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## MESSAGE FROM LEEZA

Traditions are important. They connect us to the past and to each other. They provide comfort and stability in changing times, like comfort food for the soul. They can also trigger pain, create stress and make us feel empty or sad if there is a loss of a loved one, or if we feel we failed somehow at delivering the perfect execution of the tradition.

In our newsletter this month, we're making the case for re-inventing traditions, scaling them back or maybe even ditching them altogether. In my own family, our children grew into adults with significant others, we moved to a new house leaving much of our stuff in storage, and some of the things we've always done just couldn't happen. Initially, I felt the sting of disappointment and guilt, but it forced us into new versions of what we used to do and now we love the new way.

I hope our features and resources this month will help you make an adjustment if Covid, a death, or other changes threaten your holiday traditions.

It'll all be ok, even if it's not the same.

Change challenges all of us to find ways forward even when it's hard. All of us at LCC are facing something new this month--Our amazing Kena Dill has taken a new job at United Way focusing on marketing in a way not possible with us. We are so proud of her and so happy for her new opportunity! They are lucky to have her and we will miss her terribly, but fortunately for us, she remains a phone call away and a big part of her heart remains with us. We love you, Kena and wish you the best of luck! Change can make us better, stronger and more resilient. This holiday season, let's try to find those parts of what's new and different. Keep going ...it's all gonna be ok.

Holiday Love,

*Leeza*



*You're invited to ...*

## HOLIDAY SHENANIGANS

**Tuesday, Dec. 7th  
1:30–3pm**

It's holiday party time complete with games, singing, treats and more! Join us at our center to celebrate.



Holidays are tough on caregivers. Between family get-togethers, cooking, and shopping, it is easy to feel burned out.

Here are some tips to help you have a better holiday season.

*...Continued on Page 3*

## HEALTHY BRAIN TIP:

### THE TASK: Eat as many anti-inflammatory foods as possible

Anti-inflammatory foods include fruits, vegetables, and healthy fats like omega-3 fatty acids. Another perk of eating anti-inflammatory foods is that they can actively help your body fight inflammation. For example, getting enough omega-3 fatty acids can help reduce the production of pro-inflammatory molecules while protecting against neurodegenerative diseases and cognitive loss.

Pro-inflammatory foods include additives and preservatives found in processed food, damaged and processed fats such as trans-fat, and refined sugar.

Source: [Healthline](#)

## HEALTHY RECIPE OF THE MONTH

Granola is all about whole grains, crispy clusters of nuts and oats, and a satisfying crunch that makes it perfect for eating out of hand. The brain loves monounsaturated and polyunsaturated fats.

### TOasted GRANOLA

#### Ingredients

- 5 cups oats old-fashioned, rolled
- 1 cup sliced almonds
- 1 cup pure maple syrup amber and full-flavored
- 2/3 cup extra virgin olive oil
- 1 teaspoon almond extract
- 1 teaspoon pure vanilla extract
- 3/4 teaspoon sea salt or kosher salt

#### Instructions

1. Preheat oven to 350°F and place the rack in the center of the oven. Line a rimmed (18 x 13-inch) baking sheet with parchment paper or a silicon mat.
2. In a large bowl, combine oats, sliced almonds and kosher salt.
3. In a large (4-cup) measuring cup, combine maple syrup, olive oil, almond and vanilla extracts using a fork or a whisk.
4. Pour olive oil mixture over the oats mixture and stir to combine. Using a rubber spatula, spread evenly over baking sheet.
5. Bake for 20 minutes. Rotate baking sheet front to back. Bake another 20 minutes. Pull the pan from the oven and carefully inspect the granola. If it is golden brown throughout and darker brown on the edges, it is done. If not, return to the oven and keep a close eye on it while you bake another 3-5 minutes.
6. Remove from the oven and cool granola in the pan. Transfer to an airtight jar or other container using a spatula.

## BRAIN CHALLENGE:

**Name two objects for every letter in your first name.**

**Work up to five objects, trying to use different items each time.**





Thank you to our amazing **DARE2CARE** sponsors & performers... AND to our generous community who supports us with love & resources.



**“Holiday Tips” continued from Page 1 . . .**



## **Smaller, Simpler, Shorter**

Think about what you can minimize or change to make your life easier. As Leeza mentions in her message, traditions can be re-imagined and still hold the same meaning and connection to the past.

## **Use Retained Abilities**

There are still opportunities to engage your loved one wth dementia using the abilities they still possess. For example, pull out an old photo album of family & friends. Listen to some favorite holiday specific albums they may remember.

## **Be Ready to Hear the Same Story Multiple Times**

This one can be said for ALL families. It's best not to dismiss your loved one but allow them to reminisce—it fires up the person's brain cells and hearing these stories is a great way to connect.

## **Avoid Direct Corrections**

Maybe the story happened differently... instead of correcting, go with the flow. In addition, you can help engage your loved one by asking “this or that” questions (for example, “mom, was your first car blue or green?”)

## **Accept General Comments**

While some of our loved ones won't remember specifics, it is best to accept general answers (the color of the car isn't integral for the story).

## **Give Room to Get Away if Needed**

If loved ones come to visit, consider having the person living with dementia sit at the edge of the table, instead of the center. This way, the person has less sensory input & if it becomes too much can get away to relax & recharge.

## Week 1: Dec 1- 3

### Wed | Dec 1

12:30P - LUNCH | 1pm - Presentation  
LUNCH 'N LEARN: "How To Deal With The Holidays When Your Loved One Has A Cognitive Impairment"  
\*see webinar note below to attend virtually

### Thur | Dec 2

10A: **Coffe & Canvas**  
Let your creative juices flow over coffee & crafts!

## Week 2: Dec 6-10

### Tue | Dec 7

11:30A-1P: Early & Mid Stage Dementia Support Group

1:30P-3P: **Holiday Shenanigans Party**

6P-7P: Caregiver Support Group (Virtual)

### Wed | Dec 8

12:30P - LUNCH | 1pm - Presentation  
LUNCH 'N LEARN: "5 Simple Steps to Keep Being Yourself & It Is Happy & Healthy Forever"  
\*see webinar note below to attend virtually

### Thur | Dec 9

10A: **Coffe & Canvas**  
Let your creative juices flow over coffee & crafts!

1P: Caregiver Support Group (w/ RESPITE)

### Fri | Dec 3

9:30A: Men's Coffee Club

## Week 3: Dec 13-17

### Mon | Dec 13

11A: **Tai Chi with Gaylee Davis** (in-person only)  
1P: Grief Support Group

### Tue | Dec 14

11:30A-1P: Parkinson's Caregiver SG

### Wed | Dec 15

12:30P - LUNCH | 1pm - Presentation  
LUNCH 'N LEARN: "Sensitive Situations in Dementia Caregiving"  
\*see webinar note below to attend virtually

### Thur | Dec 16

10A: **Coffee & Canvas**  
Let your creative juices flow over coffee & crafts!

11:30A-1P: Breathe Easier Club (Lung Cancer SG)

6:30P: **The Art of Coping with Loss**  
(in-person & virtual)

## Week 4: 20-22

### Mon | Dec 20

1P: Multiple Sclerosis Family Support Group (in-person & virtual)

### Tue | Dec 21

11:30A-1P: Early & Mid Stage Dementia Support Group

### Wed | Dec 22

12:30P - LUNCH | 1pm - Presentation  
LUNCH 'N LEARN:  
"Moving On: Successful Tips for Moving"

6P-7P: Caregiver Support Group (Virtual)

**CENTER CLOSED DEC 23, REOPENS JAN 3**

**Happy Holidays**

### REGISTER FOR VIRTUAL PROGRAMS:

Online at [LeezasCareConnection.org](http://LeezasCareConnection.org) or  
email [info@leezascareconnection.org](mailto:info@leezascareconnection.org)

## “ MESSAGE FROM MARTI



Just like Lucy in the classic I Love Lucy show.... "I've got some splainin' to do!"

First let me assure you that Kena and I are both OK! Kena's last day at LCC was the same day as our big fundraiser, so we did not have time to honor and celebrate her as we would have liked too.

However, she is not moving away and still plans to join us for events and volunteering.

She is growing as a leader and professional into a new position we do not offer here at LCC.

We will absolutely miss her fun spirit, laughter and heavy footsteps through the center everyday! She is still my bestie and we continue to talk daily.

### **She has not only impacted our lives, but you have impacted hers too....**

"You are my family of choice, and I will take you with me wherever I go. Thank you for sharing a piece of yourself with me over the years. My heart is full of only love and gratitude. Although I look forward to a new adventure, my heart will forever be connected to you and my LCC family. Love you lots!" - Kena



## Leeza's Care Connection



thank you

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