



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: resourceclcc@gmail.com

“ Message from Leeza



Our mind is always searching for safety- **physical and emotional security**, so when we don't feel safe, we most likely go to a default position of stress. Anytime you feel you don't have the resources to handle something, that's stressful. But science shows us there's something we can do to buffer ourselves against stress and it's almost an automatic response for caregivers. **It's compassion.**

Compassion has been defined as feelings of care and concern; wanting to improve another's well-being. Priming your brain for compassion **"widens our perception, lets you take in more information and helps us make better decisions."** That's one of the things I learned from a caregiver in our community, who shares their tips in this newsletter about the best advice she ever got in a TED Talk, an informational video series found online.

By the way, the power of compassion works when directed towards yourself, too. **Are you offering yourself a loving, non-judgmental understanding of your own needs and shortcomings?** If not, start by joining some of our wellness activities to keep your brain out of stress mode. A little yoga or tai chi in the morning can go a long way towards giving you the feeling that you can handle whatever comes your way.

Ever Forward, *Leeza*



Gratitude Report
2021



We could not have done it without YOU

Make sure to check out our **Gratitude Report for 2021**

Some highlights.... *Thanks to you*

Caregivers experience **emotional, physical, & financial** strains that families are often unprepared to manage. Because of **your commitment**, we can offer these services **FREE** of charge to the community and reduce the negative impacts of caregiving.

90% of caregivers report that Silver Lining Club has increased their ability to practice **SELF-CARE**

Thank you volunteers, the **HEART** of LCC

HEALTHY BRAIN TIP:

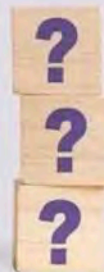
BREATHE

Through the process of cellular respiration, every cell in the body inhales oxygen and exhales carbon dioxide. Essentially, the cells need a constantly refreshing supply of oxygen to produce the energy that keeps you going. Cognitive function, emotional well-being, physical performance, and sleeping are the most essential parts of the body's daily existence and all of these can be made better by simple breathing.

BRAIN CHALLENGE:

You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy.

Answer on bottom of page 3



HEALTHY BRAIN RECIPE: The Best Green Smoothie Ever

The ingredients in this recipe are anti-inflammatory. Brain inflammation has been linked to long-term neurodegenerative diseases such as dementia, so it's important to understand the link between diet and brain health. If the inflammation continues for long enough, it becomes the standard state for your body, and the condition becomes chronic. Chronic, or sustained inflammation has been linked with brain and Central Nervous System conditions such as Alzheimer's Disease, Parkinson's Disease and Multiple Sclerosis.



Ingredients

- 1/2 banana
- 1/2 peach, frozen
- 1 tsp ginger, grated
- 1 small cucumber or 1/2 big one
- 1/3 cup almond milk
- 1 cup spinach
- chia seeds

Instructions

1. Chop banana, peaches (if not frozen), cucumber.

*We recommend using frozen fruit for a creamier texture - either peaches or the banana.

2. Put all ingredients into your blender and blend until everything is smooth.









Tips we've heard from our community:

An ER Doctor on Triageing Your "Crazy Busy" Life

Dr. Darria Long asks "Raise your hand, and be honest, if you've used the phrase "crazy busy" to describe your day, your week, your month. I'm an emergency-room doctor, and "crazy busy" is a phrase you will never hear me use. And after today, I hope you'll stop using it, too. Here's why you cannot afford to use "crazy" to describe your busy. Because when we are in what I refer to as Crazy Busy Mode, we are simply less capable of handling the busy. Here's what happens. Your stress hormones rise and stay there, your executive function in the prefrontal cortex declines. That means your memory, your judgment, your impulse control deteriorates, and the brain areas for anger and anxiety are activated. Do you feel that? That's Ready Mode. We've trained for it, and you can, too. Here's how—relentlessly triage your life which allows you to prepare for your response."

1 PRIORITIZE BY DEGREE OF URGENCY

-  **Red-** Immediate, life threatening.
-  **Yellow-** Serious but not life threatening.
-  **Green-** Minor. **The most important part of this is to start by triaging correctly, even if something feels like a red, it doesn't mean it is.** If you try to do everything, you have no hope of accomplishing your "reds"
-  **Black-** "Now there's one last triage level that we use in the worst scenarios. **And that is black.** Those patients for whom there is nothing we can do. Where we must move on. And although it is gut-wrenching, I mention it, because you each have your own equivalent black tasks in your life. **These are items that you must take off your list.** Because as we in the ER know, if you try to do everything, you have no hope of saving your reds."

2 DESIGN

- **Plan ahead & automate** everything you can (bills, supply deliveries, grocery lists, medical appointments).
- **Co-locate** (store things that are needed together in the same place).
- **Decrease temptations** (avoid your emails until you've had a moment to yourself in the morning, hide the chocolate).

3 GET OUT OF YOUR HEAD

Actively put your focus on someone else. Research shows that when you prime your brain with what is, essentially, **compassion**, we disrupt that tunnel vision and internal monologue.

You widen your perception, so your brain can actually take in broader information, so you see more possibilities and can make better decisions.

Try it. Know that your internal monologue can derail you. **And realize that when you get out of your own head, you get out of your own way.**

"Our brains all process stress in similar fundamental ways. But how we react to it has been shown by research to be modifiable, whether it's emergencies or just daily, day-in, day-out stress," says Dr. Darria Long

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 Gulledge 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, July 6 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation (*in-person & virtual*)

"Exploring Anticipatory Grief" How are you feeling today? Sadness, guilt, anger, loneliness, a desire to talk, fear, fatigue, anxiety? This is all understandable and might be because you are experiencing anticipatory grief. This interactive discussion facilitated by Stefanie Elkins, Founder of Be Present Care (and former CA LCC Program Director) will bring to the forefront what is anticipatory grief and tools we have to honor it.

Wednesday, July 13 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation (*in-person & virtual*)

"Understanding Alzheimer's & Dementia" We go back to the basics with the Alzheimer's Association and learn about detection, causes, risk factors, stages and treatment of Alzheimer's Disease.

Wednesday, July 20 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation (*in-person & virtual*)

"Sensitive Situations in Dementia Caregiving" Daryl McNair helps 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.

Wednesday, July 27 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation (*in-person & virtual*)

"What Can Your Pharmacist Do for You?" Learn about the latest treatment strategies, methods, and education that involve medication management to maintain healthy lifestyles. Understand why it is important to make a pharmacist part of your medical team.

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.

In case you MISSED IT

on our social media :

BRAIN HEALTH CHECKLIST

Have I eaten regularly?

Have I slept enough?

Have I moved my body today?

Have I minimized my stress?

Have I been socially engaged today?

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MONTHLY LUNCH PROVIDERS :

Researchers found that having **positive self-perceptions** about the **BENEFITS OF GETTING OLDER** can create a self-fulfilling prophecy by **helping people stay mentally, physically, and psychologically younger.**

- 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