



Leeza's Place Memorial Hospital Pembroke

2261 N. University Drive, Suite 103, Pembroke Pines, FL 33024 Main Number (954) 883-7240

Bonnie Bonomo Program and Outreach Director (954) 883-7243

A Non-Profit 501 (c) 3 Funded by Memorial Hospital Pembroke and Private Donations

Hours of Operation: Monday – Thursday 9:00 – 5:00 p.m. Fridays 9:00–2:30 p.m.

(Open Saturday January 21 for 10 a.m. Support Group & Scrapbooking from 11:00–1:00 p.m.)

(Evening & Weekend Appointments Available)

JANUARY 2012

Leeza's Place is "A Place for Caregivers", a community gathering place and resource center committed to providing free support service, resources and programs for families faced with a chronic or progressive illness.

We Educate, Empower and Energize.



EDUCATION

- **Friday, January 6th** @ 11:00 a.m. - **Brain Aerobics** – with Abby from ComforCare Senior Services on Friday, Learn how to keep your brain healthy and active during the aging process.
- **Friday, January 20th** @ 11:00 **Changing Relationships** – As our loved ones change, so do our relationships. Feelings of loneliness, loss of intimacy -what's right, what's wrong – An interactive discussion with Nataly Rubenstein, MSW, LCSW,
- **Friday, January 13th** @ 11:00 a.m. **New Beginnings** – Reflect and begin anew; What does the New Year hold for you? Join motivational and inspirational speaker, Cori Becker, R.N. on
- **Friday, January 27th** @ 11:00 a.m. - **Stressed? You Bet!** - with Elayne Forgie from ElderCare at Home
- **Memory Screenings** – Free Mini-Mental assessment - Thursday, January 26th - **Call for appointment.**

EMPOWERMENT

SUPPORT GROUPS:

- **Alzheimer's & Dementia Caregiver Support Group**
Daytime: Wednesday, January 11th & 25th, 10:30 a.m. – 11:30/Noon
Evening: Thursday, January 12th & 26th, 6:30 p.m. – 7:30 p.m.
Weekend: Saturday, January 21st, 10:00 a.m.
- **Bereavement Support Group** (Facilitated by VITAS Hospice - Every Tuesday, 11:00 a.m. – 12:30 p.m.)
- **Better Breathing Group** -(Facilitated by The Lung Association-Tues., January 3rd, 4:00 p.m. – 5:00 p.m.)
- **ES Connect Group** (Early Stage, recently diagnosed - Education, Support, & Connection)
Wednesday, January 4th 10:30 am – 12. **CAREGIVERS ONLY** - No Coverage available for Loved Ones
Wednesday, January 18th, 10:30 a.m. – 12.
If you are new, you MUST speak with Bonnie before attending this program.
- **Fibromyalgia/Chronic Fatigue Group & Social Hour** - Monday, January 16th, 1:00 p.m.
- **Generic Caregiver Support Group** (For Any Illness) - Thursday, January 19th, 10:30 a.m. – 11:30 a.m.
- **Now What?** (Mild Cognitive Impairment, Early Onset, and Early Stage, recently diagnosed .Caregiver and/or loved one. Thursday, January 26th, 10:30 – 11:30 a.m. -
Q If you are new, you MUST speak with Bonnie before attending this program.
- **Steppin' Into the Sunshine Group** (12 months after traditional grief period.)
Every Tuesday, 11:00 a.m. – 12:30 p.m. Faciliator the 2nd Tuesday of the month.



ENERGY

- **Don's Breakfast Club** Thursday, January 5th, 9:30 a.m. – 5645 S. University Drive - North of Stirling Road. A social group. Make new friends, connect with old ones.
- **Supper Club** Wednesday, January 18th, 5:30 p.m.
For anyone who is caregiving, or someone who has placed their loved one or if your loved one has passed. A little laughter, food and fun with your friends.
Where: Latin American Grill @ 12638 Pines Boulevard, Pembroke Pines 954-435-0504
- **Scrapbooking** – Tuesday, January 10th and 24th 1:30 – 3:30 .m. – Spend the afternoon with friends, creating scrapbooks and journals, socializing and engaging in stress-relieving fun!
(North of Stirling Road) 954-680-0608
- **Brunch Bunch and Scrapbooking** Saturday, January 21st, 11:00 a.m. – 1:00 p.m.
Memory Making, Journal Making and Brunch with Jan, Connie and Bonnie.
- **Connie's Craft Hour – JANUARY ACTIVITY - Journal Making** Every Tuesday, 1:30 – 3:30 p.m.
Out on display is the journal we will be creating in January. Each one only takes one class (2 hours)!
Q Please RSVP so we ensure that we have ample supplies for everyone.
- **Laughter Yoga** – with Audrey on Monday, January 23rd, 11:00 a.m.
They say laughter is the best medicine and it is! A wonderful new technique to relieve stress, laugh a lot and it doesn't involve any yoga mats or floor exercises.
- **Operation Gratitude for U.S. Military – Knit and Crochet Your Stress Away**
Every Tuesday, 1:30 p.m. – 3:30 p.m. -Knit & crochet your stress away and for a good cause. Learn make these simple yet so needed warm scarves. *DONATIONS of 4-ply Worsted Wool accepted!*
- **Reiki Healing Energy** Every Friday 1:00 p.m. and 7:30 p.m.
For caregivers & loved ones. Spend time breathing, relaxing & caring for yourself. Reiki relieves stress, facilitates emotional, mental and spiritual restoration, and increases your body's ability to heal itself.



*In Memoriam
December 8th 2011*

*Made in heaven, was our Maid Marion.
To all who knew Marion will attest.
And so on to heaven, shall Marion rest.
She was Leeza's Place best.*

*I came to know Marion as a teacher,
and helper for sure. The one with a heart so pure.*






*And so I speak for all of us here.
Maid Marion, we shall always love you so dear.
In our hearts and prayers,
With you, no one compares.*

A Poem Authored by: Nat Gross at Leeza's Place

Leeza's Place Memorial Hospital Pembroke – (Sheridan Street & University Drive) (954) 883-7240

~ January 2012 ~

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> 	<p>3</p> <p>*Bereavement Group 11:00-12:30 p.m. Crafts (Journal Making) 1:30-3:30 p.m. Better Breathing Group 4:00-5:00 p.m.</p>	<p>4</p> <p>*ES Connect Group 10:30-Noon (Caregivers Only – No Coverage for Loved Ones Group)</p>	<p>5</p> <p>*Don's Breakfast Club at Denny's (5645 S. University Dr., Davie, North of Stirling) 9:30 a.m.</p>	<p>6</p> <p>*Brain Aerobics Abby Blacker ComForCare Senior Svc. 11:00 a.m. *Reiki Healing Energy 1:00 & 7:30 p.m.</p>	<p>7</p> 
<p>9</p> <p>Knit & Crochet Scarves for U.S. Military Every Tuesday 1:30-3:30 p.m.</p> 	<p>10</p> <p>*Bereavement Group & *Steppin' Into The Sunshine Group 11:00-12:30 p.m. Scrapbooking/Journal Making 1:30-3:30 p.m.</p>	<p>11</p> <p>NEW DAY *Alzheimer's/Dementia Caregiver Support Group 10:30-11:30/12:00</p>	<p>12</p> <p>*Caregiver Support Group & Presentation with - Guest Speaker 'Feeling Guilty about Placement' 6:30-7:30/8:00 p.m.</p>	<p>13</p> <p>"New Beginnings" Cori Becker, R.N. 11:00 a.m. *Reiki Healing Energy 1:00 & 7:30 p.m.</p>	<p>14</p> 
<p>16</p> <p>*Fibromyalgia Chronic Fatigue Group & Social Hour 1:00 p.m.</p>	<p>17</p> <p>*Bereavement Group 11:00-12:30 p.m. Crafts (Journal Making) 1:30-3:30 p.m.</p>	<p>18</p> <p>ES Connect Group 10:30-Noon *Supper Club Latin American Grill (12638 Pines Blvd.) 5:30 p.m.</p>	<p>19</p> <p>Generic Caregiver Support Group For Any Illness 10:30-11:30 a.m.</p>	<p>20</p> <p>"Changing Relationships" -For Men- Nataly Rubenstein, MSW LCSW, C-ASWCM 11:00 a.m. *Reiki Healing Energy 1:00 & 7:30 p.m.</p>	<p>21</p> <p>Caregiver Support Group 10:00 a.m. Brunch Bunch & Scapbooking 11:00-1:00 p.m.</p>
<p>23</p> <p>*Laughter Yoga with Audrey 11:00 a.m.</p>	<p>24</p> <p>*Bereavement Group 11:00-12:30 p.m. Scrapbooking/Journal Making 1:30-3:30 p.m.</p>	<p>25</p> <p>NEW DAY *Alzheimer's/Dementia Caregiver Support Group 10:30-11:30/12:00</p>	<p>26</p> <p>*Now What? 10:30-11:30 a.m. *Caregiver Support Group 6:30-7:30 p.m. *Free Memory Screening Must Call For Appt.</p>	<p>27</p> <p>"Stressed? You Bet!" Elayne Forgie (ElderCare at Home) 11:00 a.m. *Reiki Healing Energy 1:00 & 7:30 p.m.</p>	<p>28</p>
<p>30</p> 	<p>31</p> <p>*Bereavement Group 11:00-12:30 p.m. Crafts -Journal Making 1:30-3:30 p.m.</p>		<p>***Please Take Note of A New Program: "Crafts: Journal Making" Every Tuesday, 1:30-3:30</p>	