

MARCH 2021

Leeza's Care
Connection



****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.



This is Your Lucky Day!

Join us for an hour of pampering and creativity



March 17, 2021 • 4 pm • Zoom Workshop



Create a piece of mosaic art with Piece by Piece & learn the latest tips in skincare with Beauty Bus

MESSAGE FROM LEEZA



If you're a Yes-A-Holic like me your life is probably cluttered because you aren't so good at saying "No". Well, here's how I got into recovery and you can too. Before you say YES to anything, think of YES as standing for

Your Empowerment System. What does it take to make you feel empowered? You probably need to feel valued, respected, worthy, safe, capable, etc. So, how come you say yes to so many things and then immediately begin to feel terrible? It's amazing how many things we do that actually make us feel badly about ourselves. Like being a pushover for volunteering to handle everything yourself again! Or stay late at work or whatever? Before you agree to do anything, make sure it fits in Your Empowerment System. If it's not a "YES" for you, shake your pretty head and walk away!

Leeza



Shop with Purpose with LCC!
LeezasCareConnection.org/shop



Don't miss the chance to purchase one of our connecting hearts designs – *limited stock!*



FREE WEBINARS: NEW TOPICS EVERY WEEK!

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

Wed., March 3 at 10am: **Sleep is your Superpower**

Wed., March 10 at 10am: **Speech Therapy for Dementia**

Wed., March 17 at 10am: **Sensitive Situations in Caregiving**

Wed., March 24 at 10am: **Minding our Mental Health**

Wed., March 31 at 10am: **Housing Options for Seniors**

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., March 3 & 17 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., March 10 & 24 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., March 3 & 17 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., March 4 & 18 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., March 11 & 25 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.)*

6 Ways to Better Deal with CONFLICT



Whether coping with difficult family members or attempting to reduce tensions between you and a loved one, here are a few tried and true considerations to keep in mind.

1. Know what's facing you. What you thought was one big conflict might, in reality, be a collection of smaller conflicts. By understanding what you're trying to tackle, you'll be better able to find the resolution needed to move forward.

2. Strive for a calm, logical mind. Things quickly escalate where emotions are involved. By taking out the hurt and angry feelings and focusing on the facts, you can better confront the real issues, without getting sidetracked by things that only warp your perception of the situation.

3. Let go of the past. Whatever happened, happened. Instead of getting caught in the trap of assigning blame, focus on the situation where it is now. It's better to spend your energy in problem-solving rather than history. Besides, isn't it better to be the bigger person?

4. Look at the bigger picture. Did this conflict come about because of circumstances that were outside of anyone's control? It might be some context is needed to calm the situation down. Once the entire situation is clearly understood, it's much easier to move forward without a lot of anger and resentment.

5. Watch your words. While it's good being honest, you don't need to blurt out every last thing that you're thinking. Own up to your part in things. Listen carefully to what others have to say. And when you do speak, use a calm tone of voice and stay focused on the matter at hand.

6. Allow resolution. Whether or not you approve of any solution, accept it when one is found and agreed. Then let go of the conflict and don't revisit it.

HEALTHY BRAIN TIP:



THE TASK: Get in touch with your emotions.

THE REASON:

Negative attitudes and feelings of hopelessness can create chronic stress, which upsets the body's hormone balance, affects cognitive functioning, depletes the brain chemicals required for happiness, and damages the immune system. Studies show that simply acknowledging negative thoughts and realizing that it's normal for your brain to be in reactive mode, gives you the power to make the conscious decision to shift and refocus your energy, reducing the impact of stress on your brain.

Source: *Harvard Health*

BRAIN CHALLENGE:

A cowboy gallops into town on Monday, stays for two days, and leaves town on Monday.

How can this be?



Answer on bottom of page 3

Butternut and Cauliflower Risotto

INGREDIENTS:

- 2 Tablespoon avocado oil
- 1 sweet onion, peeled and finely diced
- 3 garlic cloves, peeled and crushed
- 1 Tablespoon flour of choice
- 1/4 teaspoon thyme
- 1/4 teaspoon black pepper
- 1/2 teaspoon pink Himalayan salt
- 2 cups diced oven roasted, cooked butternut squash
- 12 oz cauliflower rice, fresh or frozen (defrosted)
- 1/2 cup lite canned coconut milk
- 1/2 cup veggie broth
- 1 Tablespoon freshly chopped sage leaves
- 1/2 cup fresh, chopped parsley

DIRECTIONS:

1. Sauté the onion and garlic in the avocado oil for 2 to 4 min. or until glossy.
2. Add the flour, thyme, salt, pepper, stirring well so no lumps are formed. Then add the cauliflower rice, broth, butternut squash and coconut milk. Cover pot with lid and simmer for 5 min. until the cauliflower is soft. Lastly add chopped sage and gently mix. If you want it more saucy, you can add a little more broth and coconut milk.
3. Sprinkle with chopped parsley and lightly dust with paprika.
4. Optional add-in: 1/4 cup plant-based parmesan or cheese of choice.

Source: *Léré Robinson; aliveagainonline.com*



Butternut squash is an excellent source of provitamin A carotenoids, vitamin C, B vitamins, potassium, magnesium, and manganese. It's health properties help reduce heart disease, cancers and mental decline. It's also packed with gut healthy fiber – for your “second” brain!

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
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