Celebrating the Fifth Anniversary
of the Keep Memories Alive Walk

Over 400 walkers participated in the fifth annual Keep Memories Alive “black tie” walk affair on Sunday, November 7 inside the Town Center at Boca Raton.

Look inside to read more about the Walk...
Sponsor Party and Kickoff Celebration

The evening of Tuesday, October 26 saw over 60 people gather at the Legal Sea Foods at Town Center at Boca Raton. The event was to honor the sponsors of the Caring Hearts Auxiliary’s Fifth Annual Keep Memories Alive black-tie walk affair, which benefits the Louis and Anne Green Memory and Wellness Center. The funds raised provide financial scholarships for participants in need and also underwrites caregiver programs.

Sponsor Majic 102.7 provided music for all the guests for the evening and Legal Sea Foods own Chef Dave Morel ensured that no one went home hungry with his outstanding hors d’oeuvres!

Co-Walk Chair, Morgan Green, spoke about how our sponsors are truly super heroes to the Center and Diana Bubb spoke on how important the Memory and Wellness Center is for not only the participants but also their families.

Many thanks to committee co-chairs, Lori and Loren Levinson, for planning such a wonderful event. Special thanks to Majic 102.7 and Legal Sea Foods for making the evening memorable.

Presenting Sponsor:
Bobby Campbell

Diamond Sponsors:
Louis & Anne Green
Christine E. Lynn, Honorary Chair

Platinum Sponsors:
The Family of Carl Lindstrom & Lindstrom Air Conditioning, Inc.

Gold Sponsors:
Abbott Laboratories
Bloomingdale’s
Boca Raton Magazine
Boca Raton Resort & Club
Richard & Debra Gonzalez
Mel & Susan Katz
Legal Sea Foods
Schmidt Family Foundation
Elaine J. Wold

Silver Sponsors:
Francisco & Ximena Celedon
Raymond James
William & Betty Scaggs

Bronze Sponsors:
Alpha Graphics
Mike & Arlette Baker
Ed & Sue Diener
Boca Medical Supply
Boca Raton Regional Hospital
Larry & Diane Feldman
Richard & Mary Fontana
Harbour’s Edge
James & Karen Hoffheimer
Richard D. Kelly
Mildred & Abner Levine
Jon & Lori Levinson
Bill & Alejandra Lippolis
Ralph & Debbie Muller
Ramon & Sheree Nicholl
Redgrave & Rosenthal, LLP
Stratford Court
Patricia Thomas
Vita Coco
Vitas Innovative Hospice Care
William Wietsma Company, Inc.
Robert & Lynne Arlen
Leland & Jeannine Morris
Patricia Toppel
2010 walk

This year’s Walk saw 18 Walker teams. A special shout out to the Walk Team of the Memory and Wellness Center. Although not eligible for a prize, the Team’s enthusiasm and dedication helped them raise over $5,000 for the Walk and the Center. Additional teams included:

- Advantage Therapies
- Royal Palm Fitness Center Street Walkers
- Glades Medial Group
- Louis & Anne Green Memory & Wellness Center
- Legal Sea Foods
- Christine E. Lynn College of Nursing
- Boca High School leadership Club
- Lindstrom Air Conditioning
- Julie Wiedenfeld
- Emertis Senior Living
- Bobby Campbell
- Harbour’s Edge
- St. Andrews South Team
- Stratford Court
- Caring Hearts Kids
- Team Rocco
- Rexall Sundown Vitamins
- Raymond James & Assoc.
- “A Walk to Remember”

Award recipients for team and individual prizes included the following:

- Largest Fundraising Team: Royal Palm Fitness Street Walkers
- Largest Team: Bobby Campbell
- Oscar Worthy Costume: Pat Thomas Caring Hearts Kids
- Top Hat Costume: Royal Palm Fitness Street Walkers
- Red Carpet Ready Costume: Legal Seafood
- Top Individual Fundraisers: Joan Corn, Diana Bubb, Adolf & Toula Daszkal, Angela Bray, Irene Lenner, Diane Lindsay, Zelda Luxenberg
On behalf of the entire Caring Hearts Board of Directors, I want to thank all of the Committee members for the “over the top” success of our Keep Memories Alive Walk at Town Center. Many of the volunteers who participated are unsung heroes who work all year planning the next event and continue to come up with ways to make each more successful. We are truly grateful for your “Caring Hearts.”

We are now in the planning stages for our 2011 Shades of Green event, so please circle your calendar for April 9, 2011. This event will be held at the wonderful Milhous Museum and is always sold out. We are looking forward to another successful event to help us accomplish our mission to raise funds for our Center.

Like many not-for-profit health care organizations, the Memory and Wellness Center is continually forced to do more with less. Each dollar raised from your participation and sponsorship of these events counts. Funds go directly to scholarships and caregiver support programs.

This year promises to be both an exciting and important one. We miss Dr. Denise Sparks but we are fortunate to have the guidance of Dr. Kathleen Valentine as Interim Director for the Center. As demand from the community for the Day Center and caregiver support programs continues to grow, the Center relies on our continued volunteerism and financial support. Please know that your support – at any level – is greatly appreciated and much needed. Thank you!

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!
Dear Friends,

I have already had the pleasure of meeting and working with many Caring Hearts Auxiliary members during my first several weeks as Interim Director and look forward to meeting more of you in the weeks to come.

For those whom I have not met yet, let me introduce myself. My name is Kathleen Valentine. Last year, I joined the Christine E, Lynn College of Nursing specifically because of its international recognition for expanding the science and art of human caring. My practice and research interests are based on the importance of human caring in healthcare and the difference caring makes to satisfaction, cost and quality. I’ve held leadership roles across diverse healthcare settings including academic health centers, multi-specialty practice groups, insurance, and private practice. At FAU, I have served as faculty and as the Director of the College’s Diabetes Education and Research Center. As a Clinical Specialist in Psychiatric Nursing, I understand that when illness happens to one family member, it affects the whole family. My own parents were affected by memory disorders and our family has been both strengthened and humbled by the challenges it presents. That experience deepens my appreciation for the Center’s mission.

The Louis and Anne Green Memory and Wellness Center is a shining example of the College’s philosophy and expertise in action. The staff are knowledgeable, competent, caring and committed to providing the best experience for each person who uses the Center’s wide variety of services. Services often made possible through the generosity of the Caring Hearts.

My very first experience with Caring Hearts was the Keep Memories Alive walk, and what an amazing experience it was! Your dedication and generosity are both heartwarming and critical. Our sincerest thank you goes to Deborah Lindstrom, Karen Hoffheimer, Debbie Gonzalez, and Morgan Green for their leadership and commitment to making the Walk a complete success.

Last year was a very progressive year for the Center as we continued to meet the growing needs of our community while conducting important research in the field of memory loss and caregiving. The statistics show it. Annually, the Center now provides:

- 12,000 Day Center visits
- 20 scholarships for Day Center participants
- 10,500 volunteer hours
- 1,800 caregiver support interactions
- 1,200 diagnostic evaluations
- 50 community outreach events

This year promises to be equally as exciting with the increased attention for the Center’s high quality expansion of our offerings for individuals and caregivers battling young onset Alzheimer’s.

The importance of your support cannot be underestimated. With increased financial pressure from Medicare reimbursement rules and the lack of state funding, your dollars are truly advancing the work of our Center each and every day. Thank you!

Warmest Regards,

Kathleen Valentine PhD, RN
Interim Director
congratulations!

Karen Hoffheimer  
_Junior League Volunteer of the Year Nominee_

Kathleen Valentine  
_Interim Director of the Memory & Wellness Center League_

merci!

Sheree Nicholl  
_Departing Board member and creator of “The Caring Connection”_

Kathy Kaylor  
_Departing co-chair of “The Caring Connection”_

Linda Mezzone  
_Departing graphic artist and layout designer for “The Caring Connection”_

Leslie Huddleston  
_Artist for “The Caring Connection” and the 2010 Keep Memories Alive Walk_

Cibi Hoffman  
_Departing Board Member_

Dave Morel and Legal Sea Foods  
_For sponsoring the Keep Memories Alive Sponsor Appreciation party_

Nancy Quick  
_Departing Board Member_

The entire 2010 Keep Memories Alive Walk committee and volunteers:

Co-Chairs  
Karen Hoffheimer, Debbie Lindstrom, Morgan Green, Debbie Gonzalez

Committee Chairs  
Arlette Baker, Liz Dudley, Nancy Furman, Kathy Kaylor, Debbie Leising, Lori Levinson, Loren Levinson, Schuyler Thompson, Lynda Williams

Committee Members  
Kelli Ann Blochinger, Alejandra Lippolis, Michelle Kaufman, Judi Siegienski, Cindy Schory, Skip Wenstrup, Bill Lippolis, Oliver Green, Kathleen Valentine (Interim Director), Patricia Jacobs, Judi Siegienski, Julie Weidenfeld, Lori Alten, Lesley Huddleston, Jim and Barbara Anderson, Harvey and Jolanta Lusthaus, Udo Dorcas

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.
What is the best exercise for the brain? According to scientific studies, brains benefit most from novelty. Do something new. The Brain's Gain Workshop's mantra is: "The brain thrives on change."

Research suggests that changes in everyday activities help the brain make new connections and grow in density. It is believed that a dense brain is a healthy brain.

So this year, get out of your comfort zone, take on new interests and work your brain like a muscle.

The more you have to effort or labor the better, because focus and attention require more brain cell activity.

Some suggestions:

- Visit a farmer's market and create a new recipe from the items you purchase.
- Go to the library, get some language lessons on CD and meet up with a local language group.
- Learn a game that is new to you and invite others over to your place to play it.
- Research a topic in depth and share it with others, whether it be one friend or a group of people.
- Plant a garden.
- Take dance lessons.
- Play a musical instrument.
- Learn how to ________________ (fill in the blank).
- Choose an activity that you feel you have no aptitude for, and be willing to do it poorly in the beginning. Stick with it, you will improve and your brain will benefit.

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
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
• Taking Control Caregiver Program

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

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 profile: Diana Bubb

Young-onset Alzheimer’s affects men and women who are younger than 65 and their families.

Our honorary Keep Memories Alive Walk family, Frank and Diana Bubb, are affected by young-onset Alzheimer’s. Frank was 60 when he was diagnosed three years ago and currently attends the Day Center three days each week.

“The Day Center gives him a comfortable place where he is exposed to different stimulation than when he is at home,” said Diana. “It’s good for him.”

While at the Day Center, Frank enjoys participating in current events, dance, bridge and pool. At home, he stays physically active by playing tennis three times each week. The former attorney enjoys watching his favorite movies and is an avid Wall Street Journal reader.

Diana participates in the young onset caregiver support group led by Glenda Connelly, a Memory and Wellness Center staff member and licensed clinical social worker. Diana and Glenda first identified a need for a young onset caregiver support group after discovering how different Diana’s issues were than those who were caring for older adults.

“We talked about it and said ‘Let’s start a young onset caregivers group,’” said Diana. “Our group has grown from three people to 10 or 11 in a relatively short timeframe. Younger caregivers feel just as much of a need – if not more - for support than the more traditional Alzheimer’s caregiver.”

The caregivers talk to each other through the tough times, and they often work through an individual caregiver’s issues based on their own experiences. Caregivers whose loved one is at a more advanced stage of Alzheimer’s often give a heads up to the earlier stage caregivers about what they may be facing down the road.

“We’re not always ready to hear what may be coming next in the journey. The first week of a new behavior change may set a caregiver back emotionally – it can be shocking,” said Diana.

“I don’t know what I would do if I didn’t have this group.”

Caregiver programs are funded by the Caring Hearts Auxiliary and are making a big difference in people’s 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 family with compassion and innovation.
FAU’s new president, Dr. Mary Jane Saunders, visited the Caring Hearts board meeting on Monday, November 8 – the day after our successful Keep Memories Alive Walk. To say that she was amazed at the generosity of our volunteers and donors is an understatement. After meeting with the Caring Hearts board, Dr. Saunders visited with the Day Center participants and discussed FAU’s current affairs.

Dr. Saunders is an award-winning cell biology researcher, educator and academic leader who is known nationally for her commitment to public higher education. It was a pleasure to meet her and introduce her to our amazing organization!

farewell Dr. Denise Sparks

The Caring Hearts auxiliary, Memory & Wellness Center staff, College of Nursing faculty and friends bid a fond farewell to Dr. Denise Sparks in August. Dr. Sparks returned to her hometown of Little Rock, Arkansas and is working at the University of Arkansas. She is loved and missed by many and left a strong legacy of caring for individuals and families coping with memory loss.
our wish list for 2011

Your Time
Volunteer with clerical and organizational skills, including making calls, answering phones and helping with special projects, fundraising and events! Help is also needed to keep in touch with volunteers at the Center and general membership and to maintain membership lists, record keeping, correspondence, etc.

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

- Room Divider for the Day Center ($21,000)
- Musical/Cultural Fund ($12,000 to support entertainment on a regular basis)
- Supplies for Day Center Craft Projects ($5,000/year)
- Newsletter Underwriting ($6,000/year)
- Serving Dishes and Supplies for Caregiver Events ($300 for a coffeemaker, serving trays, serving utensils, and paper goods)

contacts

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<thead>
<tr>
<th>Department</th>
<th>Contact</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caring Hearts Office</td>
<td>Lynda Williams</td>
<td>561-297-4066</td>
</tr>
<tr>
<td>General Information</td>
<td>Connie Simonetti</td>
<td>561-297-0502</td>
</tr>
<tr>
<td>Center Tours</td>
<td>Jean Denk</td>
<td>561-297-0503</td>
</tr>
</tbody>
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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
- Taking Control Workshop

For information on tickets or sponsorship opportunities, please call the Caring Hearts Auxiliary office at **561-297-4066**.
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: ______________________________________________

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

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:
____________________________________
____________________________________