

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

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I love **quotes** and often put them on post-it notes on my computer, or on my make-up mirror. **It's surprising how just a few words can change the course of my day, or at least my thoughts.** I draw from all kinds of thought leaders, but one of my favorites is one of the OG originals: *Dale Carnegie, who said this about happiness: "Remember happiness doesn't depend on WHO you are, or WHAT you have; it depends solely on what you THINK."*

At Leeza's Care Connection, we think **true happiness comes from being of service to others**, so right now we are off the charts happy because we get to extend **our caregiver support program HUGS (Helping U Grow Strong)**. We believe that new caregivers, who start out not knowing what they don't know, need a way feel supported and guided by others who have been there.

That's what we do, and our new service members from **Public Health AmeriCorps** will allow us to do more. **AmeriCorps volunteers** use their compassion, determination, and creativity to help strengthen communities and we are so happy to team up!

If you're **curious about your own "happiness quotient"** it might be interesting to take a quiz, just to ponder some of the prompts and see how they apply to your life. There are several out there, but I like this **<https://bit.ly/thehappinessquiz>**. It's free, and you get your results right away without having to buy anything. *(Just give your email)*

August is National Happiness Month (did you know that?), and here at Leeza's Care Connection, we're "happy and we know it" pretty much 12 months a year. **We owe you for that, by the way.....so thank you!**

Ever forward,
Leeza



EDUCATIONAL PROGRAMS

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



REGISTER ONLINE or email info@leezascareconnection.org

Wednesday, August 3 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation (in-person & virtual)
“Hiring In-Home Care” When we hire a caregiver, no one hands us an HR manual. Join Leeza’s Care Connection and Hand in Hand: The Domestic Employers Network for a webinar to help you navigate the process of hiring and managing a caregiver or home attendant, and building mutually respectful relationships in your homes.

Wednesday, August 10 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation (in-person & virtual)
“5 Steps to Freedom & Happiness for Caregivers” Why is it important to finally have the energy to focus on your own physical health, no matter what situation you are in (even if you think all is lost and overcoming your issues are impossible)? Experiencing a better quality of life (for both you and your loved one), managing care from anywhere in the world and experiencing more of a closeness and better communication is important.

Wednesday, August 17 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation (in-person & virtual)
“Healthy Brain Habits: Reducing the Risk of Alzheimer’s” Interested in tips for keeping your brain healthy? Learn about age-related changes in memory and thinking, risk factors for dementia, and ways to keep your brain healthy. The class focuses on six pillars of brain health and offers practical tips developing healthy brain habits. Presented by Alzheimer’s LA

Wednesday, August 24 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation (in-person & virtual)
“New Advances in Alzheimer’s Treatment ” Learn about Aducanumab, a new advancement in Alzheimer’s treatment. This program will provide an overview of how Aducanumab works, who are the intended candidates to receive the treatment, availability, and more. Presented by Alzheimer’s Association

Wednesday, August 31 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation (in-person & 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

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 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).



3 Benefits of Gardening

Boosts memory!

Handling plants and soil boosts recall by 40% say scientists at The Sage Colleges of New York. The reason? *Mycobacterium vaccae*, a bacteria in dirt, that releases serotonin, leading to a peaceful state, so the mind retains information. You inhale these healthily “bugs” anytime you are near dirt, so keeping plants on a windowsill brings the same memory-boosting perks

Slashes stress!

Studies show that gardening improves mood and increases self-esteem. A study in the *International Journal of Mental Health Nursing* monitored people with depression who participated in a 12-week gardening intervention. Their mental health was measured, including depression and anxiety, and all were significantly improved for months after.

Strengthens your heart!

Time in the dirt burns calories and bolsters your heart—just ask the CDC, which classifies gardening as exercise. “There are many physical and cardiovascular benefits from the manual labor of gardening,” says UNC Health internal medicine physician Robert Hutchins, M.D., M.P.H. Ten minutes of gardening works every major muscle—your heart & brain reap the benefits.

Source: Women’s Weekly

Marti’s “Mind” Minute



Your brain is another muscle in our body and needs care for maximum benefits! Here is a great place to start! It’s a short questionnaire and then gives you feedback to optimize YOUR brain. I really liked the feedback part, it helps me continue to stay focused on what I need to do.

BrainGuide is a first-of-its-kind platform that empowers people with knowledge and resources to take the best next steps in managing their own or a loved one’s brain health.



Welcome to

BrainGuide[™]
by *USAgainstAlzheimer’s*

Go to mybrainguide.org to
Start Your Questionnaire
or call 855-272-464.



IMPORTANT ANNOUNCEMENT

Get ready to cheer! At **Leeza's Care Connection**, we have great news...new team members and an exciting new way that we are growing to tell you about.

One of our favorite ways to support family caregivers is through our **HUGS program (Helping U Grow Strong)** which is a peer-to-peer mentoring program to help guide new caregivers.



Now, thanks to **Public Health AmeriCorps**, we have new service members to take the program to new locations across the country! Public Health AmeriCorps addresses public health needs of local communities by providing support in state and local public health settings and advancing more equitable health outcomes for underserved communities.

Monica Hudgens will join **Terri Towle** in making this dream come true. You can learn more about our efforts with **Public Health AmeriCorps** on **our website**.

welcome

MEET MONICA!



Monica Hudgens is our NEW Program Director with AmeriCorps.

She has dedicated her life to social justice. She has worked at the grassroots level within and sometimes out of the traditional system to create change.

Monica has studied various contexts in which people who are seeking real change can find transformation. She has worked tirelessly towards building communities where women and children have strong voices for sustainable and effective change.

Monica is married to the love of her life Marine Corporal Gerald J. Hudgens for forty-four years. They have three wonderful daughters, three beautiful granddaughters, two energetic grandsons, and the new exciting addition of a great-granddaughter in Christmas 2021.



ABOUT OUR ONLINE PROGRAMS

Our physical location may be closed,
but 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 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
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*



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
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