

AUGUST 2022



Office Hours:
Mon – Thurs: 9:00am-4:00pm
Fri: Closed
(803) 888-7525
201 St. Andrews Road
Columbia, SC 29210
LeezasCareConnection.org

Managing Director: Marti Colucci
Email: marti@leezascareconnection.org
Program Director: Katie Sayles
Email: katie@leezascareconnection.org
Resource Specialist: Cyndi Boot
Email: resourcecclcc@gmail.com

Message from Leeza



I love **quotes** and often put them on post-it notes on my computer, or on my make-up mirror. **It's surprising how just a few words can change the course of my day, or at least my thoughts.** I draw from all kinds of thought leaders, but one of my favorites is one of the OG originals: *Dale Carnegie, who said this about happiness: "Remember happiness doesn't depend on WHO you are, or WHAT you have; it depends solely on what you THINK."*

At Leeza's Care Connection, we think **true happiness comes from being of service to others**, so right now we are off the charts happy because we get to extend **our caregiver support program HUGS (Helping U Grow Strong)**. We believe that new caregivers, who start out not knowing what they don't know, need a way feel supported and guided by others who have been there.

That's what we do, and our new service members from **Public Health AmeriCorps** will allow us to do more. **AmeriCorps volunteers** use their compassion, determination, and creativity to help strengthen communities and we are so happy to team up!

If you're **curious about your own "happiness quotient"** it might be interesting to take a quiz, just to ponder some of the prompts and see how they apply to your life. There are several out there, but I like this <https://bit.ly/thehappinessquiz>. It's free, and you get your results right away without having to buy anything. *(Just give your email)*

August is National Happiness Month (did you know that?), and here at Leeza's Care Connection, we're "happy and we know it" pretty much 12 months a year. **We owe you for that, by the way.....so thank you!** Ever forward, *Leeza*

Join us!



VIRTUAL DEMENTIA TOUR®
YOUR WINDOW INTO THEIR WORLD



More details under "Programs"
RSVP Required
Email or call us.

HEALTHY BRAIN TIP:



BRAIN CHALLENGE:

What English word has three consecutive double letters?



Answer on bottom of page 3

HEALTHY BRAIN RECIPE: Summer Salad with Peaches & Tomatoes

Annie Fenn MD, of Brain Health Kitchen, writes, "What to make with all those peaches and tomatoes you hauled home from the farmers market? Tomato Peach Caprese Salad. I snuck a few luscious slices of burrata cheese between the fruit. Drizzle with extra virgin olive oil and balsamic vinegar, liberally tuck in basil and mint "Buon appetito!"

You may not know it, but tomatoes are one of nature's most beneficial fruits in regards to brain health according to a Harvard Health Study. And the fuzzy skin and juicy flesh of peaches contain good-for-you antioxidants, including vitamin C, polyphenols and carotenoids.

Source: @brainhealthkitchen (on Instagram)

Ingredients

- 1-2 Tomatoes
- 1-2 fresh peaches
- Fresh burrata cheese (or mozzarella)
- Extra virgin olive oil
- balsamic vinegar
- *Optional: Add basil, mint, or your favorite fresh herb

Instructions

1. Slice the tomatoes & peaches so they are about the same size
2. Slice burrata or mozzarella
3. Place sliced tomatoes, peaches, and cheese on a platter, alternating the ingredients.
4. Drizzle the oil & vinegar over everything
5. Add fresh basil & mint leaves roughly chopped (or separated by hand) on top





3 Benefits of Gardening

Boosts memory!

Handling plants and soil boosts recall by 40% say scientists at The Sage Colleges of New York. The reason? *Mycobacterium vaccae*, a bacteria in dirt, that releases serotonin, leading to a peaceful state, so the mind retains information. You inhale these healthily “bugs” anytime you are near dirt, so keeping plants on a windowsill brings the same memory-boosting perks

Slashes stress!

Studies show that gardening improves mood and increases self-esteem. A study in the *International Journal of Mental Health Nursing* monitored people with depression who participated in a 12-week gardening intervention. Their mental health was measured, including depression and anxiety, and all were significantly improved for months after.

Strengthens your heart!

Time in the dirt burns calories and bolsters your heart—just ask the CDC, which classifies gardening as exercise. “There are many physical and cardiovascular benefits from the manual labor of gardening,” says UNC Health internal medicine physician Robert Hutchins, M.D., M.P.H. Ten minutes of gardening works every major muscle—your heart & brain reap the benefits.

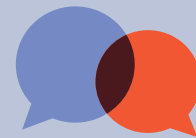
Source: Women’s Weekly

Marti’s “Mind” Minute



Your brain is another muscle in our body and needs care for maximum benefits! Here is a great place to start! It’s a short questionnaire and then gives you feedback to optimize YOUR brain. I really liked the feedback part, it helps me continue to stay focused on what I need to do.

BrainGuide is a first-of-its-kind platform that empowers people with knowledge and resources to take the best next steps in managing their own or a loved one’s brain health.



Welcome to

BrainGuide[™]
by **USA**gainstAlzheimer’s

Go to mybrainguide.org to
Start Your Questionnaire
or call **855-272-464**.



Get ready to cheer! At **Leeza's Care Connection**, we have great news....new team members and an exciting new way that we are growing to tell you about.

One of our favorite ways to support family caregivers is through our **HUGS program (Helping U Grow Strong)** which is a peer-to-peer mentoring program to help guide new caregivers.



Now, thanks to **Public Health AmeriCorps**, we have new service members to take the program to new locations across the country! Public Health AmeriCorps addresses public health needs of local communities by providing support in state and local public health settings and advancing more equitable health outcomes for underserved communities.

Monica Hudgens will join **Terri Towle** in making this dream come true. You can learn more about our efforts with **Public Health AmeriCorps on our website.**

welcome

MEET MONICA!



Monica Hudgens is our NEW Program Director with AmeriCorps.

She has dedicated her life to social justice. She has worked at the grassroots level within and sometimes out of the traditional system to create change.

Monica has studied various contexts in which people who are seeking real change can find transformation. She has worked tirelessly towards building communities where women and children have strong voices for sustainable and effective change.

Monica is married to the love of her life Marine Corporal Gerald J. Hudgens for forty-four years. They have three wonderful daughters, three beautiful granddaughters, two energetic grandsons, and the new exciting addition of a great-granddaughter in Christmas 2021.



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.

Evening group meets the 1st and 3rd Tuesday of the month from 6:00pm – 7:00pm

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, August 3 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation *(in-person & virtual)*

"Hiring In-Home Care" When we hire a caregiver, no one hands us an HR manual. Join Leeza's Care Connection and Hand in Hand: The Domestic Employers Network for a webinar to help you navigate the process of hiring and managing a caregiver or home attendant, and building mutually respectful relationships in your homes.

Wednesday, August 10 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation *(in-person & virtual)*

"5 Steps to Freedom & Happiness for Caregivers" Why is it important to finally have the energy to focus on your own physical health, no matter what situation you are in (even if you think all is lost and overcoming your issues are impossible)? Experiencing a better quality of life (for both you and your loved one), managing care from anywhere in the world and experiencing more of a closeness and better communication is important.

Wednesday, August 17 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation *(in-person & virtual)*

"Healthy Brain Habits: Reducing the Risk of Alzheimer's" Interested in tips for keeping your brain healthy? Learn about age-related changes in memory and thinking, risk factors for dementia, and ways to keep your brain healthy. The class focuses on six pillars of brain health and offers practical tips developing healthy brain habits. *Presented by Alzheimer's LA*

Wednesday, August 24 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation *(in-person & virtual)*

"New Advances in Alzheimer's Treatment" Learn about Aducanumab, a new advancement in Alzheimer's treatment. This program will provide an overview of how Aducanumab works, who are the intended candidates to receive the treatment, availability, and more. *Presented by Alzheimer's Association*

Wednesday, August 31 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

SPECIAL EVENTS

Saturday, August 6 from 10am to 12:30pm, "Living with Parkinsons" at Hilton Columbia Center *(in-person)*

Attendance is FREE, RSVP required. Contact the center for more information.

Thursday, August 25 from 5:00 to 10:00pm, "Coldwell Banker of Lexington Fundraiser for Leeza's Care Connection" at The Lexington Amphitheater *(in-person)*

Tickets \$30. Contact the center for more information.

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.

Memory Screenings- 1st Monday of each month from 11:00am-1:00pm. Do you ever worry about your memory? It's always a good time to get your baseline. Open to all! Contact Cyndi Boot to RSVP at resourcelcc@gmail.com

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 resourcelcc@gmail.com to reserve your time slot.

NEW! Virtual Dementia Tour- The Virtual Dementia Tour enables us to personally experience the physical and cognitive challenges facing those with dementia by "walking in their shoes." The VDT uses patented sensory tools and instruction based on research conducted by P.K. Beville, founder of Second Wind Dreams®.

RSVP Required. Email Cyndi at resourcelcc@gmail.com or call (803) 888-7525 to reserve your spot.



Thank you

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