A Week of Day Center Activities
Every week the Day Center offers an array of activities for its residents. In addition to the ones highlighted below there is something for every interest and ability including trivia, scattergories, chair yoga, crossword puzzles, communications groups and daily events discussions, not to mention spa services, golf and many more!

Please see our website for more information about the programs and services of the Louis & Anne Green Memory and Wellness Center: www.fau.edu/memorywellnesscenter

Popular Activities
Crafts with Shari
Garden Projects
Dancing
Pet Visits
Young-onset Music
Parkinsons Exercise
Painting with Pat
Visits with Children

Thanks to our supporters!
The time and monies donated to our fourth annual “Keep Memories Alive” walk on Nov. 1, 2009 helped us raise over ONE HUNDRED THOUSAND DOLLARS for programsCHA supports at the Center.
.....see the center spread for details and photos of this event!
A message from our president...

Here we are entering a new year and all of us are reflecting on our past year and making resolutions to better enhance the quality of our lives for the future.

As I think about all the hard work the CHA Board has done in the past year and all it has accomplished, I’ve reflected back on why I became involved with the Caring Hearts Auxiliary. The answer is really an easy one. It was due to my father-in-law, Bud. You see my father died when I was extremely young and I lost the love of a father until I met and married my husband. How lucky was I that not only had I married the love of my life, but he came with Bud! Bud’s heart was big enough to include me as one of his children.

Through the years Bud and I shared many experiences that usually involved much laughter. However, some years back something was becoming noticeable to our family. The warm, gregarious man was becoming more and more withdrawn. Before my eyes I saw the man who never met a stranger start to withdraw into himself. The twinkle in his eyes that was ever present began to fade. Bud had always been a tinkerer and it was sad to watch his capacity to do simple chores diminish to the point where they had to be done for him.

When Bud had been diagnosed with Alzheimer’s, the Center was under construction and he died before he was able to see its completion. It became a personal mission on my part to do what I could to see the Center grow and flourish. It has been my way to honor Bud’s memory and all those who have passed through the doors.

The diseases of dementia are stealthy and insidious. They rob so much not just from the individual but also the family. Those of you who share a similar story would agree that if individuals could keep a memory of a place that provided support, comfort and love to them in the twilight of their lives, they would find no better place than the Memory and Wellness Center. The Caring Hearts Auxiliary is proud to be such an integral part of this family.

Bud, this one is for you!

Karen Hoffheimer
President

Merçi!

... to departing board member Sonya Cremins
... to volunteer Lynda Williams for sharing her time and expertise to establish a database for the Caring Hearts office
... to our donors who wish to remain anonymous
from the desk of
Dr. Denise Sparks...

Dear Friends,

In today’s harried world, time is one of our most highly valued resources. So, I’m completely overwhelmed when I think of the cumulative amount of time which is given to our Center every month by our volunteers. Even more remarkable is the fact that volunteers repeatedly thank us for allowing them to be here—illustrating the positive side of “what goes around, comes around!”

Volunteer jobs are very diverse and, among other things, include the following: leading support groups, greeting participants at the front door, database development, hanging window blinds, washing pots and pans, leading current events discussions, helping with art and yoga classes, musical performances, setting tables for lunch, data entry, weeding flower beds, giving haircuts, playing games, organizing and assisting with lecture series, organizing fundraising events, producing a newsletter – an amazing outpouring of talents and abilities! We would not be the same Center without these gifts – not even close.

At this time of year, I am particularly thankful to the Caring Hearts committee chairs, Karen Hoffheimer, Debbie Lindstrom and Morgan Green, and their entire committee for the unbelievable number of hours they gave to make this year’s “Keep Memories Alive” Walk a tremendous success! This volunteer-driven fundraiser is invaluable to the Center family by providing Day Center scholarships and caregiver support services.

Blessings to all for your commitment, your enthusiasm, and mostly for your caring.

Denise Sparks, PhD
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
  - Education
  - Counseling
  - Yoga classes
  - Support groups
- Driving evaluations
- “Brain’s Gain” – 6 week memory loss prevention workshop
- Community lectures – “Keeping Your Mind Sharp”
- Research
- Young Onset Support Groups

For more information, contact Connie Simonetti at 561-297-0502
For tours of the Center, contact Jean Denk at 561-297-0503
Some facts about young-onset Alzheimer’s

- Young-onset Alzheimer’s is an uncommon form of dementia that strikes people younger than 65.
- Of all the people with Alzheimer’s, only 5-10% develop symptoms before 65.
- The genetic path of inheritance is much stronger in young-onset Alzheimer’s.
- Accurate diagnosis is critical for both work and family reasons.
- Although young-onset is rare, those who suspect that they or a loved one have it should seek an evaluation immediately, regardless of age.
- New medications show promising results in slowing the progression of the disease.

**NOTE:** The Young-onset Program at the Memory and Wellness Center is among those that benefit from donations raised by the Caring Hearts Auxiliary.

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The Brain's Gain Workshop is a six-week interactive program designed to help build cognitive reserve. Just like muscle mass and bone density, the brain begins to atrophy in adulthood.

Learn ways to protect, nurture and maintain a healthy brain in a fun and supportive environment. While the earlier you begin the better, it is never too late to take action for your brain’s gain.

Sessions include brain building lectures, memory enhancement strategies, brain tools, stimulating exercises and weekly assignments. For more information call 561-267-0502.

website: wwwBrainsGain.com

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**Brain Exercise**

Brain exercises such as working puzzles, playing board games, and card games, are believed to stimulate the brain and help it retain its resilience.

The human brain is able to continually adapt and rewire itself. Even at an older ages, it can grow new neurons.

**Here is a brain teaser to get you started!**

Half a crate of eggs holds half a dozen cartons, each of which holds half a dozen eggs. The truck just delivered a crate and a half. How many eggs?

**Answer:** 108 eggs

Half a crate holds 6 cartons of 6 eggs = 36 eggs.
A crate and a half was delivered which is 3 x (half a crate), therefore 3 x 36 eggs = 108 eggs.
Caregiver Profile: Helen Singer
by Lowell Krokoft, Ph.D.

Helen and Allen Singer first met in 1944 on the Silver Meteor train to Miami. He was going to Submarine Tracing School; she was visiting relatives. Allen, who was playing poker with his fellow officers asked her to join them. And she did!

Helen approaches memory loss in the same straight forward way: “You have to take it day to day and live moment to moment.” When asked how she deals with the possibility of becoming isolated from friends as the disease progresses, Helen plainly speaks: “They accept Allen for who he is. He’s a good friend who has a problem.”

Helen and Allen first came to the Memory and Wellness Center in 2002 when Allen had trouble remembering the names of his grandchildren. From day one, “Allen loved it!” Of course, when the new building opened in 2005, Helen was very impressed. “It was like coming into somebody’s living room. It was astonishing. There isn’t a place like it.” Among Allen’s favorite activities at the MWC is Pat Saidon’s painting class. “His first painting,” Helen recalls, “was of a flower pot with ‘I Love You’ painted all around.”

For Helen, what is most valuable is the support group – and the caring and lasting friendships that Allen and she have developed with the other members and their participant spouses. “We had a group that was friendly and we used to socialize and go out to dinner and to shows. It was wonderful!” As for her hopes for the future, Helen replies: “What will be will be. We have a good quality of life and just hope it continues.”
K

eep Memories Alive Walk raised more to benefit the Center!

The Caring Hearts Auxiliary conducted their fourth annual Keep Memories Alive Walk on Sunday. The members of the Auxiliary were joined by over 300 walkers and donations exceeded more than $100,000 to benefit the Center! “Our walkers and sponsors continue to exceed our expectations year after year,” said Karen I and Morgan Greene joined Karen in chairing the event.

“The hard work of our auxiliary - combined with the generosity of our sponsors and walkers - enables the Center to continue states of state-of-the-art services to families living with memory disorders,” says Denise Sparks, Director of the Center. “We are deeply appreciative and
han $100,000

November 1, 2009, at Town Center, Boca Raton. 00,000 for the scholarship and Caregiver programs eimer, Caring Hearts President. Debbie Lindstrom

‘to continue state-of-the art services to families w that every dollar counts.” See you in 2010!

2009 Walk Committee
Lori Allen       Kathy Kaylor
Arlette Baker   Debbie Leising
Nancy Furman    Lori Levinson
Debbie Gonzalez Lynda Williams
Cibi Hoffman
Michelle Kaufman

Ex-officio Member - Dr. M. Denise Sparks

Committee Chairs - Morgan Green,
Karen Hoffheimer, Debbie Lindstrom

2009 Prize Winning Walk Teams
The Bobby Campbell Team
Royal Palm Fitness Center Street Walkers
Harbour’s Edge

Top 5 Individual Fund Raisers
Elizabeth Cumpton
Joan Corn
Diana Bubb
Diane Lindsay
Francisco Celedon

The Caring Hearts Auxiliary and the Memory and Wellness Center want to give special thanks to our sponsors.

Presenting Sponsor- Bobby Campbell

Platinum Sponsors- Louis & Anne Green and E.M. Lynn Foundation

Gold Sponsors- Boca Raton Resort & Club, Boca Raton Magazine; Richard & Debbie Gonzalez; Legal Sea Foods; Susan & Mel Katz; Elaine J. Wold

Silver Sponsors - Abner & Mildred Levine Family Foundation; Lindstrom Air Conditioning, Inc.; William & Betty Scaggs and Family

Bronze Sponsors - Mike & Arlette Baker;
Boca Medical Supply; Boca Raton Community Hospital; Ed & Sue Diener; Richard & Mary Fontana; Harbour’s Edge; James & Karen Hoffheimer; Minette Hoffheimer & Theodore L. Schwartz; The Phyllis & Robert E. Levinson Foundation; Carl & Debbie Lindstrom; Norman Merollis,
Gary & Kathleen Naughton; Stratford Court & Brighton Gardens; Patricia Thomas and Vitas Innovative Care of Palm Beach
You Make a Difference

Caring hearts wishes to thank the “Keep Memories Alive” walk registration committee for four years of organized and efficient work! Thanks to this group, everything gets off on time and records are kept in perfect order!

Registration committee chair, Debbie Leising, along with some of her committee and other volunteers preparing for the walk.

Going Green:
Our Newsletter is Available Online!

To View The Newsletter, Go To:
www.Fau.Edu/Memorywellnesscenter.com

And click on: Newsletter

If you would like to go paperless and help us save on expenses, please let us know that you would like to view your newsletter online and discontinue receiving a hard copy by emailing us at: Caringheartsauxiliary@Yahoo.Com

Just provide us with your email, we will delete your name from the paper mailing list, and we will email you to let you know when a new issue has been posted!

If you are receiving more than one copy of our newsletter, please email us and give us the addresses which should be deleted at: s.nicholl@att.net
Appreciation Party

Monday, October 19, 2009 Legal Sea Foods at Town Center, Boca Raton hosted the 2009 Keep Memories Alive Walk Sponsor Appreciation Party on its patio. The event which was hosted by Honorary Chair, Paige Kornblue, WPTV News Channel 5 Anchor/Reporter saw 100 people in attendance. This year’s Walk had it’s first Presenting Sponsor, Bobby Campbell, and our first Honorary Family which was Jacobo Goldstein and Family.

It was a nice cool evening in which to hold the event and everyone had a terrific time. A two night package from the Boca Raton Resort & Club was auctioned off to one of the lucky attendees.

Our thanks to Legal Sea Foods for hosting the event and special thanks go out to Chef Dave Morel and Trisha Carter for coordinating the event and producing such wonderful food.
Voice of a Volunteer

During her 37 year career as an accomplished public school teacher and principal in Brooklyn, New York, Pearl Sloane tried to create an environment for bringing the best out of people and helping them reach their potential. “I have the same feeling when I come here,” Pearl said. She doesn’t want anyone to be labeled as not being able to do something. She always wants to “let them try!”

Pearl volunteers every Thursday for the regular Day Program and every Tuesday for the new Young Onset Program. Pearl is able to put her teaching abilities to task by developing and leading various cognitive stimulation activities.

What is remarkable about Pearl’s volunteer work at the Center is that she started as a caregiver for her late husband, Irving, who was a participant at the Day Center for three years. So, the question many would have for Pearl: ‘Why would you want to return to this environment after the trials and tribulations of caregiving?’

“I think it is because one day when I came to pick up Irving one of the people who worked here said to me ‘Irving told me all about the work he used to do. He told me all about his children.’ And it was very difficult in those days to get Irving to talk and I was so grateful. I felt so good that somebody got him out of his shell and talking about himself. I want to do that for other people. And I get a great deal of satisfaction out of helping people to open up and feel human and alive and part of the world.”

For Pearl, like it is for many at the Center, volunteering is a way of giving back.

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.
Imagine the shock, being in your 40’s or 50’s, going from doctor to doctor, and being told you have Young-onset Alzheimer’s Disease.

Most people associate Alzheimer’s Disease with advancing age; however, the Young-onset variant accounts for up to 10% of all Alzheimer’s cases. Needless to say, it has unique challenges.

For such young people, the diagnosis seems to come without warning. Their work life is affected and they are forced to retire prematurely. Their family life is disrupted—many still have dependent children at home or in college. The family’s financial assets are drained and many find they are underinsured and unprepared for this long-term disease.

The problem is compounded as most community resources are geared for Late Onset Alzheimer’s patients. For this reason, the Louis and Anne Green Memory and Wellness Center is pleased to announce the start of a Young-onset Program at the Day Center. Additionally, a support group for Young Onset Caregivers is available.

Activities for these special participants are offered from 9:00 am to 1:00 pm on Tuesdays and Fridays. Among the activities geared toward the younger participants are socialization, cognitive stimulation, physical exercise, creative arts, music, dancing and outdoor recreation.

The Center also provides separate opportunities for participants and their family members to discuss unique challenges facing them through support groups that meet the first and third Tuesday of each month from 12:00 noon til 1:00 pm.

For more information, please contact Connie at 297-0502.

Financial support, if needed, is available for participants of the program as a result of a generous grant from the Boca Raton Community Hospital Foundation.

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!*
Our Wish List for 2010

YOUR TIME
Volunteer with clerical and organizational skills including making calls, answering phones, helping with special projects, fundraising and events!

FINANCES
Underwriting for the newsletter—while approximately 75% of the costs are covered by professional services donated or discounted and the work of volunteers, we would appreciate any underwriting donations.

VOLUNTEERS
To keep in touch with volunteers at the Center and general membership and to maintain membership lists, record keeping, correspondence, etc.

REMEMBER!
There is NO donation too small to be counted and we are so appreciative of ideas or suggestions for the CHA membership.

To contact the Caring Hearts office, please call Joanne Weppner at 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 Jean Denk at 561-297-0503.

THANK YOU!
From your Newsletter Team for your support and input!