz Gregory, Audrey Amzalag, and Dana Sigoloff, are all Human Services Paraprofessionals who were trained at the Wagner Program at American Jewish University. Ann Brunner, MSW has many years working with seniors and families. Bernice Sanders is a trained facilitator with the Alzheimer's Association.

### **Caregiver Connection**

Meets 1st & 3rd Wednesdays of the month at 11:15am-12:45pm PST

This support group is open to people that are family members, living with and/or caring for a loved one with Alzheimer's or Dementia. A time to vent, share, learn and offer to others on a similar path. Group facilitated by Bernice Sanders.

### **Caring for a Parent with Alzheimer's or Dementia**

EVENING GROUPS – Meets 1st & 3rd Wednesdays of the month at 6:00pm-7:30pm PST

Caring for your mom or dad can present very different challenges than caring for a spouse. Share experiences and ideas; support each other in navigating the care and support of a parent. The group facilitator is Bernice Sanders.

### **Courageous Heroes Alzheimer's/ Dementia Caregiver Support Group**

Meets 1st & 3rd Thursdays of the month at 12:30pm-2:00pm PST

This meeting is open to spouses that are living with and/or caring for a loved one with Alzheimer's or Dementia. A time to vent, share, learn and offer to others on a similar path. Group led by Liz Gregory and Audrey Amzalag.

### **Wellness Warriors Alzheimer's/Dementia Caregiver Support Group**

Meets 2nd & 4th Thursdays of the month at 12:30pm-2:00pm PST

This meeting is open to spouses that living with and/or caring for a loved one with Alzheimer's or Dementia. A time to vent, share, and learn from others on a similar path. Group led by Dana Sigoloff and Liz Gregory.

### **NEW! Drop-in Caregiver Support Group**

Meets the 1st and 3rd Tuesday of the month from 3:00pm – 4:15pm PST

You are not alone! Connecting with other caregivers, sharing, venting, learning from each other and our facilitators help you gain an understanding that you are not alone.

### **NEW! Grief Support Group**

Meets the 2nd & 4th Monday from 10:00am – 11:00am PST

Connect with others who have experienced loss and challenges that living with grief brings.

### **Parkinson's Disease Support Group**

Meets the 4th Thursday from 10:30am - 11:30am PST

Maryam Kazimi, NP, specializes in neurology & movement disorders. She has over 10 years of neurology experience and has been programming deep brain stimulators (DBS) for the treatment of Parkinson's disease (PD) for over 2 years at the Neuroscience Institute at Providence Saint Joseph Medical Center. She works in collaboration with Michael Marvi, MD (neurologist) and Jean- Philippe Langevin, MD (neurosurgeon).

## HEALTHY BRAIN TIP:

### Reminder

Stand up for your rights as a caregiver, even if it is just to yourself. Don't let your inner narrative discourage you from taking breaks or getting away for awhile

## BRAIN CHALLENGE:

**A is the brother of B.  
B is the brother of C.  
C is the father of D.  
So how is D related to A?**



Answer: "A" is "D's" Uncle

## HEALTHY BRAIN RECIPE: PROTEIN PANCAKES

Protein is key to boosting muscle growth and metabolism after 50. At that age, we don't break down protein as well, so we must eat extra to absorb enough. When we do, we get stronger and healthier. **This delicious breakfast has 23 grams of protein per serving.** Source: *Health.com*



### Ingredients

1 cup rolled oats  
1/4 cup protein powder 1 tsp baking powder  
1/2 medium banana  
1 cup milk (or milk substitute like oat or soy milk)  
Coconut oil for greasing

### Instructions

- 1.) Place the rolled oats in a blender and blitz until very fine and powdery.
- 2.) Add the remaining ingredients and blend until smooth.
- 3.) Lightly grease a non stick skillet with coconut oil.
- 4.) Heat the skillet over medium low heat until hot.
- 5.) Drop 1/8 cup of batter for each pancake onto the hot skillet.
- 6.) Cook until small bubbles begin to form on the top.
- 7.) Carefully flip the pancakes and cook on the other side 30- 60 seconds or until cooked through.
- 8.) Optional additions: sliced banana, fresh berries, honey drizzle, and/or cinnamon sprinkle.
- 9.) Serve warm.

# Marti's "Mind" Minute



## Is Your Brain Inflamed? If it is, how would you know?

Brain inflammation doesn't hurt like an inflamed ankle would. You can't see if it's red or swollen. Instead it causes various symptoms, depending on the person, including:

- Brain fog
- Unclear thoughts
- Low brain endurance
- Slow and varied mental speeds
- Brain fatigue & poor mental focus after meals.

The brain can become inflamed like the rest of the body. Although the brain has its own immune system, there are lots of ways you can keep it healthy. It's important to take brain inflammation seriously because it can rapidly degenerate the brain, raising the risk of dementia, Alzheimer's, Parkinson's, and other brain degenerative diseases.

If you want to learn more, check out our Youtube Channel, under "Marti's Mind Minute" playlist to watch a video from David Perlmutter.

# In case you MISSED IT

on our social media :

**DID YOU KNOW?**

Researchers found that having **positive self-perceptions** about the **BENEFITS OF GETTING OLDER** can create a self-fulfilling prophecy by **helping people stay mentally, physically, and psychologically younger.**

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**Did You Know?**

The average age of a family caregiver is 49 years old?

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# 8 Activities to Improve Your Mental Well-Being

Seek a New Experience

Pick Up Painting

Read Magazines or Books

Change Your Sleep Routine

Clean Out the Clutter

Cook Exotic Dishes

Try Gardening

Find a Good Podcast



*To read more... visit our website at*

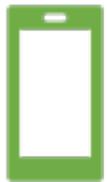
[www.leezascareconnection.org/mental-well-being](http://www.leezascareconnection.org/mental-well-being)

Leeza's Care  
Connection



# ABOUT OUR ONLINE PROGRAMS

If you can't visit our physical location we are still here to support you!



## SUPPORT GROUPS

All support groups are available online through a secure Zoom link. Anyone with a phone or computer can join. Email [info@leezascareconnection.org](mailto:info@leezascareconnection.org) for link.



## WEBINARS

Just because we can't have lunch together, doesn't mean we can't learn together! We still have top local experts providing you with essential information on care-related and self-care topics.

1. Go to [Leezascareconnection.org](http://Leezascareconnection.org)
2. Scroll down to "Upcoming Programs & Events," find your webinar, and click "Register"
3. Enter your information to receive the link and dial-in number option
4. You will receive an email reminder 1-hr before the webinar begins

*\*Can't find the registration link, No problem! Just email [info@LeezasCareConnection.org](mailto:info@LeezasCareConnection.org)*



## FACEBOOK LIVE!

We share lots of great tips you don't want to miss on our Facebook page. When you see a Facebook Live! scheduled on the calendar, just navigate to our Facebook page and the video appears at the scheduled time (you may have to scroll down to see it).



## YOUTUBE

Did you know we have a Leeza's Care Connection Youtube channel? Just search our name in the Youtube search bar (or visit our website and click on the Youtube icon). You'll find all of our previous webinars & Facebook Live discussions.



## NEED HELP CONNECTING?

We are available to help you connect your devices, so you can benefit from our virtual services like:

- ✓ Support Groups
- ✓ Webinars
- ✓ Facebook Live Videos
- ✓ Youtube archive