



It is an intimate and safe setting where caregivers and loved ones can gather to prepare themselves for the challenging journey ahead. Leeza's Place is a multifaceted reprieve, for both caregivers and loved ones, that integrates educational programs, connective social activities, and emotional support designed to help families navigate through their community's continuum of care. If you are, or know a family caregiver please call Letty Q. Sanchez, Leeza's Care Advocate, for more information or to schedule an appointment 956-683-7180

September 2010



September 6, 2010

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 required. Please call 956-683-7180.

Appointments available from 10:00 a.m. to 1:30 p.m.

September 7, 2010

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.
10:00 a.m.

September 09, 2010

“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 . 11:00 a.m. Español

September 10, 2010

Lend a Hand to Leeza’s Place

Opportunity to discover opportunities available to help strengthen Leeza’s Place through volunteering. Leeza’s Place in the Rio Grande Valley needs your help to continue to provide comfort, education, and empowerment to those in need through our programs and services - free of charge. Continental breakfast starts at 10:00 a.m.

September 14, 2010

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: Addressing Difficult Issues with Aging Parent (s).

Talking with our elderly parents about their living situations and the possible need for change is not always easy. A successful conversation depends to an extent upon the relationship we have with the parent, as well, of course, as on the parent's mental, emotional and physical condition. While many people put off serious conversations to avoid conflict or awkwardness, both parent and adult child may lose an opportunity for closeness, understanding, access to information that may affect the decision, health, and peace of mind.

10:00 a.m. to 12:00 p.m. English

September 15, 2010

Physical Therapy at Home May Help the Elderly.

Physical therapy may help prevent physical declines in older, frail people at home. An expert from Health Care Unlimited, Inc. will speak about physical therapy to increase strength, endurance, flexibility, home exercise programs, gait training, and other modalities, to assist in independent living of our loved ones at

home.

10:00 -10:45 a.m. Eng.

La Fisioterapia en Casa Puede Ayudar a los Adultos Mayores.

La causa más común de la pérdida de las capacidades funcionales en la persona mayor es la inactividad o inmovilidad. "La salud es movimiento, le enfermedad no". La fisioterapia en los adultos mayores puede ayudar tremendamente y para aprender sobre esto un experto de Health Care Unlimited, Inc. nos presentará los beneficios de la fisioterapia en casa.

11:00- 11:45 a.m. Español

September 09, 2010

Grupo de Aprendizaje 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.
10:00 Español

September 16 , 2010

Historias de Mi Pueblo, Celebrando el 16 de Septiembre.

Si usted nació o creció en Guadalajara, San Luis Potosi, Veracruz, Monterrey, Chiapas, o Linares -- venga queremos conocer su Historia de su Pueblo. Este es una excelente oportunidad para compartir recuerdos de sus orígenes, o de los relatos de sus padres y abuelos. Un ejercicio para poner a prueba la mente de personas de 60 años o más.

Celebraremos la Independencia de Mexico y su Fiesta del Bicentenario. Antojitos, premios, mucha platica, y probablemente música.

10:00 a.m.

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

September 21, 2010

Poem Reading and Uplifting Music for Caregivers and their Loved Ones.

Stress can be dangerous to the life and health of caregivers, but unfortunately stress is always present in their lives. Allowing time for a little respite time can be a welcomed source of energy. Join us for reading of uplifting poems and music.

1:00 p.m.

September 24, 2010

Ayuda a Leeza's Place

Oportunidad para conocer las opciones de ayudar a Leeza's Place por medio de ser voluntario. Una o dos horas al mes son bienvenidas!!!! Nosotros le podemos entrenar.

Desayuno continental a las 10:00 a.m.

September 29, 2010

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!!!

10:00 a.m.



ONGOING MONTHLY PROGRAMS

CAREGIVER SUPPORT GROUPS-----GRUPOS DE APOYO Y AUTO-AYUDA

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.

Do something great for yourself and your loved one.
Remember you are not alone.

September 20, 2010 10:00 a.m.

Support group to individuals who struggle from a chronic illness. 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.

Other support groups:

September 09, 2010 10:00 a.m.-11:00 p.m. Español

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

September 27, 2010 6:30 p.m. Bilingual
Education, support, and camaraderie opportunity for stressed caregivers.
Grupo educacional, de apoyo, y camaderia para cuidadores con estrés.

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 your 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 lgsanchez@leezasplace.org.



Now in sale in local Walt Mart Stores

Written for those giving care to individuals with Alzheimer's disease and other memory loss disorders, *Take Your Oxygen First: Protecting Your Health and Happiness While Caring for a Love One with Memory Loss* is an informative and inspiring guide to taking care of yourself in order to meet the challenges of giving care to another. Heartfelt, candid accounts by television and radio host Leeza Gibbons (and founder of the Leeza Gibbons Memory Foundation) and the members of her family – who cared for their mother Jean for more than a decade after her diagnosis with Alzheimer's disease- are combined with current medical, nutritional, psychological and spiritual information and advice for caregivers.

Call us to inform you which is the closest Walt Mart where you can obtain a copy. Book is located close to

pharmacy areas in the stores. It will be sold for a limited time.

Volunteers Needed for Upcoming Events:

- *** Cantando con los Tres Grandes Charros de la Musica Mexicana**
- *** Breakfast for Veterans suffering from Alzheimer's & Parkinson Disease in November**
- *** Candlelight Vigil in November**
- *** Pre-Christmas Posada**

Wish List

- | | |
|-------------------------------|--|
| ** Paper Napkins | ** Cleaning supplies |
| ** Bottled Water | ** Decorations |
| ** Coffee | ** Picture Frames |
| ** Toilet Paper | ** Arts & craft material |
| ** Soft Drinks | ** Stamps |
| ** Pastries/chips etc. | ** Classical movies/classical or soothing music |



Some evening and Saturday hours for those caregivers who are working, lack transportation, or for other reasons cannot visit Leeza's Place during our normal hours. Caregivers will have the opportunity to attend educational workshop; participate in social activities to generate energy (little respite); or meet one on one with care advocate.

Contamos con horario nocturno y de Sábado para los cuidadores que están trabajando, dependen de transportación con alguien más; ó por otras razones no pueden visitar Leeza's Place durante nuestro horario normal. Los cuidadores tendrán la oportunidad de asistir a talleres educativos; participarán en las actividades sociales para generar energía (algo de descanso); y la vocera de cuidados podrá atender a cuidadores individualmente.

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1	2	3	4
5	6 Leeza's Care Advocate meets and greets caregivers & their loved ones. By appointment. 10-1:30 p.m.	7 Journaling for Caregivers 10:00 a.m.	8	9 Grupo de Apoyo para Hijos (as) de Padres con Enfermedades de la Memoria. 10:00 a.m. "Journaling para Cuidadores" Plasmando Sentimientos en un Diario. 11:00 a.m.	10 Lend a Hand to Leeza's Place Continental Breakfast @ 10:00 a.m.	11
12	13 Grupo de Compañerismo, Apoyo, y Aprendizaje: "Cuidando del Cuidador" 10:00 a.m.	14 Training Camp for Caregivers: Addressing Difficult Issues with our Aging Parents. 10-12 Eng. Afrentando Temas Delicados con Nuestros Padres de Edad Avanzada. 1-2 p.m. Span.	15 Physical Therapy at Home May Help the Elderly. 10:00 -10:45 a.m. Eng. La Fisio-Therapia en Casa Puede Ayudar a los Adultos Mayores. 11:00- 11:45 a.m. Español	16 Historias de Mi Pueblo, Celebrando el 16 de Septiembre. 10:00 a.m.	17	18
19	20 Leeza's Care Advocate meets and greets caregivers & their loved ones. By appointment. 10-1:30 p.m.	21	22 Poem Reading and Uplifting Music for Caregivers and their Loved Ones. 1:00 p.m.	23	24 Ayuda a Leeza's Place Desayuno @ 10:00 a.m.	25 -
26	27 Evening Education, support, and camaradire group for stressed caregivers. 6:00 p.m.	28	29 Brain aerobics 10:00 a.m.	30 Retando su Mente 10:00 a.m.		

SEPTEMBER 2010

Leeza's Place by WellMed-Physicians Health Choice

5401 S. McColl Rd. Edinburg, Texas 78539

956-683-7180

lqsanchez03@sbcglobal.net

www.leezasplace.org

