



~ MAY ~

LEEZA'S PLACE ATWELLMED

May 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 May 14,28 10:00-12:00am)
- Dr. Holly Wyder from WellMed "Mind Fitness " (Wednesday (May 27 12:00pm)

EMPOWERMENT

EMPOWERMENT:

- Caregiver Support Group (Every Wednesday May 13,27 at 10:30 AM and May 6,20 at 5:30pm)
- Memory Preservation Workshop (Monday May 4,18 10:00am)
- Leeza's Memory Television - LMTV (Available by appointment)

ENERGY

ENERGY:

- Meditation (Friday May 1,15 at 10:00 am)
- 'T'ai Chi (Friday May 1,15 at 11:00 am)
- Let's play bingo (May 8,22 11:00 am)
- Flex and Stretch (May 8,22 10:00am)
- "Family Night" May 29 5:00-9:00pm
- "Magic Mandy Touch" (Massage Therapist" Friday May 1, 15 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.

“Mind and Fitness” Join us to meet **Dr. Holly Wyder** from WellMed. Dr. Wyder completed her Internal Medicine residency at the University of Texas Health Science Center in San Antonio, Texas Dr. Wyder is ready and willing to serve her community through her medical practice.

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 May 13,27 ~ 10:30 AM – 11:30 Noon
- ❖ Wednesday May 6,20 ~ 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 May 4,18~ 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 May 1,15 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 May 1,15 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.

❖ Friday May 29, 5:00-9:00pm

❖ *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

A Thousand Thanks

Mothers, Day brings to mind
The thousands of things you
did for me that helped make me
happier, stronger and wiser,
because I had you as a role
Model,

I am grateful for all the times
You healed my hurts and
clamed my fears, so that I
could face the world feeling
safe and secure.

I am thankful for all you
showed me about how to love
and give—lessons that now
bring so many blessings to me
each and every day.

Your sacrifices and unselfishness did not go unnoticed,
Mom. I admire you, I respect you, I love you and I'm so
glad you're my mother



Happy Mother's Day





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

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 Meditation 10:00 T'ai chi 11:00 "Mandy Magic Touch" 11:30-1:30	2
3	4 Making Cards 10:00-1:00 	5 Scrapbooking 10:00	6 Caregivers Support Group 5:30	7 Mother's Day Luncheon 1:00 Put luck	8 Flex and Stretch 10:00 Bingo 11:00	9
10 Happy Mother's Day	11	12 Scrapbooking 10:00	13 Caregivers Support Group 10:30	14 Cooking with Rita 10:00 am	15 Meditation 10:00 T'ai chi 11:00 "Mandy Magic Touch" 11:30-1:30	16
17	18 Making Cards 10:00-1:00 	19 Scrapbooking 10:00-11:00	20 Caregivers Support Group 5:30	21 CPR 3:00	22 Flex and Stretch 10:00 Bingo 11:00	23
24	25 Memorial Day Closed	26 Scrapbooking	27 Caregivers Support Group 10:30 Dr. Holly Wyder 12:00	28 Cooking with Rita 10:00 am	29 Family Night 5:00pm	30



~ May ~2009 ~

LEEZA'S PLACE at WellMed
For more information, please call
Marisa Chapa, Leeza Care Advocate
(A Tax-Exempt 501(c)(3) Not-For-Profit Organization);
(210) 599-4614 Cell: (210) 947-0074
1491074 Nacogdoches, Suite 120
San Antonio, Texas 78247

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