

Leeza's Care Connection

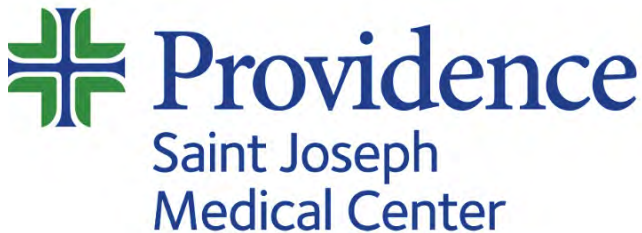


Our mission is to help family caregivers cope with Alzheimer's and chronic illness through tips, strategies, and support.

ABOUT US

Leeza's Care Connection is a place where caregivers come to get support, and learn how to cope with someone diagnosed with Alzheimer's Disease or dementia. Through our programs, you will connect with others, learn tools & gain resources to help you on your caregiving journey.

We are located at Providence Saint Joseph Medical Center in Burbank but we offer many virtual programs and are always available for personal consultations via phone or email.



Unidos en el cuidado PROGRAMA GRATUITO



UNIDOS EN EL CUIDADO es un programa que ayuda a familias con un pariente o amigo/a que vive con problemas de memoria, la enfermedad de Alzheimer u otra demencia, ofreciendo ideas y herramientas para mejor manejar esta situación.

Martes 9, 16, y 23 de mayo de 5:30 – 7:30PM

**Para registrarse, haga clic en el enlace:
lyyti.in/Unidos_en_el_cuidado_Leezas**

CONTACT US

Email: info@leezascareconnection.org
PHONE: (818) 847-3686 or 888-OK-LEEZA
www.leezascareconnection.org



Managing Director: Allison Korrey
Program Director: Justina Lewis
Outreach Director: Xotchil Martinak

MESSAGE FROM LEEZA



Would you really want to know if you're at high risk for getting Alzheimer's Disease? If you could take the test, would you? And if you had the information, how do you think it might affect your decisions? Many of our guests are faced with that decision. Understandably, it can often lead to some fear and uncertainty, so this month we want to connect you with some resources to help if you are faced with the question: "To test, or not to test?"

And if you're just curious about whether you or a loved one might be showing early signs of possible Alzheimer's Disease, there's a 15-minute pencil-and-paper test; you can take it very easily. It might provide you with some good information to share with your doctor.



SCAN ME

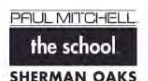
CAREGIVER

Spa Day

Monday, May 22 from 10am to 1pm

- ✓ Haircuts
- ✓ Hand Massages
- ✓ Manicures

Presented by
Beauty Bus



RSVP NOW!

(818) 847-3686

info@leezascareconnection.org

Providence Saint Joseph Medical Center
501 S. Buena Vista Blvd.,
Burbank, CA 91505

Healthy Brain Recipe

Cinco de Mayo Mexican Chicken

Chock full of lean protein, B vitamins, and beta carotene, Cinco de Mayo Mexican Chicken is good for brain health – and a real crowd-pleaser, too!

You can use this:

- For your burrito or taco filling – just put a few tablespoons into a tortilla or taco shell & top it with your favorite condiments.
- As a topping for nachos – spoon some over a layer of tortilla chips, sprinkle with cheese, and warm through. Top with sour cream or guacamole – or both!
- As a dip – melt 8 oz of cream cheese into the slow cooker (the last half hour of cooking time is perfect), spoon it into bowls, and enjoy as a chip dip.



Ingredients:

- 2 to 3 lb. boneless chicken
(thigh or breast)
- 2 cans of black beans
- 24 oz jar salsa

Instructions:

- Put all ingredients in the slow cooker for 8 hours on low.
- Take a fork in each hand and pull the chicken apart until shredded

Source: Cupcakes and Kale Chips

Brain Teaser

Realizing his reign was nearing its end, an aging king was struggling to decide which of his two twin sons to give his kingdom to. So, he proposed they compete in a horse race to decide who would be the next king—with a rather peculiar stipulation: “Whoever’s horse crosses the finish line LAST will get the kingdom.”

As you’d expect, both sons started the race extremely slow before finally coming across a man on the side of the road. As the man slowly walked alongside them, they explained what they were doing. He then leaned in and offered two words of advice. After that, both sons took off as fast as they could toward the finish line. What were those two words of advice?

ANSWER
Switch horses. The king specified that whoever’s HORSE crosses the finish line last would be the winner. So, by switching horses, each son guaranteed that winning the race on the OTHER’S horse would mean that THEIR horse will actually cross the finish line last.



Healthy Brain Tip

Stay Hydrated

Your brain needs a steady supply of water, so keeping up with your water intake throughout the day is crucial to brain health. You may notice better mood, clarity, function, and creativity when you are properly hydrated. Plain water is great, but you can also add a slice of freshly cut lemon or orange for an extra boost of flavor.

SPECIAL *Programming* AND Events

Virtual Workshop Series- "Unidos en el Cuidado" Tuesdays May 9, 16, & 23 8 at 5:30pm tp 7:30pm
Aprenda información básica, incluyendo las habilidades y actitud necesaria para cuidar de un familiar con la enfermedad de Alzheimer. También se hablara sobre el efecto en el pensamiento y los sentimientos.
Correo electrónico: info@leezascareconnection.org y TELÉFONO: (818) 847-3686.

In-Person Presentation Alzheimer's Community Forum- Wednesday, May 10th from 10am-11:30am at ONEgeneration J.O.Y. Community Room, 17400 Victory Blvd, Van Nuys, CA 91406

Hear a brief overview on Alzheimer's, dementia and memory loss. Professionals, community members, and those affected directly by the disease are welcome. Share your thoughts about how we can help people in your community.

Special Event FREE Concert from Laura Pursell with Leeza Gibbons- Saturday, May 12th from 10am-noon at Hard Rock Cafe, 6901 Hollywood Blvd., Suite 105, Los Angeles, CA
Laura Pursell's band celebrating the last music of her father. Laura Pursell and Leeza Gibbons are coming together to raise awareness of Leeza's Care Connection, which is close to the family's heart due to Laura's mother, Julie Pursell, who passed from vascular dementia.

"We are very proud and excited at Netcom Music to release our newest Album, 'Lost in Time.' This collection of songs contains the last work of my brother, Bill Pursell, and the brilliance of his arrangements of this music truly embody his spirit and musical genius. We know you will love it!" say Pursell.

New! Caregiver Spa Day- Monday, May 22 from 10am to 1pm (In-Person)

Join us and our partner Beauty Bus Foundation at Providence Saint Joseph Medical Center in Burbank to enjoy hand massages, haircuts, manicures & giveaways! Please RSVP to attend. Call 818-847-3686 or email justina@leezascareconnection.org.

New! "S.T.A.T. --> Strategies, Tips and Tricks" Tuesday, May 16 at 3PM PST (virtual only)

Do you ever just need some good ideas, tips, or tricks for navigating your caregiving journey? Finding resources on your own can be overwhelming! Let us do the leg work for you. This month, "Ins & Outs of Dementia" please email Cyndi Boot at ResourceSC@LeezasCareConnection.org.

New Time! Educational Presentation Wednesday, May 24th at Noon-1:30pm (virtual only)

"Managing Money: A Caregivers Guide to Finances"

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. To sign up, contact us or register on our website.

New! STAR Respite Program- Leeza's Care Connection STAR (Short-Term Assistive Resources) is a program designed to assist caregivers/care partners with financial assistance in the immediate due to unexpected expenses.. To learn more, email info@leezascareconneciton.org

Leeza's Monthly Journal Prompt



Think about getting older. How does it feel? Are you eager to take the next step, or are you fearful and resentful that it's going by so fast? **Write about the times when you are most aware of the passing of time and of your changing heart, soul and body.**



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 us at info@leezascareconnection.org or call (818) 847- 3686**

NEW! "The Sister Circle" Support Group

Meets every 1st & 3rd Monday from 6:30pm-8pm, "The Sister Circle," will be a safe space for Black female caregivers to share, reflect and express themselves with our facilitator and a long-time friend to LCC, Mrs. Alayna Tillman.

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.

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.

NEW! Adult Children Support Group

EVENING GROUPS – Meets 2nd & 4th Tuesdays 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.

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! DBS & Parkinson's Support Group- Meets the 1st and 3rd Monday of the month from 8:00am-9:00pm.

This group welcomes those who have already had deep brain stimulation surgery and those who may be candidates for future surgery. Previous meetings have included round-table discussions, one-on-one coaching, and emotional support, along with guest speakers who have had attendees participate in various activities, such as boxing for PD and music therapy for PD. Meetings are open to patients, family members, and caregivers.

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. Call us at 818-847-3686 or email info@leezascareconnection.org for link.



WEBINARS

We 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



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.

A speech bubble graphic with the text "Need HELP?". The word "Need" is in a cursive font, and "HELP?" is in a bold, red, sans-serif font. The background is a light blue square.

Need
HELP?

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