



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

# November 2017

## Hours:

|             |                                 |
|-------------|---------------------------------|
| Monday –    | CLOSED                          |
| Tuesday –   | 10am to 2pm                     |
| Wednesday – | 10am to 2:30pm<br>6pm to 7:30pm |
| Thursday –  | 10am to 2:30pm                  |
| Friday –    | 10:00am to 1:00pm               |

Managing Director: Wendy Saltzburg

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[www.leezascareconnection.org](http://www.leezascareconnection.org)

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## 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

**Self Care is Not Selfish.** Look inward for reward if you can't get it by looking outward. Give yourself credit and applaud your own efforts by being good to yourself. Became a warrior of your own wellness. This is like a deposit in your emotional bank of reserves. Self-care helps fuel you for the tough stretches.

Ever Forward,  
*Leeza*



# LUNCH & LEARN

**Caregiver guilt... is a complicated emotion.**

**Are we our worst critics?**

**Learn to accept that having negative feelings about caregiving is normal.**

**JOIN US!**

**With guest speaker**

**Ruthie Rosenberg, MSW**

*Ruthie Rosenberg, MSW, is a social worker and professional care manager with LivHOME. She has worked in both medical and home settings helping people strategize, plan, and find solutions to caring for themselves and others.*

**Wednesday, November 8<sup>th</sup>**  
**1:00pm-2:00pm**

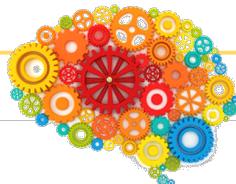
Please RSVP to (818)847-3686

## HEALTHY BRAIN TIP:

### Find Your Zen

Meditation has an overwhelming number of neurological benefits. It's now a popular and widely adopted way to improve clarity, concentration and emotional wellbeing, as well as dealing with stress and anxiety. You can start with just a few basics of meditating.

**Free resource:** Join us for Mindful Meditation on Friday, Nov. 17, noon to 1pm



## BRAIN CHALLENGE!

Give me food, and I will live. Give me water, and I will die. What am I?



Answer: Fire

## RECIPE OF THE MONTH: Lemon Maple Squash



Serving Size: 8

### INGREDIENTS

- 4 Pounds butternut squash
- 1 Lemon
- 1/3 Cup water
- 1/3 Cup maple syrup
- 1/2 Teaspoon red pepper flakes
- 4 Tablespoons organic butter
- Salt
- Pepper

### INSTRUCTIONS

Slice 4 pounds butternut or calabaza squash into thick wedges and remove the seeds. Place cut-side up in a baking dish. Combine 1/3 cup maple syrup, 1/3 cup water, the zest and juice of 1 lemon, 1/2 teaspoon red pepper flakes, and a pinch each of salt and pepper; pour over the squash and dot with 4 tablespoons butter. Bake 20 minutes at 350, then flip the squash and bake until caramelized and tender, 25 more minutes, basting halfway through.

Source: Food Network

## THIS MONTH'S EDUCATION PROGRAMS

### **“Lunch n Learn” – Caregiver guilt is a complicated emotion. Are we our worst critics?**

Wed., November 8<sup>h</sup>, 1:00pm – 2:00pm (2<sup>nd</sup> Wed. of each month)

Having negative feelings about caregiving is normal. Come join us to learn some strategies from our guest speaker *Ruthie Rosenberg* on how to find solutions to care for yourself and others.

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

**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:

### **Healthy Rhythm Drum Circle – Group Empowerment Drumming**

2<sup>ND</sup> Fri., November 10<sup>th</sup>, 10:30am-11:30am

Group drumming provides benefits such as relief from stress, physical exercise, mental stimulation and the opportunity to be creative. Healthy 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!

### **Mindfulness Meditation**

3<sup>rd</sup> Fri., November 17<sup>th</sup>, 12:00pm-1:00pm – led by D'vorah Epstein McDonald

Are you stressed? Worried? Overwhelmed? Please join us for meditation and uncover your ability to access the quiet place within you; the place where there is no turmoil...only relaxation and peacefulness. Learn tools that you can use anytime to help alleviate the stress you may be experiencing. And, enjoy the support provided by group meditation. All levels welcome...no experience necessary.

Our expert, D'vorah Epstein McDonald is a Board Certified Chaplain at Providence St. Joseph Medical Center. She has been studying and practicing meditation for over 40 years. She facilitates meditation groups and provides one on one meditation with patients in the hospital as well as the Disney Family Cancer Center.

## **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, 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., November 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., November 2<sup>nd</sup> & 16<sup>th</sup>, 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., November 9<sup>th</sup> 12:30pm–2:00pm \*\*\*NO GROUP Nov. 23\*\*\*

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., November 9<sup>th</sup> 10:00am-11:30am \*\*\*NO GROUP Nov. 23\*\*\*

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., November 8<sup>th</sup> & 22<sup>nd</sup> 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.*

## FROM THE EXPERT: "ASK JOE"

**Joe is one of Leeza's Care Connection support group members. He has Early Onset Alzheimer's and is an advocate to help educate people about the disease. He has offered to share his insight to help people better understand the disease. *Take it away Joe...***

I have noticed that a lot of caregivers have a hard time understanding why things happen to those with Alzheimer's. Granted, I can't speak for everyone, nor people with Late Stage Alzheimer's, but maybe I can shed a little light and hope for them. This comes from my own experience, and that of talking with people with Early to Moderate Alzheimer's. My memory will decline over time, so I'd like to help out as much as possible.

**Q: Why does my loved one want to argue and give me a lot of grief for everything we do?**

A: We are usually either confused or scared to death, because we feel that everything we start trying to do becomes so difficult, so we want to be able to control a situation. I get upset when I'm asked, "Where do you want to go for lunch?", or a simple, "What do you want to do today?" Believe it or not, it personally confuses me and makes me frustrated. The reason is because I most likely can't remember the name of the restaurant, or a family member's name I want to visit. None of this will make sense to you, but nothing with Alzheimer's does. For example, if I get asked something in the morning there is a 99% chance that you will get a civil response back. By end of day, not so much. I would rather be surprised by what we are doing than someone asking me. Asking the loved one with Alzheimer's if they want to go somewhere, can be frustrating. Always remember that we are not upset with you, (*in early stages*) we are realizing that we are unable to function like we use to. Personally, I am getting into the stage of not recognizing that I forgot something, or even where I am. So I hope you can just imagine what it is like to not remember what a fork is.

**Q: How can I keep my loved one safe from such situations such as driving, to being alone, and many more?**

A: Believe it or not, deflecting someone's question or situation is wonderful, but a better solution to that situation is telling the loved one a ***little white lie***. This is to keep your loved one safe. Your loved one will probably believe you and you will most likely be able to use that same white lie because we will not remember it. Few examples you can use if your loved one wants to drive is to tell them the car won't start, you need another battery, or simply the car is blocked outside. A solution is after distracting your loved one with a little white lie, you can take them for a walk.

**Q: What word you should *never* use with an Alzheimer's individual in the Early to Moderate stage.**

A: Please avoid the word "**Remember**", because it is a reminder to us of what we have. Remembering is one of the many things we have zero control over. Another word you should avoid is "**No**", use yes, maybe, or deflect. The word "**No**" makes us feel that you want me to give up my control of a situation. If your loved one asks you to go to the store...say, "in an hour" or something else that gives them hope of going. Even if you say "sure", how about tomorrow and we do lunch. We aren't rational and please don't expect it.

**Q: What are the best words to use?**

A: "**I love you**"...never stop saying it. We may not remember what the meaning and feeling behind those words mean, but we do want to hear them.

***If you would like any more input or insight into what it's like to live with Alzheimer's, please feel free to ask. You can email [wendy@leezascareconnection.org](mailto:wendy@leezascareconnection.org) - subject line "Ask Joe"***