



April 2017

Hours:

Mon - Fri 9am – 5pm

(803) 888-7525

201 St Andrews Rd

Columbia, SC 29210

LeezasCareConnection.org

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Follow us!



ARE YOU FOLLOWING LEEZA'S CARE CONNECTION ON FACEBOOK?

If you're not following LCC on Facebook, then YOU SHOULD BE! Top 3 Reasons:

- 1) We need your help to **spread the word** of who we are and what we do! You are our voice and connection in the community!
- 2) **Stay up to date** with the latest LCC news and happenings and keep informed with the latest in caregiving news and inspirations!
- 3) As we prepare for our upcoming fundraisers, Midlands Gives and our Dare2Care Fair, **we need YOU to share our mission** with your friends and families!

Here's how: Find us at [@leezascareconnection](https://www.facebook.com/leezascareconnection) then, click **"Like"**. *Need help? We'll show you!*

BBR BOOK CLUB BOOK OF THE MONTH



FIERCE OPTIMISM: Seven Secrets for Playing Nice and Winning Big
by Leeza Gibbons

Leeza Gibbons lets readers in on guiding principles and consistent practices that have kept her on a steady path to success, without compromising her beliefs.

MESSAGE FROM LEEZA

Don't let guilt eat you alive. Instead, celebrate your good intentions. We feel guilty because we want so much to do the right thing. By and large, that is what you're doing! Shift your focus to all the things you do right, not to the few things that are less-than-right.

Ever Forward,
Leeza



IT'S SPRINGTIME AT LCC!



GET EGG-CITED ABOUT EASTER AT LCC!

GIANT EASTER EGG CONTEST!

Enter for a chance to win the 1st Annual Leeza's Care Connection GIANT Easter Egg Contest!

WHO CAN ENTER: Anyone, group or organization!

EGG-ESSENTIALS: Bring your handcrafted egg made from any weather-proof material with stand to display in our yard! We will provide signs with your name for display.

DEADLINE: Deliver/Lay your egg by April 11th to: Leeza's Care Connection, 201 St. Andrews Rd., Columbia, SC, 29210

WINNERS: Eggs will be voted on and announced at the 1st Annual LCC Easter Egg Hunt.

QUESTIONS? Call Kena at (803) 888-7525

EASTER EGG HUNT!

BRING YOUR LITTLE ONE TO MEET THE EASTER BUNNY!

On April 14th, join LCC and the Easter Bunny for a fun pursuit as we hunt high and low for all the prize filled eggs he has left behind! Afterwards, take a picture with your little one and the Easter Bunny himself!



APRIL IS PARKINSON'S AWARENESS MONTH!

Parkinson's disease is a chronic and progressive movement disorder, meaning that symptoms continue and worsen over time. Nearly one million people in the US are living with Parkinson's disease. The cause is unknown, and although there is presently no cure there are treatment options such as medication and surgery to manage its symptoms. Join us on Friday, April 7, for brunch in honor of our Parkinson's Caregivers!

HEALTHY BRAIN TIP: DO A JIGSAW PUZZLE!



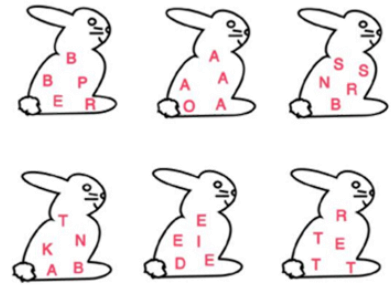
The task: Do a jigsaw puzzle that will be challenging for you, no fewer than 500 pieces.

The reason: Mundane as they may seem, jigsaw puzzles can provide real help for your brain. Completing one requires fine visual judgments about where pieces belong. It entails mentally "rotating" the pieces, manipulating them in your hands, and shifting your attention from the small piece to the "big picture." To top it off, it's rewarding to find the right pieces!

2017 PositScience, brainHQ

EASTER BRAIN CHALLENGE!

Using one letter from each bunny, make five, six letter words.
Hint: Each word has something to do with Easter.



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Answer: See bottom of page 4

RECIPE OF THE MONTH: *Spring into chicken!*

Skillet Chicken with Roasted Potatoes and Carrots

Ingredients:

1 tablespoon olive oil
4 (6-ounce) skinless, boneless chicken breast halves
3/4 teaspoon kosher salt, divided
1/2 teaspoon freshly ground black pepper, divided
8 ounces baby carrots
8 ounces small red potatoes, halved
1 tablespoon chopped fresh thyme
8 thin lemon slices, seeds removed
1 1/2 cups whole milk, divided
1 1/2 tablespoons all-purpose flour
1 1/2 teaspoons grated lemon rind
3/4 cup unsalted chicken stock (such as Swanson)
1/3 cup fresh flat-leaf parsley

Nutritional Analysis: Calories 365, Total Fat 11.1 g, Saturated Fat 3.2 g, Protein 42 g Total carbohydrates 23 g, Sugar 9 g, Fiber 3 g, Cholesterol 118 mg, Sodium 673 mg

Directions:

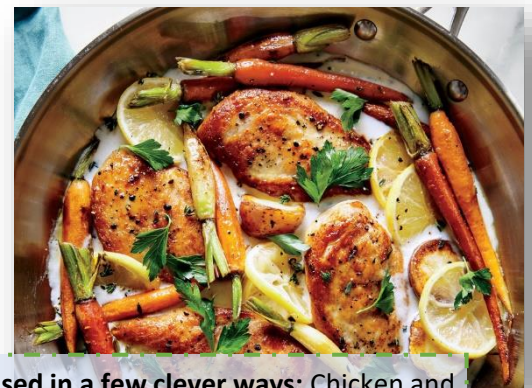
Preheat oven to 425°.

Heat a large skillet over medium-high heat. Add oil; swirl to coat. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add chicken to pan; cook 5 minutes or until golden brown. Turn and cook 2 minutes. Remove chicken from pan. Place carrots and potatoes, cut side down, in pan; sprinkle with thyme. Place pan in oven; bake at 425° for 10 minutes. Return chicken to pan; top with lemon slices. Bake at 425° for 12 minutes. Remove pan from oven. Place chicken and vegetables on a plate.

Combine 1/2 cup milk, flour, and rind in a bowl. Return pan to medium-high heat (do not wipe out pan). Add flour mixture, remaining 1 cup milk, and stock to pan, scraping pan to loosen browned bits; cook 3 minutes. Stir in remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Add chicken and vegetables to pan. Sprinkle with parsley.

Yield: Serves 4 (serving size: 1 chicken breast half, about 3/4 cup vegetables, and 1/2 cup sauce)

Cooking Light, December 07, 2015



The skillet is used in a few clever ways: Chicken and vegetables get a head **start on the stove**, **finish in the oven**, then come out briefly so a simple cream sauce can pick up all the roasted flavors in the pan.

PICTURE THIS...



The *Dementia Speaks* series drew our largest crowd yet!



Thank you, Dr. Macie Smith for educating our caregivers!



Line Dancing Queens!



Crafting Gratitude Jars!



Rita Holloway (Zen to Go) shares her magic touch!



Marti & Kena met with local political leaders, Rep. Chip Huggins and Senator John Scott, Jr. on behalf of caregivers!



LOOKING BACK

- ~ Thanks to **Lake Murray Event Rentals in Chapin** and **All Star Tents and Events in Aiken** for allowing us to use several tables throughout our HUGS Training series for March and April!
- ~ Thanks to an original LCC Ambassador, **Christy Clonts** for another successful HUGS Training!
- ~ Thanks to **last month's lunch sponsors** who served our community of caregivers and volunteers!



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. LCC has truly become the fulfillment of a dream for Leeza, as this is the neighborhood in which she 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!



THIS MONTH'S EDUCATION PROGRAMS



April 10th from 11:00am – 12:00pm, SNACK 'N LEARN: Respite is a Life Preserver!

Janet Altman from the South Carolina Respite Coalition will discuss the importance of having temporary relief from caregiving, especially for those caring for a loved one at home. She will also offer information on available respite vouchers in our community.

April 12th, from 11:00am – 12:30pm, Fundraiser Volunteer Meeting

Calling all Volunteers! LCC is gearing up for our First Annual Fundraiser and we need YOU to help put the FUN in our first FUNdraiser! Anyone interested in helping with our biggest event yet is welcome to join us over lunch to discuss ways to get involved. *Lunch provided by Colonial Gardens Alzheimer's Special Care Unit.*

April 13th from 10:00am – 11:00am, Ask the Expert Series: *Financial Q&A's*

Financial Advisor Leslie Slaughter will lend her expertise through a "Financial Concerns for Caregivers" presentation. Individual assistance with financial concerns available per request and is free of charge.

April 25th from 1:30pm – 3:00pm, SNACK 'N LEARN: Palmetto SeniorCare PACE Program

Jennifer Brewton from Palmetto SeniorCare will talk about the PACE Program, which provides medical care at an adult day health center, assisting families with supervision and support of a loved one.

April 26th from 12:00pm – 1:30pm, LUNCH 'N LEARN: Save Your Retirement!

Patrick Strubbe, Financial Educator and Owner of Preservation Specialists, LLC will teach us how to save our retirement from villains! Areas of discussion will include income, investment, tax, healthcare and estate planning. *Lunch provided by Preservation Specialists, LLC.*

April 26th from 6:00pm – 7:30pm, DINE 'N LEARN: ABC's of Medicare / Medicaid

Teresa Player from BeWell Home Services will help us navigate through the challenges of Medicare and Medicaid. *Dinner provided by Colonial Gardens Alzheimer's Special Care Unit.*

April 27th from 10:00am – 11:00am, Ask the Expert Series: *Financial Q&A's*

Financial Advisor Leslie Slaughter will lend her expertise through a "Financial Concerns for Caregivers" presentation. Individual assistance with financial concerns available per request and is free of charge.

MISS AN EDUCATION GROUP? Let us know! We may have informative handouts available from the group.
HAVE SUGGESTIONS? We want to hear from you! Please let us know what activities and programs you would like to see here at Leeza's Care Connection.

Gratuities 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!

~ Thanks to our Keeping Us Beautiful Sponsors: **Cleaning Fairy, Sani-Green Cleaning**

~ Thanks to our wonderful **Support Group Facilitators** who always provide our caregivers with the extra love and support they need! Rennie Mencarelli, Cheryl Byrom, Donna Wolf, Tamara Church, Beth Jacky, Matt Shealy, Katie Sayle, Suzanne Ringer, Tiffany Kohn and Gail Gibson, we love you!

~ 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

 **FirstLight**TM
HOME CARE

DayBreak 
ADULT CARE SERVICES, INC.

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 1st and 3rd Tuesday of the month from 6:00pm – 7:15pm

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

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

Lunch provided by Dunbar Funeral Home.

Caregiver Support Group for Early Stages of Dementia – Meets 1st and 3rd 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 2nd & 4th 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.*

WELLNESS AND ENERGY PROGRAMS

Breathe, Believe, Receive Book Club – Meets Thursday, April 27th from 12:30pm – 1:00 pm

Connect with other caregivers and like-minded individuals to discuss books selected by our readers. Books and lunch are both free of charge!

Mindful Movement – Meets Thursdays from 10:30am – 11:30am (*NOTE: This group will not meet on April 13th*)

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.

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

Join Carlos "Pops" Gibbons 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 handwork project or just yourself and learn how to soothe your stress with crocheting, knitting, and companionship. Absolutely no experience needed!

Love and Support – Meets April 12th from 11:30 – 1:00pm

Join Marsha Ward from Daybreak Adult Care Services in a group discussion for support and resources to those caring for someone with dementia. *April's Speaker: Vivian Moore, SW, Palmetto Health Senior Primary Care*

Crafting: All Things Creative – Meets Monday, April 17th from 11:30am - 1:00pm, *April Craft: Earring Beading*

Join the ladies from Nancy's Healing heARTS group 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, "The Suspenders" – Meets the 2nd and 4th Friday of the month at 9:30am

Connect with other caregivers who have walked the caregiving path over coffee and breakfast in our Care Café.

Healing Rhythms: Drumming – Meets every 4th Wednesday of the 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!

Line Dancing – Meets the 1st and 3rd Tuesday from 2:00pm to 3:30pm

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

Caregiver Massages & Hand Treatments – April 12th and April 24th from 11:30am – 1:00pm

Licensed massage therapist Rita Holloway offers FREE relaxing massages to our caregivers! RSVP preferred. Those who RSVP will be seen first and all others accommodated as time will allow. Those waiting for massages will be specially treated to FREE hand treatments by a Mary Kay representative!