



# THE CARING CONNECTION

A NEWS LETTER FOR THE CARING HEARTS AUXILIARY

*Supporting the Louis and Anne Green Memory and Wellness Center*

## 7th Annual Keep Memories Alive Walk



Caring Hearts Auxiliary Board Members, Jill Poser-Kammet, Terry Fedele and Elaine English



Christine E. Lynn and Patricia Saidon



Jill Poser-Kammet and a lovely member of the Boca Raton Garden Club's Walk Team



Entertainers from KP Productions



Jill Poser-Kammet, Presenting Sponsor Bobby Campbell and Terry Fedele



The Aker Kasten Home Health Walk Team

## Steppin' to the Oldies

## Presenting Sponsor

Bobby Campbell

## Honorary Ambassador

Christine E. Lynn

## Diamond Sponsors

John and Dotsa Bitove and Family  
Louis & Anne Green

## Emerald Sponsor

Elaine J. Wold

## Platinum Sponsors

Schmidt Family Foundation

## Gold Sponsors

Boca Raton Magazine  
Legal Sea Foods  
Magic 102.7  
Bill and Betty Scaggs

## Silver Sponsors

Debra Gonzalez/Sugar Plum Fairy  
Debbie Lindstrom and Bob Sheetz  
Raymond James & Associates, Inc.  
Patricia Thomas

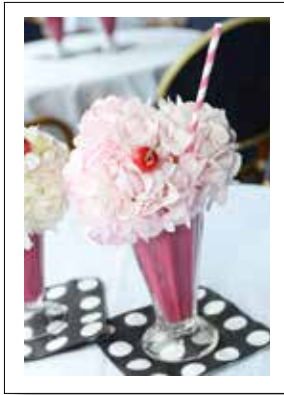
## Bronze Sponsors

Aker Kasten Home Health Care  
Boca Medical Supply  
Boca Raton Regional  
Hospital Foundation  
Direct Care Nursing Services  
Harbour's Edge  
The Hoffheimer Family  
Jerry and Terry Fedele  
Richard Kelly  
Bob and Gail Milhous  
Marie Occhigrossi  
Joe and Bonnie Scaggs  
VITAS  
Margaret Westervelt

## Friends

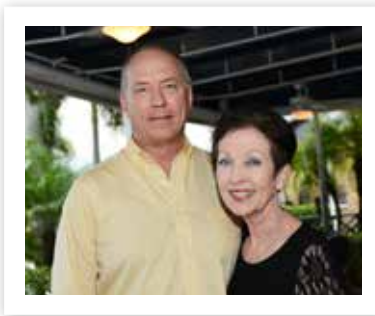
Dr. Barry and Becky Davis  
David Kammet and Jill Poser-Kammet  
Manny and Theresa Hernandez  
Dr. Kathleen Valentine and  
Dr. George DePuy  
The Law Offices of Dickenson,  
Murphy, Rex & Sloan  
South Florida Radiation Oncology  
Mr. and Mrs. Michael Wynn

# Honoring Our Generous Sponsors



Generous sponsors of the 7th Annual Keep Memories Alive Walk were honored for their generosity at a party held at Legal Sea Foods on Wednesday, October 24. Legal Sea Foods Sous Chef, Craig Sullivan, prepared delicious hors d'oeuvres, and general manger, Scott Garver, made everyone feel welcome and comfortable. Guests enjoyed background music provided by Magic 102.3 and beautiful centerpieces underwritten by Caring Hearts Auxiliary Board Member, Debbie Gonzalez.

Several weeks before the party, Day Center art instructor, Patricia Saidon, guided participants in a discussion about the interests and impact of four major sponsors' - Bobby Campbell, Christine E. Lynn, The Bitove Family and Louis and Anne Green. Together, they came up with concepts for four unique paintings. Art program participants worked for several weeks and created beautiful paintings, which were presented to these extraordinary sponsors at the party. What a wonderful way to thank these very special people!



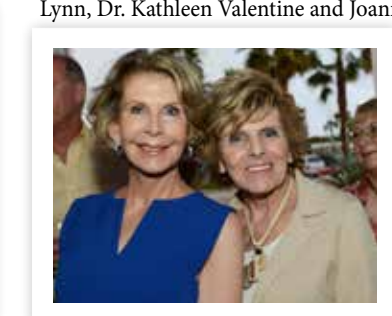
Joe Trubinsky and Holli Rockwell



Dr. Marlane Smith, Vonna Bitove, Christine E. Lynn, Dr. Kathleen Valentine and Joanne Davis



Dr. Kathleen Valentine, Dr. Marlane Smith and Vonna Bitove



Anne Green and Patricia Thomas



Walk Co-Chairs Terry Fedele and Jill Poser-Kammet



Bobby Campbell, Lou Green and John Gallo





College of Nursing visitors from China



The Sacred Tree House Walk Team



Boca Raton Garden Club Walk Team



Caring Hearts Auxiliary Board Member, Morgan Green, with Cristy Stewart-Harfmann



Memory and Wellness Center staff member, Connie Simonetti (right) with her Mom



Bob Sheetz and Debbie Lindstrom



BBC International Walk Team



**Thank you to the following teams for contributing to the 7th annual Keep Memories Alive Walk success!**



- Advocare Elder Care
- Alpha Phi Omega
- Aker Kasten Home Health Care
- Arden Courts Memory Care Community
- Aviva at Home
- BBC International
- Boca Medical Supply
- Boca Raton Garden Club
- Boca Raton High School
- Boca Raton Regional Hospital
- Bright Start Movers
- Direct Nursing Care Services, Inc.
- Get Ready, Set, Grow Preschool
- Glick Family Funeral Home
- Go 2 Care
- FAU Nursing Alumni
- FAU College of Medicine
- FAU College of Nursing
- FAU NRRH
- FAU NSSLHA Walk to Remember
- FAU Social Work Team
- FAU University Club
- Hospice by the Sea
- KKI
- Memory and Wellness Center
- Mommy Walker Team
- Sacred Tree House
- Spanish River High School Honor Society
- Rose's Entourage
- Royal Palm Street Walkers
- Wellness Warriors

# Louis and Anne Green Commit to Expand Memory and Wellness Center



Anne and Lou Green (center) with Christine E. Lynn (left) and FAU President Mary Jane Saunders (right)

Florida Atlantic University's Louis and Anne Green Memory and Wellness Center of the Christine E. Lynn College of Nursing recently received a commitment from Louis and Anne Green to expand the current facility, which is located

on the Boca Raton campus.

Construction will begin in spring 2013 on a 5,000-square foot building connected to the current Day Center via a covered walkway. The new building will house a large multipurpose room for Day Center activities and community education as well as a kitchen, an art studio,

nurse practitioner and case manager offices and treatment rooms. The building is expected to be completed in late 2013.

"The Memory and Wellness Center serves as a vibrant learning laboratory for our nursing students and faculty as well as students from the College of Medicine, the School of Social Work, the Department of Exercise Science and Health Promotion, the Department of Communications Sciences and Disorders, and more," said Marlaine C. Smith, R.N., Ph.D., F.A.A.N., Helen K. Persson Eminent Scholar and dean of the Christine E. Lynn College of Nursing. "Louis and Anne Green are not only positively impacting people suffering from memory loss and their caregivers on a day-to-day basis; they are supporting the education of those who will serve this population in the future."

## Meet Our New Board Member: Elaine English

Elaine English is the Caring Hearts Auxiliary's newest Board of Directors member. Elaine and her husband, Carl, own and operate Boca Medical Supply, which offers full service, durable medical equipment and personal fittings services in retail stores located in the Sandler Medical Complex and Boca Lyons Plaza in Boca Raton. They service wholesale accounts.



Elaine English (second from right) with (from left) Barbara Brietstein, David Kammet, Jill Poser-Kammet and Carl English

"As a local resident for more than 40 years and a proud business owner, I am committed to the success and enhancing the growing needs of our extraordinary community," said Elaine. "I will continue to dedicate my time to those who have established outstanding resources for individuals and families in need." Elaine is a licensed physical therapy assistant and is a licensed and certified orthotic fitter and post-mastectomy fitter. In addition, she is a certified lymphedema therapist, Kinesio Tape® practitioner and is wound care certified by the National Alliance of Wound Care®.

She is a member of the American Board for Certification in Orthotics, Prosthetics & Pedorthics and the Board of Certification for Post-Mastectomy.

Elaine earned her Associate of Arts degree from Palm Beach Junior College and her Bachelor of Arts in Communications from FAU. She also earned an Associate of Science degree from the Physical Therapy

Assistant Program at Lynn University. She and her husband, Carl, have two children, Patrick and Jenna. Patrick graduated from the University of Tennessee, and Jenna is a graduate of FAU's College of Business.

The Englishes were big supporters of the Keep Memories Alive Walk, serving as Bronze Sponsors, captains of the Boca Medical Supply Walk Team and even driving their company truck to help transport supplies from FAU to the Town Center Walk. Thank you and welcome, Elaine!

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# Letter from the Director



Dear Friends,

What an amazing year we had at the Louis and Anne Green Memory and Wellness Center! We are so fortunate to have the support of the Caring Hearts Auxiliary in our quest to provide the very best services and care to those suffering from memory loss and their caregivers.

You truly helped us fulfill our mission of making each Day Center participant's day their very best day. Thanks to funds raised by the Caring Hearts Auxiliary, several scholarships were awarded for people to attend the Day Center. In addition, you provided support for activities that participants love, including art, music and dancing. Caregivers benefitted from several Self Preservation Activity (SPA) days and sought respite in support groups that were held each week at the Center.

Our clinic continues to grow with the addition of Raphael Wald, Psy.D. to our team. Dr. Wald is a licensed psychologist and neuropsychologist who has maintained a private practice in Boca Raton for two years. Fluent in English, Spanish and Hebrew, he earned an undergraduate degree in economics from Yeshiva University in New York, NY and a Doctor of Psychology degree from the University of Hartford in West Hartford, CT.

Dr. Wald joins Jay M. Weinstein, Ph.D, a licensed psychologist and neuropsychologist; María de los Ángeles Ordóñez, DNP, ARNP, GNP-BC, the clinical director and a faculty member of FAU's Christine E. Lynn College of Nursing; Debra Hain, PhD, ARNP, BC, a board certified Geriatric Nurse Practitioner and faculty member; Glenda Connolly, MSW, LCSW the Coordinator of Family Services for the Memory and Wellness Center; and Kevin Pallone is a Licensed Physical Therapist.

What makes the Louis and Anne Green Memory and Wellness Center unique? As an academically-affiliated center, each member of this inter-professional clinical team offers specific expertise within a comprehensive memory and cognitive evaluation and recommended plan of care tailored to the needs of each individual and his or her family. Individuals are referred to us from physicians in Boca Raton and surrounding communities. After receiving a referral, our clinical team begins an evaluation with a focused memory evaluation, followed by a neuropsychological assessment and family assessment, and a feedback meeting. Evaluation reports are then forwarded to the referring physician for continuation of medical care. This process provides patients and families with specific information that helps them to anticipate next steps and how to access resources.

We have so much to look forward to in 2013. I welcome your involvement in our future growth at the Center- it's an exciting time. Thank you for being a part of the Louis and Anne Green Memory and Wellness Center!

Sincerely,

*Kathleen*

Kathleen Valentine, Ph.D., R.N.

Director

Louis and Anne Green Memory and Wellness Center



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# Letter from the President

Dear Friends,

As another outstanding year comes to an end, I continue to be amazed by the generosity of the Caring Hearts Auxiliary and friends of the Louis and Anne Green Memory and Wellness Center. Not only did we host a very successful “Shades of Green” in March, we inspired sponsors and more than 400 walkers to contribute more than \$300,000 as part of our 7th annual Keep Memories Alive Walk!

Our focus for 2013 is clear. The Day Center and caregivers need our continual support. Louis and Anne Green’s leadership gift to expand the Memory and Wellness Center is truly inspirational, and we will be announcing ways for our community to support the expansion through gifts of time or treasure. Please stay tuned, and mark your calendars for “50 Shades of Green” on Saturday, April 13, 2013, and the 8th annual “Keep Memories Alive Walk” on Sunday, November 3, 2013.

Thank you for your support and contributions. Together, we are making a difference for people suffering from memory loss and their caregivers.

Sincerely,

*Patricia*

Patricia Thomas  
President  
Caring Hearts Auxiliary



## Save the Date

“50 Shades of Green”  
Saturday, April 13, 2013

For information on sponsorships or tickets, please contact the Caring Hearts Office at (561) 297-4066 or [nurchearts@fau.edu](mailto:nurchearts@fau.edu).



## Tribute Cards

The Memory and Wellness Center provides 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 the Memory and Wellness Center at (561) 297-0502.



## To Read Online

The Caring Connection 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](http://www.fau.edu/memorywellnesscenter) or email a request to [nurchearts@fau.edu](mailto:nurchearts@fau.edu) to request a .pdf file or direct link. We appreciate your support!

# Congratulations

Caring Hearts Auxiliary Board Member, **Morgan Green**, for being nominated for Woman Volunteer of the Year! Morgan was honored at a luncheon and fashion show in October, which was hosted by the Junior League of Boca Raton at the Boca Raton Resort and Club. It was the 25th anniversary of this very special Junior League event.



Above  
Dr. Kathleen  
Valentine and  
Morgan Green

The **Spanish River High School Honor Society** team had the most walkers at the Keep Memories Alive Walk. Captains Helen Broad and Ellyn Snider did a great job rounding up 75 students to participate on a Sunday morning!

The **Royal Palm Street Walkers** team raised the most money. Thank you to team captain, Joan Wargo, and her generous teammates!



The Royal Palm Street Walkers



Spanish River High School National Honor Society



## Merci

Volunteers are at the heart of any fundraising event, and we had many who helped make the Keep Memories Alive Walk a complete success:

- Khalla Andujar
- Marcia Berns/Nostalgic America
- Barbara Brietstein
- Barbara Curtis
- Anne Dahnke
- George DePuy
- Liam Dubuque
- Megan Dubuque
- Liz Dudley
- Carl and Elaine English
- FAU NRHH
- Jerry and Terry Fedele
- Morgan Green
- Lisa Helfant
- Lesley Huddleston
- David Kammet and Jill Poser-Kammet
- Wendy Kulberg
- Liem Nguyen
- Karen Pritchard/KP Productions
- Robert Richter
- Pat Saidon
- Craig Sherman
- Mildred Strom
- Marcia Teele
- Evie Zimmerman

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## ‘Neurobic’ Exercises

“Neurobic” is a term that was coined by the late neurobiologist Lawrence Katz, Ph.D. of the Duke University Medical Center and Manning Rubin in the book, “Keep Your Brain Alive.” The team defined neurobic exercises as activities that shake up your routine and use our senses in unusual ways, which may help to make your brain more agile and flexible. Here are several ways to practice neurobics on your own:

### Morning Roulette

Brush your teeth with your left hand if you are right-handed or vice versa.

### Ongoing Chess Game

At your office or club, leave a chess board out so anyone can come along, assess the situation, and make a move anonymously.

### Visit a Farmer’s Market

Relish the diversity of shapes, colors, aromas and tastes.

### Close Your Eyes and Open Wide

Identify the food on your plate by smell, taste and touch.

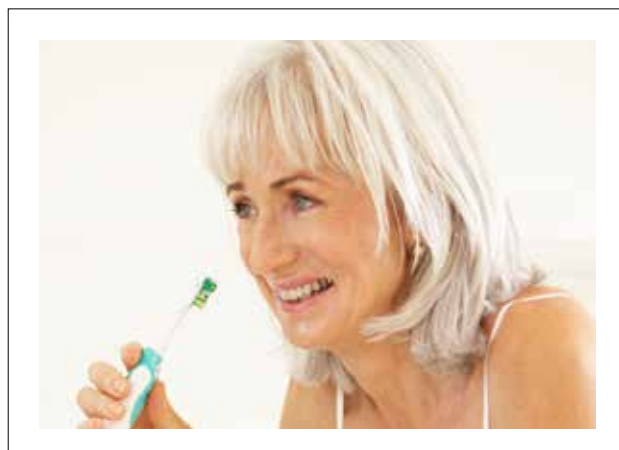
### Introduce Novelty

Take a different route to the grocery store; try a different breakfast regime or switch places at the table.

### Brain’s Gain Workshop

Brain’s Gain is six-week workshop is designed for persons who are cognitively healthy and wish to maintain their brain health through proactive lifestyle choices that are believed to have long-term healthful effects on the brain.

Topics include the following: exercise, diet, sleep, mood/emotion, and cognitive stimulation. For more information or to register, call the Louis and Anne Green Memory and Wellness Center at (561) 297-0502.





# Memory and Wellness Center First in Florida to Receive ‘Specialized Alzheimer’s Services Center’ Designation

The Memory and Wellness Center was recently named a “Specialized Alzheimer’s Services Center” by Florida’s Agency for Health Care Administration’s Division of Health Quality Assurance and is the first to receive the designation.

Florida’s “Specialized Alzheimer’s Services Adult Day Care Act” went into effect on July 1, 2012 and requires stricter standards for an adult day care seeking specialized licensure. Among other criteria, organizations seeking the designation must demonstrate that each participant has a dementia diagnosis from a physician, physician’s assistant, or advanced registered nurse practitioner and an individualized plan of care; that nursing care be available on-site during operating hours; and that

staff members meet education and experience requirements. There must be a staff-to-participant ratio of one to five; a daily schedule filled with at least 70 percent therapeutic activities; and a caregiver education program.

“In many cases, we already met or exceeded the criteria for this new type of license,” said Barbara Curtis, Memory and Wellness Center day center manager. “From the journalist who volunteers his time to discuss current events each week to the artist who leads participants through painting class, the level of involvement from volunteers, service providers and staff are what make the day center unique. We work together to help make each participant’s day their best day.”

## 2013 Self Preservation Activities (SPA) Schedule

As partners in caregiving, the Memory and Wellness Center’s mission is to recognize and preserve the dignity and respect of caregivers’ endeavors through empowerment, education and compassion. Our intent is to provide a multifaceted approach to wellness and success throughout this very important and challenging journey. The following Self Preservation Activities (SPA) are scheduled for 2013:

<b>MARCH</b>	<b>Thursday • March, 2013</b>
<b>21</b>	9:30 am to Noon Stress Management for Caregivers
<b>APRIL</b>	<b>Thursday • April 18, 2013</b>
<b>18</b>	10 am to Noon Care Options for the Dementia Patient
<b>JUNE</b>	<b>Thursday • June 20, 2013</b>
<b>20</b>	10 am to Noon Summer Luncheon at the Hillsboro Club “Legal Issues for Persons with Memory Disorders”

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## Meet Patricia Saidon



Patricia Saidon (right) with Christine E. Lynn

Patricia Saidon is an art instructor who leads the “Artful Memories” program for Day Center participants at the Memory and Wellness Center. The program is supported financially by the Minette G. Hoffheimer Trust, the Rita J. and Stanley H. Kaplan Family Foundation, Inc. and The Caring Hearts Auxiliary.

A native of Buenos Aires, Argentina, Pat has a master’s degree in art from the School of Fine Arts in Buenos Aires and is a working artist.

Pat’s “Artful Memories” artists come from all walks of life – they are retired business owners, physicians, school teachers, principals, parents, and grandparents. What makes these artists unique is that each of them has a mild to moderate memory

disorder, such as Alzheimer’s disease, and many had never painted prior to attending the class.

“Creating beautiful paintings enhances the participants’ self-esteem and adds a sense of accomplishment to their day,” said Pat.

Artists listen to beautiful, calming background music while being guided by Pat and an assistant. They typically paint with colorful acrylic paint on canvas and focus on creating a scene from a fond memory – such as a vacation – or duplicating a favorite object – such as a vase or flower. Artists and their caregivers enjoy the therapeutic effects of the program and the beautiful art that results.

“We arranged my brother’s schedule to ensure that he could participate in the art program at the Memory and Wellness Center,” said a caregiver of a young onset memory loss participant. “Although he never painted before, he loves it and is so proud of his work. He insists that we frame and keep most of his pieces.”

## 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.



# Programs and Services Offered at the Memory and Wellness Center

The Louis and Anne Green Memory and Wellness Center offers a comprehensive array of programs and services to assist caregivers and individuals who have been diagnosed with a mild to moderate memory disorder, including:

- Adult Day Center
- Brain's Gain Workshop
- Community Outreach
- Comprehensive Memory Assessment
- Driving Evaluations
- Early-Stage "Mindset" Class
- Gentle Chair Yoga
- Neuropsychological Testing
- Physical Therapy
- Research Opportunities
- Sustaining the Caregiver Programs: Care Consultations, Counseling, Support Groups, Educational Seminars, Self-Preservation Activities (SPA), Yoga Classes.

## Contacts

### Caring Hearts Office

(561) 297-4066 or [nurchearts@fau.edu](mailto:nurchearts@fau.edu)

### Memory and Wellness Center

(561) 297-0502 or [memorylane@fau.edu](mailto:memorylane@fau.edu)

### Website

[www.fau.edu/memorywellnesscenter](http://www.fau.edu/memorywellnesscenter)

### Facebook

[www.facebook.com/faumemoryandwellnesscenter](http://www.facebook.com/faumemoryandwellnesscenter)

## Wish List

In addition to a gift of your time, the Memory and Wellness Center's wish list includes the following donation:

- A laptop computer for on site clinical evaluations
- A digital camera to take photos for Day Center participant charts and to capture special events.
- A small copy machine
- A leaf blower to keep the outdoor recreation area neat and tidy

## Caring Connections Newsletter Team

Jill Poser-Kammet,  
CHA Board Member, Editor

Chris Dardet, FAU, Editor

Dr. Kathleen Valentine,  
FAU, Advisor



Caring Hearts Auxiliary

Supporting  
Louis and Anne Green Memory and Wellness Center  
at the Christine E. Lynn College of Nursing  
Florida Atlantic University  
777 Glades Rd., Bldg. AZ-79, Boca Raton, FL 33431

Non-Profit Org.  
US Postage Paid  
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Boca Raton, FL

## Join the Caring Hearts Auxiliary! Membership Card

New  Renewal Date: \_\_\_\_\_

Membership Categories: (check one)

Annual - \$25  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. \_\_\_\_\_

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:

\_\_\_\_\_

\_\_\_\_\_

## 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 Jennifer Campenni at (561) 297-0503.