



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

(818) 847-3686

888- OK LEEZA (888-655-3392)

info@leezascareconnection.org

www.leezascareconnection.org

Managing Director: Allison Korrey

Email: allison@leezascareconnection.org

Coordinator: Briana Pambakian

Email: briana@leezascareconnection.org



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.



MESSAGE FROM LEEZA

You remember sleep, don't you? For ten years, I was a long-distance caregiver for my mom. I worried about her whether I was with her or not. I was sleeping restlessly, and I looked and felt exhausted all the time, which is very common. Here's what worked for me so, I'll share it with you. I created a little routine around bedtime and basically it meant a few things. Getting off that computer, giving myself about 10 min. just to decompress, do some light stretching at night, have a glass of chamomile tea or a cup of warm milk. All those things really do work, but mostly it would just signal to me, "Okay you're done. This is the end of the day. You've done your best, it's time to let go of it now. You get another chance to start all over tomorrow." If you can steal 10 min., take a walk. Five minutes in the morning, in the afternoon, whatever you can do to give yourself that gift.



SLEEP: Your Undiscovered Superpower

Are you one of the

60% of Americans that is not getting enough sleep during the week? Scientists and

philosophers have long debated over what our brains do during sleep. Now, there is strong evidence indicating a good night's sleep may literally clear the mind – like a power wash for the brain! Studies link poor sleep quality and quantity to impaired cognitive functioning and neurodegenerative diseases like Alzheimer's. If you're having trouble sleeping, talk to your doctor to rule out potential causes such as stress, medications, normal physiological changes to the aging brain, illness and treatable conditions like sleep apnea which affects up to 60% of adults.

These sleep tips can help you establish a sleep routine that works for you.

STICK TO A SCHEDULE: Go to bed and wake at the same time daily – *even on weekends!* Sleep is a systematic process automatically regulated by our bodies. Messing with the system throws your rhythm out of whack. Limit napping to 30 minutes or less before 3pm.

DIET: Limit eating within 3 hours before bedtime, and steer clear of caffeine after 3pm. Cut back on sugary foods and refined carbs that can pull you out of the deep, restorative stages of sleep.

AVOID ALCOHOL AS A SLEEP REMEDY: while alcohol does promote drowsiness, it also disturbs the sleep cycle, causing you to wake up during sleep, and difficulty returning to sleep.

SETTING THE STAGE: A peaceful bedtime routine sends a powerful signal to your brain that it's time to wind down and let go of the day's stresses. Close your eyes and image walking into a spa. What would it look like? Sound like? Smell like? What would the lighting be like?



FREE WEBINARS:
NEW TOPICS EVERY WEEK!
REGISTER ONLINE or email
info@leezascareconnection.org

- Wed., Sept. 1 @ 10am: **Caring for Aging Parents & Elders**
- Wed., Sept. 8 @10am: **Debunking Myths & Understanding Grief**
- Wed., Sept. 15 @ 10am: **Sensitive Situations in Dementia**
- Wed., Sept. 22 @ 10am: **Who Am I? Identity While Caregiving**
- Wed., Sept. 29 @ 10am: **Getting Real About Self Care**

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., Sept. 1 & 15 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.

Caring for a Parent with Alzheimer's or Dementia

EVENING GROUPS – 1st & 3rd Wed., Sept. 1 & 15 1 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.

Courageous Heroes Alzheimer's/ Dementia Caregiver Support Group

1st & 3rd Thurs., Sept. 2 & 16 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.

Wellness Warriors Alzheimer's/Dementia Caregiver Support Group

2nd & 4th Thurs., Sept. 9 & 23 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.

HEALTHY BRAIN TIP:

THE TASK: Train your brain for sleep!

Make a 60-minute playlist of music that you find soothing. Instrumental music and songs that have words are okay, but not white noise or other sounds. Try to focus on the music or sing along in your head as it plays. If you find your mind wandering to other things, that's natural. Just begin to refocus on the music in a nonjudgmental way. Use this playlist in the same order every time you go to sleep. Research shows this can be a helpful tool to train your brain for sleep, and you will begin to fall asleep earlier and earlier in the playlist each night.

BRAIN CHALLENGE:

What has four fingers and thumb, but it is not living?

AlgoV

HEALTHY RECIPE OF THE MONTH

Start your day off right with this high protein recipe packed with colorful veggies and flavor. Great for on-the-go, frittatas can be made ahead of time and eaten hot or cold for an easy yet healthy meal option.

GARDEN VEGGIE FRITTATA

INGREDIENTS:

1 teaspoon olive oil
cooking spray
¾ cup broccoli florets cut into 1-inch pieces
1 red bell pepper cut into ½ inch pieces
¼ cup chopped red onion
4 eggs
4 egg whites
1/3 cup shredded or diced cheddar cheese or cheese variety of your choice & fresh herbs for garnish (chopped cilantro, parsley or green onion)
salt and pepper to taste

FOOD FOR THOUGHT

Eggs are a complete protein source packed with vitamins and nutrients that benefit muscle tissue, the immune system, and eye and skin health. As a source of omega-3 fatty acids, eggs are great for maintaining brain health.



DIRECTIONS:

1. Preheat the oven to 400 degrees. Heat the oil in an 8-inch pan over medium-high heat.
2. Add the red onion to the pan and cook, stirring occasionally, for 3-4 minutes or until onion has softened.
3. Add the red pepper and cook for another 3 minutes or until the pepper has softened.
4. Add the broccoli to the pan along with 1 tablespoon of water and cook, stirring occasionally, until tender.
5. Season the vegetables to taste with salt and pepper.
6. Remove the vegetables from the pan and wipe the pan clean with a paper towel.
7. Coat the pan with cooking spray.
8. In a bowl whisk together the eggs and egg whites, season to taste with salt and pepper.
9. Add the vegetables and cheese to the egg mixture and stir until combined.
10. Pour the egg mixture into the pan and place in the oven.
11. Bake for 15 minutes or until center is set. Garnish with fresh herbs, cut into wedges and serve.

Source: healthyfitnessmeals.com

6 Pillars of Brain Health



YOUR BODY: GET MOVING. People who exercise regularly have a lower risk of developing Alzheimer's disease. Exercise improves blood flow and memory; it stimulates chemical changes in the brain that enhance learning, mood and thinking.

EAT SMART, THINK BETTER. As you grow older, your brain is exposed to more harmful stress due to lifestyle and environmental factors, resulting in a process called oxidation, which damages brain cells. Food rich in antioxidants can help fend off the harmful effects of oxidation in your brain.

CONTROL MEDICAL RISKS. Hypertension, diabetes, obesity, depression, head trauma, higher cholesterol, and smoking all increase the risk of dementia. Get your annual check-up, follow your doctor's recommendations and take medications as prescribed.

REST WELL. Sleep energizes you, improves your mood and your immune system, and may reduce buildup in the brain of an abnormal protein called beta-amyloid plaque, which is associated with Alzheimer's disease. Practicing meditation and managing stress may help fend off age-related decline in brain health.

YOUR MIND. Mental exercise is just as critical as physical exercise in keeping your brain fit and healthy. Mental exercises may improve your brain's functioning and promote new brain cell growth, decreasing your likelihood of developing dementia.

STAY CONNECTED. Studies show that those with the most social interaction in their community experience the slowest rate of memory decline.

WE CAN HELP.
Home Safe

Need help with your security deposit?

Move-in expenses?

Rent or utility assistance?

Call 213-610-1589 or email apshomesafe@wdacs.lacounty.gov

wdacs
workforce development
aging & community services

your library is now **FINE FREE!**

As of July 1, 2021, Burbank Public Library has eliminated all past, present and future overdue fines.

We invite you to return to the Library or get a card for the first time if fines have been a barrier for you.

borrow more worry less

- Please return Library materials by their due date so others may enjoy them
- Borrowers receive reminders of overdue items
- Fees may still be incurred if items are lost, damaged or never returned
- If you have questions about your account status, please contact us at (818) 238-5600 or visit any Burbank Public Library location

FAREWELL to overdue FINES

BURBANK PUBLIC LIBRARY | For more information visit burbanklibrary.org/finefree

6 GOOD REASONS to continue wearing a mask



It was welcome news for millions of Americans when the US Centers for Disease Control and Prevention (CDC) announced on May 28 that vaccinated people could resume activities without physically distancing or wearing a mask, as long as they were in compliance with federal, state, or local regulations and business or workplace requirements.

Provide an Extra Defense Against COVID-19 As the death toll from COVID-19 keeps rising, though at a slower pace, vaccinated people may feel more protected against the virus wearing a mask.

Guard Against Variants In June, public health officials expressed concern about the COVID-19 variant called Delta, a more transmissible version of the virus that now accounts for more than 52 percent of all cases of infection in the United States among unvaccinated or partially vaccinated people.

Boost Effectiveness of Vaccine Some people with certain medical conditions may not produce as many antibodies after being immunized and wearing masks might provide extra protection, says Dr. Tyler. Cancer patients, organ transplant recipients, or those on immune-modifying therapy for conditions such as multiple sclerosis, myasthenia gravis, and brain cancer may fall into that category.

Model Good Behavior for Children Parents who are vaccinated may decide to keep wearing masks as way to model behavior for children who are too young to qualify for the vaccine and are still required to wear masks in school and other public places, says Dr. Chin-Hong. The same may go for families or caretakers of people who for various reasons can't get vaccinated.

Protect Against Influenza and Other Respiratory Illnesses

Health officials observed that rates of influenza were unusually low this past winter, a trend that suggests that maintaining physical distance and wearing a mask may offer protection in other ways, says Dr. Offit. He says his hospital also saw fewer cases of respiratory syncytial virus (RSV), a common winter respiratory illness that can be serious for babies, young children, and older adults.

Reduce Allergies Wearing a mask might also benefit people who experience seasonal allergies, perhaps reducing the level of allergens being inhaled, says Dr. Chin-Hong.

Source: Brain & Life

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
- ✓ Youtube archive