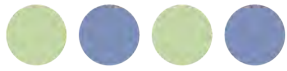


Leeza's Care Connection



May
2023



Hi there,

Question for you: Would you really want to know if you're at high risk for getting Alzheimer's Disease? If you could take the test, would you? And if you had the information, how do you think it might affect your decisions?

Many of our guests at Leeza's Care Connection are faced with that decision. Understandably, it can often lead to some fear and uncertainty, so this month we want to connect you with some resources to help if you are faced with the question: "To test, or not to test?"

And if you're just curious about whether you or a loved one might be showing early signs of possible Alzheimer's Disease, there's a 15-minute pencil-and-paper test; you can take it very easily. It might provide you with some good information to share with your doctor. You'll find the link here in our newsletter.

As always, we're here to help you. If you need us, let us know how we can.

Leeza

Journal Prompt



Think about getting older. How does it feel? Are you eager to take the next step, or are you fearful and resentful that it's going by so fast? Write about the times when you are most aware of the passing of time and of your changing heart, soul and body.

SAGE TEST: 15 MINUTE AT-HOME TEST FOR ALZHEIMER'S



SCAN ME

Office Hours

Monday-Thursday: 9 am- 4pm
Closed Friday-Sunday
(803) 888-7525
201 St. Andrews Rd.
Columbia, SC 29210

www.leezascareconnection.org

Healthy Brain Recipe

Cinco de Mayo Mexican Chicken

Chock full of lean protein, B vitamins, and beta carotene, Cinco de Mayo Mexican Chicken is good for brain health – and a real crowd-pleaser, too!

You can use this:

- For your burrito or taco filling – just put a few tablespoons into a tortilla or taco shell & top it with your favorite condiments.
- As a topping for nachos – spoon some over a layer of tortilla chips, sprinkle with cheese, and warm through. Top with sour cream or guacamole – or both!
- As a dip – melt 8 oz of cream cheese into the slow cooker (the last half hour of cooking time is perfect), spoon it into bowls, and enjoy as a chip dip.



Ingredients:

- 2 to 3 lb. boneless chicken
(thigh or breast)
- 2 cans of black beans
- 24 oz jar salsa

Instructions:

- Put all ingredients in the slow cooker for 8 hours on low.
- Take a fork in each hand and pull the chicken apart until shredded

Source: Cupcakes and Kale Chips

Brain Teaser

Realizing his reign was nearing its end, an aging king was struggling to decide which of his two twin sons to give his kingdom to. So, he proposed they compete in a horse race to decide who would be the next king—with a rather peculiar stipulation: “Whoever’s horse crosses the finish line LAST will get the kingdom.”

As you’d expect, both sons started the race extremely slow before finally coming across a man on the side of the road. As the man slowly walked alongside them, they explained what they were doing. He then leaned in and offered two words of advice. After that, both sons took off as fast as they could toward the finish line. What were those two words of advice?

ANSWER
Switch horses. The king specified that whoever’s HORSE crosses the finish line last would be the winner. So, by switching horses, each son guaranteed that winning the race on the OTHER’S horse would mean that THEIR horse will actually cross the finish line last.

Healthy Brain Tip



Stay Hydrated

Your brain needs a steady supply of water, so keeping up with your water intake throughout the day is crucial to brain health. You may notice better mood, clarity, function, and creativity when you are properly hydrated. Plain water is great, but you can also add a slice of freshly cut lemon or orange for an extra boost of flavor.

Program Update

We are excited to bring our Memory Screenings back thanks to **Right at Home** and **Diversity Training Consultant Group**. *These will be the first Monday of every month.* Our screening for May will be on **May 1st**.

For more information or to schedule a screening, please call us at 803-888-7525.



Community



Contact

Managing Director- Melissa Price
melissa@leezascareconnection.org
Executive Assistant- Ellen Hinsch
leezascareconnections@gmail.com
Resource Specialist- Cyndi
resourcesc@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, and 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. Lunch and 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. Lunch provided.

Grief Support Group- Meets the 2nd & 4th Monday from 1:00 – 2:00pm. Connect with others who have experienced loss and the challenges that living with grief brings.

Art of Coping with Loss- Meets 4th Thursday from 6:30 – 8:00 pm. Dr. Delores Gulledge teaches us to use art as a medicine when dealing with loss and grief. No experience is 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.

***NEW* STAT**- Meets the 3rd Tuesday 6PM VIRTUAL only. An Educational Drop In providing Tips, Tricks, and Strategies for a new topic each month! May we will be discussing the Ins and Outs of Dementia.

Education & Special Programs

Wednesday, May 3 | **LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation** (in-person & virtual)
Senior Resource Services

Join us as Senior Resource Services Certified LTC Advisor, Wes Lane, teaches about the biggest thing Medicare does not pay for, Long Term Care. Home Health care, short-term care, and Long Term Care can look very different and cost a fortune. Learn what options are out there and how to prepare and pay for that care. It is always easier to manage someone's care than provide all of it.

Wednesday, May 10 | **LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation** (in-person & virtual).
More information to come

Wednesday, May 17 | **LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation** (in-person & virtual)
"Sensitive Situations with Daryl McNair" - In uncomfortable caregiving situations, it's important to maintain the dignity and independence of your loved one as much as possible. Have a sensitive situation you need help with? Submit your questions to us at: RESOURCESC@GMAIL.COM

Wednesday, May 24 | **LUNCH 'N LEARN: 12:30p Lunch | 1p Presentation** (in-person & virtual)
Blue Dot Cares Long-Term Care

Wednesday, May 31 | **LUNCH 'N LEARN: 12:30p Lunch | 1p Presentation** (in-person & virtual)
More information to come

Lunch Sponsors:

- BlueDot Cares
- Carolina Healthcare
- Caughman-Harman & Dunbar Funeral Home
- Chick-fil-A Ballentine
- Colonial Gardens ALF & Memory Care
- First Light Home Care
- Heart of Hospice
- Right at Home
- Solutions for Living at Home
- Presbyterian Communities of SC

Wellness & Energy Programs

Art With Heart– Meets every Thursday from 10:00 am – 11:00 am. 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 a social time filled with smiles, crafts, and friendship!

Men's Coffee Club– Meets the 2nd and 4th Friday of the month at 9:30 am. Connect with other caregivers who have walked the caregiving path over coffee and breakfast.

Beginner Tai Chi- Meets the 4th Monday this month from 11:30 am - 12:30 pm. 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.

Chair Yoga - Meets the 1st and 3rd Monday of the month from 11:00 am-12:00 pm. 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.

GIRL! YOU'VE GOT THIS! 1st Wednesday (in-person only) - 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 are provided. This month join us to take a sacred journey as we explore the labyrinth. The labyrinth is an ancient symbol found worldwide, which is a meandering path, with a singular path leading to a center. We'll prepare our hands, minds, and spirits to walk this contemplative path.

Senior Healthcare Review- 4th Monday of each month from 9:30 am-12:00 pm. 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.

Annual
Sponsors:

