

FEBRUARY 2023

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

Managing Director: Melissa Price

Email: melissa@leezascareconnection.org

Program Director: Katie Sayles

Email: katie@leezascareconnection.org

Resource Specialist: Cyndi Boot

Email: resourcesc@leezascareconnection.org

“Hello friends!



During this month known for LOVE, at Leeza's Care Connection we believe that love means care, and care sometimes demands that you take action. We like to be a place where we can connect you with resources to take action to make your own journey more successful.

There are a couple of things we want to share with you this month.

If you are struggling with Alzheimer's disease, and we know many of you are, **there is a website called BeingPatient.com that we love.** This month they have an interactive guide for the "7 Stages of Alzheimer's." We really found it helpful and think you will too!

A lot of people come to us looking for clinical trials. If that's you, the Alzheimer's Association has a **clinical finder called "Trial Match."** Check out the link at

Since everyone is focused on LOVE this month, just remember, save some of that for self-love and appreciation for all YOU do!

Thanks so much for being here,

Leeza

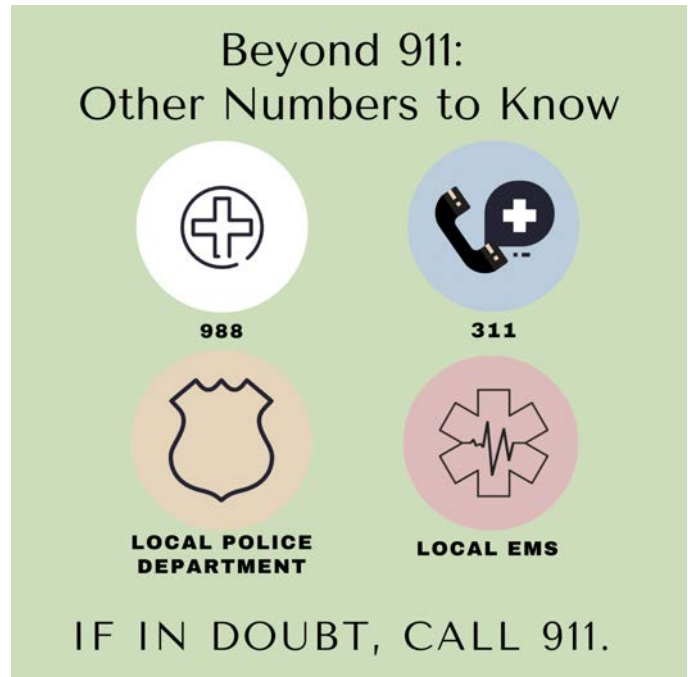
YOU'RE CORDIALLY INVITED TO

Starry Night Senior Prom

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

Tickets: \$75

FROM OUR SOCIAL MEDIA:



HEALTHY BRAIN RECIPE: GOLDEN MILK (TURMERIC MILK)

Golden milk reigns supreme for a healthy, healing, and anti-inflammatory drink. Turmeric is one of Mother Nature's top healing compounds and studies have shown that curcumin, the active ingredient in turmeric, can help certain autoimmune conditions by regulating inflammatory signals.



INGREDIENTS

- 2 cups milk (dairy or dairy-free)
- 1 teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- pinch black pepper
- 1 tablespoon maple syrup or honey

OPTIONAL

- ½ tablespoon coconut oil
- additional spices or flavors such as ginger, cardamom, or vanilla extract.

DIRECTIONS

This turmeric golden milk is made easy on the stovetop! Add everything into a saucepan over medium heat and bring to a simmer.

Give the mixture a good stir and let it simmer for 10 minutes. Make sure to stir it occasionally so that the turmeric powder and cinnamon don't clump up.

Enjoy!

b being patient

THE 7 STAGES OF ALZHEIMER'S

Alzheimer's is a journey. Each of this disease's seven stages is a new world of experiences and questions. To help guide people living with Alzheimer's, their caregivers, and loved ones through the tumultuous experience of Alzheimer's disease, the Being

Patient editorial team — with input from the field's leading scientific experts — has developed an interactive guide to answer pressing questions about each of the seven distinct stages of Alzheimer's disease. www.beingpatient.com

Everyone can help advance Alzheimer's research by participating in clinical trials. Get started with Alzheimer's Association TrialMatch, a free, easy-to-use clinical studies matching service. alz.org/TrialMatch

trialmatch
alzheimer's association®
POWERED BY CenterWatch iConnect™



Thank you AKAs !



Celebrating Marti :



Silver Lining Club:



Note: No volunteers were harmed in this game :)

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 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.

NEW! The Sister Circle – Meets the 1st & 3rd Monday from 9:30pm – 11:00 pm. A time of reflection, sisterhood and respite for Black female caregivers looking to express their feelings and share similar experiences with one another in a safe space

THIS MONTH'S EDUCATION & SPECIAL PROGRAMS

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

"Extra Benefits You Can Obtain that Original Medicare Does Not Cover" Learn from Insurance Agent, Doris Ford, of Ford Benefits Group, LLC, about 2023 Changes to Medicare; When and Why to Switch a plan, and What Medicare does NOT Cover including How to obtain Dental, Vision and Hearing Benefits.

Wednesday, February 8 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation *(in-person ONLY)*

"Strength, Balance and Aging Gracefully" This presentation will include information on the normal aging process and steps we can take to prevent decline in function. It will feature a few balance and strengthening activities that people have the option of participating with. There will also be time for a Q&A session.

Wednesday, February 15 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

Wednesday, February 22 LUNCH 'N LEARN: 12.30p Lunch | 1p Presentation *(in-person & virtual)*

"The Benefits of Pet Companionship for Seniors" Sharing our lives with pets provides physical, emotional and social benefits, and this companionship may be even more important for seniors. Learn more about these benefits, as well as factors seniors should consider before adopting a pet and alternative methods of pet companionship for seniors.

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.

NEW! GIRL! YOU'VE GOT THIS! (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. This month Lisa Keith, a Certified Zentangle Teacher (CZT) will be bringing us our experience. Zentangles are miniature pieces of unplanned, abstract, black and white art created through a very specific Method from an ensemble of simple, structured patterns called tangles on a 3.5-inch (89 mm) square paper tile.

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 resource1cc@gmail.com to reserve your time slot.

FREE Cognitive Screenings (in-person only)- 1st Monday of the month from 11:00am-1:00pm. Open to all. RSVP required. Only takes 20 minutes.

NEW! Virtual Dementia Tour "Walk in their Shoes" (in-person only, RSVP Required) 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. RSVP for Tuesday, February 21 at 9:30am to 11:00am.

Leeza's Care
Connection



ANNUAL SPONSORS



Humana®



MCLEOD HOME CARE
ENHANCED SENIOR CARE



Medical Services
of America, Inc.

MONTHLY LUNCH PROVIDERS :

- BlueDot Cares
- 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