



**\*\*We are offering limited in-person programming again!**  
 See calendar for dates  
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 (888-655-3392)  
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[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.



We have partnered with **Beauty Bus & Paul Mitchell the School Pasadena** to serve the nurses of **Providence Saint Joseph Hospital**. They will be treated to a reprieve on **May 12** by receiving 10-minute hand massages in a relaxing environment, free beauty giveaways, and refreshments in the **Hope Conference room from 11am to 3pm**. We are also welcoming our community to come and take part in this event. Research has shown that 10 to 15 minutes of "mental hygiene" can affect your stress levels for the rest of the day & even further into your life (learn more on page 5). We will be following strict Covid guidelines provided by the hospital to ensure everyone's safety.



Please RSVP to [allison@leezascareconnection.org](mailto:allison@leezascareconnection.org)

We look forward to seeing you!!

## MESSAGE FROM LEEZA



Make Yourself Proud. We gain respect for ourselves when we do something hard, or face something difficult. That's real self-esteem. When we claim those moments, it's a true win. But, it's not always about winning, really.

Sometimes, it's just about taking the dare. So, how do we do that?

If you're like me, and facing the second half (or final third) of your life, ask yourself the question, "What can I do to make myself proud? How do I face the hard things with grace and courage?" In my opinion, one of the hardest things is simply owning our age without whining, resentment, apologizing or romanticizing youth.

I agree with Virginia Wolf who said: "I don't believe in aging. I believe in forever altering one's aspect to the sun". See, that's what we can do. We can alter our perspective, change our optics, celebrate our position as the veterans on the continuum of life. We simply can't build tomorrow if our hands are filled with yesterday's junk. My thought for this month is..."How do you release yesterday and focus on what's in front of you? It's been my experience that we are just about as happy as we choose to be. So, take the dare; celebrate who you are right now, own your age, change your aspect to the sun. I always say, "Count your blessings, and not your stretchmarks!"

Leeza

## EDUCATIONAL PROGRAMS

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



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

**Wednesday, May 4 from 10am-11am PST EDUCATIONAL PRESENTATION:**

**“Managing Money: A Caregiver’s Guide to Finances”** If you or someone you know is facing Alzheimer’s disease, dementia or another chronic illness, it’s never too early to put financial plans in place. Join us to learn tips for managing someone else’s finances, how to prepare for future care costs and the benefits of early planning. Presented by the Alzheimer’s Association of Los Angeles.

**Wednesday, May from 10am-11am PST EDUCATIONAL PRESENTATION:**

**“Picking up the Pieces”** COVID changed a lot in our every day lives. People have struggled with adjusting to the new normal and the changes implemented throughout the pandemic. This presentation is about coping with grief and anxiety due to the effects of the COVID pandemic by Ashley Rollin, RN at DHEC.

**Wednesday, May 18 from 10am-11am PST EDUCATIONAL PRESENTATION:**

**“CBD for Healthy Aging”** Learn about the health benefits of CBD and how to determine what product is safe and effective for supporting a healthy lifestyle.

**Wednesday, May 25 from 10am-11am PST EDUCATIONAL PRESENTATION:**

**“Coach Brett- Getting Back to You”.** Fun and creative approach to retirement that focuses on planning for the everyday life aspects of it. Learn how to replace your work identity, stay socially connected and remain physically and mentally sharp. Too many people start their first day of retirement with only a financial plan and nothing else. Do not let this happen to you. Learn how to re-invent yourself, prepare for important conversations to strengthen your relationships, and develop wellness habits for your body, mind and spirit.

## WELLNESS & ENERGY PROGRAMS

**Men’s Coffee Club– Meets the 2nd & 4th Friday of the month at 6:30am PST**

Connect with other caregivers who have walked the caregiving path over coffee and breakfast.

**NEW! SPECIAL EVENT- Wednesday, May 18 11:00am-3:00pm PST**

We have partnered with Beauty Bus & Paul Mitchell schools to serve the nurses of Providence Saint Joseph Hospital. They will be treated to a reprieve on May 12 by receiving 10-minute hand massages in a relaxing environment, free beauty giveaways, and refreshments in the Hope Conference room from 11am to 3pm.

**NEW! Now What, NOW Me!- Meets the 1st & 3rd Thurs. of the month from 9:00am-10:00am PST**

To help you reinvent, rediscover and re-engage in your life, after or during your caregiving journey.

# **SUPPORT GROUPS**

Are you thinking about a support group? 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! 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. You're not alone.

Email Allison Korrey, Managing Director, at [allison@leezascareconnection.org](mailto:allison@leezascareconnection.org) or call (818) 847- 3686

## **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**

Meets 1st & 3rd Wednesdays of the month at 11:15am-12:45pm PST

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 – Meets 1st & 3rd Wednesdays of the month at 6:00pm-7:30pm PST

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**

Meets 1st & 3rd Thursdays of the month at 12:30pm-2:00pm PST

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**

Meets 2nd & 4th Thursdays of the month at 12:30pm-2:00pm PST

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.

### **NEW! Drop-in Caregiver Support Group**

Meets the 1st and 3rd Tuesday of the month from 3:00pm – 4:15pm PST

You are not alone! Connecting with other caregivers, sharing, venting, learning from each other and our facilitators help you gain an understanding that you are not alone. Each of our groups below meet twice a month.

### **NEW! Grief Support Group**

Meets the 2nd & 4th Monday from 10:00am – 11:00am PST

Connect with others who have experienced loss and challenges that living with grief brings.

### **Parkinson's Disease Support Group**

Meets the 4th Thursday from 10:30am - 11:30am PST

Maryam Kazimi, NP, specializes in neurology & movement disorders. She has over 10 years of neurology experience and has been programming deep brain stimulators (DBS) for the treatment of Parkinson's disease (PD) for over 2 years at the Neuroscience Institute at Providence Saint Joseph Medical Center. She works in collaboration with Michael Marvi, MD (neurologist) and Jean- Philippe Langevin, MD (neurosurgeon).

## HEALTHY BRAIN TIP

### PRACTICE A HOBBY!

Make sure you're doing something you love every day. If your brain is constantly bogged down in work, it has no time or space to explore creative, fun ideas and concepts.

In fact, some hobbies--like playing video games or practicing a musical instrument--can help sharpen your intelligence as well!

## BRAIN CHALLENGE:

**This belongs to  
you, but everyone  
else uses it.**



Answer: Your Name

## HEALTHY BRAIN RECIPE: Grain Bowl with Sautéed Spinach

Don't toss that leftover quinoa from dinner! Instead, repurpose it in this grain bowl, which you can customize with any greens, veggies, fruits, and proteins you have on-hand. Source: Prevention.com

### Ingredients

- ½ cup rainbow quinoa
- 1 organic yellow onion
- 1 or 2 cloves organic peeled fresh garlic
- 3 organic scallions
- 6 ounces organic baby spinach or other leafy greens
- 2 organic eggs
- 1 organic Roma or other tomato
- 4 or 5 sprigs organic fresh dill
- 1 organic lemon
- 6 tablespoons crumbled feta



### Instructions

1. Cook the quinoa- Bring to a boil, reduce to a simmer, cover, and cook until the quinoa is tender and the water is absorbed, 15 to 20 minutes. Fluff with a fork, cover, and keep warm.
2. Prep and cook the vegetables- Peel and coarsely chop vegetables. In a large frying pan over medium-high heat, warm 2 tablespoons olive oil then add the onion, season with salt and pepper. Stir in the garlic and white parts of the scallions then stir in the spinach and cook until just wilted, 1 to 2 minutes.
3. Cook the eggs- In the same pan used for the vegetables, cook until the whites have set and the yolks are slightly runny, 2 to 3 minutes
4. Finish the dish- Cut away the core from the tomato; coarsely chop the tomato. Coarsely chop the dill. Cut the lemon into wedges for garnish. To the bowl with the vegetables, stir in the quinoa, tomato, feta and dill.

# In case you **MISSED IT**

on our social media :

## Household safety for caregivers

Non-fatal falls cost 50 BILLION  
dollars per year

The most dangerous rooms in your  
home are the bathroom and  
kitchen. Stairs take 3rd place.

1 out every 5 falls cause an  
injury

Public buildings built after 1983  
(American Disability Act) are required to  
have hand rails



## Coping skills for caregivers



Stay socially active via phone  
or video

Keep up with hobbies or  
exercise regularly



Try keeping a regular sleep  
schedule



Find a local  
support group



## THE IMPORTANCE OF MENTAL HYGIENE

Research has shown that 10 to 15 minutes of "mental hygiene" can affect your stress levels for the rest of the day & even further into your life. This is because understanding what a relaxed baseline feels like and what brings you away from that can help you have compassion for yourself and others. When we do these things every day, we essentially 'practice feeling happy'. Then in turn, this can make us feel more confident when stressful life situations come up -- because we do a good job nourishing ourselves."

Here's how to build in your daily practice.

**Try New Activities**- The first step in improving your mental health hygiene is experimenting with different activities -- anything that brings calm and lowers cortisol (and don't be discouraged if it takes some time to see the benefit)

**Track How You Feel**- After trying a new activity in your 15 minutes, making note of how you felt afterward and during the rest of the day can help you discern what kind of things work best for you. Are you calmer throughout the day? More energized? Better able to handle stress? The feeling you are looking for may change, but the aim is to cultivate a baseline feeling that helps you feel better as you go about the day.

**Pay Attention to What You Need at  
Different Times**- No one action will work all the time. It can make a big difference to keep an eye on what you need in different contexts.

### **Add Through the Day as Needed**

Eventually, that 15 minutes in the morning might not seem like such a chore. In fact, you might start to crave some check-ins with your mental state at more points throughout the day. Once we find that tool or collection of tools for ourselves, we then get to master how well we use it. *Source: CNN Health*

# 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