



February 2018

Hours:
Mon - Fri 9am – 5pm
(803) 888-7525
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LeezasCareConnection.org

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Follow us!   

FEBRUARY SERIES:

CAREGIVING... What's LOVE got to do with it?



JOIN US EACH WEDNESDAY IN FEBRUARY FOR OUR LOVE SERIES!

February 7, 14, 21, 28; 11:30a – 1:00p

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.

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:



MESSAGE FROM LEEZA

Caregiving is all about nurturing. But if you're caring for someone else, you're probably not taking care of yourself. Try to find just 5 min. in the morning and 5 min. in the afternoon to break your routine and move your body. It's going to kick in those endorphins that will make you feel more confident. It will also help you sleep better at night. If you don't get enough sleep for yourself, then you won't have enough to give to your loved one. Remember, the best way to show your love is to take better care of YOU!

*Ever Forward,
Leeza*



Leeza's Care Connection GRAND RE-OPENING!

Falling Forward



OPEN HOUSE

**February 19th
11 am – 2 pm**

Visit the center and see the progress we've made since moving back in after the giant oak tree fell on our roof!

RE-OPENING CELEBRATION

February 20th from 4:30 pm – 6:30 pm
If you must fall, fall amongst friends! Join us for Door Prizes, Tours, Light Refreshments and Champagne Toast with Leeza!

PURCHASE A LEAF in honor of a caregiver, loved one or individual, family or business name in which you wish to pay tribute!

BRONZE, SILVER, GOLD and PLATINUM leaves will become a PERMANENT FEATURE at Leeza's Care Connection on a display built from **THE VERY OAK TREE** that landed on the center!

Questions? (803) 888-7525



HEALTHY BRAIN TIP:

READ A BOOK!

THE TASK: Give your memory a boost by reading regularly. Much like a good run gives your body a workout, 30 minutes of reading exercise your brain. According to research, regular reading may help slow down the decline in memory as you age – keeping minds sharper, longer!

THE REASON: Reading a book forces your brain to make connections from chapter to chapter, forging new pathways between brain regions.

Source: *Neurology; Readers Digest*



BRAIN CHALLENGE:

Tim is 8 years old.
His brother Steve is half of his age. So,
when Tim is 100 years old, how old is
Steve?

- a. 50
- b. 29
- c. 96
- d. 88



Answer on bottom of page 5

HEALTHY RECIPES OF THE MONTH: *Fight inflammation with food!*

What do diabetes, heart disease, allergies, Alzheimer's, arthritis, and cancer have in common? They all have their origins in – or are exacerbated by – **inflammation**. Here are just a handful of foods that can help fight inflammation: olive oil, green leafy vegetables, root vegetables, tomatoes, walnuts, salmon and turmeric. Here are 3 easy recipes to help fight inflammation.

Turmeric Oatmeal Breakfast



Oatmeal Ingredients:

- ✓ 1 cup rolled oats
- ✓ 3 cups water
- ✓ 1 splash soy milk (or other milk of choice)
- ✓ 1 Tsp turmeric powder

Toppings:

- ✓ Mixed Berries
- ✓ Mixed Seeds / Almond Slivers
- ✓ Dried Fruit

Directions:

Add the oats and water to a large saucepan and heat on a low heat, stirring constantly for 5 minutes.
2. Reduce heat to low and simmer 10 more minutes.
3. Add milk and stir until combined. For thicker oatmeal, add less milk and for thinner oatmeal, add more.

Roasted Cauliflower



Ingredients:

- ✓ 1 large cauliflower
- ✓ 2-3 Tbsp of olive oil
- ✓ 1 Tbsp dried turmeric
- ✓ 1 Tbsp dried cumin
- ✓ 1 Tbsp ground ginger
- ✓ salt & pepper to taste
- ✓ chopped, fresh cilantro

Directions:

Toss chopped cauliflower florets with olive oil and spices (veggies should be well coated). Season with salt and pepper. Roast at 400°F for about 30 min. Serve with chopped, fresh cilantro (or parsley, if you prefer). Top with drizzle of olive oil. *Tips:* Top with goat cheese for extra punch of flavor. Consider adding carrots for two side dishes in one!

Honey Turmeric Chicken



Ingredients:

- ✓ 4 chicken thighs or breasts, deboned but skin-on (12 oz.)
- ✓ 2 cloves garlic, minced
- ✓ 1 1/2 tablespoons honey
- ✓ 1 tsp oyster or soy sauce
- ✓ Scant 3/4 tsp turmeric powder
- ✓ Pinch of cayenne pepper
- ✓ Pinch of salt

Directions:

Add garlic, honey, soy/ oyster sauce, turmeric, cayenne and salt to chicken to combine well. Heat skillet to medium heat and add oil. Sauté chicken on both sides until golden brown. Alternatively, bake at 400°F for about 20 min. until done and slightly charred.

Sources:

SpoonUniversity.com
MedicalNewsToday.com

DID YOU KNOW? Turmeric is known for its anti-inflammation benefits as well as relieving pain, improving liver function, reducing the risk of cancer, and aiding in digestion. However, those on blood thinners should speak to their doctor before consuming large doses.



PICTURE THIS...



Many amazing volunteers jumped into action during our move back into the center!!

#WeAreBlessed
#VolunteersRock

It was so exciting cutting the caution tape and re-opening the center!

#BackToBusiness



We love seeing our beautiful community gathering again in support of each other!

#LiveLoveLaugh

Our LCC family had to say goodbye to one of the best support group facilitators ever! Matt Shealy, we will miss you!!

#BestWishes



Our line dancing class is getting back in swing at the center! Come kick up your heels with LCC!

#LiveLoveDance

We had the privilege of meeting Leeza's daughter, Leksy, and spend time with her dad, Pops!



Follow us!



KINDNESS KORNER



When searching for random acts of kindness, there is no need to look beyond our very own community here at LCC. Overwhelmed at the thought of moving each piece of furniture and trinket back into the center and our Care Café, we quickly realized there was no need for worry. Our community of volunteers and friends jumped right in to box us up from St. Mary's and move us back in. They helped us unpack each box with love and care, while piecing our center back into the beautiful caregiver oasis it was before. Now, it is better than ever, and we have our neighbors and friends to thank for their generous spirits. We are overwhelmed with gratitude and love!

Have a random act of kindness story to share?

Email: kena@leezascareconnection.org

THANK YOU, VOLUNTEERS!



As an extension of our Kindness Korner this month, we would like to offer a special **THANKS** to all our amazing volunteers who help keep us on track every day!

There is no doubt, we could not do what we do without YOU! From the volunteers who helped us move back in the center, to the volunteers who help us every week, and those that do what they can, when they can. Every act of kindness you extend inspires us to continue uplifting the family caregivers in our community as you elevate us each day at Leeza's Care Connection. Every smile you graciously give to each caregiver you encounter here or each community member you meet in hopes of making them aware of LCC, your boundless love and unwavering support do not go unnoticed. You are the heartbeat of Leeza's Care Connection. We are forever grateful and beyond proud to have such an amazing family of volunteers who give so selflessly to help families coping with chronic illness feel less alone.

*With Loving Gratitude,
Marti & Kena*

THIS MONTH'S EDUCATION PROGRAMS

February 5th from 11:00 – 3:00 pm, FREE COGNITIVE SCREENINGS!

Every wonder, "Is my forgetfulness part of normal aging or is it more?" Johnsie Douglas, MEd, LPC, will be on hand to administer the Saint Louis University Mental Status Exam (SLUMS), a widely used and brief oral/written screening tool only, given to *assist* in determining a dementia diagnosis or provide a baseline of cognitive levels for your doctor. The exam will take about 15 min. plus 5 min. to review results. You will be given a copy of the results. *RSVP by calling 803-888-7525 or email: kena@leezascareconnection.org*

February 7th, 14th, 21st, 28th from 11:30 – 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 presented by Daybreak Adult Care Services. It is based on the book *Keeping Love Alive as Memory Fades: The 5 Love Languages and the Alzheimer's Journey*. Book and lunch included. RSVP preferred but not necessary.

February 8th from 11:30 – 1:00 pm, LUNCH 'N LEARN: Five Wishes Living Will

Susan Rush, MSW, Program Director with Heartstrings Hospice will discuss the Five Wishes Living Will document, intended to help families start conversations about care in times of serious illness. Written in everyday language, and recognized as a legal document in SC, Five Wishes helps people express their wishes in areas of personal, spiritual, medical and legal. It includes power of attorney, living will and three additional advanced directives. *RSVP requested but not required. Lunch provided by Heartstrings Hospice.*

February 19th from 11:00 – 3:00 pm, GRAND RE-OPEN HOUSE!

Stop by Leeza's Care Connection to visit the center and see the progress we've made since moving back in after the giant oak tree fell on our roof! Take a tour and share some light refreshments among friends!

February 20th from 4:30 – 6:30 pm, GRAND RE-OPENING CELEBRATION! *Falling Forward*

If you must fall, fall amongst friends! We are celebrating the re-opening of our center since the giant oak tree fell on our roof! Join us for door prizes, tours, a few remarks, light refreshments and a champagne toast with Leeza.

February 22nd from 11:30 – 1:00 pm, LUNCH 'N LEARN: *I Think I Love my Family: A Tale of Family Dynamics*

Dr. Macie Smith from the Arnold School of Public Health will help us gain a deeper understanding of how family dynamics play a major role in the quality of care provided to loved ones with chronic illnesses while learning effective ways to overcome challenges. This program is sure to provide clarity on the role of "family" caregiving. *Lunch provided. RSVP requested, but is not necessary 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!

~ THANK YOU TO ALL our **monthly lunch providers!** We appreciate your continued support!



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 the 1st Wednesday from 11:30 – 1:00pm

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

Art of Coping with Loss – Meets 4th Thursday from 6:30 – 8:00 pm

Dr. Delores Gulledge will teach us to use art as medicine when dealing with loss and grief. No experience required.

WELLNESS AND ENERGY PROGRAMS

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!

Men's Coffee Club– 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.

Healing Rhythms: Drumming Circle of FUN! – Meets the 3rd Thursday of each month from 11:00 am – 12:00 pm

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 February 6th from 1:00 – 2:00 pm

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

Ladies' Coffee Club – Join us for Ladies Coffee on February 16th at 10:30 am!

Join us as we dish about the week and the latest hot topics in life and caregiving! In October, we will pay homage to all the caregivers and volunteers who have survived breast cancer. All lady caregivers and volunteers welcome! Smiles and laughter guaranteed!

Maintain the Brain! – Meets the 4th Tuesday of each month from 1:30 – 2:30 pm

Did you know your brain has the incredible ability to reshape itself, to adapt and change IF you are willing to stretch it? This is known as NeuroPLASTiCity! You don't have to sign up for a gym. You don't need hypnotist. You just need the desire to maintain your brain health and 10 minutes a day exercising your brain! Marsha Clayman with Homestead Hospice will teach us everything we need to know about maintaining the brain while having a little fun!