

Leeza's Care Connection



Phone Support Hours:
 Mon - Thurs: 9:00am–4:00pm
 Fri: 9:00am – 2:00pm
 (803) 888-7525
 201 St Andrews Rd
 Columbia, SC 29210

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Helping family caregivers cope with Alzheimer's and other chronic illness through tips, strategies, and support.



Join Team LCC and Walk at Seven Oaks Park for the Walk to End Alzheimer's!

This year's Walk to End Alzheimer's is different. Due to the pandemic, the Alzheimer's Association invites the community to participate in small teams.

As you know, our commitment to supporting all those affected by Alzheimer's and other dementias is unwavering. **Join us for a masked team walk at a local park with plenty of room for social distancing!** Call or email to register.



Oct 24 | 9 AM
Walk starts at 10 AM
Seven Oaks Park
 200 Leisure Ln
 Columbia, SC

MESSAGE FROM LEEZA

Caregivers and their chronically ill loved ones are already at greater risk for depression and illness due to stress. Add to that the almost unbearable reality of not being able to see each other, and it seems catastrophic. Witnessing someone's life and sharing their journey is what keeps us sane and emotionally safe. Human touch, interaction or just sitting in silence together is incredibly healing, but Covid has taken that away. If hairstylists, bartenders, and truck drivers are essential workers, caregivers should be, too. Zoom calls and facetime are not enough, especially for those whose loved ones have dementia. We'd like to see family caregivers deemed as essential. It's almost certain to deliver better outcomes. Until then, our advice is to focus on what you can control, stay emotionally connected through technology and snail mail, and continue to raise your voice.



Leeza

Are Family Caregivers Essential Healthcare Workers?



Even in the pre-pandemic era, family caregivers faced a barrage of stressors, and COVID-19 has made their critical jobs even more challenging by adding uncertainty and stress, limiting access to care, and complicating service delivery.

The push for hospital and nursing home visitation comes as long-term care facilities continue to struggle with shortages of staff, testing and personal protective equipment. As COVID-19 cases remain a concern nationwide, long-term care facilities account for nearly 40% of the nation's death toll. Fortunately, many nursing homes and hospitals are beginning to ease restrictions on family caregivers deemed as "essential healthcare workers" as overall numbers cases decrease. These family members are a welcome means of social support, especially for those living with dementia or other cognitive impairment.

One LCC caregiver states, "A family caregiver IS an essential worker not JUST a visitor when their loved one is in a hospital ER or facility of any type. Even top quality facilities still need our hands, feet, eyes and ears to assist our loved ones. When a family caregiver is at the bedside, they can prevent a lot of issues from becoming critical. Loneliness is only part of the picture... but that loneliness often leads to other serious issues when patients/residents are left with no advocate to speak for them." On the flip side, hospital and facility representatives point out that while essential family caregivers have the best intentions, we also know how easily an asymptomatic carrier of this virus can trigger a deadly outbreak.

We want to know how COVID-19 has affected you.

Email kena@leezascareconnection.org **to share your story.** We'll be sharing your stories throughout November which is National Family Caregivers Month.

HEALTHY BRAIN TIP:

THE TASK: Drink coffee!

THE REASON:

Ditch the sugar but go for the java! New research is uncovering big benefits of coffee for the brain. From Parkinson's and diabetes to vascular health benefits. Reasons coffee may benefit the brain include

- 1.) Caffeine increases serotonin and acetylcholine, which may stimulate the brain and help stabilize the blood-brain barrier.
- 2.) Polyphenols in coffee may prevent tissue damage by free radicals, as well as brain blood vessel blockage.
- 3.) Trigonelline may also activate antioxidants, thereby protecting brain blood vessels.

Source: mindbodygreen.com



BRAIN CHALLENGE:

I am the first on earth,
the second in heaven.
I appear twice in a week,
though you can only see me
once in a year.

What am I?



Answer on bottom of page 3

HEALTHY RECIPE OF THE MONTH

The smell of fall in the air often remind us of warm comfort foods, and this light chicken chile is the perfect option for ushering in a new season! It's also packed with protein, fiber and antioxidants. You'll want extras!

White Chicken Chili with Chiles and Black Beans

INGREDIENTS:

- Warmed corn tortillas for serving
- 1 Tbsp extra virgin olive oil
- 1 large yellow onion thinly sliced (about 2 cups)
- 1 tsp kosher salt plus more for seasoning the chicken and to taste
- 2 large garlic cloves roughly chopped
- 2 cups unsweetened almond milk (or whole milk)
- 1 cup Anaheim or poblano peppers roasted, seeded and diced (or canned chiles)
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 15-ounce can black beans rinsed
- 1 ½ pounds boneless skinless chicken breasts
- ¼ tsp ground black pepper plus more to taste
- 1 handful chopped cilantro (or parsley) leaves
- 1 avocado diced (optional)

DIRECTIONS:

Warm the oil in a heavy pot (that has a tight-fitting lid) over medium heat. Add the onions, sprinkle with a ¼ teaspoon of the salt, and cook, stirring occasionally, until soft and starting to brown, about 10 minutes. Reduce the heat to low and add the garlic. Cook for another minute, or until fragrant, being careful not to let it burn.

Add the almond milk, chiles, cumin, oregano, black beans, and another teaspoon of the salt to the pot. Bring to a simmer, then reduce the heat until gently bubbling.

Season the chicken breasts by sprinkling both sides with the rest of the salt (¼ teaspoon) and the black pepper. Place the chicken breasts gently into the liquid, cover the pot, and cook until you can easily pull the chicken apart with two forks, about 12 minutes.

Transfer the chicken to a bowl and set it aside until cool enough to handle, then shred it using two forks. Add the chicken and any juices back into the chili. Simmer until the chili is gently bubbling again. Add salt and freshly ground pepper to taste.

Source: BrainHealthKitchen.com



Black beans are packed with goodness! Known for being high in protein, fiber, and antioxidants, black beans are good for heart health, reduced cancer risk, improved digestion, and may even help strengthen bones!



PICTURE THIS...



Our Advisory Board may look different this year, but they are still amazing! Thank you for supporting caregivers!

Thank you to everyone who came out in the rain to give blood for our ARC Mobile Blood Drive!



We are grateful to our community of volunteers who helped with last month's parade!

We always look forward to seeing these two fun loving convertible chicks!



There's nothing like seeing our caregivers during these difficult times.

Bring the family! All are welcome to drive thru for breakfast on the go!



Follow us!



SAVE THE DATE for our Virtual Dare2Care!

This year's Dare2Care "Find Your Funny" is coming to YOU! We're going LIVE **Thursday, November 19th** on our Facebook and YouTube channel. This is our main source of funding, so please help us spread the word. Read more in next month's newsletter!

VOLUNTEER HIGHLIGHT!

HUGS Ambassador Britta Couture honored by Lexington Medical Center Foundation

There is no doubt, LCC has THE BEST volunteers. And Britta Couture is no exception to the rule. Recently, she was selected by our partners at LMC Foundation to be featured in their *Foundation Areas of Focus* publication for the support she offers to families at their memory care facility, Carroll Campbell Place. Through grant funding provided by the foundation, LCC is able to provide support services to families who have loved ones placed there. Recently, the foundation extended funding to include dementia care training for LMC staff at their facilities and hospital. We look forward to kicking off this new addition when we reach the other side of this pandemic!



Patient Care

Patient Care programs help enhance hospital services throughout LMC's network and are often the result of employee-submitted internal grants.

- ▶ Exercise Program for Patients with Cancer or Chronic Illnesses
- ▶ Hospital-to-Home Care for Elderly or Medically Fragile Patients
- ▶ Diabetes Education
- ▶ Caregiver Training through HUGS (Helping U Grow Strong) Program

"I am so proud to share my experience as a volunteer for Leeza's Care Connection. I spent many years being a caregiver for family members and living a life of isolation with little support from any outside agencies. When the Lexington Medical Foundation began to support many of our programs, there was a big awakening for the community. Caregivers need care, too."

The support of the Foundation included training through the HUGS program (Helping U Grow Stronger) and assisted me in visiting other facilities. Carroll Campbell Place opened their doors to me, and I was able to support the family caregivers with visitations and friendship. I have become a stronger and healthier volunteer for our caregivers."

— Britta Couture

WEEK 1: Oct 1 – 2

Thurs | Oct 1

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

WEEK 2: Oct 5 – 9

Tues | Oct 6

12P: **Early & Mid Stages of Dementia Support Group**
6P: **Caregiver Support Group**

Wed | Oct 7

1P: **WEBINAR: Social Security 101**

This seminar is a guide for making informed decisions on social security. It will help you understand your benefits, when you can take them and offer survivor benefit information. *See registration note below.*

Thurs | Oct 8

1P: **Caregiver Support Group**

3P: **ONLINE GROUP: Journaling with Leeza**

Join Leeza to reflect on inspirational ideas and de-stress in a mindful and nonjudgmental setting. Register to Kena@LeezasCareConnection.org.

Fri | Oct 9

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

WEEK 3: Oct 12 – 16

Mon | Oct 12

1P: **Grief Support Group**

Tues | Oct 13

12-1P: **Parkinson's Caregiver Support Group**

Wed | Oct 14

1P: **WEBINAR: The Aging Heart & Soul**

We are more than our bodies. We are emotional and spiritual beings. Caregiving expert Stephanie Erickson will explore the meaningful ways older adults experience aging. *See registration note below.*

Thurs | Oct 15

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

2P: **WEBINAR: How SHIP Offers Medicare Support**

Sheila Bell-Ford shares how the Central Midlands Area on Aging offers Medicare support through the SHIP program. *See registration note below.*

WEEK 4: Oct 19 – 23

Mon | Oct 19

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

Tues | Oct 20

12P: **Early & Mid Stages of Dementia Support Group**

6P: **Caregiver Support Group**

Wed | Oct 21

1P: **WEBINAR: Sensitive Dementia Situations**

In uncomfortable caregiving situations, it's important to maintain their dignity and independence as much as possible. Join Daryl McNair to learn better ways to handle these sensitive situations. *See registration note.*

Thurs | Oct 22

1P: **Caregiver Support Group**

3P: **ONLINE GROUP: Journaling with Leeza**

Join Leeza to reflect on inspirational ideas and de-stress in a mindful and nonjudgmental setting. Register to Kena@LeezasCareConnection.org.

Fri | Oct 23

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

Sat | Oct 24

9:00A: **Walk to End Alzheimer's at Seven Oaks Park!**

Join us for a masked team walk at a local park with plenty of room for social distancing!

WEEK 5: Oct 26 - 30

Mon | Oct 26

1P: **Grief Support Group**

Tues | Oct 27

12-1P: **Parkinson's Caregiver Support Group**

7P: **Facebook LIVE! Legal Trusts & Estate Planning**

Wed | Oct 28

1P: **WEBINAR: Beating the Sugar Blues**

Diet plays an important part in brain health and preventing cognitive decline. Nakia Morgan will discuss the health effects of sugar, the hidden names of sugar in foods and effects of artificial sweeteners. *See registration note below.*

Thurs | Oct 29

1P: **Caregiver Support Group**

3P: **Facebook Live! How to Build a Caregiving Contingency Plan**

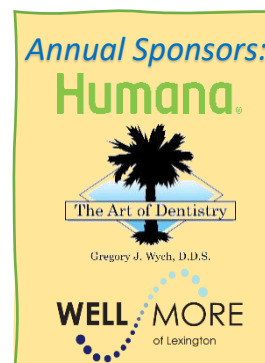
Fri | Oct 30

9:30 – 11:00A:

SCARE-A-Van

Breakfast Drive Thru!

Take a spooky drive through our parking lot for tricks and treats!



ABOUT OUR ONLINE PROGRAMS

Our physical location may be closed, but we are still here to support you!



SUPPORT GROUPS

All support groups are **available online through a secure Zoom link**. Anyone with a phone or computer can join! Call or email us to get on the list for your group(s). Kena will email your secure link and dial in number the day before the group meets. Joining by video is optional!



WEBINARS

Just because we can't have lunch together, doesn't mean we can't learn together! We still have top **local experts providing you with essential information** on care-related and self-care topics. Listen by phone (dial in number provided) or click the link with your smart phone or computer.

1. Go to LeezasCareConnection.org
2. Scroll down to "Upcoming Programs & Events", find your webinar, and click "Register"
3. Enter your information to receive the link and dial in number option
4. You will receive an email reminder 1-hr before the webinar begins
5. Note, you will not be on video or seen onscreen during webinars! Only the speaker appears.

Can't find the registration link? No problem! Just email Kena@LeezasCareConnection.org.



FACEBOOK LIVE!

We share lots of great tips you don't want to miss on our Facebook page. When you see a Facebook Live scheduled, just **navigate to our Facebook page and the video appears** at the scheduled time (you may have to scroll down to see it)!



YOUTUBE

Did you know we have a Leeza's Care Connection YouTube Channel? Just search our name in the YouTube search bar to find our channel. You'll find an **archive of previous webinars and Facebook Live discussions at your fingertips**.

NEED HELP CONNECTING? *We've got you covered!*

TECH SUPPORT

We are available by appointment to help you connect your devices! Call to schedule your appointment *before* your group or webinar. You can bring your device to our center (smartphone, ipad, or laptop) for assistance. Please note, we are limited to the skills of our directors!

USE A COMPUTER AT OUR CENTER

There are **3 available computer stations for connecting** to support groups and live webinars. **We'll even set it up for you!**

SCHEDULE YOUR APPOINTMENT AT (803) 888-7525
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