



~ APRIL NEWS ~

April 2010
Volume 6 Issue 4

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

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

EDUCATION:

- ~~Hopeless~~: The Alzheimer's Project
 - "Momentum in Science" (Thursday, April 8 at 6 PM)
 - "Caregivers" (Thursday, April 15 at 6 PM)
 - "Grandpa, Do you know who I am?" (Thursday, April 22 at 6PM)
- Volunteering Is Priceless (VIP) Meeting (Thursday, April 15 at 11AM)
- Family Caregiver Support Program (Thursday, April 29 at 6:30 PM)

EDUCATION

EMPOWERMENT:

- Memory Workshop Through Journaling Exercises (Thursdays at 10AM)
- 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)
- Stroke Support Group (Thursday, April 29 at 3PM)

EMPOWERMENT

ENERGY:

- The Pampered Chef & Tastefully Simple - Fun and Tasty Fundraiser and Product Party (Thursday, April 1 at 1PM)
- Walk It Off - Leeza's Place Walk Team (Tuesdays at 9:30AM; Thursdays at 3:15PM)
- Crochet Stress Away Workshop (Tuesdays at 1PM)
- Day Out Together: Paint to "Rock" Music (Thursdays at 1 PM)
- This Month's Refreshments Sponsor - Deerbrook Care Centre
- Save the Dates:
 - Fuzzy Slipper Night (Thursday, May 6 at 7 PM)
 - Tiptoe thru' the Tulips: A Spring Tea Party (Tuesday, May 25 at 1 PM)

ENERGY





EDUCATION

HOPELESS: THE ALZHEIMER'S PROJECT – HBO Documentary

Alzheimer's is a growing problem throughout our community. In fact, few Americans are untouched by this devastating disease. As loved ones lose the qualities and memories that made them unique and vital individuals, family members are often unprepared to handle the challenging behaviors that only increase over time.

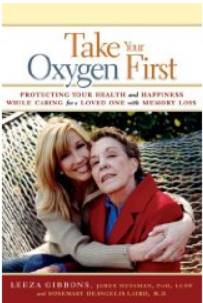
The best way to arm ourselves against the consequences of Alzheimer's is through increased knowledge and understanding. That's why the Deerbrook Senior Education Institute is hosting a series of FREE informative seminars presented by the *Alzheimer's Association*, *Leeza's Place at Provena Saint Joseph Medical Center*, and *Deerbrook Care Centre*.

- DATES:** Consecutive Thursdays: April 8, 15, and 22 (see boxes below)
- TIME:** 6:00 – 8:00 PM (Refreshments will be served)
- LOCATION:** Deerbrook Care Centre ~ 306 North Larkin Avenue ~ Joliet, IL
- RSVP:** 815-744-5560 or visit www.deerbrookcarecentre.com/alzheimers

“Momentum in Science”

Two years in the making, this film details the current explosion of knowledge within the scientific and medical communities with regard to treatment, early detection, and ultimately the prevention of Alzheimer's.

♥ Thursday, April 8, 2010 ~ 6:00 PM – 8:00 PM



“Caregivers”

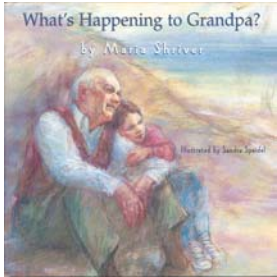
A frank and compassionate look at five families caring for a loved one with Alzheimer's in various stages of the disease. This film will be followed by a discussion facilitated by Caryn Etkin, PhD, MPH of the Rush Alzheimer's Disease Center and Rush University College of Nursing.

♥ Thursday, April 15, 2010 ~ 6:00 PM – 8:00 PM

“Grandpa, Do you know who I am?”

Geared towards children and young teens coping with a grandparent's illness, this film presents vignettes that can help children understand and deal with the confusion and upsets of a relative's gradual decline into Alzheimer's. Insightful lessons are accompanied by commentary from Maria Shriver, whose father was diagnosed with the disease, and who is the author of the book *What's Happening to Grandpa?*

♥ Thursday, April 22, 2010 ~ 6:00 PM – 8:00 PM



We will be raffling off copies of the books: *Take Your Oxygen First* by Leeza Gibbons, James Huysman, PsyD, LCSW and Rosemary DeAngelis Laird, M.D. (autographed by all three authors) and *What's Happening to Grandpa?* by Maria Shriver (autographed by Maria). Proceeds from the raffle will benefit Leeza's Place.

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, April 15, 2010 ~ 11:00 AM – 12:00 PM

FAMILY CAREGIVER SUPPORT PROGRAM – Help for the Unpaid Caregiver

A repeat from a program offered in March, 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.

♥ Thursday, April 29, 2010 ~ 6:30 PM – 7:30 PM



EMPOWERMENT

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..." by Kim Jackson (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.

♥ Thursday, April 1, 8, 15, 22, and 29, 2010 ~ 10:00 AM – 11:00 AM

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, April 6, 13, 20, and 27, 2010 ~ 11:00 AM – 12:00 PM (No meeting April 1)
♥ Thursday, April 8, 15, 22, and 29, 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, April 7, 14, and 21, 2010 ~ 10:00 AM – 12:00 PM (No class April 28)
Participants may attend classes on an ongoing, or "drop in" basis

BRAIN INJURY SUPPORT GROUP – You Are Not Alone

EMPOWERMENT

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, April 7, 14, 21, and 28, 2010 ~ 6:30 PM – 7:30 PM

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, April 29, 2010 ~ 3:00 PM – 4:00 PM



ENERGY

THE PAMPERED CHEF & TASTEFULLY SIMPLE – Fun and Tasty Fundraiser 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).



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.

♥ Thursday, April 1, 2010 ~ 1:00 PM – 3:00 PM

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 Spring is here, and weather permitting, the walking group will meet at The Professional Building parking lot, 2400 Glenwood, just around the corner from Leeza's Place. We'll be walking the Joliet Junction Trail. For inclement weather, we'll walk the Louis Joliet Mall.

♥ Thursday, April 1, 8, 15, 22, and 29, 2010 ~ 3:15 PM – 4:15 PM
♥ Tuesday, April 6, 13, 20, and 27, 2010 ~ 9:30 AM – 10:30 AM

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, April 6, 13, 20, and 27, 2010 ~ 1:00 PM – 3:00 PM

DAY OUT TOGETHER – Paint to “Rock” Music



If you're buggin' to get in the spring spirit, join us for a fun afternoon as we celebrate spring and paint lucky ladybugs on rocks. Finding a ladybug represents good luck...so ensure your luck and create your own little bug to sit on your desk, in your garden... it's sure to bring a smile. Rock On!

♥ Thursday, April 8, 2010 ~ 1:00 PM – 3:00 PM

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

When accident, illness, or just the consequences of aging make reliable, comprehensive compassionate care a necessity, Deerbrook Care Centre offers a continuum of care from short term rehab to long-term skilled nursing. We provide a broad range of specialized services including a self contained dementia care unit, a rehabilitation program, a wound care program, respiratory care and IV therapy and a (soon to open) dialysis program for in house residents. We also offer short-term respite programs for families who need a break from their everyday caregiving routines.

"The Village", our self-contained dementia care unit combines specialized programming, personalized care planning and the 24-hour personal support that individuals with Alzheimer's and related dementias need to maintain quality of life, retain personal dignity and maximize independence. Our close-knit unit helps give those in our care a sense of purpose, belonging and well-being. Compassionate staff receive extensive training focused on the special physical, emotional, social and dietary needs of our residents.

While in our care, residents at Deerbrook are able to enjoy a range of social and recreational activities designed to keep hands nimble, bodies moving, minds active and spirits up.

Deerbrook is located at 306 N. Larkin, Joliet, IL. For more information please call our Admissions Department at 815-744-5560.


DEERBROOK
 Care Centre
 306 North Larkin Avenue, Joliet, IL 60435
815-744-5560
www.deerbrookcarecentre.com

Save the Dates

Fuzzy Slipper Night ~ Thursday, May 6 at 7 PM

Whether you're a caregiver who is looking for a little time to pamper yourself, or you are caring for someone who you think could use a little TFC (Tender Foot Care), join some friends for a relaxing evening of pampering. A Mary Kay Representative will treat us all to a foot spa to soak those troubles away.

You'll want to get those tootsie toes pampered and ready for another fun event coming in May ~ Tiptoe thru the Tulips: A Spring Tea Party.



RSVP required
for either, or
both events
815-741-0077

Tiptoe thru' the Tulips: A Spring Tea Party ~ Tuesday, May 25 at 1 PM

We will be celebrating tulip time at Leeza's Place with a spring tea party and transforming Leeza's Place into a Dutch garden. Wooden shoe care to join us?



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!!!

"I think over again my small adventures, my fears, those small ones that seemed so big, all those vital things I had to get and to reach, and yet there is only one great thing: to live and see the great day that dawns, and the light that fills the world."

~ Old Inuit Song

"To-do lists. I have so many things to-do on my to-do list. There's a sense of accomplishment when I can cross something off my list, but at times those lists can be overwhelming and cause me to focus on the wrong things in my life. Will the world come to an end if I don't get all my to-do's done?? Check your to-do list right now... do you have "live and see the great day that dawns" on that list? Rather than driving myself so hard to get things done and off my list, I'll add this message and always keep it on my list as a reminder to greet the light of dawn full of blessings, opportunities, and wonder."

~ Kathy A. Miller, Leeza Care Advocate



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 (A Tax-Exempt 501(c)(3) Not-For-Profit Organization)
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 Joliet, IL 60435 ~ 815-741-0077

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All programs at LEEZA'S PLACE at PROVENA SAINT JOSEPH MEDICAL CENTER are FREE OF CHARGE! 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>				1 * Memory Workshop Through Journaling Exercises 10am - 11am * Pampered Chef & Tastefully Simple Party 1pm - 3pm * Walk It Off 3:15pm - 4:15pm	2	3
4	5	6 * Walk It Off 9:30am - 10:30am * Caregiver Support Group 11am - 12pm * Crochet Stress Away 1pm - 3pm	7 * Memory Preservation Through Scrapbooking 10am - 12pm * Brain Injury Support Group 6:30pm - 7:30pm	8 * Memory Workshop Through Journaling Exercises 10am - 11am * Paint to "Rock" Music 1pm - 3pm * Walk It Off 3:15pm - 4:15pm * The Alzheimer's Project: Momentum in Science (at Deerbrook Care Centre) 6pm - 8pm * Caregiver Support Group 6:30pm - 7:30pm	9	10
11	12	13 * Walk It Off 9:30am - 10:30am * Caregiver Support Group 11am - 12pm * Crochet Stress Away 1pm - 3pm	14 * Memory Preservation Through Scrapbooking 10am - 12pm * Brain Injury Support Group 6:30pm - 7:30pm	15 * Memory Workshop Through Journaling Exercises 10am - 11am * Volunteering Is Priceless Meeting 11am - 12pm * Walk It Off 3:15pm - 4:15pm * The Alzheimer's Project: Caregivers (at Deerbrook Care Centre) 6pm - 8pm * Caregiver Support Group 6:30pm - 7:30pm	16	17
18	19	20 * Walk It Off 9:30am - 10:30am * Caregiver Support Group 11am - 12pm * Crochet Stress Away 1pm - 3pm	21 * Memory Preservation Through Scrapbooking 10am - 12pm * Brain Injury Support Group 6:30pm - 7:30pm	22 * Memory Workshop Through Journaling Exercises 10am - 11am * Walk It Off 3:15pm - 4:15pm * The Alzheimer's Project: Grandpa, do you know who I am? (at Deerbrook Care Centre) 6pm - 8pm * Caregiver Support Group 6:30pm - 7:30pm	23	24
25	26	27 * Walk It Off 9:30am - 10:30am * Caregiver Support Group 11am - 12pm * Crochet Stress Away 1pm - 3pm	28 * Brain Injury Support Group 6:30pm - 7:30pm	29 * Memory Workshop Through Journaling Exercises 10am - 11am * Walk It Off 3:15pm - 4:15pm * Stroke Support Group 3pm - 4pm * Caregiver Support Group and Program - Family Caregiver Support Program 6:30pm - 7:30pm	30	

LEEZA'S PLACE provides an intimate and safe setting where caregivers and their loved ones can go for support. Programs are offered to educate, empower, and energize caregivers and their loved ones for the challenging journey ahead.