

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



**Managing Director:** Allison Korrey

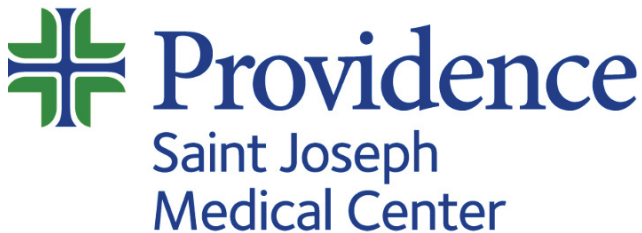
**Program Director:** Justina Lewis

**Outreach Director:** Xotchil Martinak

## 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 hear all the time how people fear Alzheimer's because "it is what it is; there's not much you can do."

Well, that's not true on many levels, *we know now that many behavioral choices such as sleep and stress management can be very beneficial in potentially mitigating Alzheimer's*, and **now there's evidence that purposeful breathing can lower your risk too.**

Our friends at the University of Southern California's Leonard Davis School did a study which showed that just 20 minutes twice a day can lower your risk of Alzheimer's.

**It couldn't more simple:** inhale for a count of five, then exhale for a count of five.

**Here's the link to learn more:**

**SCAN ME**



**Also, we're still celebrating Asian American and Pacific Islander month** so we are featuring family recipes from our team - be sure to check those out. As always, we're here to give you tips, strategies and support - let us know how we can help.

*Join Us*

## VOLUNTEERS NEEDED

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

**Contact us!**  
[info@leezascareconnection.org](mailto:info@leezascareconnection.org)  
or call  
(818) 847-3686

## HEALTHY BRAIN TIP: SEEK CHALLENGES

Building new skills throughout life, including simple things like learning a new card game, helps keep your brain healthy by creating new connections between brain cells.

Brain scans and cognitive tests taken a year after learning a challenging new skill (like photography) demonstrate significantly better cognitive performance. Lifelong learners and those who continue to accept challenges are living their lives with purpose and having a purpose in life is a major contributor to longevity. *Source: Otterbein Senior Health*

## BRAIN TEASER: SOLVE THIS!

You're escaping a labyrinth, and there are three doors in front of you. The door on the left leads to a raging inferno. The door in the center leads to a deadly assassin. The door on the right leads to a lion that hasn't eaten in three months. Which door do you choose?

**Answer:** The door on the right. The lion would be dead after not eating for three months.

## HEALTHY BRAIN RECIPE:

### Chicken Tinola (Chicken Garlic Ginger Soup)



Ginger has natural anti-inflammatory properties that can improve memory and cognitive function while Bok choy and spinach are both leafy greens that have brain healthy nutrients like vitamin K, lutein, folate, and beta carotene.

#### Ingredients

3 tablespoons canola oil or avocado oil  
½ cup chopped yellow onion  
¼ cup thinly sliced fresh ginger  
6 cloves garlic, minced  
1 pound chicken any cut (chop into 1/2 pieces)  
4 cups low-sodium chicken broth  
1 cup peeled and cubed green papaya or chayote  
1 1/2 cups chopped bok choy leaves  
1 cup spinach  
1 tablespoon fish sauce  
¼ teaspoon salt  
¼ teaspoon ground black pepper

#### Instructions

- 1.) Heat oil in a pan to medium and saute garlic onion and ginger for 2 minutes.
- 2.) Add in chicken and cook until the color is light brown.
- 3.) Add fish sauce and chicken stock. Then, simmer for 45 minutes.
- 4.) Add green papaya or chayote. Cook for 5 minutes.
- 5.) Add in bok choy leaves. Cook for 2 minutes.
- 6.) Add spinach, turn off heat and sit for 1 minute.
- 7.) Adjust seasonings to your liking with garlic salt, pepper, and chicken bullion cubes or powder.

# JUNE Programming AND Events

**In-Person Presentation** Wednesday, June 14 from 11am-12:30pm PST- lunch will be served! *(in-person only)*  
**"Care through Movement: The Power of Exercise for a Healthy Caregiving Experience"** with Annora Olavson, MSG from OMRA LIFE.

Join us **at our center at Providence Saint Joseph Medical Center in Burbank, CA** for this workshop, where we will learn the benefits of exercise that go beyond keeping your heart and body strong. We will unpack the importance of putting your health first to better care for others and ways in which exercise can become part of your caring routine.

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

**New! "S.T.A.T. --> Strategies, Tips and Tricks"** Tuesday, June 20 at 3PM PST/ 6PM EST *(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, "Safety in the Summer Heat"  
Please email Cyndi Boot at [ResourceSC@LeezasCareConnection.org](mailto:ResourceSC@LeezasCareConnection.org).

**New Time! Educational Presentation** Wednesday, June 28<sup>th</sup> at Noon-1:00pm PST/ 3PM-4PM EST *(virtual only)*  
**"Navigating the Assisted Living Waiver Program"**

Marie Vernon, Founder and CEO of All Hours Adult Care will help provide information on how to navigate the Assisted Living Waiver Program through Medi-cal. Marie will provide strategies and tips on how to qualify and apply for the program.

To register for this Zoom presentation visit our website under "Programs" or contact us at [info@leezascareconnection.org](mailto:info@leezascareconnection.org) or (818) 847-3686

**New! STAR Respite Program-** Leeza's Care Connection 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 learn more, email [info@leezascareconneciton.org](mailto:info@leezascareconneciton.org) or call (818) 847-3686

**Free Community Event "Health and Wellness Event"**- June 10<sup>th</sup> from 11am to 3:30pm PST *(in-person)*

This event is hosted by The Armenian Cultural Foundation **located at the Beshir Mardirossian Youth Center at 75 East Santa Anita, Burbank CA 91502**. This event will be providing health and wellness checks as well as access to supportive service programs for food assistance, housing and other supportive programs that help improve the health of people in our community.

**Free Community Event "Golden Future 50+ Senior Expo"**- June 10<sup>th</sup> from 9am to 1:30pm PST *(in-person)*

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 the Hilton Woodland Hills located at 6360 Canoga Ave, Woodland Hills, CA.**

## Leeza's Monthly Journal Prompt

Consider this a **"Write and Release"** exercise. Think about the things that trigger you, the people or moments that cause you to re-visit trauma or that open up emotional wounds. Now, finish this sentence,  
**"I can (have to) let go of \_\_\_\_\_ because it's holding me hostage. When I release this, I will \_\_\_\_\_."**





# 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**

## **NEW! "The Sister Circle" Support Group**

*EVENING GROUP Meets every 1st & 3rd Monday from 6:30pm-8pm PST*

"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.*

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 GROUP – 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 GROUP – 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 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 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 & 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.

## **NEW! DBS & Parkinson's Support Group- 4th Thursday of the month at 10:30am-11:30am (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](mailto:maryam.kazimi@providence.org) with the number of people that will be attending.

# MARK YOUR CALENDARS FOR THESE *UPCOMING PROGRAMS*



## **New! "Take a Walk in Their Shoes"- Thursday, July 13 from 9:30am to 11:30am PST (*In-Person*)**

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.

Contact us to RSVP. Email at [info@leezascareconnection.org](mailto:info@leezascareconnection.org) or call (818) 847-3686.

## **Coming Soon! "Red Carpet Respite"- 2nd Wednesday each month from 10am to 1pm PST (*In-Person*)**

**Could you use a break from caregiving? Red Carpet Respite** is designed to give family caregivers a break for a few hours each week while trained volunteers shower your loved one with care and attention. Hosted at Leeza's Care Connection Center in Burbank, CA this program helps people with Alzheimer's or dementia remain socially connected through planned group activities and encourages independence and dignity in a safe, social, structured environment with therapeutic activities.

To learn more, contact us at [info@leezascareconnection.org](mailto:info@leezascareconnection.org) or call (818) 847-3686

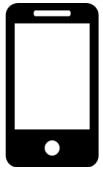
## ***In-Person Presentation* Wednesday, July 12 from 11am-12:30pm PST- lunch will be served! (*in-person only*) "Social Isolation" with Dr. Haydeh Fakhrabadi.**

Learn 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.

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

# 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. Call us at 818-847-3686 or email [info@leezascareconnection.org](mailto:info@leezascareconnection.org) for link.



## WEBINARS

We 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



## 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