



501 S. Buena Vista St
Burbank, CA
(located in South Tower)
(818) 847-3686

May 2017

Hours:

Monday – CLOSED
Tuesday – 10am to 2pm
Wednesday – 10am to 2:30pm
6pm to 7:30pm
Thursday – 10am to 2:30pm
Friday – 10:30am to 1:30pm

Managing Director: Wendy Saltzburg
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Follow us!



www.leezascareconnection.org

ABOUT US

Leeza's Care Connection is a place where family caregivers come to get support, ask questions, find answers and learn how to deal with the ever-changing demands of caregiving. The program is a partnership between the **Leeza Gibbons Memory Foundation** and **Providence St. Joseph**.

Our mission is to create resourceful & resilient family caregivers through innovative programs that offer education, support, & wellness.

RESOURCE TUESDAY

Do you need help or to be connected to resources in your community?

Resource Tuesdays are for you. Please call for an appointment.

MESSAGE FROM LEEZA

Lower the bar of your own expectations. What you're doing is making a difference – just perhaps not as big a difference as you hoped. You may not be able to cure your loved one's disease, but providing a safe, comfortable day is huge!

Ever Forward,
Leeza



NEW PROGRAMS:

DRUM CIRCLE, by Bradley Anderson

Friday, May 12, 10:00-11:00am

Health Rhythms is about creating music in the moment, expression of one's own unique and personal rhythm and connecting with other participants in the drum circle. This class is meditative. No prior music or drumming experience is required. Please **RSVP at 818-847-3686**.

BODY AND BRAIN: Releasing Stress through Breathing and Meditation

Tuesday, May 16, 11:00am-12:00pm

This class will consist of a warm-up followed by stretching, body tapping, breathing and meditation. Come melt away the stress in your life and leave feeling renewed. Led by Body and Brain. Please **RSVP to (818)847-3686**.



ART FOR A PURPOSE

Every Friday – 11:00am– 1:00pm

Come join us to create art for others. Different weekly projects may include making greeting cards or art for a special event. Put your creativity to good use!

SPECIAL EVENT

HEAR IT FROM THE “REAL EXPERTS”

MAY 24TH, 5:00PM

Living with Alzheimer’s Disease from the patient’s perspective. Learn from our panel of guests, what it is like to live with Alzheimer’s Disease, the stigmas they face, and how to live a positive life.

Saint Joseph Medical Center- Hope Conference Room

501 S. Buena Vista

Burbank, CA 91505

Limited Space Available. Call to reserve at **818-847-3686**

BRAIN CHALLENGE!

Take away my first letter, and I still sound the same.



Take away my last letter, I still sound the same.

Even take away my letter in the middle, I will still sound the same.

I am a five letter word.

What am I?

Answer: Empty

RECIPES OF THE MONTH:

Mixed Green Salad with Fennel and Fresh Herbs

Ingredients:

1 fennel bulb
8 cups lightly packed mesclun or other mixed lettuce
4 tablespoons fresh chives, chopped
4 tablespoons fresh dill, chopped
4 tablespoons fresh parsley, chopped
½ cup fresh Parmesan cheese, shaved

For Red Wine Vinaigrette:

¼ cup red wine vinegar
1 tablespoon Dijon mustard
1 teaspoon sugar
½ teaspoon salt, ¼ teaspoon pepper
1 shallot, chopped
½ cup extra virgin olive oil

Directions: Trim off stalks and stem end of fennel. Using a sharp knife, cut the fennel lengthwise into thin slices. Set aside. In a large bowl, toss lettuce, fennel, fresh herbs and half of shaved Parmesan with enough vinaigrette to just coat the leaves. Sprinkle top with remaining cheese. For dressing, whisk vinegar with mustard, sugar, salt, pepper and shallot. Whisking constantly, add vinegar in a slow, steady stream. Makes $\frac{3}{4}$ cup.

Nutrition Facts for salad (per serving): Calories – 98, Fat - 0.3g, Dietary Fiber – 8.4g, Protein – 7.6g, Vitamin A – 94%, Vitamin C – 46%, Calcium – 17%, Iron – 20%. For Red Wine Vinaigrette Dressing: Calories – 228, Fat – 25.4g, Protein 0.2g

THIS MONTH’S EDUCATION PROGRAMS

Memory Fitness—Keep your memory sharp!

1st & 3rd Wed, May 3 & 17, 10:30am – 11:30am

This interactive class provides an opportunity for individuals with memory loss and their care partners to participate together in various activities that are beneficial for mind, spirit and socialization. The activity director from Belmont Village will engage the class using memory tools and strategies that are simple, fun and can be used at home. Come join us for the fun.

“LUNCH ‘N LEARN” – One Generation, Guest Speaker: Anna Swift, LCSW and Director, Adult Daycare

Wednesday, May 10, 1:00pm – 2:00pm

Learn about One Generation’s programs and services including daycare, intergenerational and music and memory programs. Anna will show video clips, and you will be amazed at the results of the music and memory program!

Please RSVP to 818-847-3686 to attend.

HAVE SUGGESTIONS? We want to hear from you! Please let us know what activities and programs you would like to see here at Leeza’s Care Connection.

THIS MONTH'S EMPOWERMENT PROGRAMS:

We offer a variety of groups designed to meet many caregiving situations. Please to call before attending, so we can guide you in selecting the most appropriate group for you.

Drum Circle – Friday, May 12, 10:00-11:00am (Back by Popular Demand!)

Health Rhythms is about creating music in the moment, expression of one's own unique and personal rhythm and connecting with other participants in the drum circle. No prior music or drumming experience is required. Join Bradley Anderson in what will be a fun and new experience!! Please **RSVP to 818-847-3686**, so Bradley knows how many drums to bring!

Releasing Stress through Breathing and Meditation – Tuesday, May 16, 11:00am-12:00pm

Led by Body and Brain. This class will consist of a warm-up followed by stretching, body tapping, breathing and meditation. Come melt away the stress in your life and leave feeling renewed. Please **RSVP to 818-847-3686**.

SUPPORT GROUPS

We offer a variety of groups designed to meet many caregiving situations. We advise caregivers to call before attending, so we can guide you in selecting the most appropriate group for you.

Meet Our Empowerment/Support Group Facilitators

Leta Nadler, Manij Taban, Myrna Gordon, Liz Gregory and Dana Sigoloff are all Human Services Paraprofessionals who were trained at the Wagner Program at American Jewish University. Stephanie Davis, is a licensed, Marriage and Family Therapist. Ann Brunner, MSW has many years working with seniors and families.

Caring for a Parent with Alzheimer's/Dementia

EVENING GROUP – 1st & 3rd Wed., May. 3 & 17, 6:00pm–7:30pm

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 Stephanie Davis.

Courageous Heroes Alzheimer's/Dementia Caregiver Support Group

1st & 3rd Thurs., May 4 & 18, 12:30pm–2:00pm

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. Led by Myrna Gordon. Respite offered.

Wellness Warriors Alzheimer's/Dementia Caregiver Support Group

2nd & 4th Thurs., May 11 & 25, 12:30pm–2:00pm

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 Dana Sigoloff and Liz Gregory. Respite is offered.

Alzheimer's/Dementia "Experienced Caregiver" Support Group

2nd & 4th Wed., May 10 & 24, 11:00am–12:30pm

This group is made up of "experienced caregivers" who have attended support group for 2 years or more and 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 facilitated by Leta Nadler and Manij Taban. Respite is offered.

Clinical Trials: What They Are and How to Find Them

By Edie J. Adler



When a loved one suffers with a disease such as Alzheimer's, some families or individuals may consider participating in a clinical trial.

Clinical trials are research studies which help to determine whether treatments are safe and effective. Clinical trials also help researchers find new ways to detect, slow, treat and hopefully prevent Alzheimer's disease.

Volunteers sometimes receive monetary compensation in addition to the drug and/or treatment. The trials can be sponsored by biotechnological/ pharmaceutical companies, research universities and sometimes by the government.

If you are considering participating in a clinical trial, or enrolling your loved one in a trial, talk to your doctor to discuss the risks and benefits of any particular study. Once you and your doctor decide to go ahead, you can find information on clinical trials conducted around the world by visiting: www.ClinicalTrials.gov.

The Alzheimer's Association has information on clinical trials specific to this disease. Their website is: www.alz.org.

Both UCLA and USC offer many different clinical trials:

UCLA <http://www.eastonad.ucla.edu/research/current-clinical-trials>

USC <http://adrc.usc.edu>