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.

MESSAGE FROM LEEZA

Let’s cut right to the chase here…it’s almost impossible to find family caregivers who don’t occasionally feel resentful, downright angry at their family for daring to get sick, or seriously upset about the lack of a normal life. It doesn’t mean that you’re a terrible person or that you should feel guilty, but it does mean you need to see it for what it is….a red flag that you or the one for whom you care for could be in trouble.

Whether you’re a long distance caregiver or the one providing the day to day essentials, caring can be thankless, exhausting and never-ending, but there are a few things you can do to get past this normal but frustrating feeling of resentment. I hope you’ll find the links and articles in our newsletter this month to be helpful, where you can find out how you’re expressing your anger or resentment and what you can do everyday to get past it.

"Caregiver Anger & Resentment are Normal"

"Signs of Resentment"

As always, please let us know how we can help!
HEALTHY BRAIN TIP: DO SOMETHING ARTISTIC

You don’t have to be a Rembrandt to enjoy a little art in your life. Watercolors are easy to pick up at your local discount store, as are coloring books for adults. Gluing lace or rickrack onto a photo frame can create a new heirloom to display. Get creative with a craft or art and see how much fun you can have!

BRAIN TEASER:

You are in a place called Wally’s World and there is only one law. There is a mirror, but no reflection. There is pizza with cheese, but no sausage. There is pepper, but no salt. There is a door, yet no entrance or exit. What is the law?

ANSWER: Each word in Wally’s World must contain double letters.

HEALTHY BRAIN RECIPE

Spinach Strawberry Salad

Summertime is salad time! With nutrient-dense almonds, vitamin-rich spinach & strawberries, plus heart-healthy olive oil, this Mediterranean inspired creation is sure to help you beat the summer heat... in a healthy way!

Ingredients:

Dressing:
1 lemon, juiced, 2 tablespoons balsamic vinegar, 1 tablespoon honey, Kosher salt, Ground black pepper, ¼ cup extra-virgin olive oil

Salad:
½ cup sliced almonds
1 tablespoon extra-virgin olive oil
6 ounces baby spinach
1 pound strawberries thinly sliced
2 small shallots thinly sliced
½ cup coarsely chopped fresh mint
¼ cup crumbled feta, more if desired

Instructions:

In a small bowl, whisk dressing ingredients. In a small skillet set over medium heat, add 1 tablespoon of extra virgin olive oil. Add the almonds and cook, tossing regularly, until they turn golden brown and become fragrant, about 5 minutes. Remove from the heat immediately and set aside to cool while you work on the salad. In a large salad bowl, combine the spinach, strawberries, shallots, and mint. Pour in the dressing and toss to ensure the dressing is well distributed, and the spinach is well coated. Add the feta cheese and toasted almonds and give it another gentle toss. Serve, topped with more feta to taste.
Wednesday, July 12 from 11am to 12:30 pm  LUNCH ‘N LEARN: "SOCIAL ISOLATION"  (IN-PERSON ONLY)
Dr. Haydeh Fakhrabadi from Department of Mental Health teaches us about how isolation can affect mental and physical health. Get ideas on how to manage isolation and make simple changes in your life in order to live a healthy and productive life. Join us at our center at Providence Saint Joseph Medical Center in Burbank, CA, lunch will be served after the presentation.

Please RSVP by phone at (818) 847-3686 or email info@leezascareconnection.org

Thursday, July 13 from 9:30am-11:30am PST  "TAKE A WALK IN THEIR SHOES: VIRTUAL DEMENTIA TOUR"  (IN-PERSON ONLY)
The truth is that when dementia strikes, it strikes the whole community, not just the individual. The Virtual Dementia Tour was also developed to provide a way for members of the community to have a glimpse into the world of dementia and then develop their own recommendations for their business, family, or anywhere that dementia is experienced. We have partnered with Providence Saint Joseph Medical Center to bring this incredible experience to our community.

Please RSVP by phone at (818) 847-3686 or email info@leezascareconnection.org

Tuesday, July 18 at 3PM PST/ 6PM EST  “S.T.A.T. --> Strategies, Tips and Tricks”  (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, “Navigating Public Spaces with Dementia”
To sign up, please email Cyndi Boot at ResourceSC@LeezasCareConnection.org.

Wednesday, July 26 at noon PST/ 3pm EST  
EDUCATIONAL PRESENTATION:"Behaviors & Alzheimer's Disease: Using IDEA!"  (VIRTUAL ONLY)
A class for family members who are seeing changes in behaviors that are difficult to understand. Using the IDEA! strategy, this program aims to help individuals explore why behaviors happen, their meanings and practical tips to respond.

To register for this Zoom presentation visit our website under “Programs” or contact us at info@leezascareconnection.org or (818) 847-3686

NEW! Leeza’s Care Connection STAR Respite Program- Applications Open Now
Our STAR (Short-Term Assistive Resources) is a program designed to assist caregivers/care partners with financial assistance immediately due to unexpected expenses, including gas, groceries, utilities, and more!
To apply, email info@leezascareconnection.org or call (818) 847-3686

July 27 from 9am to 1:30pm PST  Free Community Event “Golden Future 50+ Senior Expo”  (IN-PERSON ONLY)
Southern California’s Premier Lifestyle, Health & Active Aging Expo Series. ... Adults 50+ may attend any Golden Future Event FREE of charge! This month the expo will be at Oxnard Performing Arts & Convention Center.
Learn more at https://goldenfutureseniorexpo.com

we want to hear from you!  TAKE OUR SURVEY  THANK YOU!
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. ALL SUPPORT GROUPS MEET VIRTUALLY VIA ZOOM.

NEW! "Champurrado, cafe y apoyo" Spanish Language Group meets 3rd Tuesdays at 6:30pm-8pm PST (EVENING GROUP) 
Un nuevo grupo de apoyo en español para cuidadores que buscan un espacio seguro. Para mas informacion contactanos (818)847-3686 y Xotchil@leezascareconnection.org

NEW! The Sister Circle Support Group meets 1st & 3rd Monday at 6:30pm-8pm PST (EVENING GROUP)
"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 (MORNING GROUP)
Connect with others who have experienced loss and challenges that living with grief brings.

Caregiver Connection meets 1st & 3rd Wednesdays 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 meets 1st & 3rd Wednesdays at 6:00pm-7:30pm PST (EVENING GROUP)
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 meets 2nd & 4th Tuesdays at 6:00pm-7:30pm PST (EVENING GROUP)
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 at 12:30pm-2:00pm PST
This meeting is open to spouses 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 & Audrey Amzalag.

Wellness Warriors Alzheimer’s/Dementia Caregiver Support Group meets 2nd & 4th Thursdays 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 & Liz Gregory.

NEW! DBS & Parkinson’s Support Group meets 4th Thursday at 10:30am-11:30am PST (IN-PERSON ONLY)
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. Please RSVP by emailing maryam.kazimi@providence.org with the number of people that will be attending.
Our wellness programs help current and former caregivers better manage stress through movement, socialization and creativity. From stretching classes like yoga and tai chi to socializing over craft projects, you'll learn ways to cope in an ever changing environment. We believe strong minds and bodies are key to thriving through caregiving... let's have fun getting there! No skills or special equipment needed. All classes held via zoom. Email info@leezascareconnection.org to sign-up!

NEW! Women's Club meets 1st & 3rd Fridays at 7:30am-8:30am PST (MORNING GROUP)
Connect with other caregivers who have walked the caregiving path over coffee, tea and everything sweet. Please email Samarya@leezascareconnection.org with any questions.

Men's Coffee Club meets the 2nd & 4th Friday of the month at 6:30am-7:30am PST (MORNING GROUP)
Connect with other caregivers who have walked the caregiving path over coffee and breakfast.

Beginner Tai Chi meets the 2nd & 4th Monday this month from 8:30 am-9:30am PST (MORNING GROUP)
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 & standing.

Chair Yoga meets the 1st and 3rd Monday of the month from 8:30am- 9:30am PST (MORNING GROUP)
This class is for beginners and yogis of all levels. This class incorporates simple flowing sequences to warm up the body, as well as slower-paced movements focusing on alignment, stretching, balance, and flexibility. This yoga can be performed standing or sitting.

BECOME A WARRIOR OF WELLNESS!

LEEZA'S MONTHLY JOURNAL PROMPT

How much human contact do you need... do you crave? Are times when you are alone deeply nourishing and fulfilling or do you get anxious without human contact? As you've been providing care for a loved one, has your relationship with others, or your need for a relationship, changed? Do you feel more disconnected from people or overwhelmed by people?