



LEEZA'S PLACE

at Park Slope Geriatric Day Center

Open Monday-Friday 12 to 7 pm

(347) 296-2345 One Prospect Park West, Brooklyn, NY 11215

www.leezasplace.org

*Dedicated to Educating, Empowering and Energizing
Caregivers and those newly diagnosed with memory disorders.*

**All programs are FREE OF CHARGE & held on site unless
otherwise noted.**

Please call 347-296-2345 to reserve your space in each program.

MAY 2008

Dear Guests of Leeza's Place at Park Slope Geriatric Day Center,

With spring in full swing, it's a great time to come out to Leeza's Place to gather the education, empowerment, and energy you need.

Please don't miss our new programs and special events in May. First of all, the Family Caregiver Project is offering **free yoga classes** on **Thursday evenings from 6:30 – 7:30 pm** and will be giving out free yoga mats, refreshments, and other surprise giveaways. These classes will be held right here at Leeza's Place and will be led by **certified yoga instructor Amma Wilson**.

On **Thursday, May 29th from 7:00 – 8:30 pm**, **Dr. Ellen Drexler, Associate Director of Neurology** and Attending Neurologist at Maimonides Medical Center, will be giving a special presentation on a topic of great importance to each and every one of us: **Alzheimer's Disease: All the Facts and None of the Fiction**. Please don't miss out on this opportunity to learn the answers to the most frequently asked questions about the disease. There will also be time for you to ask Dr. Drexler your individual questions. Please call and reserve your seat as soon as possible!

Look forward to seeing you all at Leeza's Place.

Sincerely,

Sharon Lebenkoff

**** If you would like to receive your newsletter via email, please call and let us know!**

Ongoing Programs

Traumatic Brain Injury Group (Fridays 12 pm – 1 pm)

Early Memory Loss Program: The Lotus Club (Tuesdays and Thursdays 10 am – 3 pm)

Understanding Dementia (Tuesday May 27th, 6-8 pm)

Caregiver Support Group for Spouses & Adult Children (2nd & 4th Mondays, 4 pm – 5:15 pm)

Caregiver Support Groups for Adult Children (1st & 3rd Mondays, 6:45-8 pm)

Open Support Group for Caregivers (Wednesdays 10 am – 11:30 am)

Male Caregiver Support Group (1st Thursday of the month, May 1st, 10:30 am – 12 pm)

Reiki Relaxation (dates and times TBA)

New Programs and Special Events

FREE weekly Yoga Class (Thursdays 6:30 – 7:30 pm, no class last Thursday of the month)

FREE Memory Screenings, provided by New York Methodist Hospital (Monday May 5th, 3-6 pm)

Alzheimer's Disease: All the Facts and None of the Fiction, presenter: Dr. Ellen Drexler (Thursday May 29th, 7:00 – 8:30 pm)

EDUCATION – EMPOWERMENT – ENERGY

SUPPORT GROUPS:

Program: **Alzheimer’s Association – Leeza’s Place Caregiver Support Group for Spouses & Adult Children**
Caring for a family member with Alzheimer’s disease or any of the dementias presents unique and difficult challenges. Come and share your experiences of caring for a relative with dementia, the complex issues of care management, and the feelings you may not be able to share with others.

Date/Time: **2nd and 4th Monday from 4:00 – 5:15 pm**
For more information, please call Leeza’s Place at 347-296-2345.

Program: **Alzheimer’s Association – Leeza’s Place Caregiver Support Group for Adult Children**
Caring for a parent with Alzheimer’s disease or any of the dementias presents unique and difficult challenges. Come and share your experiences of caring for a parent with dementia, the complex issues of care management, and the feelings you may not be able to share with others.

Date/Time: **1st and 3rd Monday from 6:45 – 8 pm**
For more information, please call Leeza’s Place at 347-296-2345.

Program: **Open Caregiver Support Group**
This support group is open to ALL caregivers. If you are a caregiver, come join this group for the opportunity to communicate complex emotions with others who understand and share coping strategies. You don’t have to face these challenges alone; please join us! This group is facilitated by Anne Kalman, Caregiver Associate at Park Slope Geriatric Day Center.

Date/Time: **Wednesdays 10:00 am – 11:30 am**
For more information, call Leeza’s Place 347-296-2345

Program: **Male Caregiver Support Group**
Come join Michelle Laguerre, Director of Caregiver Services at Park Slope Geriatric Day Center, for a support group designed especially for male caregivers. This group meets on the first Thursday of the month.

Date/Time: **Thursday May 1st, 10:30 am – 12 pm**
For more information, please call Leeza’s Place at 347-296-2345.

STRESS MANAGEMENT:

Program: **Free Weekly Yoga Class – brought to you by the Family Caregiver Project at PSGDC**

Are you a caregiver of an older loved one? Are you stressed and in need of rejuvenation? Kick off your shoes and energize your spirit at Yoga Thursdays. We will be distributing free yoga mats, refreshments, and other surprise giveaways. Sessions conducted by Amma Wilson, certified yoga instructor.

Date/Time: **Thursdays from 6:30 – 7:30 pm**
Dates: May 1st, 8th, 15th, 22nd and June 5th, 12th, 19th (no class on the last Thursday of the month)
RSVP required, call Jeanmarie Brusati at 718-499-7701 x14 or email jbrusati@psgdc.org

EDUCATION – EMPOWERMENT – ENERGY

EDUCATION:

Program: Understanding Dementia: What You Need to Know and Where To Go

A program provided by the Family Caregiver Project and the Alzheimer's Association, NYC Chapter. This program is designed to offer an overview of Alzheimer's Disease and related memory disorders and orient families to services available in the community.

Date/Time: Tuesday May 27th, 6 – 7:30 pm (RSVP by calling the Alzheimer's Association at 800-272-3900)

Program: FREE Memory Screenings

Take care of your brain the same way you would take care of your heart—get it assessed! This 20-minute assessment is an excellent indicator for early detection of a memory problem. Dr. Goldenberg and associates from the Memory Center at New York Methodist Hospital will meet with you or your loved one individually to conduct the assessment and discuss your results. **APPOINTMENTS ARE NECESSARY. Please call Leeza's Place at (347) 296-2345 to schedule an appointment.**

Date/Time: Monday, May 5th from 3-6 pm

Program: Alzheimer's Disease: All the Facts and None of the Fiction

Is Alzheimer's disease hereditary? Will learning chess and doing crossword puzzles reduce my risk of developing the disease? What are the pros and cons of prescription drugs such as Aricept and Namenda? Learn the answers to these questions and more during this special presentation by **Dr. Ellen Drexler, Associate Director of Neurology and Attending Neurologist at Maimonides Medical Center.**

Date/Time: Thursday May 29th, 7:00 – 8:30 pm
Light refreshments will be provided
RSVP Required – please call Leeza's Place at 347-296-2345

FOR THE CARE RECEIVER:

Program: Traumatic Brain Injury Creativity Group

In partnership with NYC AHRC, Leeza's Place offers a workshop for people living with memory disorder due to traumatic brain injury. New arts and crafts projects, including painting, drawing, and sculpture, are completed every week right here at Leeza's Place or, weather permitting, in nearby Prospect Park.

Date/Time: Fridays from 12 pm – 1 pm (RSVP necessary)
For more information, please call Leeza's Place at 347-296-2345.

Program: Early Memory Loss Program: The Lotus Club

This program is designed specifically for individuals in the early stages of dementia. The program emphasizes the use of cognitive and creative capacities. Activities include discussion groups, journaling, poetry in motion, jewelry-making, music appreciation, memory enhancement exercises, yoga, stress reduction techniques, and wellness. This group is facilitated by Josephine Brown and Jay McGowan, both of whom have extensive training and experience designing and implementing programs for persons with dementia.

Date/Time: Tuesdays and Thursdays 10 am – 3 pm
For more information, please call Josephine Brown at 718-499-7701 x21



**Leeza's Place at
Park Slope Geriatric
Day Center**

Our media center is open Monday - Friday; **please call ahead so we can best serve you.**
For more information, directions to our site, or to reserve space in one of our programs,
Please call Sharon Lebenkoff, Care Advocate, 347-296-2345,
All Programs at Leeza's Place at PSGDC are **FREE OF CHARGE!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 2008				1 *The Lotus Club 10 am – 3 pm *Male Caregiver Group 10:30 am – 12 pm *Free Yoga Class 6:30 – 7:30 pm	2 *Traumatic Brain Injury Group 12 pm - 1 pm	3
4	5 *Memory Screenings 3:00 – 6:00 pm *Caregiver Support Group (Adult Children) 6:45 – 8:00 pm	6 *The Lotus Club 10 am – 3 pm	7 *Open Caregiver Support Group 10 am – 11:30 am	8 *The Lotus Club 10 am – 3 pm *Free Yoga Class 6:30 – 7:30 pm	9 *Traumatic Brain Injury Group 12 pm - 1 pm	10
11	12 *Caregiver Support Group (Mixed) 4:00 – 5:15 pm	13 *The Lotus Club 10 am – 3 pm	14 *Open Caregiver Support Group 10 am – 11:30 am	15 *The Lotus Club 10 am – 3 pm *Free Yoga Class 6:30 – 7:30 pm	16 *Traumatic Brain Injury Group 12 pm - 1 pm	17
18	19 *Caregiver Support Group (Adult Children) 6:45 – 8:00 pm	20 *The Lotus Club 10 am – 3 pm	21 *Open Caregiver Support Group 10 am – 11:30 am	22 *The Lotus Club 10 am – 3 pm *Free Yoga Class 6:30 – 7:30 pm	23 *Traumatic Brain Injury Group 12 pm - 1 pm	24
25	26 *CLOSED FOR MEMORIAL DAY HOLIDAY	27 *The Lotus Club 10 am – 3 pm *Understanding Dementia 6 – 7:30pm	28 *Open Caregiver Support Group 10 am – 11:30 am	29 *The Lotus Club 10 am – 3 pm *Alzheimer's Disease: All the Facts and None of the Fiction 7:00- 8:30 pm	30 *Traumatic Brain Injury Group 12 pm - 1 pm	31