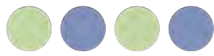


Leeza's Care Connection



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 family caregivers come to get support, and learn how to cope with someone diagnosed with Alzheimer's Disease. Through our programs, you will connect with others, learn tools & gain resources to help you on your caregiving journey. **The program is a partnership between The Leeza Gibbons Memory Foundation & Providence St Joseph Medical Center.**

THE LEEZA GIBBONS MEMORY FOUNDATION

lgmf



Did you get your memory screening yet?

Free Virtual Memory Screenings

To learn more & register, visit their website alzfdn.org or call **866-232-8484** to schedule an appointment.

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

Resource Specialist: Bernice Sanders

MESSAGE FROM LEEZA



In this month's newsletter, we feature our **new Leeza's Care Connection AmeriCorps team members** at their pledge ceremony.

Our culture is built on occasions like this, which mark something new. There is **emotion and power in a ceremony** in which someone begins a new official job or position by making a formal promise to be honest and loyal, and work as part of a team.

Whether it's hearing new marriage partners take their vows or new US citizens commit to their new country, I think **we are all inspired to rededicate ourselves to the principles or beliefs we cherish** when we witness a ceremony of hopeful people embarking on a new journey.

So, in that spirit, I want to share the words to the pledge our new AmeriCorps team members took. I think you'll find it makes you feel a little better and stand a little taller.

AmeriCorps pledge to get things done. Faced with conflict, I will seek common ground. Faced with adversity, I will persevere. I will carry this commitment with me this year and beyond. I am an AmeriCorps member, and I will get things done.

We welcome our new team to our Leeza's Care Connection family! See pictures from this ceremony on our social media.

EDUCATIONAL PROGRAMS



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

REGISTER ONLINE or email info@leezascareconnection.org

Wednesday, October 5 at 10am-11am (virtual)

“Brain Health & Wellness: Tips to Keep Your Brain Young” If you’re worried about your memory or brain health, or you’re concerned about someone you love, now there’s a great new tool to help you. Alzheimer’s disease is not an inevitable part of aging. In fact, 40% of the cases can be prevented by making simple brain healthy changes today.

Wednesday, October 12 at 10am-11am (virtual)

“Medicare 101 with Humana” Do YOU have the right coverage? This Medicare seminar will help you understand the differences between Original Medicare and Medicare Advantage. We’ll also learn about other types of Medicare coverage, including special needs plans and Part D, Medicare Advantage, and Prescription Drug Plan. Annual Election Period which runs from October 15 to December 7, is almost here so now’s the time to get educated on Medicare!

Wednesday, October 19 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: resourcesc@leezascareconnection.org

Wednesday, October 26 at 10am-11am (virtual)

“Embodied Connection: Coming Back to Ourselves to Care for Others ” Join Erica Hornthal, “The Therapist Who Moves You.” Caregiving comes with good intentions. You can only give what you have to offer and when you are burned out, stressed out, and checked out, that doesn’t leave much for you to work with. Come explore how connecting to your own needs and when being mindful helps you care for those around you including yourself.

WELLNESS & ENERGY PROGRAMS

NEW! Now What? Now Me!– Meets the 1st and 3rd Thursday of the month at 9:00am. To help you reinvent, rediscover and re-engage in your life, after or during your caregiving journey.

NEW! Beginner Tai Chi- Meets 2nd & 4th Monday from 8am - 9am. Join us 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 us at info@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).

NEW! 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.

Marti's "Mind" Minute



Here's a powerful mind booster:

When you get morning sunlight in your eyes, it stops the release of melatonin in your brain and helps regulate your circadian rhythm. ***Here's how to take advantage of this powerful science.***

In the **first 30 minutes after you wake, walk outside or go to an open window for some direct sunlight** (but don't look directly at the sun!).

Getting a bit of light in your eyes will help you maintain a healthy sleep/wake cycle. When the sun is at a low angle in the morning sky, the contrast between yellow and blue wavelengths of light is greatest, which is what tells specific neurons in your retina (eye) to set your biological clock.

The simple act of allowing your eyes to pick up on this morning sunlight will help keep your biological clock anchored and maintain the healthy sleep/wake cycle which is critical for long-term brain function.

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KNOW THE SIGNS

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

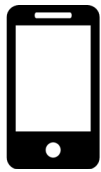
Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

If you notice these things in yourself or someone you love visit our website for a list of mental health resources or contact us directly!

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 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
- √ Youtube archive