

# Leeza's Care Connection

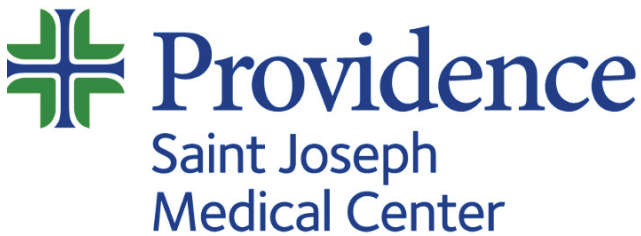


*Our mission is to help family caregivers cope with Alzheimer's and chronic illness through tips, strategies, and support.*

## 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



## CONTACT US

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**[www.leezascareconnection.org](http://www.leezascareconnection.org)**



**Managing Director:** Allison Korrey

**Program Director:** Justina Lewis

**Outreach Director:** Xotchil Martinak

**Resource Specialist:** Bernice Sanders

## MESSAGE FROM LEEZA



As 2022 comes to a close, we have so much to celebrate with you! We turned 20 this year. Can you believe that? **20 years ago, we started LGMF with a mission to support and comfort caregivers of loved ones with chronic illness and dementia.** And here we are now, a leading voice in caregiver support! As we write up our gratitude list, each of you is at the top. We began our mission in 2002 and soon after, we opened our first Leeza's Care Connection in Los Angeles and in 2016, added another in my hometown of Columbia, SC!

**It has been said that there is an invisible thread connecting all those who were destined to meet. The thread may stretch or tangle but it will never break.** As Marti ventures on to what's next, that invisible thread that attaches her to each of us, will remain unbroken.

**We now welcome a new family member as our managing director in SC, Melissa Price.** She comes to us with lots of experience in management, human relations, events, caring and more; most recently as the interim executive director at the SC Respite Coalition. **We're thrilled to have her!** In this newsletter, I hope you'll read both the goodbye note from Marti and a hello note from Melissa.

Our staff has expanded to include a variety of voices from compassionate leaders from a variety of backgrounds. **I hope as you get to know them you'll find that even as we grow and change, our core mission, our principles and values stay the same. The future is our story to write...we look forward to creating new chapters together!**

*Leeza*

## EDUCATIONAL PROGRAMS



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

**REGISTER ONLINE or email [info@leezascareconnection.org](mailto:info@leezascareconnection.org)**

*Wednesday, January 4 at 10am-11am (virtual)*

**“Disaster Preparedness for Older Adults”** As we know, disasters can and do occur at any time. We will learn what to put in an emergency kit, how to create a plan and how to be informed as well as how to handle the situation when a disaster strikes. Presented by Red Cross.

*Wednesday, January 11 at 10am-11am (virtual)*

**“Pre-Planning: Giving Your Family Peace of Mind ”** Losing a loved one is one of the most painful experiences you will go through. Having to make funeral arrangements on one of the most difficult days of your life can be very overwhelming. Knowing how difficult it is for families to go through this process, encouraged us as a mortuary to provide a road map for you and your loved ones ahead of time. Your concerns can be addressed before something were to happen. This makes the process less painful on everyone.

*Wednesday, January 18 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](mailto:resourcesc@leezascareconnection.org)

*Wednesday, December 14 at 10am-11am (virtual)*

**“Healthy Living for Your Brain and Body”** For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

## 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 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](mailto: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.

### **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.

### **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.

**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.



## ON OUR MIND:

**what is acceptance?**



**IT'S RAINING**  
I don't like rain. i wish it wasn't raining. my day would be better if it wasn't raining. my day is ruined. every day is like this. it's always like this. why does it always rain when all i want is for it to be sunny?



**IT'S RAINING**  
Yep

**THINGS THAT EXIST AT THE SAME TIME**



SADNES & JOY

HURT & LOVE

GRIEF & HOPE

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## HEALTHYBRAIN RECIPE: THE BEST CHICKEN SOUP

While cooking to support our long-term brain health, let's also protect ourselves against common winter-related ailments, from the cold to the flu. This recipe has plenty of vitamins and minerals, and lots of water to keep you hydrated during the harsh winter months. but what's notable about this recipe from a brain health perspective is the combination of ingredients that boost the immune system with healthy proteins that protect the nervous system.



- Whole chicken
- 2 onions, quartered
- 2 bay leaves
- 2 leeks (pale part only), thinly sliced
- 2 parsnips, peeled, sliced
- 2 carrots, halved, thinly sliced
- 2 celery stalks, thinly sliced
- 50g baby spinach leaves
- 170g thin dried egg noodles
- 2 tablespoons flat-leaf parsley leaves
- 2 tablespoons dill sprigs

1. Rinse chicken and pat dry with paper towel. Place in a large stockpot and add 2 1/2L (10 cups) cold water. Add onion and bay leaves (top with a saucer to keep chicken submerged). Bring to the boil over medium-high heat. Reduce heat to medium and cook, skimming impurities from the surface, for 30 minutes or until cooked through.
2. Remove chicken from pan. Carve off the breast fillets either side of the breast bone, remove and discard skin and set aside.
3. Return the chicken carcass to the pot, add the leek, parsnip, carrot and celery, then season. Cook for a further 30 minutes or until the vegetables are tender.
4. Remove chicken from the pot, and shred the remaining meat from legs and thighs, discarding skin. Shred meat from the reserved breast fillets.
5. Return shredded chicken to the pan with spinach leaves. Cook, stirring, for 5 minutes or until warmed through.
6. Meanwhile, cook the noodles according to packet instructions. Drain.
7. Divide the noodles among bowls, ladle over the soup, then garnish with parsley and dill sprigs to serve.

# In case you MISSED IT

on our social media :

## CAREGIVER

- Implies that caring is a one-way street
- Implies that the person receiving care cannot care for others.
- Implies that the caregiver makes all care decisions
- People with dementia report that this term sometimes feels demeaning

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## CARE PARTNER

- Shows that caring is not one-sided.
- Shows that the person being cared for can care for others.
- The person being cared for is a partner in their care and has a say.
- People with dementia have asked us to use 'care partners' instead.



## CUIDADOR

- implica que el cuidado es una calle de un solo sentido
- implica que la persona que recibe cuidado no puede cuidar de los demás.
- Implica que el cuidador toma todas las decisiones de atención
- las personas con demencia informan que este término a veces se siente degradante

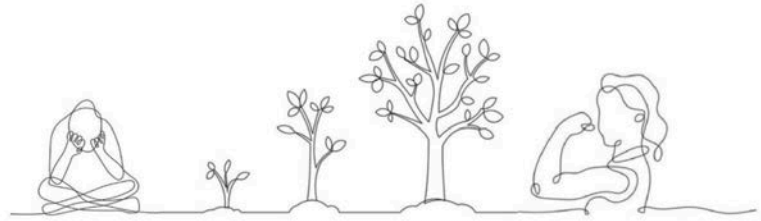
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## SOCIO DE CUIDADO

- Muestra que cuidar no es unilateral.
- Muestra que la persona a la que se cuida puede cuidar a los demás.
- La persona a la que se cuida es un socio en su cuidado y tiene algo que decir.
- Las personas con demencia nos han pedido que utilicemos "socios de cuidado"



## How to go from LANGUISHING...



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## to FLOURISHING

### Still feeling a blit blah during this time?

It's called LANGUISHING, a sense of stagnation & emptiness (you have probably heard it before). It feels as if you're muddling through your day looking at life through a foggy lense.

### On the other side of languishing is FLOURISHING! But how do you get there?

Finding ways of feeling connected with people in your bubble, as well as staying connected online with others, is one of the best strategies. These key strategies of balance, acceptance and connection help us to move from languishing towards flourishing.

### Here are 10 ideas to try:

1. Name your emotions
2. Give yourself uninterrupted time
3. Take a break from social media (yes, we see the irony)
4. Take it one step at a time
5. Engage in activities that bring joy
6. Bring purpose to your morning & bedtime routines
7. Start exercising more (you knew that one was coming!)
8. Give yourself something to look forward to-- either big or small, the possibilities of options are limitless
9. Do good deeds
10. Start a gratitude journal

*"May you start the new year with a grateful heart."*

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](mailto: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](http://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](mailto: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.



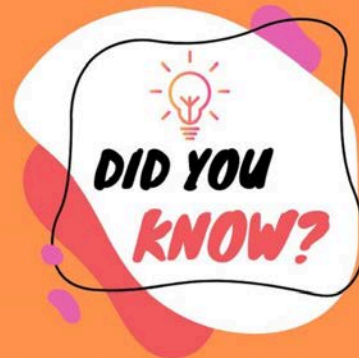
## NEED HELP CONNECTING?

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



# In case you MISSED IT



Researchers found that having **positive self-perceptions** about the **BENEFITS OF GETTING OLDER** can create a self-fulfilling prophecy by **helping people stay mentally, physically, and psychologically younger.**



## Did You Know?

The average age of a family caregiver is 49 years old?

