



Leeza's Place at Provena Saint Joseph Medical Center

FEBRUARY 2012

News & Program Calendar

A TAX-EXEMPT 501(C) (3)
NON-PROFIT ORGANIZATION

Leeza's Place is "A Place for Caregivers"; a community gathering place and resource center committed to providing free support services, resources and programs for family caregivers taking care of a loved one with a memory disorder or any chronic and/or progressive illness.

Month at a Glance

EDUCATION

- Exercise Your Mind: Remembering the Loves of Our Life – Thursday, February 2 at 9:45 AM and at 6:30 PM
(Now also offered in the evening)
- I Want My Life Back – Tuesday, February 28 at 11 AM

EMPOWERMENT

- Memory Preservation Through Scrapbooking – Wednesdays at 10 AM
- Brain Injury Support Group – Wednesdays at 6:30 PM
- Empowered Caregivers Support Group – Tuesdays at 11 AM and Thursdays at 6:30 PM
- Love Notes – Wednesday, February 8 at 10 AM
- Visionary Art Workshop: Let Me Call You Sweetheart – Thursday, February 9 at 1 PM
- Affirmation Flowers – Tuesday, February 14
- Story Teller: Those Were the Days My Friend – Thursday, February 16 at 10:30 AM
- Life After Stroke Support Group – Thursday, February 23 at 3 PM

ENERGY

- Crochet Stress Away – Tuesdays at 1 PM
- Quote for the Month – A Heartfelt Smile
- This Month's Refreshment Sponsor – Home & Hearth Caregivers

EDUCATION



Exercise Your Mind – *Remembering the Loves of Our Life*

Inspirational thought for the day –

“How do I love thee? ...how do I love chocolate?how do I love my very best friend? ...how do I love taking a nap? ...Let me count the ways!”

This month is focused on love. We love many, in a variety of ways. We are going to reminisce about all kinds of loves, from our love of food to the romantic lovers of long ago. We will stimulate your thoughts and really make you think. Did you know that there is a town named Valentine? Can you guess the names of some of the most famous lovers? Which state produces the most roses? Which is your favorite chocolate? These are only a few of the fun questions we will ask that will exercise your mind. Please join us when we ask more love-related questions and encourage you to think of all those wonderful and desirable things you love in your life. And we know people **love** BINGO.... Join us for our heartfelt version of a beloved game that will also be part of this month’s Exercise Your Mind program.

We love all of you, but seating is limited; please RSVP 815-741-0077.

- Thursday, February 2, 2012 ~ 9:45 AM – 11:30 AM
- Thursday, February 2, 2012 ~ 6:30 PM – 8:00 PM

HEART				
14	29	38	52	74
4	18	33	46	62
7	16	♥	60	71
9	27	44	51	67
12	23	35	47	73

I Want My Life Back – *The “Panini” Generation*

"I want my life back!" ~ The sandwich generation is becoming the "panini" generation ~ fried & grilled! As adult children we love our parents and want to assist them as they age, so why are we beginning to resent it? Trisha Menoni has helped hundreds of seniors as they age, but the most difficult senior she assisted was her own mother until Trisha started applying the same professional methods she used with her clients to the care of her Mom. This program, presented by Angie Landmesser and Karen Leimberer, Program Directors for Partners in Senior Care, Inc., will give you tips to manage healthcare, help you “let go” of what is out of your control and ways to involve all siblings (even the one in California) in the caregiving process.

- Tuesday, February 28, 2012 ~ 11:00 AM – 12:00 PM

EMPOWERMENT

Memory Preservation Through Scrapbooking – *Preserving Family Memories*

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. Instructor Kathy Mueller teaches participants how to use materials in an artistic way providing an enjoyable and uplifting experience. Scrapbooking materials are provided; just bring your family photos and enjoy!

- Wednesday, February 1, 15, 22, and 29, 2012 ~ 10:00 AM – 12:00 PM

Brain Injury Support Group – *You Are Not Alone*

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, February 1, 8, 15, 22, and 29, 2012 ~ 6:30 PM – 7:30 PM

Empowered Caregivers Support Group – *Help, Hope, and Healing*

Caregiver Support Group sessions 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 Kim Jackson, Leeza's Place Program and Outreach Assistant Director. You are welcome to join us for a time of education, sharing, caregiver support, and to enjoy the company of other caregivers.

- Tuesday, February 7, 14, 21, and 28, 2012 ~ 11:00 AM – 12:00 PM
- Thursday, February 9, 16, and 23, 2012 ~ 6:30 PM – 7:30 PM
In lieu of our regular caregiver meeting, the first Thursday of the month will be our Exercise Your Mind program. For more information on this program, see the EDUCATION section of this newsletter.

“Cozy Corner Program” ~ We have made arrangements to have volunteers—Rita Carlson, Cindy Hampton, and Mary Getzelman—help out and spend time with loved ones while caregivers meet during the Tuesday and Thursday caregiver support group meetings. We hope this will allow caregivers the opportunity to participate in supportive and educational programs and ensure their loved ones have activities to enjoy as well. **Please call Leeza's Place at 815-741-0077 to reserve a spot for your loved one.**

Love Notes – *A Message of Love*

Kathy Mueller, our scrapbooking instructor, will help you create special Love Notes for your Valentine. Whether you want to create a card with a special message or just scribe a note decorated for the special occasion, Kathy will help you create your love note that will be treasured by the receiver and bring joy to the giver. You can create several love notes to give to your sweetheart or maybe create a special message for a parent, a sibling, or a friend to let them know how special they are to you.



- Wednesday, February 8, 2012 ~ 10:00 AM – 12:00 PM

Visionary Art Workshop – *Let Me Call You Sweetheart*

Visionary art is creative painting that doesn't require you to be an artist. You only need to open your heart and mind and let the energy flow directly through you.

Leeza's Place Visionary Art Workshop helps your energy flow through art, and helps you find a relaxing, enjoyable way to express yourself. Join us for a new experience in painting without brushes and seeing your art from a 360° point of view. Supplies will be provided. Our February 9 workshop will include favorite love songs to inspire your creativity; you may wish to create a special Valentine gift for someone or for yourself.

- Thursday, February 9, 2012 ~ 1:00 PM – 3:00 PM

Affirmation Flowers – *Flowers as Messengers*

Affirmations are a specialized activity within the larger field of soul processes such as meditation, contemplation and prayer. They are elegant and evocative words which enable the soul to initiate positive goals of inner development. It is a tenet of all spiritual teachings, as well as business and professional training programs, that the ordering of thought and the harmonizing of feeling has powerful impact on our ability to manifest change, both within ourselves and within the world.



Throughout human culture, many poets and mystics have attempted to express a language of flowers. Even the most hardened among us can recognize that the flowers embody an exquisite language of the soul. This

is why we use flowers to express our inmost feelings in all forms of human celebration and commemoration.

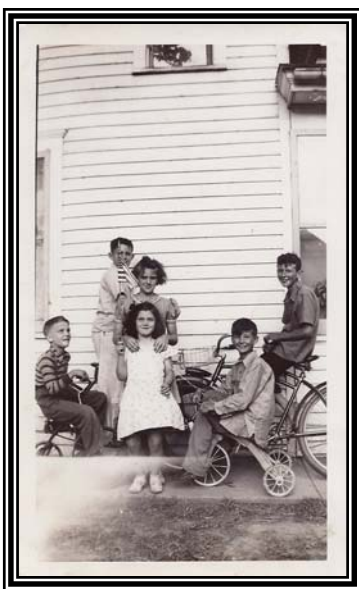
On Tuesday, February 14, stop in at Leeza's Place to receive a flower with a special affirming message.

- Tuesday, February 14, 2012

Story Teller – *Those Were the Days My Friend*

"The journey of our life creates the stories we reminisce."

Please join us in telling short stories. Everyone loves to tell their story. Share with us something hilarious, sad, exciting, unusual or just for fun. Now is your chance to get the story out. Storytelling will exercise your mind and memory. Kim Jackson, one of our Leeza's Place



advocates, will ask the right questions to make your story

come alive. We can show you how to make that story into a keepsake for yourself or for someone you love. Maybe you will be sharing an adventure about your parents that you wish to share with your grandchildren. Maybe you want your children to know how you met your spouse, or maybe you just want to tell us a story that means a lot to you. Let us help you create a legacy for yourself and those you love while you stimulate your brain. Seating is limited; please RSVP 741-0077.



"You get older and realize there are no answers, just stories.
And how we love them."
~ Garrison Keillor

- Thursday, February 16, 2012 ~ 10:30 AM – 12:00 PM

Life After Stroke Support Group – *You Have the Power to End Stroke!*

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, February 23, 2012 ~ 3:00 PM – 4:00 PM

ENERGY

Crochet Stress Away – *Crochet, Coffee, and Carefree Fun*

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 (knitters welcome as well)!



- Tuesday, February 7, 14, 21, and 28, 2012 ~ 1:00 PM – 3:00 PM

Quote for the Month

A heartfelt smile gives warmth enough for three winters.

~ *Mongolian Proverb*

As I searched for this month's quote, we had just experienced our first significant snowfall of the winter season (January 12), albeit a little later than usual. And, we went from the mid-50s to single digits (with wind chills) in just one day....

Ah, Midwest in Wintertime.

"Arctic air settled over the Upper Midwest on January 13. Bitterly cold wind chills were reported on the morning of January 14, especially over northwestern Minnesota. The coldest wind chills seen so far were at Fosston and Park Rapids at 6am January 13 with -52 degrees at each site." This National Weather Service Statement was made 16 years ago. I was living in southeastern Minnesota during the big chill of 1996, and remember it well. I remember we had a week-long deep freeze of -40 degrees with wind chills closing in on -80 degrees. With a daily jumpstart from an auto-tow service, we continued life as usual. Much like caregiving, we get a daily jumpstart from Leeza's Place and we continue life as usual.

While we've had a relatively mild winter (so far), a little snow does give the winter enthusiasts a reason to smile. My cross-country skis and snowshoes are ready to go. A little hot chocolate to warm the inside, a heartfelt smile from someone to warm the outside and I'll have enough warmth for three winters.... or maybe 16+ winters.

~ *Kathy A. Miller, Leeza's Place Program & Outreach Director*

P.S. We have plenty of hot chocolate and heartfelt smiles at Leeza's Place.

GOODIES & TREATS Provided By



Home & Hearth Caregivers

Compassionate Care From Our Hearts to Your Home.

Whether you are seeking assistance for yourself, a loved one or family member, **Home and Hearth Caregivers** offers non-medical, customized care in the comfort and safety of your own home.

From two hours to 24/7 care; We are available days, evenings, weekends and holidays. At our complimentary in-home assessment meeting, we arrange for you to meet three caregivers and chose the person you are most comfortable with. In most cases, this is a win-win for everyone.

We service Cook, DuPage, Kane, Kendall, Lake, McHenry and Will Counties.
Insured, Licensed and Bonded.

Please see our website for more information www.homeandhearthcare.com or call our office at 800-349-0663.

Business Hours

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, 9:00 AM – 5:00 PM

Thursday, 9:00 AM – 8:00 PM

Tuesday, 9:00 AM – 5:00 PM

Friday, 9:00 AM – 2:00 PM

Wednesday, 9:00 AM – 9:00 PM

Other hours available by appointment

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



AT PROVENA
SAINT JOSEPH
MEDICAL CENTER

Contact Info

A PLACE FOR CAREGIVERS

Leeza's Place at Provena Saint Joseph Medical Center
50 Uno Circle ~ Joliet, IL 60435

Ph: 815-741-0077 ~ Fax: 815-741-7069

E-Mail: kmiller@leezasplace.org or kjackson@leezasplace.org



Web Site: www.leezasplace.org or www.provena.org/stjoes/leezasplace



Leeza's Place at Provena Saint Joseph Medical Center ~ 50 Uno Circle ~ Joliet, IL 60435 ~ Ph: 815-741-0077

~ FEBRUARY 2012 ~

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<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
			1 Scrapbooking 10AM – 12PM Brain Injury Support Group 6:30PM – 7:30PM	2 Exercise Your Mind – Remembering the Loves of Our Life 9:45AM – 11:30AM AND 6:30PM – 8PM (Now also offered in the evening)	3 National WEAR RED DAY 	4
5	6	7 Caregiver Support Group 11AM – 12PM Crochet Stress Away 1PM – 3PM	8 Love Notes 10AM – 12PM Brain Injury Support Group 6:30PM – 7:30PM	9 Visionary Art Workshop – Let Me Call You Sweetheart 1PM – 3PM Caregiver Support Group 6:30PM – 7:30PM	10	11
12	13	14 Affirmation Flowers Caregiver Support Group 11AM – 12PM Crochet Stress Away 1PM – 3PM	15 Scrapbooking 10AM – 12PM Brain Injury Support Group 6:30PM – 7:30PM	16 Story Teller – Those Were the Days My Friend 10:30 AM – 12:00 PM Caregiver Support Group 6:30PM – 7:30PM	17	18
19	20	21 Caregiver Support Group 11AM – 12PM Crochet Stress Away 1PM – 3PM	22 Scrapbooking 10AM – 12PM Brain Injury Support Group 6:30PM – 7:30PM	23 Life After Stroke Support Group 3PM – 4PM Caregiver Support Group 6:30PM – 7:30PM	24	25
26	27	28 Caregiver Support Group and Program – I Want My Life Back 11AM – 12PM Crochet Stress Away 1PM – 3PM	29 Scrapbooking 10AM – 12PM Brain Injury Support Group 6:30PM – 7:30PM			