



****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.



NEW!

ALZHEIMER'S TIPS with ERICA!

Erica Steiner takes an unconventional and energetic approach to caring for her mom who is living with early onset Alzheimer's disease. Erica makes the best of each day with her mom with her signature creative and fun methods that will inspire you to mix things up and better meet your loved one where there are right now. In her monthly series, she'll tackle tough topics like:

- ✓ How to have fun indoors with a loved one
- ✓ Handling sticky bathroom situations
- ✓ Using rewards to manage behavioral issues
- ✓ Getting your loved one to eat and exercise

Webinar Thurs., Jan. 28 @ noon

MESSAGE FROM LEEZA



Yep, we've made it to the front porch of a brand new year and most of us are ready to knock down the door! Let's give ourselves credit for finding the optimism to look ahead and expect that better days truly are on the horizon. From a vaccine for Covid19 to glimpses of our economy emerging, we are hop-

ing for the best. But, as they say, hope is not a strategy, so what are we going to commit to do? For starters, we can each put 2020 in the rear-view mirror and resist any lingering angst, agitation and antagonism that may try to bubble up this year. If you want something you've never had, you have to do something you've never done, so let's look for what we have in common, let's find compromise and civility. These are things that we have failed to value. Now, we can! Alan Cohen said "Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect". Excited to get started along with you!

From our community:

"Thank you to the Leeza's Care staff for your wonderful support and caring throughout this trying year. I am also so grateful to have my group members that got me through this year."



FREE WEBINARS: NEW TOPICS EVERY WEEK!

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

Wed., Jan 13 at 10am:5 **When Caregiving Calls with Dr. Blight**

Wed., Jan. 20 at 10am: **Sensitive Situations in Caregiving**

Wed., Jan 27 at 10am: **Myths of Hospice Care**

Thurs., Jan.28 at 1pm: **Alzheimer's Tips with Erica!**

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., Jan. 6 & 20 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/ Dementia

2nd & 4th Wed., Jan. 13 & 27 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.)*

EVENING GROUPS – 1st & 3rd Wed., Jan. 6 & 20 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., Jan. 7 & 21 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., Jan. 14 & 28 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.)*

LOOKING BACK AT 2020



As 2020 closes, we reflect on all the challenges we have all endured through. Due to the COVID-19 outbreak, the LCC team transitioned our main and biggest area of programming to an online format. Not only did we ensure a seamless transition for all our current caregivers during difficult times, we ensured a quick one so that no group was left cancelled or postponed.

We believe in the power of our support groups. The amount of care and connection the groups exhibit is the very reason we not only maintained our attendance, but also added new members to our groups. Our incredible facilitators ensured that our members not only remained connected and supported, but also thrived. It is thanks to the support and commitment to the Leeza's Care Connection community that we were able to get through this year and continue our amazing programs into 2021. While we will be remaining virtual for the foreseeable future, we are reminded that we can maintain connection and aid as much as we can even from afar.



Top 5 Habits to Improve Your Memory

The new year undoubtedly brings new goals and new wishes for this new beginning. This year, why not set your goals on keeping your brain healthy and resilient? Lucky for us, the brain is a muscle that can be strengthened with practice. Try these top tips for improving memory and establishing brain healthy habits.

Keep a Better Routine: By establishing — and sticking to — routines, you free your mind of daily time snatchers and memory thieves. “Routines help us attain efficiency, so we don’t have to expend a lot of brain power on predictable elements of our day. Efficiency in everyday activities frees up time and brainpower for more meaningful things in our lives.”

Focus on One Thing at a Time: Stop trying to multitask! By taking in less information at a time, you are better able to get meaning, develop knowledge, and make better connections.

Use All Your Senses: Memories are formed using more than one sense. Combining senses — like sight and sound — increases your ability to retain the memory.

Get Organized: Free up your working memory by writing it down or typing it into your phone, removing clutter in your everyday life, and designating a place for everything.

Take a Break: Life is hectic. Especially if you’re a caregiver. That’s why it’s essential to be intentional on taking regular breaks to unplug, recharge and refuel.

Source: AARP

HEALTHY BRAIN TIP:



THE TASK: Take short breaks!

THE REASON:

When trying to memorize new material, it's easy to assume that the more work you put in, the better you will perform. Yet taking the occasional down time – to do literally nothing – may be exactly what you need. Just dim the lights, sit back, and enjoy 10-15 minutes of quiet contemplation. Aim for “minimal interference” during these breaks – no running errands, checking your emails, or using your phone. You really need to give your brain the chance for a complete recharge with no distractions.

Source: *bbc.com*

BRAIN CHALLENGE:

I take what you receive and surrender it all by waving my flag.

What am I?



Answer: A Magazine

HEALTHY RECIPE OF THE MONTH

Nothing warms the soul like a good bowl of hot soup. And there is no need to feel guilty about going for seconds with this vegetable dish. This soup is packed with protein, fiber, and flavor, so you won't even miss the meat!

Southwestern Three-Bean & Barley Soup

INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 1 large stalk celery, diced
- 1 large carrot, diced
- 9 cups water
- 4 cups 4 cups (32-ounce carton) reduced-sodium chicken or vegetable broth
- ½ cup pearl barley
- ⅓ cup dried black beans
- ⅓ cup dried great northern beans
- ⅓ cup dried kidney beans
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ¾ teaspoon salt



Barley is a whole grain, that provides fiber, vitamins, and minerals. Plenty of research shows whole grains are great for maintaining heart health and blood pressure – and we know that what is good for the heart is good for the brain!

DIRECTIONS:

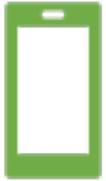
Heat oil in a Dutch oven over medium heat. Add onion, celery and carrot and cook, stirring occasionally, until softened, about 5 minutes. Add water, broth, barley, black beans, great northern beans, kidney beans, chili powder, cumin and oregano. Bring to a lively simmer over high heat. Reduce heat to maintain a simmer and cook, stirring occasionally, until the beans are tender, 1¾ to 2½ hours (adding more water, ½ cup at a time, if necessary or desired). Season with salt. Serve with fresh cilantro and a squeeze of lime, if desired.

Make Ahead Tip: Cover and refrigerate for up to 3 days.

Source: *eatingwell.com*

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