November 2014

Leeza's Care Connection
a Program of the Leeza Gibbons Memory Foundation

Celebrating Caregivers!

This month is **National Family Caregiver Month**, a time to acknowledge the important role that family members, friends and neighbors play in caring for the people they love. This year's theme selected by The Caregiver Action Network (CAN) for National Caregiver Month is **CARE COMES HOME**.

At Leeza's Care Connection, we honor and thank these **COURAGEOUS CAREGIVERS** for the long, challenging work they perform behind closed doors. And we re-commit to supporting caregivers each and every day, not just during National Family Caregiver Month. We are a supportive hug, a safe place to cry, a room for worry and a **COMMUNITY OF CARE**. We are a family who gets that being a caregiver can be both a burden and a blessing.

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2. LCC Comes to Leeza's Hometown in South Carolina
3. Be a Warrior of Wellness
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But more than that, we are a team of people who have been there. We can hold your hand and help you find answers. We help you **SUMMON YOUR STRENGTH** and call on your courage for the difficult path you must walk as you become resourceful with your "new normal" way of life caring for someone you love.

Please take a moment to read our newsletter as we honor and celebrate National Family Caregiver Month!

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**SUPPORT US WITH YOUR VOTE!**

**Vote for Leeza’s Care Connection**

Leeza’s Care Connection offers free support services for family caregivers facing health challenges of all kinds to find resources and connect to others.

> **VOTE FOR LEEZA’S CARE CONNECTION!** <

We are so honored to be included as one of the charities in Woman’s Day Magazine’s Close to Your Heart campaign!

**Vote for Leeza’s Care Connection as your favorite cause and help us raise funds.** Show that you support our work to give family caregivers the strength they need when someone they love gets sick. Thanks for being there for us!

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**LEEZA TO OPEN IN HER HOMETOWN**
We are so excited to announce that Leeza's Care Connection will soon be opening in my hometown! It is the fulfillment of a promise I made to my mother. Mom was my best friend and moral compass. When we were living in Whitehall in Irmo she was strong, funny and never let me get away with anything! She believed in all my dreams and could spot a crumb on the carpet two rooms away.

It truly is one of those destiny things. Transforming this 59 year old home to a community resource center where we connect caregivers and guests to the services they need and to others who have been there done that is like we won the lottery.

The flowers at the Mungo House were the pride of the neighborhood. It is both ironic and poetic that to fulfill a promise I made to her, I now have a chance to be part of the legacy of that house and that corner of Tram and St Andrews Rd. Thanks to The Michael J. Mungo Foundation for helping to make this dream come true.

We'll be announcing many more exciting updates in the weeks ahead, so stay tuned!

~ Leeza Gibbons

If you've got a desire to reclaim yourself, You're a Warrior!

If you're tired of wondering, "Is this all there is?" You're a Warrior!

If you aren't ready to give up on YOU just because you're showing up for somebody else, You're a Warrior!

At Leeza's Care Connection, we encourage our guests to be

"WARRIORS OF WELLNESS"
Are you ready for a whole new level of WOW? It's more than being physically fit; it's feeling STRONG and READY for anything. Not just emotionally well adjusted, but spiritually ALIVE and EXCITED for what's next. We're talking beyond balanced, OWNING your life all the way to the next level of WOW!

After 10 years of learning from our communities of family caregivers, we have seen that EVERYONE benefits when these first responders are MIGHTY and STRONG. The care receivers benefit, families do better, employers get more productivity and over 40 million people have a chance to rewrite the caregiver stress story which often ends in so much compassion fatigue that caregivers lose years off their lives.

That's why we launched WARRIORS OF WELLNESS (WOW) - to reset the conversation around caregiving and focus on the winning side of the story. This is a powerful force waiting to be unleashed.

Stay tuned for more exciting developments as we begin to introduce more wellness programs and services in the coming new year at Leeza's Care Connection!

VIRTUAL DEMENTIA TOUR

November 20th
at Providence Saint Joseph Medical Center
We are thrilled to announce we are working with two of our favorite partners, Second Wind Dreams and Providence Saint Joseph Medical Center, who is committed to serving their families and patients needs, by being one of the first hospitals in the greater Los Angeles area to bring the Virtual Dementia Tour to its campus!

The Virtual Dementia Tour is an experience developed by Gerontologist P.K. Beville, that allows participants to go through a room with special gear on and feel as though they have Alzheimer's Disease or dementia. Our very own Leeza Gibbons participated in the tour and shares her experience:

"PK Beville created an amazing opportunity for us all to experience some of what it's like to have Alzheimer's disease with the Virtual Dementia Tour. My grandmother and mother each spent more than ten years behind the veil of Alzheimer's, but it wasn't until I spent about 8 minutes in the VDT that I got a glimpse of what their world was like. It was so emotional for me that I sobbed with the reality of what my mother had gone through. I think everyone who diagnoses the disease and all caregivers should have this experience. It opens your heart and shows the need for us to offer our humanity those who struggle." ~ Leeza Gibbons

The hospital's goal is provide their staff with access to this experience, moving them from sympathy to empathy and to better understand the behaviors and needs of their patients. Director of Neurovascular Services, Robert Pickett said:

"Providence Saint Joseph Medical Center is committed to additional training for our caregivers on interacting with patients experiencing dementia. Providing sensitive and evidence-based care is an integral part of our philosophy: know me, care for me, ease my way."
The Virtual Dementia Tour is open to the public at Providence beginning November 20th. For more information, please call: (818) 847-4875.

CAREGIVER HEALTH E-BRAIN STUDY

Sign Up Now!

Caregivers brains are the keepers of the secrets! Be part of our 21st Century Brain Trust virtual brain study and unlock the conversation. At Leeza's Care Connection, we are excited and proud to join such powerful partners to make a difference. YOU can make it happen too!

Are you one of the 15 million caregivers looking after a loved one with Alzheimer's or other dementia? Help scientists understand how the caregiving lifestyle impacts brain performance. Join the Caregivers' HEALTH-eBRAIN project and participate in an online study to assess your cognition.

> CLICK HERE TO JOIN THE STUDY! <
Leeza joins Celebrity Apprentice

Plays for Leeza's Care Connection

Leeza Gibbons

Good luck to our Fearless Leader as she tackles this season on Celebrity Apprentice to raise money and awareness for Leeza's Care Connection. Leeza is passionate, smart, competitive and tireless so we think she will be able to escape the infamous "You're Fired" for a long time!

The new season will premiere on Sunday, Jan. 4 from 9-11p.m. ET/PT before settling in its regular time slot, Monday at 8-10 p.m.

For more information, visit LeezasCareConnection.org.