



## PANCAKE BREAKFAST

*In Honor of the Longest Day*

**Friday, June 18**

Drive thru or sit down to enjoy pancakes among friends as we reflect on those affected by Alzheimer's disease.

**Everyone welcome!**

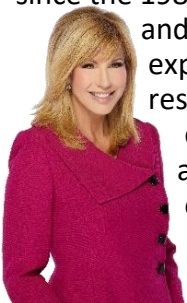


**Sponsored by:**  
AKA Sorority, Irmo Chapter

### MESSAGE FROM LEEZA

Dear friends, as you know, at Leeza's Care Connection, we are committed to creating a safe, supportive environment where everyone feels seen, valued and accepted. To honor our focus on that priority, we just completed a Challenge Day workshop to help us grow our empathy and continue to lead with kindness and compassion. We loved it, and we learned so much and had a great time!

Challenge Day is a nonprofit that has been around since the 1980's and is committed to helping youth and adults unlearn harmful habits and to experience vulnerability as a pillar to restore strength. It's all about supporting communities to be more understanding and supportive of each other's despite our differences in beliefs, faiths, ethnicities, age, gender and income.



*(Continued on Page 3)*

**Join Us In-Person or Virtually for  
an Exclusive Educational Film!**

**SPARK**

ROBIN WILLIAMS AND HIS BATTLE  
WITH LEWY BODY DEMENTIA



**SPARK: Robin Williams and his  
Battle with Lewy Body Dementia**

Leeza's Care Connection is proudly partnering with the Lewy Body Dementia Association (LBDA) to bring you this exclusive FREE showing of *Spark*, an educational film about Robin Williams and his battle with undiagnosed Lewy body dementia (LBD).

This new in-depth look into the world of LBD takes a deep dive into the disease, its biology, myriad of clinical symptoms and highlights the impact on both the person with LBD and the primary caregiver.

**WED, JUNE 23**

**11:30 – Lunch**

**12:00 – Video Begins**

This documentary will last 45 minutes and will be followed by a panel discussion to answer questions and discuss key messages and takeaways from the film. This documentary is not available online or on demand. Join us for lunch before watching or join us from home virtually.

**To register virtually:** [LeezasCareConnection.org](http://LeezasCareConnection.org)  
[Kena@LeezasCareConnection.org](mailto:Kena@LeezasCareConnection.org) / (803) 888-7525

## HEALTHY BRAIN TIP:

**THE TASK:** Eat more fiber!

### THE REASON:

Eating foods rich in fiber could help delay brain aging thanks to its anti-inflammatory benefits. Researchers state “microglia — a major type of immune cell in the brain — tend to become hyperactive and chronically inflamed with age. This inflammation of the microglia is one of the main causes of memory and cognitive decline in old age.”

To get these big brain benefits, try incorporating more foods like broccoli, nuts, beans and whole grains into your weekly meals.

Source: *Medical News Today*



## BRAIN CHALLENGE:

A bus driver goes the wrong way on a one-way street. He passes by a police officer, but he doesn't get stopped.

**Why?**



*Answer on bottom of page 3*

## HEALTHY RECIPE OF THE MONTH

This quick and easy sweet potato and quinoa salad is perfect for lunch or dinner. An easy dish to prepare ahead of time, it works perfectly as a side or is a great option for the main dish. Packed with fiber and protein, this meal will fill you up without slowing you down. Enjoy cold or warm!

### Roasted Sweet Potato Quinoa Black Bean Salad

#### INGREDIENTS:

- 1 1/4 pounds sweet potatoes scrubbed and peeled (about 3 small/medium), cut into 1/2-inch chunks
- 1 large red onion cut into 1/2-inch chunks
- 4 Tbsp extra virgin olive oil divided
- 2 Tsp ground chili powder
- 1 Tsp smoked paprika
- 1/2 Tsp kosher salt
- 1 1/2 cups cooked quinoa from 1/2 cup dry
- Zest and juice of 2 limes (3 Tbsp)
- 2 Tsp pure maple syrup or substitute honey or light agave nectar
- 1 clove garlic minced
- 1 can reduced sodium black beans (15 ounces), rinsed and drained
- 1 large bell pepper cored and diced
- 3/4 cup freshly chopped cilantro

#### DIRECTIONS:

Preheat the oven to 400 degrees F. Place the cubed sweet potatoes and red onion on a large baking sheet. Drizzle with 1 Tbsp olive oil, then sprinkle with the chili powder, smoked paprika, and salt. Toss to coat and spread into a single layer. Bake until the potatoes are just tender, about 25 minutes, turning halfway through. Remove from the oven and set aside.

While the potatoes bake, cook the quinoa (if needed). In a small bowl or large measuring cup, whisk together the remaining 3 Tbsp extra virgin olive oil, lime juice and zest, maple syrup, and garlic (or shake the ingredients together in a mason jar with a tight-fitting lid).

In a large mixing bowl, combine the cooked quinoa, black beans, bell pepper, cilantro, and roasted sweet potatoes and onions. Pour the dressing over the top, then toss to combine. Enjoy warm or at room temperature.

Source: *wellplated.com*



**FOOD FOR  
THOUGHT**

Toss a handful of nuts, seeds or fruit on your plate for a quick fiber boost. Bonus points for walnuts, because they are also rich in Omega-3 fatty acid, a powerful brain protector!



## PICTURE THIS...



**Our hearts are full of gratitude for all the support we received during this year's Senior Prom event!**

**Special thanks to the Irmo Chapter of the AKA Sorority for bringing so much help and energy to Senior Prom!!**



**We had the best (and cutest) carhops around serving our community!**

**It was so much fun seeing our community dress up in their favorite decade. Pat's poodle skirt is a winner!**



**Yep, that's our very own cheerleader, Leeza, joining the Dutch Fork squad spreading 'cheer' at the Senior Prom!**

**We were thrilled to begin meeting in person for support groups again!**



## MESSAGE FROM LEEZA (continued)

I have loved this program since I hosted a TV special about it in 1999 called "Surviving High School". Now, I believe their message is more urgent than ever. The pandemic and the civil unrest of this year have left social, emotional and psychological scars that affect us all. At Leeza's Care Connection, we felt this was the perfect time to build a more inclusive environment and explore any unconscious biases we may have, particularly about race. I'm so proud of our staff, facilitators and volunteers who were part of the training.

When we are biased, we tend to believe that some things, people, ideas or groups are better than others. Challenging our biases is an ongoing process, but we can't get there if we are in a constant tug-of-war of emotion trying to prove ourselves right.

One simple thing we learned during our Challenge Day workshop was **the S.T.O.P. method of diffusing conflict**. It stands for:

**S** - Stop and think about what you're doing or saying (perhaps that seemingly innocent joke or comment).

**T** - Take a breath and slow it down, giving your brain a chance to get oxygen and allow you to think with more clarity and less emotion.

**O** - Observe how others are reacting and responding to you. Are you making others feel left out, bullied, targeted?

**P** - Proceed without anger, judgment or defensiveness.

It's a basic start that reminds us of things we learned in grade school about The Golden Rule, but somehow has gotten away from us. As always, we love to hear from our community about how we're doing and what we can do better.

Ever Forward, *Leeza*

### Annual Sponsors:

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## WEEK 1: June 1 - 4

### Tues | June 1

11:30 - 1P: **Early & Mid Stages of Dementia SG**

6P: **Caregiver Support Group**

### Wed | June 2

1P: **SNACK 'N GAMES: Brain Games with Marti!**

Join us to challenge your brain with some fun games!

### Thurs | June 3

10A: **Coffee & Canvas**

Let your creative juices flow over coffee & crafts!

## WEEK 2: June 7 - 11

### Mon | June 7

1P: **FACEBOOK LIVE: Brain Games with Marti!**

Take 15 min. to challenge your brain!

### Tues | June 8

11:30 - 1P: **Parkinson's Caregiver Support Group**

### Wed | June 9

12:30P: **LUNCH 'N LEARN: Sensitive Situations**

In uncomfortable dementia caregiving situations, it's important to maintain dignity and independence as much as possible. Join Daryl McNair to learn better ways to handle these sticky situations.

### Thurs | June 10

10A: **Coffee & Canvas**

Let your creative juices flow over coffee & crafts!

1P: **Caregiver Support Group**

### Fri | June 11

9:30A: **Men's Coffee**

## WEEK 3: June 14 - 18

### Mon | June 14

1P: **Grief Support Group**

### Tues | June 15

11:30 - 1P: **Early & Mid Stages of Dementia SG**

6P: **Caregiver Support Group**

### Wed | June 16

12:30P: **LUNCH 'N LEARN: RESILIENCY WORKSHOP**

From self-care to self-compassion, learn realistic and supportive tools to help build resilience and strength. *See registration note below.*

### Thurs | June 17

10A: **Coffee & Canvas**

Let your creative juices flow over coffee & crafts!

## Fri | June 18

9:30 - 11:00A: **PANCAKE BREAKFAST!**

Drive thru, dine in or dine out! Enjoy pancakes among friends as we reflect on those affected by Alzheimer's disease in honor of the Longest Day. *Everyone welcome!*



## WEEK 4: June 21 - 25

### Mon | June 21

11A - 3P: **FREE Memory Screenings**

Every wonder, "Is my forgetfulness part of normal aging or is it more?" Johnsie Douglas, MEd, LPC, will offer memory screenings to assist in assessing cognitive functioning. RSVP at 803-888-7525 or email [kena@leezascareconnection.org](mailto:kena@leezascareconnection.org)



1P: **Multiple Sclerosis Family Support Group**

### Tues | June 22

11:30 - 1P: **Parkinson's Caregiver Support Group**

### Wed | June 23

11:30P: **LUNCH 'N LEARN - Spark: Documentary on Robin Williams & Lewy Body Dementia**

Exclusive look into the life of Robin William and Lewy Body Dementia (LBD). This takes a deep dive into the disease, its biology, myriad of clinical symptoms and highlights the impact on both the person with LBD and the primary caregiver. *See registration note below.*

### Thurs | June 24

10A: **Coffee & Canvas**

Let your creative juices flow over coffee & crafts!

1P: **Caregiver Support Group**

6:30P: **Art of Coping with Loss**

### Fri | June 25

9:30A: **Men's Coffee**

## WEEK 3: June 28 - 30

### Mon | June 28

1P: **Grief Support Group**

### Tues | June 29

1P: **FACEBOOK LIVE: Preventing Dehydration in those Living with Dementia**

Geriatric Nurse Practitioner Donna Wolff offer tips for keeping your loved one hydrated in the summer heat.

### Wed | June 30

12:30P: **LUNCH 'N LEARN: Have Your Care Needs Changed?**

Home care expert La'Reece Edmonds and Hospice expert Tyler Barton breaks down how these added layers of support can help you.