The evening of February 24, 2009 saw the dedication of the Donor Tribute Wall which honors many people past and present who have generously donated financially so the Memory and Wellness Center may continue to expand and fulfill its mission.

The criterion for inclusion on the Wall is a single cash gift of $1000 or greater. The categories are: $1000, $1,100-$9,999, $10,000-$99,000, $100,000 and above. If a wall donor makes subsequent gifts at a higher level, the donor's name will be moved to reflect the higher level.

The Donor Wall which was underwritten by the Caring Hearts Auxiliary is located in the breezeway between the Day Center and the clinic buildings. Bill Klug of Art Glass Environments, Inc. created and installed this most magnificent design.

Many thanks to Lou and Annie Green for generously underwriting the evening's reception and to Crystal Bay Caterers for underwriting the evening's libations.

We encourage all to come and visit the Center and view this most beautiful Tribute Wall.
A message from our president...

It’s incredible to me that this year’s Caring Hearts season is coming to a close. Where has the time gone?

What a season this has been starting with the premiere edition of the Caring Connection. We are so proud of the fabulous response it has received. Due to the ongoing collaborative effort by many, all the Caring Hearts members and others in our community are able to get a glimpse into the community and world of the Memory and Wellness Center.

Before you knew it we found ourselves walking on a Sunday morning to “Keep Memories Alive.” It’s hard to believe the Walk and its committee had been in the planning stages for 10 months before we all hit the ground walking. The proceeds from the Walk enabled CHA to continue to fund scholarships and have allowed us to prepare to fund the Care Giver Program at the Center.

The Memory and Wellness Center saw the dedication of a Donor Wall in February to honor those that donate so generously to the Center. The wall was underwritten by the Caring Hearts Auxiliary.

March saw many of us attending a cabaret evening for the Shades of Green at the King estate which was graciously hosted and underwritten by Raemali King. Ms. King also graciously selected and underwrote the entertainment for the event. The success of this event enabled CHA to underwrite the cost of the part-time nurse.

Finally Caring Hearts had sponsored the Annual Volunteer luncheon which was held at the Delray Beach Club. It is our pleasure and privilege to acknowledge and honor all the volunteers who work so hard and diligently for our participants.

As the season draws to a close, I look back and see how dedicated every volunteer and committee member has been to help ensure a successful project and event for the Center. They truly are the unsung heroes.

As we look forward to the upcoming year we all understand how difficult these times are and how important it will be for all of us to continue to work and pull together to ensure the ongoing success and continued growth of our Memory and Wellness Center. But after all, isn’t that what family is all about?

Many of us will continue to work behind the scenes this summer so we may hit the ground running in September. We wish you all a safe, healthy and happy summer and look forward to seeing you in the fall.

President
Karen Hoffheimer
Meet Our Team

Caring Hearts welcomes a new board member, Cibi Hoffman, to our team for the 2009-2010 year!

Also, we would like to thank the following officers for accepting their positions for the upcoming year:

<table>
<thead>
<tr>
<th>President</th>
<th>Karen Hoffheimer</th>
<th>Secretary</th>
<th>Mildred Strom</th>
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<tr>
<td>1st Vice President</td>
<td>Debbie Lindstrom</td>
<td>Treasurer</td>
<td>Liz Dudley</td>
</tr>
<tr>
<td>2nd Vice President</td>
<td>Elizabeth Hevert</td>
<td>Asst. Treasurer</td>
<td>Kristina Sommerkamp</td>
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Spotlight on: Sonya Cremins

Sonya, a member of our CHA Board for three years, is “proud to be a part of the Louis & Anne Green Memory & Wellness Center.”

She and her husband Tim relocated to Florida in 1991. Her love of art led her to become a docent at the Boca Raton Museum of Art where she continues to conduct tours, specializing in sharing the visual arts with those who have special needs. As a museum docent, Sonya has guided tours for the Center's Couples Club at special exhibits.

As a member of CHA, she assumed numerous roles including: member of the Keep Memories Alive Walk committee and chair of the Volunteer Appreciation luncheon for two years in a row.

Other non-profit organizations and charities which Sonya holds dear to her heart are Children's Place South, which cares for neglected and abused children and the Boca Raton Library Adult Literacy Program where she earned the National Adult Literacy Day Award in recognition for her contribution to the cause of Literacy.

Sonya is most proud of her family, four terrific children, their spouses, as well as her precious 15 year old granddaughter and 14 year old twin grandsons. Tim and Sonya are excitingly awaiting the arrival of a new grandchild in June.

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
Caregiver Program

Among the programs at the Center is the Sustaining 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** – covered by Medicare and most insurance
- **Care Consultations** as part of the comprehensive clinic evaluation
- **Two general Support Groups** – weekly
- **Young-onset Support Group** – bi-weekly
- **Yoga Class** – weekly
- **Caregiver Library** with educational and referral information

*CHA thanks our supporters and we encourage you to support this very important program!*

Glenda Connolly, LCSW – Coordinator of Family Services

The primary reason Glenda was attracted to her position at the Center is that she really likes the concept of “caring for the caregiver.” She enjoys being involved with our caregivers in a variety of settings. A grant from Boca Raton Community Hospital allowed the Center to hire Glenda to coordinate educational programming and consultation services for caregivers and to supervise our support group program. She is also able to offer counseling on an individualized basis; this service is covered by Medicare and other insurances.

In addition, Glenda supervises social work students who have field placements at the Center. The availability of these students significantly increases the ability of the Center to work with more family members. Glenda really values the opportunity to teach students about the important work of the Center. She also values the opportunity to work with the interdisciplinary team (nurse practitioners, neuropsychologists, clinical psychologist) of the Clinic and teach the students to do the same.

When asked what she dislikes about her job, Glenda answers “the limitations.” She would love to be able to reach out to the community and provide more services to more people. But she acknowledges “there are always the constraints of time, space and money.”

Prior to coming to the Center, Glenda worked for 13 years as the Director of Social Services for a skilled nursing facility. She has also been in private practice as a psychotherapist and a field instructor for social work students for 16 years. In her private practice she has specialized in working with patients who were recently diagnosed with a memory disorder and their families. She has a bachelor’s degree from Barry University, a master’s degree in social work and a gerontology certificate from Florida International University. She is on the Board of Directors of the Broward County Mental Health Organization.
In 46 years of marriage, Henry and Bibi Herzog have nurtured each other’s success and happiness. It was Henry who encouraged Bibi to switch careers and build what turned out to be a lucrative jewelry and pearl business. And, it was Bibi who inspired Henry to write down his experiences from the Holocaust - in what would eventually become a critically acclaimed book on the subject. Therefore, it is no surprise that Bibi approached Henry’s Alzheimer’s diagnosis with the same sense of purpose and love that had characterized their entire marriage.

Like many caregivers, Bibi brought Henry to the FAU Memory and Wellness Center when he was becoming isolated from family and friends. “I brought him the first time here,” Bibi recounted, “I loved it! I fell in love with the place!” However, unlike most caregivers, Bibi joined Henry at the Center as a full-time volunteer for over two years. Why? For Bibi, the answer is simple: “I wanted to be where he is.” She considered it a “blessing.”

“Maybe it’s my skhus [Yiddish for merit or justification],” Bibi offered, “that I can take care and protect his dignity in old age.”

In fact, it is the word “dignity” that best describes Bibi’s inspirational attitude towards caregiving. “I fight in this situation for one thing,” Bibi said, “I fight for his dignity.” Bibi feels a particular need to protect Henry’s dignity given the “humiliation” he “suffered” during the Holocaust. “And to the last moment,” Bibi said, “in this disease [where] there is so much humiliation, I want to spare him humiliation. I want to spare him.” For this reason – and in spite of whatever burdens they had encountered the night before, when Henry walks to the breakfast table in the morning “he’s dressed like a gentleman on a cruise,” Bibi said.

It is clear that Bibi considers the Alzheimer’s diagnosis – not as a stigma, but as no different from many other human difficulty. “What would I do if I had a child who was born with Cerebral Palsy,” Bibi asks rhetorically, “What would I do with this child? I would take care of him until I can’t. So, he has Alzheimer’s. I don’t consider it a curse. I consider this a happening. It happened.”

Perhaps, it is this view of Alzheimer’s that allows Bibi to be open to new possibilities in a disease that others see only in terms of what has been lost. Consider, Bibi’s discovery that Henry loves singing all the songs and prayers in Synagogue. “For more than forty years in the house,” Bibi recounted, “he never sang. Now he sings with a beautiful ear – a beautiful voice.” When Henry listened to the music at home, Bibi recounted, “he would cover his face with both hands in emotion and sometimes tears. And you see that he’s taken it in so strongly. So powerfully.” To Bibi, “this is worth everything.”

In spite of her optimistic attitude, Bibi is realistic about the increasing rigors of caregiving and knows that she needs to be in the embrace of her family back in Israel. “I don’t see what another person sees,” Bibi said, “I see with the eyes of my heart. They [her family] see realities. They see ages. And I’m over 85 also.”

So, as Bibi and Henry embark on a new chapter in their marriage in Israel – and leave behind a legacy of friendship and inspiration to the Center, Bibi offers the following advice to other caregivers: “If you penetrate this disease - not only with your mind but with your heart, you cannot suffer from giving of yourself.”
Dear Friends,

Wow! What a winter we have had! On all fronts, the Memory and Wellness Center family has been busy moving our mission forward.

In February, we dedicated our beautiful new donor tribute wall. It has been truly inspiring to bring together and honor all of those whose major gifts have made it possible for us to become the Center we are today. I am most appreciative of Bill Klug of Art Glass Environments for the thoughtfulness, creativity and care that went into the design and to our Caring Hearts, especially Nancy Quick and committee members Mildred Strom, Evie Zimmerman, Cibi Hoffman and Debbie Lindstrom for making the project possible.

In the toughest of years, the March Shades of Green event succeeded in raising approximately $35,000 – most of which will go to support nursing services in our Day Center. My sincerest thanks go to Raemali King for opening her beautiful home and hostessing the event and to Pat Thomas and Holli Rockwell for serving as chairs.

In April, we had the opportunity to celebrate the contributions of approximately 60 persons who volunteer at the Center. Imagine – 60 people giving their time and various talents with no return except the knowledge that they have contributed something of value to others who are on a difficult journey. Again, my thanks to our Caring Hearts, and Sonya Cremin in particular, for this special volunteer appreciation event.

Finally, I am so thrilled that this Caring Connection Newsletter is now a reality. Many thanks to Chair, Sheree Nicholl and her committee, Linda Mezzone, Kathy Kaylor and Lesley Huddleston, for the many hours of work that go into helping us all stay in touch with Center happenings.

I am acutely aware that the Center would be a mere shadow of itself if it were not for so many caring persons who continue to reach out in whatever ways they can.

Many of you do so because you have already walked the path of a memory disorder. You either know how much you appreciated those who supported you, or you know how much you wished that someone had been there.

We are a large, extended family of persons – donors, volunteers, staff, family members -- striving to create moments of dignity and joy. I can hear the voice of Henry singing –

Denise Sparks, PhD
Director
Diet, exercise, cognitive stimulation and social activity all seem to have protective effects on the brain and may serve to delay the onset of Alzheimer's for those who are inclined to have the disease.

Counseling and support have been associated with less decline in the physical health of caregivers and with a decreased rate of nursing home placement of spouses with dementia.

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 early 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

Did You Know

- Diet, exercise, cognitive stimulation and social activity all seem to have protective effects on the brain and may serve to delay the onset of Alzheimer's for those who are inclined to have the disease.

- Counseling and support have been associated with less decline in the physical health of caregivers and with a decreased rate of nursing home placement of spouses with dementia.

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.

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.
Tony Ruotolo: Still Serving VIPs
by Marlene Oliner

Volunteer Tony Ruotolo offered VIP service to his special passengers as a Navy pilot. Now, he’s serving VIPs at the Memory & Wellness Center. That’s because Mr. Ruotolo treats everyone he works with here as a “Very Important Participant.”

Since 2005, Tony has been coming to the Center to encourage participants to reach out to others and engage in conversation, usually by sitting and talking with them at lunch. After the meal, he helps wash the pots and pans.

Originally from New Haven, Connecticut, Tony lives in Highland Beach. He was a Navy pilot for 20 years, flying a four-engine DC6 that was equipped with sleeping quarters and chaise lounges in the cabin.

“My primary duty was to transport VIPs around the world, mostly to world capitals,” he said. “It was a very, very pleasant tour of duty. I also had a three-year tour in the Navy’s only air development squadron. Its purpose was to support the National Science Foundation’s interest in the Antarctic. I took two trips to the Antarctic, and I loved it. As a matter of fact, I have a mountain named after me there. I told my kids that they should take a trip to the Antarctic and climb my mountain!”

Mr. Ruotolo used to volunteer at the Jewish Community Center (JCC) near FAU. When JCC moved to West Boca, he didn’t want to go that far, figuring he’d be doing more driving than volunteering.

“I had occasion one day to pick up one of the JCC people from this Center,” Tony said. “I didn’t know this place existed until I came to pick up this participant, and I asked him what they did. I liked what he said, so when the JCC moved out west, I asked if I could volunteer here. They said yes!”

In his spare time, Tony is an avid tennis player and reader. He also enjoys sitting by the pool and swimming. Primarily, he says, “sitting by the pool is how I spend my days. I love it.”

Tony’s ability to avoid frustration on the job stems from past experience. “When I got out of the Navy,” he said, “I taught adults in the Washington metropolitan area how to pass the real-estate licensing tests. I find that if you deal straightforwardly with people and if you see what might be troubling them and you address that particular problem, it works out very well. I can’t say that I have any frustrations. I really enjoy working here.”

Mr. Ruotolo is encouraging his wife to volunteer at the Center, as well as his neighbors. “If you are ever looking for a day center,” he said, “you can’t get better treatment than you can here. It is absolutely fantastic, with caring, caring people.”

There is a downside for Tony, however, and that’s in the nature of the work. “What is probably troubling to me more than anything else is that they only deal here with participants who are in the initial and the moderate stages of Alzheimer’s. It is very upsetting to me when I have grown an attachment to one the participants and then see them getting to the stage where they have to leave and be taken care of one-on-one.”

Mr. Ruotolo said he used to enjoy good conversations with one particular participant when he first arrived, but now the person isn’t able to do that anymore. “I suspect he won’t be here in the center much longer,” he said, “and that will be a sad day for me. I pray practically every night that they will come up with a cure for Alzheimer’s.”
Shades of Green

Another successful Shades of Green evening provided over $35,000 in donations, which allows us to continue funding the part-time nurse for the Center, as well as meet other needs. The event was hosted at the home of Raemali King, who also provided underwriting for the evening's festivities. Fine dining was once again provided by Crystal Bay Caterers. Co-chairs Pat Thomas and Holli Rockwell went home smiling knowing that the very important need for a part-time nurse was met for another year. We are particularly grateful to our generous donors for their support during these economic times and to Dr. and Mrs. David Hevert for generously offering a week at their condo in the Keys for auction.
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!

MARK YOUR CALENDAR!

Our 2009 Keep Memories Alive Walk at Town Center Mall in 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!

Merci!

... Chef Sam LoPiccolo of Crystal Bay Caterers for his continued support and cooperative pricing at our events, including Shades of Green and the Donor Tribute Wall Dedication

...Dorita Ojalvao of Alphagraphics for continued advice and discounted pricing on this newsletter

...Adrian & Arlene Verzaal for floral arrangements for the Center at Christmas and the delivery and installation of trees and plants for the Donor Tribute Wall

– Karen Hoffheimer, President
Volunteer Luncheon

This year's Volunteer Luncheon sponsored by the Caring Hearts Auxiliary was again held at the beautiful Delray Beach Club in April. Thanks to CHA member Sonya Cremin and DBC head Maitre'd Michael Matricinno, a delicious meal was enjoyed by almost 60 volunteers!

Volunteers received a packet of notecards printed from artwork done by participants as a thank you. George and Judy Drapec, volunteers who serve as "handymen" for the Center shared their experience with Alzheimers and described the many "honeydo"list chores they perform for Barbara Curtis, Day Center Manager. The Center is in good hands as George is a self-described "engineer" and Judy makes a great boss!

CHA member Elizabeth Hevert spoke about her personal experience as a nurse and the peace of mind she has knowing the patients that have been referred to the Center are in such a helpful and caring environment.

Dr. Denise Sparks spoke about the value of the Center to a particular participant and relayed how much the volunteers do for the Center. Barbara Curtis also spoke and reiterated that the Center would be much less without the asset of volunteers.
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!

NEW COMPUTER
For the CHA office...Ours is tired!

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!
Newsletter Team for your support and input!