



A Place for Caregivers

## February 2012

News & Program Calendar  
Leeza's Place @ Olympia Medical Center  
A TAX-EXEMPT 501(C) (3)  
NOT-FOR-PROFIT ORGANIZATION



A Place for Caregivers

### *Month at a Glance*

#### EDUCATION

- **Simply Sudoku, Tuesday, 21<sup>st</sup> 1:00 PM – 2:00 PM**
- **Everything you wanted to know about getting eldercare, Wednesday, 22<sup>nd</sup> 10:30 AM- 11:30 AM**
- **Live It Up! 10 Ways to Share Joy When Your Friend Has Alzheimer's, Wednesday, 22<sup>nd</sup> 1:00 PM**

#### EMPOWERMENT

- **Brain Train, Wednesdays, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> 10:30 AM– 2:30 PM, an OPICA Program @ Leeza's Place**
- **Caregiver Support Group, Wednesday 1<sup>st</sup> & 15<sup>th</sup> 11:00 AM- 12:30 PM**
- **Caregiver Support Group Wednesday 1<sup>st</sup> & 15<sup>th</sup> Call for new time:**
- **Young Adult Caregiver Support Group (for individuals in their 20's and 30's) Wednesday 4<sup>th</sup> 7:00 PM (this month in Los Angeles) *This group will meet on the 1<sup>st</sup> Wednesday of the month and alternate locations between the two Leeza's Places***
- **Early Stage Memory Loss Support Group Thursdays: 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, & 23<sup>rd</sup> (2<sup>nd</sup> 1hr, 9<sup>th</sup> 1hr & 1/2, 16<sup>th</sup> 1hr, & 23<sup>rd</sup> 1hr & 1/2)**
- **Gay & Lesbian Caregiver Support Group Thursdays, 2<sup>nd</sup> & 16<sup>th</sup> 1:00 PM ~ 2:30 PM**
- **Caregiver Support Group: Monday, 6<sup>h</sup> & 20<sup>th</sup> 2:00 PM ~ 3:30 PM**
- **Lesbian & Gay Bereavement Support Group: Tuesdays, 7<sup>th</sup> & 21<sup>st</sup> 11:00 ~12:30 PM**

- **Bereavement Support Group, Tuesdays, 14<sup>th</sup> & 28<sup>th</sup> 10:30 AM- 12:00 PM**
- **Gay & Lesbian Bereavement Support Group, Tuesdays 14<sup>th</sup> & 28<sup>th</sup> 1:00 PM**
- **Parkinson's Support Group, Monday, 27<sup>th</sup> 1:45-2:30 PM**
- **Yoga :Breath, Movement, and Meditation Monday, 27<sup>th</sup> 1:00-1:45 PM**

**ENERGY**

**EDUCATION**

### **Simply Sudoku**

*Michael Wyte, Sudoku lover*

That's right, my Dad will be teaching the fundamentals of Sudoku, so come and challenge your brain!

- **Tuesday, 21<sup>st</sup> 1:00 PM**

### **Everything you wanted to know about getting eldercare**

*Bonnie Davis is an Eldercare Advisor* who has worked with hundreds of families guiding them through the maze of senior care options in their local area.

This session will cover questions on Home Care – costs and concerns, Independent Living and Retirement Communities – what does it include, Assisted Living – what is available and costs, and what should one expect, Skilled Nursing Facilities – who is appropriate, and most importantly Who pays for what? She wants to help you be a savvy consumer of care.

- **Wednesday, 22<sup>nd</sup> 10:30 AM- 11:30 AM**

### **Live It Up! 10 Ways to Share Joy When Your Friend Has Alzheimer's**

David shares five of the lessons he has from seven years of caring for a friend with Alzheimer's. He demonstrates that joy is available in all circumstances and that the lives of all parties can benefit tremendously when creating and finding joy is the focus of friendship.

<http://www.JoysAvailable.com>

David Lazaroff is the author of "**Live It Up! 10 Ways to Share Joy When Your Friend Has Alzheimer's**". David is committed to demonstrating that joy is always available. Even when Alzheimer's is present, a great life is accessible.

- **Wednesday, 22<sup>nd</sup> 1:00 PM**

## EMPOWERMENT

### **Leeza's Place Caregiver Support Groups**

*Led by Sheila Moore, LCSW, MSG, Barbara Hament, LCSW, and Yael Wyte, MSW*

Our support group offers an atmosphere of understanding and support for caregivers to explore common difficulties and experiences that come with being the primary caregiver. You are welcome to join us for a time of education, sharing, caregiver support, and to enjoy the company of other caregivers. Do something great for yourself. See below for more information.

- **Mondays, 6<sup>TH</sup> & 20<sup>TH</sup> @ 2:00 PM**
- **Wednesdays, 1<sup>ST</sup> & 15<sup>TH</sup> 11:00 AM - 12:30 PM (Olympia Medical Center)**
- **Wednesday, 1<sup>ST</sup> & 15<sup>TH</sup> CALL FOR NEW TIME**
- **Wednesday, 1<sup>ST</sup> 7:00 PM ( Young Adult Support Group @ Olympia)**

### **Gay & Lesbian Caregiver Support Group**

*Led by Shirley Hirshberg & Yael Wyte, MSW*

Leeza's Place is happy to collaborate with the Los Angeles Gay & Lesbian Center's Seniors Program to provide a safe and intimate place where LGBT caregivers who are caring for someone with a memory loss explore common difficulties and experiences that come with being the primary caregiver.

- **Thursdays, 2<sup>ND</sup> & 16<sup>TH</sup> 1:00 PM - 2:30 PM**

### **Parkinson's Support Group**

*Led by Linda O'Conner, LCSW & Yael Wyte, MSW*

Leeza's Place is proud to collaborate with APDA (The American Parkinson's Disease Association) to educate and empower you during our support group. This group is for both the caregiver and the care receiver. Come and learn about the latest Parkinson's research and stay for support. The American Parkinson's Disease Association (APDA) is the country's largest grassroots, organization serving the 1.5 million Americans with Parkinson's disease and their caregivers.

- **Monday, 27<sup>TH</sup> 1:45 PM - 2:45 PM**

### **Early Stage Support Group**

*Led by Janie Michaels Grauman, LCSW*

This group provides a wonderful safe and unique opportunity for those with memory loss to Educate, Empower, and Energize each other. This group is only for those who have been recently diagnosed with a memory disorder or a Mild Cognitive Impairment. We thank the Motion Picture and Television Fund for collaborating with us in conducting this support group for Early Stage Memory Loss.

- **Thursdays, 2<sup>ND</sup>, 9<sup>TH</sup>, 16<sup>TH</sup>, & 23<sup>RD</sup> See times above for each week's meetings.**

### **Bereavement Support group**

*Led by Judy Kabrins*

Leeza's Place recognizes the importance of supporting you through your whole journey of caregiving, and that includes being there for you post caregiving.

- **Tuesdays, 14<sup>TH</sup> & 28<sup>TH</sup> 10:30 AM ~ 12:00 PM**

### **Gay & Lesbian Bereavement Support Group**

Led by Yael Wyte, MSW & Barbara Hament, LCSW

Leeza's Place is happy to collaborate again with the Los Angeles Gay & Lesbian Center's Seniors Program to provide a safe and intimate place to explore common difficulties and experiences that come with grieving for a loved one.

- **Tuesdays, 7<sup>TH</sup> & 21<sup>ST</sup> 11:00 AM – 12:30 PM**
- **Tuesdays, 14<sup>TH</sup> & 28<sup>TH</sup> 1:00 PM – 2:30 PM**

## ENERGY

### **Mind Breath & Body Yoga**

*Taught by Stephanie Edwards Avadon*

This ancient form of exercise combines classical Yang style Tai Chi and Chi Kung movements. The Chinese word Tai means "GREAT," Chi means "ORIGIN," and Chuan means "EXERCISE WITH THE HANDS." This experience is beneficial to the mind, body, and spirit; energy flows as you move through the movements in this class.

- **Monday, 27<sup>TH</sup> 1:00 PM**

### **Brain Train**

**Taught by Geriatric Specialists from OPICA**

Brain train is a joint partnership with OPICA Adult Day Care providing an enriching weekly program for the individual with Memory Loss and their care partner. The four hour comprehensive program consists of: 1 hour of Yoga, 1 hour of Art Therapy, 1 hour lunch, and 1 hour cognitive and language stimulation. In addition there is a simultaneous one hour support group component for the caregivers. Registration is required.

- **Wednesdays, 1<sup>ST</sup>, 8<sup>TH</sup>, 15<sup>TH</sup>, 22<sup>ND</sup>, & 29<sup>TH</sup> 10:30 AM ~ 2:30 PM**

### **Coming to Leeza's Place:**

### **April: SAVVY CAREGIVER a program of the Alzheimer's Association**

"Savvy Caregiver," is a free six-week course from the Alzheimer's Association that provides family caregivers with basic knowledge, skills, and attitudes to provide care to family members with memory loss. The program offers information, strategies and effective communication techniques for people caregiving for someone with Alzheimer's disease or a related dementia.

Family members must register in advance and families are encouraged to attend together. Participants must attend all six workshops in the series. Class size is limited. Call: (323) 930-6257 to register.

**REGISTRATION IS REQUIRED. Call 323-932-5414 for more information!**

Remember volunteers are always needed and appreciated as are homemade goodies to share with your support groups.

### **MISCELLANEOUS INFORMATION**

**Special Thanks To Silverado Senior Living, Beverly Place for YUMMY Goodies & Treats**

**Hours: Monday- Friday 10:00 AM- 6:00 PM Yael Wyte, MSW · 323-932-5414 · [ywyte@leezasplace.org](mailto:ywyte@leezasplace.org)**



Leeza's Place @ Olympia Medical Center  
5901 W. Olympic Blvd. # 300A. Los Angeles 90036

~ February 2012 ~

*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.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Brain Train 10:30 AM Caregiver Support Group 11:00 AM Caregiver Support Group 6:30 PM (Hollywood) Young Adult Caregiver Support Group (Olympia) 7:00 PM	2 Early stage Support Group 11:00 AM  LGBT Caregiver Group 1:00 AM	3	
	6 Caregiver Support Group 2:00 PM	7 LGBT Bereavement Group 11:00 AM	8 Brain Train 10:30 AM	9 Early stage Support Group 11:00 AM	10	
	13	14 Bereavement Group 10:30 AM  LGBT Bereavement Group 1:00 PM	15 Brain Train 10:30 AM  Caregiver Support Group 11:00 AM  Caregiver Support Group 6:30 PM (Hollywood)	16 Early stage Support Group 11:00 AM  LGBT Caregiver Group 1:00 AM	17	
	20 Caregiver Support Group 2:00 PM	21 LGBT Bereavement Group 11:00 AM	22 Brain Train 10:30 AM  Special Presentation 10:30 AM Special Presentation 1:00 PM	23 Early stage Support Group 11:00 AM	24	
	27 Yoga 1:00 PM  Parkinson's Support Group 1:45	28 Bereavement Group 10:30 AM  LGBT Bereavement Group 1:00 PM	29 Brain Train 10:30 AM			

Notes: