



Welcome to

LEEZA'S PLACE @ Olympia Medical Center

Education! Empowerment! & Energy in the City!

5901 West Olympic Blvd, Suite 300A

Los Angeles, CA 90036 T **323-932-5414**

Open Monday – Friday from 10 AM to 6 PM

Leeza's Place "A Place for Caregivers" is an intimate and safe setting offering free programs and supportive services that educate, empower and energize families of loved ones who are impacted by memory disorder and chronic illnesses.

Educate, Empower, & Energize.

SEPTEMBER 2010 CALENDAR

MONTH AT A GLANCE (Please See Descriptions Below for Details)

Leeza's Place at Olympia Medical Center

Wednesdays, 1st, 8th, 15th, 22nd, & 29th 10:30 AM– 2:30 PM Brain Train, an OPICA Program @ Leeza's Place

Wednesdays, 1st & 15th 11:00 AM ~ 12:30 PM: Caregiver Support Group, led by Yael Wyte, MSW

Wednesdays, 1st & 15th 7:00 PM ~ 8:30 PM: Young Adult Caregiver Support Group, led by Chad Schwartzman

Thursdays, 2nd, 9th, 16th, 23rd, & 30th 11:00 AM ~ 12:30 PM: Early Stage Memory Loss Support Group led by Jay Smith & Janie Michaels Grauman, LCSW (2nd 1 hour, 9th 1 ½ hours, 16th 1 hour, 23rd 1 ½ hours, & 30th 1 hour)

Thursdays, 2nd & 16th 1:00 PM ~ 2:30 PM: Gay & Lesbian Caregiver Support Group led by Shirley Hirshberg, MSW & Yael Wyte, MSW

Monday, 20th 2:00 PM ~ 3:30 PM: CAREGIVER SUPPORT GROUP led by Barbara Hament, LCSW (*please note we will only meet once this month since we are closed on Labor Day*)

***** New Group** Tuesdays, 7th & 21st 11:00 ~ 12:30 PM: Lesbian & Gay Bereavement Support Group led by Yael Wyte, MSW

Tuesdays, 7th & 21st 6:30 PM ~ 8:00 PM: Caregiver Support Group led by Sheila Moore, LCSW, MSG *(This group will meet at 1602 N. Ivar, Hollywood, CA 90028. Please be prepared to find metered street parking or parking in a pay lot. We apologize for the inconvenience).

Tuesdays, 14th & 28^h 10:30 AM- 12:00 PM: Bereavement Support Group led by Judy Kabrins

Tuesdays, 14th & 28th 1:00 – 2:30 PM: Lesbian & Gay Bereavement Support Group led by Yael Wyte, MSW

Tuesday, 21st 11:00 – 12:00 PM Special Presentation: "Navigating the Senior Care Maze" led by Bonnie Davis, MSW, Eldercare Advisor with A Place for Mom

Tuesday, 21st 1:00 PM Simply Sudoku with Michael Wyte! That's right, my Dad will be teaching the fundamentals of Sudoku, so come and challenge your brain!

Monday, 27th PM 1:00 PM – 1:45 Breath, Movement, and Meditation: Yoga with Stephanie Edwards Avadon.

Monday, 27th 1:45~ 2:45 PM NEW TIME!!! Parkinson's Support Group with Linda O' Conner LCSW & Yael Wyte, MSW

CAREGIVER SUPPORT GROUPS

Leeza's Place Caregiver Support Groups

Led by Sheila Moore, LCSW, MSG 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, September 20th 2:00 PM -3:30 PM (Olympia Medical Center) (closed on Labor Day)

Tuesdays, September 7th & 21st 6:30 PM - 7:30 PM (1602 N. Ivar, Hollywood)

Wednesdays, September 1st & 15th 11:00 AM - 12:30 PM (Olympia Medical Center)

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.

Shirley has worked at the AIDS Healthcare Foundation as a part-time social worker and volunteer and is presently facilitating a Life Transitions Support Group at Beth Chayim Hadashim, the oldest Gay and Lesbian synagogue in the United States (started in 2002). She has also worked with Cedars Hospital in the AIDS unit.

Thursdays, September 2nd & 15th 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.

Linda O'Conner LCSW works with the APDA, offering supportive services to caregivers and Parkinson's Patients at Cedars Sinai Medical Center.

Monday, September 27th 1:45 PM - 2:45 PM

Young Adult Caregiver Support Group

Led by Chad Schwartzman

This group is for individuals in their 20's & 30's to come together in an atmosphere of understanding and support for caregivers to explore common difficulties and experiences that come with being the primary or secondary 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.

Wednesdays, September 1st & 15th 6:30 PM - 8:00 PM (Olympia Medical Center)

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.

Janie is an experienced clinician who comes to us from the Motion Picture Television Fund. She has been working with caregivers in support groups as well as individual counseling sessions for a number of years in the Los Angeles area. We thank the Motion Picture and Television Fund for collaborating with us in conducting this support group for Early Stage Memory Loss.

Thursdays, September 2nd, 9th, 16th, 23rd & 30th 11:00 Am 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.

Judy Kabrins graduated from the Wagner Program housed at the AJU in 1987 and has been volunteering in the community facilitating a variety of groups such as Women's Support, Caregivers and Bereavement ever since. I am looking forward to working with her at Leeza's Place.

Tuesdays, September 14th & 28th 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, September 7th & 21st 10:30 PM – 12:00 PM * NEW GROUP**

Tuesdays, September 14th & 28th 1:00 PM – 2:30 PM

WELLNESS SEMINARS

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.

Stephanie Edwards Avedon is an educator and yoga fan. She has taught yoga to both adults and children and is always looking for her next adventure.

Monday, September, 27th 1:00 PM-1:45 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. Registration is required.

Wednesdays, September 1st, 8th, 15th, 22nd, & 29th 10:30 AM ~ 2:30 PM

Music N You

Laura Kanofsky is a Board Certified Music Therapist & LCSW

This music group is an opportunity for loved ones and caregivers to come together through music and experience relaxation, creative expression, reminiscing and fun!

Laura Kanofsky is a Board Certified Music Therapist and Licensed Clinical Social Worker. She has worked as a music therapist with older adults in hospice, outpatient psychiatry, and private practice settings.

Wednesday, September 8th 11:30 AM ~ 12:30 PM (part of Brain Train)

EDUCATIONAL SEMINARS

Navigating the Senior Care Maze


Bonnie Davis, MSW, Eldercare Advisor with A Place for Mom

Bonnie leads a discussion about assessing care options for seniors, and dealing with commonly held misconceptions and questions regarding homeware, assisted living residences, board and cares, nursing homes, funding sources, etc. She will also address dementia care issues, and special medical care needs.

Bonnie Davis has been on staff at the Wagner Program at the American Jewish University, training paraprofessional counselors. Over the past few years her work has focused specifically on the needs of the elderly. Her work is her passion, and it all started with her own mother. As an Eldercare Advisor with a nationwide company, she has worked with families guiding them through the maze of senior care options. Her services are free. Her goal is to help the family understand the different options appropriate to *their particular care needs*. She explains funding sources, and works with the family to match to their personal preferences and geographic and budgetary constraints.

Tuesday, September 21st 11:00 AM~ 12:00 PM

Coming in October

alzheimer's  association® Presents the return of the Savvy Caregiver Program

October 14-November 18, 2010 Thursdays, 10:00 am – 12:00 pm at the Alzheimer's Association
5900 Wilshire Blvd., Ste. 1100 Los Angeles, CA 90036

Leeza's Place @ Olympia Medical Center and the Alzheimer's Association are offering Savvy Caregiver. This **free** six week course provides family caregivers with the basic knowledge, skills, and attitudes needed to provide care to a family member who has memory loss. The program offers information, strategies and effective communication techniques for people caregiving for someone with Alzheimer's disease or related dementia. This evidence-based intervention has benefited caregivers through increasing their confidence, managing difficult behaviors and likelihood to take care of themselves.

Family members **must register in advance** and families are encouraged to attend together. Class size is limited and some funds are available for respite in order to attend the classes.

Savvy Caregiver will be offered at the Alzheimer's Association. Parking will be validated.

To register, please call Susan (323) 930-6230.

DROP IN

Please feel free to drop in any time or call and set up an appointment to meet with me one-on-one or with your family. I am happy to help any way that I can, and encourage you to stop in and say hello.

SAVE THE DATE!

alzheimer's  association® Memory Walk is Coming Sunday November 7 join Team Leeza ask me how!!!

<https://www.kintera.org/faf/home/waiver.asp?ievent=339551&lis=1&kntae339551=6A6783D596AB4BF29D2ABB324FD9D2AA&jt=3805640&teamsName=Team+Leeza%27s+Place>

SPECIAL THANKS



Also a very special thank you

for our delicious and continuous snack supply!



**Education!
Empowerment!
Energy!**

**Leeza's Place @ Olympia
Medical Center**

5901 West Olympic Blvd.
300A
Los Angeles, CA 90036

Phone: 323-932-5414

E-mail: ywyte@leezasplace.org

September 2010

Leeza's Place @ Olympia Medical Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:30 AM Brain train	2 11:00 AM Early Stage Support Group	3	4
			11:00 A.M. Caregiver Sup- port Group	1:00 PM LGBT Caregiver Sup- port Group		
5	6 Closed for the Holiday	7 6:30 PM Care- giver Support Group (Hollywood)	8 10:30 AM Brain train	9 11:00 AM Early Stage	10	11
12 US Open Tennis Finals, I will be watching will you?!!!	13	14 10:30 Am Bereave- ment Group	15 10:30 AM Brain train	16 11:00 AM Early Stage Support Group	17	18
		1:00 PM LGBT Bereavement Group	11:00 A.M. Caregiver Sup- port Group	1:00 PM LGBT Caregiver Sup- port Group		
19	20 2:00 PM care- giver Support Group	21 11:00 AM Special Presenta- tion 1:00 PM Sudoku 6:30 PM Care- giver Support Group	22 10:30 AM Brain train	23 11:00 AM Early Stage	24	25
26	27 1:00 PM Yoga 1:45 PM Park- inson's Support Group	28 10:30 Am Bereavement Group 1:00 PM LGBT Bereavement Group	29 10:30 AM Brain train	30 11:00 AM Early Stage		