As the evening of Saturday March 10 wound down and journeyed toward Daylight Savings Time, more than 135 people gathered at the College of Nursing to celebrate the annual Shades of Green. The theme for this year’s event, “Music, Memories, Dance,” was enhanced with the evening’s entertainment—a cabaret show featuring well-known singer, Jennifer Sheehan, and her pianist. This was followed by dancing under the stars with Dr. J and his band.

Many thanks to this year’s Grand Sponsor, Marleen Forkas. Due to her generosity as well as the generosity of the other sponsors and guests, the 2012 Shades of Green raised a total of more than $100,000 for the Caring Hearts Auxiliary!

The funds will be allocated to scholarships and the caregiver programs as well as other supporting services of the Memory and Wellness Center, which is dedicated to making a difference in the lives of those experiencing memory loss and nurturing and supporting their families.

The hors d’oeuvres were delicious, and the music was excellent. The evening was enjoyable for all, and the memories were made to be treasured.

Our heartfelt thank you to our sponsors:

Grand Sponsor
Marleen Forkas

Platinum
Louis and Anne Green
Schmidt Family Foundation
E. M. Lynn Foundation

Ruby
Altier Jewelers

Gold
Robert B. Campbell
Bloomingdales

Silver
Irving & Barbara Gutin
Debbie Lindstrom & Bob Sheetz
Pat Thomas

Bronze
Boca Raton Regional Hospital
Boca Raton Resort and Club
Fred and Vanessa Boltz
Faculty, Staff, and Friends of FAU’s
Christine E. Lynn College of Nursing
Crystal Bay Caterers
Alan Duretz
Dreyfus Corporation
Jerry and Terry Fedele
Mary Anna Fowler
Ocean Reef Club
The Rendon Center for Dermatology
& Aesthetic Medicine
Holli Rockwell
Jan Savarick
Bill and Betty Scaggs
The Valentine Family
Ted and Trudy Winsberg
The word “family” has multiple definitions in today’s society but all can agree one would be “it’s a fundamental group of persons sharing a common bond.”

Never was that more apparent than on the late afternoon of Thursday, February 16. That day saw our “family” gathered at the Louis and Anne Green Memory and Wellness Center to remember those participants that have passed away.

Those in attendance included surviving family members, the Center’s volunteers and employees as well as members from the Caring Hearts Auxiliary Board.

During the memorial, Dr. Kathleen Valentine, director of the Center, spoke eloquently about how in providing care and support for the participants and their caregivers and family, the Center is rewarded with an ever expanding “family”.

The Wall of Love, which was created by the participants under the supervision of Artful Memories teacher, Pat Saidon, was dedicated and now resides on the wall of the administrative offices lobby of the Memory and Wellness Center.

The warm service was concluded with the reading of the names of those participants who had passed away and ringing of the bells in honor of their memories. Everyone in attendance thought it was a warm and loving event.
Fourth Annual Donor Wall Dedication

The evening of Tuesday, April 17 saw more than 65 people gathered to attend the fourth annual Donor Wall dedication. Due to an increase of donors being added this year (a total of 37 names), the entire Wall had to be redesigned by Bill Klug of Art Glass Environment. Klug was the original designer of the Wall four years ago and stated “it was encouraging to see such a growth in so short a period of time.”

Criteria for inclusion on the Wall is a single monetary gift of $1,000 or greater. The other categories are: $1001-$9,999; $10,000 - $99,000; and $100,000 and above.

This year, for the first time, the Caring Hearts Auxiliary has initiated an “In Kind” donor plaque. This plaque acknowledges those individuals, families and companies that have donated goods and services in excess of $1,000. There were 21 names that were engraved.

Many thanks go to Ed and Sue Diener for graciously underwriting the evening’s reception.

We encourage one and all to come and visit the Center and view this most beautiful Tribute Wall.
Letter from the Editor

Farewell

It is with a heavy heart that I must announce this will be my last edition of editing and writing “The Caring Connection.” Due to family responsibilities, I am resigning from the Board of the Caring Hearts Auxiliary.

Four years ago, when I served as President of CHA, I envisioned the creation of a newsletter that would serve as an informational and educational forum for the Caring Hearts Auxiliary and the Louis and Anne Green Memory and Wellness Center. Hence, “The Caring Connection” was born. It has been the ultimate labor of love, and I have enjoyed every minute of working on it.

I want to take this opportunity to thank Lynda Williams, former Caring Hearts Auxiliary assistant, for her input in the newsletter and her very professional proof reading. Also, much gratitude to Dr. Kathleen Valentine, director of the Memory and Wellness Center and past director, Dr. Denise Sparks, for their guidance and support. Sheree Nicholl, Kathy Kaylor, Leslie Huddleston and Linda Mezzone were instrumental in the initial startup of the newsletter and created the model we continue to use today. Lastly, but most importantly, I want to give special thanks to Chris Dardet from FAU. She has been my partner in the writing and layout of the newsletter. Her time, effort and friendship have been invaluable to not only the newsletter but to me personally.

It has been an honor and privilege to work on The Caring Connection and I wish it all the best for its future.

Best wishes,
Karen Hoffheimer

Karen, THANK YOU for your service to the Caring Hearts Auxiliary. We will miss you. No one has a more generous spirit. We are enriched by the leadership you have given as president, committee chair and newsletter editor.

With appreciation from each of us, Caring Hearts Auxiliary

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 email a request to CaringHeartsAuxiliary@yahoo.com to request a .pdf file or direct link. We appreciate your support!
Volunteer Appreciation Luncheon

Once again, the Delray Beach Club outdid itself in hosting the annual Volunteer Appreciation Luncheon on Tuesday, April 24.

Beside the beautiful ocean views, 75 Center volunteers were treated to a wonderful and delicious luncheon. As a gift, each recipient received a copy of the book “Full Circle,” which was co-authored by Robert Levinson and former Center caregiver, Zelda Luxemberg. All of this was generously underwritten by the Caring Hearts Auxiliary.

Dr. Kathleen Valentine and Caring Hearts President, Pat Thomas, spoke eloquently about the dedication of the Center’s volunteers and how they inspire the staff in their efforts.

It was a lovely afternoon for everyone to come together and acknowledge the importance of the work and the place a volunteer has in the world.

Tribute Cards

The Memory and Wellness Center provides tribute card acknowledgements for gifts given in honor and in memory and special people in our lives. If you wish to make tribute donations, please contact 297-0503.
Letter from the Director

Dear Friends,

There are so many things that make the Louis and Anne Green Memory and Wellness Center unique. Our donors, volunteers, staff and faculty work together to make each day run smoothly at the Day Center and offer the very best programs while researching ways to improve services for patients with memory loss and their caregivers.

Florida Atlantic University’s Christine E. Lynn College of Nursing is known internationally for its focus on caring. Caring is our prevailing academic concept and is what guides the philosophy and objectives of our College. Faculty and students study caring as lived in day-to-day life and as a central domain of our profession. We recognize each individual as caring and uniquely connected with others and the environment. We also believe that every interaction we have with others is an opportunity to demonstrate and live this caring philosophy. The Dance of the Caring Persons pictorially demonstrates the importance of all persons to the accomplishment of the caring mission and goals of the College.

Our Day Center participants and caregivers directly benefit from the College of Nursing’s caring philosophy and innovative methods of caring for patients. Never was this more evident than during the seven weeks that we consolidated all of our services within smaller space as we dealt with restoration of the day center. During that time, I was able to closely observe the daily commitment of the staff to viewing life through the eyes of each participant. Staff observe the subtle changing needs for each person and practice anticipatory guidance at all times to assure each person’s comfort and dignity. This is done to assure that each person can experience their best day every day.

Participants and caregivers also benefit from the Louis and Anne Green Memory and Wellness Center being an academically-affiliated memory disorder clinic. Families have access to experts in the field who provide direct services, including an inter-professional team consisting of a geriatric nurse practitioner, a geriatric neuropsychologist and a geriatric social worker. “The Center implements a whole-team approach when diagnosing memory loss. Each expert’s knowledge allows for a truly comprehensive assessment and recommended plan of care tailored to the needs of each family.”

Please know that your support enables so much to happen at the Memory and Wellness Center. You are a part of what makes us so special.

Sincerely,

Dr. Kathleen Valentine
Director,
Louis and Anne Green Memory and Wellness Center

Follow us on Facebook

Search for “Louis and Anne Green Memory and Wellness Center” and click “Like” at the top of the page.
Letter from the President

It is hard to believe that another Caring Hearts Auxiliary season has come to an end. What a season it was! Between the Keep Memories Alive Walk and Shades of Green, we raised more than $400,000. I am once again amazed at the generosity of our sponsors and donors. It was great seeing so many familiar faces at the Volunteer Luncheon and the Donor Wall Reception. Together, we are making a difference in the lives of families with loved ones who are suffering from memory loss.

I hope you have an enjoyable summer while traveling and spending time with family and friends. I look forward to seeing you in the fall for the start of another great Caring Hearts Auxiliary season!

Sincerely,
Patricia Thomas
Caring Hearts Auxiliary President

Save the Date - Keep Memories Alive Walk

Caring Hearts Auxiliary 7th Annual
KEEP MEMORIES ALIVE WALK

To benefit the Louis and Anne Green Memory and Wellness Center of the Christine E. Lynn College of Nursing at Florida Atlantic University

SAVE THE DATE!
Sunday, November 4, 2012 - Starts at 9:00 a.m.

Steppin’ to the Oldies - Bobby Socks Optional!

Town Center at Boca Raton, North Entrance
6000 Glades Road, Boca Raton, FL
Raise a minimum of $30 ($40 at the door) and receive the Keep Memories Alive Walk T-Shirt - while supplies last

For more information or to register, contact 561-297-4066 or nurchearts@fau.edu, or visit www.fau.edu/memorywellnesscenter.
Trivia on the Brain

“Are you sluggish in the morning? Start your day right by rehydrating your body. You’ve just spent a third of your day without drinking anything, and your brain needs water to function. It also needs blood, so get your heart pumping by doing a few jumping jacks.” - Source: Brain Games Collection 8 by consultant Elkhonon Goldberg, Ph.D

Brain’s Gain 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.

Source: Brain Games Collection 8 by consultant Elkhonon Goldberg, Ph.D
Volunteer Receives Community Service Award

Memory and Wellness Center volunteer, Jacobo Goldstein, recently received the Florida Power & Light Community Service Award at the Area Agency on Aging’s Prime Time Awards Breakfast.

Jacobo visits the Day Center each week to review current events with participants. He also reflects on historical news and events, such as the depression and past U.S. Presidents, which may hit home with participants and facilitate discussion. The participants are certainly hearing from an expert. As a former White House correspondent from the Carter administration through George W. Bush, Jacobo has been actively involved in journalism for 40 years and still reports for high-profile news outlets such as CNN and Univision radio.

Jacobo became connected with the Memory and Wellness Center in 2005 when he brought his wife to the Day Center. She had been diagnosed with Alzheimer’s disease several years earlier, and Jacobo had tried several different facilities before discovering the Memory and Wellness Center.

Out of all the activities offered at the center – yoga, crafts, gardening – Jacobo’s wife’s discovered that painting was her favorite pastime. Jacobo’s wife passed away in 2009. Her work can be found throughout the Memory and Wellness Center today and was exhibited at the 2010 Keep Memories Alive Walk.

Merci!

A round of applause goes to those individuals who have given of their time and talents to ensure that the events of the Caring Hearts Auxiliary were such a tremendous success.

Shades of Green

Co-Chairs: Holli Rockwell, Terry Fedele and Vanessa Boltz
Committee members: Dr. Kathleen Valentine, Lynda Williams, Debbie Lindstrom and Debbie Gonzalez

Donor Wall

Co-Chairs: Karen Hoffheimer and Debbie Lindstrom
Committee members: Dr. Kathleen Valentine, Lynda Williams

Membership

Chair: Karen Hoffheimer
Committee members: Lynda Williams, Liz Dudley and Evie Zimmerman.

Volunteer Luncheon

Chair: Adele Barrett
Committee members: Lynda Williams and Melba Canals-Hooten

Annual Membership Luncheon

Chair: Morgan Green
Committee member: Lynda Williams
Center Information/Wish List/Contacts

The Center Offers

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

Our Wish List

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:

- Laptop computer for onsite clinical evaluations (approximate value: $1,200)

Thanks to a donation from Sally Shutt, the microwave oven on last issue’s list has been granted!

Contacts

Caring Hearts Office  561-297-4066
General Information  561-297-0502
Center Tours  561-297-0503

Caring Connections Newsletter Team

Karen Hoffheimer, CHA Board Member, Editor
Chris Dardet, FAU, Editor
Dr. Kathleen Valentine, FAU, Advisor
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: ________________________________ Apt. _____

Address: ________________________________ State: _____ Zip: _____

City: ________________________________ State: _____ Zip: _____

Email: ________________________________ Tel No. ________________________________

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 561-297-4066.
For general information at the Center, contact Connie Simonetti at 561-297-0502.
For tours of the Center or to volunteer, please contact 561-297-0503.