



Welcome to

LEEZA'S PLACE @ Olympia Medical Center

Education! Empowerment! & Energy in the City!

5901 West Olympic Blvd, Suite 300A

Los Angeles, CA 90036 T **323-932-5414**

Open Monday – Friday from 10 AM to 6 PM

Leeza's Place "A Place for Caregivers" is an intimate and safe setting offering free programs and supportive services that educate, empower and energize families of loved ones who are impacted by memory disorder and chronic illnesses.

Educate, Empower, & Energize.

JUNE 2010 CALENDAR

Join us for a very special workshop:

What Happens at the End?

Tuesday, June 29, 2010 12:00 pm – 2:00pm

- Presenters: Carol Hahn, R.N., G. Jay Westbrook, M.S., R.N., & Stella Henry, R.N., CSL

MONTH AT A GLANCE (Please See Descriptions Below for Details)

Leeza's Place at Olympia Medical Center

Wednesdays, 2nd, 9th, 16th, 23rd & 30th 10:30 AM– 2:30 PM Brain Train, an OPICA Program @ Leeza's Place

Wednesdays, 2nd & 16th 11:00 AM ~ 12:30 PM: Caregiver Support Group, led by Yael Wyte, MSW

Wednesdays, 2nd & 16th 6:30 PM ~ 8:00 PM: Young Adult Caregiver Support Group, led by Chad Schwartzman

Thursdays, 3rd, 10th, 17th, & 24th 11:00 AM ~ 12:30 PM: Early Stage Memory Loss Support Group led by Jay Smith & Janie Michaels Grauman, LCSW (3rd 1 hour, 10th 1 ½ hours, 17th 1 hour, 24th 1 ½ hours)

Thursdays, 3rd & 17th 1:00 PM ~ 2:30 PM: Gay & Lesbian Caregiver Support Group led by Shirley Hirshberg, MSW & Yael Wyte, MSW

*** NEW Monday, 7th & 21st 2:00 PM ~ 3:30 PM: CAREGIVER SUPPORT GROUP led by Barbara Hament, LCSW

Tuesdays, 1st & 15th 6:30 PM ~ 8:00 PM: Caregiver Support Group led by Sheila Moore, LCSW, MSG *(This group will meet at 1602 N. Ivar, Hollywood, CA 90028. Please be prepared to find metered street parking or parking in a pay lot. We apologize for the inconvenience).

Tuesdays, 8th & 22nd 10:30 AM- 12:00 PM: Bereavement Support Group led by Judy Kabrins

Tuesdays, 8th & 22nd 1:00 – 2:30 PM: Lesbian & Gay Bereavement Support Group led by Yael Wyte, MSW & Barbara Hament, LCSW

Wednesday, 12th 11:30 AM Music 'N You led by Laura Kanofsky, Board Certified Music Therapist & LCSW

*****Tuesday, 15th 1:00 ~ 2:00 PM Simply Sudoku with Michael Wyte!**
That's right, my Dad will be teaching the fundamentals of Sudoku, so come and challenge your brain!

Monday, 28th 1:00 PM- 1:45 PM Breath, Movement, and Meditation: Yoga with Stephanie Edwards Avadon.

Monday, 28th 1:45 ~ 2:45 PM NEW TIME!!! Parkinson's Support Group with Linda O' Conner LCSW & Yael Wyte, MSW

***** Special Workshop Tuesday, June 29, 2010 12:00 pm – 2:00pm Workshop: What Happens At the End? Presented by Carol Hahn, R.N., G. Jay Westbrook, M.S., R.N., & Stella Henry, R.N., CSL**

CAREGIVER SUPPORT GROUPS

Leeza's Place Caregiver Support Groups

Led by Sheila Moore, LCSW, MSG and Yael Wyte, MSW

Our support group offers 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. Do something great for yourself. See below for more information.

Tuesdays, June 1st & 15th 6:30 PM - 7:30 PM (1602 N. Ivar, Hollywood)

Wednesdays, June 2nd & 16th 11:00 AM - 12:30 PM (Olympia Medical Center)

***** New Group Mondays, June 7th & 21st 2:00 PM -3:30 PM (Olympia Medical Center)**

Gay & Lesbian Caregiver Support Group

Led by Shirley Hirshberg & Yael Wyte, MSW

Leeza's Place is happy to collaborate with the Los Angeles Gay & Lesbian Center's Seniors Program to provide a safe and intimate place where LGBT caregivers who are caring for someone with a memory loss explore common difficulties and experiences that come with being the primary caregiver.

Shirley has worked at the AIDS Healthcare Foundation as a part-time social worker and volunteer and is presently facilitating a Life Transitions Support Group at Beth Chayim Hadashim, the oldest Gay and Lesbian synagogue in the United States (started in 2002). She has also worked with Cedars Hospital in the AIDS unit.

Thursdays, June 3rd & 17th 1:00 PM - 2:30 PM

Parkinson's Support Group

Led by Linda O'Conner, LCSW & Yael Wyte, MSW

Leeza's Place is proud to collaborate with APDA (The American Parkinson's Disease Association) to educate and empower you during our support group. This group is for both the caregiver and the care receiver. Come and learn about the latest Parkinson's research and stay for support. The American Parkinson's Disease Association (APDA) is the country's largest grassroots, organization serving the 1.5 million Americans with Parkinson's disease and their caregivers.

Linda O'Conner LCSW works with the APDA, offering supportive services to caregivers and Parkinson's Patients at Cedars Sinai Medical Center.

Monday, June 28th 1:45 PM - 2:45 PM NEW TIME!!!

Young Adult Caregiver Support Group

Led by Chad Schwartzman

This group is for individuals in their 20's & 30's to come together in an atmosphere of understanding and support for caregivers to explore common difficulties and experiences that come with being the primary or secondary caregiver. You are welcome to join us for a time of education, sharing, caregiver support, and to enjoy the company of other caregivers. Do something great for yourself.

Wednesdays, June 2nd & 16th 6:30 PM - 8:00 PM (Olympia Medical Center)

Early Stage Support Group

Led by Janie Michaels Grauman, LCSW

This group provides a wonderful safe and unique opportunity for those with memory loss to Educate, Empower, and Energize each other. This group is only for those who have been recently diagnosed with a memory disorder or a Mild Cognitive Impairment.

Janie is an experienced clinician who comes to us from the Motion Picture Television Fund. She has been working with caregivers in support groups as well as individual counseling sessions for a number of years in the Los Angeles area. We thank the Motion Picture and Television Fund for collaborating with us in conducting this support group for Early Stage Memory Loss.

Thursdays, 3rd, 10th, 17th, & 24th 11:00 Am See times above for each week's meetings.

Bereavement Support group

Led by Judy Kabrins

Leeza's Place recognizes the importance of supporting you through your whole journey of caregiving, and that includes being there for you post caregiving.

Judy Kabrins graduated from the Wagner Program housed at the AJU in 1987 and has been volunteering in the community facilitating a variety of groups such as Women's Support, Caregivers and Bereavement ever since. I am looking forward to working with her at Leeza's Place.

Tuesdays, June 8th & 22nd 10:30 AM ~ 12:00 PM

Gay & Lesbian Bereavement Support Group

Led by Yael Wyte, MSW & Barbara Hament, LCSW

Leeza's Place is happy to collaborate again with the Los Angeles Gay & Lesbian Center's Seniors Program to provide a safe and intimate place to explore common difficulties and experiences that come with grieving for a loved one.

Tuesdays, June 8th & 22nd 1:00 PM – 2:30 PM

WELLNESS SEMINARS

Mind Breath & Body Yoga

Taught by Stephanie Edwards Avadon

This ancient form of exercise combines classical Yang style Tai Chi and Chi Kung movements. The Chinese word Tai means "GREAT," Chi means "ORIGIN," and Chuan means "EXERCISE WITH THE HANDS." This experience is beneficial to the mind, body, and spirit; energy flows as you move through the movements in this class.

Stephanie Edwards Avedon is an educator and yoga fan. She has taught yoga to both adults and children and is always looking for her next adventure.

Monday, June 28th 1:00 PM~ 1:45 PM

Brain Train

Taught by Geriatric Specialists from OPICA

Brain train is a joint partnership with OPICA Adult Day Care providing an enriching weekly program for the individual with Memory Loss and their care partner. Registration is required.

Wednesdays, June 2nd, 9th, 16th, 23rd & 30th 10:30 AM ~ 2:30 PM

Music N You

Laura Kanofsky is a Board Certified Music Therapist & LCSW

This music group is an opportunity for loved ones and caregivers to come together through music and experience relaxation, creative expression, reminiscing and fun!

Laura Kanofsky is a Board Certified Music Therapist and Licensed Clinical Social Worker. She has worked as a music therapist with older adults in hospice, outpatient psychiatry, and private practice settings.

Wednesday, 9th 11:30 AM ~ 12:30 PM

EDUCATIONAL SEMINARS

Alzheimer's Association's Care Consultation Program - With Becky Durand, PhD, MSW
Clinical Manager, Care Consultation Program

The Alzheimer's Association's Care Consultation Program helps people cope with the challenges of caring for a loved one. The service includes support, education, care planning, problem solving, and referral to community resources.

Becky Durand is the Clinical Manager of the Care Consultation Program at the Alzheimer's Association. She has extensive experience in geriatrics and dementia care.

Please call for an appointment.

Special Workshop: What Happens at the End?

Exploring end of life issues pertaining to dementia can be challenging. Our presenters will provide information on how dementia progresses, what to expect and how to plan for the future with expertise and sensitivity.

Target Audience...

Persons with an early stage diagnosis and their care partners

Workshop Goals...

- Explore end of life issues of people affected by dementia including progression and what to expect.
- Provide information and tools to help prepare the care partner and the person with dementia for end of life decisions.
- Examine care options available.

DROP IN

Please feel free to drop in any time or call and set up an appointment to meet with me one-on-one or with your family. I am happy to help any way that I can, and encourage you to stop in and say hello.

Volunteer & Donation

If you have a few extra hours a month and want to spend them giving back to the community I could use your help and welcome your company. Please call me so we can best match your skills with Leeza's Place's needs.

SPECIAL THANKS



Also a very special thank you

for our delicious and continuous snack supply!