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When eating is GOOD for Stress • February 17, 2015 • Issue #790

## RETRO MAGAZINE

A look back at 20 years of *Today's Caregiver* magazine

### March/April 2007

## An Interview with Leeza Gibbons

2007 is a banner year for cover interview Leeza Gibbons, as The Leeza Gibbons Memory Foundation celebrates its fifth anniversary and Leeza celebrates her fiftieth birthday. And although anniversaries and birthdays are traditionally times to dance and celebrate, Leeza has taken these celebrations to a whole new level by dancing for the entire world as a participant on ABC's *Dancing with the Stars* television program.

*Leeza is also using her appearance as yet another opportunity for her to shine a spotlight on the work that family caregivers do on a daily basis for their loved ones. Editor-in-Chief Gary Barg was able to get Leeza off her feet for a few minutes to talk about a wide range of topics before she had to return to once again trip the light fantastic.*

**Gary Barg:** I've got to tell you, it is amazing how much you have accomplished with the Leeza Gibbons Memory Foundation in a few short years. Can you talk about what is new with the foundation?

**Leeza Gibbons:** Our work has grown dramatically as our commitment to our mission to serve caregivers has guided us into new areas. Personally, it was very rewarding to see TWO Leeza's Place locations in my own backyard: the Circle of Care Leeza's Place in Sherman Oaks and Assistance League Leeza's Place in Hollywood. Since the LA area is so diverse, it has been wonderful to open our doors and offer our free services to the multilingual, multiethnic population here and learn ways to adjust our programs for the maximum benefit. We have also found our "care coaches" concept is really taking off. As

you know better than most, Gary, caregivers often find themselves becoming depleted and frustrated; especially immediately after a loved one has been diagnosed with a disease or disorder. The coaching concept gives caregivers great comfort in the knowledge that they are not alone. We help devise a team and a plan to guide and support. You can find out more at [SheerInspirationCoaching.com](http://SheerInspirationCoaching.com).

**Gary Barg:** How has your caregiving experience with your mother changed as her Alzheimer's disease has progressed? [...more](#)

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## IN THIS ISSUE

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## FEATURED ARTICLE

# Occupational Therapy Intervention is a Family Affair

*By Janie L. Rosman, Staff Writer*

Illness progression that includes loss of independence, initiative and participation in social and daily activities affects quality of life for those living with it, their loved ones, and their caregivers [...more](#)

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## GUEST ARTICLE

### **Assistance in the Vitamin Aisle**

*By Kim Dalzell, PhD, RD, LD*

Whether in good or ill health, many of us take dietary supplements in an attempt to feel better, have more energy and enhance our health potential. And even if you don't take dietary supplements, as a caregiver, you may find yourself in the position of making important decisions about nutritional supplements for your loved one—a confusing and often daunting task given the vast amount of nutrition misinformation and cleverly formulated health claims. Friends, family members and other well-meaning individuals may be able to offer you some advice, but how can you be sure it is the right advice for your loved one? [...more](#)

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## CARETIPS

### **Nutrition Ideas for Stress Reduction**

*By Cheryl Ellis, Staff Writer*

Stress depletes the body of energy in a variety of ways. Loss of sleep, feelings of agitation or depression, and development of poor eating habits are “side effects” of stress that need intervention. Some stress can help us rise to the occasion and get things done, but too much stress drains the body. One way to break the stress cycle is by changing the diet to one that can actually help reduce stress [...more](#)

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## CARENOTES

### From Lisa:

My 86-year-old mother-in-law is in a nursing home. She is being released (for lack of funds) and sent home to Santa Ana, California. She is legally blind and has severe back problems and high blood pressure. She is very fragile. She survives on a modest amount of Social Security income and does have Medicare.

We are unable to be there 24/7. She needs help with bathing, dressing, cooking, eating, cleaning, laundry, checking her blood pressure, medication, doctor appointments, etc.

There are two sets of stairs in her house. Front porch (three steps), but most important is her living room (one step). I do not want her to fall. She uses a walker and a wheelchair. She needs ramps and/or railing to grab hold of. I do not know who to contact for assistance. Do you know of anyone willing to provide this type of service/help/assistance?

Thank you for your time.

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