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Message from Leeza



This month, you'll find lots of good information in our newsletter about how to protect your mental wellness. I hope you'll take a look at **"8 Activities to Improve Your Well-Being"** and see if you can commit to one or two items off the checklist. If you're like me, there's one suggestion in particular that bugs me, haunts me, and sometimes works my last nerve and that's decluttering.

Ugh! The very nature of it implies that I'm someone who clutters, and I know that's not good, so I start to judge myself and decide just not to look at this tendency I have to keep everything....just in case, I might need it. From my work files, to my family photos and my out of season clothes, it's pretty obvious that I can easily create clutter, or at least organized piles of clutter (anyone relate?!)

Well, preparing for this issue of our newsletter **gave me the inspiration to focus on the mental health benefits which are waiting on me if I rid at least one part of my life of clutter.** I decided to start small (a great suggestion) and tackle a couple of desk drawers. That way I'm less likely to get discouraged and ditch the effort. I'll let you know how it goes, but here are the mental health benefits I'm focused on: **better self esteem and better focus.** I know when those two traits are in high gear, everything else in my life seems to go more smoothly, so..... I've set aside the time, tried to manage my need for it to be perfect, and made my favorite cup of coffee to keep me company. I feel better already! We hope you'll share which of our mental health tips you've been able to incorporate in your life. **Happy September!**

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**

**Visit our website
 to learn more &
 get your tickets!**

HEALTHY BRAIN TIP:

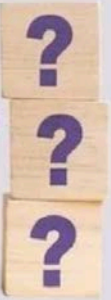
Reminder

Stand up for your rights as a caregiver, even if it is just to yourself. Don't let your inner narrative discourage you from taking breaks or getting away for awhile

BRAIN CHALLENGE:

**A is the brother of B.
B is the brother of C.
C is the father of D.
So how is D related to A?**

Answer on bottom of page 3



HEALTHY BRAIN RECIPE: PROTEIN PANCAKES

Protein is key to boosting muscle growth and metabolism after 50. At that age, we don't break down protein as well, so we must eat extra to absorb enough. When we do, we get stronger and healthier. **This delicious breakfast has 23 grams of protein per serving.** *Source: Health.com*



Ingredients

1 cup rolled oats
1/4 cup protein powder 1 tsp baking powder
1/2 medium banana
1 cup milk (or milk substitute like oat or soy milk)
Coconut oil for greasing

Instructions

1.) Place the rolled oats in a blender and blitz until very fine and powdery.
2.) Add the remaining ingredients and blend until smooth.

- 3.) Lightly grease a non stick skillet with coconut oil.
- 4.) Heat the skillet over medium low heat until hot.
- 5.) Drop 1/8 cup of batter for each pancake onto the hot skillet.
- 6.) Cook until small bubbles begin to form on the top.
- 7.) Carefully flip the pancakes and cook on the other side 30- 60 seconds or until cooked through.
- 8.) Optional additions: sliced banana, fresh berries, honey drizzle, and/or cinnamon sprinkle.
- 9.) Serve warm.

JUST CHECKING IN ON OUR SILVER LINING CLUB FROM MARY ANN

“Alzheimer’s is such a difficult diagnosis. Whether your loved one is a spouse, parent, or friend, watching that person change and lose his or her individuality and personal vibrancy is daunting.

My volunteer time at Leeza’s Care Connection, specifically **Silver Linings Club**, has brought me more life-affirming moments and surprises than I could have ever predicted.

Among our weekly members, there is a former graphic artist, who can still create amazing landscape scenery ; a funny guy who can sing all the cartoon melodies, but who no one knew was a classic pianist; a woman from Puerto Rico, who grew up in NYC and danced the Salsa in the streets as a teenager, an award-winning dancer, a triathlete, and a bank manager. Their senses of humor surprise you when you least expect it.

What **Silver Linings Club** offers these folks (and those of us who volunteer) is five hours of mental, physical, social, and psychological stimulation. Every single one of us talks about how much fun it is and how much we look forward to the next one. Loved ones and volunteers alike.

Each week is another surprise. This week was a Dixieland band. The week before that was a drum circle. There have been so many surprises over the past year, it is impossible to describe them all.

I put together several short clips of this week’s shenanigans. But hopefully, it shows how much music and dance, laughter and acceptance, and most of all RESPECT, means to all of us. A new volunteer showed up this week, and she repeated what every one of us has said after our first time. ‘How come there aren’t more places like this? This is phenomenal!’ ”

EVERYBODY is happy at Silver Linings Club!

Marti’s “Mind” Minute



Is Your Brain Inflamed? If it is, how would you know?

Brain inflammation doesn’t hurt like an inflamed ankle would. You can’t see if it’s red or swollen. Instead it causes various symptoms, depending on the person, including:

- Brain fog
- Unclear thoughts
- Low brain endurance
- Slow and varied mental speeds
- Brain fatigue & poor mental focus after meals.

The brain can become inflamed like the rest of the body. Although the brain has its own immune system, there are lots of ways you can keep it healthy. It’s important to take brain inflammation seriously because it can rapidly degenerate the brain, raising the risk of dementia, Alzheimer’s, Parkinson’s, and other brain degenerative diseases.

If you want to learn more, check out our Youtube Channel, under “Marti’s Mind Minute” playlist to watch a video from David Perlmutter.

8 Activities to Improve Your Mental Well-Being

Seek a New Experience

Pick Up Painting

Read Magazines or Books

Change Your Sleep Routine

Clean Out the Clutter

Cook Exotic Dishes

Try Gardening

Find a Good Podcast



To read more... visit our website at

www.leezascareconnection.org/mental-well-being

SUPPORT GROUPS

Caregiver Support Groups

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. Each of our groups below meet twice a month.

Daytime group meets the 2nd and 4th Thursday of the month from 1:00pm – 2:15pm

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 and 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 Gullledge 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, September 7 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation *(in-person & virtual)*

"Oak Street Health- Value Based Care Model for Senior Primary Care" Value-based care has emerged as an alternative and potential replacement for fee-for-service reimbursement based on quality rather than quantity. Learn more about health care providers who are straying from fee-for-service models under CMS(Centers for Medicare & Medicaid Services) guidelines to better meet the needs of our Seniors.

Wednesday, September 14 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation *(in-person & virtual)*

"Ageing Gracefully, What is Best for Your Loved Ones" As aging brings the need for assistance, what is the best option for your loved one? Hiring help to age gracefully at home? Or changing scenery and moving to a new community where care, activities, and other services are available on site? Kenny Ossen (Senior Living Advocates) and Tanner Gish (Loving Homecare) pull back the curtain, and help you understand the best fit for the right life stage.

Wednesday, September 21 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation *(in-person & virtual)*

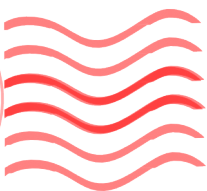
"Sensitive Situations with Daryl McNair" Daryl McNair to help us learn better ways to handle sensitive situations in Dementia Caregiving. In uncomfortable caregiving situations, it's important to maintain their dignity and independence as much as possible. Have a sensitive situation you need help with?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

Wednesday, September 28 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation *(in-person & virtual)*

"Medicare Open Enrollment Information " Senior Resource Services and Humana are back. It's almost here! Open Enrollment starts October 15th! Get prepared to take action and update your Medicare insurance plans to meet your healthcare needs.

SPECIAL EVENTS

NEW! "Walk In Their Shoes" Experience (RSVP required)- Tuesday, September 6, 9:30am- 11:00am. This is an IN-PERSON ONLY experience that enables us to personally experience the physical and cognitive challenges facing those with dementia. The Virtual Dementia Tour uses patented sensory tools and instruction based on research conducted by P.K. Beville, founder of Second Wind Dreams®. Please allow 30-45 minutes for entire experience. Contact Cyndi Boot to RSVP at resourcegcc@gmail.com



VIRTUAL DEMENTIA TOUR®
YOUR WINDOW INTO THEIR WORLD

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- 4th 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 resource1cc@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.*



Thank you

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- Solutions for Living at Home
- Presbyterian Communities of SC