

A Note of Thanks

The Akula Foundation's programs continue to grow because of each of you. We continue to make 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.

New Orleans Fundraising

Christopher Guthrie

Akula Foundation Fundraising

The Akula Foundation is holding its 8th annual New Orleans fundraiser, A Night Out with the Akula Foundation, on Friday, July 17, 2015 from 7:30 – 10:30 pm at Southport Music Hall. Guests will enjoy a fabulous evening with music by Troy Mark and NO IDEA, a silent auction, delicious New Orleans style food and libations. This year's fundraising goal for the event is \$25,000! We are able to hold this wonderful event thanks to our generous sponsors. We would also like to say a special thanks to our silent auction donors, Mrs. Kitty Perre, and our foundation volunteers. If you would like to purchase tickets or for more information on the event, please call (504) 881-0452. Look for photos of the event in an upcoming edition of St. Charles Magazine!

This year's fundraiser sponsors are:

Patio Drugs

Canon Hospice

WGSO Radio 990 AM

New Orleans Magazine

Physician Care

Brown and Brown of LA

Blue Williams, LLP

Medline Industries

Laurel Outdoor

Sea Level Design

Liles Parker, PLLC

Northshore Family Medical Center

Dr. Oren Blalock, MD and

Dr. Bryan Bohning, DDS

Kailas Group of Companies

Dr. William S. LaCorte, MD

Sartin's Discount Drug, Inc.

Gambit

Dr. and Mrs. J. Donald Persich, MD

Acadian Ambulance Service

Horizon Security and Vault, Inc.

A First Name Basis

Dr. Michael Russo, MD

Lake Lawn Metairie Funeral Home-

Dignity Memorial

Dr. Glenn Johnson, MD

Patient Point

On Friday, August 21, 2015 the Akula Foundation will host its' third annual 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.

Reminiscence Program Outreach

Robin Edgar

Reminiscence Group Facilitator

Robin A. Edgar has been facilitating reminiscence workshops based on her book, *In My Mother's Kitchen*, since 1998. She joined forces with the Akula Foundation to bring reminiscence group therapy to North and South Carolina. She and another trained reminiscence group therapy facilitator conduct monthly sessions in five separate senior facilities in the area, including a group of five World War II veterans who are all in the same Sunday school class at the First Baptist Church in Landrum, SC (see photo). Robin meets with Leo Tarpley, who served in the 346th Squadron and was deployed to join the 99th Bomb Group in the 15th Air Force at the Tortorella Airfield near Foggia Plains in southern Italy; Jack Stone, who enlisted in the Army Air Corps and served in Erlangen in Germany, where he worked in the communications department; Bill Dill, who served in Guadalcanal in the Pacific at the Carney Airfield where he worked in operations with the control tower; Cliff Walden, who enlisted in the Navy and served as a mechanic at the San Diego Navy base; and Fred Fisher, who was drafted into the Army and served in during the occupation.



Robin Edgar and a few of the Reminiscence group attendees.

A Night Out with the Akula Foundation

JOIN US FOR A FUN EVENING WITH
MUSIC BY TROY MARKS AND NO
IDEA, A SILENT AUCTION,
DELICIOUS NEW ORLEANS STYLE
FOOD & LIBATIONS.



FRIDAY, JULY 17, 2015

7:30 PM – 10:30 PM

SOUTHPORT MUSIC HALL
200 MONTICELLO AVENUE
NEW ORLEANS, LOUISIANA

\$40 PER COUPLE OR
\$25 PER PERSON

TICKETS MAY BE PURCHASED AT
THE DOOR OR IN ADVANCE BY
CALLING CHRISTOPHER @
(504) 881-0452.

Southern Society for Philosophy and Psychology

Dr. Lee Matthews, PhD, Director
Grief Resource Center

The Akula Foundation presented a **Symposium on Reminiscence** at the 107th annual meeting of the **Southern Society for Philosophy and Psychology** in New Orleans on April 3, 2015. This was a chance for the Foundation to educate the professional community about not only the over 100 Reminiscence groups given free to nursing homes, assisted and independent living facilities in the area, but also how, in combination with our primary sponsor, Canon Hospice, the Grief Resource Center and the Reminiscence Program of the Foundation was founded following Hurricanes Katrina and Rita in 2005.

The first paper presented by Lee Matthews, PhD was ***Reminiscence: Theories and Approaches with the Elderly***. It started with coverage of how reminiscence allows us to relive events from our past, not in a chronological or historical accurate way, but to relive personal experiences that are vivid and engaging, and recapture the emotions that went with those events. The presentation discussed the history and described the various types of reminiscence and reminiscence therapies. The paper was co-written with Janet R. Matthews, PhD and John Calderara, RN.

The second presentation ***Hurricane Impact: Deaths, Business, Property and Emotional Losses, Loss of Mental Health Infrastructure*** written by Janet R. Matthews, PhD was about how Hurricanes Katrina and Rita devastated people's lives, homes and the health and mental health organizations in the region. After Katrina an estimated one-third of the population of Greater New Orleans was in need of active clinical depression and post traumatic stress disorder treatment. The presentation was co-written by Lee H. Matthews, PhD and Shiva Akula, MD, MPH.

Dr. Akula presented the third paper, ***A Model for Community Nursing Home Intervention I: Founding*** that was co-developed with Paul Mathis and Christopher Guthrie of the Akula Foundation. The presentation focused on how people were coming back into the city, trying to deal with the changes in their lives, while still grieving over loss of loved ones, loss of personal property, loss of jobs after the hurricanes. These people needed our help. Dr. Akula had a dream, Canon Hospice had the professionals available to deal with grief, with counseling and support of these people and the professional mental health community. With resources from grants, donations from the community, the Akula Foundation, in combination with our primary sponsor, Canon Hospice, made this dream a reality. With this dream in mind the "Grief Resource Center" was founded, and the Reminiscence Program was developed.

The last presentation by Laura Phillips, LCSW was entitled ***A Model for Community Nursing Home Intervention II: Development and Evaluation*** and covered the development of the training manual and materials used in the reminiscence groups, based on a month-by-month content format that included a range of activities. In addition, the development last year of a partnership with the Psychology Department of the University of Lafayette in Louisiana, through the funding of a graduate scholarship has started research on the effectiveness of the program. The presentation was co-authored by Emily Sandoz, PhD and Theresa Wozencraft, PhD from the University of Louisiana at Lafayette.

The Akula Foundation staff especially wants to thank the following individuals for their involvement in this symposium and their support of the Foundation. Dr. Janet R. Matthews, Professor Emerita, Department of Psychological Science of Loyola University New Orleans; Dr. Emily Sandoz, Assistant Professor, and Dr. Theresa Wozencraft, Associate Professor, of the Psychology Department, University of Louisiana at Lafayette.

Oh No, We Were Supposed to Go on Vacation

Lisa Suarez, M.Ed, LMFT
Grief Support Group Facilitator

On numerous occasions throughout nine years experience facilitating twelve Grief Support Groups per month, I have encountered people who planned a vacation, or cruise, before the demise of their loved one.

What would you do if this happened to you? Can we make informed decisions on questions like: How can I have fun when my loved one is gone?

If I go on vacation, isn't it a sign of disrespect for my loved one in front of family and friends? Won't I feel guilty? What about the financial issues?

Attempting to apply a logical decision-making process during a time of emotional overload can make a difficult time even harder.

If you are in the first three-to-six months of grieving, you could be experiencing the "shock" of grief, often described as a numbing or fog-like feeling. Nothing's quite clear, you just keep putting one foot in front of the other. I often suggest to group members they might find life a little less stressful, if they don't attempt to

concentrate on anything more than the minimum of responsibilities of what it takes to get through on a day-to-day basis. Eat, sleep, get some exercise if you can, pay some bills, and *nothing* more.

This could be the ideal time for a cruise, as your immediate needs can be easily met, and you are removed from everyday stresses. It might be the perfect way of decompressing, but probably only if you are accompanied by family or good friends who can "buffer" the outside world.

On the other hand, if you know you have a hard time relaxing, if you are consumed by guilt, such as "I'm not allowed to enjoy myself without my loved one," then don't do it. How do you know what is the best course of action for you?

One man said, "I cared for my wife for eight years. She could not speak during that time, but she knew I had a dream to go to South America. I felt a little guilty, but knew she would want me to go."

One woman said, "I couldn't go anywhere. I had to stay close to my support system. Even though I come to group, they are the ones I stay strong for, and the ones helping me through this."

Another woman said, "While I was caring for my wheelchair-bound

husband, I took him everywhere. The family always goes on a cruise this time of year, and I knew he would want me to go."

Come to a Grief Group, tell your story, and ask what others would do, and listen to the stories of what others have done.

For a complete list of grief support groups or more information, visit our website at www.akulafoundation.com or call (504) 723-3628 or (504) 247-7818.



Special Achievements

Janet R. Matthews, PhD, Akula Foundation Advisory Board Member, and her co-author, C. Eugene Walker, PhD announced this month the publication of the second edition of their book, *Your Practicum in psychology: A guide to maximizing knowledge and competence* by the American Psychological Association.

M.K. Arshad, MD and Janet R. Matthews, PhD from the Advisory Board and Lee H. Matthews, PhD attended the graduation ceremony in June for the psychiatry residents and psychology interns from the Tulane Department of Psychiatry & Behavioral Sciences, meeting with the Vice-Chair of the Adult Psychiatry program and the Vice-Chair of the Child & Adolescent Psychiatry program. Janet and Lee also met with the Chief of the Psychology program and discussed the programs of the Akula Foundation

Janet R. Matthews, PhD and Lee H. Matthews, PhD, Director of the Grief Resource Center attended the Louisiana Psychological Association Convention in New Orleans, last month and talked with other psychologists about the activities of

the Akula Foundation and its programs.

Grief Resource Center

Lee H. Matthews, PhD, Director,
Grief Resource Center

The Grief Resource Center (GRC) continues to expand its programs. The Free groups are led by a licensed therapist. Currently, Grief Support Groups for Children, Teenagers and Adults are offered monthly at several different locations. If you are interested in further information about attending one of these groups, please call 504-247-7818 or 504-723-3628, or check the Foundation website at www.akulafoundation.com, and follow the link to Grief Groups listed at the bottom of the page. Our professional, caring staff are dedicated to providing comprehensive bereavement to all who participate.



Please join us for a
Hawaiian Luau!



Gretna Community Center
1700 Monroe Street
Gretna, Louisiana 70053

Thursday, July 30, 2015
1:30 – 3:00 pm

We invite all senior citizens,
nursing home & assisted
living residents to join us
for a luau! Wear your grass
skirts and Hawaiian shirts
for a fun afternoon of
games, music, refreshments
& more!

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

CAMP SWAN

Sue May, CHPLN, CHA, Camp Swan Director

Our mission at Camp Swan is:

- To provide support to children ages 7-12 who are dealing with the loss of someone significant in their lives.
- To provide a safe and nurturing environment for the children to deal with their feelings and to find a proper outlet for their grief.
- To combine art, music, group and individual therapies to facilitate the grieving process.

Camp Swan – Baton Rouge 2015 | August 28, 29, 30

To sign up your child call Regina Murray at 225-926-1404.
Camp Istrouma
25975 Greenwell Springs Rd | Greenwell Springs, LA

Directions from I-12 in Denham Springs:

Take Exit 10 and travel north 5.3 miles on South Range Ave, it will turn into North Range Ave (LA-16).
Turn left onto LA-64/Magnolia Beach Rd and go 2.2 miles until Greenwell Springs Rd.
Turn right onto LA-37N/Greenwell Springs Rd and go 5.2 miles until you reach our camp on the left.

Directions from I-10 at Airline Hwy:

Take Exit 2B and travel north on US-61N/Airline Hwy about 3.8 miles,
Exit onto LA-37/Greenwell Springs Rd and travel 14.3 miles. Our camp will be on the left.

Directions from I-110:

Take Exit 6 and travel east on Harding Blvd for 0.6 miles.
Continue heading east on LA-408 E/Hooper Rd for 9.9 miles.
Turn left at LA-37 N/Greenwell Springs Rd heading north for 2.3 miles. Our camp will be on the left.

Directions from I-55:

Take Exit 53 and travel west on LA-10 W for about 10 miles.
Take a left onto LA-37 S/Greenwell Springs Rd heading south for 28.3 miles. Our camp will be on the right.

Camp Swan – New Orleans 2015 | November 20, 21, 22

To sign up your child call Sue May at 504-818-2723.
Camp Living Waters
21230 Living Waters Rd, Loranger, Louisiana 70446

Directions from I-12:

Exit 47 to Robert
Right onto Hwy 445 North (6.5 miles)
Left onto Chappapeela Rd (1.5 miles)
Forward onto Robert Perkins Rd (1/4 mile)
Entrance on left
From I-55 North:
Exit to I-12 East (Slidell)
Then follow I-12 directions above

Direction from I-55 South:

Exit 36 to Tickfaw
Turn East onto Hwy 442
Right on Hwy 443 South (2 miles)
Left onto Chappapeela Rd
Right at 3-way stop staying on Chappapeela Rd
Right onto Robert Perkins Rd (1/4 mile)
Entrance on left

Directions from Hwy 190:

Left onto Hwy 443 North
Right onto Chappapeela Rd
Right at 3-way stop staying on Chappapeela Rd
Right onto Robert Perkins Rd (1/4 mile)
Entrance on left

Volunteers

We are currently seeking volunteers for Camp Swan, Community Health Fairs, home visits to patients and families, visits on the inpatient unit, and for clerical assistance.
If you or someone you know would like to volunteer, please contact:

- * Paige at 504-818-2723 x 3006 for the New Orleans Area.
- * Jerry at 985-626-3051 for the Northshore.
- * Gerrica at 225-926-1404 for Baton Rouge.
- * Jan at 228-585-6251 for Mississippi.

CAMP SWAN continued....

We are also working to put together a children's group in the greater New Orleans area. The group will be held on Tuesdays at 6pm in the Canon Hospice office in the Ochsner Elmwood Medical Center and will focus on children ages 7 - 12 who have experienced a loss in their life. There is also an adult group running concurrently so that the parents and guardians of the children attending the group may also receive support. If you have a child that would like to participate in the group, please call Dr. Lee Matthews at 504-247-7818.



Camp Swan Counselors 2014



Campers participating in one of the therapeutic activities, the balloon release.

Baton Rouge Fundraising

Christopher Guthrie
Akula Foundation Fundraising

On Friday, August 21, 2015 the Akula Foundation will host its' third annual fundraiser in Baton Rouge. The event will take place at the historic; Mount Hope Plantation from 7:00 to 9:00 in the evening. Tickets are \$15 per person or \$25 per couple. Guests will enjoy a fabulous evening with music by Utria featuring Dr. Rani Whitfield, libations, wh and a silent auction. The silent auction will be made up of items donated from local Baton Rouge businesses. The event will also have a celebrity guest appearance by actor, Danny Glover! We would like to say a special thanks to our fundraiser sponsors:

Canon Hospice
Dr. Peter Cabiran
Dr. Rani Whitfield
Dr. Garland Green
Dr. Vasanthi Vinayagam

Cerenity Xpress Transportation Services
Anointed Healthcare Service
J.K Billing Services
Patio Drugs
Dr. Majid Jawad

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.

BATON ROUGE'S 3RD ANNUAL
Akula Foundation
Fundraiser



FRIDAY, AUGUST 21, 2015
7PM — 9PM
MOUNT HOPE PLANTATION
8151 HIGHLAND ROAD
BATON ROUGE, LOUISIANA

JOIN US FOR AN ELEGANT EVENING OF LIVE
MUSIC BY U4RIA FEATURING DR. RANI
WHITFIELD, A SILENT AUCTION, DELICIOUS
HORS D'OEUVRES AND LIBATIONS.
CELEBRITY GUEST APPEARANCE BY
DANNY GLOVER!

Benefiting

THE AKULA FOUNDATION PROGRAMS, CAMP
SWAN, GRIEF RESOURCE CENTER,
COMMUNITY HEALTH EDUCATION, CANON
HOSPICE INDIGENT PATIENT PROGRAM

TICKET PRICES:
\$15 PER PERSON OR \$25 PER COUPLE

PLEASE CALL (504) 881-0452 FOR MORE
INFORMATION OR TO PURCHASE TICKETS.

Memories on DVD

Sheila Marriott

The Akula Foundation has branched out once more, offering FREE DVD'S to Canon Hospice patients at all four of its' locations as a special tribute for their loved ones. These DVD'S, similar to those generally seen at funerals, can transpire through the mail or on the web and are currently produced at Canon Hospice in New Orleans by Sheila Marriott.

Myrna Bocage, in her latest correspondence to Sheila has said, "I am blessed to have these wonderful memories of my mother to view whenever I want to. I have viewed it many times and it has greatly helped me with the grieving process."

For more info., contact Sheila Marriott at (504) 818-2723, extension 3003, or by e-mail, paletmusique@yahoo.com





Summer/Fall 2015