

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



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

## Coffee & Canvas Goes Virtual!

We're excited to start the new year off with a new online wellness group. Our weekly Coffee & Canvas group has been on hiatus since the pandemic – until now! This month join us for a little crafting and a whole lot of chatting. We'll provide most of the materials needed for these monthly meet ups and will send you all the details in advance. This group is for anyone who enjoys connecting with others who know what it's like to care for someone you love. These simple projects are also great projects for completing with your loved one. Email Kena at [Kena@LeezasCareConnection.org](mailto:Kena@LeezasCareConnection.org) to register!

**Jan 21 | 10:00 am**  
**Email Kena to Register!**

## MESSAGE FROM LEEZA

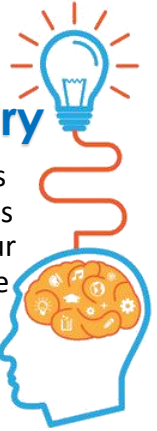
Yep, we've made it to the front porch of a brand new year and most of us are ready to knock down the door! Let's give ourselves credit for finding the optimism to look ahead and expect that better days truly are on the horizon. From a vaccine for Covid19 to glimpses of our economy emerging, we are hoping for the best. But, as they say, hope is not a strategy, so what are we going to commit to do? For starters, we can each put 2020 in the rear-view mirror and resist any lingering angst, agitation and antagonism that may try to bubble up this year. If you want something you've never had, you have to do something you've never done, so let's look for what we have in common, let's find compromise and civility. These are things that we have failed to value. Now, we can! Alan Cohen said "Do not wait until the conditions are perfect to begin.

Beginning makes the conditions perfect". Excited to get started along with you!



*Leeza*

## Top 5 Habits to Improve Memory



The new year undoubtedly brings new goals and new wishes for this new beginning. This year, why not set your goals on keeping your brain healthy and resilient? Lucky for us, the brain is a muscle that can be strengthened with practice. Try these top tips for improving memory and establishing brain healthy habits.

### Keep a Better Routine

By establishing — and sticking to — routines, you free your mind of daily time snatchers and memory thieves. "Routines help us attain efficiency, so we don't have to expend a lot of brain power on predictable elements of our day. Efficiency in everyday activities frees up time and brainpower for more meaningful things in our lives."

### Focus on One Thing at a Time

Stop trying to multitask! By taking in less information at a time, you are better able to get meaning, develop knowledge, and make better connections.

### Use All Your Senses

Memories are formed using more than one sense. Combining senses — like sight and sound — increases your ability to retain the memory.

### Get Organized

Free up your working memory by writing it down or typing it into your phone, removing clutter in your everyday life, and designating a place for everything.

### Take a Break

Life is hectic. Especially if you're a caregiver. That's why it's essential to be intentional on taking regular breaks to unplug, recharge and refuel.

Source: AARP

## HEALTHY BRAIN TIP:

**THE TASK:** Take short breaks!

### THE REASON:

When trying to memorize new material, it's easy to assume that the more work you put in, the better you will perform. Yet taking the occasional down time – to do literally nothing – may be exactly what you need. Just dim the lights, sit back, and enjoy 10-15 minutes of quiet contemplation. Aim for “minimal interference” during these breaks – no running errands, checking your emails, or using your phone. You really need to give your brain the chance for a complete recharge with no distractions.

Source: *bbc.com*



## BRAIN CHALLENGE:

I take what you receive and surrender it all by waving my flag.

**What am I?**



*Answer on bottom of page 3*

## HEALTHY RECIPE OF THE MONTH

Nothing warms the soul like a good bowl of hot soup. And there is no need to feel guilty about going for seconds with this vegetable dish. This soup is packed with protein, fiber, and flavor, so you won't even miss the meat!

### Southwestern Three-Bean & Barley Soup

#### INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 1 large stalk celery, diced
- 1 large carrot, diced
- 9 cups water
- 4 cups (32-ounce carton) reduced-sodium chicken or vegetable broth
- ½ cup pearl barley
- ⅓ cup dried black beans
- ⅓ cup dried great northern beans
- ⅓ cup dried kidney beans
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ¾ teaspoon salt



Barley is a whole grain, that provides fiber, vitamins, and minerals. Plenty of research shows whole grains are great for maintaining heart health and blood pressure – and we know that what is good for the heart is good for the brain!

#### DIRECTIONS:

Heat oil in a Dutch oven over medium heat. Add onion, celery and carrot and cook, stirring occasionally, until softened, about 5 minutes. Add water, broth, barley, black beans, great northern beans, kidney beans, chili powder, cumin and oregano. Bring to a lively simmer over high heat. Reduce heat to maintain a simmer and cook, stirring occasionally, until the beans are tender, 1½ to 2½ hours (adding more water, ½ cup at a time, if necessary or desired). Season with salt. Serve with fresh cilantro and a squeeze of lime, if desired.

**Make Ahead Tip:** Cover and refrigerate for up to 3 days.

Source: *eatingwell.com*



## PICTURE THIS...



Our hearts are full after seeing such a great turn out for our holiday parade!

Even Santa had to get in on the giving action with his special appearance!



We can always count on the ladies from the AKA Sorority to lend a helping hand!

We enjoy seeing caregivers bring their loved ones for the parade fun!



How could this sweet face not make you smile?

We hope you had a happy holiday season and look forward to better days ahead!



Follow us!



## Activity Corner: Repurposed Birdfeeders

If the pandemic doesn't keep you from going out, the cold weather sure will! Why not make the best of indoor time with your loved one by doing a fun activity together. It doesn't matter what the end product is, as long as you're doing it together and not worrying about being perfect.

Bird feeders are a good go-to activity any time of the year. We love the idea of repurposing old coffee mugs or teacups like these shown below. Or try sprucing up old cans with paint or Sharpies!



### PROGRAM HIGHLIGHT:

#### Author's Corner with Dr. Aaron Blight

Dr. Aaron Blight will join us to discuss his book *When Caregiving Calls*. He brings his experience as a caregiver and owner of a home care company to his research. His book illustrates how a loved one's changing state can lead to growing vulnerability, need, and loneliness on the part of both caregiver and care receiver. He notes how caregiving reshapes family relationships and the importance of managing time, energy, and emotions through his caregiving roadmap. He'll also offer practical advice to help caregivers cope with the challenges they face. Register at [LeezasCareConnection.org](http://LeezasCareConnection.org) or email Kena at [kena@leezascareconnection.org](mailto:kena@leezascareconnection.org)

**Wed, Jan 13 | 1:00 P**



## WEEK 1: Jan 4 - 8

### Tues | Jan 5

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

**6P: Caregiver Support Group**

### Wed | Jan 6

**1P: VIDEO VIEWING & DISCUSSION:**

**Brené Brown on The Power of Vulnerability**

Brené Brown studies human connection — our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research.

*See registration note below.*

### Fri | Jan 8

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

## WEEK 2: Jan 11 - 15

### Mon | Jan 11

**1P: Grief Support Group**

### Tues | Jan 12

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

**7P: Facebook LIVE: Ask a Legal Expert!**

### Wed | Jan 13

**1P: WEBINAR: Author's Corner! When Caregiving Calls with Dr. Aaron Blight**

Dr. Blight discusses how caregiving reshapes family relationships and the importance of managing time, energy, and emotions through his caregiving roadmap. *See registration note.*

### Thurs | Jan 14

**1P: Caregiver Support Group**

### Fri | Jan 15 🚗🚗🚗

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

Drive thru our parking lot for breakfast and smiles.

## WEEK 3: Jan 18 - 22

### Mon | Jan 18

**Closed in Observance of MLK Day**

### Tues | Jan 19

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

**6P: Caregiver Support Group**

## Wed | Jan 20

**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 | Jan 21

**10A: Virtual Coffee & Canvas Craft Group**

Craft kits provided! Email Kena for details.

*Register to [kena@leezascareconnection.org](mailto:kena@leezascareconnection.org)*

## Fri | Jan 22

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

## WEEK 4: Jan 25 - 29

### Mon | Jan 25

**1P: Grief Support Group**

### Tues | Jan 26

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

### Wed | Jan 27

**1P: WEBINAR: Myths of Hospice Care**

Hospice expert Anne Abel addresses common myths of hospice care and how it can benefit you and your loved one. *See registration note.*

### Thurs | Jan 28

**1P: Caregiver Support Group**

**3P: WEBINAR: Alzheimer's Tips with Erica - Uncomfortable Questions You Don't Want to Ask**

We'll discuss everything from getting your loved one to shower to handling bathroom issues like what to do when they have trouble wiping, erasing shame and getting them comfortable wearing diapers and avoiding nighttime accidents. We'll also learn how to utilize rewards to deal with tantrums and annoyances. *See registration note.*

## Thank you to our Annual Sponsors for supporting caregivers!

### Annual Sponsors:

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**WELL MORE**  
of Lexington

**AARP**  
South Carolina

# 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](http://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](mailto: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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