



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

June 2017

Managing Director: Wendy Saltzburg
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Care Connector: Grace Jones
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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

Be kind to yourself! Don't hide such feelings or label them as inappropriate. You will feel better for embracing them. Celebrate and cherish your memories of your loved one.

Ever Forward,
Leeza



LAST MONTH'S SUCCESSFUL PANEL



"HEAR IT FROM THE REAL EXPERTS"

What a successful and enlightening event this was! Thank you to our wonderful, motivated and courageous panelists (from our Early Memory Loss Support Group), who shared what it is like to live with Alzheimer's Disease. The panelists shared pertinent information regarding Alzheimer's Disease, answered questions from the audience, and also imparted excellent life skills advice for us all to walk away with.

Although there were emotional moments, there was good humor and much laughter, also imparted by our very funny panelists! We are blessed to have these individuals as part of our Leeza's Care Connection family.

Thank you Connie, Joe, Richard and Stan for your participation, your honesty and your beautiful souls!

Keep on doing what you do & inspiring those around you!



HEALTHY BRAIN TIP:

BRUSH!

The task: Brush teeth with your non-dominant hand.

The reason: Research has shown that using the opposite side of your brain (as in this exercise) can result in a rapid and substantial expansion in the parts of the cortex that control and process tactile information from the hand.

Brain exercise: Brush, and don't forget to open the tube and apply toothpaste in reverse too.



BRAIN CHALLENGE!

Mr. Smith has 4 daughters.
Each of his daughters has a brother.

How many children does
Mr. Smith have?



ANSWER: Five (They all have the same brother)

RECIPES OF THE MONTH:

Sesame-Lemon Chicken

Ingredients:

- 1 tbsp. toasted sesame seeds
- 1 tbsp. finely grated lemon zest
- 2 tsp. dried thyme
- ½ tsp. sugar
- Kosher salt and freshly ground pepper
- 8 skin-on, bone-in chicken thighs, trimmed (2 to 2 ½ pounds)
- 1 tbsp. fresh lemon juice
- 2 tbsp. red wine vinegar
- 2 tbsp. extra-virgin olive oil
- 2 romaine lettuce hearts, chopped (about 8 cups)
- 1 cucumber, chopped
- 1 tomato chopped
- 2 cups lightly salted pita chips, crushed



Directions: Preheat boiler. Make the rub: Combine sesame seeds, lemon zest, sugar ½ teaspoon salt and ¼ teaspoon pepper in a spice grinder; pulse until the seeds are slightly cracked. Season the chicken with salt and all but about 1 ½ tablespoons of the rub. Set skin-side down on a broiler pan and broil, flipping the chicken and rotating the pan halfway through, until the chicken is golden and a meat thermometer registers 170 degrees F, 8 to 10 minutes per side. Make the dressing: Mix 1 tablespoon of the reserved rub, the lemon juice, vinegar, and salt to taste in a bowl. Whisk in the olive oil. When the chicken is done, whisk 1 tablespoon of the pan drippings into the dressing. Add your favorite salad as a side, sprinkle the chicken with the remaining ½ tablespoon rub and serve with the salad. Enjoy!

Nutrition Facts: Calories: 356, Total fat: 17 grams., Saturated fat: 3 grams., Cholesterol: 1-7 milligrams, Sodium: 777 milligrams, Carbohydrates: 22 gr. Dietary Fiber: 22 grams. Protein 30 grams.

THIS MONTHS EDUCATION PROGRAMS



Power Hour—Keep your memory working! 3rd Fri., June 16, 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” – The Benefits of Memory Care Wednesday, June 14, 1:00pm – 2:00pm

Guest Speaker: Rosann Patterson – Memory Program Coordinator, Belmont Village

Rosann will talk about “a day in the life” of a memory care environment including innovative, Person-centered care and activities to engage those individuals at all levels of Alzheimer’s Disease. Roann will also present and demonstrate activities to do at home with your loved ones. *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, June 9 & June 23, 10:30am-11:30am (2nd and 4th Friday of each month)

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.

SUPPORT GROUPS CONTINUED:

Caring for a Parent with Alzheimer's/Dementia

EVENING GROUP – 1st & 3rd Wed., June. 7 & 21, 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., June 1 & 15, 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., June 8 & 22, 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., June 14 & 28, 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., June 8 & 22, 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.

Current Prescription Drug Treatments for Alzheimer's Disease



While there is still no cure for Alzheimer's disease, there are currently several prescription drugs that have been approved by the Food and Drug Administration to treat and slow down its symptoms.

According to the Alzheimer's Association, some of these medications work by preventing the breakdown of a chemical messenger in the brain, which controls memory and learning. These drugs are categorized as cholinesterase inhibitors, which increase the level of acetylcholine, a brain chemical that acts as a messenger in the process of memory, thought and judgment. Alzheimer's disease destroys the cells which produce this chemical, in essence, killing the messenger and thus interrupting the process.

These drugs are prescribed to treat moderate to severe symptoms in memory loss, behavioral challenges, and thought process. Some of the side effects include nausea, loss of appetite, diarrhea, dizziness, confusion, and constipation. Sometimes, patients feel that the side effects are worse than the improvement in memory.

Following is list of approved prescription drugs:

- Aricept[®] (donepezil)
- Exelon[®] (rivastigmine)
- Namenda[®] (memantine)
- Namzaric[®] (memantine extended release and donepezil)
- Razadyne[®] (galantamine)
- Aricept[®] (donepezil)

It is important to monitor patients closely and report any adverse effects to their doctor immediately, as well as advising the doctor of any additional medications they are taking. Although these medications cannot stop the disease, they can produce small, temporary improvements.

Please contact your doctor for more information about these medications and to see if they are right for you.

By Edie J. Adler