



# February 2017

**Hours:**  
Mon - Fri 9am – 5pm  
(803) 888-7525  
201 St Andrews Rd  
Columbia, SC 29210

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**Follow us!**   

## LATEST

### **EDUATION:**

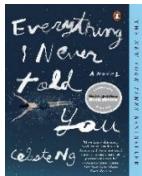
**February 16<sup>th</sup>, 11:30 – 1:00 pm**

### **LUNCH 'N LEARN: VA CAREGIVER SUPPORT**

Cristy Roberson, LISW-CP, from the Dorn VA Caregiver Support Program will present on VA Health Care and address basic questions on VA Benefits for those who are caring for a Veteran. The VA hospital offers a number of services for enrolled Veterans to help keep the Veteran at home for as long as possible. Lunch provided by our Hospitality Sponsor, *Colonial Gardens Alzheimer's Special Care Center*.



### **BBR BOOK CLUB: BOOK OF THE MONTH**



**EVERYTHING I NEVER TOLD YOU**  
by Celeste Ng

“A novel about the burden of being the first of your kind — a burden you do not always survive.”

— *The New York Times*

### **MESSAGE FROM LEEZA**

Self-care is essential. Look inward for reward if you can't get it by looking outward. Give yourself credit and applaud your own efforts by being good to yourself. This is like a deposit in your emotional bank of reserves. Self-care helps fuel you for the long stretches.

Ever Forward,  
*Leeza*



### **FEBRUARY SERIES:**

### **CAREGIVING... What's *Love* got to do with it?**



**JOIN US EACH WEDNESDAY IN FEBRUARY FOR LUNCH AND OUR LOVE SERIES! February 1, 8, 15, 22 11:30am – 1:00pm**

### **Learn about the 5 Languages of LOVE**

Whether you are caring for a spouse, parent, child or anyone you love, there are five principles of communication to help you better connect with your loved one! Speaker Marsha Ward, LMSW, and Joyce Romero from Daybreak Adult Home Services, help us apply the Five Languages of Love for anyone caring for someone they love.

- 1. Affirmations:** Our verbal and body language matter! Learn how to use words of affirmations
- 2. Quality Time:** This language is all about giving your attention to a loved one by simply being there for them.
- 3. Gifts:** It's all about the love, effort and thought behind the gift. The most meaningful gifts and gestures of kindness are free!
- 4. Acts of Service:** Learn how your actions speak louder than words!
- 5. Touch:** Learn how physical contact can help you connect with your loved one.

This educational series is based on the book *Keeping Love Alive as Memory Fades: The 5 Love Languages and the Alzheimer's Journey* by Debbie Barr, Edward Shaw & Gary D. Chapman  
*Educational Series sponsored by:*



## 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. *Source: 2017 PositScience, brainHQ*

## BRAIN CHALLENGE!

I am an odd number.  
Take away one letter and I  
become even.  
What number am I?

0 1 2 3 4

5 6 7 8 9

ANSWER: See bottom page 5

## HEALTHY RECIPE OF THE MONTH:

### TUSCAN BEAN SOUP

#### Ingredients:

1 (15-ounce) can low-sodium canellini beans, drained and rinsed  
1 tablespoon olive oil  
1/2 large onion, diced (about 1 cup)  
2 carrots, diced (about 1/2 cup)  
2 stalks celery, diced, (about 1/2 cup)  
1 small zucchini, diced (about 1 1/2 cups)  
1 clove garlic, minced  
1 tablespoon chopped fresh thyme leaves (or 1 teaspoon dried)  
2 teaspoons chopped fresh sage leaves (or 1/2 teaspoon dried)  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
32 ounces low-sodium chicken broth or vegetable broth  
1 (14.5-ounce) can no salt added diced tomatoes  
2 cups chopped baby spinach leaves  
1/3 cup freshly grated Parmesan (optional)



#### Nutritional Analysis

##### (Per Serving)

Calories	145	Total carbohydrates	21 g
Total Fat	4 g	Sugar	5 g
Saturated Fat	0.5 g	Fiber	5 g
Protein	8 g	Cholesterol	0 mg
		Sodium	306 mg

#### Directions:

In a small bowl mash half of the beans with a masher or the back of a spoon, and set aside.

Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, 1/2 teaspoon of salt and 1/4 teaspoon of pepper, and cook stirring occasionally until the vegetables are tender, about 5 minutes.

Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.

Serve topped with Parmesan, if desired.

Recipe courtesy of Ellie Krieger

## A picture's worth a thousand words...



LCC volunteers connecting!



Bagging Panera Bread on Mondays for our visitors!



Palmetto Senior Show



Our caregivers are so talented!



Group HUGS!



LCC Volunteer Training



Gearing up for HUGS!

### THANKFUL FOR YOU

- ~ Keeping Us Beautiful Sponsors: **The Cleaning Fairy & Sani-Green Cleaning**
- ~ Thanks to lunch **FirstLight Home Care** for providing lunch to our caregivers!
- ~ Special thanks to **Rita Holloway**, licensed massage therapist and owner of **Zen to Go** for generously filling in our FREE massages for caregivers twice in January! We look forward to having you as part of our LCC family!
- ~ Thanks to **our neighbor Stewart** for maintaining our walk ways and parking lot!

### THINKING OF YOU

Mary Nickas  
Harold Kline  
Gaylee Davis  
Penny Peel  
Jeff Powers  
Helen Lucien

### 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 PROGRAMS



### ***BREATHE*** in deeply as you become informed and feel more grounded.

#### **February 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup>, from 11:30am – 1:00pm, LOVE SERIES: Caregiving...What's LOVE got to do with it?**

Join us on Wednesdays in February for lunch and an educational series on the 5 Languages of Love! Speaker Marsha Ward, LMSW will help us learn how to use touch, affirmations, quality time, gifts and service to better connect with your loved one. Whether you are caring for a spouse, parent or friend, this series is for YOU! This series is sponsored by Daybreak Adult Care Services. RSVP is preferred but not necessary to attend!

#### **February 6<sup>th</sup>, from 11:00 am – 12:30 pm, LCC Fundraiser Volunteer Meeting**

Fundraiser event planner, Nancye Bailey, will be meeting our LCC volunteers that are interested in assisting with LCC's first annual fundraiser to discuss volunteer opportunities. Lunch provided by our Hospitality Sponsor, *Colonial Gardens Alzheimer's Special Care Center*. RSVP is preferred but not necessary to attend!

#### **February 9<sup>th</sup>, 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.

#### **February 16<sup>th</sup>, from 11:30 – 1:00 pm, LUNCH 'N LEARN: VA Benefits and Caregiver Support**

Cristy Roberson, LISW-CP, from the Dorn VA Caregiver Support Program will present on VA Health Care and address basic questions on VA Benefits for those who are caring for a Veteran. She will describe VA hospital services offered for enrolled Veterans to help keep the Veteran at home for as long as possible. Lunch provided by our Hospitality Sponsor, *Colonial Gardens Alzheimer's Special Care Center*. RSVP is preferred but not necessary to attend!

#### **February 16<sup>th</sup>, from 6:00 pm – 7:30 pm, DINE 'N LEARN: *A Place for Mom*, Senior Living Options**

*A Place for Mom* representatives Devon Smith & Robbin Stoddard will discuss the process of helping your loved one transition into senior living. They will help us understand the different types of senior living options, what type of care and services they offer, cost involved in senior care, tips on touring communities and broaching delicate subjects with your loved one. Dinner provided by *Pruitt Health*. RSVP is preferred but not necessary to attend!

#### **February 23<sup>rd</sup>, 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.

***BELIEVE*** the Connections you are making will help you become strong and get you through the journey

#### **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 both caregivers and care-receivers adjusting to a new diagnosis 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 dementia.

Lunch provided once per month by FirstLight Home Care.

**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.

**RECEIVE** the gifts others have to offer, gaining strength knowing when it is time to nourish yourself

**Breathe, Believe, Receive Book Club** – Meets January 27<sup>th</sup> from 12:30pm – 2:00 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

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 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Tuesday from 2:00pm – 4:00pm

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!

**Group HUGS** – Gathers the 3<sup>rd</sup> Friday from 10:00am – 11:00am in our Care Café

Group HUGS is a purposeful time of connecting our HUGS Ambassadors and Volunteers. Light refreshments provided by *Panera Bread*. Good company and laughter provided by all!

**Crafting: All Things Creative** – Meets Tuesday, February 14<sup>th</sup> from 2:00pm – 4:00pm for special Valentine's craft!

Join the ladies from Nancy's Healing heARTS group to learn the joys of all things creative, where you never know what fun creative task is at hand! Come join us for this fun, peace inducing, stress relieving activity and connect with other caregivers. 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 in our Care Café.

**Healing Rhythms** – 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! All instruments provided, and no experience necessary.

**Line Dancing** – First meeting Tuesday, February 14<sup>th</sup> from 2:00pm – 4:00pm during Valentine's Drop-In!

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

**FREE Massages** – Monday, February 27<sup>th</sup> from 11:00am – 12:30pm

Licensed massage therapist Rita Holloway will be on hand to offer FREE relaxing massages to our caregivers! First come, first serve!

**Facebook Fridays** – Drop in on Fridays between 11:00am – 1:00pm for assistance with following us on Facebook!

We need your help to share our mission throughout the community! Stop by for some Facebook basics and learn how to follow us daily!

#### **LOOKING FORWARD:**

**Look for our HUGS Ambassador Program coming in March!**

 Our HUGS team is a network of care connectors certified through a collaborative partnership with Lexington Medical Center, who have walked the path of caregiving and are available and accessible to share their wisdom by virtual, phone or actual contact with caregivers.

**Dementia Speaks is also coming to LCC in March!** *Dementia Speaks* is an educational opportunity designed to inform community members about the effects of Alzheimer's disease and other dementias.

***Brain Challenge Answer: Seven***