



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, and Tuesdays 12:00 PM - 8:00 PM

Leeza's Place is an intimate and safe setting where caregivers and loved ones recently diagnosed with any memory disorder can gather for education and support and prepare themselves for the challenging journey ahead. Leeza's Place at Olympia Medical Center is a supportive center offering programs that **Educate, Empower, & Energize.**

### MARCH 2010 CALENDAR

Please join us for the return of our  
**CAREGIVER OSCAR BRUNCH!!**

Monday, March 8<sup>th</sup> @ 11:30 AM

Thank you to Silverado Senior Living~Beverly Place  
for hosting.

Please make sure to RSVP by Wednesday, March 3<sup>rd</sup>.

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

#### Leeza's Place at Olympia Medical Center

Tuesdays, 2<sup>nd</sup> & 16<sup>th</sup> 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. While we are working on a parking solution, please be prepared to find metered street parking or parking in a pay lot. We apologize for the inconvenience).

Wednesdays, 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, & 31<sup>st</sup> 10:30 – 2:30 Pm Brain Train

Wednesdays, 3<sup>rd</sup> & 17<sup>th</sup> 11:00 AM ~ 12:30 PM: Caregiver Support Group, led by Yael Wyte, MSW

**\*\*\* GROUP RETURNS** Wednesdays, 3<sup>rd</sup> & 17<sup>th</sup> 6:30 PM ~ 8:00 PM: Young Adult Caregiver Support Group, led by Chad Schwartzman

Thursdays, 4<sup>th</sup> 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> 11:00 AM ~ 12:30 PM: Early Stage Memory Loss Support Group led by Jay Smith & Janie Michaels Grauman, LCSW (4<sup>th</sup> 1 hour, 11<sup>th</sup> 1 ½ hours, 18<sup>th</sup> 1 hour, 25<sup>th</sup> 1 ½ hours)

Thursdays, 4<sup>th</sup> & 18<sup>th</sup> 1:00 PM ~ 3:00 PM: Gay & Lesbian Caregiver Support Group led by Shirley Hirshberg, MSW & Yael Wyte, MSW

**\*\* Special OSCAR BRUNCH Monday, 8<sup>th</sup> 11:30AM** The return of the Caregiver Oscar Brunch. Make sure to fill out your Oscar ballot in advance!! **RSVP by March 3<sup>rd</sup>!** Thank you again to Silverado Senior Living- Beverly Place for hosting.

**\*\*\* NEW GROUP!! Tuesdays, 9<sup>th</sup> \* & 23<sup>rd</sup> 10:30 AM- 12:00 PM Bereavement Support Group** led by Judy Kabrins

**Tuesdays, 9<sup>th</sup> & 23<sup>rd</sup> 1:00 – 2:30 PM: Lesbian & Gay Bereavement Support Group** led by Yael Wyte, MSW & Barbara Hament, LCSW

**Wednesday, 10<sup>th</sup> 11:30 AM Music 'N You** led by Laura Kanofsky; Board Certified Music Therapist & LCSW

**Monday, 22<sup>nd</sup> 1:00 PM- 1:45 PM Breath, Movement, and Meditation: Yoga** with Stephanie Edwards Avadon. Class is on the last Monday this month because of the new time.

**Monday, 22<sup>nd</sup> 1:45 ~ 2:45 PM NEW TIME!!! Parkinson's Support Group** with Linda O' Conner LCSW & Yael Wyte, MSW

### 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, March 2<sup>nd</sup> & 16<sup>th</sup> 6:30 PM - 7:30 PM (1602 N. Ivar, Hollywood)**

**Wednesdays, March 3<sup>rd</sup> & 17<sup>th</sup> 11:00 AM - 12:30 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, March 4<sup>th</sup> & 18<sup>th</sup> 1:00 PM - 3:00 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, March 22<sup>nd</sup> 1:00 PM - 2:30 PM NEW TIME!!!**

## **\*\*\*\*\* GROUP RETURNS 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, March 3rd & 17th 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, March 4th, 11th, 18th & 25th See times above for each week's meetings.**

### **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, March 9th & 16th 1:00 PM – 2:30 PM**

## **\*\*\* NEW GROUP: 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, March 9th & 23rd 10:30 AM ~ 12:00 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, March 22nd 1:00 PM NEW TIME**

#### **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, March 3rd, 10th, 17th, 24th & 31st**

**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, March 10<sup>th</sup> 12:30 AM ~ 1:30 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.**

**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.

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**FREE HELP FOR THE SICK, ELDERLY, HANDICAPPED OR ANYONE IN ANY STATE!!!**

*Yvette A. Jackson, MSW, CEO of TLC Medical Social Worker Agency, Inc.*

**Do you know someone with Dementia, Alzheimer's, Memory Loss, Physical Impairment, Mental Illness, Multiple Sclerosis, Parkinson's, Stroke or any other medical ailment? If so, we can help them!!!**

**Our new website was designed to provide information resources and referrals to those who need help ranging from In-Home Care to Legal Assistance. You can also enter your personalized request, as well.**

**Visit our FULL SERVICE NATIONWIDE WEBSITE (click on the link below)**

<http://www.referralsfromtheheart.com>

**If you provide any of the services listed on the website "Needs Survey" or any other resource and are interested in becoming a part of our SERVICE PROVIDER DIRECTORY, please call us at (888) 852-6792 and let the operator know that you are inquiring about the SERVICE PROVIDER DIRECTORY. We look forward to assisting you with your needs!!!**