

THE LEEZA GIBBONS MEMORY FOUNDATION

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FOR IMMEDIATE RELEASE:

PEMBROKE PINES, FL – November 3, 2010 - Making a Difference in the Lives of Caregivers



At Leeza's Place, we know the job of being a caregiver is both frustrating and fantastic; isolating and invigorating; a blessing and a burden. Those husbands and wives, daughters, sons and friends who care for someone they love often find they are stronger than they ever imagined they could be.

More than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one. Each and every month we celebrate those courageous spirits who give of themselves day in and day out to provide care for their loved ones.

For those long-term caregivers, health and well-being is often compromised. Studies show that 40% to 70% of family caregivers have clinically significant symptoms of depression with approximately a quarter to half of these caregivers meeting the diagnostic criteria for major depression. Our programs and services are designed to help caregivers with so many of the challenges they face. Leeza's Place provide education, empowerment and energy to family caregivers as they embark on the difficult journey ahead.

As we celebrate **National Family Caregiver Month**, we're announcing a unique opportunity to provide support and inspiration to all of our Leeza's Place caregivers and guests! During the holiday season, you can support our caregiver programs by purchasing limited time caregiver support gifts including special gift sets and individual products. Orders may be placed online by clicking [HERE](#). All proceeds support the programs we offer at Leeza's Place through The Leeza Gibbons Memory Foundation.



For most of us the holidays are a festive time. But for those families caring for a loved one who is chronically ill or suffering from a memory disorder, the holiday season can be filled with unexpected challenges that others do not face. If you're a caregiver, chances are you need help...especially during the holiday season.

That's why at Leeza's Place, we believe the first step in dealing with caregiver stress is to recognize the signs. Common signs that stress may be affecting your health include:

Physical Signs

- Disturbed Sleep
- Back, Shoulder or Neck Pain, Muscle Tension
- Headaches
- Fatigue

- Weak Immune System
- Skin Disorders

Emotional Signs

- Anxiety
- Depression
- Lack of Concentration
- Feeling of Isolation
- Irritability

To see the rest of our caregiver stress warning signs, [CLICK HERE](#). It's important to note that these signs should not be used as a self-diagnosis tool, but rather a way of facilitating a conversation between you and your family members, friends and health practitioners.

At Leeza's Place, we believe that no caregiver should ever feel alone... Thank you for your continued support of our mission and programs.

Ever forward,



Leeza Gibbons

Board Chair, Co-Founder

Leeza Gibbons Memory Foundation

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Leeza's Place is the signature program of the Leeza Gibbons Memory Foundation.

For more information, visit www.LeezasPlace.org.

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