



# ~FEBRUARY 2011~

## LEEZA'S PLACE ATWELLMED

February 2011

A Tax-Exempt 501(c) (3) Not-For-Profit Organization

14100 Nacogdoches Suite 120 San Antonio, Texas 78247 - Tel 599-4614 - [www.leezasplace.org](http://www.leezasplace.org)

Leeza's Place, "A Place for Caregivers" is a community resource center designed to Educate, Empower and Energize caregivers who are impacted by a family member or loved one with a memory disorder or any chronic disease."

**"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin." ~Mother Teresa**

### EDUCATION

#### EDUCATION:

- Arts and crafts with Rita Creswell (February 14 from 10:00am-2:00pm)
- Scrapbooking (February 9 and 16 from 10am-12pm)
- Fibromyalgia/ Pain management (February 7 and 21 from 12-2pm)
- Alamo Service Connection Tele-conference Phone learning sessions \*call 210-599-4614 to register
- Department of Counseling, Educational Psychology and Adult Higher Education Support Group (February 2 from 10:30am-12pm)

### EMPOWERMENT

#### EMPOWERMENT:

- Caregiver Support Group provided by Louise Fergesen (February 3 and 17 at 5:30pm)
- Bereavement Support Group with Oscar Olivares (February 17 from 10:30-11:30am)
- Quilting with Yuie! (February 22 at 1:30)

### ENERGY

#### ENERGY:

- Chili and a Movie Night (February 11 from 4:00-6:00pm)
- Leeza's Memory Television - LMTV (Available by appointment)
- Exercise with Oasis' Priscilla Palomo every Tuesday and Thursday at 1:30pm (see calendar for dates)
- Celebrate February birthdays with cake and ice cream (February 28 from 12-1:30pm)



## “Friends of Leeza’s Place”

Leeza’s Place is a community gathering place offering free supportive services and programs to caregivers and their loved ones.

“The weak can never forgive. Forgiveness is the attribute of the strong.”

[Mahatma](#) Gandhi

## *Can you lend a helping hand?*

*Our hands can do so much more when they also work with our hearts!*

With your help, Leeza’s Place is able to continue to design and offer new services and programs that provide a nurturing and life renewing place for caregivers and their loved ones to prepare for the journey ahead, and to stay on a safe course. We are looking for caregivers, professionals, and friends to help us with:

- ♥ Community Outreach
- ♥ Special Event Ideas & Planning
- ♥ Contribution Coordination with Community Partners

Volunteers of Leeza’s Place share their heart-felt words:

“Why do we volunteer and do the things we do for Leeza’s Place?”

1. We do all that we do to give back to Leeza’s Place for all they do for us.
2. We do it because it brings us together with others who are walking the same path that we are.
3. We volunteer to make sure that Leeza’s Place will always be there for us and for others to come.”

*Jackie - Health First Leeza’s Place, Melbourne, FL*

“We do it because Leeza’s Place gives us a place to go where my loved one can be with people whom are familiar with his situation. He doesn’t have to worry about what he says or does, because no one questions him. It gives him a sense of being needed, pride and responsibility.”

*Vince - Leeza’s Place Volunteer*

Leeza’s Place ~ A Place for Caregivers  
**Education, Empowerment, and Energy**

*Join Us Today ~ Lend a Helping Hand*

210-599-4614

14100 Nacogdoches Ste. 120



Rita Avendano-Leeza Care Advocate  
 ravendano@leezasplace.org  
 Hours M-Thursday 9am-5pm  
 Friday 9-4pm  
 Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday til 6:45pm, 1<sup>st</sup>& 3<sup>rd</sup> Thursday til 6:45pm

# February 2011

[www.Leezasplace.org](http://www.Leezasplace.org)  
 210-599-4614 work  
 210-723-9295 cell

LEEZA'S PLACE at WellMed  
 (A Tax-Exempt 501(c) (3) Not-For-Profit Organization);  
 14100 Nacogdoches, Suite 120  
 San Antonio, Texas 78247

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Linda Pike-Care Volunteer</b>  <b>Loleitta Smith AARP employee</b>  <b>Princella Guilory AARP employee</b>	<b>1</b> <b>Walking 10-10:30am</b>  <b>Exercise with Priscilla Palomo with OASIS 1:30-2:30pm</b>  <b>8 Support group for children with chronic disease 5:30-6:30pm</b>	<b>2</b> <b>Department of Counseling, Educational Psychology and Adult &amp; Higher Education Support group 10:30am</b>  <b>12-2pm Crochet</b>	<b>3</b> <b>Exercise with Priscilla Palomo with OASIS 1:30-2:30pm</b>  <b>Support group w/ Louise 5:30pm-6:30pm</b>	<b>4</b> <b>Walking 10-10:30am</b>
<b>7</b> <b>Charles Agar from Alz-care 10-11am</b>  <b>Fibromyalgia support and education with Marie Bumpass 12-2pm</b>	<b>8 Support group for children with chronic disease 5:30-6:30pm</b>  <b>Exercise with Priscilla Palomo with OASIS 1:30-2:30pm</b>	<b>9</b> <b>Walking 10-10:30am</b>  <b>Scrapbooking</b>	<b>10</b> <b>Exercise with Priscilla Palomo with OASIS 1:30-2:30pm</b>	<b>11</b> <b>Walking group 11-12</b>  <b>MOVIE DAY! Come watch movies and just RELAX! 1-4pm</b>
<b>14</b> <b>Calligraphy with Rita Creswell 10:30-12</b>  <b>Happy Valentine's Day!</b>	<b>15</b> <b>Walking 10-10:30am</b>  <b>Exercise with Priscilla Palomo with OASIS 1:30-2:30pm</b>	<b>16</b> <b>12-2pm Crochet</b>  <b>Scrapbooking 10-12</b>	<b>17</b> <b>Bereavement support group w/ Oscar Olivares w/ Hospice Inspiris 10:30-11:30am</b>  <b>Support group w/ Louise 5:30pm-6:30pm</b>  <b>Exercise with Priscilla Palomo with OASIS 1:30-2:30pm</b>	<b>18</b> <b>Walking 10-10:30am</b>  <b>2 quick ways to relieve stress! 12:30-1:30pm</b>
<b>21</b> <b>Scrapbooking 10-12</b>  <b>Fibromyalgia support and education with Marie Bumpass 12-2pm</b>  <b>Walking group 10-11am</b>	<b>22</b> <b>Quilting with Youie 1:30-3:30pm</b>  <b>Exercise with Priscilla Palomo with OASIS 1:30-2:30pm</b>	<b>23</b> <b>Walking 10-10:30am</b>  <b>NEW SEMINAR! Brookdale Senior Living; Informational on memory care/Alzheimer's placement 1-2pm</b>	<b>24</b> <b>Neptune Society: Cremation 10-11:30am</b>  <b>Exercise with Priscilla Palomo with OASIS 1:30-2:30pm</b>	<b>25</b> <b>Walking 10-10:30am</b>
<b>28</b> <b>Celebrate February birthdays! 11-12</b>				

LEEZA'S PLACE is an intimate and safe setting where caregivers of those diagnosed with a neurological disorder and/or any chronic disease can gather to prepare themselves for the challenging journey ahead. ~ We offer a supportive setting created for the purpose of educating, empowering, and energizing.

## EDUCATION

### Exploring Community Resources–

LEEZA'S PLACE AT WellMed offers resources for anyone who wishes to stop by to learn about, and/or research resources available in and around our community. Our goal is to help you sort through, and connect with, a variety of community and health-related services available to caregivers and persons with memory disorders or any chronically illness.

### Fibromyalgia–

HealthLink brings us MariElena Bumpass to educate us on fibromyalgia and pain management techniques. Not only will this educate us but also empower us to deal with pain better. Leeza's Place hopes that you too will find this class educational and empowering to you and your loved one. Don't miss it!

**\*January 10 and 24 from 12–2pm**

### Alamo Caregiver Teleconnection–

Tele-Learning sessions are free. Designed to support the quality of life of the caregiver, Alamo Caregiver Teleconnection makes it possible to bring emotional, educational and social support to you.

Call 210-877-7987 or 210-599-4614 to register or visit [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org)

**\*January see calendar for times**

## EMPOWERMENT

### Memory Media Center –

Please take advantage of our Leeza's Place Library. LEEZA'S PLACE AT WellMed is a community-based education and resource center designed to provide information about Alzheimer's disease and related memory disorders. The Memory Media Center includes literature, videos, DVD's, books, and computer stations to provide Internet access. Our visitors may view materials at our location in San Antonio, or check them out to review at home.

**\*Memory Media Center (Books and CDs available for check-out)**

## Caregiver Support Group –

LEEZA'S PLACE WellMed offers both day and evening **Caregiver Support Group** sessions that provide 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. We are happy and feel very blessed that **Louise Fergasen** facilitates the evening support group.

**\* January 6 and 20 at 5:30pm**

## Arts and Crafts with Rita Creswell–

Besides having fun, you will learn how to do simple and beautiful gifts that you won't want to miss! Don't miss the fun in this arts and craft class! Join us for the Make it and take it class where you will make several crafts and be able to take them home with you!

**\*January 17 from 10:00am – 2:00pm**

## Bereavement

Have you lost a loved one? Many of us feel overwhelmed dealing with the loss of a loved one. We all deal with the grieving process differently. Oscar Olivares with will be holding a bereavement support group in both English and Spanish to accommodate more of our wonderful caregivers.

**\*January 20 from 10:30–11:30am**

## Scrapbooking

Come in and enjoy Scrapbooking your favorite memories. Scrapbooking is always available here at Leeza's Place.

**\*Scrapbooking January 12 from 12:00am–2:00pm**

**ENERGY**

**“Chili and a Movie”** Social isolation can detach and separate a caregiver and give rise to a wide variety of stresses for those taking care of a love one. Isolation is dangerous because it cuts off family members from outside help and support they need to cope with the stresses of caregiving. Leeza's Place would like to invite you to join us to feel less isolated creating strong bonds of assistance and friendship participating and sharing with other caregivers your favorite movie, your favorite story or just come in and have fun with others. May we will watch Radio, starring Ed Harris and Cuba Gooding Jr. for another heartwarming story.

**\*January 14 from 4:00–6:00pm**

## Pain Management–

MariElena with **HealthLink** will discuss pain management for disease management. She is a licensed massage therapist and the coordinator for fibromyalgia, arthritis and chronic pain support groups. She has a wealth of information on medical massage, myofascial release technique, trigger point release, cranial sacral, and manual therapies. Please join us as we welcome MariElena Bumpass.

**\*January 10 and 24 from 12–2pm**

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*If you can't make it for one of our workshops or education sessions,  
please feel free to stop by anytime to say hello, visit, or  
use any of our resources.*

**NEW HOURS!**

*Monday–Thursday 9–5 PM,  
and every first Tuesday until 6:45pm and every 1<sup>st</sup> and 3<sup>rd</sup> Thursday until 6:45pm  
Other hours available by appointment.*

***The coffee pot is always on!!***

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