



# ~ MARCH NEWS ~

March 2010  
Volume 6 Issue 3

## LEEZA'S PLACE

AT PROVENA SAINT JOSEPH MEDICAL CENTER

A Tax-Exempt 501(c) (3) Not-For-Profit Organization

A Place for Caregivers



113 Republic Avenue ~ Joliet, IL 60435 ~ Tel 815-741-0077 ~ [www.leezasplace.org](http://www.leezasplace.org)

An intimate and safe setting where caregivers and their loved ones can go for support.  
Offering EDUCATION, EMPOWERMENT, and ENERGY programs.

### EDUCATION:

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- Family Caregiver Support Program (Tuesday, March 2 at 11AM)
- Volunteering Is Priceless (VIP) Meeting (Thursday, March 18 at 11AM)
- Dementia and Caregiver Support with Dr. Bhavesh Gandhi, Geriatrician (Tuesday, March 23 at 11AM)

### EMPOWERMENT:

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- Empowered Caregivers Support Group (Tuesdays at 11AM; Thursdays at 6:30PM)
- Memory Preservation Through Scrapbooking (Wednesdays at 10AM)
- Brain Injury Support Group (Wednesdays at 6:30PM)
  - Family Night (Wednesday, March 10 at 6:30PM)
- Memory Workshop Through Journaling Exercises (Thursdays at 10AM)
- A-Ticket A-Tasket We're Making Easter Baskets (Wednesday, March 24 at 10AM)
- Stroke Support Group (Thursday, March 25 at 3PM)

### ENERGY:

#### ENERGY

- Walk It Off - Leeza's Place Walk Team (Tuesdays at 9:30AM; Thursdays at 3:15PM)
- Crochet Stress Away Workshop (Tuesdays at 1PM)
- Bunco Bonding (Thursdays at 2PM)
- The Pampered Chef & Tastefully Simple - Fun and Tasty Fundraiser and Product Party (Thursday, April 1 at 1PM)
- This Month's Refreshments Sponsor - Home Instead Senior Care
- *Provena's Perfect Partnership* - In recognition of Leeza's Place 4th Anniversary Partnership with Provena Saint Joseph Medical Center Foundation





## EDUCATION

### FAMILY CAREGIVER SUPPORT PROGRAM – Help for the Unpaid Caregiver

*You may be a daughter, a son or a spouse, a sister or brother, a niece or nephew—or simply a good friend.  
You do what you need to do to help an older family member or friend in need.*

You are a family caregiver and you are not alone!

Toni Ann Brandolino, Caregiver Support Coordinator at Will County Senior Services, will talk about the Family Caregiver Support Program. This program provides valuable resources for those who are giving unpaid care to adults age 60+ and for those with Alzheimer's disease or a related disorder. The program includes: Caregiver resource centers, alternatives to take a break from caring of your elder called Respite Services, options to obtain support in unforeseen circumstances called Gap-Filling Services, legal services, caregiver counseling centers, training and education, and support groups.

Our guest speaker, Toni Ann Brandolino began working at Senior Services in 1993 as a case manager and a Protective Services Case Worker before assuming the role of the Caregiver Support Coordinator. Toni assists in coordinating respite care services and implements counseling services, based on ongoing assessments, for caregivers of seniors so that the caregiver may find the support they need to better care for themselves. Toni has a Bachelors and Masters Degree in Social Work as well as a Bachelors Degree in Music Education and a Masters Degree in Piano Performance.

♥ Tuesday, March 2, 2010 ~ 11:00 AM – 12:00 PM

### VOLUNTEERING IS PRICELESS (VIP) – Volunteers Meeting

VOLUNTEERS... We are asking our Leeza's Place volunteers to attend a monthly meeting to help us organize volunteer opportunities for upcoming programs and events. Our meetings will be held the third Thursday of every month. It is important that all volunteers attend these meetings. If you are unable to attend, please contact Leeza's Place at 817-741-0077. Your help is so greatly appreciated.

♥ Thursday, March 18, 2010 ~ 11:00 AM – 12:00 PM

### DEMENTIA AND CAREGIVER SUPPORT – Dr. Bhavesh Gandhi

According to AARP, there are currently 5.3 million Americans living with Alzheimer's, and the numbers are growing rapidly. There is no specific age that dementia can set in, however studies have shown that it is more prevalent after age 65, and then more pronounced in later life. This is why it is important to be evaluated early to check for any evidence of memory loss, especially short term memory.

Dr. Bhavesh Gandhi, MD is a Geriatrician, dedicated to providing a comprehensive range of geriatric care focused on addressing the complex needs of older adults. This includes the combined treatment of a disease, a disability, multiple medications, memory loss, and the emotional concerns around aging. Dr. Gandhi will be speaking more about dementia care and caregiver support.

Dr. Gandhi completed his residency in Family Medicine at St. Michael's Hospital, Milwaukee, WI and completed his fellowship in Geriatrics at Aurora Sinai Medical Center, Milwaukee, WI.

Dr. Gandhi's goal is to have every office visit include an opportunity to educate his patient and keep him or her as healthy and as independent as possible. Dr. Gandhi is accepting new patients. To schedule an appointment, or for additional information call 815-577-5174. Dr. Gandhi accepts most insurance plans, including Medicare.

♥ Tuesday, March 23, 2010 ~ 11:00 AM – 12:00 PM



## EMPOWERMENT

### EMPOWERED CAREGIVERS SUPPORT GROUP – Leeza’s Place Support Group

LEEZA’S PLACE AT PROVENA SAINT JOSEPH MEDICAL CENTER 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. Group discussions will be facilitated by Kathy A. Miller, Joliet’s Leeza Care Advocate and Kim Jackson, Leeza Care Advocate Assistant. You are welcome to join us for a time of education, sharing, caregiver support, and to enjoy the company of other caregivers.

- ♥ Tuesday, March 2, 9, 16, 23, and 30, 2010 ~ 11:00 AM – 12:00 PM
- ♥ Thursday, March 4, 11, 18, and 25, 2010 ~ 6:30 PM – 7:30 PM

### MEMORY PRESERVATION THROUGH SCRAPBOOKING – Building & Preserving Family Memories

LEEZA’S PLACE AT PROVENA SAINT JOSEPH MEDICAL 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 Kathy Mueller, 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 experienced. Please RSVP to 741-0077.

- ♥ Wednesday, March 3, 10, 17, and 31, 2010 ~ 10:00 AM – 12:00 PM  
Participants may attend classes on an ongoing, or “drop in” basis

### BRAIN INJURY SUPPORT GROUP – You Are Not Alone

LEEZA’S PLACE AT PROVENA SAINT JOSEPH MEDICAL CENTER offers a weekly support group for persons who have suffered a brain injury. Support groups enable individuals to exchange ideas in a confidential atmosphere where both positive and negative views can be expressed without being judged. Remember – you are not alone. Support groups provide: hope, information, friendship, sharing, problem-solving, personal growth, and self-advocacy.

- ♥ Wednesday, March 3, 10, 17, 24, and 31, 2010 ~ 6:30 PM – 7:30 PM

**NOTE:** We will be having a family night, Wednesday, March 10. Friends and family are welcome to attend.

### MEMORY WORKSHOP THROUGH JOURNALING EXERCISES – Empowering Your Words

This memory workshop, using journaling, will help you exercise your mind and strengthen your memory, and at the same time help you reduce stress by releasing the intensity of your feelings. You will use questions from the book “Journaling, The footprints of your life...” (available for purchase at Leeza’s Place, with a portion of the proceeds benefiting Leeza’s Place). Each week a specific life event will be introduced. An outline created by the instructor, Kim Jackson, will walk you through the process of remembering details of the specific topic being discussed and help you to write in a creative and detailed manner about each topic. Your memories will be stored in your journaling book in a chronological order making it very easy for others to read and cherish. With Kim’s help, stories from your life will emerge. She will help you create a keepsake and legacy for future generations. This journey will bring back experiences from the day you were born through your teens and into your adult life, and also touch base on the present. Join our workshop and help your mind to remember. Please RSVP to 815-741-0077.

- ♥ Thursday, March 4, 11, 18, and 25, 2010 ~ 10:00 AM – 11:00 AM

## A-TISKET A-TASKET – We’re Making Easter Baskets

Why purchase a manufactured Easter Basket when you can personally craft your own using scrapbooking tools and techniques. Kathy Mueller, who creatively helps guests put together their photo scrapbooks, will help guests use scrapbooking methods to make an Easter Basket. You’ll have a choice of making “Jelly Roll” baskets or decorative metal can decoupage baskets. All supplies will be provided.



- ♥ Wednesday, March 24, 2010 ~ 10:00 AM – 12:00 Noon

## STROKE SUPPORT GROUP – You Have the Power to End Stroke!

LEEZA’S PLACE AT PROVENA SAINT JOSEPH MEDICAL CENTER offers a monthly support group for stroke survivors and their families. Guests will have the opportunity to increase their knowledge of diagnostic and treatment options and to develop problem-solving and coping skills. This is a monthly support group and is held the last Thursday of the month.

- ♥ Thursday, March 25, 2010 ~ 3:00 PM – 4:00 PM



ENERGY

## WALK IT OFF – Taking Your Oxygen First with Leeza’s Place Walk Team

Whether you want to walk off some weight, walk off stress, or just get out and get some fresh air, take your oxygen first at Leeza’s Place and join our walk team. Every Tuesday and Thursday (weather permitting and no conflicting programs) we will be donning our walking shoes and “Trekking the Trails on Tuesdays & Thursdays”. Now that the weather has “cooled” off, the walking group will meet at Louis Joliet Mall (the main entrance between JC Penney and Marshall Fields).

- ♥ Tuesday, March 2, 9, 16, 23, and 30, 2010 ~ 9:30 AM – 10:30 AM
- ♥ Thursday, March 4, 11, 18, and 25, 2010 ~ 3:15 PM – 4:15 PM

## CROCHET (STRESS) AWAY – Crochet, Coffee, and Caregivers Club

Join us for our Crochet (STRESS) Away Club at Leeza’s Place at Provena Saint Joseph Medical Center. It doesn’t matter whether you’ve never held a crochet hook in your hand before or you whiz through crochet projects daily, join us for an afternoon of carefree sharing and fun.



For those who don’t know how to crochet but would like to learn, lessons will be provided by Kathy A. Miller, Leeza Care Advocate. If you prefer to knit instead of crochet, we are equal opportunity crafters and invite you to join us; knitting lessons will be provided by Kim Jackson, Leeza Care Advocate Assistant.

Take time for yourself and reconnect with your spirit...

... crochet or knit the stress away!

Supplies (yarn, crochet hooks, and patterns) will be provided; or you may bring your own favorites. We are also crocheting and knitting baby hats and lap robes that we donate to Provena Saint Joseph Medical Center. All yarn is supplied and volunteer hours are provided.

- ♥ Tuesday, March 2, 9, 16, 23, and 30, 2010 ~ 1:00 PM – 3:00 PM

## BUNCO BONDING – A Toss of the Dice

Join us for another month of Bunco... we're now rolling on weekly. Toss the dice and bond with friends over a fun game of Bunco. We're also going to introduce our roving fuzzy dice prize.

♥ Thursday, March 4, 11, 18, and 25, 2010 ~ 2:00 PM – 3:00 PM



## THE PAMPERED CHEF & TASTEFULLY SIMPLE – Fun and Tasty Fundraiser and Product Party

Who couldn't use some fun kitchen tools and easy-to-prepare foods designed to help you spend less time in the kitchen and more time enjoying the rest of your life. Join our Pampered Chef Specialist, Dasha Ott and Tastefully Simple Senior Consultant, Shannon Capps for a fun and tasty fundraising event that will benefit Leeza's Place at Provena Saint Joseph Medical Center.



Our pampered Chef Specialist, Dasha Ott will create a Tasty Tetrizzini that will tickle your taste buds. She will demonstrate how to use the double bake oven with the microwaving technique. New products being introduced will be available to view and purchase, as well as many of the old favorites.

Shannon Capps, Tastefully Simple Senior Consultant, will provide a tasty sampling of products from their new spring catalogue which features over 25 new products plus old favorites for purchase ([www.tastefullysimple.com/web/scapps](http://www.tastefullysimple.com/web/scapps)).



Remember... **Part of the proceeds from your purchase at our *Tasty Fundraiser* will be donated back to Leeza's Place at Provena Saint Joseph Medical Center.** Buy some nice kitchen ware and food treats for yourself or for gifts, and you'll be helping out Leeza's Place as well.

*Save the Date*

♥ Thursday, April 1, 2010 ~ 1:00 PM – 3:00 PM  
Please RSVP by Friday, March 26 to 815-741-0077

## GOODIES & TREATS – This month's refreshments sponsored by....



Caring for seniors while helping them maintain a home-based lifestyle has been our mission from the very beginning and now we are the worldwide experts in our field.

Whether you are looking for someone to help an aging loved one for a few hours a week, or need more comprehensive 24-hour assistance, a professionally trained, bonded, and insured and thoroughly screened Home Instead CAREGiver can help.

Our company's flexible services range from companionship and meal preparation to providing transportation and bathing assistance.

The Home Instead Senior Care network has a long history of quality care and personal experience that we would love to share with you,



## *Provena's Perfect Partnership*

~ 4th Anniversary ~

Celebrating Our Partnership with

Provena Saint Joseph Medical Center Foundation

This month we would like to recognize four years of partnership of the Leeza Gibbons Memory Foundation (LGMF) and Provena Saint Joseph Medical Center (PSJMC) Foundation ~ a *perfect partnership* that brings education, empowerment, and the energy of Leeza's Place to caregivers and their loved ones. Did you know:

- ✿ We have a 17-member Advisory Committee made up of community leaders and caregivers with the purpose of raising awareness of programs and services offered through Leeza's Place, and raising funds to support these programs and services.
- ✿ We served 3500 guests at Leeza's Place in 2009 and over 9000 since our partnership began with PSJMC in 2006.
- ✿ We have over 60 volunteers in our Volunteering Is Priceless (VIP) program; a new program we started in 2009.
- ✿ We've introduced over a dozen new programs since 2006, including: Memory screenings, brain injury support group, stroke support group, journaling, Walk-It Off fitness program, Crochet Stress Away, Bunco Bonding and memory games, In-Focus photography, Paint to Music, and creative crafts with scrapbooking.
- ✿ We've introduced a number of successful (and fun) annual social and fundraising events to the community, including: Pajamas & Pampering Party, seasonal tea parties, volunteers VIP Recognition Luncheon, Physicians vs. Attorneys & Physicians vs. Nurses Softball Challenges, and our Caregiver Symposium.
- ✿ **AND** Leeza Gibbons was our guest of honor for the 13<sup>th</sup> Annual PSJMC Foundation Gala in 2006 and the 1<sup>st</sup> Annual Caregiver Symposium and 3<sup>rd</sup> Annual Physicians vs. Attorneys and Nurses Softball Challenge in 2009.

Thank you PSJMC Foundation staff and board members for this perfectly wonderful journey; we're looking forward to many more years together in *perfect partnership!*

~ Thank you, Kathy & Kim

*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.*

### BUSINESS HOURS:

Monday, 9:00 AM - 5:00 PM

Thursday, 9:00 AM - 5:00 PM

Tuesday, 9:00 AM - 5:00 PM

Friday, 9:00 AM - 2:00 PM

Wednesday, 9:00 AM - 8:00 PM

Other hours available by appointment.

*The coffee pot (and tea pot) are always on!!!*

*"Much of gratefulness revolves around giving: giving thanks, giving fresh perspective, giving our lives in service when it dawns on us how much we have received. But in at least one way, gratefulness involves taking: It teaches us to take heart."*

~ [www.gratefulness.org](http://www.gratefulness.org), February 2010 Newsletter


*"I want to personally say thank you to our partner, Provena Saint Joseph Medical Center Foundation, our Leeza's Place Advisory Committee members, and to all our guests who give so much and who support Leeza's Place with their donations of time, talent, and money... but mostly you give an incredible amount of your heart, which is a priceless gift to give. Gratitude is definitely a give-and-take relationship. When you give of your heart, someone will receive that love and be grateful. They will take that gratefulness to the next person and the next so the warmth of a caring heart is always there when you need it. Here is our heart for you to take... we give it with gratitude."*

~ Kathy A. Miller, Leeza Care Advocate



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 AT PROVENA SAINT JOSEPH MEDICAL CENTER  
 (A Tax-Exempt 501(c)(3) Not-For-Profit Organization)  
 113 Republic Avenue  
 Joliet, IL 60435 ~ 815-741-0077

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 * Walk It Off 9:30am - 10:30am * Caregiver Support Group and Program - Family Caregiver Support Program 11am - 12pm * Crochet Stress Away 1pm - 3pm	3 * Memory Preservation Through Scrapbooking 10am - 12pm * Brain Injury Support Group 6:30pm - 7:30pm	4 * Memory Workshop Through Journaling Exercises 10am - 11am * Bunco Bonding 2pm - 3pm * Walk It Off 3:15pm - 4:15pm * Caregiver Support Group 6:30pm - 7:30pm	5	6
7	8	9 * Walk It Off 9:30am - 10:30am * Caregiver Support Group 11am - 12pm * Crochet Stress Away 1pm - 3pm	10 * Memory Preservation Through Scrapbooking 10am - 12pm * Brain Injury Support Group and Family Night 6:30pm - 7:30pm	11 * Memory Workshop Through Journaling Exercises 10am - 11am * Bunco Bonding 2pm - 3pm * Walk It Off 3:15pm - 4:15pm * Caregiver Support Group 6:30pm - 7:30pm	12	13
14	15	16 * Walk It Off 9:30am - 10:30am * Caregiver Support Group 11am - 12pm * Crochet Stress Away 1pm - 3pm	17 * Memory Preservation Through Scrapbooking 10am - 12pm * Brain Injury Support Group 6:30pm - 7:30pm 	18 * Memory Workshop Through Journaling Exercises 10am - 11am * Volunteering Is Priceless (VIP) Volunteers Meeting 11am - 12pm * Bunco Bonding 2pm - 3pm * Walk It Off 3:15pm - 4:15pm * Caregiver Support Group 6:30pm - 7:30pm	19	20
21	22	23 * Walk It Off 9:30am - 10:30am * Caregiver Support Group and Program - Dementia and Caregiver Support 11am - 12pm * Crochet Stress Away 1pm - 3pm	24 * A-Ticket A-Tasket We're Making Easter Baskets 10am - 12pm * Brain Injury Support Group 6:30pm - 7:30pm	25 * Memory Workshop Through Journaling Exercises 10am - 11am * Bunco Bonding 2pm - 3pm * Walk It Off 3:15pm - 4:15pm * Stroke Support Group 3pm - 4pm * Caregiver Support Group 6:30pm - 7:30pm	26	27
28	29	30 * Walk It Off 9:30am - 10:30am * Caregiver Support Group 11am - 12pm * Crochet Stress Away 1pm - 3pm	31 * Memory Preservation Through Scrapbooking 10am - 12pm * Brain Injury Support Group 6:30pm - 7:30pm	<p>All programs at LEEZA'S PLACE at PROVENA SAINT JOSEPH MEDICAL CENTER are <b>FREE OF CHARGE!</b>          Unless noted otherwise, all programs are held at Leeza's Place ~ 113 Republic Ave ~ Joliet, IL  <i>For more information please call us at 815-741-0077</i></p>		