Virtual Dementia Tour
Friday, May 31st
2 Sessions: 10:00am and 12:00pm
By appointment only

Walk in their shoes; feel what it’s really like to have Alzheimer’s.

Why are they so stubborn? Why won’t they let me help?
Why are they fixated on that?
Why won’t they do the thing I just told them to do?
Why is it the same thing over and over again???

Do you find your patients drying up, or your compassion waning from the frustrations of trying to care for your loved one with dementia?

Come participate in the Virtual Dementia Tour. You will be geared up to stimulate what it’s like to have similar limitations as someone with dementia. You’ll be brought into an experience room and be given eight minutes to complete five everyday tasks. Once your time is up, you’ll be escorted to another room where you may reflect on and journal about the experience you just had. When all participants in your group (6 people) have completed the tour, we’ll have a group discussion and go over strategies and resources. If you’d like a pre-view of what you’ll be doing, here’s the link to the one Leeza did a few years ago

https://www.youtube.com/watch?v=Nsne9-QZQH4

This will help you understand the difficulties, challenges, and struggles of loving and caring for someone with Alzheimer’s or related dementias. The VDT experience will help deepen your patience, broaden your compassion and make you feel far more equipped to handle whatever dementia is going to throw at you.

Due to overwhelming demand, VDT is complimentary to our current caregivers. Professionals and new guests will be asked for a suggested donation of $25.

RSVP (818)847-3686 or wendy@leezascareconnection.org
HEALTHY BRAIN TIP:
THE TASK: Spice it up!
THE REASON: Your brain enjoys spices as much as your taste buds do. Herbs and spices such as black pepper, cinnamon, oregano, basil, parsley, ginger, and vanilla are high in antioxidants which may help build brain power. Scientists are intrigued by curcumin, the active ingredient in turmeric, common in Indian curries. “Indians have lower incidence of Alzheimer’s and one theory is the curcumin. It bonds to amyloid plagues that accumulate in the brains of people with disease.”
Source: Keith Black of Cedars-Sinai

BRAIN CHALLENGE:
Take away the whole and some still remains. What is it?
Answer on bottom of page 5

HEALTHY RECIPE OF THE MONTH
Looking for a quick switch up for a healthy lunch or dinner option this spring? Try these sweet and smoky meatless fajitas to satisfy your cravings for Mexican! You won’t even miss the meat with this protein packed black bean option.

Pineapple and Black Bean Fajitas

**Ingredients:**
1 (15-oz.) can black beans, rinsed
1 tbsp. finely chopped chipotles in adobo (removed seeds for a milder flavor)
1/4 small pineapple, cored and cut into thin 1/2” pieces
2 small red peppers, sliced
1 small red onion, thinly sliced
8 small corn tortillas, warmed
Fresh cilantro, for serving
Sour cream or plain Greek yogurt, for serving

**Directions:**
Heat oven to 425 degrees F or an outdoor grill to medium-high. Tear off four 12” squares of foil and arrange on two baking sheets.

Toss together the beans and chipotles, then divide among the pieces of foil. Top with the pineapple, peppers and onion. Cover with another piece of foil and fold each edge up and over three times. Roast or grill (covered) for 15 minutes.

Transfer each packet to a plate. Using scissors or a knife, cut an “X” in the center and fold back the triangles. Spoon the mixture into tortillas and top with cilantro and sour cream, if desired.

Source: WomansDay.com

DID YOU KNOW? Black beans are classified as legumes and prized for their high protein and fiber content. The iron, phosphorus, calcium, magnesium, manganese, copper, and zinc in black beans contribute to building and maintaining bone structure and strength. These vitamins help lower blood pressure, manage diabetes, aid in digestion, and ward off heart disease!
Join us to learn the benefits of multi-sensory (our basic senses; touch, hear, see) programming of those that are affected with Alzheimer’s and other dementias. We will collaboratively strategize on our non-verbal communication as well as discuss how engaging all five of our senses can improve quality of life for you and your loved one. Additionally, we will be discussing the many different options for memory care including adult day programs, long-term care settings and aging in place. Annie Cardillo and Charlotte McKenna are Retirement Counselors at Glen Park Healthy Living. Annie is also a member of the Alzheimer’s Task Force as well as the Speaker’s Bureau for Alzheimer’s Los Angeles. Joining her is Charlotte McKenna, has been working in memory care since 2005 and is currently one of our dear family caregivers.

Wednesday
May 22, 2019
1:00-2:00 pm
Please RSVP (818)847-3686
**THIS MONTH’S EDUCATION PROGRAMS**

“Lunch ‘N Learn”
Wed., May 22\textsuperscript{nd}, 1:00pm-2:00pm

Join us to learn the benefits of multi-sensory (our basic senses; touch, hear, see, smell and taste) programming of those that are affected with Alzheimer’s and other dementias. We will collaboratively strategize on our non-verbal communication as well as discuss how engaging all five of our senses can improve quality of life for you and your loved one. Additionally, we will be discussing the many different options for memory care including adult day programs, long-term care settings and aging in place.

*Annie Cardillo and Charlotte McKenna are Retirement Counselors at Glen Park Healthy Living. She is also a member of the Alzheimer’s Task Force as well as the Speaker’s Bureau for Alzheimer’s Los Angeles. Joining her is Charlotte McKenna, has been working in memory care since 2005 and is currently one of our dear family caregivers.*

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

“Virtual Dementia Tour”
Friday, May 31\textsuperscript{st}, 10:00 AM and 12:00 PM

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*By appointment only. To reserve your space call (818)847-3686  SPACE LIMITED!!!!!
SUPPORT GROUPS

We offer a variety of groups designed to meet many caregiving situations. If you would like to become an LCC guest, please contact our office today to set up your Welcome Meeting. This is a required step in order to access our free programs, support groups, and individual meetings.

Meet Our Empowerment/Support Group Facilitators
Leta Nadler, Manij Taban, 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.

Caring for a Parent with Alzheimer’s/ Dementia
EVENING GROUPS – 1st & 3rd Wed., May 1st & 15th 6:00-7:30pm
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., May 2nd & 16th, 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., May 9th & 23rd 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. (Please contact us to make sure this group is the right fit for you.)

Early Memory Loss Support Group
2nd & 4th Thurs., May 9th & 23rd 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. (Please contact us to make sure this group is the right fit for you.)

Lean on Me Group
2nd & 4th Wed., May 8th & 22nd 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. (Please contact us to make sure this group is the right fit for you.)

Caregiver Connection
1st & 3rd Wed., May 1st & 15th 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.)

Brain Teaser Answer: 'the word “wholesome”'
**Adult Day Care**

**What is Adult Day Care?**

Adult day care is a managed program that is designed for specific individuals who cannot stay at home by themselves. Frail elderly persons, individuals with memory loss, or seniors with other challenges are candidates for day care. Facilities are managed by state or local programs, including non-profit organizations. Private day care may be a franchise, or run by an individual who rents or owns a facility. Clients are overseen during the hours they attend. Hours will vary, but generally span regular business hours (9 am-5 pm) to accommodate caregivers who work outside the home. Meals, snacks and activities are part of the day care experience. Most programs include arts and crafts, music, time for rest and visiting with other clients. Reputable day care programs focus on “caring.” Day care is not a “dumping ground”! Although loved ones with dementia may resist attending, staff members are skilled in making clients feel comfortable. Activities will span the range of clients’ abilities. Additionally, many adult day care programs include transportation to and from their center.

**Where to look?**

National organizations are especially helpful if your loved one spends time with family out of your area. Begin by learning which resources are state managed. Contact the local Area Agency on Aging and/or ADRC in the area where your loved one lives. The Alzheimer’s Association has a community resource finder on their website with a zip code locator for the division serving your area, and other service friendly carriers to help with your search. Interview every facility to your comfort level, remembering that you will eventually need to make a decision. Adult day care is an enhancement to the journey of caregiver and loved one. Family members can enjoy a sense of security that their loved one is attended to. Loved ones can develop a life outside the home that is interesting, fun and safe. If guests show concern or anxiety, professional caregivers will reassure them as needed. Family caregivers will be less stressed and have an improved relationship with their loved one. Day care reaches out to both individuals, creating a solid atmosphere of support. The miracle of connection with others can be explored in a professional environment that yields many personal benefits.

*Retrieved by: Caregiver.com*

The link below provides more information about the benefits of adult day care centers.

[https://caregiver.com/articles/finding-adult-day-options/](https://caregiver.com/articles/finding-adult-day-options/)