



# 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](http://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

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.**

## May 2016



**MAY**



**MOTHER'S  
DAY**



**MEMORIAL  
DAY**



***“The best and most beautiful things in the world cannot be seen or even touched ...they must be felt with the heart.”***

***---- Helen Keller***



**Congratulations Leeza, on your new book “Fierce Optimism”.**

‘Optimism is a mental style that affects the way we see things and how we feel about the things that happen to us. It makes us resilient to all the set-backs, heartaches and disappointments that are part of all our lives.’

If you are interested in checking out this motivational and inspirational book, below is the link to Barnes and Noble.

<http://www.barnesandnoble.com/mobile/w/fierce-optimism-leeza-gibbons/1122825570>

## **EDUCATION:**

### **Memory Fitness—Keep your memory sharp!**

**1<sup>st</sup> & 3<sup>rd</sup> Wed, May 4 & 18, 10:30 – 11:30 am**

This interactive class provides an opportunity for individuals with memory loss and their care partners to participate together in various activities that are beneficial for mind, spirit and socialization. The activities directors from Belmont Village will engage the class using memory tools and strategies that are simple, fun and can be used at home. Come join us for the fun!

### **“Lunch ‘n Learn” - Planning and Paying for Long Term Care**

**Wednesday, May 11, 1:00 – 2:00pm**

Please join us as we learn about Long Term Care options for your loved one. We will discuss care at home, in an assisted living facility and in a nursing home. Does Medi-Cal and Medicare pay for Long Term Care? Come find out. We'll help you navigate the maze of public benefits and understand the best options for your family. Kim Selfon, a paralegal at Bet Tzedek Legal Services, specializes in providing legal assistance to caregivers and their families. RSVP needed, please call to reserve your spot (818) 847-3686.

## **ENERGY**

### **Table Massage Tuesday**

**Tuesday, May 17, 11:00am – 1:30pm (Last Appointment is at 1pm)**

Are you a caregiver who is feeling tired and stressed? Great news! We are offering free massages this month! **Katie Karras, certified massage therapist, reiki healer, watsu therapist and yoga instructor** will be providing 25 minute massages for current family caregivers. Call us to book your appointment. You deserve it! *Space is limited-appointment is needed. Call (818) 847-3686 \*Please bring a large towel to the appt.*

### **Therapeutic Coaching & Energy Healing**

**Tuesday, May 24, 10:30am – 1:30pm**

**Nicole Webb** is trained in **spiritual psychology, emotional release therapy and magnetic energy healing**. Make an appointment for the opportunity to just feel supported in whatever ways you need; whether that is to just be listened to, assistance working through or processing any hurdles in your life or providing energy healing for your physical body. *Space is limited - Each appointment is 45 minutes long. Please call (818) 847-3686 to schedule one now!*

## **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.

### **Caring for a Parent with Alzheimer's/Dementia –EVENING GROUP - 1<sup>st</sup> & 3<sup>rd</sup> Wed.,**

**May 4 & 18, 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 – 1<sup>st</sup> & 3<sup>rd</sup> Thurs. May 5 & 19, 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 – 2<sup>nd</sup> & 4<sup>th</sup> Wednesday, May 11 & 25, 11am – 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 - 2<sup>nd</sup> & 4<sup>th</sup> Wednesday, May 11 & 25, 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 - 2<sup>nd</sup> & 4<sup>th</sup> Thursdays, May 12 & 26, 10-11:30am**

***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**

**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.

**Do you need help or to be connected to resources in your community? Resource Tuesdays is for you!**



Save a life...Learn how to recognize the signs...

