

# Leeza's Care Connection



## Office Hours:

Mon – Thurs: 9:00am–4:00pm

Fri: Closed

(803) 888-7525

201 St. Andrews Road

Columbia, SC 29210

[LeezasCareConnection.org](http://LeezasCareConnection.org)

**Managing Director: Marti Colucci**

Email: [marti@leezascareconnection.org](mailto:marti@leezascareconnection.org)

**Program Director: Katie Sayles**

Email: [katie@leezascareconnection.org](mailto:katie@leezascareconnection.org)

**Resource Specialist: Cyndi Boot**

Email: [resourcesc@leezascareconnection.org](mailto:resourcesc@leezascareconnection.org)



**THURSDAY, NOVEMBER 3**

6-9 PM (EST)

**R2i2 Conference Center**

736 Fashion Drive | Columbia



**Inaugural  
Dare2Lead Award**  
*Jennifer Clyburn Reed*

Live performance  
from

*Jessica K.  
Haas*

America's first  
female speedpainter



**REGISTER:**

**DISCOUNT CODE**  
for CAREGIVERS  
"GIVECARE25"



## “ Message from Leeza

In this month's newsletter, we feature our new **Leeza's Care Connection AmeriCorps team members** at their pledge ceremony.

Our culture is built on occasions like this, which mark something new. There is **emotion and power in a ceremony** in which someone begins a new official job or position by making a formal promise to be honest and loyal, and work as part of a team.

Whether it's hearing new marriage partners take their vows or new US citizens commit to their new country, I think **we are all inspired to rededicate ourselves to the principles or beliefs we cherish** when we witness a ceremony of hopeful people embarking on a new journey.

So, in that spirit, **I want to share the words to the pledge our new Americorps team members took.** I think you'll find it makes you feel a little better and stand a little taller.

*AmeriCorps pledge to get things done. Faced with conflict, I will seek common ground. Faced with adversity, I will persevere. I will carry this commitment with me this year and beyond. I am an AmeriCorps member, and I will get things done.*

**We welcome our new team to our Leeza's Care Connection family!**

See pictures from this ceremony on our social media.

Ever forward,

*Leeza*



## HEALTHY BRAIN TIP: TRY A NEW ACTIVITY!

### DRUM CIRCLE

with Cyndi

EVERY 3RD TUESDAY

10:00 AM

LEEZAS CARE CONNECTION



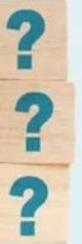
Release stress, Energize,  
& Rejuvenate!

## BRAIN CHALLENGE:

**I have cities, but no houses.  
I have mountains, but no trees.  
I have water, but no fish.**

**What am I?**

Answer on bottom of page 3



## HEALTHY BRAIN RECIPE: PROTEIN PANCAKES

Of all the organs in our body, the brain is the one most easily damaged by a poor diet. From its very architecture to its ability to perform, every aspect of the brain calls for proper food. All of the foods below contain important nutrients that protect brain function and protect your brain from cognitive decline and will help you eat for your brain! *Source: HFC*



**As summer ends, roasting your berries are a great way to use up less than perfect summer produce.**

### Ingredients:

- Berries! Strawberries, raspberries, blackberries, etc.
- Fresh Vanilla Bean
- Local honey (or healthy sugar substitute)

### Steps:

- 1.) Before getting started, preheat your oven to 400 degrees and seed and scrape the vanilla bean.
- 2.) Next, give the berries a good rinse and put them in an oven-safe casserole dish.
- 3.) Add the vanilla bean and the pod to the dish. Sprinkle with sugar and give everything a toss to combine.
- 4.) Roast in a preheated 400 degree oven for 45 minutes to 1 hour. The berries will break down, releasing a sweet syrup much like a compote.

# KNOW THE SIGNS

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

**Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:**

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

**If you notice these things in yourself or someone else, visit our website for a list of mental health resources or contact us.**

*We're here to help!*

## Marti's "Mind" Minute



### Here's a powerful mind booster:

When you get morning sunlight in your eyes, it stops the release of melatonin in your brain and helps regulate your circadian rhythm. ***Here's how to take advantage of this powerful science.***

In the **first 30 minutes after you wake, walk outside or go to an open window for some direct sunlight** (but don't look directly at the sun!).

Getting a bit of light in your eyes will help you maintain a healthy sleep/wake cycle. When the sun is at a low angle in the morning sky, the contrast between yellow and blue wavelengths of light is greatest, which is what tells specific neurons in your retina (eye) to set your biological clock.

**The simple act of allowing your eyes to pick up on this morning sunlight will help keep your biological clock anchored and maintain the healthy sleep/wake cycle which is critical for long-term brain function.**

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## 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, October 5 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation** *(in-person & virtual)*

**"Brain Health & Wellness: Tips to Keep Your Brain Young"** If you're worried about your memory or brain health, or you're concerned about someone you love, now there's a great new tool to help you. Alzheimer's disease is not an inevitable part of aging. In fact, 40% of the cases can be prevented by making simple brain healthy changes today.

**Wednesday, October 12 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation** *(in-person & virtual)*

**"Medicare 101 with Humana"** Do YOU have the right coverage? This Medicare seminar will help you understand the differences between Original Medicare and Medicare Advantage. We'll also learn about other types of Medicare coverage, including special needs plans and Part D, Medicare Advantage, and Prescription Drug Plan. Annual Election Period which runs from October 15 to December 7, is almost here so now's the time to get educated on Medicare!

**Wednesday, October 19 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: [resourcesc@leezascareconnection.org](mailto:resourcesc@leezascareconnection.org)

**Wednesday, October 26 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation** *(in-person & virtual)*

**"Embodied Connection: Coming Back to Ourselves to Care for Others "** Join Erica Hornthal, "The Therapist Who Moves You." Caregiving comes with good intentions. You can only give what you have to offer and when you are burned out, stressed out, and checked out, that doesn't leave much for you to work with. Come explore how connecting to your own needs and when being mindful helps you care for those around you including yourself.

## SPECIAL EVENTS

**NEW! "Walk In Their Shoes" Experience (RSVP required)**- Tuesday, October 4, 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 [resourcesc@leezascareconnection.org](mailto:resourcesc@leezascareconnection.org)



**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 and 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 11:30am-12:30pm. 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! 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 [resourcesc@leezascareconnection.org](mailto:resourcesc@leezascareconnection.org) to reserve your time slot.

**NEW! GIRL! YOU'VE GOT THIS!** (in-person only)- 1st Wednesday of each month from 6:30pm - 8:00pm. 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.*



FREE on Monday, Oct. 3, 2022  
11 am to 1 pm (Only takes 20 min!)  
OPEN to ALL but RSVP required  
Call or email us at Leeza's Care Connection

Leeza's Care  
Connection



Thank you

## ANNUAL SPONSORS



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of America, Inc.

## MONTHLY LUNCH PROVIDERS :

- BlueDot Cares
- Carolina Healthcare
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- FirstLight Home Care
- Heart of Hospice
- Right At Home
- Solutions for Living at Home
- Presbyterian Communities of SC