

MAY 2022

Leeza's Care  
Connection



Office Hours:

Mon – Thurs: 9:00am-4:00pm

Fri: Closed

(803) 888-7525

201 St. Andrews Road

Columbia, SC 29210

[LeezasCareConnection.org](http://LeezasCareConnection.org)

**Managing Director: Marti Colucci**

**Email:** [marti@leezascareconnection.org](mailto:marti@leezascareconnection.org)

**Program Director: Katie Sayles**

**Email:** [katie@leezascareconnection.org](mailto:katie@leezascareconnection.org)

**Resource Specialist: Cyndi Boot**

**Email:** [resourceelcc@gmail.com](mailto:resourceelcc@gmail.com)

## “Message from Leeza



Make Yourself Proud. We gain respect for ourselves when we do something hard, or face something difficult. That's real self-esteem. When we claim those moments, it's a true win. But, it's not always about winning, really.

Sometimes, it's just about taking the dare. So, how do we do that?

If you're like me, and facing the second half (or final third) of your life, ask yourself the question, "What can I do to make myself proud? How do I face the hard things with grace and courage?" In my opinion, one of the hardest things is simply owning our age without whining, resentment, apologizing or romanticizing youth.

I agree with Virginia Wolf who said: "I don't believe in aging. I believe in forever altering one's aspect to the sun". See, that's what we can do. We can alter our perspective, change our optics, celebrate our position as the veterans on the continuum of life. We simply can't build tomorrow if our hands are filled with yesterday's junk. My thought for this month is..."How do you release yesterday and focus on what's in front of you? It's been my experience that we are just about as happy as we choose to be.

So, take the dare; celebrate who you are right now, own your age, change your aspect to the sun. I always say, "Count your blessings, and not your stretchmarks!"

*Leeza*

# CARE for a CAREGIVER

# 5.3.2022



## HEALTHY BRAIN TIP:

### PRACTICE A HOBBY!

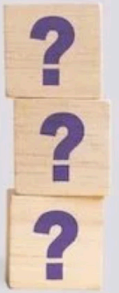
Make sure you're doing something you love every day. If your brain is constantly bogged down in work, it has no time or space to explore creative, fun ideas and concepts.

In fact, some hobbies--like playing video games or practicing a musical instrument--can help sharpen your intelligence as well!

## BRAIN CHALLENGE:

**This belongs to  
you, but everyone  
else uses it.**

*Answer on bottom of page 3*



## HEALTHY BRAIN RECIPE: Grain Bowl with Sautéed Spinach

Don't toss that leftover quinoa from dinner! Instead, repurpose it in this grain bowl, which you can customize with any greens, veggies, fruits, and proteins you have on-hand. Source: Prevention.com

### Ingredients

- ½ cup rainbow quinoa
- 1 organic yellow onion
- 1 or 2 cloves organic peeled fresh garlic
- 3 organic scallions
- 6 ounces organic baby spinach or other leafy greens
- 2 organic eggs
- 1 organic Roma or other tomato
- 4 or 5 sprigs organic fresh dill
- 1 organic lemon
- 6 tablespoons crumbled feta

### Instructions

1. Cook the quinoa- Bring to a boil, reduce to a simmer, cover, and cook until the quinoa is tender and the water is absorbed, 15 to 20 minutes. Fluff with a fork, cover, and keep warm.
2. Prep and cook the vegetables- Peel and coarsely chop vegetables. In a large frying pan over medium-high heat, warm 2 tablespoons olive oil then add the onion, season with salt and pepper. Stir in the garlic and white parts of the scallions then stir in the spinach and cook until just wilted, 1 to 2 minutes.
3. Cook the eggs- In the same pan used for the vegetables, cook until the whites have set and the yolks are slightly runny, 2 to 3 minutes
4. Finish the dish- Cut away the core from the tomato; coarsely chop the tomato. Coarsely chop the dill. Cut the lemon into wedges for garnish. To the bowl with the vegetables, stir in the quinoa, tomato, feta and dill.





# Thanks For Joining Us

## Starry Night Senior Prom

We can't believe Starry Night Senior Prom has come and gone! We danced the night away, under the stars, by the river with Seniors of all ages, a true intergenerational Senior Prom. We thank our **SPONSORS** for your generous donations. We also want to thank our **VOLUNTEERS** and our **Advisory Board** for helping with set up, breakdown and everything in between. Without the support of our sponsors and volunteers our Prom wouldn't be the success it was!

We had the USC dance team, **Carolina Girls**, who showcased their talent with a dance to "Dancing Queen". We played a game of Family Feud, Seniors vs. Youngsters (Seniors came out on top). We enjoyed a photo booth, delicious food from **Hudson's Catering** and champagne for everyone thanks to **Green's Beverage**.

We crowned Prom King **Dr. Carlos "Pops" Gibbons** and Prom Queen **Mrs. Mary Ann Hutchenson**. Shout out to our Prom Court Nominees. Congratulations to **Irmo Mayor, Barry Walker** and **1st Lady, Mrs. Walker** for winning the Best Dressed award, you truly sparkled!

The best volunteers & contributors help made this night so special: **AKA's, SC State Cadets, the SC Youth Challenge Cadets., UofSC groups, Advocates Against Alzheimer's and PCT, and Kirk Luther** for being our DJ and keeping everyone out on the dance floor. Our photographers were amazing, **David Barber, Vicki Lovett and Elizabeth Roquemore**.

*Thank you to our sponsors:*



South Carolina



Answer: Your name **Page 3**



## SUPPORT GROUPS

### Caregiver Support Groups

You are not alone! Connecting with other caregivers, sharing, venting, learning from each other and our facilitators help you gain an understanding that you are not alone. Each of our groups below meet 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. Respite provided.

**Caregiver Support Group for Early & Mid 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. It 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 – 2:00pm. Connect with others who have experienced loss and challenges that living with grief brings.

**Art of Coping with Loss** – Meets 4th Thursday from 6:30 – 8:00 pm. Dr. Delores Gullledge teaches us to use art as medicine when dealing with loss and grief. No experience required.

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

## THIS MONTH'S EDUCATION & SPECIAL PROGRAMS

**Wednesday, May 4 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation** *(in-person & virtual)*

**"Managing Money: A Caregiver's Guide to Finances"** If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. Presented by the Alzheimer's Association of Los Angeles.

**Wednesday, May 11 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation** *(in-person & virtual)*

**"Picking up the Pieces"** COVID changed a lot in our every day lives. People have struggled with adjusting to the new normal and the changes implemented throughout the pandemic. This presentation is about coping with grief and anxiety due to the effects of the COVID pandemic by Ashley Rollin, RN at DHEC.

**Wednesday, May 18 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation** *"(in-person & virtual)*

**"CBD for Healthy Aging"** Learn about the health benefits of CBD and how to determine what product is safe and effective for supporting a healthy lifestyle.

**Wednesday, May 25 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation** *(in-person & virtual)*

**"Coach Brett- Getting Back to You".** Fun and creative approach to retirement that focuses on planning for the everyday life aspects of it. Learn how to replace your work identity, stay socially connected and remain physically and mentally sharp. Too many people start their first day of retirement with only a financial plan and nothing else. Do not let this happen to you. Learn how to re-invent yourself, prepare for important conversations to strengthen your relationships, and develop wellness habits for your body, mind and spirit.

## WELLNESS & ENERGY PROGRAMS

**Art With Heart**– Meets every Thursday from 10:00am – 11:00am. Ever feel like you just don't get a chance to connect with others who get what it's like to be a caregiver? Well, not anymore! Join us on Thursdays for social time filled with smiles, crafts and friendship!

**Healing Rhythms: Drumming Circle of FUN!** - Meets 2nd Tuesday of each month from 10:00am - 11:00am. Come experience calming and energizing effects of drumming led by our very own Cyndi Boot. *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.

**Beginner Tai Chi**- Meets 2nd & 4th Monday from 11am - 12pm. Join Rob McCue for a low impact, slow-motion exercise that helps you breathe deeply and naturally, focusing your attention on your bodily sensations. Tai chi helps balance & stability done both sitting and standing.

**Now What, NOW Me!**- Meets the 1st and 3rd Thursdays of the month from 11:30am-1:00pm. To help you reinvent, rediscover and re-engage in your life, after or during your caregiving journey.

**Yoga**- Meets the 1st and 3rd Monday of the month from 11:00am-12:00pm. This class is for beginners and yogis of all levels. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, stretching, balance and flexibility. This yoga can be performed standing or sitting.



# In case you MISSED IT

on our social media :

## Household safety for caregivers

Non-fatal falls cost 50 BILLION  
dollars per year

The most dangerous rooms in your  
home are the bathroom and  
kitchen. Stairs take 3rd place.

1 out every 5 falls cause an  
injury

Public buildings built after 1983  
(American Disability Act) are required to  
have hand rails

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Thank you

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DOWNS

## Coping skills for caregivers



Stay socially active via phone  
or video

Keep up with hobbies or  
exercise regularly



Try keeping a regular sleep  
schedule

Find a local  
support group



## MONTHLY LUNCH PROVIDERS :

- Carolina Healthcare
- Caughman-Harman & Dunbar Funeral Home
- Chick-fil-A Ballentine
- Colonial Gardens ALF & Memory Care
- FirstLight Home Care
- Heart of Hospice
- Right At Home
- Solutions for Living at Home
- Three Oaks Hospice