

# 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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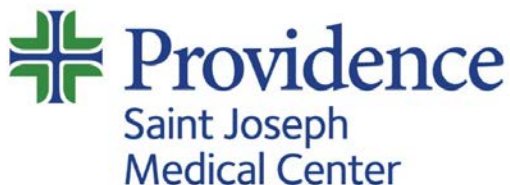
**Program Director:** Justina Lewis

**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



Is Everything OK with Your Brain?

We can't see if our brain is bruised or broken, but we know that if Alzheimer's has crept in, it could be eating away at our brains decades before any symptoms appear.

So, how do we know if our brains are ok?

Well, here are some broad strokes:

If you forget a name, but it comes back to you- probably

OK. If you lose your car keys or your phone, but you still know how to use them and you find them later. Probably OK. If you forget to pay the bills one month. Probably OK. (You should worry if it continues to happen). If you can't find words or you get lost occasionally. Probably OK. (You should worry if it continues, and others begin to notice.)

None of these signs are absolute, of course, and you should pay attention to any feeling you may have that something just isn't right...but I can tell you there are lots of people who seem to be doing everything right. They are known as SuperAgers, people over 80 whose memories are as good (or better) than those 20 to 30 years younger. Since 75% of seniors worry about getting dementia, we all want to know what we can do to prevent it. And there ARE things we can do. (Continue reading on Page 5)



**UPCOMING SESSIONS:  
CONTACT US IF YOU  
WOULD LIKE TO ATTEND.**

August 10th— 3:00pm–5:00pm  
October 12th—9:30am–11:30am  
November 9th— 9:30am–11:30am  
December 14th— 9:30am–11:30am

## HEALTHY BRAIN TIP: Move, Move, Move



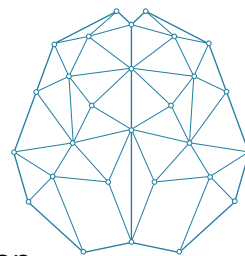
We all know that exercise improves our physical fitness, but staying in shape can also boost our brainpower. Scientific research conducted over the last several decades has revealed that exercise not only benefits our bodies – but our minds as well. Exercise doesn't have to be boring.

Make it fun.

Whether it's a game of rigorous tag with your children or a nice jog around the block, physical activity allows for increased fuel delivery to the brain. Exercise also strengthens the connections between nerve cells and decreases the harmful effects of stress on the brain.

Source: The Brain Workshop

## BRAIN TEASER:



A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

ANSWER: The river was frozen.

## HEALTHY BRAIN RECIPE:

### Summertime Chills with Blueberry Popsicles

These Blueberry Popsicles are Healthy popsicles made with blueberries, banana, and yogurt for a cool sweet treat. You'll love how healthy this homemade popsicle recipe is – plenty of protein and no refined sugar. These delicious popsicles are the perfect summer treat for a hot day.

Source: Good Life Eats

#### Ingredients:

- 1 1/4 cups fresh or frozen blueberries
- 1 cup vanilla yogurt
- 1 large ripe banana, peeled

#### Instructions: Making the Blueberry Popsicle Mixture

1. First, place the blueberries, banana, and yogurt in a blender.
2. Then, secure the lid and puree until completely smooth
3. Add a small amount of liquid (water, orange juice, milk, etc.), if needed, to blend well. Make sure no chunks are remaining.

#### Assembling the Popsicles

1. Next, pour the blueberry mixture into popsicle molds, leaving about 1/4-inch space at the top. After that, cover the popsicle molds with foil (or the lid if yours comes with one).
2. Insert the sticks into the center of each popsicle.

#### Freezing the Blueberry Popsicles

1. Transfer the popsicle mold to the freezer and freeze until the
2. popsicle mixture is frozen solid. Freezing will take at least 3 hours.

#### Freezing the Blueberry Popsicles

1. To serve, briefly dip the molds into warm water to help loosen them, and gently pull on the stick to release the pops from the mold.



# Education & Special Programs

Wednesday, August 09 at 11:00am PST / 2:00pm EST

## **Educational Presentation: "Learn The Signs And Break The Silence: Preventing Local Elder Abuse"** (In-Person & Virtual)

Led by the dedicated Program Coordinator Katherine Thomas of the Local Elder Abuse Prevention Grant for the Center of Healthier Communities at Dignity Health NHMC, learn how to identify elder abuse, recognize its warning signs, and access helpful resources. This presentation is being offered in-person and online via zoom.

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

Thursday, August 10 from 3:00PM-5:00PM 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](mailto:info@leezascareconnection.org)*

Wednesday, August 23 at 12:00PM PST / 3:00PM EST

## **Educational Presentation: "The Rubber Band Generation: Managing The Pulls Of Life Without Snapping" (Virtual)**

Real life means that we'll often find ourselves feeling pulled in different directions. You may have heard of the sandwich generation, but geriatric care manager Jill Love thinks of a rubber band when working with the children of aging parents: Feeling pulled to care for their parents while also pulled to manage their own families and work, it's hard not to snap from all the stress! Join Jill as she discusses sustainable ways to manage the many demands for our time and resources by considering the needs, planning ahead, and reaching for help.

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

## **August 26 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 Double Tree by Hilton Hotel Ontario Airport Inside the DoubleTree Ballroom 222 N Vineyard Ave Ontario, CA 91764.

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](mailto: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](mailto: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.



# Wellness & Energy Programs

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](mailto: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](mailto: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.

## MESSAGE FROM LEEZA CONT.

In fact, research shows that up to 40% of cases of dementia can be prevented. So, this month, we want to focus on Secrets of the SuperAgers.

Read the article we've included here which explains how basically it comes down to these "secrets"

1. Stay Active
2. Socialize
3. Challenge your brain
4. Indulge sometimes

There's a lot of good news around keeping our brains healthy, and SuperAgers show us that Optimism and Resilience are at the top of the list, so here at Leeza's Care Connection, we can help because that's our game!

Ever Forward,  
Leeza

4 Habits of "SuperAgers"  
Help Protect Yourself  
From Dementia



## LEEZA'S MONTHLY JOURNAL PROMPT

**Pride** is the feeling of satisfaction you get from an **achievement or an association**; it's the confidence and **self-respect** that comes as a result. Looking at what makes us proud gives us lots of reasons to think about **who we are**, what we care about, and how we see our lives. When we do things that make us proud, it builds our confidence in our ability to affect change in our lives. What (small or big) thing have you accomplished that made you proud? Describe the emotion. Who did you tell, or did you keep it to yourself? Are there things you have done, or survived or confronted in the past that you look upon now with pride? Write about why it matters.

