



# May 2017

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

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Follow us!   

## FAITH and CAREGIVING

### NEW PROGRAMMING: *Keeping the Faith*

On May 4<sup>th</sup> from 1 - 2:15pm, LCC will begin a new non-denominational support group aimed to connect you with other caregivers throughout their spiritual journey and help you learn God's truth about yourself, your situation and the person you care for. It is designed to introduce you to the practice and power of worship, prayer and journaling. Discover all that God has for you and those around you in your role as a family caregiver. This group begins with the book, *The Heart of the Caregiver from Overwhelmed to Overjoyed*, by Mary Tutterow.

### JOIN OUR DRUMMING CIRCLE OF FUN!

Think drumming isn't for you? THINK AGAIN! No music experience is necessary! Our drumming leader, Cyndi Boot of Regency Hospice, keeps the beat while we pound away the stress in the *Healing Rhythms* circle of fun! Group drumming has been shown to help lower stress, energize the body and enhance the immune system. So, what do you have to lose? Meets every 4th Wednesday of the month from 10:30 – 11:30am.

### MESSAGE FROM LEEZA

Lower the bar of your own expectations. What you're doing is making a difference – just perhaps not as big a difference as you hoped. You may not be able to cure your loved one's disease, but providing a safe, comfortable day is huge!

Ever Forward,  
Leeza



LEEEZA'S CARE CONNECTION IS PARTICIPATING!



## MIDLANDS GIVES

Powered by CENTRAL CAROLINA Community Foundation

### HELP US TRIPLE OUR PARKING LOT SIZE!

#### WHAT IS MIDLANDS GIVES?

Midlands Gives brings the region together as one community, raising money and awareness for Midlands nonprofits during the 24-hour online giving challenge.

#### HOW CAN YOU HELP?

Help spread the word that LCC is participating by:

- **"SHARE"** our social media posts and emails. Not sure how? Just ask us and we'll show you!
- **Word of mouth:** Tell your friends and family members we need your support!

**CONTACT US:** (803) 888-7525

**DONATE NOW!**

#### HOW DO YOU GIVE?

**Preschedule your Donation TODAY!**

[www.MidlandsGives.org/LeezasCareConnection](http://www.MidlandsGives.org/LeezasCareConnection)

### HOTDOGS IN THE PARKING LOT!

**Get 'em while they're hot!**

**Join us on May 2<sup>nd</sup> from 12:00 – 2:00 pm for hotdogs in the parking lot! We will have a GIVING STATION set up for anyone interested in donating!**



**TUES | MAY 2**

## HEALTHY BRAIN TIP: EXERCISE YOUR PERIPHERAL VISION



**The task:** Sit in a place outside your house, such as on a park bench or in a café. Stare straight ahead and don't move your eyes. Concentrate on everything you can see without moving your eyes, including in your peripheral vision. When you have finished, write a list of everything you saw. Then try again and see if you can add to your list.

**The reason:** Scientists have shown that the neurotransmitter acetylcholine, which is crucial to focus and memory, falls off with memory loss and is almost absent in Alzheimer's patients. This activity should help you reinvigorate the controlled release of acetylcholine in your brain through a useful visual memory task.

2017 PositScience, brainHQ

## Brain Food

SNACK THAT'LL BOOST YOUR ENERGY AND FOCUS



AVOCADO

Helps with cognition



DARK CHOCOLATE

Improves focus, energy & fights stress



WATER

Improves all body functions, including thinking & focus



ALMONDS

Help your brain process information and make connections



GREEN TEA

Improves mental speed & accuracy



PUMPKIN SEEDS

Throw them into a trail mix or salad for a brain boosting snack!



BROCOLLI

One of the best greens for cognition!



BROWN RICE

Swap out white rice for this healthy brain option!

## RECIPE OF THE MONTH

### Whole Grain Spaghetti with Summer Vegetables

#### Ingredients (serves 4):

2 Cups uncooked whole grain spaghetti (or favorite pasta)  
1 Clove garlic  
1 Cup diced zucchini  
½ Bunch asparagus coarsely chopped  
½ Pint cherry tomatoes halved  
2 Tablespoons extra virgin olive oil  
½ Cup white onion chopped  
1 Cup yellow squash diced  
½ Cup yellow bell pepper julienne  
6 Leaves fresh basil torn



**TIP:** For an extra protein boost, add your favorite meat or seafood. Cooked mushrooms are also a great way to add protein, vitamin C, iron and antioxidants that boost the immune system.

#### Directions:

Bring a large pot of water to a boil.

Heat olive oil in a large skillet. Using the side of a knife, gently press garlic and peel. Add garlic to the skillet and sauté until slightly brown, about 1 minute.

Add onion and sauté for 5 minutes, until translucent. Add bell pepper, zucchini, yellow squash and asparagus and sauté until heated but not completely cooked. Next, add tomatoes, season with salt and pepper and sauté for 2 additional minutes.

Remove garlic clove and discard.

Cook whole grain spaghetti according to package instructions. Drain pasta and add to the skillet.

**Nutritional Analysis:** Calories 350, Total Fat 7 g, Protein 16 g, Total carbohydrates 50 g



## PICTURE THIS...



Saying goodbye to our wonderful intern, Hanna. We miss you, but we know your future is bright!!



We LOVE when our volunteers spend their birthdays with us! Happy Birthday, Britta!



Leeza LOVED the kind and thoughtful notes everyone wrote for her birthday surprise!



Our HUGS Ambassador Training sessions wrapped up in April!



Wonderful group of Dementia Educators demonstrating the power of line dancing!



Starting the morning with drumming is so much FUN! JOIN US May 24<sup>th</sup>!

## LOOKING BACK: Easter Egg Hunt

Thanks to everyone who joined us for our **First Annual Easter Egg Hunt!** We especially appreciate **Pathway Hospice** and all the amazing volunteers who helped!



## AWARENESS: ALZHEIMER'S DISEASE STUDY

Help the advancement and understanding of Alzheimer's Disease by participating in an Alzheimer's research study! The Anti-Amyloid in Asymptomatic Alzheimer's Disease Study (A4) is taking place in YOUR AREA and across the U.S., Canada and Australia.

*Are you worried about memory loss in your future? Does Alzheimer's run in your family?* If you are a healthy adult age 65 to 85 with normal memory, now is the time to join the fight to prevent Alzheimer's disease. The A4 Study is a landmark clinical trial that is testing a new drug that may help slow memory loss associated with Alzheimer's disease.

### FIND OUT MORE ON THIS STUDY AND A4:

- Visit <http://a4study.org>
- Call 1-844-A4-STUDY (1-844-247-8839)
- Email [A4-participate@usc.edu](mailto:A4-participate@usc.edu)

National Institute on Aging U.S. Dept. of Health & Human Services



## 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!

## THIS MONTH'S EDUCATION PROGRAMS



### May 9<sup>th</sup> from 6:00 – 7:30 pm, DINE 'N LEARN: Elder Law Attorney

Andrew Atkins, Elder Law Attorney, will discuss how to plan for an aging family member who does or may require daily care and legal issues of a family member with special needs. Legal documents discussed will include Durable and Healthcare Power of Attorney, Living Will and Last Will and Testament. *Dinner provided by Millender Elder Law. RSVP requested, but is not required for attendance.*

### May 10<sup>th</sup> from 1:00 – 2:30 pm, SNACK 'N LEARN: Body in Motion

Tanieka Ward-Akabane, LMSW from MSA Hospice will teach us about the importance of good body mechanics in preventing pain and injury by increasing posture, balance and stamina, especially for repetitive and difficult tasks. Participants will learn the basics of good body mechanics and how to apply these in their work and/or caregiving home life. *Snack provided by MSA Hospice.*

### May 19<sup>th</sup> from 10:30 – 11:30 am, LADIES COFFEE: Lucy & Me – How to Find Laughter in Caregiving

Who doesn't get a kick out of Lucille Ball? Did you ever notice the underlying messages she was sending out on caregiving? Probably not! Join LCC and Marsha Clayman, Community Resource Director of Colonial Gardens in this program of laughter and love through Lucy's shenanigans and you'll probably notice yourself in some of the scenarios! *Coffee and Breakfast provided.*

### May 24<sup>th</sup> from 12:00 – 1:30 pm, LUNCH 'N LEARN: Nutrition: Live it, Love it, Eat it!

Registered Licensed Dietitian, Kathy Birkett from Hospice Care of South Carolina will talk about healthy eating and hydration for caring and will review the MyPlate for older adults. She will also answer any caregiver concerns such as feeding a person with dementia. *Lunch provided by Hospice Care of South Carolina. RSVP requested but is not required.*

### May 31<sup>st</sup> from 11:30 am – 1:00 pm, LUNCH 'N LEARN: Tips and Tricks for Dementia Behaviors

Matt Shealy, LSW and Certified Dementia Instructor with Lutheran Hospice will provide tips and strategies for dealing with dementia related behaviors. *Lunch provided by Lutheran Hospice. RSVP requested but not required.*

**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**
- ~ 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**  
HOME CARE

 **Heartstrings  
Hospice**

 **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 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.

## WELLNESS AND ENERGY PROGRAMS

**Mindful Movement** – Meets Thursdays from 10:30am – 11:30am (*NOTE: This group will not meet on May 25<sup>th</sup>*)

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 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 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 May 17<sup>th</sup> 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.

**Arts and Crafts** – Meets May 23<sup>rd</sup> 1:30 – 3:00pm (Learn to Draw) & May 30<sup>th</sup> 2:00 – 3:00pm (Learn to Bead Jewelry)

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 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 in our Care Café.

**Healing Rhythms: Drumming Circle of FUN!** – Meets every 4<sup>th</sup> 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 1<sup>st</sup> and 3<sup>rd</sup> 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** – May 11<sup>th</sup> & 25<sup>th</sup> 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!