



At Providence Saint Joseph Medical Center
501 South Buena Vista Street
Burbank, CA 91505
(Located in the South Tower)
tel: 818.847.3686

FEBRUARY 2017

HOURS:

Mondays: CLOSED

Tuesdays: 10 am – 2 pm

Wednesdays: 10 am – 2:30 pm / 6 pm – 7:30 pm

Thursdays: 10 am – 3 pm

Fridays: 10:30 am – 1:30 pm

Managing Director: Wendy Saltzburg
wendy@leezascareconnection.org

♥ Happy Valentines Day ♥

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.

RESOURCE TUESDAYS:

***Do you need help or to be connected to resources in your community?
Resource Tuesdays are for you. Please call for an appointment.***

EDUCATION:

Memory Fitness—Keep your memory sharp!

1st & 3rd Wed, February 1 & 15, 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 activities directors 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.

MOVIE SCREENING OF “LA LA LAND”

Feb. 15 - 11:45am-2:00pm

Get ready for the Oscars! Come to LCC for a screening of the movie, “La La Land” starring Emma Stone and Ryan Gosling. A musical, comedy-drama about a Jazz musician falling for an aspiring actress, with visual allusions and dance sequences of Hollywood classics.

“LUNCH ‘N LEARN” – New Research and Findings about Alzheimer’s Disease

Wednesday, February 8, 1:00pm – 2:00pm

Guest Speaker: John Danner, LCSW, Memory and Aging Center at USC

We invite you to learn about the latest findings related to Alzheimer’s Disease. John Danner Psychiatric Social Worker specializing in dementia care. His interests include early diagnosis enhancement, caregiver planning, adult day health care, and end of life care. He will be discussing the latest findings related to causes, symptoms and future treatments along with memory enhancing tips. Please **RSVP to 818-847-3686** to attend.

EMPOWERMENT:

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., Feb. 1 & 15, 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., Feb. 2 & 16, 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., Feb. 9 & 23, 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., Feb. 8 & 22, 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.

Early Memory Loss Support Group - 2nd & 4th Thurs., Feb. 9 & 23, 10:00am-11:30am

This is a support group for those that are recently diagnosed with any memory impairment.

Acknowledging a memory loss can bring up many feelings- this is a time to open up, learn and share in a safe environment. Group facilitated by Ann Brunner.

Scrapbooking - Every Friday – 11:00am– 1:00pm

A scrapbooking workshop for the caregiver and their recently diagnosed loved one. Jeri Vargas and Beverly Creighton, our scrapbooking divas, will assist participants in how to creatively use materials while providing an enjoyable opportunity for families to relive cherished memories and make new ones.

Valentine's Day Card Craft/Scrapbooking – Friday – Feb. 10 at 11:00-1:00pm

Join us, along with our talented scrapbooking group, to make Valentine's Day cards for friends or loved ones.

The Search for Love!

R B T M Y U P M B H C P R H D
X E P W N J A T X F E A U L N
Z U V I I R Y W N W L G Z I A
O U O E R F R E H T E G O T B
H N D I R G E P Z R B E I O S
B A A B N O Z A E U R W V D U
Q G P I T K F I R S A S U O H
E R R P W H N R H T T W A P L
O V B C Y Y V O W S I N S I T
J A C J L A Y T L E O Q Q H H
C A R I N G S S P C N Z G G N
V T M Y O J S X F B N N W U F
Y A N M Q L I U K X P S T T B
F U M Z B X K C N T C W H D A
C T R A E H R X B A A W L G M

Words to Find:

HUSBAND
JOY
KISS
LOVE
PAIR

CARING
CELEBRATION
FAMILY
FOREVER
HAPPY



RING
TOGETHER
TRUST
UNION
VOWS

WIFE
HEART
HUG
MARRIAGE

We Found It!

THANK YOU FOR CELEBRATING WITH US!