



July 2017

Hours:
 Mon - Fri 9am – 5pm
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 201 St Andrews Rd
 Columbia, SC 29210
LeezasCareConnection.org

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Follow us!   

THE ULTIMATE ACT OF KINDNESS:

Grateful for St Mary's Episcopal Church

We received the **ULTIMATE ACT OF KINDNESS** from St Mary's Episcopal Church when a giant oak tree was uprooted in a storm and crashed on our roof, forcing us out of our building. The loving souls at St Mary's immediately gave us space where we could offer our programs and services while repairs are being made. We gratefully receive this generous gesture of kindness, and are thrilled for the ability to continue offering our services to our caregiving community!



MESSAGE FROM LEEZA

Recognize that you're not in a sleep-supportive situation. Caregivers often fail to realize how much tension and anxiety builds up during the day. The body holds this stress and adds it to whatever issues your loved one has that may also be upending your odds of a good night's rest. Target the tension. Spend time in the morning and, at night, simply sitting still and breathing deeply. A few slow inhalations and exhalations will literally slow your heart rate and lower your blood pressure, making your body more sleep-ready.

Ever Forward,
Leeza

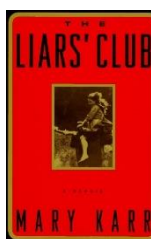


AFTERMATH OF THE OAK TREE!

By now, most of you have probably heard or seen what happened when Mother Nature had her way when that giant old oak tree uprooted and slammed right on the roof of Leeza's Care Connection center on May 28! Luckily, no one was inside at the time and our Irmo Fire Fighters, volunteers, friends and neighbors all came running to help! Thank you for all the calls, prayers and support. We are so blessed to have such a caring community! Although it is going to take some time to rebuild, **you can find us at 170 St Andrews Rd, Columbia in the Hospitality Hall at St Mary's Episcopal Church, where we will continue to offer free services, support and programming to our caregivers!**



BBR BOOK CLUB BOOK OF THE MONTH



THE LIAR'S CLUB
 by Mary Karr

From a chaotic childhood to an acclaimed author, Karr's memoir is gritty, compelling and courageous. Her comic childhood in an east Texas oil town brings us characters that are darkly hilarious.



Among our greatest blessings, one that is often taken for granted, is our freedom. This is a blessing to which we owe a great debt of gratitude to our heroes – the men and women of our armed forces. **THANK YOU** for your service!

HEALTHY BRAIN TIP: VISIT A MUSEUM!



THE TASK:

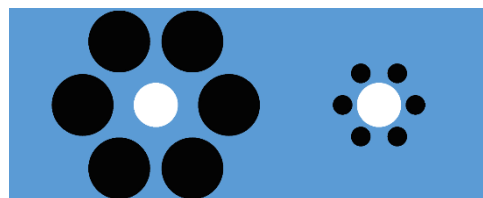
Go on a guided tour of a museum or another site of interest. Pay careful attention to what the guide says. When you get home, try to reconstruct the tour by writing an outline that includes everything you remember.

THE REASON:

Research into brain plasticity (the ability of the brain to change at any age) indicates that memory activities that engage all levels of brain operation—receiving, remembering and thinking—help to improve the function (and hinder the rate of decline) of the brain.

2017 Posit Science

BRAIN CHALLENGE:



**Observe the two sets of circles below.
Which of the white circles is larger?**

You may be surprised to find out that they are exactly the same size. The deception occurs because of the size of the surrounding blue circles and their relative distance from the central orange circle. These adjustments cause the brain's visual perception system to distort the relative size of the inner circles. Another factor at play is the "completeness" of the surrounding circles; if we removed a few of the blue dots or spaced them out, the illusion would not persist.

RECIPE OF THE MONTH

EASY FETA, BACON AND TOMATO BREAKFAST EGG MUFFINS

Ingredients (serves 6):

- 4 large eggs
- 2 slices of bacon, cooked and chopped
- 30g light feta, crumbled
- 2 spring onions (scallions)
- 6 cherry tomatoes
- A pinch of sea salt and black pepper



Directions:

1. Whisk the eggs in a large bowl and add in the other ingredients and mix well.
2. Spray a muffin tin a (6 hole one) with oil and pour in the mixture.
3. Put in a preheated oven at 200c for 20 minutes, until the eggs have risen.

Recipe courtesy of Hungry.Healthy.Happy.com

Nutritional Information:

Calories: 76

Carbs: 2

Fat: 7.5g

Protein: 9g

Whether you eat these as a quick and easy breakfast on the go, have them by themselves or with some toast, or you just have them as a high protein snack, if you don't have a lot of time for healthy eating, then give these a try!



PICTURE THIS...SEE HOW WE DARE2CARE!



We have the BEST volunteers! Thanks to everyone who helped us before and during the Dare2Care Fair!



What an honor having Gov. McMaster and Lt. Gov. Kevin L. Bryant at our event support our mission!



From tutus and Manilow to Singing in the Rain and being coached by USC's finest - you just never know what you'll see at the Dare2Care Fair and Take the Dare Live Auction!

LOOKING BACK: DARE2CARE FAIR

We cannot thank our amazing community of VOLUNTEERS, SPONSORS and SUPPORTERS enough for helping make our very first Dare2Care Fair a success! We started the day with a **FUN FAMILY FAIR** for all ages and, thanks to all our wonderful sponsors who participated, we were able to offer lots of good advice and information on health and caregiving to our community!

For the **TAKE THE DARE AND LIVE AUCTION** that took place during the evening fundraising event, we had a great time watching our friends and neighbors take the stage for some pretty fun and often hilarious live dares! We appreciate all the good sports and brave souls who put their hearts on the line and took the stage in the name of caregivers! We appreciate the way our community Dares2Care like no other!!

Gratefully, Your Leeza's Care Connection Family



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



July 7th at 11:00 am, Volunteer Appreciation Brunch and Dare2Care Wrap Up

Let us show our appreciation for all YOUR hard work! Bring your thoughts, feedback and ideas of how we can make next year's Dare2Care even better! *Brunch provided by Heartstrings Hospice.*

July 12th from 12:00 – 1:30 pm, LUNCH 'N LEARN: Fight the Disease NOT Each Other!

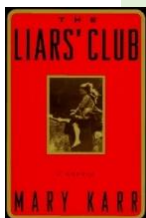
With different personalities and baggage that exist long before a diagnosis, family dynamics are always challenging when caring for a loved one. Johnsie Douglas with Three Rivers Behavioral Health will teach us ways to deal with the personalities of different family members and the situations and obstacles they present. She will help empower you to not become tangled in their dysfunction!

Lunch provided by Three Rivers Behavioral Health. RSVP requested, but is not required for attendance.

July 13th from 12:00 – 1:30 pm, LUNCH 'N LEARN: Ask the Expert - Money Talks!

What financial concerns should you be concerned with when there is major life change in your family? Leslie Slaughter will address the most common questions she receives from caregivers. This educational event will address the specifics of account registrations, who has access and authorization, what's the difference between a power of attorney and a conservatorship and the basics of preparing for taking on the financial responsibilities for your loved one.

Lunch provided by Colonial Gardens Alzheimer's Special Care Unit. RSVP requested, but is not required.



July 20th from 12:00 – 1:00 pm, BBR BOOKCLUB

JULY'S BOOK OF THE MONTH: *The Liar's Club* by Mary Karr

From a chaotic childhood to an acclaimed author, Karr's memoir is gritty, compelling and courageous. Her comic childhood in an east Texas oil town brings us characters that are darkly hilarious.

July 26th from 12:00 pm – 1:30 pm, LUNCH 'N LEARN: Medicare – Are YOU Covered?

Catherine De Leon, Manager of Patient Financial Resource Center with Lexington Medical Center will walk us through all your questions on Medicare. From Medicare Parts A & B and Prescription Coverage to Open Enrollment, get the facts here!

Lunch provided by Lexington Medical Center. 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



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

Lunch provided by Dunbar Funeral Home.

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. *Group sponsored by All Seasons Hospice.*

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.

WELLNESS AND ENERGY PROGRAMS

Caregiver 101 with Carlos "Pops" Gibbons – Meets 2nd & 4th 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 July 19th from 11:30 – 1:00pm *Speaker: Marsha Ward*

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: Learn to Draw – Meets July 6th & 27th 2:30 – 4:00pm

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 2nd and 4th 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 3rd Thursday 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!

Mindful Movement – Meets July 13th & 27th 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.

Ladies' Coffee Club – Meets July 21st from 10:30am – 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.*