



**\*\*Our physical location is closed but we are still offering programming & resources!**  
**(818) 847-3686**  
**888- OK LEEZA (888-655-3392)**

[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, and learn how to cope with someone diagnosed with Alzheimer's Disease. Through our programs, you will connect with others, learn tools & gain resources to help you on your caregiving journey. The program is a partnership between The Leeza Gibbons Memory Foundation & Providence St Joseph Medical Center.



## MESSAGE FROM LEEZA



Traditions are important. They connect us to the past and to each other. They provide comfort and stability in changing times, like comfort food for the soul. They can also trigger pain, create stress and make us feel empty or sad if there is a loss of a loved one, or if we

feel we failed somehow at delivering the perfect execution of the tradition.

In our newsletter this month, we're making the case for re-inventing traditions, scaling them back or maybe even ditching them altogether. In my own family, our children grew into adults with significant others, we moved to a new house leaving much of our stuff in storage, and some of the things we've always done just couldn't happen. Initially, I felt the sting of disappointment and guilt, but it forced us into new versions of what we used to do and now we love the new way.

I hope our features and resources this month will help you make an adjustment if Covid, a death, or other changes threaten your holiday traditions.

It'll all be ok, even if it's not the same. Change can make us better, stronger and more resilient. This holiday season, let's try to find those parts of what's new and different. Keep going ...it's all gonna be ok.

**Holiday Love,**

*Leeza*



## FOR A BETTER HOLIDAY SEASON

Holidays are tough on caregivers. Between family get-togethers, cooking, and shopping, it is way too easy to feel burned out.

Here are some tips to help you have a better holiday season.

**...Continued on Page 3**



## **FREE WEBINARS:** NEW TOPICS EVERY WEEK!

REGISTER ONLINE or email  
[info@leezascareconnection.org](mailto:info@leezascareconnection.org)

- Wed., Dec 1st @ 10am: **How to Deal with Holidays & Dementia**
- Wed., Dec 8th @10am: **5 Simple Steps to Staying Happy & Healthy**
- Wed., Dec 15th @ 10am: **Sensitive Situations in Dementia Care**
- Wed., Dec. 22nd @ 10am: **Successful Tips for Moving On**

## **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., Dec. 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., Dec 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., Dec. 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., Dec. 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.





## Smaller, Simpler, Shorter

Think about what you can minimize or change to make your life easier. As Leeza mentions in her message, traditions can be re-imagined and still hold the same meaning and connection to the past.

## Use Retained Abilities

There are still opportunities to engage your loved one with dementia using the abilities they still possess. For example, pull out an old photo album of family & friends. Listen to some favorite holiday specific albums they may remember.

## Be Ready to Hear the Same Story Multiple Times

This one can be said for ALL families. It's best not to dismiss your loved one but allow them to reminisce—it fires up the person's brain cells and hearing these stories is a great way to connect.

## Avoid Direct Corrections

Maybe the story happened differently... instead of correcting, go with the flow. In addition, you can help engage your loved one by asking "this or that" questions (for example, "mom, was your first car blue or green?")

## Accept General Comments

While some of our loved ones won't remember specifics, it is best to accept general answers (the color of the car isn't integral for the story).

## Give Room to Get Away if Needed

If loved ones come to visit, consider having the person living with dementia sit at the edge of the table, instead of the center. This way, the person has less sensory input & if it becomes too much can get away to relax & recharge.



## Tips For Ending Traditions and Making New Ones

With the holiday season approaching there are traditions that you may partake in or used to that may cause sadness or guilt for no longer following through with them. It may be saddening to lose your traditions with a loved one, it can also allow for new traditions to bloom.



When family traditions end it's important to **give yourself time to grieve** them.



**Don't feel guilty** to continue the traditions when they no longer benefit you. It's important to look after your own mental and emotional health.



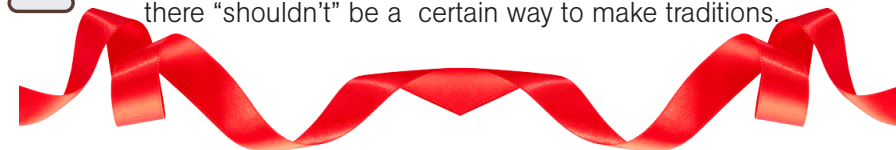
If you're upset about ending the tradition, **focus on the meaning** of it instead of the actual tradition itself and why it was important to you.



Ending a tradition can also allow for you to **start a new one** that allows for change.



**Remove the word "should"** when it comes to traditions because there "shouldn't" be a certain way to make traditions.



THE CITY OF BURBANK

# Mayor's Tree Lighting

Saturday, December 4, 2021

6:00pm - 6:30pm  
On The Front Steps of City Hall  
275 East Olive Ave, Burbank

FEATURING:  
Burbank City Council  
Santa & Mrs. Claus  
Guest Emcee  
Johnny Holiday  
& More!

## HEALTHY BRAIN TIP:

**THE TASK:** Eat as many anti-inflammatory foods as possible

Anti-inflammatory foods include fruits, vegetables, and healthy fats like omega-3 fatty acids. Another perk of eating anti-inflammatory foods is that they can actively help your body fight inflammation. For example, getting enough omega-3 fatty acids can help reduce the production of pro-inflammatory molecules while protecting against neurodegenerative diseases and cognitive loss.

Pro-inflammatory foods include additives and preservatives found in processed food, damaged and processed fats such as trans-fat, and refined sugar.

Source: *Healthline*

## BRAIN CHALLENGE:

**Name two objects for every letter in your first name.**

**Work up to five objects, trying to use different items each time.**

## HEALTHY RECIPE OF THE MONTH

Granola is all about whole grains, crispy clusters of nuts and oats, and a satisfying crunch that makes it perfect for eating out of hand. The brain loves monounsaturated and polyunsaturated fats.

### TOASTED GRANOLA

#### Ingredients

- 5 cups oats old-fashioned, rolled
- 1 cup sliced almonds
- 1 cup pure maple syrup amber and full-flavored
- 2/3 cup extra virgin olive oil
- 1 teaspoon almond extract
- 1 teaspoon pure vanilla extract
- 3/4 teaspoon sea salt or kosher salt

#### Instructions

1. Preheat oven to 350°F and place the rack in the center of the oven. Line a rimmed (18 x 13-inch) baking sheet with parchment paper or a silicon mat.
2. In a large bowl, combine oats, sliced almonds and kosher salt.
3. In a large (4-cup) measuring cup, combine maple syrup, olive oil, almond and vanilla extracts using a fork or a whisk.
4. Pour olive oil mixture over the oats mixture and stir to combine. Using a rubber spatula, spread evenly over baking sheet.
5. Bake for 20 minutes. Rotate baking sheet front to back. Bake another 20 minutes. Pull the pan from the oven and carefully inspect the granola. If it is golden brown throughout and darker brown on the edges, it is done. If not, return to the oven and keep a close eye on it while you bake another 3-5 minutes.
6. Remove from the oven and cool granola in the pan. Transfer to an airtight jar or other container using a spatula.





# BURBANK COMMUNITY PAGE :

PROTECT YOURSELF FROM FLU THIS SEASON!

## FREE Flu Vaccine

For Adults 18 and Older

**NO HEALTH INSURANCE NECESSARY**



**Location:**

Verdugo Activity Center

241 W. Verdugo Ave. Burbank, CA 91502

**Date:**

Saturday, December 11th, 2021

**Time:**

10:00am - 12:00pm



## Holiday Recital

THURSDAY, DECEMBER 16 @  
1PM

Join LA Opera Connects artists for a live online recital as they celebrate the holidays with a program of familiar and beloved music. This program will be provided safely via a Zoom invitation. RSVP: Anne Oh, [aoh@alzla.org](mailto:aoh@alzla.org) • 323.930.6271

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## Adult Daycare Zoom Classes

Do you have a loved one living with Alzheimer's Disease or another form of Dementia? Are you looking for ways to keep them active and engaged while remaining safer at home?

ONEgeneration's Adult Daycare currently offers Zoom exercise and activity classes Mondays through Fridays for a fee of \$3 per class.

Groups are facilitated by physical and occupational therapists, social workers and volunteers with extensive experience in Dementia care.

**Classes include:**

- Yoga
- T'ai Chi
- Seated Exercise
- Music
- Bingo
- Spanish groups

For more  
information, please  
call (818) 708-6635

or email:  
[adultdaycare@onegeneration.org](mailto:adultdaycare@onegeneration.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](mailto: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](http://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](mailto: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