

Leeza's Care Connection



March 2023



I have a question, who do you think you are? It's a powerful one because your thoughts and self-image shape you, hence the saying, "You are what you think."

Negative thoughts typically translate to negative actions and behaviors. That is why affirmations for positive thinking are crucial, not only for your self-esteem, but also for your well-being. We love Elizabeth Miller's "Caregiver Affirmations Poster" available on the Happy Healthy Caregiver website.

And coming up this month, is the sweetest thing we do to for our community...we call it SENIOR PROM!

We are doing a campaign to "Send A Senior To Prom." Many of our Seniors Citizens have never attended Prom or can't afford it. You should see the look on their faces when they take the dance floor. In fact, we'll send you a picture of each Senior that gets to have "Starry Night" Prom, thanks to you!

If you are interested in sending senior to prom, visit our website at www.leezascareconnection.org and click on the button for "Senior Prom."

Thank you for your friendship and support!

Leeza

Office Hours

Monday-Thursday: 9 am- 4pm

Closed Friday-Sunday

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www.leezascareconnection.org

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 1tsp 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.

Brain Teaser

**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?**



A is D's uncle.

Healthy Brain Tip

Sleep

Getting good sleep is very important for a lot of reasons.

Did you know that when you get enough sleep it helps your brain function, keeps your emotions regulated, reduces diseases like dementia and Alzheimer, and helps you keep your weight under control?

Getting sleep helps with your brain foggy and keeps your memory sharp. Sleep also helps keep your immune system up, in fact, your body does most of its healing when you are asleep!

The POWER OF SELF-AFFIRMATIONS

What are “affirmations”? They are words, phrases, or statements that we repeat to help challenge negative thoughts and promote pleasant life changes. “Self-affirmations” are similar to positive affirmations, but they tend to focus primarily on changing self-limiting thoughts and beliefs that affect growth. General affirmations go wider, allowing you to focus on creating change in all areas of your life.

How to create your own:

Think about what you’re hoping to change or improve about yourself or your life.
Make a list of the most important areas of your life you wish to improve.
Write or list out a few positive statements for each type of affirmation you selected.

Tips for Creating Affirmations

Make them short and easy to remember. (3-6 words are ideal).
Start your affirmations with “I” or “My.”
Write them in the present tense.
Use statements that declare you already are or have whatever you desire.
Ensure your affirmations are reasonable and realistic.
Create a safe space where you can sit, meditate, and recite your affirmations.
Recite your positive affirmations daily (daily mantra) until they become new core beliefs.

And make sure to check out our friend Elizabeth Miller’s website [Happy Healthy Caregiver](#) and her “Caregiver Affirmation Poster”

Proven Benefits of Positive Affirmations

Research suggests affirmations work because they stimulate neural activities that promote change. Besides manifesting your intentions, affirmations influence how you think and feel. Negative thoughts, emotions, and feelings can create unwanted stress, anxiety, and hopelessness. Taking advantage of daily positive affirmations is all about rewiring your brain. This form of subconscious reprogramming requires you to say things to validate your self-worth, your abilities, and your entire existence. Manifesting positive thoughts confirms that you are largely in control of the outcome of the things you desire.

Sources: Happier Human, Positive Psychology, National Institute of Health

Community



YOU'RE CORDIALLY INVITED TO
LEEZA'S CARE CONNECTION

Starry Night Senior Prom

Thursday, March 23rd 7:00-9:00 pm

The Gala Event Center 1801 Bush

River Rd. Columbia, SC 29210

*Use code: NEWSLETTER50 at
leezascareconnection.org
to purchase your ticket for \$50!*



From Our
Social Media



Contact

Managing Director- Melissa Price
melissa@leezascareconnection.org

Program Director- Katie Sayles
katie@leezascareconnection.org

Resource Specialist- Cyndi
resource@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.

Education & Special Programs

Wednesday, March 1 **LUNCH 'N LEARN**: 12.30p Lunch | 1p Presentation ([in-person & virtual](#))

"Oak Street Health" -- Oak Street Health is here to educate on the Patient-Centered Primary Care model for seniors on Medicare.

Wednesday, March 8 **LUNCH 'N LEARN**: 12.30p Lunch | 1p Presentation ([in-person & virtual](#))

"Hospice 101" - Lunch will be provided by Crescent Hospice. Would Hospice be a good option for your loved one? Busting myths and setting the record straight, this presentation will include information on the Medicare Hospice benefit and all the services Hospice includes, when to access and how to access this service!

Wednesday, March 15 **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: RESOURCELCC@GMAIL.COM

Wednesday, March 22 **CLOSED**

As we prepare for a magical night at our annual Senior Prom Thursday, March 23rd!

Wednesday, March 29 **LUNCH 'N LEARN**: 12:30p Lunch | 1p Presentation ([in-person & virtual](#))

"SC Attorney General's Office -- Avoid Fraud!" - We seek to promote investor education to help the investing public make informed decisions and avoid being defrauded by dishonest, unscrupulous persons. Our section provides resources for specific types of investors including seniors, military families, and general financial literacy.

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.

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.

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. We will have a story circle this month. Stories are powerful and deeply a part of who we are. When we center our stories, we open spaces for building trust, community, and shifting culture according to Micknai Arefaine. By sharing our stories, we will deepen our relationships with each other. Barbara Howse-Diemer will lead our story circle and will provide prompts to begin our stories.

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 resource1cc@gmail.com to reserve your time slot.

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