



Summer/Fall 2014

A Note of Thanks

The Akula Foundation's programs continue to grow because of each of you. We have made a positive difference in people's lives throughout Southeast Louisiana and the Mississippi Gulf Coast. We would like to thank everyone who has shown support through volunteerism and by generous donations. For more information on the foundation you may call (504) 818-2723 x3003 or visit our website at www.akulafoundation.com. Again, thank you for your continued support, it truly is appreciated.

Fundraising

Christopher Guthrie

Akula Foundation Fundraising

The Akula Foundation held its' 7th annual New Orleans fundraiser, ALL THAT JAZZ, on Friday, July 18, 2014 from 7:30 – 10:00 pm at Rosy's Jazz Hall. Guests enjoyed a fabulous evening of live jazz music by the Voodoo Jazz Band, a silent auction, delicious New Orleans style food and libations. The event had approximately 175 attendees and raised over \$20,000! Our fundraisers would not be possible without the support of our generous sponsors. This year's fundraiser sponsors were:

Canon Hospice

Wardco Business Printing

New Orleans Magazine

Patio Drugs

Physician Care

WGSO 990 AM Radio

Sea Level Design

Dr. & Mrs. J. Donald Persich, M.D.

Brown and Brown of LA, LLC

J. Schoen & Son Funeral Directors

Medline Industries, Inc.

Celltrak Technologies, Inc.

Laurel Outdoor

Logo Express Marketing, Inc.

Dr. William S. LaCorte, M.D.

Dr. Henry M. Evans, M.D.

Dr. Glenn M. Johnson

Liles Parker, PLLC

Lake Lawn Metairie Funeral Home

Joffary Window Coverings and

Interiors, LLC

Acadian Ambulance

Dr. Michael Russo, M.D.

Gambit

We would also like to say a special thanks to our silent auction donors, Mrs. Kitty Perre, and our foundation volunteers. Thanks to everyone who came out and supported our cause. Look for photos of the event in an upcoming edition of St. Charles Magazine!

On Friday, October 10, 2014 the Akula Foundation will host its' second fundraiser in Baton Rouge. The event will take place at the historic; Mount Hope Plantation from 7:00 to 9:00 in the evening. Guests will enjoy a lovely evening of music, libations, food, and a silent auction. The silent auction will be made up of items donated from local Baton Rouge businesses.

For more information on upcoming events or to purchase tickets, please call Christopher Guthrie at (504) 881-0452 or visit our website at www.akulafoundation.com.

Grief Resource Center

Lee H. Matthews, PhD

Grief Resource Center Director

GRC continues in its missions to provide valuable and helpful resource for the grieving people and for the professionals who want to help them. Founded after Hurricanes Katrina and Rita, Dr. Akula saw the need for an outpatient program to provide community support for those dealing with anxiety, depression and grief over the loss of loved ones, personal property, loss of jobs and other problems. Grief Support Groups for Adults, Teenagers and Children are offered monthly at several different locations. There is no single way to grieve. Dealing with grief has no set time table, each one of us moves at a different pace through the experience. The ways we deal happens in stages, but even these are not distinct and they may overlap. The stages include: 1) **Denial** – emotional numbing, refusing to believe, enacting rituals around the loss. 2) **Anger** – Multiple

symptoms, emotional, physical, blaming. 3) **Bargaining** – Bargaining with self or with God. Let's make a Deal. 4) **Depression** – can be a likely outcome. The most difficult stage to deal with.

5) **Acceptance** – Life has to go on. Thoughts are less intense. In addition to the stages, we may experience different reactions to a loss. You may experience physical responses, mental responses, including asking yourself "Am I going crazy". Some of us develop rapid emotional changes, ranging from anger to sadness, at times within a few minutes. There is often spiritual upheaval. All these experiences are perfectly normal responses to grief.

Please call 504-247-7818 for more information about the time and locations of these groups.



Continuing Education

John Calderara, RN

AIM Coordinator

The Continuing Education Unit (CEU) workshops for healthcare professionals continue to expand. So far over 11 workshops have been given in 2014 with a total of over 800 healthcare professionals in attendance. The FREE workshop sessions cover a variety of topics, ranging from Alzheimer's, Biomedical Ethics, Dual Diagnosis, Caregiver Concerns, Nutrition, Nursing Ethics, Motivational Interviewing, Social Work Ethics, and the new DSM-5 psychiatric diagnostic codes. Additional workshops are already scheduled for the next few months, and the fall schedule is being designed with topics such as Spirituality in Health Care, Weight Management and Meal Planning.

If you are interested in learning more about our CEU programs please

contact John Calderara, RN at (504)

818-2723.

AIM

John Calderara, RN
AIM Coordinator

The Akula Foundation's **Advanced Illness Management** Program is a FREE outreach support program for families and patients with chronic and complex illnesses who are under the care of home health. The AIM program provides additional support for those patients and their families who are dealing with a life limiting illness. The AIM program continues to carry an average of approximately 30 patients per month on our contact list. Services include home-based individualized case management, social and spiritual support and disease education, as well as, support groups for symptom management, by a team composed of a Nurse Liaison, Social Worker and Chaplain. AIM bridges the gap between curative care and hospice care. For more information, contact John Calderara, RN at (504) 818-2723.

Canon Hospice Hour

Lee H. Matthews, PhD
Grief Resource Center

One of the primary sponsors of the Akula Foundation and the Grief Resource Center is Canon Hospice. As a public service, Canon Hospice has a radio program that airs LIVE on each Saturday from Noon to 1 PM on WGSO 990 AM and is hosted by Sue May, CHPLN, CHA, Administrator of Canon Hospice in New Orleans. The focus of the show is to provide health information to the Greater New Orleans area. The guests on the show are physicians, community health organizations and various medically related authors from around the country. The radio program has supported the Akula Foundation by having various members of the Akula Foundation staff as guests as well as promoting our programs on the show. Recent guests include Laura Phillips, LCSW, and Coordinator for the Akula

Foundation Reminiscence Program has talked on Reminiscence Therapy and Alzheimer's. Janet R. Matthews, PhD, Clinical Psychologist and a member of the Akula Foundation Advisory Board and her husband, Lee H. Matthews, PhD, Clinical Psychologist and Grief Resource Center Program Director have been regular guests, discussing topics such as Autism and the new diagnostic criteria, Willpower, Father's Roles in their Children's Lives, Pets and Mental Health, New Year's Resolutions, Mother's Roles in the Family and other mental health topics. If you would like to listen to any of the shows, they are all archived on both websites, at www.canonhospice.com and www.akulafoundation.com. If you or anyone you know would like to be a guest on the show, you may contact Sue May at 504-729-4920.



Camp Swan

By Sue May, CHPLN, CHA
Canon Hospice New Orleans

Camp Swan is a 3 day/2 night camp for children ages 7-12 who have lost someone significant in their lives. The camp is offered on the Northshore, Baton Rouge area and Mississippi Gulf Coast. The camps are sponsored by Canon Hospice and the Akula Foundation.

Camp Swan is designed to provide an experience in outdoor living combined with therapeutic activities to facilitate grieving in a fun and naturalistic setting. The camp is staffed by volunteer counselors including bereavement counselors, social workers, doctors, nurses, medical students, and adults

from the community. This weekend camp can accommodate approximately 40 children. The funding source for Camp Swan comes from donations given by the community directed to the Akula Foundation and Camp Swan.

Coming up we have our Northshore camp that will be held the weekend before Thanksgiving, **November 21, 22 and 23, 2014** at Camp Living Waters in Loranger, Louisiana.

Robin Edgar, The Healing Power of Reminiscence

The Akula Foundation has partnered with Robin Edgar, providing free community programs using the power of reminiscence. Ms. Edgar teaches life writing workshops based on her book, *In My Mother's Kitchen*, in a variety of venues around the country including the prestigious John C. Campbell Folk School and Wildacres Retreat in North Carolina. She also teaches reminiscence for bereavement for professional and family caregivers for Hospice, Alzheimer's and Parkinson's organizations and is a facilitator for the Fetzer Institute Campaign for Love & Forgiveness. The Akula Foundation is sponsoring The Healing Power of Reminiscence Workshops at no charge at facilities in Louisiana and North Carolina.

Camp Swan on the Mississippi Gulf Coast was held in the early spring. Our Baton Rouge Camp was held the weekend of August 1, 2, and 3. Both camps were a great success! Special thanks to all of our volunteers who made the camp possible.



If you know a child who would benefit from the services provided by Camp Swan, call Sue May at 504-818-2723 x3012 for children in the New Orleans/Northshore area, Regina Murray at 225-926-1404 for children in the Baton Rouge area and Joshua Bruce at 228-575-6251 for children on the Mississippi Gulf Coast.



Summer/Fall 2014

To purchase her book, "The Healing Power of Reminiscence," please call Christopher Guthrie at (504) 881-0452. A portion of the proceeds from book sales will be donated to the Akula Foundation.

Grief Support Groups

Lisa Suarez, M.Ed, LMFT

Grief Support Group Facilitator

Do you know your neighbors? In the New Orleans area, we've had a lot of trouble with personal safety and security, lately. One of the most trusted methods to improve safety and security in neighborhoods, is to know your neighbors.

Neighbors can also be a source of comfort in times of grieving, and not only by way of friendship. The presence of neighbors may give us the feeling of some relief as we see them go about

their daily lives in a regular way, while we may be experiencing

our lives as "upside-down." In your time of bereavement you may find yourself wishing for your life to be "the way it used to be," and neighbors are often part of that picture. You may have helped them weather storms too.

At the Akula Foundation we want to help you weather the storm of grief and loss, and our free to the community Grief Support Groups are ready to provide emotional support for as long as it takes. We are interested in hearing even the smallest bit of difficulty you may be having, experiencing the loss of someone dear. Keep in mind, you're more than welcome to invite your neighbors.

Current Groups Available:

1st and 3rd **Tuesdays**: 4:30 p.m. & 6:15 p.m: Family Room, Canon Hospice, 1221 S. Clearview Pkwy, Elmwood.

1st and 3rd **Wednesdays**: 5:30 p.m: Gretna Room, West Jefferson, 1101 Medical Center Blvd. Marrero, Westbank.

1st and 3rd **Thursdays**: 5:30 p.m: Harmony Room 3rd Fl. McFarland Bldg., Ocshner-Baptist Napoleon & Claiborne, Uptown.

AND: 7:15 p.m. 6th Floor Classroom, Touro Infirmary, Prytanía & Foucher, Uptown.

1st and 3rd **Saturdays**: 11:00 a.m: Family Room, Canon Hospice, 1221 S. Clearview Pkwy, Elmwood.

3rd **Mondays** only: 3:00 p.m. Dining Room of The Villas @ Woldenberg Village, 3701 Behrman Place, Westbank.

All groups are **FREE** to attend and are led by a licensed therapist. For more information or to reserve your space in one of our groups please call 504-247-7818.

Supporting the Akula Foundation

Giving to the foundation is what keeps the Akula Foundation going. All contributions directly benefit our programs. If any one of you in our community would like to become involved in our fundraising efforts or can recommend a specific foundation that we may approach for a grant, please contact us at (504) 818-2723. The support of individuals is so important to the success and

expansion of our programs. Donations may be mailed to:
Louisiana 70185

The Akula Foundation | PO Box 850715 | New Orleans,

Reminiscence Groups

Laura Phillips, LCSW

Akula Foundation Reminiscence Group Coordinator

The Reminiscence Groups continue to show success. There are so many wonderful stories of residents sharing their life experiences in and out of the groups. We have privilege to see improvements in socialization, mood, and memory. We have not been able to measure the effectiveness and progress in the past. We are excited to announce our partnership with University of Lafayette in Louisiana (ULL) to aid in this. This Fall Emily Allen, a graduate student in Psychology at ULL, will start the research on the effectiveness of the program. We look forward to sharing our findings with you.

New Orleans Saints Pep Rally!
All senior citizens, nursing home and assisted living residents are invited to celebrate the New Orleans Saints with us!



Where:

**Dorothy B. Watson Community Center
1300 South Myrtle Street | Metairie, LA**

When:

Friday, November 7th | 1:30-3:30 pm

Please call Christopher if you have any questions or if you would like to attend at 504-881-0452.

Save The Date!

*2nd Annual Akula Foundation Baton Rouge
Fundraiser*

Friday, October 10, 2014 | 7pm-9pm

Mount Hope Plantation | 8151 Highland Road | Baton Rouge, Louisiana



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Please make plans to join us for an elegant evening with wine and cheese, a silent auction and music to benefit the Akula Foundation.

\$15 - adult ticket

For more information or to purchase tickets, please call Christopher Guthrie at (504)-881-0452.