

Leeza's Care Connection



Phone Support Hours:
 Mon - Thurs: 9:00am–4:00pm
 Fri: 9:00am – 2:00pm
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LeezasCareConnection.org



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

Now, you can shop with us! LCC Unveils NEW Online Shop

Spread #MoreLoveNow with one of our **exclusive connecting hearts designs** **available for a limited time** at our NEW website store! From cozy sweatshirts and tees to masks, 100% of your purchase goes towards our mission of supporting caregivers.



NEW!! Shop with Purpose with LCC!

LeezasCareConnection.org/shop



Don't miss the chance to purchase one of our connecting hearts designs – *limited stock!*

MESSAGE FROM LEEZA

If you're a Yes-A-Holic like me your life is probably cluttered because you aren't so good at saying "No". Well, here's how I got into recovery and you can too. Before you say YES to anything, think of YES as standing for Your Empowerment System. What does it take to make you feel empowered? You probably need to feel valued, respected, worthy, safe, capable, etc. So, how come you say yes to so many things and then immediately begin to feel terrible? It's amazing how many things we do that actually make us feel badly about ourselves.



Like being a pushover for volunteering to handle everything yourself again! Or stay late at work or whatever? Before you agree to do anything, make sure it fits in Your Empowerment System. If it's not a "YES" for you, shake your pretty head and walk away!

Leeza

6 Ways to Better Deal with CONFLICT



Whether coping with difficult family members or attempting to reduce tensions between you and a loved one, here are a few tried and true considerations to keep in mind.

1. Know what's facing you. What you thought was one big conflict might, in reality, be a collection of smaller conflicts. By understanding what you're trying to tackle, you'll be better able to find the resolution needed to move forward.

2. Strive for a calm, logical mind. Things quickly escalate where emotions are involved. By taking out the hurt and angry feelings and focusing on the facts, you can better confront the real issues, without getting sidetracked by things that only warp your perception of the situation.

3. Let go of the past. Whatever happened, happened. Instead of getting caught in the trap of assigning blame, focus on the situation where it is now. It's better to spend your energy in problem-solving rather than history. Besides, isn't it better to be the bigger person?

4. Look at the bigger picture. Did this conflict come about because of circumstances that were outside of anyone's control? It might be some context is needed to calm the situation down. Once the entire situation is clearly understood, it's much easier to move forward without a lot of anger and resentment.

5. Watch your words. While it's good being honest, you don't need to blurt out every last thing that you're thinking. Own up to your part in things. Listen carefully to what others have to say. And when you do speak, use a calm tone of voice and stay focused on the matter at hand.

6. Allow resolution. Whether or not you approve of any solution, accept it when one is found and agreed. Then let go of the conflict and don't revisit it.

Source: Rosalind Jones, *The Caregiver Café Blog*

HEALTHY BRAIN TIP:



THE TASK: Get in touch with your emotions.

THE REASON:

Negative attitudes and feelings of hopelessness can create chronic stress, which upsets the body's hormone balance, affects cognitive functioning, depletes the brain chemicals required for happiness, and damages the immune system. Studies show that simply acknowledging negative thoughts and realizing that it's normal for your brain to be in reactive mode, gives you the power to make the conscious decision to shift and refocus your energy, reducing the impact of stress on your brain.

Source: Harvard Health

BRAIN CHALLENGE:

A cowboy gallops into town on Monday, stays for two days, and leaves town on Monday.

How can this be?



Answer on bottom of page 3

HEALTHY RECIPE OF THE MONTH

Looking for a comfort side item this winter that doesn't pack on the pounds? We've got you covered with this rich and savory butternut and cauliflower risotto recipe that is sure to become one of your favorites.

Butternut and Cauliflower Risotto

INGREDIENTS:

- 2 Tablespoon avocado oil
- 1 sweet onion, peeled and finely diced
- 3 garlic cloves, peeled and crushed
- 1 Tablespoon flour of choice
- 1/4 teaspoon thyme
- 1/4 teaspoon black pepper
- 1/2 teaspoon pink Himalayan salt
- 2 cups diced oven roasted, cooked butternut squash
- 12 oz cauliflower rice, fresh or frozen (defrosted)
- 1/2 cup lite canned coconut milk
- 1/2 cup veggie broth
- 1 Tablespoon freshly chopped sage leaves
- 1/2 cup fresh, chopped parsley

DIRECTIONS:

1. Sauté the onion and garlic in the avocado oil for 2 to 4 min. or until glossy.
2. Add the flour, thyme, salt, pepper, stirring well so no lumps are formed. Then add the cauliflower rice, broth, butternut squash and coconut milk. Cover pot with lid and simmer for 5 min. until the cauliflower is soft. Lastly add chopped sage and gently mix. If you want it more saucy, you can add a little more broth and coconut milk.
3. Sprinkle with chopped parsley and lightly dust with paprika.
4. Optional add-in: 1/4 cup plant-based parmesan or cheese of choice.

Source: Leré Robinson; aliveagainonline.com



FOOD FOR THOUGHT

Butternut squash is an excellent source of provitamin A carotenoids, vitamin C, B vitamins, potassium, magnesium, and manganese. Its health properties help reduce heart disease, cancers and mental decline. It's also packed with gut healthy fiber – for your "second" brain!



PICTURE THIS...



Join our new virtual Coffee & Canvas group from home to help beat the COVID Blues!



We're thrilled to connect with Reverend Cleveland Odell who is an amazing caregiver for his mother as well as his community!



Our Burbank team had fun surprising the Providence Neurology Department for National Caregivers Day!



Follow us!



LCC Delivers Activity Kits for You and Your Loved One!



Since the pandemic brought our Silver Lining Respite Care Club to a halt, we've been brainstorming ways to help caregivers connect with their loved ones at home in a meaningful way. To that end, we've been mailing out small and simple activity kits that may be perfect for you and your loved one. From craft kits and word finds to inspirational quotes and caregiver tips, we want to share a "silver lining" in your week!

If you're caring for your loved one at home during the pandemic, these activity kits may be for you. Just give us a call or email to get signed up for this free service!

Want to get our mailing list to receive these activity kits?

Email Kena@LeezasCareConnection.org
or call (803) 888-7525

LEEZA'S STRESS BUSTERS FOR BUSY PEOPLE!

- 1. A quick walk.** Always available and it never fails to shift perspective and make me feel more productive.
- 2. Facing a tough task or decision.** The minute I tackle something I've been dreading, I instantly feel proud and more capable.
- 3. Downward facing dog.** I'm no yoga guru but taking a couple of minutes to get in this position and breathe always calms me. Besides bringing much needed oxygen to my brain and opening up my spine!
- 4. A bath.** Water has a way of washing off the heaviness of the day and rinsing our emotions clean to fight again! Epsom salts in the water help with inflammation and digestion- bonus!
- 5. Phone a Friend.** Mark Twain said the best way to cheer yourself up is to cheer up someone else! It works for me. Witnessing someone else's journey always makes me feel stronger in mine!

WEEK 1: March 1 - 5

Tues | March 2

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

6P: **Caregiver Support Group**

Wed | March 3

1P: VIDEO & DISCUSSION: Sleep is Your Superpower

Sleep scientist Matt Walker shares the good things that happen when you get sleep - and the alarmingly bad things that happen when you don't, for both your brain and body. He also shares some sleep tips. *See registration note below.*

Thurs | March 4

1P: Facebook LIVE: Brain Games with Marti!

WEEK 2: March 8 - 12

Mon | March 8

1P: Grief Support Group

Tues | March 9

12-1P: Parkinson's Caregiver Support Group

Wed | March 10

1P: WEBINAR: How Speech Therapy Can Benefit Those Living with Dementia

Join LCC caregiver and certified speech therapist Kathleen Scott to discuss the benefits of speech therapy techniques for those living with dementia. *See registration note below.*

Thurs | March 11

1P: Caregiver Support Group

Fri | March 12

9:30A: Men's Coffee

WEEK 3: March 15 - 19

Mon | March 15

1P: Facebook LIVE: Brain Games with Marti!

Tues | March 16

12P: Early & Mid Stages of Dementia Support Group

6P: Caregiver Support Group

Wed | March 17

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 below.*

Thurs | March 18

10A: Virtual Coffee & Canvas Craft Group

Craft kits provided! Email Kena for details.

1P: WEBINAR: Minding our Mental Health During Turbulent Times (rescheduled from February)

Have you experienced more anxiety or sadness during these difficult times? You are not alone. Carolyn English offers tips on fostering our mental well-being. *See registration note below.*

Fri | March 19



9:30 – 11:00A: CARE-A-Van Breakfast Parade!

Drive thru our parking lot for breakfast and smiles.

WEEK 4: March 22 - 26

Mon | March 22

1P: Grief Support Group

Tues | March 23

12-1P: Parkinson's Caregiver Support Group

Wed | March 24

1P: WEBINAR: Author's Corner with Sandi Savell!

How to Put Self-Care Back on Your List

LCC volunteer, former caregiver, and writer Sandi Savell joins us to share tips on putting YOU back on the list. *See registration note below.*

Thurs | March 25

1P: Caregiver Support Group

6:30P: Art of Coping with Loss

Fri | March 26

9:30A: Men's Coffee

WEEK 5: March 29 - 31

Tues | March 30

10:30A: Learn to Draw Series!

Email Kena@leezascareconnection.org for info!

1P: Facebook LIVE: Wellness for Caregivers

with Jennifer Henius of Caregiver Wellness Collective

Wed | March 31

1P: WEBINAR: Housing Options for Seniors

Barbara Oberman from Senior Living Solutions discusses senior housing options in the age of COVID. *See registration note below.*

Annual Sponsors:

Humana

Dominion Energy

nephron pharmaceuticals corporation

WELL MORE

AARP

WILDEWOOD DOWNS

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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