

~ FEBRUARY ~



LEEZA'S PLACE BY WELLMED@ THE BOB ROSS SENIOR CENTER

February 2011

2219 Babcock Road San Antonio, Texas 78229 ~ Tel207-5310 ~ www.leezasplace.org

An intimate and safe setting for caregivers and those recently diagnosed with Memory disorders ~ offering EDUCATION, EMPOWERMENT, and ENERGY programs.

When the World says, "Give up," Hope whispers, "Try it one more time,"
Author unknown

EDUCATION:

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- Exploring Community Resources (Every Friday at 1pm)
- Memory Media Center (Books and CDs available for check-out)
- Fibromyalgia-Arthritis-Chronic Pain (Wednesday February 2,16 9:30am)
- ESL (English as a Second Language (Friday February 4,11,18,25 10:00am)
- Alamo Service Tele-conference phone learning session) call 210 207-5310 to register.

EMPOWERMENT:

EMPOWERMENT

- Caregiver Support Group (Wednesday February 2,9,16,23 10:00am)
- Alamo Area Stroke Support(Thursday February 3,10,17,24 10:00am)
- Parkinson Stroke Support (February 15 10:30am)
- Memory Preservation Workshop (Tuesday February 1,8,15,22 12:30am)
- Leeza's Memory Television - LMTV (Available by appointment)

ENERGY:

ENERGY

- Embroidering Class (Thursday February 3,10,17,24 10:00am)
- Leeza's Place "Busy Bees" (Thursdays and Fridays 10:00am)
- T'ai Chi (Monday (February 7,14,21,28 10:00 am)
- Reiki (Wednesday (February 23 10:00am)

EDUCATION

EXPLORING COMMUNITY RESOURCES –

LEEZA'S PLACE By WellMed at the Bob Ross Senior Center offers Resources for anyone who wishes to stop by to learn about, and/or research resources available in and around our community. Our goal is to help you sort through, and connect with, a variety of community and health-related services available to caregivers and persons with memory disorders or any chronically illness.

- Exploring Community Resources (Every Friday at 1 PM)

MEMORY MEDIA CENTER – Please take advantage of our Leeza's Place Library

LEEZA'S PLACE By WellMed at the Bob Ross Senior Center is a community-based education and resource center designed to provide information about Alzheimer's disease and related memory disorders. The Memory Media Center includes literature, videos, DVD's, books, and computer stations to provide Internet access. Our visitors may view materials at our location in San Antonio, or check them out to review at home.

- Memory Media Center (Books and CDs available for check-out)

Pain Management–

Mari Elena is a Licensed Massage Therapist for 18 + years, I have focused on medical Massage Techniques. Her experience has been extensive in the health care field of Fibromyalgia, Arthritis and Chronic Pain. She has a wealth of information.

Alamo Caregiver Tele-connection–

Tele-Learning sessions are free. It is Design to support the quality of life of the caregiver. Alamo Caregiver Tele-connection makes it possible to bring emotional, educational and social support to you. Call (210)877-7987 or (210)207-5310 to register or visit www.caregiverteleconnection.org.

EMPOWERMENT

CAREGIVER SUPPORT GROUP – Leeza's Place Support Group

LEEZA'S PLACE offer **Caregiver Support Group** sessions that provide an atmosphere of understanding and support for caregivers to explore common difficulties and experiences that come with being the primary caregiver. Enjoy the company of other caregivers.

- Caregiver Support Group (February 2,9,16,23 10:00am)

MEMORY PRESERVATION WORKSHOP – Building & Preserving Family Memories

LEEZA'S PLACE By Well Med at the Bob Ross Senior Center offers an on-going Memory Preservation Workshop for the caregiver and their recently diagnosed loved one. Each workshop is designed to help families create **Family Memory Books**. Our instructor a scrapbooking genius teaches participants how to use materials in an artistic way providing an enjoyable and uplifting experience. All materials are provided; just bring your family photos and enjoy! This workshop is for all levels of scrapbookers from beginners to experience. Please RSVP to 207-5310.

ENERGY

“Meditation is not the means to an end; it is the means and the end.”

Krishnamurti

“T’AI CHI –T’ai chi (ti-CHE) is sometimes describing as “meditation in motion” and involves gentle, deliberate circular movements combined with deep breathing. It’s used to: reduce stress, improve balance and coordination, improve muscle strength, increase energy, stamina, flexibility, and agility, and increase feelings of well-being,

(Monday February 7,14,21,28 10:00am)

“REIKI” Reiki is a Japanese technique of applying and balancing the energy or meridians (electrical patterns) in the body, mind and spirit. The body’s ability to heal physical ailments increases. Reiki also opens the mind to the necessity for taking responsibility for one’s life; to the joys of balance and wholeness. Reiki will harmonize and embrace their philosophical center point, adding to it their individual concept of life. Carolyn Maloney Reiki Master Teacher, Sensei, since 1995, practicing and teaching REIKI San Antonio Healing Arts Classes, in San Antonio, Texas. She is also the Founder and CEO of Creative Minds Unlimited and REIKI San Antonio.

- REIKI (February 23 10:00am)

❖ *If you can’t make it for one of our workshops or education sessions, please feel free to stop by anytime to say hello, visit, or use any of our resources.*

- ❖ *Monday–Friday, 9:00 AM – 4:30 PM,*
- ❖ *Other hours available by appointment.*

❖ *The coffee pot is always on!!*



“Friends of Leeza’s Place”

Leeza’s Place is a community gathering place offering free supportive services and programs to caregivers and their loved ones.

“Dream as if you'll live forever, live as if you'll die today.”

-James Dean-

Can you lend a helping hand?

Our hands can do so much more when they also work with our hearts!

Volunteers of Leeza’s Place share their heart-felt words:

With your help, Leeza’s Place is able to continue to design and offer new services and programs that provide a nurturing and life renewing place for caregivers and their loved ones to prepare for the journey ahead, and to stay on a safe course. We are looking for caregivers, professionals, and friends to help us with:

- ♥ Community Outreach
- ♥ Special Event Ideas & Planning
- ♥ Contribution Coordination with Community Partners

“Why do we volunteer and do the things we do for Leeza's Place?

1. We do all that we do to give back to Leeza's Place for all they do for us.
2. We do it because it brings us together with others who are walking the same path that we are.
3. We volunteer to make sure that Leeza's Place will always be there for us and for others to come.”

Jackie - Health First Leeza's Place, Melbourne, FL

“We do it because Leeza’s Place gives us a place to go where my loved one can be with people whom are familiar with his situation. He doesn’t have to worry about what he says or does, because no one questions him. It gives him a sense of being needed, pride and responsibility.”

Vince - Leeza's Place Volunteer

Leeza’s Place ~ A Place for Caregivers
Education, Empowerment, and Energy
Join Us Today ~ Lend a Helping Hand
210-207-5310

Donations for Leeza’s Place



*Scrapbooking Materials
Needed for Leeza's Place*

Paints, brushes, paper, glue sticks, paper cutter, scissors, photo albums, and or any other material to make creative arts'

*If you would like to donate please call me Marisa at
(210)207-5310*




The material will be used by caregivers that are taking care of a love one with a chronic illness. This will help care givers honor their love ones memories.

- *CD. Player*
- *Pencil Sharpener*



February 2011

LEEZA'S PLACE by WellMed @ The Bob Ross Senior Center
 (A Tax-Exempt 501(c) (3) Not-For-Profit Organization);
 2219 Babcock
 San Antonio, Texas 78229

<u>Alamo Care Giver Teleconnection</u>	Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(210)877-7987 Topics to be announced	<i>Marisa Chapa</i> (210)207-5310						
			1 <i>"Scrapbooking your Memories"</i> 10:00am	2 <i>Caregivers Support Group</i> <i>Fibromyalgia-Arthritis-Chronic Pain</i> 9:30am	3 <i>Embroidering Class 10:00am</i> <i>Alamo Area Stroke Support</i> 10:00-1:00	4 <i>"Busy Bees"</i> 10:00 10:00-11:00 <i>ESL Class</i> 10:00am	5
	6	7 <i>Tai Chi</i> <i>Roger Schneider</i> 10:00am 	8 <i>Jeannette Petree</i> 9:30am <i>Parkinson Board Meeting</i> 10:00 <i>Support Group 5:30</i> <i>Aquatic 6:30pm</i>	9 <i>Caregivers Support Group</i> 10:00am	10 <i>Embroidering Class 10:00am</i> <i>Alamo Area Stroke Support</i> 10:00-1:00	11 <i>Bereavement Scrapbooking "Busy Bees"</i> 10:00 10:00-11:00 <i>ESL Class</i> 10:00am	12
	13	14 <i>Happy Valentine's Day</i>	15 <i>Parkinson Support</i> 10:00 <i>Room 128</i> <i>"Scrapbooking your Memories"</i>	16 <i>Caregivers Support Group</i> <i>Fibromyalgia-Arthritis-Chronic Pain</i> 10:00am	17 <i>Embroidering Class 10:00am</i> <i>Alamo Area Stroke Support</i> 10:00-1:00	18 <i>Bereavement Scrapbooking "Busy Bees"</i> 10:00 10:00-11:00 <i>ESL Class</i> 10:00am	19
	20	21 <i>Tai Chi</i> <i>Roger Schneider</i> 10:00am 	22 <i>"Nail Care"</i> 10:00-11:00 <i>"Scrapbooking your Memories"</i>	23 <i>Caregivers Support Group</i> 10:00am <i>Nora Alvarez</i> <i>"Reiki"</i> 10:00am	24 <i>Embroidering Class 10:00am</i> <i>Alamo Area Stroke Support</i> 10:00-1:00	25 <i>Bereavement Scrapbooking "Busy Bees"</i> 10:00 10:00-11:00 <i>ESL Class</i> 10:00am	26
	27	28 <i>Tai Chi</i> <i>Roger Schneider</i> 10:00am 					

LEEZA'S PLACE is an intimate and safe setting where caregivers and those recently diagnosed with a memory disorder can gather to prepare themselves for the challenging journey ahead. ~ We offer a supportive setting created for the purpose of educating, empowering, and energizing.