

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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www.leezascareconnection.org



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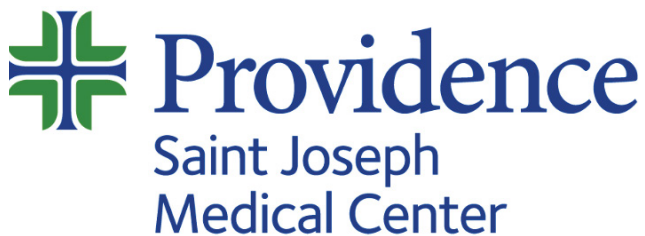
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ABOUT US

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



I have a question, ***who do you think you are?*** It's a powerful one because your thoughts and self-image shape you, hence the saying, "You are what you think."

Negative thoughts typically translate to negative actions and behaviors. **That is why affirmations for positive thinking are crucial**, not only for your self-esteem, but also for your well-being. We love Elizabeth Miller's "**Caregiver Affirmations Poster**" available on the Happy Healthy Caregiver website.

And coming up this month, is the sweetest thing we do to for our community...we call it SENIOR PROM!

We are doing a campaign to "**Send A Senior To Prom.**" Many of our Seniors Citizens have never attended Prom or can't afford it. You should see the look on their faces when they take the dance floor. ***In fact, we'll send you a picture of each Senior that gets to have "Starry Night" Prom, thanks to you!***

If you are interested in sending senior to prom, visit our website at www.leezascareconnection.org and click on the button for "Senior Prom."

Thank you for your friendship and support!

Join Us!

VOLUNTEERS
WANTED

We are looking for volunteers!
Let's lend a hand for others.



Contact us!
info@leezascareconnection.org or call us at
1-888-OK-LEEZA / (888-655-3392)

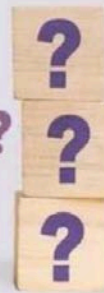
HEALTHY BRAIN TIP:

SLEEP!

Getting good sleep is very important for a lot of reasons. Did you know that when you get enough sleep it helps your brain function, keeps your emotions regulated, reduces diseases like dementia and Alzheimer, and helps you keep your weight under control? Getting sleep helps with your brain foggy and keeps your memory sharp. Sleep also helps keep your immune system up, in fact, your body does most of its healing when you are asleep!

BRAIN TEASER:

**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.



The POWER of SELF-AFFIRMATIONS

What are “affirmations”? They are words, phrases, or statements that we repeat to help challenge negative thoughts and promote pleasant life changes. “Self-affirmations” are similar to positive affirmations, but they tend to focus primarily on changing self-limiting thoughts and beliefs that affect growth. General affirmations go wider, allowing you to focus on creating change in all areas of your life.

How to create your own:

1. Think about what you’re hoping to change or improve about yourself or your life.
2. Make a list of the most important areas of your life you wish to improve.
3. Write or list out a few positive statements for each type of affirmation you selected.

Tips for Creating Affirmations

- Make them short and easy to remember. (3-6 words are ideal).
- Start your affirmations with “I” or “My.”
- Write them in the present tense.
- Use statements that declare you already are or have whatever you desire.
- Ensure your affirmations are reasonable and realistic.
- Create a safe space where you can sit, meditate, and recite your affirmations.
- Recite your positive affirmations daily (daily mantra) until they become new core beliefs.

And make sure to check out our friend Elizabeth Miller’s website Happy Healthy Caregiver and her “Caregiver Affirmation Poster”

Proven Benefits of Positive Affirmations

Research suggests affirmations work because they stimulate neural activities that promote change. Besides manifesting your intentions, affirmations influence how you think and feel. Negative thoughts, emotions, and feelings can create unwanted stress, anxiety, and hopelessness. Taking advantage of daily positive affirmations is all about rewiring your brain. This form of subconscious reprogramming requires you to say things to validate your self-worth, your abilities, and your entire existence. Manifesting positive thoughts confirms that you are largely in control of the outcome of the things you desire.

Sources: Happier Human, Positive Psychology, National Institute of Health



Send a Senior

**From High School seniors to Senior Citizens,
send a senior who can't afford a ticket (\$75)**

Starry Night Senior Prom

Visit our Website to Donate



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.

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.

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.

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.

EDUCATIONAL PROGRAMS THIS MONTH

IN-PERSON! Wednesday, March 8th at 11am-12:30m- lunch will be served!

“Brain Health & Wellness: Tips to Keep Your Brain Young”

Memory decline and brain fog are NOT inevitable parts of aging. Learn brain healthy techniques to keep your memory sharp and your brain active & healthy as you age. Presented by our Managing Director, we will discuss simple tools to improve your memory, concentration and cognitive skills at any age. We invite you to join our team for some fun brain games, education, & lunch!

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

NEW TIME! Wednesday, February 22 at 11am-12pm (virtual only)

“Dementia Conversations”

When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues. Topics covered in the program include: going to the doctor, deciding when to stop driving, and making legal and financial plans.

Sign up on our website or email info@leezascareconnection.org to receive the Zoom link.

MARK YOUR CALENDARS FOR THESE UPCOMING PROGRAMS

NEXT MONTH:

In-Person Presentation Wednesday, April 12th at 11am-12:30m- lunch will be served!

Maryann Udel from Sheltering Tree

When you're dealing with loss, or another big life transition or setback, it can make you want to shut down and isolate yourself. At Sheltering Tree, we help you put the life back in your life, and get you started on your next chapter. Schedule a call with Maryann and find out how you can get started now.

Virtual Workshop Series- Tuesdays April 4, 11, & 18 at 5:30pm tp 7:30pm

Savvy Caregiver Express presented by Alzheimer's Los Angeles (ENGLISH)

Savvy Caregiver® Express are programs specially designed to benefit people caring for a family member or friend living with dementia by providing more understanding and tools to help navigate the journey. To learn more, or to sign up, email justina@leezascareconnection.org or call 818-847-3686.

Virtual Workshop Series- Tuesdays May 9, 16, & 23 8 at 5:30pm tp 7:30pm

“Unidos en el Cuidado”

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.

SIGN UP FOR OUR NEWSLETTER



Like, share & follow us!



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?

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