The History of CHA
By Kathy Kaylor

As the Caring Hearts Auxiliary strives to grow, it is important to reflect back on how it all began. How does a support group of like-minded people get organized?

Pat Thomas was not only one of the integral people in forming CHA, but she was also the first board president and is a current member of the board. Sharing memories of the early days when the Memory and Wellness Center opened in November of 2001, she recalled being contacted by Rita Hobbs and Joanne Weppner who realized there would be many areas where a helping hand would be needed. All had a personal interest in Alzheimer’s and together they set forth gathering volunteers to form an auxiliary.

Many planning meetings ensued over the next year to decide on a name for the auxiliary, formulate the rules and regulations, invite board members, elect officers and establish goals. Soon the newly named Caring Hearts Auxiliary was up and running planning fairs, luncheons and fundraising events for the benefit of the Center.

Serving on the earliest board of directors were: Lucille Alparone, Bette Cumpton, Elizabeth Hevert, Rita Hobbs, Siobhan Kleinman, Rose Krauser, Paulette Pipes, Susan Strack, Maria Tamburri, Pat Thomas, and Joanne Weppner. These dedicated women, including Anne Green and Dr. Ruth Tappen, worked together for the purpose of raising community awareness about the services of the Center, educating people about memory loss, and raising funds for the Center’s programs and services. Promoting volunteerism at the Center has also been one of CHA’s primary goals and as a result the Center has many caring and talented people who generously offer their time and expertise.

So much has been accomplished through the combined efforts of the Caring Hearts Auxiliary, but there is much more to be done. Thanks to the commitment of the current board and all the members, CHA continues it’s mission to support the Center so that these enriching and stimulating programs for those with memory loss and for their families will go on. However, there is always a need for more.....whether it be time as a volunteer or a donation, any contribution will help this wonderful and very needed Center thrive and achieve it’s full potential.
A message from our president...

Welcome back to all CHA members and friends of the Center! I hope you all had a healthy, happy and safe summer. Once again we are going to hit the ground running because CHA has a very busy upcoming year and we want to ensure that we succeed at our highest level.

Throughout the summer I pondered over what were the common factors that contribute to the ongoing success of CHA. I came to the conclusion that one key factor is the excellent leadership generated by Dr. Denise Sparks, Director of the Memory and Wellness Center.

How does one identify a true leader? Personally, I feel it’s not someone who stands in front of people and mouths platitudes. A true leader is an individual who not only leads with words, but more importantly by example. Dr. Sparks has a vision for the Center and has enthusiastically forged a strong alliance with CHA to help enhance and grow that vision.

As we all know, true leadership is a gift. Leadership is something that is innate in one’s individual soul. One could call it a “divine spark,” one could call it a passion; everyone would call it an individual challenging all of us to do our very best.

As President of CHA for the past year I have accepted and embraced this challenge. I have observed Dr. Sparks and seen her in the role of advocate for the Center and for CHA. All of her accomplishments have been achieved with grace, dignity and humility. She is an individual who never draws attention to herself nor ever seeks personal accolades. Denise is a person who is caring and empathetic to participants and their families and she is always there willing to discuss and advise the Caring Hearts Auxiliary. Her passion for our cause is shown over and over again.

I would like to take this opportunity to thank my friend, Denise, for all she has done for Caring Hearts and what she has done for me personally in my role as President. She epitomizes my idea of what a true leader is for the Memory and Wellness Center and also for the Caring Hearts Auxiliary.

Karen Hoffheimer
President
Voice of a Volunteer

When Jim Rubin first came to the Center, he had no idea what was in store for him. He first came to a public lecture on brain health and “Keeping Your Mind Sharp.” He then enrolled in the BrainsGain Workshop series which he found, “amazing . . . I got a lot out of it.” Workshop facilitator, Anna Lisa Curtis, encouraged Jim to become a volunteer at the Day Center. He now reports, “I fell in love with it.”

When asked what he enjoys most, his first thought is to compliment the staff: “I like the way the staff works with the people. They are so caring – truly impressive. If ever I’m in this situation, this is what I want.” He also views the participants as “phenomenal people.” “I don’t treat them like they are sick. I treat them like other people. They know me when I come in. We have little jokes between us.” Jim has gotten involved in lots of different activities, including current events, trivia games, a men’s group, and playing bridge with participants. He reports his friends are amazed to learn that persons with memory disorders can still play bridge.

Jim tells of a particular day when one of the participants asked him if he could and would play bridge. Jim describes his attitude of “playing to have fun, laughing and joking . . . not too serious.” After the game, the participant said, “Jim, that’s the most I’ve laughed in a couple of years.”

Jim is from a small town in Pennsylvania and was the first in his family to go to college. He went on to pursue an interesting career in law, including both public and private service. Upon retirement, he moved to Florida.

Jim gratefully reports that he has had many successes in his life. Lucky for us, he finds his volunteer role at the Center to be “one of the most rewarding experiences of my life.”

The CHA Team

Thanks to our officers for this year:

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<tr>
<th>President</th>
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<tr>
<td>1st Vice President</td>
<td>Debbie Lindstrom</td>
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<td>2nd Vice President</td>
<td>Elizabeth Hevert</td>
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<td>Treasurer</td>
<td>Liz Dudley</td>
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You Make a Difference

“It’s difficult to appreciate good heart health when you’re mind is going,” reflects Dr. David Hevert, current Chair of the Professional Advisory Board of the Memory and Wellness Center. He’s convinced, “it is more and more important to diagnose memory disorders early – at the stage of Mild Cognitive Impairment – and provide early intervention aimed at slowing the progression, so that people can extend their quality of life. The Memory and Wellness Center is invaluable to my practice and the community.”

Dr. Hevert, and his wife Elizabeth, have been involved with the Center since the very beginning. Joanne Weppner, the Center’s first Community Outreach Coordinator, solicited the help and support of the Heverts because, “I knew they were so highly respected in the community and that they care about people and their welfare above all else.”

Dr. Hevert has been a practicing internist in the Boca community since 1979. His practice has been located in the Research Park at FAU for the last five years. Since the opening of the FAU-UM Miller School of Medicine, Dr. Hevert has been a voluntary Assistant Professor of Medicine. He has also served as collaborating physician for the Center’s Nurse Practitioners and is involved in the training of medical students as well as nurse practitioner students.

During the course of his career he served as Director of Emergency Services at Broward General Hospital. At Boca Raton Community Hospital, he has served on the Executive Committee, the Credentialing Committee and the Emergency Room Committee. He is currently on the Advisory Board of Hospice by the Sea.

He and Elizabeth have been actively involved with many charitable organizations in the community over the years. They are the proud parents of two sons and a daughter. His daughter is following in his footsteps; she is now a medical student at FAU.

The Center is extremely appreciative of the contributions Dr. Hevert has made over the years.

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**Merci!**

... Departing member Kristina Sommercamp for her service on the CHA Board

...Tropical Financial Credit Union for their team’s work on landscaping at the Center

...Norman Merollis for donating a computer and printer

– Karen Hoffheimer, President

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Dr. David Hevert and Mrs. Elizabeth Hevert, long-standing supporters of the Memory and Wellness Center, are acknowledged at the unveiling of the Center’s Donor Tribute Wall.

The Tropical Financial Credit Union team.
from the desk of
Dr. Denise Sparks...

Dear Friends,

As many of you know, caring for persons with memory disorders is a complex matter. It typically starts with the smallest hints that something isn’t quite right and may progress for 10 years or more. Symptoms continuously change – creating a moving target and demanding constant adjustments to provide optimal care. A great deal of special knowledge and expertise is needed; the costs are high.

Thankfully, Medicare covers most of the basics of a comprehensive evaluation – but not all. And, many important support services are not covered by Medicare or other insurances at all. For example, it is obviously important to include the input of a family member in the context of a memory evaluation. But time alone with a family member is not reimbursed. Day Center services, driving evaluations, caregiver education and support are likewise not reimbursed.

The Memory and Wellness Center is a self-supporting Center of FAU’s College of Nursing. While designated a Florida Memory Disorder Clinic under the State’s Alzheimer’s Disease Initiative, in the five years since the designation, we have never received any State funding to help cover these important services.

It is the intent of the Center staff to provide state-of-the art programs and services that address the changing needs of our families. We’d like to do so without creating financial hardship. We are only able to do so through the generous support of volunteers and donors who enable us to make quality services more accessible to families who are trying to stretch their personal resources over the entire course of illness.

So, once again I come to you with a thankful heart – thankful for every volunteer and donor who makes the continuing operation of the Memory and Wellness Center a viable reality. From the original donors, Lou and Annie Green, and the first volunteers who helped open the doors, to the latest Keep Memories Alive Walk supporters and Caring Hearts Volunteers who are organizing the Walk, the Center literally could not go on without you.

Thank you for understanding. Thank you for caring and sharing.

Namaste,

Denise Sparks, PhD
Director
**Spotlight on:**

**Liz Dudley**

CHA Treasurer Liz Dudley has been involved with the auxiliary since 2005 and has been active on many and varied levels. Some of the positions in which she has served include: Shades of Green Committee member; designing CHA letterhead, membership welcome letters, renewals and dues; By-Laws Revision committee member; formatting and maintaining our membership and event lists; committee member and Entertainment Chair for our annual walk, and current CHA Treasurer.

Liz retired from Bell Laboratories as Manager of Government Security. She and her husband of 36 years, Dick, made Florida their permanent residence after moving from New Jersey and reside in Boca with their two cats. When not busy volunteering, Liz enjoys gardening and shellcraft, for which she has won several prizes.

She has been involved with many other organizations in the community, including the Boca Pops and the Boca Historical Society. Being a lover of the ballet, and having enjoyed the performers of the 70’s and 80’s in New York, she also has served in various positions with the Boca Ballet Guild and the Boca Ballet Theatre Company.

Liz particularly enjoys the benefits CHA provides the participants at the Center and their caregivers.

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**Caregiver Program**

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**
- **Two 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!*
Vera Tate Paley, Yoga Teacher – Stretches Students and Herself

By Caren Neile

The greatest advertisement for yoga teacher Vera Paley is yoga teacher Vera Paley. Vera, who celebrates her 90th birthday this October, practices every morning and teaches day center participants, caregivers, and the general public at the Memory & Wellness Center seven hours a week. She also teaches a class at the Volen Center in Boca.

A yogi, or practitioner of yoga, for four decades, Vera added her own technique to the ancient tradition of breath, movement and meditation. She developed “yoga on the chair” for people who are not as limber as she is.

“Yoga on the chair is for people who cannot get up and down off the floor easily,” she said. “I teach other yoga instructors how to do it, so that when I’m no longer teaching, this method will continue for years to come.”

Vera Tate Paley was born in a tiny town called Fremantle, in Western Australia, near the major city of Perth. Her father was a wine merchant. She came to the States to be married soon after World War II, but that union lasted just six months. In the meantime, she met her husband-to-be, Milton Paley, who was related by marriage to her sister. They married within 24 hours of their divorce and were together 46 years.

The same energy and focus Vera applied to her personal life served her well in her career, first helping her husband in his Catskill Mountains resort, then as a college bookstore manager at schools including Columbia University and Sarah Lawrence College, in New York.

It was at Sarah Lawrence that Vera began her love affair with yoga. “I had always been interested in dance and movement,” she said. “But I never had any lessons. Then one day, some of the college students suggested I take a yoga class. When I told them I didn’t have the proper clothes, they lent me a leotard and tights. After just one class, I knew I wanted to continue.”

Vera soon began to travel to retreats and yoga centers throughout the country to perfect her practice. Today, if you were to visit her Boca Raton apartment, you would see yoga books spread out across her dining room table. In fact, she moved into independent living in order to have more time and energy for what matters to her most. “I’m feeling that my energy is not always there,” she said. “I wanted to be free of housekeeping, cooking, laundry and shopping. I just wanted to do my yoga.”

Vera said that the most interesting pose she does these days is a half headstand commonly known as “tripod,” which she calls “the clown.” The crown of the head and palms are on the floor; the knees rest on the elbows, the rear end is up in the air, and the toes touch. It’s not the kind of position you’d expect from a 90-year-old. But thanks to a life of yoga, for her it’s a breeze. Her students, however, generally stick to simpler poses, as well as breathing and relaxation exercises.

“In my opinion,” Vera said, “the biggest benefit of yoga is the guidance it gives into good stretching and allowing the body to open up, while at the same time guiding the body into deep, deep breathing and relaxation.”
Caregiver Profile: Ruth Berland
by Lowell Kroff, Ph.D.

After two years of watching Sy increasingly lose things and become more forgetful, Ruth “realized that something was really wrong.” She first brought her husband for evaluation when the Memory and Wellness Center was located in the old School of Nursing in 2004 — before the opening of the new Center. Ruth credits Dr. Lapinski, who advised that Sy would benefit from being able to socialize with other people, for the decision to enroll Sy in the original “morning program.”

Needless to say, Ruth and Sy have witnessed numerous structural changes since the opening of the new building. However, the one thing that hasn’t changed for Ruth and Sy is the compassion and support they receive when they walk in the door. Ruth remembers being greeted at the door of the former building with orange juice, bagels, and lots of hugs from the wonderful Caring Hearts volunteers. “Some of the participants could hardly get in the door,” Ruth recalled, “because they were so busy being hugged by everybody here.” She fondly recalls how Dr. Sparks and Sy would recite poetry to one another.

Ruth did not hesitate when asked about which aspect of the Center has been most valuable to her: the support group. “I had been used to support groups, but not like this one.” Granted, this is a “very sad time in my life,” Ruth pointed out. “But the support group really levels off some of your feelings so that if you were angry all week by the time Thursday at 12 o’clock comes, you’re not so angry. And you’re not so frustrated. And you have shared a laugh with somebody. So, it’s worth just about everything.”

Of course, things weren’t so easy at first. “Now, we’re know-it-alls as far as Alzheimer’s,” Ruth stated. “But, back then, we knew nothing. And it was amazing to us that things the we were dealing with everyday — were described and printed out and thought about. And then we would discuss it in the group. And we learned and gradually the panic and the helpless feelings that we all had when we started just disappeared.”

When asked what changes she has seen over the years, Ruth naturally mentioned the spaciousness of the Louis and Anne Green Memory and Wellness Center. After meeting in a room the size of a kitchen, Ruth recalled how “our eyes popped out” after entering the large conference room for the group meeting. “We were just amazed. We were flabbergasted.” Thus, Ruth recalled a time when the staff was small. “Now we have people — doctors, social work interns, and medical students, who sit in on our groups.” They have “no idea how the family is so deeply affected and how it changes the lives of families. This is not what they are getting in medical school.”

Thus, for Ruth, the additional space at the new building only has expanded the opportunities for the same type of support and assistance that she and the other caregivers have been able to count on from the beginning. “The most important thing to remember,” Ruth asserted, “is that you’re never alone. You have a support group. You have. You have Glenda Connolly. You have the nurses. You have umpteen professionals here for support and possible solutions.”
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: www.BraintsGain.com

Brain Exercise

We’ve all heard the phrase “use it or lose it” in regards to exercising our bodies to keep fit. Well, this also applies to our brains.

There are many different ways to give our brains a workout. Activities that help us to focus our attention, such as working puzzles, will exercise our brain.

Cognitive stimulation is only part of the puzzle (no pun intended) when it comes to memory loss prevention. So, after a good night’s rest, a brisk walk, and a healthy breakfast, connect with someone you care about over this riddle:

What is the beginning of eternity? The end of time and space? The beginning of every end? The end of every place?

Answer: the letter “e” (source: www.riddles.com)

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
- Driving evaluations
- “Brain’s Gain” – 6 week memory loss prevention workshop
- Community lectures – “Keeping Your Mind Sharp”
- Research

For more information, contact Connie Simonetti at 561-297-0502
For tours of the Center, contact Jean Denk at 561-297-0503
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.

Did You Know

Ten Early Warning Signs For Alzheimer's
(As Defined By The Alzheimer's Early Detection Alliance)

- Memory changes that disrupt daily life (such as forgetting important dates and events).
- Challenges in planning or solving problems (such as keeping track of monthly bills).
- Difficulty completing familiar tasks at home, at work or at leisure (such as being able to drive to a familiar location).
- Confusion with time and place (such as forgetting where you are).
- Trouble understanding visual images and spatial relationships (such as reading, judging distance, or determining color and contrast).
- New problems with words in speaking or writing (such as calling things by the wrong word).
- Misplacing things and losing the ability to retrace steps to find them (and possibly accusing others of stealing the misplaced item).
- Decreased or poor judgement (such as giving large amounts of money to telemarketers or paying less attention to grooming).
- Withdrawal from work or social activities (such as forgetting how to complete a favorite hobby).
- Changes in mood and personality (such as becoming confused, suspicious, fearful, depressed or anxious).

Creating 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.
Our Newsletter Is Now 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!

Your Donations Count!

Through your donations to CHA, we are able to support vital services at the Center! Currently, we are supporting the day center Scholarship Program, the Sustaining the Caregiver Program and a part-time nurse, which is of particular benefit to the Parkinson’s specific program.

If you would like to continue to assist us, please use the form available at the Center, and thank you for your past support!

SAVE THE DATE!

Our 2009 Keep Memories Alive Walk at Town Center at Boca Raton is Sunday, November 1st.

To volunteer or obtain details, please contact Karen Hoffheimer at 954-540-3414. Come join us for the fun!
Our Wish List for 2009

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

FINANCES
Donations in any amount or assistance in developing new sources and donors willing to lend a hand to build the many needed programs at the Center.

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!