



**\*\*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



## Message from Leeza



Recognize that the odds are, you will be caring or someone or someone will be caring for you. And these uncertain times have us all thinking about our back up plans. Now is the time to have conversations about desires, wishes and concerns. Now is the time to get your legal papers in order...medical

directives, power of attorney choices, examine your insurance. Learn your family history and bolster your support network. This is a team sport. Remember, there is no caregiver heaven for those who try to do it all themselves!

*Leeza*



## Caregiver Support Group

**Wednesday  
September 9 & 23 @  
12.30p-2:00pm**

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 co-facilitators are Liz Gregory and Dana Sigoloff.

**How to join:** Call our center to set up a Welcome Meeting Call with our program coordinator, Briana Pambakian to receive an individualized care plan, resources, and the access to your specific support group.



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 and will soon be adding more groups. It is thanks to our incredible facilitators, that these groups not only remain connected but also thrive.*



## **FREE ONLINE WEBINAR SERIES: EVERY WEDNESDAY AT 10AM**

Register online at [LeezasCareConnection.org](http://LeezasCareConnection.org) or email [info@LeezasCareConnection.org](mailto:info@LeezasCareConnection.org) for more information.

Wed., Sept. 2 at 10am: **I Can't Hear You!**

Wed., Sept. 9 at 10am: **Making Homes Safe for Someone with Alzheimers**

Wed., Sept. 16 at 10am: **Sensitive Dementia Situations**

Wed., Sept. 23 at 10am: **Caring for Someone without Injuring Yourself**

## **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. 2 & 16 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**

EVENING GROUPS – 1st & 3rd Wed., Sept. 2 & 16 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., Sept. 3 & 17 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., Sept. 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.)*

2nd & 4th Wed., September 9 & 23 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.)*



## WHY WOMEN MIGHT BE AT A HIGHER RISK FOR ALZHEIMERS

It's been said that Alzheimer's is a woman's disease. Women are both more likely to develop the disease and more likely be dementia caregivers. Older theories proposed that women are more susceptible to Alzheimer's because they live longer, but research does not support this theory. Researchers are now wondering is it biological? Sleep related? Gene related?

Although much is yet to be learned, new research may offer insights into why women are more than twice as likely to develop Alzheimer's than men.

### Potential Risk Factors of Interest

**HORMONES** – Menopause has been linked to higher beta-amyloid loads, lower glucose metabolism, and lower gray and white matter volumes, which are all important biomarkers for Alzheimer's disease.

**SLEEP** – Women may be more likely to suffer from sleep deprivation and insomnia.

**STRESS** – Women are typically the caretakers and spend more time juggling careers and families, which could lead to higher levels of stress.

**EXERCISE** – In general, women are not as physically active in comparison to men, and exercise is one of the best things we can do for our brains.

**MENTAL STIMULATION** – Women haven't always had as many opportunities to have mentally stimulating jobs as men. However, future research could reflect the vast strides women have made in education & careers.

So, what can we do to reduce our risk of developing dementia? Research shows lifestyle can have BIG IMPACTS on reducing your risk. Exercise, manage your stress, stay socially connected, limit your sugar intake, and improve your sleep habits to help limit your risk of cognitive decline. Start with just one lifestyle addition!



Your safety and well-being is our primary concern. As such and in accordance with current recommendations, our center will be TEMPORARILY CLOSED, at which time we will reassess continuing our programming at our physical location. Until then, we still have many ways we can serve you and connect with you!

## Critical Delivery Service

WDACS is providing temporary delivery services to individuals unable to leave home due to COVID-19

What can we deliver?



Groceries



Household Items



Deliveries can be made:

🕒 24 hours a day

📅 7 days a week



Vital Necessities



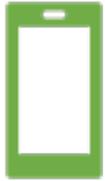
Call 1-888-863-7411

To request services



# 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