



Leeza's Place in Sherman Oaks

5000 Van Nuys Suite 110, Sherman Oaks, CA 91403

818-788-2688 Fax 818-788-2980

Open Monday - Thursday; 10 am to 6 pm Friday; 10 am to 1pm

Occasional late nights and Saturdays

www.leezasplace.org

Leeza's Place is an intimate and safe setting where caregivers and loved ones recently diagnosed with any memory disorder or chronic illness can gather for education and support, and to prepare themselves for the challenging journey ahead. Developed in response to the challenges Leeza Gibbons and her family encountered while seeking specific and needed support, Leeza's Place offers new supportive settings for the purpose of **Educating, Empowering, & Energizing**.

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

As of January 1, 2012, PARKING VALIDATION will ONLY be available for up to 1 hour, if needed.

Please feel free to contact Stefanie Elkins or Nadia Cantuña at 818-788-2688

or via email at selkins@leezasplace.org or ncantuna@leezasplace.org

FEBRUARY 2012 CALENDAR

EDUCATION

Memory Screenings (by appt. only)

Wednesday, February 1; 10 am-12 pm

Memory screenings make sense for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; or who believe they are at risk due to a family history of Alzheimer's disease or a related illness. Memory Screenings will be administered by **Debbie Speciner, Case Manager from S+AGE**.

Ask the Experts: "Pain Management in the Elderly"

Thursday, February 16, 6-7:30 pm

We can all agree that we do not want our loved one or ourselves to live or die in pain. **Isaac Hernandez Vielma, MD, Associate Medical Director of Palliative Care for the Jewish Home for the Aging and Skirball Hospice and Palliative Care** will review some myths and clarify misconceptions about pain management so you can be the best advocate for your loved one.

Lunch N' Learn: "Cognitive Decline and Medication Management"

Wednesday, February 22; 12:30-2 pm

This presentation will be an overview of drug use in behavioral management associated with progressive cognitive decline. **Lydia Yankey, PharmD, Pharmacist in ambulatory care at the VA, and trained in geriatrics pharmacy with the Geriatric Research, Education and Clinical Center (GRECC) at the VA Greater Los Angeles Healthcare System, West Los Angeles**, will help caregivers sift through issues caused by polypharmacy. She will also provide general information on the pharmacist's role in routine evaluation of medication regimens.

Lunch hosted by 24Hr HomeCare.

Live It Up! 10 Ways to Share Joy in dealing with Alzheimer's

Wednesday, February 22, 5-6 pm

Many times, caregiving can be seen as a burden...we try to bring in a new perspective. Join **David Lazaroff, Author of "Live It Up! 10 Ways to Share Joy When Your Friend has Alzheimer's"** and **Coach to Family and Friends of Persons with Alzheimer's** will be sharing/leading a discussing on how to find the value.

EMPOWERMENT

Young Adult Support Group- New Group (LP at Olympia Medical Center)

Wednesday, February 1; 7-8:30 pm

This support group was created for family caregivers in their 20's and 30's. The Group will be lead by therapist, **Chad Schwartzman** and co-facilitated by Yael Wyte, Leeza's Place at Olympia Hospital or Stefanie Elkins. Every month the group will switch host sites between Leeza's Place in Sherman Oaks or Leeza's Place at Olympia Medical Center.

Caregiver to Caregiver Support Group/Respite*

Tuesday, February 7, 21; 6-7:30 pm

Facilitator: Noma Kaz

Wednesday, February 8, 22; 10:30 am-12 pm

Co-Facilitator: Leta Nadler/Sandy Kessler

Wednesday, February 8, 22; 6-7:30 pm

Facilitator: Anatt Orr-Frankel

Thursday, February 9, 23; 6:15-7:45 pm

Facilitator: Dorothy Fried

Wednesday, February 15; 10:30 am-12 pm (1x)

Facilitator: Liz Stratton

***Please call Circle of Care Leeza's Place before attending Support Group.**

Circle of Care Leeza's Place offers a support group for caregivers caring for someone with memory loss. You are welcome to join us for a time of education, support and friendship. Activities for your loved one is provided at Circle of Care Leeza's Place during the caregiver support group, so please come for a time of respite, learning and encouragement. **Support Group Facilitators: Noma Kaz, Co-Founder or Lifeline Companion Services** who enjoys working with adults, families and the senior population. **Leta Nadler and Sandy Kessler are both Human Services Paraprofessional** trained at the Wagner Program at American Jewish University. **Dorothy Fried & Anatt Orr Frankel are Geriatric Care Manager** with both of their own practice in the San Fernando Valley & **Liz Stratton** who has been an eldercare professional that specialized in working with caregivers, hospice and bereavement.

Caregiver Bereavement Support Group

Tuesday, February 7, 21, 3-4:30 pm

Are you in need of a little support and direction? This on-going group is to assist caregivers through the bereavement process. Support group will be led by **Marjorie Clark-Dunn, M.Div., and Bereavement Services Manager for VITAS Hospice.**

Early Memory Loss Support Group

Thursday, February 9, 23; 10:30 am-12 pm

***Please call Circle of Care Leeza's Place before attending the Early Memory Support Group.**

This is a support group for those that are recently diagnosed with any memory impairment (i.e. mild cognitive impairments, dementia, Alzheimer's, traumatic brain injury, stroke, etc...) Acknowledgement of having a memory loss can bring up many feelings and is a time where many changes occur. We wanted to provide a space where individuals can speak freely about what is going on in their lives. **Joy Fruth is the support group facilitator** and has years of experience working with seniors and their families.

Preserving memories through Autobiographical Scrapbooking

Friday, February 3, 10, 17, 24; 10am-12pm

Circle of Care Leeza's Place is pleased to offer an on-going Scrapbooking Workshop for the caregiver and their recently diagnosed loved one. Each workshop is designed to: **Henia Burgess & Holly Tyrer are our scrapbook divas** will assist participants how to use materials in an artistic way providing an enjoyable opportunity for families to relive cherished memories.

Caregiver Education "Cuidando con Respeto" (in Spanish)

Saturday, February 11, 25; 10:30am-2:30pm

La Asociación de Alzheimer's vendrá a Leeza's Place a presentar este curso tan importante para los familiares que cuidan a un ser querido que tenga la enfermedad de Alzheimer's. Durante estos 2 días, (4 horas cada día) se cubrirá los

siguientes temas: Qué es el Alzheimer/demencia? ¿Cómo se desarrolla este mal? ¿Cómo ayudar a su ser querido? ¿Cómo entender los comportamientos difíciles? ¿Cómo cuidarse a sí mismo?

Parkinson's Disease and Movement Disorders Information Group

Tuesday, February 28; 3-4:30 pm

This month's presentation topic will be on "Movement Disorder Specialists" with a speaker from the UCLA Medical Center. Group is hosted in collaboration with American Parkinson's Disease Association (APDA) and facilitated by John Mason from BrightStar Homecare.

ENERGY

Memory Fitness

Monday, February 6, 13, 20, 27; 1:30-3:30 pm

This interactive program will provide insight into the memory process while providing tools and strategies for memory retention. It will be fun!!! **Bernadette Haderlein is a former music therapist and is a credentialed teacher in the adult education division of LAUSD** where she has teaching experience in the Programs for Older Adults for fifteen years. Bernadette wrote the Course Outline for Memory Enhancement that is currently being used by all older adult memory fitness teachers. Class is at capacity.

Tone Up Tuesdays & Tone Up Tuesdays Plus

Tuesday, February 7, 14, 21, 28

IRMA NUNEZ has been a Credentialed Teacher in Physical Fitness and Fine & Applied Art has created an unique original programs **for family caregivers or for individuals with MCI or recently diagnosed that can participate on their own.**

Both classes are designed to build, maintain & enhance strength and stamina, muscle tone, flexibility and range of motion, and coordination and balance while utilizing the power of the breath to revitalize the body, mind & spirit.

12:00pm -1:30pm: Basic Fitness/Qi Gong and Tai Chi Plus: Participate in safe sitting & standing Chair Exercises along with modified Qi Gong and Tai Chi forms for beginners and individuals of all ability levels.

1:45pm -2:45pm: Beginner/Intermediate Qi Gong and Tai Chi Class: This class consists of more challenging Standing Forms that are flowing, smooth and gentle on the body and contribute to sound physical, mental and emotional well-being.

COMMUNITY PROGRAMS

Tea Party & Scrapbooking & Senior Resource Event

February 25, 2012, 2:00pm at Michaels Craft Store - 17230 Ventura Blvd. Encino, CA 91316

Come enjoy an afternoon of tea and crumpets (and other nosh foods). Bring your loose photos and transform them into beautiful legacies to share with friends and families. Do you have a loved one with Alzheimer's? Come make a keepsake shadow box for them. You will be able to enjoy delicious foods, music by Andrea Bocelli and Josh Groban, and use all Michaels scrapbooking tools for free. Michaels will also provide a scrapbook teacher to show you techniques to inspire your creativity. **ONLY 20 spots are available so an RSVP is required.** Call Lin Hammer at 818-588-5147,

linh@aplaceformom.com

"Savvy Caregiver" Workshop at the Sherman Oaks East Valley Adult Center!

Tuesdays February 7, 14, 21, 28, & March 6, & 13 from 1pm to 3pm. Fee is \$15 for 6 workshops.

Sherman Oaks East Valley Adult Center, Dining Center – 5056 Van Nuys Blvd. Sherman Oaks, CA 91403

This Savvy Caregiver program is designed to train family and professional caregivers in the basic knowledge, skills, and attitudes needed to handle the challenges of caring for a family member with Alzheimer's disease and to be an effective caregiver. Topics include: acknowledging the disease, making the cognitive shift, developing emotional tolerance, taking control, and establishing a realistic care goal. The classes take place once a week for 6 weeks and last about 2 hours. Fee is \$15 for 6 workshops. To sign up, contact Judy Oberg at 818-981-1284, ext. 237.



February 2012

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 818-788-2688 - selkins@leezasplace.org - www.leezasplace.org
Italics are community based programs-not held at LP

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		1 10 am-12 pm Memory Screenings (by appt. only) 7 pm- 8:30pm Young Adult Support Group (at LP – Olympia Medical Center)	2	3 10 am-12 pm Autobiographical Scrapbooking	4
6 1:30-3:30 pm Memory Fitness	7 12pm-1:30 pm Tone Up Tuesdays (Basic) 1:45pm-2:45pm Tone Up (Beg/Inter.) 3-4:30 pm Caregiver Bereavement Support Group 6-7:30 pm Caregiver Support Group/Respite	8 10:30 am-12 pm Caregiver Support Group/Respite 6-7:30 pm Adult Children Caregiver Support group	9 10:30 am-12 pm Early Memory Loss Support Group 6:15-7:45 pm Caregiver Support Group.	10 10 am-12 pm Autobiographical Scrapbooking	11 10:30am-2:30pm “Cuidando Con Respeto” - Caregiver Training (in Spanish)
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