



June 2017

Dare2Care Edition!

**Hours:**

Mon - Fri 9am – 5pm

(803) 888-7525

201 St Andrews Rd

Columbia, SC 29210

LeezasCareConnection.org

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**Follow us!**



**Building our Connection:  
We believe kindness matters!**

**JOIN LCC'S KINDNESS MOVEMENT!**

We're connecting our community through individual acts of kindness by distributing Kindness Kits throughout our community! **We dare YOU to care by completing a random act of kindness** for a neighbor, family member, friend or stranger! Our Kindness Kits have 2 building blocks, 2 instruction cards and 1 Sharpie! Each person completes their act of kindness, writes their act on the block, then dares someone else with the second block to **spread the kindness!** These blocks and stories of kindness will be visual backdrops during our Dare2Care Fair! **Show us how YOU dare2care!** Visit us at LCC and take your picture with your kindness card, or simply write it in a post! Be sure to tag #dare2care #actsofkindness

**FEATURED ACT OF KINDNESS: Dare2Care**

A great group of parents of the **Junior Women's Club of Lake Murray**, their daughters, the **Jessamines**, and the **Junior Women's Club of Columbia** used our blocks to teach the importance of kindness and acts of service while they handmade dog treats for shelter pups at Pawmetto Lifeline. They are true role models in our community, demonstrating the power of kindness!



**MESSAGE FROM LEEZA**



*Be kind to yourself!* Don't hide your feelings or label them as inappropriate. You will feel better for embracing them. Celebrate and cherish your memories of your loved one.

Ever Forward,  
*Leeza*

**LCC'S FIRST ANNUAL FUNDRAISER IS HERE!**

Columbia Metropolitan Convention Center



**SATURDAY  
JUNE 24**

[LeezaGibbonsDare2Care.com](http://LeezaGibbonsDare2Care.com)

**EVENT DETAILS:**

**11:00 AM — 3:00 PM**

• **A FREE FUN FAIR!**

Food, games and activities for kids to seniors (inside, where it's cool!)

• **Health & Wellness Expo**

Find out ways to stay safer, smarter and healthier. FREE screenings!

**5:00 PM — 8:00 PM**

**Gratitude Dinner & Take the Dare LIVE Auction**

- Join us for cocktails and dinner as we reveal how WE Dare2Care in the Midlands with the first ever Kindness Mosaic!
- **Take the Dare LIVE Auction** - Raise your paddle and be entertained by local celebrities and dignitaries as they take the stage to put their hearts on the line! Hosted by Leeza!

**Pre-order NOW & save on dinner & admission**

**Get your tickets TODAY!**

**[LeezaGibbonsDare2Care.com](http://LeezaGibbonsDare2Care.com)**

Become a Dare2Care Hero and have

**YOUR NAME** publicly recognized on our permanent display at Leeza's Care Connection!



## DID YOU KNOW?

### THERE'S A SCIENCE BEHIND KINDNESS!



#### KINDNESS IS CONTAGIOUS:

The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to “pay it forward.” This means one good deed in a crowded area can create a domino effect and improve the day of dozens!

#### KINDNESS IS TEACHABLE:

Research shows that people can actually build up their compassion ‘muscle’ and respond to others’ suffering with care and a desire to help.

*Random Acts of Kindness Foundation, 2017*

## KINDNESS CHALLENGE:

The most powerful way to increase your short-term feelings of happiness is to perform random acts of kindness to others.

**We DOUBLE DARE YOU to complete  
5 random acts of kindness in  
1 week! Studies show this can  
increase your happiness for up to  
three months!!**

**#dare2care #actsofkindness**

## RECIPE OF THE MONTH

### KINDNESS COOKIES! *Spread the dough, then spread the kindness!*

#### Ingredients (serves 4):

- 1¼ cups (170 grams) all-purpose flour
- 1/3 cup (45 grams) whole wheat flour
- 1/8 teaspoon ground cinnamon (optional)
- 1 stick (8 tablespoons; 4 ounces; 113 grams) unsalted butter, cut into chunks, at room temperature
- 1/2 cup (100 grams) sugar
- 1/3 cup plus 1 tablespoon (80 grams) packed light brown sugar
- 1/2 teaspoon fine sea salt
- 1 large egg, at room temperature
- 1 teaspoon pure vanilla extract
- About 60 (1/4 cup; 33 grams) chocolate (or other) chips

#### Directions:

1. Whisk together both flours and the cinnamon, if you're using it.
2. Working with a stand mixer fitted with the paddle attachment, or in a large bowl with a hand mixer, beat the butter, both sugars and the salt together on medium speed until smooth, about 3 minutes. Add the egg and beat for a minute, then blend in the vanilla. Turn the mixer off, add the dry ingredients all at once and pulse to begin the blending. Then mix on low speed until the dough comes together and the flour has disappeared. You can use the dough now, but it's easier to work with if refrigerated for at least 2 hours.
3. Getting ready to bake: Center a rack in the oven and preheat it to 400 degrees F. Line two baking sheets with parchment paper or silicone baking mats.
4. For each cookie, scoop out a level teaspoon of dough, roll it between your palms into a ball, press one chip into the dough and then roll again to hide the chip and reshape the ball. Place the balls an inch apart on the baking sheets. Slide one sheet into the oven and bake for 6 to 7 minutes, or until the cookies are a pale golden brown. Prod them gently, and they'll still be soft. Transfer the sheet to a rack and let the cookies rest for about 5 minutes before lifting them onto the rack to cool to just warm or room temperature. Repeat.

*Recipe courtesy of Dorie Greenspan*



**Simple enough for your kids or  
grandkids to help.  
SPREAD THE KINDNESS by  
sharing with others!**





## PICTURE THIS...MIDLANDS GIVES!



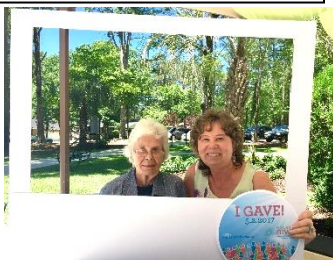
We have the BEST volunteers! Many came to lend a hand with our Midlands Gives Parking Lot Party!



Lemonade anyone?? Kena & Marti served our amazing volunteers!



County Councilmember Phil Yarborough helped LCC earn some extra bucks during MG's Hoop Challenge!



**THANK YOU to everyone who gave to Leeza's Care Connection during Midlands Gives!**

### AWARENESS: The Science Behind Kindness

Random acts of kindness are a hot topic in science and psychology today. Study after study has proven that compassionate giving and kindness are not only great for the recipient, but the giver as well. Here are some facts for more information:

- Giving makes you feel good and gives you more energy!
- We feel happier when we perform acts of kindness.
- People who are kind and compassionate are usually the most successful.
- Physiological benefits of kindness include: better immune system, improved cognitive performance, lower heart rate and reduced stress



### 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!

### MIDLANDS GIVES **LOOKING BACK: MIDLANDS GIVES** *Thanks for your support!*

Thanks to everyone who supported Leeza's Care Connection during Midlands Gives! We especially appreciate **Pathway Hospice** and all the amazing **LCC volunteers** who helped at the center!

**YOU helped us raise over \$7,000!**

## THIS MONTH'S EDUCATION PROGRAMS

### **June 7<sup>th</sup> from 12:00 – 1:30 pm, LUNCH 'N LAUGHTER! Laughter is Medicine for your Soul**

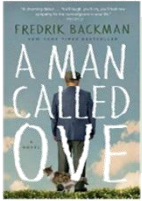
Christian humorist and motivational speaker Christian Cherie Nettles is described as a knee slapping, belly laughing, people magnet! Join us as Cherie brings you joy and laughter in a one hour presentation. Laughter is the best medicine!

*Lunch provided by Lutheran Hospice. RSVP requested, but is not required for attendance.*

### **June 14<sup>th</sup> from 12:00 pm – 1:30 pm, LUNCH 'N LEARN: Where do I go from here?**

Charlene Rhodes with Always Best as we navigate the ins and outs of finding placement for your loved one. How do I afford assisted living or memory care? Medicare? Medicaid? Where do I look? What questions do I ask? Think you're not ready for placement? Wait lists for facilities can take years, so get informed NOW!

*Lunch provided by Always Best Care of the Midlands. RSVP requested but not required.*



### **June 15<sup>th</sup> from 12:00 – 1:00 pm, BBR BOOKCLUB**

#### **JUNE'S BOOK OF THE MONTH: *A Man Called Ove* by Fredrick Backman**

A feel-good story about the angry old man next door and the impact one life has on countless others.

### **June 16<sup>th</sup> from 10:30 – 11:30 am, LADIES COFFEE**

Join Marti and Kena 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.*

### **June 21<sup>st</sup> at 1:00 – 2:00 pm, Longest Day Ice Cream Break! All Welcome**

Drop by for an ice cream break in the shade in honor of the Alzheimer's Association's annual recognition of Alzheimer's awareness. The Longest Day is all about love for those affected by Alzheimer's disease.

*Ice Cream provided by Alpha Kappa Alpha Sorority*

### **June 29<sup>th</sup> from 12:00 – 1:30 pm, LUNCH 'N LEARN: PBS Film Screening Documentary, *Being Mortal***

Grab some popcorn as we watch this PBS special that follows renowned New Yorker writer and Boston surgeon Atul Gawande as he explores the relationships doctors have with patients who are nearing the end of life. In conjunction with Gawande's new book, *Being Mortal*, the film investigates the practice of caring for the dying, and shows how doctors — himself included — are often remarkably untrained, ill-suited and uncomfortable talking about chronic illness and death with their patients.

*Lunch and popcorn provided by South Carolina Hospice and Palliative Care. RSVP requested but is not required.*

**HAVE SUGGESTIONS?** We want to hear from you! Let us know what programs you would like to see!

## 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!

~ 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

 **Heartstrings  
Hospice**

**CAUGHMAN-HARMAN  
and  
DUNBAR FUNERAL**

 **FirstLight™**  
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 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**

**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 June 21<sup>st</sup> from 11:30 – 1:00pm *Guest Speaker: SW Vivian Moore, Senior Primary Care*

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 June 29<sup>th</sup> 2:00 – 3:30pm June's Art: *Learn to Draw*

Join the ladies from Nancy's Healing heARTS group and 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 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!

**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!

**Caregiver Massages & Hand Treatments** – June 8<sup>th</sup> & 22<sup>nd</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!

