



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

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

September 2017

Managing Director: Wendy Saltzburg
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Follow us!



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

It's understandable that caregivers sometimes get stuck in a web of worry about how to manage and move on. Sometimes a simple affirmation can help. Try this...I may not know what the future holds for me, but today I will take a step forward. I will try to release my anxiety and worry about the past, and even though I am uncertain about tomorrow, I'm prepared to start over so I can arrive there with optimism and hope.

Ever Forward,
Leeza



Drum Circle: Come try it!!! Join our drum circle on the 2nd & 4th Friday of the month September 7 & 21.



Alzheimer's patients who drum can connect better with loved ones. The predictability of rhythm may provide the framework for repetitive responses that make few cognitive demands on people with dementia.



HEALTHY BRAIN TIP:



Smile to boost brain health

Smiling is free and boosts brain health. It gives birth to new brain cells and encourages changes in areas of the brain associated with learning and memory. It makes your brain more flexible, more resilient and better able to cope when challenged by injury or neurodegenerative diseases such as Alzheimer's. Smiling releases hormones that make you feel good, lowers blood pressure, boosts immune function, and so much more.

BRAIN CHALLENGE! Try Reading Below...

7H15 M3554G3 53RV35 70 PROV3 HOW
0UR M1ND5 C4N D0 4M4Z1NG 7H1NG5!
1MPR3551V3 7H1NG5! 1N 7H3
B3G1NN1NG 17 WA5 H4RD BU7 NOW, ON
7H15 LIN3 YOUR M1ND 1S R34D1NG 17
4U70M471C4LLY W17H0U7 3V3N
7H1NK1NG 4B0U7 17, B3 PROUD!

RECIPE OF THE MONTH: Chicken Lime Lettuce Wraps



INGREDIENTS

- 1 ½ lbs. boneless, skinless chicken breasts, cut into chunks or strips
- ¼ c. red wine vinegar
- 1 lime, juiced
- 2 t. sugar
- 1 t. salt
- 1 t. ground black pepper
- 2 green onions, minced
- 2 cloves garlic, minced
- ½ cup fresh cilantro, chopped (more or less to taste)
- Large pieces of lettuce (or tortillas)

INSTRUCTIONS

1. Heat stove to medium high heat, and place chicken on skillet and cook until it is almost all the way cooked through.
2. Add the red wine vinegar, lime juice, sugar, salt, and black pepper in skillet.
3. Once fully combined, add the green onions, garlic and cilantro until they are soft, but not overcooked.
4. Spoon the chicken mixture into lettuce shells or pieces (or tortillas if preferred). Eat immediately.

Source: *Six Sisters Stuff Blog*

THIS MONTH'S EDUCATION PROGRAMS

Power Hour—Keep your memory working! 1st & 3rd Fri., September 1st & 15th, 11:00am – 12:00pm

Do you forget names and faces? Do you forget why you walked into a room? Do you forget where you put your keys? Do you say “it’s on the tip of my tongue?” Well, then... this class is for you!!!

Come learn to improve your ability to remember and recall information. And, who doesn’t want to be smarter, sharper and more focused?! Kim Mitchell, educator, will present innovative ways to help reduce the onset of age-related cognitive delay. She will engage the class using memory tools and strategies that are simple, fun and can be used at home. Come join in on the fun!

“Lunch n Learn” – Are They Doing That to Annoy Us? Behaviors and Alzheimer’s Disease.

Wed., September 13th, 1:00pm – 2:00pm (2nd Wed. of each month)

A class for family members who are seeing changes in behaviors that are difficult to understand. Using the **IDEA! Strategy**, this program aims to help individuals explore why behaviors happen, their meanings and practical tips to respond. This class is being presented by the **Alzheimer’s Association of Greater Los Angeles**. *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 call before attending, so we can guide you in selecting the most appropriate group for you.

Drum Circle – Group Empowerment Drumming (by Health Rhythms)

2nd & 4th Fri., September 8th & September 22nd, 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!

SUPPORT GROUPS

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., September 6 & 20, 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., September 7 & 21, 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., September 14 & 28, 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.*

Early Memory Loss Support Group

2nd & 4th Thurs., September 14 & 28, 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., September 13 & 27, 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.*

EXPERIENCING GRIEF & LOSS AS ALZHEIMER'S PROGRESSES



It is very common for caregivers experience feelings of loss and grief as their loved one becomes affected by Alzheimer's Disease. The disease gradually takes away the person you know and love.

According to Wikipedia, "Grief is a multifaceted response to loss, particularly to the loss of someone or something that has died, to which a bond or affection was formed. Although conventionally focused on the emotional response to loss, it also has physical, cognitive, behavioral, social, cultural, and philosophical dimensions. While the terms are often used interchangeably, bereavement refers to the state of loss, and grief is the reaction to that loss."

Most experts recognize five stages of grief: Denial, Anger, Bargaining, Depression, and Acceptance. Although people associate grief with death, this sense of loss can also affect those who are diagnosed with a debilitating, incurable disease such as Alzheimer's, and their loved ones who are suddenly faced with the difficult task of caring for them.

First you find ways to excuse their behavior and refuse to think there may be something medically related; it's all part of getting older, you say to yourself! Denial.

You then get angry: Why me? What have we done to deserve this! Anger.

OK, what do we need to do to fix this? Eat healthier, exercise more? Maybe if I volunteer more...Bargaining.

This is too overwhelming. I can't eat, I can't sleep. Please just leave me alone! Depression.

Mom and Dad took care of me when I was little, so now it's my turn. How can I make their life more comfortable as they subcome to this diesase? Acceptance.

All these stages are interchangeable and they can hit when you least expect it. It is important to recognize you are grieving the loss of your loved one, even if their physical bodies are still around. You have lost the person you knew and loved; as President Ronald Reagan put it, Alzheimer's is a long good bye.

The Alzheimer's Association has some recommendations of how to cope with the grief and loss that you are experiencing:

- **Face your feelings.** Think about all of your feelings — positive as well as negative. Let yourself be as sad as you want. Work through your anger and frustration. These are healthy emotions. Know that it is common to feel conflicting emotions. It's okay to feel love and anger at the same time.
- **Prepare to experience feelings of loss more than once.** As dementia progresses, it is common to go through feelings of grief and loss again. Accept and acknowledge your feelings. They are a normal part of the grieving process.
- **Claim the grieving process as your own.** No two people experience grief the same way. Grief hits different people at different times; some people need more time to grieve than others. Your experience will depend on the severity and duration of the person's illness, on your own history of loss, and on the nature of your relationship with the person who has Alzheimer's.
- **Talk with someone.** Talk with someone you trust about your grief, guilt and anger. If you decide to meet with a therapist who specializes in grief counseling, interview several so you can choose one you're comfortable with.
- **Combat feelings of isolation and loneliness.** Caregivers often give up enjoyable activities and companionship. Make a lunch or movie date with friends. Taking a break may help you relieve stress and grief, and strengthen your support network. Stay involved in activities that you enjoy.
- **Join a support group.** When you talk with other caregivers, share your emotions. Cry and laugh together. Don't limit conversations to caregiving tips. Alzheimer's Association support groups take place all across the country. Find one near you. If you prefer online support, join ALZConnected, our online caregiver community with message boards.
- **Know that some people may not understand your grief.** Most people think grief happens when someone dies. They may not know that it's possible to grieve deeply for someone who has a progressive cognitive illness.
- **Accept yourself.** Think about what you expect from yourself. Is it realistic? Learn to accept the things that are beyond your control. Make responsible decisions about the things you can control.
- **Take care of yourself.** The best thing you can do for the person you are caring for is to stay healthy. This includes taking care of your physical, mental and emotional well-being. Create balance in your life. Do things that bring joy and comfort, and give yourself time to rest.

Everyone grieves differently and at their own pace. If your grief is so intense that your well-being is at risk, ask for help from your doctor or a professional counselor.

By Edie Adler