



**Office Hours:**  
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## Message from Leeza



Doesn't it seem like this is the time of year when the days fly by at warp speed? After Halloween, it seems like just a blink, and there we are celebrating a brand new year. I don't know about you but I can get all wrapped up in the pressure of creating memories, preserving memories, honoring traditions, trying to celebrate the moments and plan for it all without breaking a sweat!

**As wonderful as the holidays are, they can bring added stress for all of us, especially if you're a caregiver.**

This is **National Caregivers & National Alzheimer's month**, and my suggestion is that before the planning and preparing, give yourself the one thing you need most. **...the mental strength to get through it.**

Depression and anxiety are common and there are many ways to treat them. ***If you are a caregiver struggling with your own mental health***, you can go to [mhascreening.org](http://mhascreening.org) to take a free, anonymous, and confidential screening. This caregivers month, first care for yourself. **Ever forward, Leeza**

**Join us for our annual Dare2Care Gala celebration!** This year's **ART theme features** a performance by renowned speed painter, **Jessica Haas**, our very own **Leeza Gibbons** and our inaugural honoree, **Jennifer Clyburn Reed**.

Find Your Heart

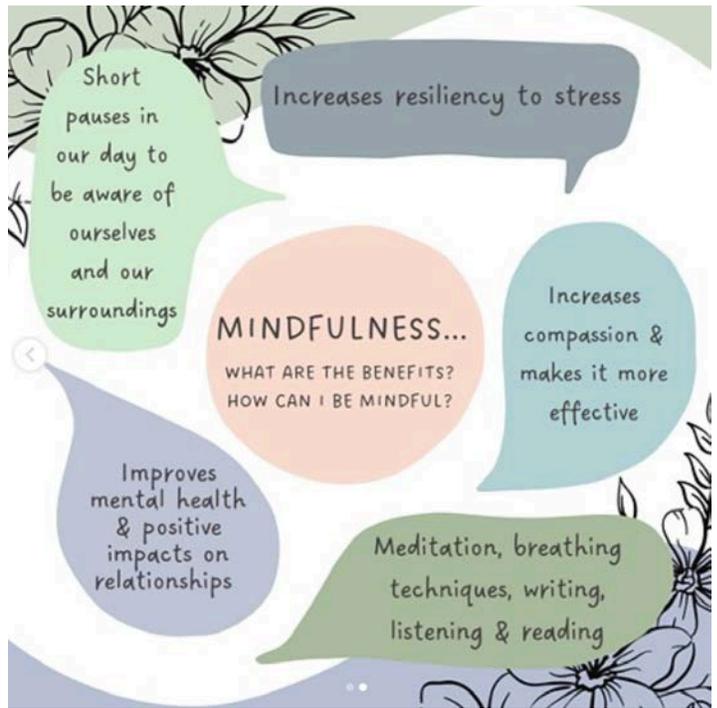


**NOV 3 @ 6PM**  
**R2i2 Conference Center**  
**763 Fashion Drive | Columbia**

*A charity gala benefitting Leeza's Care Connection*

**Visit our website to learn more & get your tickets.**  
 Special discount for caregivers!

## WELLNESS TIPS:



## HEALTHY BRAIN RECIPE: GREEN TEA WITH APPLES

This hot beverage is a brain-healthy choice. **Green tea is a great source of EGCG catechins, which are among the most potent antioxidants.** On top of that, cinnamon adds not only a flavor boost, but is also loaded with antioxidants. **So, go ahead, sit back and sip!**



### Ingredients

- 3 cups water
- 1 green tea bag
- 1/2 stalk (bottom portion) fresh lemongrass
- 3 apples, peeled, cored and chopped
- 1 cinnamon stick
- Fresh mint sprigs, for garnish

### Directions

1. Bring water to a gentle boil in a small saucepan.
2. Turn off heat and add the tea bag.
3. Bruise the lemongrass with the back of the blade of a chef's knife and add to the saucepan.
4. Let steep for 30 minutes, and then pour the tea through a fine-mesh sieve into a clean saucepan.
5. Add the apples and cinnamon and bring to a boil over high heat.
6. Turn down the heat. Simmer until the apples are fork-tender, about 6 minutes.
7. Using a slotted spoon, remove and discard the cinnamon stick and apples.
8. Pour the tea into teacups or mugs, garnish with the mint.
9. Serve immediately



**“There are only four kinds of people in the world: Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver”**

– Rosalyn Carter

**November is National Alzheimer’s Awareness and Caregiver’s Month**, a time to take stock and offer thanks to *those caring for the estimated 6.5 million Americans living with Alzheimer’s disease (AD)*.

**More than 53 million caregivers are unpaid family members and friends.** These numbers are expected to explode over the next decades as baby boomers age and medicine keeps us living longer.

**But as our nation’s former first lady, Rosalyn Carter reminds us, caregiving is an endeavor in which all of us will ultimately participate, one that connects us and reminds us of our common humanity.**

Source: Women’s Alzheimer’s Movement



## CAREGIVER FACTS

**Family caregivers are on average 49 years old and provide an average of 23 hours of unpaid care per week**— the equivalent of a part-time job. 61% of family caregivers are women.

The economic impact of lost wages (and the persistent wage gap) intensify the economic effects of family caregiving on women— **including financial strain, diminished savings ability, and long-term security risks.**

*For a full understanding of what a caregiver does everyday, check out the link in our newsletter for the “job advertisement” for the position of FAMILY CAREGIVER.*

# UsAgainst Alzheimer’s

Nearly 9 in 10 (88 percent) of caregivers reported having one or more stress symptoms typically found in people experiencing severe stress – an 8-point jump from April. The top reported stress symptoms included: sleep problems (38 percent); difficulty concentrating (34 percent); trouble experiencing positive feelings (31 percent); loss of interest in activities (31 percent); vigilance/being ‘super alert’ (29 percent); and irritable/angry behavior (25 percent).

Source: US Against Alzheimer’s

# EXPANDING OUR REACH WITH PUBLIC HEALTH AMERICORPS



## AmeriCorps

Three months have passed since our **Public Health AmeriCorps program began, a program created after Leeza's Care Connection (LCC) was awarded a \$1.5 million grant funded through a collaboration between AmeriCorps and the Centers for Disease Control and Prevention.**

In those three months, four AmeriCorps members have started a year-long service term with LCCs at both our California and South Carolina locations. Currently, these members serve as Outreach Coordinators and Volunteer Coordinators, positions we otherwise would not be able to have.

*This grant allows us to have 20 AmeriCorps members for three years across South Carolina, California, Texas, New Hampshire and Tennessee. At some of these locations we will begin piloting the HUGS Program. **Leeza explains our HUGS Program as, "a realistic lifeline for caregivers across the country to connect virtually or in-person, creating a safe, supportive space for sharing fears and frustrations as well as solutions and sanity sanctuaries".***

To us, our **Public Health AmeriCorps Program is special because it directly impacts the communities we provide services to, but it also highlights our members who are eager to serve others and gain hands-on experience in a growing and essential field like public health.** In return for their service, members gain benefits like a living allowance and an education award of \$6,495 after the completion of their service term.

If you are interested or have any questions about our Public Health AmeriCorps Program, **please reach out to Cece Rosopa our Public Health Program Director at [cece@leezascareconnection.org](mailto:cece@leezascareconnection.org).**



## SUPPORT GROUPS

**Caregiver Support Group**- Meets the 2nd and 4th Thursday of the month from 1:00pm – 2:15pm

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.

**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 & 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 Gullidge 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, November 9 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation** *(in-person & virtual)*

**"Hoping for the Best, Planning for the Rest"** A fun, informational look at the alphabet-soup of senior living options available today. Learn why this is not your grandmother's nursing home and why it's not too early to start making a plan. Presented by Gayle Chifolo from Wildewood Downs.

**Wednesday, November 16 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation** *(in-person & virtual)*

**"Sensitive Situations with Daryl McNair"** Daryl McNair to help us learn better ways to handle sensitive situations in Dementia Caregiving. In uncomfortable caregiving situations, it's important to maintain their dignity and independence as much as possible. Have a sensitive situation you need help with? Submit your questions to us at: [RESOURCELCC@GMAIL.COM](mailto:RESOURCELCC@GMAIL.COM)

**Wednesday, November 30 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation** *(in-person & virtual)*

**"Medicare and Medicaid Information"** Leron with WellCare is here to present on Medicare and Medicaid, the differences and how each can help you meet your health care needs.

VETERAN'S DAY  
HONORING ALL WHO SERVED



## 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!

**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 11:30am - 12:30pm. 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 & 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, during or after 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.

**NEW! Drumming with Cyndi**- 3rd Tuesday of each month from 10:00am-11:00am. Cyndi Boot leads us in a drum circle! Try something new and join us to experience the calming & energizing effects of music. Drum circles lowers stress, enhances the immune system and it is FUN! No experience or equipment needed.

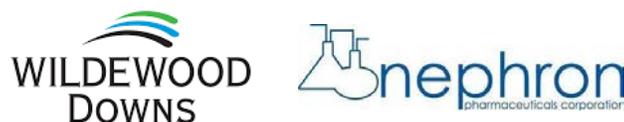
**NEW! Senior Healthcare Review**- 4rd Monday of each month from 9:30am-12:00pm. Come review your current Medicare plan to make sure you understand all your options & benefits. Open to all. Contact Cyndi Boot to RSVP at [resourceclcc@gmail.com](mailto:resourceclcc@gmail.com) to reserve your time slot.

**NEW! GIRL! YOU'VE GOT THIS!** (in-person only)- After a long break due to the worldwide pandemic, Girl! You've Got This! group will reunite on Wednesday, September 7 from 6:30pm-8:00pm with a Drumming Circle Celebration. Our founder, MaryAnn Opal, has moved to Michigan but co-founder Cyndi Boot, who recently joined the staff of Leeza's Care Connection as Resource Specialist, along with Doni Jordan will lead the group. All drums and percussion instruments will be provided.

The mission of the group is to build community and connection with women and to their higher power through the healing arts. Monthly meetings will provide a time to meet other creative, inspiring women along with a healing arts program.  
*Light refreshments will be served.*

Leeza's Care  
Connection

## ANNUAL SPONSORS



## MONTHLY LUNCH PROVIDERS :

- BlueDot Cares
- 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
- Presbyterian Communities of SC