

Leeza's Care Connection



**Our physical location is closed but we are still offering programming & resources!

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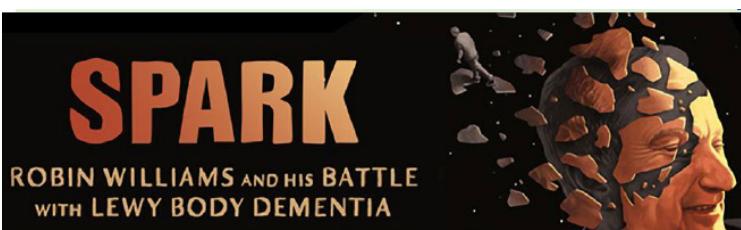


ABOUT US

Leeza's Care Connection is a place where family caregivers come to get support, and learn how to cope with someone diagnosed with Alzheimer's Disease. Through our programs, you will connect with others, learn tools and gain resources to help you on your caregiving journey. The program is a partnership between The Leeza Gibbons Memory Foundation & Providence Saint Joseph Medical Center.



 **Providence St. Joseph Health**



Watch SPARK with us on Wed., June 23 at 9:00am. Email to RSVP

Leeza's Care Connection is proudly partnering with the **Lewy Body Dementia Association (LBDA)**

to bring you this exclusive FREE showing of Spark, an educational film about Robin Williams and his battle with undiagnosed Lewy body dementia (LBD).

This new in-depth look into the world of LBD takes a deep dive into the disease, its biology, myriad of clinical symptoms and highlights the impact on both the person with LBD and the primary caregiver.

MESSAGE FROM LEEZA



As you know, at Leeza's Care Connection, we are committed to creating a safe, supportive environment where everyone feels seen, valued and accepted. To honor our focus on that priority, we just completed a **Challenge Day** workshop to help us grow our empathy and continue to lead with

kindness and compassion. We loved it, and we learned so much and had a great time!

Challenge Day is a nonprofit that has been around since the 1980's and is committed to helping youth and adults unlearn harmful habits and to experience vulnerability as a pillar to restore strength. It's all about supporting communities to be more understanding and supportive of each other's despite our differences in beliefs, faiths, ethnicities, age, gender and income.

I have loved this program since I hosted a TV special about it in 1999 called "Surviving High School". Now, I believe their message is more urgent than ever. The pandemic and the civil unrest of this year have left social, emotional and psychological scars that affect us all.

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FREE WEBINARS: NEW TOPICS EVERY WEEK!



WEBINAR

Live, Recorded and On Demand

Register online at LeezasCareConnection.org or email info@LeezasCareConnection.org for more information.

Wed., June at 9:30am: **Sensitive Situations in Caregiving**

Wed., June 16 at 9:30am: **Resiliency Workshop**

Wed., June 23 at 8:30am: **SPARK Documentary**

Wed., June 9:30am: **Have Your Care Needs Changed?**

SUPPORT GROUPS

Are you thinking about a support group? Great! We offer a variety of groups designed to meet many caregiving situations. Many people tell us it's the thing that gives them peace of mind, a lifeline to hope and a family of people who "get it." We'd love to have you join our community! To make sure you find the group that's the right fit for you, contact us at the center. We are here for you at anytime to answer your questions and help you connect with the resources you need to navigate your caregiving journey. We look forward to hearing from you! You're not alone.

Meet Our Empowerment/Support Group Facilitators

Liz Gregory, Audrey Amzalag, and Dana Sigoloff, are all Human Services Paraprofessionals who were trained at the Wagner Program at American Jewish University. Ann Brunner, MSW has many years working with seniors and families. Bernice Sanders is a trained facilitator with the Alzheimer's Association.

Caregiver Connection

1st & 3rd Wed., June 2 & 16 at 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. *(Please contact us to make sure this group is the right fit for you.)*

Caring for a Parent with Alzheimer's or Dementia

EVENING GROUPS – 1st & 3rd Wed., June 2 & 16 at 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 Bernice Sanders. *(Please contact us to make sure this group is the right fit for you.)*

Courageous Heroes Alzheimer's/ Dementia Caregiver Support Group

1st & 3rd Thurs., June 3 & 17 at 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 Liz Gregory and Audrey Amzalag. Respite is offered *(Please contact us to make sure this group is the right fit for you.)*

Wellness Warriors Alzheimer's/Dementia Caregiver Support Group

2nd & 4th Thurs., June 17 & 24 at 12:30pm-2:00pm

This meeting is open to spouses that living with and/or caring for a loved one with Alzheimer's or Dementia. A time to vent, share, and learn from others on a similar path. Group led by Dana Sigoloff and Liz Gregory. *(Please contact us to make sure this group is the right fit for you.)*

Parkinson's Support Group

4th Thurs., June 24 at 10:30am-11:30am

Our support group is for patients, families, & their caregivers. Group led by Maryam Kazimi, NP. RSVP for info

HEALTHY BRAIN TIP:

THE TASK: Eat more fiber!



THE REASON:

Eating foods rich in fiber could help delay brain aging thanks to its anti-inflammatory benefits. Researchers state “microglia — a major type of immune cell in the brain — tend to become hyperactive and chronically inflamed with age. This inflammation of the microglia is one of the main causes of memory and cognitive decline in old age.”

To get these big brain benefits, try incorporating more foods like broccoli, nuts, beans and whole grains into your weekly meals.

Source: *Medical News Today*

BRAIN CHALLENGE:

A bus driver goes the wrong way on a one-way street. He passes by a police officer, but he doesn't get stopped.

Why?



Answer on bottom of page 3

HEALTHY RECIPE OF THE MONTH

This quick and easy sweet potato and quinoa salad is perfect for lunch or dinner. An easy dish to prepare ahead of time, it works perfectly as a side or is a great option for the main dish. Packed with fiber and protein, this meal will fill you up without slowing you down. Enjoy cold or warm!

Roasted Sweet Potato Quinoa Black Bean Salad

INGREDIENTS:

1 1/4 pounds sweet potatoes scrubbed and peeled (about 3 small/medium), cut into 1/2-inch chunks
1 large red onion cut into 1/2-inch chunks
4 Tbsp extra virgin olive oil divided
2 Tsp ground chili powder
1 Tsp smoked paprika
1/2 Tsp kosher salt
1 1/2 cups cooked quinoa from 1/2 cup dry Zest and juice of 2 limes (3 Tbsp)
2 Tsp pure maple syrup or substitute honey or light agave nectar
1 clove garlic minced
1 can reduced sodium black beans (15 ounces), rinsed and drained
1 large bell pepper cored and diced
3/4 cup freshly chopped cilantro

DIRECTIONS:

Preheat the oven to 400 degrees F. Place the cubed sweet potatoes and red onion on a large baking sheet. Drizzle with 1 Tbsp olive oil, then sprinkle with the chili powder, smoked paprika, and salt. Toss to coat and spread into a single layer. Bake until the potatoes are just tender, about 25 minutes, turning halfway through. Remove from the oven and set aside.

While the potatoes bake, cook the quinoa (if needed). In a small bowl or large measuring cup, whisk together the remaining 3 Tbsp extra virgin olive oil, lime juice and zest, maple syrup, and garlic (or shake the ingredients together in a mason jar with a tight-fitting lid).

In a large mixing bowl, combine the cooked quinoa, black beans, bell pepper, cilantro, and roasted sweet potatoes and onions. Pour the dressing over the top, then toss to combine. Enjoy warm or at room temperature.

Source: wellplated.com



FOOD FOR THOUGHT

Toss a handful of nuts, seeds or fruit on your plate for a quick fiber boost. Bonus points for walnuts, because they are also rich in Omega-3 fatty acid, a powerful brain protector!

IDEAS for LONG DISTANCE CAREGIVERS

Life can be lonely for seniors, especially when they don't have any friends or relatives living nearby. Luckily, there's a lot you can do to help seniors in your community feel more connected. Below, Leeza's Care Connection offers a few ideas for helping seniors stay in touch with their family members, find enjoyable activities and get the help they need to live healthy lives.

Helping Seniors Connect

Many seniors struggle to stay in touch with their friends & relatives who don't live nearby--here's what you can do.

- * Help a senior pick out an easy-to-use tablet or smartphone so they can stay in touch.
- * There are several things that can help them feel closer to family, like video calls.
- * Downloading social apps such as Words with Friends can help seniors connect too.
- * Helping a senior find a penpal is a great way to be social without using a device.

Helping Seniors Stay Active

Maintaining social ties is essential for seniors' mental health, but you can also assist seniors by helping them be more active. Here are a few fitness ideas you can do together.

- * Doing yoga together is a great way to help seniors improve their balance.
- * Walking is one of the best exercises for seniors to improve their overall health.
- * Helping a senior find a community pool may encourage them to try water aerobics.

Services and Projects that Can Help Seniors

While helping seniors stay social and active will benefit their mental and physical health, you can also make a difference by helping seniors access services and feel safe at home.

- * Volunteering to help with household chores can make a big difference for seniors.
- * Driving a senior to their appointments or arranging transportation is a great way to help.
- * Help them use a sales proceeds calculator if they intend to sell their home. Also, help them select a real estate agent when they're ready to begin the process.

As a member of the community, you might not think there's that much you can do to help seniors stay connected, be active and feel safe at home. However, simply reaching out to seniors without nearby relatives can make a huge difference. Once you do, you may be surprised at the number of ways you can help local seniors live healthier, happier lives.

Written by Beverly Nelson who specializes in long-distance caregiving. She's learned that it takes a village to care for our loved ones from afar. She can be reached at info@standupforcaregivers.org

(Cont. from page 1)

At Leeza's Care Connection, we felt this was the perfect time to build a more inclusive environment and explore any unconscious biases we may have, particularly about race. I'm so proud of our staff, facilitators and volunteers who were part of the training.

When we are biased, we tend to believe that some things, people, ideas or groups are better than others. Challenging our biases is an ongoing process, but we can't get there if we are in a constant tug-of-war of emotion trying to prove ourselves right.

One simple thing we learned during our Challenge Day workshop was the **S.T.O.P. method of diffusing conflict.** It stands for:

S - Stop and think about what you're doing or saying (perhaps that seemingly innocent joke or comment).

T - Take a breath and slow it down, giving your brain a chance to get oxygen and allow you to think with more clarity and less emotion.

O - Observe how others are reacting and responding to you. Are you making others feel left out, bullied, targeted?

P - Proceed without anger, judgment or defensiveness.

It's a basic start that reminds us of things we learned in school about The Golden Rule, but somehow has gotten away from us. As always, we love to hear from our community about how we're doing and what we can do better.

Ever Forward,

Leeza

ARE YOU BEHIND ON YOUR RENT AS A RESULT OF THE COVID-19 PANDEMIC?

THE BURBANK RENT ASSISTANCE PROGRAM MAY BE ABLE TO ASSIST BY PROVIDING

UP TO \$1000 A MONTH FOR UP TO THREE MONTHS FOR

- Past due or allowable future rent paid to landlord
- Past due utilities paid to Burbank Water and Power

APPLICATIONS BEING ACCEPTED STARTING APRIL 5, 2021!

FOR MORE INFORMATION VISIT WWW.BURBANKCA.GOV/COVID19
SIGN-UP TO eNOTIFY FOR NEWS ALERTS ON
THE CITY OF BURBANK RENT ASSISTANCE PROGRAM
APPLICATION CALL CENTER - (818) 238-5180



Stay Safe At Home

To help you stay safe at home, Helping Hands Senior Foundation has created Stay Safe at Home Care Packages. We may be able to connect you with:

Gloves
Face Masks

Face Shields
Hand Sanitizer

AND MORE

*We also can help you learn about programs for home safety, fall prevention, volunteer services, and care at home as well as other topics to help you stay safe at home

CALL US TODAY

818.279.6580

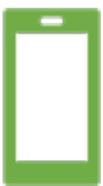
info@helpinghandsla.org

www.helpinghandsla.org



ABOUT OUR ONLINE PROGRAMS

Our physical location may be closed,
but we are still here to support you!



SUPPORT GROUPS

All support groups are available online through a secure Zoom link. Anyone with a phone or computer can join. Email info@leezascareconnection.org for link.



WEBINARS

Just because we can't have lunch together, doesn't mean we can't learn together!

We still have **top local experts providing you with essential information** on care-related and self-care topics.

1. Go to Leezascareconnection.org
2. Scroll down to "Upcoming Programs & Events," find your webinar, and click "Register"
3. Enter your information to receive the link and dial-in number option
4. You will receive an email reminder 1-hr before the webinar begins

**Can't find the registration link, No problem! Just email info@LeezasCareConnection.org*



FACEBOOK LIVE!

We share lots of great tips you don't want to miss on our Facebook page. When you see a Facebook Live! scheduled on the calendar, just **navigate to our Facebook page and the video appears** at the scheduled time (you may have to scroll down to see it).



YOUTUBE

Did you know we have a Leeza's Care Connection Youtube channel? Just search our name in the Youtube search bar (or visit our website and click on the Youtube icon). You'll find **all of our previous webinars & Facebook Live discussions.**



NEED HELP CONNECTING?

We are available to help you connect your devices, so you can benefit from our virtual services like:

- ✓ Support Groups
- ✓ Webinars
- ✓ Facebook Live Videos
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