

# 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 Saint Joseph Medical Center.

THE LEEZA GIBBONS MEMORY FOUNDATION



## CONTACT US

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



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## MESSAGE FROM LEEZA



**During this month known for LOVE, at Leeza's Care Connection we believe that love means care, and care sometimes demands that you take action.** We like to be a place where we can connect you with resources to take action to make your own journey more successful. *There are a couple of things we want to share with you this month.*

If you are struggling with Alzheimer's disease, and we know many

of you are, **there is a website called BeingPatient.com that we love.** This month they have an interactive guide for the "7 Stages of Alzheimer's." We really found it helpful and think you will too!



A lot of people come to us looking for clinical trials. If that's you, the Alzheimer's Association has a **clinical finder called "Trial Match."**



Since everyone is focused on LOVE this month, just remember, **save some of that for self-love and appreciation for all YOU do!**

# EDUCATIONAL PROGRAMS



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

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

*Wednesday, February 1 at 10am-11am (virtual)*

**“Extra Benefits You Can Obtain that Original Medicare Does Not Cover”** Learn from Insurance Agent, Doris Ford, of Ford Benefits Group, LLC, about 2023 Changes to Medicare; When and Why to Switch a plan, and What Medicare does NOT Cover including How to obtain Dental, Vision and Hearing Benefits.

*Wednesday, February 15 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: [RESOURCELCC@GMAIL.COM](mailto:RESOURCELCC@GMAIL.COM)

*Wednesday, February 22 at 10am-11am (virtual)*

**“The Benefits of Pet Companionship for Seniors”** Sharing our lives with pets provides physical, emotional and social benefits, and this companionship may be even more important for seniors. Learn more about these benefits, as well as factors seniors should consider before adopting a pet and alternative methods of pet companionship for seniors.

**NEW! The Sister Circle- 1st & 3rd Monday from 6:30pm-8pm (virtual)**

**Caregiving is a unique and challenging role no one anticipates playing a part in. Being Black and a caregiver is an entirely different experience in itself.** A majority of Black caregivers tend to keep their loved ones at home while working full time and not having enough income to hire outside help.

Due to these unfortunate circumstances, Black caregivers tend to feel overwhelmed, underserved and ignored when it comes to getting adequate resources, sufficient medical care and individual support for themselves and their loved ones, while maintaining the household and assisting their loved one on a daily basis. Lack of sufficient support for the caregiver can lead to mental health issues, isolation, unhealthy lifestyle habits and lack of personal medical care.

Leeza’s Care Connection is proud to bring forth a new support group as a part of our on-going efforts to be inclusive and supportive. **Beginning Monday, February 6th and 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.**

“The Sister Circle” is **the beginning of new diverse programming** we will offer to our community at large.

# 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.

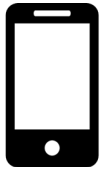
**NEW! Men's Coffee Club**– Meets the 2nd and 4th Friday of the month at 6:30am. Connect with other caregivers who have walked the caregiving path over coffee and breakfast.

**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.



# 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