

## A Note from the Akula Family

2012 was a wonderful year for the Akula Foundation. The 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 your volunteerism and by your generous donations. As we embark into 2013 we hope the Akula Foundation continues to grow and that we double the people we touched in 2012. For more information on the foundation you may call (504) 818-2723 x3003 or visit our website at [www.akulafoundation.com](http://www.akulafoundation.com). Again, thank you for your continued support, it truly is appreciated.

- Dr. and Mrs. Shiva Akula and Family

### Camp Swan

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 and Mississippi Gulf Coast. We are also hoping to offer a camp in the Baton Rouge area this year also. 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. Our Northshore camp will be held the weekend before Thanksgiving,

November 22, 23 and 24, 2013 at Camp Living Waters. Camp Living Waters is 100 acres of land on the north shore of Lake Pontchartrain in Tangipahoa Parish between Robert and Loranger, Louisiana.

If you know a child who would benefit from the services provided by Camp Swan, call Sue May at 504-818-2723 x3012.



### A-Coola Cards

"A-Coola Cards" has expanded from being just greeting cards to to "A-Coola Cards and Gifts." Our artist,

Sheila Marriott has added a delightful variety of personalized, hand painted items to the "A-Coola Store." Some of our new personalized items are:

- lace angel ornaments
- stained glass hearts
- teddy bears
- hand painted clay flower pots

"A-Coola Cards and Gifts" has already exceeded its monetary goal for 2013. We are thrilled to be helping raise money for the foundation.

Thanks for all your past and future support. To learn more about "A-Coola Cards and Gifts" or to purchase them please call (504) 818-2723 x 3003.

## Canon Hospice Hour

The Canon Hospice Health Hour has been gracing the air waves for 7 years. The focus of the show is to provide good health information to the Greater New Orleans Area via our weekly radio program. The show airs LIVE each Saturday from Noon – 1pm on WGSO 990 AM. The guests on the show are physicians, community health organizations, and various medically related authors from around the country.

The first weekend of each month features Dr. Henri Roca.

Dr. Roca is a board-certified family physician dedicated to the principles of holistic medicine. As medical director of the Greenwich Hospital Integrative Medicine program, he oversees a skilled team of healthcare professionals and coordinates medical care of individuals and families. In addition to providing comprehensive conventional care, Dr. Roca is a medical acupuncturist, hypnotherapist, massage therapist and biofeedback practitioner. He is skilled in the use of vitamins, botanicals and supplements.

Dr. Roca is board-certified by the American Academy of Family Practice and the American Board of Holistic and Integrative Medicine. He serves on the board of directors for the American Holistic Medical Association and as co-chair for the

Consortium of Academic Health Centers for Integrative Medicine's Education Working Group. Dr. Roca is on the clinical faculty of Yale University School of Medicine and LSU School of Medicine, where he founded LSU's Integrative Medicine section. Dr. Roca is native of New Orleans.

The second weekend of each month features the husband and wife team of Dr. Lee Matthews and Dr. Janet Matthews.

Dr. Lee Matthews is a Clinical Psychologist and Consultant to the Grief Resources Center, a program of the Akula Foundation. Dr. Janet Matthews is a Clinical Psychologist and a Full Professor of Psychology at Loyola University. One of the courses she designed and regularly teaches is Psychology of Women.

Other guest features in the coming months are:

- Dr. Robert Ryan, Family Practice Physician (July 20)
- David Vince, David is the author of the forthcoming book, "When Life Throws You Curves, Keep Swinging." He is an inspirational speaker with a truly unique story of overcoming hardship, living life to the fullest and motivating young men and women to achieve their full potential in sports and in life. His story

inspires others to overcome obstacles in their own lives and achieve their own success. (July 27)

- Jaime Craig, Director of Development & Community Relations of The ALS Association Louisiana-Mississippi Chapter. (August 24)
- Mike Guillot, Director of East Jefferson General Hospital Emergency Medical Services. Mike will be talking about Melanoma. (September 28)

**Would you like to be a guest on the show?** Call (504) 729-6920 in New Orleans or call (228) 575-6051 in Gulfport.

## Fundraising

The Akula Foundation's 6<sup>th</sup> annual New Orleans fundraiser, Rock 'n' Roll at Rock 'n' Bowl, will be held on Sunday, July 21, 2013 from 2 – 4:30 pm. We will blast to back to the 1950's with live music by local New Orleans' band, Harvey Jesus and Fire, bowling, face painting, classic cars, food, libations and a silent auction. Our fundraisers would not be possible



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without the support of our generous sponsors. This year's sponsors are Canon Hospice, Wardco Business Printing, Wells Fargo Advisors, Patio Drugs, New Orleans Magazine, Physician Care, WGSO 990 AM Radio, Sea Level Design, Dr. and Mrs. J. Donald Persich, M.D., Brown and Brown of LA, LLC, OffBeat Magazine, Medline Industries, Inc., Laurel Outdoor, Lake Lawn Metairie Funeral Home, Logo Express, Dr. William S. Lacorte, M.D., Dr. Benarji Tegala, M.D., Sartin's Vital Care, Liles Parker, PLLC, Care Ambulance Service, Inc., Furniture Mart, Dr. Glenn M. Johnson, M.D. This year we hope the fundraiser will raise over \$20,000.

On Friday, October 25, 2013 the Akula Foundation will host its' first 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 businesses.

The foundation is also hoping to hold its 2<sup>nd</sup> annual fundraiser on the Northshore in the fall.

For more information or to purchase tickets to any of our fundraisers, please call Christopher Guthrie at (504) 881-0452 or visit our website at [www.akulafoundation.com](http://www.akulafoundation.com).

## Grief Resource Center

I have had the privilege to facilitate Grief Support Groups for the Grief Resource Center and Canon Hospice since 2007. Experience has taught us the most comforting way to move towards acceptance and relief from some of the pain and loneliness of our grief is to tell our story, and the stories of our loved ones, over and over, as many times as we possibly can, to whomever will listen. Telling your story is one of the best ways to enhance your support system, and gain the emotional strength needed to travel through the process of grief work. Yes, it is work, and logic rarely applies.

Often, we feel guilty by burdening others with our stories. Sometimes, especially at the beginning, it's hard to talk at all. An important element of the groups is that many who attend are all across the calendar as far as how long they have been grieving. Those who

have been grieving longer often inspire those who are new.

Here is the perfect opportunity to tell your story to others, or maybe just listen to other's stories, with the guidance of a licensed therapist:

GRC offers eight Adult Grief Support Groups per month, open to the public at no cost, in three locations: First and Third Tuesdays, at 4:30 and 6 p.m. at Canon Hospice, in the Family Room on the fourth floor; First and Third Wednesdays at West Jefferson Medical Center, at 5:30 p.m., follow the arrows to the classroom across from the auditorium; First and Third Thursdays, Uptown at Touro Infirmary at 6:15 p.m., follow the arrows to the 6<sup>th</sup> floor classroom; First and Third Saturday mornings at 9:30 a.m., Canon Hospice in the Family Room on the fourth floor. Please call (504) 247-7818 for more information, get a calendar of session dates, and let us know you are coming. Soon we will be adding another group, in the daytime on the West Bank at Woldenberg Center, and in September, we begin our Children's

Groups again on the first and third Saturday mornings.

Lisa Suarez, M.Ed., LMFT, is a licensed Marriage and Family Therapist in the State of Louisiana.

## Donations

### How Can YOU Help?

- o Make a gift of cash or check
- o Make a pledge, to be paid during a calendar year
- o Make a gift of appreciated securities
- o Make a gift of tangible personal property, including real estate
- o Make a gift through a bequest, charitable trust or a gift of life insurance
- o Make a gift that can be matched if you are associated with a company that matches charitable donations
- o In-lieu of flowers, donations to the Akula Foundation
- o Attend Akula Foundation Fundraisers

If any one of you in our community would like to become involved in our fund raising efforts or can recommend a specific foundation that we may approach for a grant, please contact us

at (504) 247-7898. The support of individuals is so important to the success and expansion of our programs.

## Reminiscence Groups

The English Playwright and Poet, William Congreve, said, "Music hath the charm to soothe the savage beast," it also has the power to stimulate memory.

In our Reminiscence groups on the Northshore, we have been using music therapy in the form of karaoke sessions. A recent example was called, "Songs from the Movies". The songs were from movies such as Showboat, The Wizard of Oz and other older movies.

A hospice patient, who rarely showed emotion, shed slow, soft tears as "Over the Rainbow" was sung. Another attendee once took the microphone and sang, "You Are My Sunshine," amazing nursing home staff who stated the resident was unable to verbally communicate her needs. At another session, an elderly resident said that hearing "Old Man River" brought back memories of his childhood in Mississippi which was by the river. We will continue to use the soothing and memory provoking power of music in our reminiscence work on the

Northshore. Music lovers and singers invited!

Denise Henne, LCSW  
Canon Hospice Northshore

For the current list of Reminiscence groups meeting in New Orleans, the Northshore, Baton Rouge and the Mississippi Gulf Coast please call (504) 818-2723 x 3003.

## Community Outreach

Gardening brings pleasure to gardeners and guests alike, no matter their ages or abilities. The Akula Foundation has supported gardening activities at the Gulfport Armed Forces Retirement Home over the past 18 months, recognizing these activities bring such enjoyment and healthful activity to the residents there.

This spring, thanks to a Home Depot Foundation grant of \$1500, a private donation of \$1000, and additional support from the Akula Foundation, residents were treated to gardening tools, plants and supplies to beautify their Home. In mid-April, a Garden Day celebration was held, drawing more than 100 residents, employees, community visitors, and Army and Marine volunteers. During the celebration, Mississippi Public



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Broadcasting host Felder Rushing entertained the crowd with a presentation on container gardening.

According to Alyce Spencer Leard, The Akula Foundation liaison who designed the project and secured its funding, the event was so successful that the Home's recreation staff and residents plan to make this an annual event. "As an organization, we are delighted to participate in these activities to honor and support our seniors, particularly our veterans.

Even residents in the Home's long-term care and memory support units were able to join in the fun, and they truly enjoyed the opportunity to interact with our volunteers."

The Armed Forces Retirement Home is located on Beach Boulevard in Gulfport, and is home to more than 500 veterans.



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