



Leeza's Care Connection at Providence Saint Joseph Medical Center

501 S. Buena Vista St., Burbank,
91505; Location 1-South tower

Contact us at **818-847-3686**

www.leezascareconnection.org

Wendy Saltzburg

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Hours:

Monday – Closed

Tuesday – 10:00am – 2:00pm by appt.

Wednesday – 10:00-2:30pm/6:00-7:30pm

Thursday – 10:00am-2:30pm

Friday – 9:30am-1:30pm



DECEMBER 2015



Leeza's Care Connection is a place where family caregivers come to get support, ask questions, find answers and learn how to deal with the ever-changing demands of caregiving.

The program is a partnership between the Leeza Gibbons Memory Foundation and Providence Saint Joseph Medical Center (PSJMC).

All programs are FREE OF CHARGE & held on site unless otherwise noted.

*****Holiday Shop and Snack Event*****

THURSDAY, DECEMBER 3rd 10:00-12:00pm



Valerie is a "Stella and Dot" rep and she is going to donate 100% of the Proceeds from this holiday boutique to benefit the programs at Leeza's Care Connection. Jewelry, handbags and other accessories too!

And Don't miss the hand-made knitted blankets and



scarves available for special order. Gifts will arrive before the holidays.

Join the fun. Come get your holiday shopping done and feel good about where the money goes!!!

Don't Miss Out on...

THE COOKIE EXCHANGE:

Holiday cookies bring back memories of yesteryear. Bring a large plate of your favorites and exchange them with other guests. Bake them or buy them – it's up to you! Take home a delicious assortment of treats!



EDUCATION:

Education at Leeza's Care Connection – RSVP Needed!

“Lunch ‘n Learn” - Caregiving Through the Holidays

Wednesday, December 9, 12:30 – 1:15 pm

Facilitator: Dr. Diane Darby Beach

Being a caregiver during the holidays can be a daunting and disappointing task. Often, caregivers feel obligated to continue with prior family traditions that are not always realistic. During the course of this seminar, you will learn how to effectively manage the holidays, so they are actually enjoyable. Dr. Diane Darby Beach is a Gerontologist with many years of experience.

“Snack ‘n Learn” - Forgiveness

Friday, December 18, 1:15 – 2:15 pm

Facilitator: Dr. Steve Marmer

We have all had times in our lives when we've hurt a loved one or a loved one has hurt us; this seems to happen more often when a family is faced with a devastating illness such as Alzheimer's or Dementia. Unfortunately, not everyone knows how to forgive, even when the offending person offers a sincere apology. Dr. Marmer will explain the three stages of forgiveness; exoneration, forgiveness and release. UCLA Psychiatrist, Dr. Steve Marmer has been in private practice for several years. He is a frequent guest on the Dennis Prager radio show.

EMPOWERMENT

We offer a variety of groups designed to meet many caregiving situations. Caregivers often find it helpful to call before attending so we can guide you in selecting the most appropriate group for you. It is, however, not mandatory to call before attending.

Meet Our Empowerment/Support Group Facilitators:

Leta Nadler and Manij Taban, Human Services Paraprofessionals were trained at the Wagner Program at American Jewish University, **Myrna Gordon** joins us from the Wagner Program. **Stephanie Davis**, is a licensed, Marriage and Family Therapist and Attorney at Law. **Ann Brunner**, MSW has many years working with seniors and families. **Blanca Sagles** is part of the Spiritual Care Team at Providence.

Caring for a Parent with Alzheimer's/Dementia –EVENING GROUP 1st & 3rd Wed., December 2 & 16, 6 – 7:30 pm 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 **Stephanie Davis**.

Alzheimer's/Dementia Caregiver Support Group – 1st & 3rd Thurs. December 3 & 17, 12:30 – 2:00 pm – This meeting is open to anyone 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 **Myrna**. Respite is offered.

Alzheimer's/Dementia “Experienced Caregiver” Support Group – 2nd & 4th Wednesday, December 9 & 23, 11 am – 12:30 pm This group is made up of “experienced caregivers” who have attended support group for 2 years or more and 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 facilitated by **Leta and Manij**. Respite is offered.

Caregiver Support Group (Open to all caregivers) – EVENING GROUP - 2nd & 4th Wednesday, December 9 & 23, 6-7:30 pm This support group is for anyone caring for a spouse, child, parent, neighbor or friend, if you've placed someone or they're living at home. Come share your experience with others, learn from theirs, start feeling empowered. The group facilitator is **Stephanie Davis**.

Early Memory Loss Support Group - 2nd & 4th Thursdays, December 10, 10-11:30 am

This is a support group for those that are recently diagnosed with any memory impairment

Acknowledging a memory loss can bring up many feelings- this is a time to open up, learn and share in a safe environment. Group facilitated by **Ann Brunner**

Bereavement Support Group - 1st & 3rd Wednesdays, December 2 & 16, 12:30 – 2:00 pm

Are you grieving a loss and need a little support and direction? Processing a loss and re-purposing your life can be challenging. This support group led by **Blanca Sagles** can help.

Scrapbooking & Knitting Circle- Every Friday – 11:00 am – 1:00 pm

A scrapbooking workshop and knitting circle for the caregiver and their recently diagnosed loved one. **Jeri Vargas and Beverly Creighton**, our scrapbooking divas, and **Valerie Lehrer**, knitting guru will assist participants in how to creatively use materials while providing an enjoyable opportunity for families to relive cherished memories and make new ones.

ENERGY

Relax, Stretch...and Breathe 1st & 3rd Friday, December 4 & 18 – 9:45 - 10:45 am

Allow yourself to connect with your body, breath and movement. Find stillness and leave feeling relaxed and refreshed. Please wear comfortable exercise clothing and bring a yoga mat or large towel.

**We know that the holidays can be both
a joyous and stressful time for caregivers.**

**Please don't be afraid to reach out to the Alzheimer's Association's
24 hour hotline at (800)272-3900 if you need support.**

**A social worker is always available to help you through
your challenging emotions and situations.**