

Leeza's Care Connection



****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.



BRAIN TIP: Drink Coffee!



Research shows you may want to! One study found coffee drinkers at midlife had a lower risk of dementia and Alzheimer's disease later in life, compared with those who drank no coffee or up to two cups per day. The lowest risk of dementia was found in people who drank three to five cups of coffee per day.

Message from Leeza



Caregivers and their chronically ill loved ones are already at greater risk for depression and illness due to stress. Add to that the almost unbearable reality of not being able to see each other, and it seems catastrophic. Witnessing someone's life and sharing their journey is what keeps us sane and emotionally safe. Human

touch, interaction or just sitting in silence together is incredibly healing, but Covid has taken that away. If hairstylists, bartenders, and truck drivers are essential workers, caregivers should be, too. Zoom calls and facetime are not enough, especially for those whose loved ones have dementia. We'd like to see family caregivers deemed as essential. It's almost certain to deliver better outcomes. Until then, our advice is to focus on what you can control, stay emotionally connected through technology and snail mail, and continue to raise your voice.

Leeza

Reasons coffee may benefit brain:

- ◆ Caffeine increases serotonin and acetylcholine, which may stimulate the brain and help stabilize the blood-brain barrier.
- ◆ Polyphenols in coffee may prevent tissue damage by free radicals, as well as brain blood vessel blockage.
- ◆ Trigonelline may also activate antioxidants, thereby protecting brain blood vessels.



FREE ONLINE WEBINAR SERIES: WEDNESDAYS AT 10AM

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

Wed., Oct. 7 at 10am: **Social Security 101**

Wed., Oct. 14 at 10am: **The Aging Heart and Soul**

Wed., Oct. 21 at 10am: **Sensitive Dementia Situations in Caregiving**

Wed., Oct. 28 at 10am: **Beating the Sugar Blues**

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., Oct. 7 & 21 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., Oct. 14 & 28 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., Oct. 7 & 21 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., Oct. 8 & 22 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., Oct. 15 & 29

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.)*

ARE FAMILY CAREGIVERS ESSENTIAL HEALTHCARE WORKERS?

Even in the pre-pandemic era, family caregivers faced a barrage of stressors, and COVID-19 has made their critical jobs even more challenging by adding uncertainty and stress, limiting access to care, and complicating service delivery.

The push for hospital and nursing home visitation comes as long-term care facilities continue to struggle with shortages of staff, testing and personal protective equipment. As COVID-19 cases remain a concern nationwide, long-term care facilities account for nearly 40% of the nation's death toll. Fortunately, many nursing homes and hospitals are beginning to ease restrictions on family caregivers deemed as "essential healthcare workers" as overall numbers cases decrease. These family members are a welcome means of social support, especially for those living with dementia or other cognitive impairment.

One LCC caregiver states, "A family caregiver IS an essential worker not JUST a visitor when their loved one is in a hospital ER or facility of any type. Even top quality facilities still need our hands, feet, eyes and ears to assist our loved ones. When a family caregiver is at the bedside, they can prevent a lot of issues from becoming critical. Loneliness is only part of the picture... but that loneliness often leads to other serious issues when patients/residents are left with no advocate to speak for them." On the flip side, hospital and facility representatives point out that while essential family caregivers have the best intentions, we also know how easily an asymptomatic carrier of this virus can trigger a deadly outbreak.

We want to know how COVID-19 has affected you. **Email info@leezascareconnection.org to share your story.** We'll be sharing your stories throughout November which is National Family Caregivers Month.



SAVE THE DATE for our *Virtual Dare2Care!*

This year's Dare2Care "Find Your Funny" is coming to YOU! We're going LIVE **Thursday, November 19th** on our Facebook and YouTube channel. This is our main source of funding, so please help us spread the word. Read more in next month's newsletter!

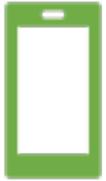


Free delivery for your community during COVID-19

Food, prescription and essential item delivery. The requester will still have to pay for the goods purchased; the delivery service is completely free.

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