The Louis and Anne Green Memory and Wellness Center’s Sustaining the Caregiver programs and services address the needs of spouses, companions, adult children, other family members and friends who are caring for individuals with memory disorders. Memory disorders can be frustrating, challenging and sometimes puzzling. Information, education, and support can help both the caregiver and the person with the memory disorder to maintain the highest possible levels of health, well-being and quality of life.

Ten Self Preservation Activities (SPA) take place for two hours each month from October through June. Educational presentations help inform caregivers about a variety of issues associated with caring for someone with a memory disorder. Topics include understanding the diagnosis of dementia, medication issues, handling difficult behavior, planning for the future, recommended lifestyle interventions and managing stress. The photos above are from the annual Summer Luncheon that took place at the Hillsboro Club on June 14, 2012. Dr. Deb Hain spoke to caregivers about medication management, and Glenda Connolly and Dr. Kathleen Valentine presented “Creating a Joyful Life for You – The Caregiver.” The SPA program is complimentary as a result of the support of the Caring Hearts Auxiliary.
During an afternoon painting class at the Louis and Anne Green Memory and Wellness Center, teacher Pat Saidon may play African music room to keep creative juices flowing. The artists are calm, focused and engaged with their canvases. Pat walks around to answer questions and may assist with a still life subject, sketching or supplies. Mostly, though, their work is their own.

“At a time in their lives that things are generally very stressful and upsetting, painting gives our Day Center participants a sense of pride and something to be happy about,” said Pat. “It really helps their self esteem.”

Pat’s painting class is a part of Artful Memories, which is supported by the Minette G. Hoffheimer Trust, the Rita J. and Stanley H. Kaplan Family Foundation Inc and The Caring Hearts Auxiliary.

The Memory and Wellness Center artists were recently invited by the Friends of the Boca Raton Library to display 23 pieces in the Art Gallery on the second floor of the Spanish River Library. An opening reception was held on July 27. Shari Sanzo, activities assistant, volunteer artists and Pat Saidon were all instrumental in helping participants prepare for the exhibit and display their artwork to its best advantage. Distinguished guests from the University, Drs. Saunders, Claiborne and Smith as well as Boca Raton’s mayor, Susan Whelchel, joined about 80 family and friends of the participant artists. The artists truly enjoyed the accolades of all who appreciated their work.

Mark your calendars: the next exhibit at the library has already been set for June 2013!
Meet the Director:  Dr. Kathleen Valentine

Kathleen Valentine, M.S.N, R.N, Ph.D. is the new director of the Louis and Anne Green Memory and Wellness Center. She is also a clinical associate professor for the Christine E. Lynn College of Nursing.

Prior to joining the Memory and Wellness Center team, Kathleen was co-director of the FAU Diabetes Center sponsored by the Palm Healthcare Foundation through the College of Nursing.

While working for the nation’s largest not-for-profit health maintenance organization, Kaiser Permanente, Kathleen led health care initiatives to advance professional nursing practice, caring, health promotion and magnet hospital designation. She was actively involved in the implementation of the country’s largest integrated medical record system to promote personalized, competent caring for patients and families for Kaiser Permanente’s 3.2 million members. In addition, she served as consultant preparing interdisciplinary teams to optimally use evidence-based clinical documentation systems.

Formerly department chair, associate professor and director of evaluation for nursing at the University of Wisconsin Eau Claire, Kathleen has also been a faculty member at Florida State University, San Jose State and State University of New York Institute of Technology. She is past president of the International Association for Human Caring (IAHC), founding editor for the International Journal for Human Caring, advisor to the editorial board and author of numerous national and international scholarly research presentations and publications.

Kathleen received her undergraduate nursing degree from SUNY Binghamton. She received a master’s degree from Syracuse University, and a master’s degree and a doctoral degree from Cornell University.

Kathleen and her husband, George DePuy, have three children and seven grandchildren.

Meet the Dean:  Dr. Marlaine Smith

In July, Marlaine Smith, R.N., Ph.D., A.H.N.-B.C., F.A.A.N., became dean of the Christine E. Lynn College of Nursing. In her new role, she is responsible for moving the College toward the co-created vision developed by faculty and staff and advancing Dean Anne Boykin’s legacy of leadership in caring-based education, research and practice. In addition, she is focused on expanding research and faculty practice opportunities; recruiting and retaining highly qualified faculty, staff and students from diverse backgrounds; and engaging with FAU colleagues and other communities to advance health professions education and improve health and care.

Marlaine joined FAU in 2006 as associate dean for academic programs and the Helen K. Persson Eminent Scholar. She brings nearly 40 years of practice, academic and administrative experience to her new role. Her contributions to the discipline of nursing can be clustered in two areas: developing knowledge related to processes and outcomes of healing, and analyzing, extending and applying caring-based nursing theories. For 20 years, she has been conducting research related to the efficacy of touch therapies for relieving suffering and improving quality of life for persons in the advanced stages of chronic life-limiting illnesses. Marlaine has published in a variety of journals and books, and is the co-editor with Marilyn Parker of the third edition of the popular book, “Nursing Theories & Nursing Practice,” published in 2010. Honors include election as a fellow in the American Academy of Nursing.

Smith received her B.S. in nursing from Duquesne University, two master’s degrees in public health and nursing education from the University of Pittsburgh, and a Ph.D. in nursing from New York University. Since 1976, she has held faculty and academic administrative positions at Duquesne University, Penn State University, LaRoche College, University of Colorado and FAU.

Marlaine and her husband, Brian, have three children.
Trivia on the Brain

According to Hermann Ebbinghaus, the 19th century German psychologist who developed the Ebbinghaus Curve of Forgetting, the average adult forgets 56% of newly learned material immediately, 66% within a day and 80% within a month.

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 fall, focus on the five senses and 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

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 561-297-0503

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
Please join Presenting Sponsor Bobby Campbell, Honorary Ambassador Christine E. Lynn and Honorary Chair Elaine J. Wold at the Keep Memories Alive Walk! The walk affair benefits scholarships to day center participants and caregiver support programs. The majority of the monies raised for the event go directly back to the Center.

This year’s theme will be a new twist: “Steppin’ to the Oldies — Bobby Socks Optional!” Magic 102.7 will once again be present, playing the best oldies music for all to enjoy. Co-chairs include Caring Hearts Auxiliary board members Debbie Gonzalez and Morgan Green and auxiliary members Kelli-Ann Bloechinger and Schuyler Thompson.

With your support, we will reach our goal of $250,000 this year!

Bloomingdale’s Supports the Memory and Wellness Center

Renowned metalware designer Michael Aram visited the Boca Raton Bloomingdale’s on Thursday, June 16. His spring 2011 collection was on display, and Michael signed each guest’s purchase. Bloomingdale’s generously donated 10 percent of tracked sales to the Louis and Anne Green Memory and Wellness Center!

Congratulations

Congratulations to Holli Rockwell for being nominated by the Caring Hearts Auxiliary for the Woman Volunteer of the Year Award!

The Auxiliary and the Louis and Anne Green Memory and Wellness Center are in Holli’s heart, which she demonstrates through sharing her time and supporting participants with Alzheimer’s and memory-related disorders. Beyond the walls of the Memory and Wellness Center, Holli is one of our biggest advocates. She is incredibly well versed on the mission of the Caring Hearts Auxiliary, the needs and purpose of the Memory and Wellness Center and the scholarly focus of the Christine E. Lynn College of Nursing. Her compassion, grace, kindness and ability to get things done are well known show how deep her “Caring Heart” truly is!
Our Wish List for 2011

Your Time
Volunteers are always welcome to help with CHA’s fundraising committees! Volunteers are needed for the 6th Annual Keep Memories Alive walk on Sunday, November 6. Please contact Lynda Williams in the Caring Hearts office at 561-297-4066.

Your Treasure
For those interested in supporting specific programs or items, the Memory and Wellness Center’s current wish list includes:
- Laminator (approximate value: $400)
- Laptop computer for onsite clinical evaluations (approximate value: $1,200)
- Small new or gently used round wooden table for one-on-one conferences in Dr. Valentine’s office (approximate value: $300)
- Microwave oven (Approximate value: $100)

Create a 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.

Meet the new CHA Board Members

Vanessa Belaval-Boltz
Vanessa and her husband moved to Boca Raton 23 years ago for him to join a neurology practice. Her past work experience includes working part-time as a registered dietician at both Delray Community Hospital and Boca Raton Regional Hospital while raising three children. After joining the Junior League, volunteerism became a big part of her life. She has been involved for the past 14 years with the Boca Ballet Theatre, which is a non-for-profit youth civic ballet school and company rated top 10 in the nation. She is currently director of the Boca Ballet Theatre board. In the past, Vanessa held the positions of secretary and vice president as well as president of the guild. She has also volunteered in her children’s school, Spanish River Christian School, in various capacities.

Caring Hearts Office  Lynda Williams  561-297-4066
General Information  Connie Simonetti  561-297-0502
Center Tours  Jean Denk  561-297-0503
Terry Fedele

Terry brings more than 30 years diverse work experience as both a professional and community leader. Starting her career as a registered nurse, Terry quickly transitioned into management roles at a few of Pittsburgh’s leading hospitals, including Magee Women’s Hospital, Divine Providence Hospital and Suburban General Hospital. While at Suburban, she served in a senior-management position as executive vice president of hospital operations, overseeing all clinical patient care, quality and the design and implementation of creative recruitment and retention strategies. Her background extends beyond health care to include her work with numerous non-profits as both a consultant and volunteer. For the past ten years, she has served as the primary marketing consultant for physical rehabilitation services, one of the premier physical therapy practices located in Pittsburgh, PA. She provides strategic direction as well as implements initiatives to raise awareness and recruit new patients.

Terry’s community involvement is extensive and spans more than two decades of work to improve the lives of those throughout Western Pennsylvania. She has lent her support as a volunteer with numerous organizations, including Allegheny General Hospital Women’s Auxiliary, North Catholic High School, North, North Allegheny Foundation, West Penn Hospital Foundation, Pennsylvania Organization of Nurse Leaders, The Kidney Foundation, Ronald McDonald House Charities and many others. Currently, she serves on the boards of the CCAC Educational Foundation of which she is the secretary, Lidia’s Place and PA Women Work. She also lends her time making a difference with the POWER organization, 2011 American Cancer Society Gala Committee in Boca Raton and the 2011 Boca Ballroom Battle committee. She also serves on the Boca Raton Regional Hospital annual ball, Go Pink and golf committees. Terry has held leadership roles with some of these organizations as primary special events coordinator and often event chair. Her work and creative strategies have resulted in significant increases of their fundraising efforts. As chair of the CCAC Educational Foundation Legends in Leadership event, she has been instrumental in growing event annual gross revenue from $30,000 to over $129,000 in the past six years.

Terry earned her Bachelor of Science in Nursing and Master of Nursing Administration from the University of Pittsburgh. She holds a Master of Public Management from Carnegie Mellon University. She also enjoyed sharing her knowledge as an instructor at The Pennsylvania State University. Her passion for education is evident and her commitment to the community in which she lives is unending. Terry is married to Jerry Fedele. Together, they have three grown children, Katie (27), Jeff (25) and Andrew (23).

Morgan Green

Since her start in the Public Relations industry, Morgan Green has held a determined goal: to provide creative solutions and develop long-lasting relationships.

Morgan’s past history as the Public Relations Manager for the Boca Raton Resort & Club, A Waldorf Astoria Resort, allowed her the opportunity to host A-list journalists and organize elaborate press trips for media from all over the globe. Morgan specialized in driving the exposure of the Resort locally, nationally and internationally – spearheading social media and positioning efforts. Major accomplishments include producing leading photo shoots and national film productions and executing opening plans for the new Serendipity 3 and Morimoto Sushi Bar.

Previous experience includes working at the World Trade Center Palm Beach and a brand marketing firm for Dr. Phil’s Shape Up! Products.

Morgan holds a Bachelor of International Studies from the University of Miami. She is an active member of the Junior League of Boca Raton and Junior Leadership Council for the 2012 American Heart Association gala. She is a board member of the Boca Raton Historical Society and she and her husband Oliver will serve as co-chairs for the Boca Bacchanal Grand Tasting event in 2012. This year will mark her sixth year as co-chair of the Louis and Anne Green Memory and Wellness Center “Keep Memories Alive” walk for Alzheimer’s and memory related disorders.

Morgan has most recently been honored in Boca Life Magazine as one of the top “40 Under 40” professionals in Palm Beach County. She also serves as advertising spokesperson for Boca Raton Magazine.

Happily, Morgan recently launched the new Fish Net Services Communication division, where she joins Fish Net Founder, Web Guru and husband, Oliver Green. She is also affiliated with the Buzz Agency, where she serves as a freelance Marketing and Public Relations Manager.
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. ____________

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.