



~ JUNE ~

LEEZA'S PLACE ATWELLMED

June 2009

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

14100 Nacogdoches Suite 120 San Antonio, Texas 78247 - Tel 599-4614 - www.leezasplace.org

An intimate and safe setting for caregivers and those recently diagnosed with Memory disorders ~ offering EDUCATION, EMPOWERMENT, and ENERGY programs.

"One Person caring about another represents life's greatest value"

Jim Rohn

EDUCATION

EDUCATION:

- Exploring Community Resources (Every Friday at 1PM)
- Memory Media Center (Books and CDs available for check-out)
- Expanded Nutrition Program June 11,25 10:00-12:00am)
- Living Healthy life with Chronic Conditions classes Wednesdays (June 3,10,17,24 3:30pm)

EMPOWERMENT

EMPOWERMENT:

- Caregiver Support Group (Every Wednesday June 10,24 at 10:30 AM and June 3,17 at 5:30pm)
- Memory Preservation Workshop (Tuesday June 9,16,23 10:00am)
- Leeza's Memory Television - LMTV (Available by appointment)

ENERGY

ENERGY:

- Meditation (Friday June 12,26 at 10:00 am)
- 'T'ai Chi (Friday June 12,26 at 11:00 am)
- Let's play bingo (June 5,19 11:00 am)
- Flex and Stretch (June 5,19 10:00am)
- "Family Night" June 18 5:00-9:00pm
- "Magic Mandy Touch" (Massage Therapist" June 12, 26 11:30-1:30

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.

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.

My Health Matters—Dealing with the symptoms of chronic illnesses can be overwhelming, especially without support. My Health Matters classes were developed by Stanford University to help people with chronic health diseases such as diabetes, high blood pressure, arthritis and heart disease learn and practice the life skills required to live well with chronic illness. RSVP by calling 599-4614 to start 2nd class

EMPOWERMENT

CAREGIVER SUPPORT GROUP – Leeza's Place Support Group

LEEZA'S PLACE WellMed offer 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. Group discussions will be facilitated by Kristi Kelly MS, LBSW Community Relation Director. You are welcome to join us for a time of education, sharing, caregiver support, and to enjoy the company of other caregivers.

- ❖ Wednesday June 10,24 ~ 10:30 AM – 11:30 Noon
- ❖ Wednesday June 3,17 ~ 5:30 PM – 6:30 PM

MEMORY PRESERVATION WORKSHOP – Building & Preserving Family Memories

LEEZA'S PLACE AT WellMed offers an on-going Memory Preservation Workshop for the caregiver and their recently diagnosed loved one. Each workshop is designed to help families create **Family Memory Books**. Our instructor a scrapbooking genius teaches participants how to use materials in an artistic way providing an enjoyable and uplifting experience. All materials are provided; just bring your family photos and enjoy! This workshop is for all levels of scrap bookers from beginners to experience. Please RSVP to 599-4614.

- ❖ Monday June 15,29 ~ 10:00 AM – 12:00 PM
- ❖ Participants may attend classes on an ongoing, or “drop in” basis

ENERGY

“Meditation is not the means to an end; it is the means and the end.”
(Krishnamurti)

T'ai chi (Ti-CHE) is sometimes described as "meditation in motion" and involves gentle, deliberate circular movements combined with deep breathing. As you concentrate on the motions of your body, you develop a feeling of peace and tranquility. T'ai chi appears to offer both physical and mental benefits no matter what your age. It's used to: reduce stress, improve balance and coordination, improve muscle strength, increase energy, stamina, flexibility, and agility, and increase feelings of well-being.

Instructor June Garcia RN BSN CMS Meditation Facilitator.

❖ Friday June 12,26 10:00am-11:00am

“T'AI CHI –T'ai chi (ti-CHE) is sometimes describing as “meditation in motion” and involves gentle, deliberate circular movements combined with deep breathing. It's used to: reduce stress, improve balance and coordination, improve muscle strength, increase energy, stamina, flexibility, and agility, and increase feelings of well-being,

❖ Friday June 12,26 11:00 am

Instructor June Garcia RN BSN CMS Meditation Facilitator

“FAMILY NIGHT” 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. Isolation makes it harder for outsiders to see and intervene in a volatile situation. 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.

❖ Thursday June 185:00-9:00pm

❖ *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.*

❖ *Monday-Friday, 9:00 AM - 6:00 PM,*

❖ *Other hours available by appointment.*

❖ *The coffee pot is always on!!*



“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.

“To the world, you may be just somebody. But to somebody, you just might be the world.”
~ *Anonymous*

Can you lend a helping hand?

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

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

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

“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




My Health Matters Learn Skills That Include:

- *Proper nutrition*
- *Eating healthy*
- *Stress Management*
- *Relaxation techniques*
- *Exercise you can do!*
- *Communication skills to use with your doctor/family/friends.*
- *Problem-solving techniques*
- *Future plans for healthcare*
- *Setting goals*
- *Dealing with difficult emotions*

My Health Matters

Living well with
Chronic Conditions
Free at Leeza's
Place @ WellMed
2nd class
June 3-July 15
At 3:30

To RSVP call Marisa
Chapa
599-4614

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>All programs at LEEZA'S PLACE At WellMed are FREE OF CHARGE! Hours of services 9:00-6:00 and some evenings Please see calendar.</p>						
	1	2	3 <i>Caregivers Support Group</i> 5:30 <i>Overview of self Management and chronic health conditions</i> 3:30	4	5 <i>Flex and Stretch</i> 10:30	6
7	8	9 <i>Scrapbooking</i> 10:00	10 <i>Caregivers Support Group</i> 10:30 <i>Using mind to manage symptoms</i> 3:30	11 <i>Cooking with Rita</i> 10:00 am	12 <i>Meditation</i> 10:00 <i>T'ai chi</i> 11:00 <i>"Mandy Magic Touch"</i> 11:30-1:30	13
14	15 <i>Making Cards</i> 10:00-1:00 	16 <i>Scrapbooking</i> 10:00	17 <i>Caregivers Support Group</i> 5:30 <i>Dealing with Difficult Emotions</i> 3:30	18	19 <i>Flex and Stretch</i> 10:30	20
21 <i>Father's Day</i>	22	23 <i>Scrapbooking</i> 10:00-11:00	24 <i>Caregivers Support Group</i> 10:30 <i>Communication</i> 3:30	25 <i>Cooking with Rita</i> 10:00 am	26 <i>Meditation</i> 10:00 <i>T'ai chi</i> 11:00 <i>"Mandy Magic Touch"</i> 11:30-1:30	27
28	29 <i>Making Cards</i> 10:00-1:00	30 <i>Scrapbooking</i>				



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For more information please call Marisa
Chapa Leeza Care Advocate, (210) 599-
4614 Cell:
(210)909-1774