

MONTH & YEAR

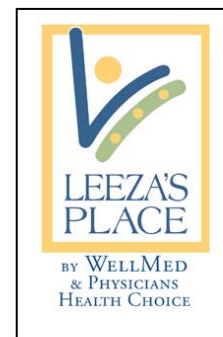
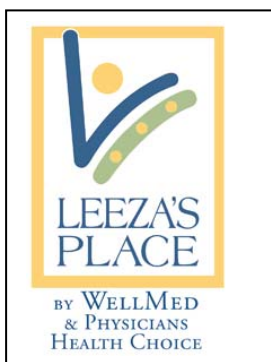
News & Program Calendar

Leeza's Place by WellMed-Physicians Health Choice

A TAX-EXEMPT 501(c) (3)

NOT-FOR-PROFIT ORGANIZATION

SERVING THE LOWER RIO GRANDE VALLEY



Month at a Glance

EDUCATION

- Tips to Survive & Enjoy the Holidays Dec. 2nd, 2010 10:00a.m.
- Consejos para Sobrevivir y Disfrutar Las Festividades Navideñas Dic. 2 2010 a la 1:00 P.M (Español).
- Leeza's Care Advocate Meet and Greet. Dec.,6th 2010 from 10:00-1:30 p.m.
- "Superando La Depresion De La Temporada Dec., 9th 2010 at 10:00 a.m.
- Training Camp for Care Givers: "Caring for Your Self" Dec. 14th 2010 from 10:00-11:30 a.m.
- Campamento para Cuidadores: "Como Cuidarse a Si Mismo" De la 1:00 P.M. a las 2:00 P.M.

EMPOWERMENT

- Journaling for Care Givers Dec., 7th 2010 at 10:00 a.m.
- Journaling para Cuidadores Dic. 9, 2010 at las 10:00 a.m.
- Grupo de Apoyo: Hijos(as) Cuidando a Padres con Enfermedad de Perdida de La Memoria. Dic. 16 2010 at 10:00 a.m.
- Grupo de Apoyo: Personas en las preimeras Etapas de Perdida de La Memoria a causa del Alzheimer o Parkinson. Dic.16 2010 a las 10:00 a.m.
- Evening Education, support and camaraderie group for stressed care givers. Dec., 27th 2010 at 6:00 p.m.

ENERGY

- LightXrcise Dic. 3 2010 a las 10:00 a.m. Spanish
- LightXrcise Dec., 3rd 2010 at 1:30 P.m. English
- Making Christmas Decorations Dec., 15th 2010 at 10:00 a.m.
- Pot luck Luncheon, Dec., 21st 2010 at 11:30 a.m.
- Movie : "A Christmas Carol", Dec., 20rd 2010 at 1:00 p.m.
- Brain Arobics, Dec. 28th 2010 at 10:00 am.

- Retando Su Mente , Dic. 28th 2010 a las 11:30 a.m.

EDUCATION

Tips to Survive & Enjoy the Holidays:

- December 2nd 2010 at 10:00 a.m.

Consejos Para Sobrevivir y Disfrutar Las Festividades Navideñas:

- Diciembre 2 2010 a la 1:00 a.m.

Leeza's Care Advocate Meets and Greets Caregivers & their Loved Ones.

Opportunity to meet with care advocate in a one-to-one interview; participate in caregiver assessment to determine your most important needs; and determine what programs from our monthly calendar can help you & your loved one. Family caregivers will receive an introductory educational/resource package. Appointment is highly suggested, please call 956-683-7180.

- December 6th 2010 :Appointments available from 10:00 a.m. to 1:30 p.m

Training Camp for Healthy Caregivers

Caregivers come to this role in many different ways. For some, the beginning is abrupt: perhaps there's a trigger event, such as an elderly parent's health crisis or financial emergency, and someone has to step in to take care of things. Other people assume the caregiver role gradually, providing more and more practical and emotional support. The caregiving role is not an easy one: it can be stressful, time-consuming, and physically demanding.

This month's topic: "Taking Care of Your Self".

- December 14th 2010 at 10:00 a.m. to 12:00 p.m. English

Campamento de Aprendizaje para Cuidadores

El papel de cuidador de familia se presenta de diversas maneras. Para algunos, el principio es precipitado: quizás hay un acontecimiento rápido como una crisis de salud de un padre o emergencia financiera, y alguien tiene que tomar el control de la situación y del cuidado de su ser querido. En otras ocasiones la persona asume el papel del cuidador gradualmente quizás por ser la (el) mayor de la familia, o de vivir mas cerca del enfermo etc.

El papel del cuidador no es fácil: puede ser agotador mental y físicamente por lo que la educación y entrenamiento sobre la enfermedad es sumamente importante.

Tema del mes: "Como Cuidarse A Si Mismo".

- Diciembre 14 de 2010 de 1:00 a 2:00p.m. Por favor hable al 956-683-7180 y reserve su asistencia.

Grupo de Apoyo para hijos cuidando a padres con enfermedades de la memoria.

Cuidar en la casa a una persona que padecen perdida de la memoria es una tarea difícil y puede volverse agobiante algunas veces. Cada día trae nuevos desafíos en la medida en que la persona que atiende a un enfermo tiene que enfrentarse a los cambios en el nivel de capacidad y en los nuevos patrones de conducta del enfermo.

Compartiremos técnicas para sobrellevar la disminución de funciones en los pacientes con perdida de la memoria. Si tu padre ó madre esta pasando por esta difícil etapa, te invitamos a ser parte de este grupo.

Favor de confirmar su asistencia, llame al 956-683-7180.

- Diciembre 16 2010 a las 10:00 Español

Grupo de Apoyo Para Personas En Las Primeras Etapas de Perdida de Memoria Por Alzheimer of Parkinso

Padecer una enfermedad en la que se empieza a experimentar perdida de la memoria puede ser traumatizante para el enfermo sobre todo en las etapas iniciales cuando aun tiene muchos momentos de lucides. Es importante para ellos aprender su padecimiento para que tengan paz y tranquilidad y puedan coperar en su tratamiento. Durante estos grupos de apoyo pretendemos hacerle sentir al enfremo que aun dentro de la dificultad de su padecimiento puede el o ella conservar su individualidad y su dignidad. Te invitamos a que traigas a tu ser amado para que participe en este grupo y así pueda disfrutar una mejor calidad de vida.

Favor de confirmar su asistencia. Llame al 956-683-7180.

- Diciembre 16 2010 a las 10:00 a.m.



Journaling for Caregivers

You really don't need special tools or abilities to benefit from journaling. Yet keeping a journal it is said can turn into a long lasting self-help tool leading to healing and empowerment for caregivers. Come and allow yourself the freedom to write when you feel heavy with worry and burden or when you are joyful about a particular uplifting event.

- December 7th, 2010 at 10:00 a.m.

“Journaling para Cuidadores” Plasmando Mis Sentimientos en Un Diario.

No se necesita herramientas o habilidades especiales para beneficiarse de escribir en un diario. Se dice que escribir en un diario puede convertirse en una herramienta de auto-ayuda para los cuidadores de familiares con enfermedades crónicas o terminales. Venga y tome libertad de escribir lo que usted siente, ya sea sus preocupaciones, tristezas y también sus alegrías. Este programa puede ser edificante en su camino como cuidador .

- Diciembre 9, 2010 a las 11:00 a.m. Español

SUPPORT GROUPS / GRUPOS DE APOYO

Allows guests to exchange ideas and personal stories about their caregiving experience in a confidential setting. Support groups provide information, hope, friendship, sharing, problem-solving, personal growth, self-advocacy and hope.

Education, support, and camaraderie opportunity for stressed caregivers.

Grupo educacional, de apoyo, y camaradería para cuidadores con estrés.

- Diciembre 20, 2010 6:30 p.m. Bilingual

Para hijos (as) de padres con desordenes de memoria (también recomendado para nueras yernos)

- Diciembre 16, 2010 a las 10:00 a.m.-11:00 p.m. Español

Support group to individuals in the early stages of Alzheimer's or Parkinson Disease. The group is designed to help individuals gain hope as they struggle with different emotions such as fear, grief, anger, despair and hopelessness. The group will offer a series of activities and discussions to help individuals redefine their faith, hope and love in their lives.

Please register by calling 956-683-7180.

- December 16th 2010 at 10:00 a.m.



Making Christmas Decorations:

We invite you to bring your entire family and join us as we practice an old American tradition of making home made decorations for our Christmas tree. Remember when Dad would go to the woods and chop down the tree and we strung popcorn and made garlands. If this was not your family tradition then come join us and learn a new tradition. Come and share with all of us your family Christmas traditions.

- December 15th 2010 at 10:00 a.m.

Potluck Luncheon:

Join with us in this small gathering, bring your favorite Christmas goodies and share with us the Joy of this Christmas Holliday. We look forward to seeing you and sharing good times and making good memories that will give us all strength to face the coming new year.

- December 23rd, 2010 at 11:30 a.m.

On Screen: "A Christmas Carol"

This story takes place in Victorian era England. The main character Ebenezer Scrooge has become a hardened and cruel business man. On Christmas Eve he has a dream in which three ghosts come to visit him: The Ghost of Christmas Past, The Ghost of Christmas Present and The Ghost of Christmas in the Future. Their mission is to make him aware of who he used to be in his youth, what he has become and what will happen if he continues living life the way he lives in the present. We invite you to come and join us as we enjoy a relaxing afternoon at the movies. Come and enjoy this classic Christmas story by Charles Dickens.

- December 20rd, 2010 at 1:00 p.m.

Brain Aerobics at Leeza's Place.

Aerobic exercise strengthens the heart so it pumps blood more efficiently to your brain and throughout your body. Many people practice aerobic exercises on a regular basis. Doing brain aerobics is equally important. We will have fun activities to boost your mental power and leave your brain sweating.....no special attire or equipment required!!!

- December 28th 10:00 a.m.

Ejercite su Cerebro/mente

El ejercicio aerobico fortalece el corazón para que bombee la sangre más eficientemente a su cerebro y a través de su cuerpo. Mucha gente practica ejercicios aerobicos regularmente. Sin embargo, el hacer ejercitar el cerebro es igualmente importante. ¡Tendremos actividades para incrementar su energía mental, y claro que nos divertiremos..... ningún atuendo, uniforme o equipo especial es requerido!!!

- December 28th, 2010 11:30 a.m.

ADDITIONAL RESOURCES

Memory Media Center

Leeza's Place is a community-based education and resource center, we have books on other chronic diseases; caregiving; healthy aging; grief & bereavement. The Memory Media Center includes literature, videos, DVD's, and computer stations providing internet access.

Community Resource Center

Leeza's Place by WellMed-PHC offers links to community resources. Drop by our center and explore what is available in the community to assist you in your caregiving journey. Our goal is to sort through, and connect you with a variety of community and health related services in the Rio Grande Valley.

Leeza's Place by WellMed-PHC offers Leeza's Memory Television - a unique family-based workshop designed to preserve family memories and histories on videotape. Using journaling, scrapbooking, stamping, and photographs, families and participating members have the opportunity to script, stage, and create their own set reflecting their family's background and story.

LMTV is by appointment only. Please call us for further details at 956-683-7180.

Community Presentations

If you are interested in having a presentation (and/or program) about Leeza's Place by WellMed-PHC in you agency, school, church, senior center, adult day care, business, nursing home, assisted living facility etc. Please call us (956) 683-7180 or email request to lqsanchez@leezasplace.org.

Special Events, News or Announcements

We are starting Leeza's Lunch Bunch in December. All caregivers that feel lonely and in need of company are encouraged to join this group. We will meet every two months at a different eating venue and enjoy the company of each other during lunch or dinner. Every person attending is responsible for paying for their own meal. No children allowed. Please call us for further details or to register to participate. Sharon trader is leads this committee.

Volunteers Needed for Upcoming Events

Candlelight Vigil

Pre-Christmas Posada

Arts, crafts, exercise programs

Special Thanks To

Everyone who contributed in making our November events so meaningful.

Those attending and in particular all that volunteered and made donations to make it happen.

Thank you, Thank You, Thank You

Ms. Irene Martinez

Ms. Maria de Jesus Martinez

Mrs. Ramona Jaramillo

Mr. Joe Jaramillo

Sergio,

Israel

Senior Caring Services

CIMA Hospice

Las Palmas HealthCare Center

The Psych Club at University of Texas Pan American

Coming Up Next Month

Potluck Christmas Luncheon

Business Hours

Hours of Operation for Fall-Winter (Oct-Jan)

Mon-Fri 9-4





The last Monday of the month 9-4 and 6-8:30 p.m.

The third Sat of the month 9:30 -12:30 p.m.

Contact Info

For additional information please call Letty Q. Sanchez at 956-683-7180 or via email at lqsanchez@leezasplace.org

Leeza's Place is funded by WellMed-Physicians Health Choice and the Texas Department Aging and Disabilities, LRGVDC Area Agency on Aging.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>A PLACE FOR CAREGIVERS</p>	<p>5401 S. McColl Rd. Edinburg, Texas 78539</p> <p>956-683-7180</p> <p>SOMOS : UN LUGAR PARA CUIDADORES</p>	<p>1 OUR PROGRAMS ARE FREE!!</p> <p>LOS PROGRAMAS SON GRATUITOS!!!</p>	<p>2 <u>Tips to Survive & Enjoy the Holidays</u> 10:00 a.m. Eng.</p> <p><u>Consejos para Sobrevivir & Disfrutar las Festividades Navidenas</u> 1: 00 p.m. Español</p>	<p>3 LightXrcise 10:00 a.m. Spanish</p> <p>1:30 p.m. English</p>	<p>4</p>
<p>6 Leeza's Care Advocate meets and greets caregivers & their loved ones. By appointment. 10:00 -1:30 p.m.</p>	<p>7 Journaling for Caregivers 10:00 a.m.</p> <p>"Surviving the Holiday Blues " 11:00 a.m.</p>	<p>8</p>	<p>9 "Journaling para Cuidadores" Plasmando Sentimientos en un Diario. 10: 00 a.m.</p> <p>"Superando la Depresion de la Temporada" 11:00 a.m.</p>	<p>10</p>	<p>11</p>
<p>13 Grupo de Compañerismo, Apoyo, y Aprendizaje: "Cuidando del Cuidador" 10: 00 a.m.</p>	<p>14 Training Camp for Caregivers: "Caring for Your Self " 10:00-11:30 a.m.</p> <p>Campamento para Cuidadores: "Como cuidadrse a Si Mismo" 1: 00 – 1:00 p.m.</p>	<p>15 Making Christmas decorations</p>  <p>10:00 a.m.</p>	<p>16 Grupo de Apoyo: <u>Hijos (as) Cuidando a Padres</u> de Padres con Enfermedad de Perdida de la Memoria. 10:00 a.m.</p> <p>Grupo de Apoyo: <u>Personas en las Primera Etapa de Perdida de Memoria por Alzheimer o Parkinson</u> 10:00 a.m.</p>	<p>17</p>	<p>18</p>
<p>20 Movie: 1:00-2:00 p.m. "Christmas Carol"</p>	<p>21</p>  <p>Potluck Luncheon 11:30 a.m.</p>	<p>22</p>	<p>23</p>	<p>24</p> 	<p>25</p>
<p>26</p>	<p>27 Evening Education, support, and camaraderie group for stressed caregivers. 6: 00 p.m.</p>	<p>28 Brain Aerobics 10:00 a.m.</p> <p>Retando su Mente 11:30 a.m.</p>	<p>29</p>	<p>30</p>	<p>31</p>

