MESSAGE FROM LEEZA

Don't let guilt eat you alive. Instead, celebrate your good intentions. We feel guilty because we want so much to do the right thing. By and large, that is what you're doing! Shift your focus to your strengths and all the things you do right, not to the few things that are less-than-right.

Ever Forward,

Leeza
HEALTHY BRAIN TIP:

THE TASK: Eat more blueberries!

THE REASON:
Blueberries aren’t only good for lowering bad cholesterol levels and improving cardiovascular health, but they also help keep the brain sharp. Blueberries are high in antioxidants called flavonoids which interact with different proteins and enzymes in the brain, keeping your brain feeling fresh and young. In fact, “drinking blueberry juice daily can improve our memory function by 30%!" So, throw a handful of blueberries in your morning bowl of cereal or oatmeal and forget about it!
Source: Julia Guerra for Dr. Oz

BRAIN CHALLENGE:
When I’m first said, I’m quite mysterious, but when I’m explained, I’m nothing serious. What am I?

Answer on bottom of page 5

HEALTHY RECIPE OF THE MONTH
This baked oatmeal recipe is loaded with wholesome ingredients—oats, nuts, maple syrup and blueberries that will keep you full all morning long, especially with a dollop of Greek yogurt.

Blueberry Baked Oatmeal

**Ingredients:**
- ½ cup roughly chopped pecans
- 2 cups old-fashioned oats
- 2 Tsp ground cinnamon
- 1 Tsp baking powder
- ½ Tsp salt
- ⅛ Tsp ground nutmeg
- 1 ¾ cups milk of choice
  - (almond milk, coconut milk, oat milk or cow’s milk all work)
- ½ cup maple syrup or honey
- 2 large eggs or flax eggs
- 3 Tbsp melted unsalted butter or coconut oil, divided
- 2 Tsp vanilla extract
- 12 oz or 1 pint fresh or frozen blueberries, divided

Optional toppings: plain Greek/ vanilla yogurt or whipped cream, additional maple syrup or honey for drizzling, and/or additional fresh fruit

**Directions:**
1. Preheat the oven to 375 degrees. Grease a 9-inch square baking dish.
2. In medium bowl, combine oats, toasted nuts, cinnamon, baking powder, salt and nutmeg. Whisk.
3. In smaller mixing bowl, combine milk, maple syrup or honey, egg, half of the butter or coconut oil, and vanilla. Whisk until blended. (If you used coconut oil and it solidified in contact with the cold ingredients, briefly microwave the bowl in 30 sec. increments, just until the coconut oil melts again.)
4. Pour the wet ingredients into the dry and stir until combined.
5. Pour mixture into greased baking dish and top with the remaining berries.
7 Dimensions of Wellness Cont’d

**OCCUPATIONAL WELLNESS**
This involves the suitability of our work and life roles (such as being a mom, dad, sibling or friend), to our interests, skills, and values, and the fulfillment we gain from our professions, hobbies, or volunteer work.

**SOCIAL WELLNESS**
Research shows people who have more meaningful social relationships are healthier, happier, and even live longer. Thus, there seems to be a reason we feel the desire to care for our loved ones, belong to clubs and teams, and socialize with our friends.
Source: Alive.com

---

**Leeza’s Care Connection NEW Learning Lab!**

Our Resource Room has transformed into a Learning Lab! In addition to books, DVD’s and handouts, caregivers now have access to a computer, iPad and printer equipped with tons of caregiving resources and brain games at your fingertips. From researching clinical trials and doctors to healthy recipes or fun activities, the learning lab is a space for YOU to become the best caregiver possible by being the most prepared.

**Occulus Virtual Reality (VR) Headset**
Step into the world of someone living with dementia through the VR Dementia Experience. Take a 5-min journey into Harry’s world, a man living with mid-stage dementia. Or relax with one of the Virtual Meditations as you take a trip across the world and melt the stress away with these guided meditations!

**Computer**
Preloaded links for Clinical Trial Matcher, common local resources, respite grant information and applications, access to LCC handouts, internet, printing access and more!

**iPad**
Great for you or your loved one, you’ll have access to brain games, podcasts on caregiving and self-care, Alzheimer’s Association Science Hub App, Meditation apps, and more!

Guided tours available March 11th, 18th and 25th from 1:30 – 3:00 pm!
THIS MONTH’S EDUCATION & SPECIAL PROGRAMS

March 11th from 12:00 - 1:30 pm, LUNCH ‘N LEARN: Tips for Caring for an Aging Male
Men change as they age. This process impacts their relationships significantly, both in the home and socially. Chronic conditions, such as limitations from accidents, PTSD, illness or disease, pain, and dementia make caregiving for older men challenging. Join Morgan Jones and Ryan Thompson with Carolina Health Care to get a man’s take on helping men age in place.

March 11th, 18th and 25th from 1:30 – 3:00 pm, Learning Lab and VR Tours!
Drop by or stick around after a lunch ‘n learn for a quick tour of our Learning Lab and experience our Virtual Reality (VR) glasses! Step into the world of someone living with dementia through the VR Dementia Experience or relax with one of the Virtual Meditations by taking a trip across the world as your stress melts away!

March 18th from 12:00 – 1:30 pm, LUNCH ‘N LEARN: Sensitive Situations in Dementia Caregiving
Let’s face it. Caring for someone you love often leads to awkward moments that may result in embarrassment for you and your loved one. While bathing, grooming, feeding, or driving can all be uncomfortable, it is important to maintain the person’s privacy, dignity, and independence as much as possible. Join Daryl McNair of Colonial Gardens to learn better ways to handle these “sensitive situations”.

March 25th from 12:00 – 1:30 pm, LUNCH ‘N LEARN: Appetite and Weight Loss in Older Adults
We’re tackling the pitfalls of weight loss and lack of appetite as we age! Unintentional weight loss can lead to functional decline in activities of daily living, an increase in hospitalizations, increased risk of hip fracture in women and other negative health outcomes. So, how can we make easy and nutritious meals that keep our bodies healthy and our bones strong as we age, especially if we’re only cooking for one or two? Executive Chef Julio Cera from Wellmore of Lexington will join us for a special cooking demonstration and offer tips on meal prep, simple snacks for promoting bone health and freezing meals for quick mid-week options. You’ll want to save room for samples of his bone health trail mix!

March 31st from 10:00 – 3:00 pm, FREE COGNITIVE SCREENINGS
Every wonder, “Is my forgetfulness part of normal aging or is it more?” Johnie Douglas, MEd, LPC, with Right at Home 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 at (803)888-7525 or email Kena at kena@leezascareconnection.org.

Collecting Goods for Leeza’s Care Café!

We are often asked, what can I do to help? Well, here are some basic necessities we currently need for our caregiver oasis – the Care Café! Any donations of these items would be much appreciated. Thank you!!

- 8 oz. insulated disposable coffee cups
- 16 oz. paper cups
- Thick paper dinner and/or dessert plates
**SUPPORT GROUPS**

**Art of Coping with Loss** – Will meet the 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.

**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 David at 803-777-9735.

**Caregiver Support Groups (FREE RESPITE care services provided with these groups!)**
You are not alone! Connect with other caregivers and our facilitators by sharing, venting and learning from each other.
- **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

**Caregiver Support Group for Early to Mid Stages of Dementia** – Meets 1st and 3rd Tuesday from 11:30am–1:00pm.
This is a group for families adjusting to some form of dementia with a focus on education, strategies and planning.

**Grief Support Group** – Meets the 2nd & 4th Monday from 1:00 – 2:00pm
Connect with others who have experienced loss and challenges that living with grief brings.

**Keeping the Faith** – Meets the 1st & 3rd Thursday from 1:00 – 2:15pm
A non-denominational support group aimed to connect you with other caregivers throughout their spiritual journey.

**Multiple Sclerosis & Family Support Group** – Meets the 3rd Monday from 1:00 – 2:00pm
This is an uplifting group for those living with multiple sclerosis and for their family members.

**Parkinson’s Caregiver Support Group** – Meets the 2nd and 4th Tues. from 11:30a–1:00pm (**FREE RESPITE care services provided**) This is a group for caregivers who are caring for someone with Parkinson’s Disease.

**WELLNESS AND ENERGY PROGRAMS**

**Coffee & Canvas** – Meets every Thursday from 10:00am – 11:30am
Join us on Thursdays for social time filled with smiles, crafts and friendship! Refreshments provided.

**Girl, you’ve got this!** – Meets the 4th Tuesday from 6:30 – 8:00pm
This women’s group explores the unique spiritual journey through teachings, meditation, drumming, yoga, chakras, mindfulness, journaling, and other creative methods.

**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.

**SharpFit Brains** – Meets the 4th Tuesday from 1:30 – 2:30pm
Your brain has the incredible ability to reshape itself, to adapt and change if you are willing to stretch it for as little as 10 minutes a day! Senior Expert Marsha Clayman will teach us everything we need to know about maintaining our brain.

**Yoga with Nicole** – Meets the 2nd & 4th Monday from 11:30 – 12:30 pm and the 1st & 3rd Tuesday from 1:30 – 2:30 pm
Grab a mat or chair and join certified yoga instructor Nicole Styron to learn how the mindful practice of yoga can help you relieve stress as it strengthens your muscles and improves your flexibility and balance.

**Beginner Tai Chi** – Meets the 1st and 3rd Friday from 11:00 – 12:00 pm
Join Gaylee Davis for a low impact, slow-motion exercise that helps you breathe deeply and naturally, focusing your attention on your bodily sensations. Tai Chi is a great way to improve balance and stability.

**Drumming Circle of FUN!** - Meets the 3rd Thursday from 11:00 – 12:00pm
Cyndi Boot will lead us in the circle of drumming and experience its calming and energizing effects. Group drumming has been shown to reduce stress, enhance the immune system, and it’s FUN!

---

**Monthly Lunch Providers:**
- Heartstrings Hospice
- CAUGHMAN-HARMAN and DUNBAR FUNERAL HOME
- FirstLight HomeCare
- COLONIAL GARDENS
- Carolina Heath Care

**Brain Teaser Answer:** A riddle!