

# THE LEEZA GIBBONS MEMORY FOUNDATION

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(888) OK-LEEZA | [www.LeezasPlace.org](http://www.LeezasPlace.org)



*Leeza Gibbons is nationally recognized as a media personality and social entrepreneur who was recently named "Voice of the Caregiver" by AARP magazine. She demonstrated insight and innovation when she created the Leeza Gibbons Memory Foundation and its signature program, Leeza's Place, to offer free services to the voiceless population of caregivers who feel disenfranchised and under-valued. After Leeza's mother was diagnosed with Alzheimer's disease, she created "what we wished we had when we were going through our process of confusion, frustration, isolation and helplessness", Leeza says.*

## Fact Sheet - Leeza Gibbons Memory Foundation & Leeza's Place

- **MISSION STATEMENT:** 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.
- Leeza Gibbons created The Leeza Gibbons Memory Foundation in 2002 as a promise to her mother to "tell her story and make it count" after her diagnosis of Alzheimer's disease. Leeza's Place, the signature program of The Leeza Gibbons Memory Foundation, opened its first doors the following year in 2003 as the manifestation of what Leeza "wished we had when we were going through this journey".
- Currently, we operate Leeza's Place centers across the country. Last year, we had over 25,000 visits to our centers, supporting caregivers with programs that Educate, Empower and Energize. We offer free support services to caregivers and their families at our Leeza's Place locations. We are a source of strength and purpose connecting caregivers to one another and the much needed resources within their own community. Our online resource library and support blog also provide virtual support for caregivers.
- In the US, there are over 65 million caregivers currently taking care of a loved one going through a health crisis. These are husbands and wives, sons and daughters, brothers and sisters, family and friends who are taking care of each other. Caregivers are often depressed, stressed and depleted which can lead to burnout...often causing stress related disorders that can take up to ten years off the life of the caregiver. We are here to remind those caregivers that they must take care of themselves too.

## Take Your Oxygen First at Leeza's Place



Our Mantra at Leeza's Place is "Take Your Oxygen First" (*the title of our award-winning book*). Caregivers must nourish themselves mind, body, soul and spirit before taking care of their loved ones. All of the programs at Leeza's Place serve the unique needs, values, pressures and goals of caregivers and their loved ones. Programs are designed to provide educational and empowerment strategies that are not currently available to caregivers. Although services may vary from site to site, each Leeza's Place provides programs that offer support on three levels - emotional, educational and social.

For more information, call 888-OK-LEEZA or visit us online at [www.leezasplace.org](http://www.leezasplace.org).