



February 2018

Hours:

Monday – CLOSED
Tuesday – 10am to 2pm
Wednesday – 10am to 2:30pm
6pm to 7:30pm
Thursday – 10am to 2:30pm
Friday – 10:00am to 1:00pm

Managing Director: Wendy Saltzburg**Email:** wendy@leezascareconnection.orgwww.leezascareconnection.org**Follow us!**

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

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.

Lunch & Learn

How to Maintain Friendships and Relationships while Caregiving

Wed., February 21st, 1:00pm – 2:00pm

Have you noticed that your friendships and deep relationships are slipping away as you become immersed in your role as caregiver? We often play a part in our own isolation. Please join us in discussing how we can care for our own wellbeing while simultaneously caring for a loved one. Jan D. Somers, MSW, BCD, LCSW, has over 20 years of providing clinical psychotherapy and Geriatric Care Assessment/Management services to seniors and their family members.

Please RSVP to (818)847-3686 to reserve your space.

MESSAGE FROM LEEZA

LET IT GO. It's normal to mourn for the person as he or she once was and the life you had together. But dwelling on that fact tends to feed resentment. Instead, try to borrow from mindfulness practice: FOCUS ON THE HERE AND NOW, and on what's good and worth cherishing in the person in front of you.

Ever Forward,
Leeza



Creating a welcoming community for ALL caregivers.



What is LOVE?



Stop by our center and fill out your own meaning of love on our message board.

Baked Salmon with Garlic



Serving Size: 4

INGREDIENTS

WHAT YOU'LL NEED

- 1 lemon
- 4 cloves garlic, small, minced
- 1 tablespoon chopped parsley (heaping)
- 4 tablespoons extra-virgin olive oil
- Dash kosher salt
- Dash black pepper
- 4 salmon fillets (about 4 to 6 ounces each)
- 2 lemons

HOW TO MAKE IT

HEAT OVEN TO 375 F.

Lightly grease a 9-by-13-by-2-inch baking pan or line the pan with foil and lightly oil the foil. In a small bowl, combine the minced garlic, parsley, and olive oil; blend the ingredients well. Arrange the salmon fillets in the prepared baking pan and spread the garlic and parsley mixture evenly over them. Sprinkle the fillets lightly with salt and freshly ground black pepper. Bake the salmon for about 20 minutes, or until the fillets register 145 F or flake easily with a fork.

Meanwhile, juice one of the lemons.

Drizzle the baked salmon fillets with 2 tablespoons of lemon juice.

Slice the remaining lemon into wedges and serve them with the salmon.

Source: *The Spruce.com*

THIS MONTH'S EDUCATION PROGRAMS:

"Lunch 'n Learn" – How to Maintain Friendships and Relationships while Caregiving

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THIS MONTH'S EMPOWERMENT PROGRAMS:

Healthy Rhythm Drum Circle – Group Empowerment Drumming

2ND & 4th Fridays, February 9th & 23rd , 10:30am-11:30am

Group drumming provides benefits such as relief from stress, physical exercise, mental stimulation and the opportunity to be creative. 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 & Chris Miller in what will be a fun and new experience!! ***Please RSVP to 818-847-3686***, so we have enough drums!

Group Meditation-no experience necessary

Friday, February 2 – 11:00am-12:00pm

Learn to access the quiet place within you; the place where there is no turmoil...only peacefulness and relaxation. You will learn tools that will help you alleviate stress you may be experiencing. This group meditation teaches breathing and visualization techniques. Taught by D'Vorah McDonald...all levels welcome.

SUPPORT GROUPS

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

Meet Our Empowerment/Support Group Facilitators

Leta Nadler, Manij Taban, 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. Bernice Sanders is a trained facilitator and volunteer for the Alzheimer's Association GLA and a HUGS Ambassador for Leeza's Care Connection.

Caring for a Parent with Alzheimer's/Dementia

EVENING GROUP – 1st & 3rd Wed., February 7th & 21st, 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. Group facilitated by Stephanie Davis.

Courageous Heroes Alzheimer's/Dementia Caregiver Support Group

1st & 3rd Thurs., February 1st & 15th, 12:30pm–2:00pm

This support group 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 facilitated by Liz Gregory. *Respite offered.*

Wellness Warriors Alzheimer's/Dementia Caregiver Support Group

2nd & 4th Thurs., February 8th & 22nd 12:30pm–2:00pm

This support group 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 facilitated by Dana Sigoloff and Liz Gregory. *Respite is offered.*

Early Memory Loss Support Group

2nd & 4th Thurs., February 8th & 22nd 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.

Lean on Me Group

2nd & 4th Wed., February 14th & 28th 11:00am–12:30pm

A group for emotional support, held in connection with caregiving community. 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. (Approval to attend this group is required)*

Caregiver Connection (NEW)

1st & 3rd Wed., February 7th & 21st 11:15am–12:45pm

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.

10 BRAIN EXERCISES THAT BOOST MEMORY

BY [LINDA MELONE](#)

Source: Everydayhealth.com



We don't just lose muscle over time — our brains can atrophy, too. More specifically, your brain's cognitive reserve — its ability to withstand neurological damage due to aging and other factors without showing visible signs of slowing or memory loss — diminishes through the years. That can make it more difficult to perform mental tasks. But just as weight workouts add lean muscle to your body and help you [retain more muscle in your later years](#), researchers now believe that [following a brain-healthy lifestyle](#) and performing regular, targeted brain exercises can also increase your brain's cognitive reserve.

The Healthy Brain: A Multifaceted Approach

In one of the [most detailed studies on the connection between lifestyle and dementia risk](#) to date, researchers found that people who participate in multiple healthy behaviors significantly reduce their risk for dementia. The 2013 study, published in PLOS ONE, looked at 2,235 men for 30 years and measured their participation in five healthy lifestyle behaviors: [non-smoking](#), optimal BMI, high fruit and vegetable intake, regular physical activity, and low to moderate alcohol intake. The study participants who followed four or all five of the behaviors were about 60 percent less likely to develop cognitive impairment and dementia.

"Approaches to [brain health include a well-balanced diet](#) low in fat, low in cholesterol, and high in antioxidants," says Robert Bender, MD, medical director of the Johnny Orr Memory Center and Healthy Aging Institute in Des Moines, Iowa.

In addition to good nutrition, [regular exercise can promote vascular health](#) to help protect brain tissue. Avoiding ruts and boredom is also critical. "The brain wants to learn new things," says Dr. Bender, noting that some researchers believe that people are more vulnerable to dementia when they pay less attention to the things around them. "When the brain is passive, it has a tendency to atrophy," he adds. For this reason, sedentary and relatively passive activities, such as sitting in front of a TV for hours a day, can be detrimental to brain health over time.

10 REAL-WORLD BRAIN EXERCISES THAT WORK

On top of a healthy diet and regular exercise, there are ways to give your brain its own workout routine — without emptying your wallet. Although brain training software is everywhere these days, it has yet to show any significant neurological benefits for older adults. In a 2014 review published in PLOS Medicine, Australian researchers looked at [52 different studies on computerized cognitive training](#) on a total 4,885 participants and found that the games are not particularly effective in improving brain performance.

Experts recommend sticking to brain training that involves real-world activities. Exercises to strengthen brain function should offer novelty and challenge. "Almost any silly suggestion can work," says David Eagleman, PhD, neuroscientist and assistant professor at Baylor College of Medicine in Houston, Texas. "Drive home via a different route; brush your teeth with your opposite hand. [The brain works through associations](#)[which is why it's easier to memorize lyrics to a song than it is to try and remember the same words without music], so the more senses you involve the better."

Your morning newspaper is a great place to start. "Simple games like Sudoku and word games are good, as well as comic strips where you find things that are different from one picture to the next," says John E. Morley, MD, director of St. Louis University's Division of Geriatric Medicine and author of *The Science of Staying Young*. In addition to word games, Dr. Morley recommends the following exercises to sharpen your mental skills:

1. **Test your recall.** Make a list — of grocery items, things to do, or anything else that comes to mind — and memorize it. An hour or so later, see how many items you can recall. Make items on the list as challenging as possible for the greatest mental stimulation.
2. **Let the music play.** Learn to play a musical instrument or join a choir. Studies show that [learning something new and complex over a longer period of time](#) is ideal for the aging mind.
3. **Do math in your head.** Figure out problems without the aid of pencil, paper, or computer; you can make this more difficult — and athletic — by walking at the same time.
4. **Take a cooking class.** Learn how to cook a new cuisine. Cooking uses a number of senses: smell, touch, sight, and [taste](#), which all involve different parts of the brain.
5. **Learn a foreign language.** The listening and hearing involved stimulates the brain. What's more, [a rich vocabulary has been linked to a reduced risk for cognitive decline](#).
6. **Create word pictures.** Visualize the spelling of a word in your head, then try and think of any other words that begin (or end) with the same two letters.
7. **Draw a map from memory.** After returning home from visiting a new place, try to draw a map of the area; repeat this exercise each time you visit a new location.
8. **Challenge your taste buds.** When eating, try to identify individual ingredients in your meal, including subtle herbs and spices.
9. **Refine your hand-eye abilities.** Take up a new hobby that involves fine-motor skills, such as knitting, drawing, painting, assembling a puzzle, etc.
10. **Learn a new sport.** Start doing an [athletic exercise that utilizes both mind and body](#), such as yoga, golf, or tennis.

Soon people will realize that they can take steps to keep their brains healthy, just as they know they can [prevent heart disease](#) by taking certain actions, says Bender. "In the coming decade, I predict brain wellness to be right up there with heart health — now that there's proof that living a brain-healthy lifestyle works!"