



November 2017

Hours:

Mon - Fri 9am – 5pm
(803) 888-7525
201 St Andrews Rd
Columbia, SC 29210
LeezasCareConnection.org

Managing Director: Marti Colucci
Email: marti@leezascareconnection.org
Program Director: Kena Dill
Email: kena@leezascareconnection.org

Follow us!   

NATIONAL Family Caregivers MONTH

November is National Family Caregivers Month!

We are thankful for YOU!

Nothing says family and comfort on a fall day like good old-fashioned pie and a sing-a-long! On November 14th, drop by Leeza's Care Connection at St. Mary's Episcopal Church and **SHARE SOME PIE** with our community of caregivers, volunteers and friends.

WHERE: LCC at St. Mary's Episcopal Church, 170 St. Andrews Rd.

WHEN: Tues., Nov. 14th

TIME: 2:00 – 4:00pm



VETERAN'S DAY BRUNCH

Join us on November 10th at 11:00 am as we show our appreciation for all those who have bravely served our country. Your selfless sacrifices remind us all that **freedom is not free**. To all our Veterans, we salute YOU!

MESSAGE FROM LEEZA

Distinguish between good guilt and bad guilt. Good guilt is the kind that causes us to examine our behavior and make a change, if necessary. If you feel guilty because, say, you were impatient with a loved with dementia, it's like a little poke reminding you to try a bit harder next time. Unfortunately, what eats most of us alive is bad guilt. Bad guilt has no constructive underbelly and makes you feel guilty about a situation that you can't help (e.g., your parent has to move in to rehab) or something that is actually a positive for you (e.g., hiring home care because you can't do it all). Ever Forward, *Leeza*



Join our JOURNEY IN MOTION

Count me in!

WHERE DOES YOUR DONATION GO?

As a nonprofit, we are **100%** dependent on our community for support in order to offer **FREE** programs to many caregivers who feel isolated and alone in **OUR** community.

Leeza's Care Connection MONTHLY GIVING PROGRAM!

- ♦ **\$25** per month helps offer wellness programs for 6 months!
- ♦ **\$50** per month helps provide 1 year of caregiver education!
- ♦ **\$100** per month helps ensure caregiver support groups with free respite services are offered 4 times per month for 1 year!
- ♦ **Any amount** is gratefully received!

www.LeezasCareConnection.org
Click **SCHEDULE DONATION!**
or call (803) 888-7525



74 EDUCATION
PROGRAMS

739 Attendees

354 WELLNESS
PROGRAMS

350
Caregivers
396 Programs

114
CAREGIVER
SUPPORT GROUPS
765
ATTENDEES

Our first year in motion...

HEALTHY BRAIN TIP: DO MORE BRAIN EXERCISES!

THE TASK:

Test your recall. Make a list — of grocery items, things to do, or anything else that comes to mind — and memorize it. An hour or so later, see how many items you can recall. Make items on the list as challenging as possible for the greatest mental stimulation.

THE REASON:

The brain works through associations, so the more senses you involve the better!



BRAIN CHALLENGE!

A blind beggar had a brother who died. What relation was the blind beggar to the brother who died?

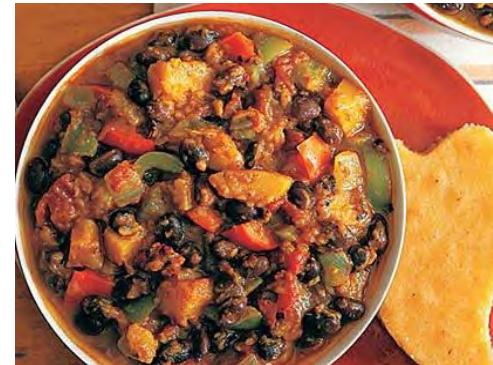
Hint: "Brother" is not the answer.

This puzzle touches on analytical functions like abstract reasoning, hypothesis testing, and implicit assumptions residing in your frontal lobes, as well as your creativity in finding novel solutions to problems and emotional memory.

HEALTHY BRAIN RECIPE OF THE MONTH:

Black Bean and Butternut Squash Chili

Nothing says fall like a nice warm bowl of chili. In this twist, you won't even miss the meat with protein packed black beans. Plus, butternut squash is low in fat and delivers an ample dose of dietary fiber, making it an exceptionally heart-friendly choice. It provides significant amounts of potassium, important for bone health, and vitamin B6, essential for the proper functioning of both the nervous and immune systems.



Ingredients:

- 1/4 cup olive oil
- 3 onions, chopped
- 4 cloves garlic, minced
- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 2 jalapeños, seeded and minced
- 4 15-oz. cans black beans, rinsed and drained
- 2 14.5-oz. cans diced fire-roasted tomatoes
- 3 tablespoons chili powder
- 2 tablespoons cumin
- 1 tablespoon dried oregano
- 4 cups butternut squash (about 2 lb.), peeled, seeded and cut into 1/2-inch dice

Step 1

Warm oil in a large skillet over medium heat. Sauté onions until tender, about 3 minutes. Add garlic; sauté 1 minute. Add bell peppers and jalapeños; sauté until tender, about 3 minutes.

Step 2

Transfer pepper mixture to slow cooker. Stir in beans, tomatoes, chili powder, cumin and oregano. Arrange squash on top. Cover and cook on low for 6 hours.

Step 3

Season chili with salt and pepper. Serve with sour cream, salsa and other accompaniments, if desired.

NUTRITIONAL INFORMATION:

Calories 276; Fat 8g; Sat fat 1g; Protein 11g; Carbohydrate 50 g; Fiber 16g; Cholesterol 0mg; Sodium 1190mg

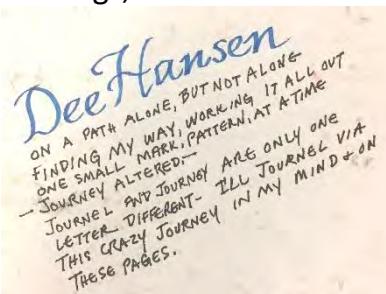
HEALING THROUGH ART: A Peek into the Pages of Dee Hansen's Caregiving Journals

Dee Hansen is known by many as a talented artist. When caring for her husband, Harry, who had Frontotemporal Dementia, she needed a distraction. Not interested in typical journaling or writing about his illness, she chose an artistic approach instead.



"I could not write about his illness, so I began filling an old record book with lots of interesting things. Then I doodled around the pictures, creating lots of designs to fill the pages."

Collecting pictures and words from magazines and travel brochures that caught her eye, she pasted them in an old record book. Then, while keeping Harry company in the evenings, she would doodle around the pictures, filling the pages with whatever came to mind. **This was an excellent distraction and stress reliever during difficult times.**



Dee continues to use her artistic skills and talents through painting and needlework. She volunteers at Leeza's Care Connection on Wednesdays at our **Sit 'n Stitch group**, where caregivers work on needlework or beading projects over stories and laughter. Don't know a thing about stitching? No problem - these ladies will show you the ropes!



PICTURE THIS...



Our amazing Volunteers spent days preparing our LCC float for the Okra Strut parade!



Donna, Linda and Mickey painted our Mungo Home for the float!



Team LCC parading down St. Andrews for the Okra Strut!

#teamspirit



Our float was equipped with everything from the giant oak tree to the Mungo Home!



Thanks to those who joined us for the Okra Strut!



Follow us!



THIS MONTH'S EDUCATION PROGRAMS

November 4th from 8:30 am – 3:00 pm, Caregiver Conference: Keeping Love Alive as Memories Fade

The Caregiver Coalition of the Midlands is holding its FREE annual caregiver conference at the EdVenture Museum, 211 Gervais St., Columbia. Dr. Edward G. Shaw, author of *Keeping Memories Alive as Memories Fade*, is the scheduled speaker. Lunch is provided. To register for this event or receive more information, please contact the Caregiver Coalition's CARE-LINE at (803)744-8615.

November 8th from 12:00 -1:30 pm, LUNCH 'N LEARN: I'm Dancing as Fast as I Can!!

One of the biggest frustrations for caregivers is having too much to do, having too many decisions to make and feeling like we do not have enough time or energy to do it. Of course, having "not enough time" is just a feeling. We all have the same amount of time but our container, our 24-hour day, often gets filled with things beyond our control which can lead to feeling overwhelmed. Join us with caregiving expert and trainer, Bonnie Bonomo, and learn a 2-step process to help you deal with "too much to do, not enough time." *Lunch provided by Always Best Care. RSVP is requested, but is not required to attend.*

November 10th from 11:00 – 12:00 pm, Veteran's Brunch

Show your appreciation for our Veterans! Join us in celebration as we salute those who have bravely served our country. All Veterans welcome! *Brunch provided by Amy Masincupp State Farm Agency.*

November 14th from 2:00 – 3:00 pm, Pie Party and Sing-A-Long!

Join us in honor of National Caregiver Appreciation Month for some old-fashioned pie and sing-a-long! Suzanne Ringer, with All Seasons Hospice will lead us in song as we learn the benefits of singing.

November 15th from 12:00 – 1:30 pm, LUNCH 'N LEARN: Deck the Halls, NOT Your Family!

Don't let the holidays turn you into a Scrooge! Johnsie Douglas from Three Rivers Behavioral Health will share 10 tips for mastering the holidays that will help make YOUR holidays merrier! Tips will include practical advice about decorations, gifts that are appropriate, gift wrapping, expectations, and setting boundaries with visiting families and friends. Handouts will also be provided.

Lunch provided by Three Rivers Behavioral Health. RSVP is requested, but is not required to attend.

November 30th from 12:00 –1:30 pm, LUNCH 'N LEARN: ASK THE EXPERT - Tax Talks Q&A's

Larry Slaughter from Liberty Tax will answer your questions and discuss 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. *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 lunch sponsors!** We appreciate your continued support!



**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 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

This is a group for caregivers who are caring for someone with Parkinson's Disease.

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.

Keeping the Faith – Meets the 1st & 3rd 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 Friday, November 17th from 11:30 am – 1:00 pm

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

WELLNESS AND ENERGY PROGRAMS

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

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!

Arts and Crafts: Make EASY Holiday Cards – Meets Nov. 29th from 2:00 – 3:30 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 2nd Friday of the month at 9:30 am

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

Healing Rhythms: Drumming Circle of FUN! – Meets the 3rd Thursday of each month from 10:30 – 11:30 am

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 the 1st and 3rd Tuesday from 1:00 – 2:00 pm

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

Mindful Movement – Meets November 9th and 30th from 10:30 – 11:30 am

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 – Meets November 17th from 10:30 – 11:30 am

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.*

Brain Challenge Answer: The blind beggar was the *sister* of her brother, who died.