

THE CARING CONNECTION

A NEWS LETTER FOR THE CARING HEARTS AUXILIARY

Supporting the Louis and Anne Green Memory and Wellness Center

Spring 2011

Shades of Green – A Step Back in Time



On Saturday, April 9, 2011, 134 friends of the Louis and Anne Green Memory and Wellness Center took a stroll down memory lane into another time at Shades of Green. The event benefitted the Caring Hearts Auxiliary (CHA) of the Louis and Anne Green Memory and Wellness Center.

Look inside to read more about the Shades of Green...



Shades of Green – A Leap into the Future

The event was graciously hosted by Mr. & Mrs. Robert Milhous and was held at the Milhous Museum of Collectibles. The evening featured one of the largest collections of rare mechanical musical instruments from centuries past as well as vintage autos of a by-gone era. The attendees were thrilled to enjoy viewing a wide variety of American memorabilia that included a 1900 barber shop, many antique grandfather clocks, beautiful art, rare lighting and a 19th century carousel that is in mint and working condition! Many people exclaimed they had never seen anything so wonderful. As CHA member Bob Levinson stated, "It is a unique and incredible experience."

Due to the generosity of the Sponsors and attendees, the Shades of Green raised an unprecedented \$100,300!

Many thanks go to the Shades of Green committee: Co-Chairs Pat Thomas and Holli Rockwell, Debbie Gonzalez, Debbie Lindstrom, Morgan Green and Lynda Williams.

At this time, the CHA would like to give our utmost gratitude to our hosts, Robert and Gail Milhous, as well as our acknowledged sponsors without whom none of this would have been possible.

Finally, a very special acknowledgment goes out to our Honoree Extraordinaire, Dr. Anne Boykin, departing dean of the Christine E. Lynn College of Nursing.

As wonderful as the evening was for all who attended, it will be the Center and its participants who will forever treasure the lasting memory from it.

Grand Sponsor

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Dr. Kathleen Valentine

& Dr. George DePuy

Ted & Trudy Winsberg



Letter from the President

As another CHA season comes to an end, I am again amazed at the generosity of our board, committees and members.

Our Shades of Green event hosted by Bob and Gail Milhous was a complete success and a lot of fun. The Delray Beach Club provided a beautiful setting for our annual volunteer luncheon, and the table decorations handmade by Day Center participants provided the perfect touch. Finally, we wrapped up another great year at our annual CHA meeting and lunch.

None of these events could take place without the time and talent donated by our volunteers. Each dollar raised and volunteer hour given makes a difference in the lives of those suffering from memory loss and their caregivers. Your support throughout the year is greatly appreciated. Thank you!

I hope you enjoy your summer and look forward to seeing you in the fall as we prepare for the Keep Memories Alive Walk on November 6!

Sincerely,

Patricia Thomas
President



To read online...

Caring Connections is available electronically. To help us provide more donations to support programs at the Center, please consider reading the newsletter online instead of in printed form. Visit www.fau.edu/memorywellnesscenter or e-mail a request to CaringHeartsAuxiliary@yahoo.com to request a .pdf file or direct link. We appreciate your support!

Follow us on Facebook!

Search for Louis and Anne Green Memory and Wellness Center at FAU and click "Like" at the top of the page.



from the desk of Dr. Kathleen Valentine...



Dear Friends,

As Helen Keller is quoted, “The world is full of suffering - and it is also full of the overcoming of it.” As I go about the day-to-day operations of the Louis and Anne Green Memory and Wellness Center, I am brimming with appreciation for the staff, volunteers and donors who help “overcome” the potential suffering often presumed to be associated with memory disorders. Instead, our center is alive with joy, resilience, hope, and humor authentically and expertly guided by knowledgeable and committed staff.

The Memory and Wellness Center is one of seven centers and research institutes housed by the Christine E. Lynn College of Nursing. These programs integrate the College’s educational setting with the greater community. I am proud and honored to be a member of such a distinguished faculty with 16 endowed chairs, professorships, and scholarships; five Fellows of the American Academy of Nursing; five Fellows of the American Academy of Nurse Practitioners; two Fulbright Scholars; and One Robert Woods Johnson Executive Nurse Fellow. We are so fortunate to have their expertise available to our Center.

Guiding the philosophy and objectives of the College of Nursing is one prevailing concept: caring. Caring as both science and art is the focus of our research and scholarship. It is caring that informs how we study nursing, how we practice our profession and how we interact with others throughout our lives. We study caring as lived in the ordinariness of life and as a central domain of our profession. We recognize each individual as caring and uniquely connected with others and the environment; and believe that every interaction we have with others is an opportunity to demonstrate and live this caring philosophy. The Memory and Wellness Center is truly a Center based on caring in action.

Your time and financial support help us meet the needs of our community while moving forward the work of our Center each and every day. On most days, the Day Center is at capacity with a waiting list; our caregiver and diagnostic services are also expanding. Despite the growing need for services, our Medicare reimbursement rate is 23 percent less in 2011 than in 2009. In addition, the Center does not receive financial support from the State of Florida. These factors create a challenge, making funds raised by CHA critical toward our ability to thrive in the future.

On behalf of the Christine E. Lynn College of Nursing and the Memory and Wellness Center, thank you!

Warmest Regards,
Kathleen Valentine PhD, RN
Director



The Center Offers

Programs and Services of the Memory and Wellness Center

- Comprehensive Memory Evaluations
- Adult Day Center for persons with mild and moderate memory problems
- Sustaining Caregiver Programs
 - Consultation, Counseling, Support groups, Education, Yoga classes
- Comprehensive driving evaluations
- “Brain’s Gain” – 6 week memory loss prevention workshop
- Community lectures – “Keeping Your Mind Sharp”
- Research
- Taking Control Workshop

Congratulations



Dr. Marlaine Smith as the incoming Dean of the Christine E. Lynn College of Nursing
Dr. Kathleen Valentine as the Director of the Louis and Anne Green Memory and Wellness Center
Day Center Art Program Participants (Spanish River Library Art Show – July 25/September 8)
Memory and Wellness Center for being selected as Bloomingdale's charity of choice for the
June 16 Michael Aram design show

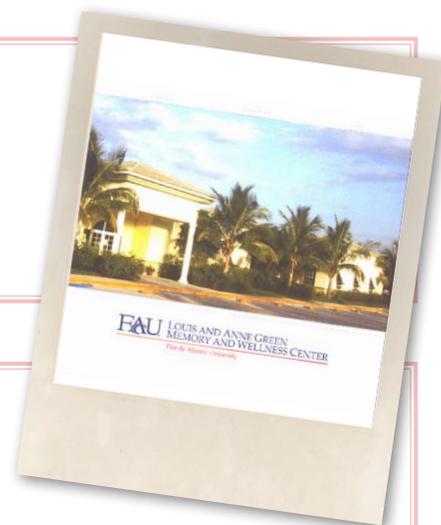
Merci!



AlphaGraphics for donating the Shades of Green invitations
The Ben Greenberg family for donating coffee urns and kitchen supplies
Chris Dardet for all of her help and assistance to us

Tribute Cards

Special Note: For some time the Center has been providing tribute card acknowledgements for gifts given in honor and in memory of special people in our lives. If you wish to make tribute donations, please contact Jean at 297-0503.



Caregiver Programs

Among the programs at the Center is Sustaining the Caregiver Program. This is a vital need for those with the responsibility of caring for a loved one. It is well known that the Center provides so many areas of support for the participants; however, the Center also provides many forms of assistance for the caregivers.

The services the Center offers for the caregivers include:

- Self Preservation Activities (SPA) – an educational series offered monthly
- Individual Counseling
- Care Consultations
- Three general Support Groups – weekly
- Young-onset Support Group – bi-weekly
- Yoga Class – weekly
- Caregiver Library with educational and referral information

CHA thanks each and every one of our supporters and we encourage you to support this very important program!

Donor Wall Dedication

The CHA hosted the annual Donor Wall dedication on the evening of May 12. This was a reception to honor major donors to the CHA and the Memory and Wellness Center, including individuals, families, and companies. This year, 23 names were added to the Tribute Wall as a result of generous sponsorships to the 2010 Keep Memories Alive Walk and the 2011 Shades of Green as well as unrestricted gifts to the Center.

Dr. Kathleen Valentine spoke eloquently about “how special the Center is, and it’s because of the generosity of the people who are being honored tonight.” There were over 50 people in attendance, and everyone had a great time while getting the opportunity to see the value of the Memory and Wellness Center.

Many thanks go to Mary Sue Donohue, Esq. for graciously underwriting the catering for the evening. Once again, we express our appreciation to Crystal Bay Catering for underwriting the libations.

Our gratitude is also extended to the CHA; Evie Zimmerman, board member and chairperson; committee members Mildred Strom and Lynda Williams for coordinating a delightful evening.



Mary Anna Fowler

William and
Caroline Wietsma

Bob Sheetz

Holli Rockwell

Francisco and
Ximena Celedon

Vitas Innovative Hospice Care:
Gayle Stevens and Adrienne Tilley

Carmen and
Sean Robnett

Debbie Lindstrom, Bill and
Alejandra Lippolis

Ted and Trudy Winsberg
and Sylvia Jameson (daughter)

Lou Green, FAU President,
Dr. Mary Jane Saunders

Jan Savarick, Barbara Schmidt,
Christine E. Lynn,
Dr. Mary Jane Saunders

AMERIGROUP Community Care:
Renee Thomas and Susan Movizzo

Volunteer Luncheon

The American Heritage dictionary defines a volunteer as “a person who renders aid or performs a service of his own free will.” What this definition fails to tell is how tirelessly our volunteers give of their time and themselves to the Center. Each individual brings his or her own sense of dedication, enthusiasm, and purpose in order to better enhance the quality of service provided to all our participants.

On April 12, the Louis and Anne Green Memory and Wellness Center recognized and honored 65 of our very dedicated volunteers at a luncheon held at the Delray Beach Club.

Director Dr. Kathleen Valentine spoke eloquently about the importance of volunteerism and stated, “Our volunteers make the Memory and Wellness Center not a place of sadness but one of happiness.” CHA President, Pat Thomas, thanked the volunteers for all they have done not only for the Center but for the CHA.

Each volunteer received a delightful favor lovingly made by Shari Sanzo and some of the Center’s participants. The food was excellent, the view was beautiful and a good time was had by all.

Many thanks go to CHA Board member, Adele Barrett, and committee member Lynda Williams who organized the event and special thanks goes to the CHA for underwriting the festivities.



A Fond Farewell to Dr. Anne Boykin

Friends, faculty, colleagues, staff, and alumni recently celebrated the upcoming retirement of Dr. Anne Boykin, the highly respected dean of the Christine E. Lynn College of Nursing. She is the longest serving dean of nursing in the country, and her retirement parallels the 30th anniversary of the College.

A festive dinner dance was held on March 25, and FAU hosted an afternoon reception and program on April 27. To honor Dean Boykin's incredible legacy of vision and caring leadership, the entire community joined together and generously funded two major initiatives in her name: The Anne Boykin Institute for the Advancement of Caring in Nursing and The Anne Boykin Healing Garden.

Anne was recently honored by the Palm Healthcare Foundation with a Lifetime Achievement Award for her commitment of sharing of self over decades. She has truly been an advocate of the Memory and Wellness Center and Caring Hearts Auxiliary from the very beginning, and her philosophy of caring in nursing is threaded throughout the day-to-day activity at the Center. We wish her peace and happiness throughout this new phase of life!



Caregiver Support: A Priority at the Memory and Wellness Center

By Glenda Russell-Connolly, MSW, LCSW

At the Memory and Wellness Center, a very important and special part of our program is caring for the caregivers. One of the services we are most proud of is our discussion groups. Each group is led by a volunteer who is a professional retired from a counseling or similar profession, an intern in the FAU masters-level social work program, or a qualified staff member. Our discussion groups are open to anyone who has a family member diagnosed with a memory disorder. For the next three newsletters, I am happy to introduce our readers to our three volunteer group facilitators, to whom I am very grateful for their caring.

Rina Henkin, Masters Psychology

Rina is the facilitator of the Thursday morning group.

When asked about her current position here at the Memory and Wellness Center, Rina shared the following information: “Given my background and experience as a psychologist, I decided, seven years ago to offer my services as a volunteer to the Memory and Wellness Center. As a volunteer, I have chosen to extend my support to the needs of a very special group of caregivers: the spouses and family members providing care for their loved one who has been diagnosed with dementia. During the course of the seven years as a volunteer and support group leader I have been impressed by the continued sacrifice, commitment and devotion these caregivers provide to their loved one. This has been, and still is a unique experience. I hope that my guidance and support is making a difference in their lives.”



Create your legacy

When planning your estate giving, please consider a bequest to the Louis and Anne Green Memory and Wellness Center. Your enduring legacy will enable our Center to consistently serve the needs of those experiencing memory loss and their families with compassion and innovation.

The Brain's Gain

Memory function is a three-part process that begins at sensory input. Once our eyes, ears, hands, tongue, or nose picks up the information, it must then become encoded into memory. Following encoding, we rely on the retrieval process to recall the information. If a breakdown occurs at any of the three stages, memory fails. In our busy lives, memory loss occurs from not properly attending to information at the stage of sensory input, not properly encoding the information by putting some “thought energy” on it, or from distractions during the time of retrieval.

Research suggests memory loss from Alzheimer’s disease and related disorders results from a breakdown of the encoding process, and what is not properly encoded cannot be retrieved. It is believed that patients suffering from these disorders have not lost the memory for new information, they simply have not encoded it.

Understanding how memory works and breaks down helps us better attend to sensory input, put “thought energy” onto what we hope to remember, quiet our mental chatter to recall information, and have greater compassion and patience with persons who can no longer encode new information.

Brain Exercise

For your brain’s gain, exercise your neurons by tuning into your senses, thinking about what you want to remember, and learning how to meditate to eliminate distractions during the retrieval process. This summer, focus on the five senses and to introduce something new on a regular basis. For example, try a new ethnic dish the next time you go out to eat (taste) or choose a new type of music to listen to instead of your traditional choice (sound).

For more information on meditation check out:

<http://www.mayoclinic.com/health/meditation/HQ01070>

Information provided by Anna Lisa Curtis, facilitator of the Brain’s Gain Workshop



Brain's Game Workshop

The Brain’s Gain Workshop is a six-week program that encourages participants to integrate change for the brain’s gain. Sessions include brain building lectures, memory enhancement strategies, brain games, stimulating exercises, and weekly assignments. For information on upcoming dates and times, call 561-297-0502 or visit www.brainsgain.com

CHA Annual Meeting

On Tuesday, May 3, 2011, the CHA held their annual meeting at the Louis and Anne Green Memory and Wellness Center. Over 25 were in attendance and were greeted warmly by Board President, Pat Thomas.

Those who attended were privileged to observe a working board in action. Immediately following the meeting, a delightful luncheon was provided to the attendees and underwritten by the CHA.

Many thanks to Lynda Williams for organizing the luncheon.



Our Wish List for 2011

Your Time

Volunteers are always welcome to help with CHA's fundraising committees!

Your Treasure

For those interested in supporting specific programs or items, the Memory and Wellness Center's current wish list includes:

- Three plain faced analog clocks with numbers (no Roman numerals)
- Laminator (approximate value: \$400)
- Laptop computer for onsite clinical evaluations (approximate value: \$1200)
- Small new or gently used round wooden table for one-on-one conferences in Dr. Valentine's office (approximate value: \$300)
- Set of cutlery/service for 12 (Approximate value: \$100)
- Microwave oven (Approximate value: \$100)
- To discuss naming opportunities or major gift privately, please contact Dr. Kathleen Valentine at 561-297-0502.

Dates to be Remembered

Thursday, June 16, 2011

Renowned Metalware Designer Michael Aram
1 – 4 p.m.
Bloomingdale's at Town Center
Ten percent of tracked sales will go to the
Memory and Wellness Center.
Reply to 561-394-2228.

Sunday, November 6, 2011

Keep Memories Alive Walk
Town Center at Boca Raton with
Presenting Sponsor Bobby Campbell
For information on participation or
sponsorship opportunities,
please call the Caring Hearts Auxiliary
office at 561-297-4066.



Contacts

**Caring Hearts Office
General Information
Center Tours**

Lynda Williams
Connie Simonetti
Jean Denk

561-297-4066
561-297-0502
561-297-0503



Caring Hearts Auxiliary

Supporting
Louis and Anne Green Memory and Wellness Center
at the Christine E. Lynn College of Nursing
Florida Atlantic University
777 Glades Rd., Bldg. AZ-79, Boca Raton, FL 33431

Non-Profit Org.
US Postage Paid
Permit # 77
Boca Raton, FL

Join the Caring Hearts Auxiliary!

MEMBERSHIP CARD

New Renewal Date: _____

Membership Categories: (check one)

Annual - \$25 annually Lifetime - \$300

Optional:

I would like to contribute an additional \$ _____

Pay by Check to: FAU Foundation, Inc.

Note on check: NRS 160

Name: _____

Spouse: _____

Address: _____ Apt. _____

City: _____ State: _____ Zip: _____

Email: _____ Tel No. _____

Areas of Interest:

Please check all that apply:

Program/Community Outreach

Special Events

Fundraising

Newsletter

Publicity

Office - Computer

Membership - Recruitment

Other areas of interest or expertise:

TO PAY MEMBERSHIP DUES BY CREDIT CARD

Annual - \$25 annually Lifetime - \$300

Indicate type of credit card

Mastercard Visa American Express

Amount: \$ _____ (please include optional donation amount)

Credit Card Number: _____ Expiration Date: _____

Name on Card (please print): _____

Signature: _____

Print this page and return completed form to:

Caring Hearts Auxiliary
Louis and Anne Green Memory and Wellness Center
777 Glades Rd., Bldg. AZ-79, Boca Raton, FL 33431

To contact the Caring Hearts office, please call 561-279-4066.
For general information at the Center, contact Connie Simonetti at 561-297-0502.
For tours of the Center or to volunteer, please contact Jeann Denk at 561-297-0503.

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