



# September 2017

**Hours:**  
Mon - Fri 9am – 5pm  
(803) 888-7525  
201 St Andrews Rd  
Columbia, SC 29210  
[LeezasCareConnection.org](http://LeezasCareConnection.org)

**Managing Director: Marti Colucci**  
**Email:** [marti@leezascareconnection.org](mailto:marti@leezascareconnection.org)  
**Program Director: Kena Dill**  
**Email:** [kena@leezascareconnection.org](mailto:kena@leezascareconnection.org)

**Follow us!**   

## SEPTEMBER SPECIAL: CAREGIVER VIP RETREAT!

Are you a caregiver? Then you could use a little pampering — **VIP style!** Take a break and join us with other well deserving caregivers as we feed your mind, body and spirit! All VIP services provided are **FREE** of charge! Several experts will be on hand to discuss caregiver topics like stress management, fall prevention and dementia dilemmas. **Let us pamper YOU on Sept. 15<sup>th</sup> from 10:00 am – 3:00 pm! RSVP by Sept. 12 by calling (803) 888-7525/ [kena@leezascareconnection.org](mailto:kena@leezascareconnection.org).**

- Lunch
- Certificate of Recognition
- Massages
- Gift bags
- Hand treatments
- Hair styling



## IN OUR COMMUNITY: 44<sup>TH</sup> ANNUAL IRMO OKRA STRUT FESTIVAL September 30<sup>th</sup> 7507 Eastview Dr, Irmo

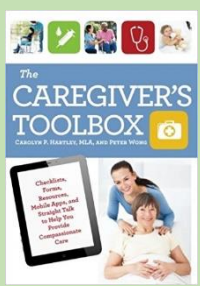
Join Team LCC in the Okra Strut Parade on Saturday morning at 9am! Later, stop by and say hello at our Leeza's Care Connection booth! Want to volunteer or help make our LCC parade float extra special? Call (803) 888-7525 or email Kena at [kena@leezascareconnection.org](mailto:kena@leezascareconnection.org)! Visit [www.OkraStrut.com](http://www.OkraStrut.com) for more information.

## MESSAGE FROM LEEZA

It's understandable that caregivers sometimes get stuck in a web of worry about how to manage and move on. Sometimes, a simple affirmation can help. Try this: I may not know what the future holds for me, but today I will take a step forward. I will try to release my anxiety and worry about the past, and even though I am uncertain about tomorrow, I'm prepared to start over so I can arrive there with optimism and hope. Ever Forward, *Leeza*



## SEPTEMBER SERIES: THE CAREGIVER'S TOOLBOX



Full or part time caregiving adds at least 20 hours unpaid time to our week. We juggle conflicting demands between work, play and family. As members of the clinical care team, we roll up our sleeves to add many titles to our job

description. When someone asks, "How can I help?" we look as if they've grown a third eye!

In this **six-week series, The Caregiver's Toolbox**, Leeza's Care Connection is bringing in the lead author (and Columbia resident) of *The Caregiver's Toolbox*, Amazon's #1 hot new release for nine consecutive weeks in the medical home category. As an attendee in this series, you will learn:

- ✓ **Where to find the most reliable websites for disease management**
- ✓ **How to get a second opinion**
- ✓ **Easy technology tools for communicating with your care team**
- ✓ **Your rights as a caregiver**
- ✓ **How to decode medical bills**
- ✓ **How to manage/ protect your loved one's high-risk accounts**

**WHEN:** **Wednesdays, Sept 13, 20, 27**  
**and continuing on Oct 4, 11, 18**

**WHERE:** **Leeza's Care Connection at St. Mary's Episcopal, 170 St Andrews Rd, Columbia**

**Lunch provided. RSVP preferred but not necessary to attend. RSVP by calling (803) 888-7525 or email: [Kena@leezascareconnection.org](mailto:Kena@leezascareconnection.org)**

## HEALTHY BRAIN TIP:

### SWITCH HANDS!

#### THE TASK:

Learn to use your “other” hand. If you’re right-handed, use your left hand for some daily activities. Start with brushing your teeth, and practice until you have perfected it. Try to work your way up to more complex tasks, such as eating.

#### THE REASON:

This is an example of a type of exercise that takes something you know and puts it in a new and demanding context. Doing such an activity can drive plasticity on a large scale, as millions of neurons adjust to establish better control of your “other” hand.

*2017 Posit Science*



## BRAIN MAGIC CHALLENGE:

Think of a *number*.

Double it.

Add ten.

Half it.

Take away the  
number you  
started with.

Your number is:



## HEALTHY RECIPE OF THE MONTH

### QUINOA AND APPLE SALAD WITH ALMONDS

#### Ingredients:

- 1 cup quinoa (red, golden, or mixed)
- 1 cup red grapes, halved
- ½ cup roasted, unsalted almonds, chopped
- 2 scallions (white and light green parts), sliced
- 1 apple, such as Granny Smith, cut into ½-inch pieces
- ¼ cup fresh chopped parsley (or favorite herb)
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra virgin olive oil
- ½ teaspoon honey
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

#### Directions:

1. In a small saucepan, bring 2 cups of water to a boil over medium-high heat.
2. Stir in the quinoa. Reduce the heat to low and cover tightly.
3. Cook until quinoa is tender and the water is absorbed, 12 to 15 minutes.
4. Remove from heat and fluff with a fork. Let stand, covered, for 5 minutes more. Let cool.
5. In a large bowl, combine the grapes, almonds, scallions, apple, parsley, and quinoa.
6. In a small bowl, whisk together the lemon juice, oil, honey, salt, and pepper.
7. Pour over the salad and toss to combine.

**NUTRITIONAL INFORMATION:** Calories 224, Total fat 13g, Saturated fat 1.5g, Protein 5g, Carbohydrate 24g, Dietary fiber 4g, Sugar 11g, Cholesterol 0mg



Apples and grapes give this salad a healthy dose of antioxidant power. Combine with quinoa, fresh parsley, roasted almonds and lemon juice for a great mix of flavors.



## PICTURE THIS...



The ladies really have a "leg up" on line dancing!



A few wonderful caregivers connecting over crafts!



We all earned our License to Laugh at Ladies Laughter Yoga!



Enjoying some laughs at our Solar Eclipse Party!



Waiting for total darkness! What a sight to behold!



Solar Eclipse Photo Booth fun!



In complete solar awe!

## LOOKING AHEAD: Mark your calendar!



Join Team LCC on Saturday, October 21 at Spirit Communications Park!

Help make Team LCC even bigger and better this year! Join our team for only \$10 and take the first steps toward a world without Alzheimer's! For more information, email Kena at [kena@leezascareconnection.org](mailto:kena@leezascareconnection.org) or call us at (803) 888-7525. We hope to see you there!



## ABOUT US



Leeza Gibbons made a promise to her mom to "tell her story and make it count". What began as a promise has now become a

legacy and dream come true. Thanks to the Michael J. Mungo Foundation, our Founding Members and many other supporters from the community, we opened Leeza's Care Connection on the corner of Tram Rd. and St. Andrews Rd. in the Michael J. and Mary Meech Mungo home, located in the very neighborhood Leeza and her family once lived.

At Leeza's Care Connection, we are the answer to "Now What?" when you get the news that someone you love has cancer, MS, a brain tumor, stroke, Alzheimer's or any other chronic disease. We help families summon their strength and call on their courage as they prepare to move forward with a "new normal" way of being on the difficult journey ahead.

*We are a place to ask questions and get answers; a place to take a deep breath knowing you'll get through it.* All programs and services are **FREE OF CHARGE!** Stop by during business hours for a tour or visit our Care Café, a caregiver and community oasis, for some coffee, tea or a quick snack!

## NEW SUPPORT GROUP AT LCC!

Beginning this September, LCC welcomes a new support group, the *Breathe Easier Club*. This group is for those living with lung cancer and their family members. Thanks to USC's College of Nursing for considering LCC in their efforts to support to this underserved population!



UNIVERSITY OF  
**SOUTH CAROLINA**  
College of Nursing



Bridging Cancer Care™  
Community Awareness, Prevention and Care



## THIS MONTH'S EDUCATION PROGRAMS

### **September 13<sup>th</sup>, 20<sup>th</sup>, & 27<sup>th</sup> from 12:00 – 1:30 pm, LUNCH 'N LEARN SERIES: The Caregiver's Toolbox**

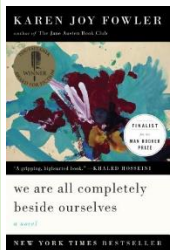
In this six-week series, LCC is bringing in the lead author of The Caregiver's Toolbox. You will learn: Where to find the most reliable websites for disease management, how to get a second opinion, easy technology tools for communicating with your care team, your rights as a caregiver, how to decode medical bills, and how to manage/ protect your loved one's high-risk accounts. *Lunch provided by Colonial Gardens Alzheimer's Special Care Unit and Harbor Chase of Columbia. RSVP is requested, but not required to attend.*

### **September 14<sup>th</sup> from 2:30 pm – 3:30 pm, ASK THE EXPERT: Tax Talk - Tax Tips for Older Adults**

Learn who generally is and is not required to file a tax return. From there, you'll also be introduced to some other special tax considerations for seniors such as gift taxes, state and federal benefits for seniors, and how to designate someone to assist with tax matters. Expert presenter: Larry Slaughter, *Liberty Tax*. *Lunch provided by Liberty Tax. RSVP is requested, but is not required to attend.*

### **September 15<sup>th</sup> from 10:00 am – 3:00 pm, Caregiver VIP Retreat**

Are you a caregiver? Then you could use a little pampering — VIP style! Take a break and join us with other well-deserving caregivers as we feed your mind, body and spirit! Several experts will be on hand to discuss caregiver topics like stress management, fall prevention and dementia dilemmas. Let us pamper YOU with massages, hand treatments, hairstyling, gifts bags and a Certificate of Recognition for all you do. RSVP by calling (803) 888-7525. *Lunch provided by First Choice VIP Care Plus.*



### **September 21<sup>st</sup> from 12:00 – 1:00 pm, BBR BOOKCLUB**

#### **AUGUST BOOK OF THE MONTH: *We Are All Completely Beside Ourselves* by Karen Joy Fowler**

Are you in a reading slump? This book may be just what you need. "A novel so readable juicy and surreptitiously smart, it deserves all the attention it can get." – New York Times. The Cooke family's story is about love, loss and secrets. The family dynamics have gone askew and the reader finds out why through the twists and turns of the plot. A joyful page turner!

### **September 25<sup>th</sup> from 10:30 – 12:00 am, TRAINING: Clergy Caregiving Training**

Learn to identify and support the caregivers within YOUR faith community! This program aims to help clergy understand who caregivers are, the challenges they face and what available resources for caregivers exist in our community. We can help provide resources to start or increase the role of your members' care ministries!

### **September 28<sup>th</sup> from 11:30 am – 1:00 pm, ASK THE EXPERT: Tax Talk – Social Security**

Learn when Social Security benefits are taxable and when they are not. If your only income is Social Security, are you required to file a tax return? Expert presenter: Larry Slaughter, *Liberty Tax*. *Lunch provided by Liberty Tax. RSVP is requested, but is not required to attend.*

## Gratitude and Acknowledgements

~ Thanks to the **Michael J. Mungo Foundation** for giving life to our mission and for its continued faith in our dream and to **Lexington Medical Center** for being our primary sponsor of programs to educate caregivers!

~ THANK YOU TO ALL our **monthly education and lunch sponsors!** We appreciate your continued support!

**COLONIAL GARDENS**  
ALZHEIMER'S SPECIAL CARE CENTER



**CAUGHMAN-HARMAN**  
and  
**DUNBAR FUNERAL**



## **SUPPORT GROUPS**

### **Caregiver Support Groups**

You are not alone! Connecting with other caregivers, sharing, venting, learning from each other and our facilitators helps you gain an understanding that you are not alone. Each of our groups below meets twice a month.

Evening group meets the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month from 6:00pm – 7:15pm

Daytime group meets the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month from 1:00pm – 2:15pm

**Parkinson's Caregiver Support Group** – Meets the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday from 11:30am–1:00pm

*Lunch provided by Dunbar Funeral Home.*

**Caregiver Support Group for Early Stages of Dementia** – Meets 1<sup>st</sup> and 3<sup>rd</sup> Tuesday from 11:30am–1:00pm. This is a group for caregivers and families adjusting to a new diagnosis of some form of dementia and focuses on what you need to know, plan and do in order to live the best life possible in the midst of this chronic illness.

**Grief Support Group** – Meets the 2<sup>nd</sup> & 4<sup>th</sup> Monday from 1:00 – 2:15pm

Connect with other caregivers who have experienced loss and challenges that living with grief brings. *Group sponsored by All Seasons Hospice.*

**Keeping the Faith** – Meets the 1<sup>st</sup> & 3<sup>rd</sup> Thursday from 1:00 – 2:15pm

This is a non-denominational support group aimed to connect you with other caregivers throughout their spiritual journey and help you learn God's truth about yourself.

**Breathe Easier Club** – Meets September 29<sup>th</sup> from 11:30 am – 1:00pm

This group is for lung cancer survivors and their families. RSVP by calling 803-777-9736.

## **WELLNESS AND ENERGY PROGRAMS**

**Caregiver 101 with Carlos "Pops" Gibbons** – Meets 2<sup>nd</sup> & 4<sup>th</sup> Tuesday from 2:00pm – 3:00pm

Join Carlos "Pops" Gibbons, Jennifer Kistler with LTC Health Solutions and others who have walked the path as they share tips and techniques on how to survive your caregiving journey.

**Sit 'n Stitch** – Meets every Wednesday of each month from 10:00am – 12:00pm

Please come and meet others who are on, or have completed, the caregiving journey. Bring your current project or just yourself and learn how to soothe your stress with crocheting, knitting, and companionship. No experience needed!

**Love and Support** – Meets the 3<sup>rd</sup> Monday of each month from 11:30 am - 1:00 pm

Join Marsha Ward from Daybreak Adult Care Services in a group discussion for support and resources to those caring for someone with dementia. *Lunch provided by Daybreak Adult Care Services.*

**Arts and Crafts: Learn to Paint & Sculpt** – Meets September 7<sup>th</sup> & 20<sup>th</sup> from 2:30 – 4:00 pm

Join Montez English to learn the joys of all things creative! This fun, stress relieving group is a great way to connect with other caregivers and get your creative juices flowing! No art experience needed!

**Men's Coffee Club** – Meets the 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month at 9:30am

Connect with other caregivers who have walked the caregiving path over coffee and breakfast.

**Healing Rhythms: Drumming Circle of FUN!** – Meets the 2<sup>nd</sup> Thursday of each month from 10:30am – 11:30am

Cyndi Boot of Regency Hospice will lead us in the circle of drumming and experience its calming and energizing effects. Group drumming has been shown to help lower stress, enhance the immune system, and it's FUN!

**Beginner Line Dancing** – Meets every Tuesday from 1:00 – 2:00pm

Have fun and relieve stress by learning basic line dancing routines! No experience needed!

**Mindful Movement** – Meets the 1<sup>st</sup> and 4<sup>th</sup> Thursday

Christy Clonts, wellness coach and certified yoga instructor, will share simple stretch and movement techniques to help reduce stress and anxiety. These techniques also help improve strength, balance and flexibility.

**Ladies' Coffee Club** – Join us on September 29<sup>th</sup> from 10:30am – 11:30 am for Laughter!

Join us as we dish about the week and the latest hot topics in life and caregiving! All lady caregivers and volunteers welcome! Smiles and laughter guaranteed! *Coffee and Breakfast provided.*