

A Note from the Foundation

Happy 2017! The Akula Foundation's programs and involvement in the community continue to grow because of each of you! For more information on the Akula Foundation's programs, community involvement, to volunteer, or to make a monetary donation, please call (504) 881-0452 or visit our website at www.akulafoundation.com. Thank you for your continued support. We look forward to a great 2017!

Camp Swan

Sue C. May
New Orleans Camp Director

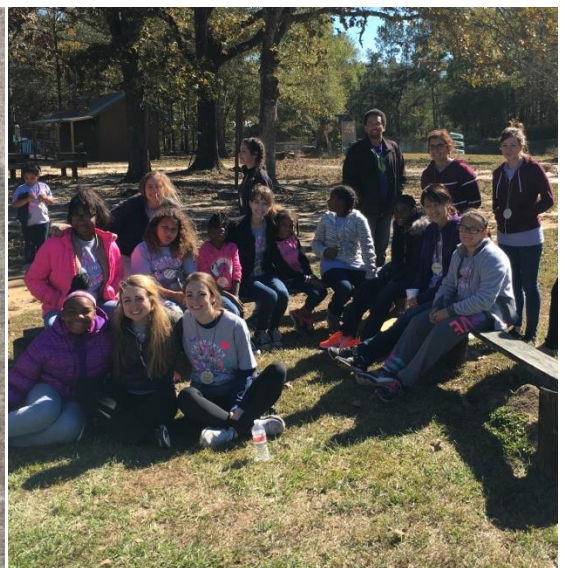
Camp Swan 2016 Gulfport was held in the spring at Camp Wilkes in Biloxi, Mississippi. Camp Swan 2016 Baton Rouge was held in the summer at Camp Istrouma, in Denham Springs, LA. Camp Swan 2016 New Orleans was held November 18, 19, and 20, 2016 at Camp Living Waters in Loranger, LA.

Camp Swan 2016 New Orleans was a huge success. Our 32 campers enjoyed the perfect weather we were given and our 40 plus volunteers were an amazing source of energy to help make the weekend work. The camp is for children ages 7-12 who have experienced a loss of someone close to

them. The focus of the camp is to help the children learn proper outlets for their feelings of grief and also allow them to be in a safe and supportive environment to express themselves. The weekend is jammed pack with activities; we keep the kids very busy.

If you know a child who may benefit from Camp Swan, call Sue @504-729-6920 in New Orleans, Regina at 225-926-1404 in Baton Rouge, and Joshua 228-575-6251 in Mississippi.

The date for Camp Swan this year is as follows, Spring Camp in Biloxi/Gulfport Mississippi will be held March 10, 11, 12, 2017. Our summer camp in Denham Springs, Louisiana will be held at a date to be announced and our fall camp is held in Loranger, Louisiana on November 17, 18 and 19, 2017.



Academics/Research

John T. Fanning, PhD
Lee H. Matthews, PhD
Consulting Psychologists

Dr. John Fanning has joined the Akula Foundation team. Dr. Fanning is a clinical neuropsychologist who has practiced in the areas of neuropsychological assessment, brain injury rehabilitation, and geropsychology for most of his career. He earned his Ph.D. from the University of Memphis, and completed his psychology internship training at the New Orleans VA Medical Center. He is a member of the executive council of the Louisiana Psychological Association and served as president of LPA in 2014-2015. Dr. Fanning will tell you a little about his work with the Akula Foundation:

"I was very happy to have the opportunity to work with the Akula Foundation. The staff has been very friendly and helpful to me from day one. The Akula Foundation provides urgently needed services and resources to communities in south Louisiana, and it's wonderful to be a part of that.

We now have Ms. Chemwapuwa Blackman, a psychology doctoral student from The Chicago School of Professional Psychology at Xavier University of Louisiana, on a weekly practicum rotation, in a joint training program with our primary sponsor, Canon Hospice. I am her practicum site supervisor for her first field placement experience in the training program, and want it to be a valuable educational and training experience for her.

One of her major projects in the fall involved assessing children attending Camp Swan to identify those who may have distressing levels of anxiety or depression. Of course, all of the children have suffered loss of a family member, which is a very stressful experience. We are analyzing the results of this research to identify children who might benefit

from professional assistance, and hope to publish the results of the research in a professional journal."
John T. Fanning, PhD

Some of you may have noticed that there is no section on the Grief Resource Center (GRC). It was "retired" in September, 2016. Dr. Akula founded the GRC in 2006 following Hurricanes Katrina and Rita at a time when about one-third of the population was in need of assistance for PTSD, depression, anxiety and other emotional difficulties. The GRC was to serve by developing community-based outreach programs to provide support for people dealing with grief and loss. His vision was to provide education on grief and recovery to professionals to aid them in helping the community recover. Some of the first programs were educational talks to professionals in the community, grief groups and within about one year, reminiscence groups in nursing home facilities. I joined the Foundation less than one year later, as a Consulting Psychologist, working 4 hours per month. Within the year, I "inherited" the position as Director, GRC, often working more than 6 hours a week.

After almost a decade, I have now "semi-retired", going back to my original position as a Consulting Psychologist, although I have not yet gotten back to only 4 hours a month. The Foundation has given me friendships, opportunities and experiences I would never have imagined as a psychologist, and I hope I will be around some of the time for another decade. The good news about the GRC, is that like a family, the children grow up. The GRC's "children", the programs it started, such as AIM, Camp Swan, Continuing Education, Grief Support, Legacy Moments and the Reminiscence Groups, have "grown up" and are living independent "lives" of their own, as obvious from the sections in the Newsletter.

Lee H. Matthews, PhD

Winter/Spring 2017

SAVE THE DATE!

10TH ANNUAL
NEW ORLEANS
AKULA FOUNDATION FUNDRAISER



FRIDAY, JULY 14TH

SOUTHPORT
MUSIC HALL
NEW ORLEANS, LA

JOIN US FOR A FUN EVENING OF
MUSIC, A SILENT AUCTION,
DELICIOUS NEW ORLEANS STYLE
FOOD AND AN OPEN BAR!

*CALL (504) 881-0452

FOR MORE INFORMATION OR TO
PURCHASE TICKETS.

Akula Foundation Cookbooks

Canon Hospice is putting together a cookbook to sale to benefit the Akula Foundation. All staff, patients, families and friends are invited to share their recipes. All contributions are appreciated. Recipes can be dropped off or mailed to Canon Hospice, 1221 S. Clearview Parkway 4th Floor, Jefferson, Louisiana 70121.

You may also mail your recipes to:

foundationmanager@akulafoundation.com.



For more information please contact Christopher at (504) 881-0452.

Continuing Education Presentations

John Calderara, RN, BSN
CEU Director

The 2017 continuing education presentation schedule will be coming out soon. All of our presentations are offered to healthcare professionals including nurses, social workers, LPCs, ministers and anyone else interested in the presented topic. Starting in the spring, we will be partnering with Eventbrite to make registering for the classes more efficient and easier for our participant. This past fall we offered 7 different classes at East Jefferson General Hospital and West Jefferson General Hospital. We look forward to offering more classes this year and continue to provide excellent continuing education opportunities to our community.

Please click below link for our 2017 CEU Schedule.
[Spring 2017 - CEU WORKSHOPS Schedule](#)

The Canon Hospice Health Hour

Sue C. May
Radio Program Host
The Canon Hospice Health Hour Radio Program has been on the air since March 2006. This past few months we have been graced with the presence of some very interesting guests this year so far.
On the first Saturday of every month we have Dr. Henri Roca. Dr. Roca was born and raised in New Orleans, but is now working with the VA in Little Rock, GA teaching them about Complimentary Medicine. We talk about the latest information about Health Care and often discuss the different options available through Integrative and Complimentary Medicine. The Second Saturday of each month, we are entertained by Dr. Lee Matthews and Dr. Janet Matthews. This husband and wife team, are both Clinical Psychologists. Each month we discuss subjects in the realm of Psychology.
The other weeks of the month are filled with local physicians, community health organizations, authors and non-profits. The focus of the show is the share updated and accurate health information to the public. The show is now airing on News Talk WRNO 99.5 FM New Orleans and simulcast on News Talk WBUV 104.9 in

Biloxi at 2pm each Saturday. The show then airs on News Radio WJBO 1150 in Baton Rouge at 10am on Saturday. If you would like to be a guest on the show call, Sue at 504-729-6920.



Fundraising

Christopher Guthrie
Foundation Director
On Friday, August 26, 2016 the foundation held its Northshore fundraiser at Patton's in Slidell. The intimate event was a great success, with over 75 in attendance and raising almost \$3,000! The night consisted of live music by New Orleans musician Andrew Duhon, a silent auction of over over 30 packages and delicious food provided by Patton's. Special thanks to Kelly Anderson, Columbia Street Rock N Blues Café and Abita Brewery for the donation of beer and wine for the event. We also want to say a huge thanks to our fundraiser sponsors – Canon Hospice, Dr. Christy Graves, Dr. Michael Casey, Drs. Janet and Lee Matthews, The Lake 94.7, Dr. David Tran and Glass Masters, LLC. We look forward to our

next Northshore event, which will be on May 19, 2017 at Patton's in Slidell.
The New Orleans area 10th Annual Akula Foundation Fundraiser will be on July 14, 2017 at Southport Music Hall. This year's event will have music by Karma, a silent auction, delicious New Orleans style foods and an open bar. For more information please call 504-881-0452.
The Baton Rouge area Akula Foundation Fundraiser will be held on October 20, 2017 at Mount Hope Plantation. The intimate evening will consist of live music, a silent auction, delicious hors d'oeuvres and an open bar. Save the Date for October 20!

Can't attend our events but still want to donate?

Donations may be mailed to:
The Akula Foundation, 1221 S. Clearview Parkway 4th Floor, Jefferson, LA 70121.

Thank You!

Legacy Moments

Sheila Marriott

Legacy Program Coordinator

Legacy Moments has teamed up with Camp Swan New Orleans/Northshore this year making DVD's of the highlight of Camp, the balloon release. Each child who attends camp will receive a DVD of the balloon release which is the essence of Camp Swan (offering the children healing through acceptance of their loss and discovering more about their inner selves, their feelings about life and loss and growth.) The DVD's will have the child's photo on the front cover and on the back of the cover, a letter to the person they have lost. This DVD will further and deepen the benefits and effectiveness of the balloon release by allowing the children to share what they did with their family and friends.



Camp Swan N.O./Northshore also benefitted from another extraordinary act of generosity when Canon volunteer, Ralph Gaspard, donated his fabulous Saints tickets to be raffled off for the game at the Superdome on Nov. 27th! Donated to benefit the children at camp, the raffle prize also included 2 New Orleans Zoo/Aquarium tickets from Sheila Marriott. The winner was pulled out of the box by Ralph, himself on Nov. 17th, preceding Camp Swan. The recipient of the four tickets was Sue Marie Painter, a new employee at Canon Hospice in Gulfport, MS. Sue told us that she and her husband had just moved down to Gulfport from Maryland and that she had been with Canon only 6 weeks! A real case of beginners luck, that was! Congratulations, Sue!!!

We raised a total of \$1080.00 for Camp Swan for New Orleans and the Northshore children who attended. Thanks to all who made donations to the Akula Foundation by purchasing tickets!

Reminiscence Groups

Lakshmi Sridevi

Reminiscence Group Therapist

The holidays are always a wonderful time to reminisce. Most can usually think of at least one pleasant experience about Christmas. Mr. David at Driftwood Nursing Home in Gulfport shared a memory about what Christmas meant to him. He sat up in his chair, lifted a hand and said, "I want to tell a story." The group listened as he related the story from start to finish with increasing enthusiasm and got a hearty round of applause when he was finished. He told the story about the birth of Jesus to the group. Everyone was very pleased and happy!

In 2017, we plan to continue expand our program into more senior center, assisted living and nursing home facilities. For a complete list of where and when our reminiscence groups are held, please call (504) 818-2723.



Winter/Spring 2017

AKULA FOUNDATION - ADULT GRIEF GROUPS IN THE NEW ORLEANS AREA

ALL groups are **FREE** to attend and facilitated by a licensed therapist.

Please call 504-418-0791 for more information.

FACILITY	LOCATION/ ADDRESS	DATE 1 st and 3 rd MONDAY		TIME
Ochsner-Baptist	2700 Napoleon Avenue McFarland Medical Plaza 3rd Floor Parking in the Jena Garage is FREE	January 2 & 16 February 6 & 20 March 6 & 20 April 3 & 17 May 1 & 15 June 5 & 19	July 3 & 17 August 7 & 21 September 4 & 18 October 2 & 16 November 6 & 20 December 4 & 18	5:30 PM

FACILITY	LOCATION/ ADDRESS	DATE 1 st and 3 rd TUESDAY		TIME
Ochsner-Elmwood	1221 S. Clearview Parkway Bldg A. Canon Hospice 4th Floor Family Room	January 3 & 17 February 7 & 21 March 7 & 21 April 4 & 18 May 2 & 16 June 6 & 20	July 11 & 18 August 1 & 15 September 5 & 19 October 3 & 17 November 7 & 21 December 5 & 19	5:00 PM

Touro Infirmary	1401 Foucher @ Prytania, near Louisiana Ave., Uptown 6 th Floor Classroom; please ask for directions at the Prytania entrance Security Desk	January 3 & 17 February 7 & 21 March 7 & 21 April 4 & 18 May 2 & 16 June 6 & 20	July 11 & 18 August 1 & 15 September 5 & 19 October 3 & 17 November 7 & 14 December 5 & 19	5:30 PM
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FACILITY	LOCATION/ ADDRESS	DATE 1 st and 3 rd WEDNESDAY		TIME
West Jefferson Medical Center	1101 Medical Center Blvd., Marrero, LA Gretna Classroom across from the Auditorium	January 4 & 18 February 1 & 15 March 1 & 15 April 5 & 19 May 3 & 17 June 7 & 21	July 5 & 19 August 2 & 16 September 6 & 20 October 4 & 18 November 1 & 15 December 6 & 20	5:30 PM

FACILITY	LOCATION/ ADDRESS	DATE 1 st and 3 rd SATURDAY		TIME
East Jefferson General Hospital	4200 Houma Boulevard Crawford Conference Center 1 st Floor Parking in the Hudson Garage is FREE	January 7 & 21 February 4 & 18 March 4 & 18 April 1 & 15 May 6 & 20 June 3 & 17	July 1 & 15 August 5 & 19 September 2 & 16 October 7 & 21 November 4 & 18 December 2 & 16	11:00 AM



Winter/Spring 2017

Special Thanks

In 2016, the Akula Foundation was graciously awarded a grant of \$10,000 by the Almar Foundation. This grant was used to help fund our annual children's bereavement camp, Camp Swan, and our Indigent Patient Care Program. Words cannot express our gratitude and appreciation to the Almar Foundation for their generosity and support.



AIM Program

John Calderara, RN, BSN
AIM Director

Advanced Illness Management Program: The AIM program is an assistance outreach program designed to help patients and their families which focuses on the management of chronic and complex illness. The AIM team consists of a Nurse Liaison, Social Worker, Chaplain, Psychologist, Community Liaison and an Administrator. The program has cared for over 200 patients and is currently caring for 30 + patients. For more information on the AIM program, please call (504) 818-2723.

Save the Date!

October 20, 2017

Baton Rouge's Annual
Akula Foundation Fundraiser

Mount Hope Plantation,

Baton Rouge, LA

For more information,
please call (504) 881-0452.

Community Support

Laura Phillips, LCSW

In August 2016, Baton Rouge and surrounding areas were devastated by the flood waters. This flooding left many homeless, displaced, or affected in some way. Canon Hospice- Baton Rouge was not exempt from the devastation. Many of our own employees were affected in one way or another. The Akula Foundation, along with donations from the community, collected over \$10,000 and truck loads of supplies for flood victims. Despite this unfortunately event, our employees did not stop providing excellent care to our patients. We want to thank our staff for their dedication and positive attitude.



Horeb Baptist Church in Gretna came to help
Canon Hospice Staff, Carmen.



Winter/Spring 2017

“Camp Swan made a huge impact on my son’s life. He came home from camp with a new attitude and lots of great stories. The community is extremely lucky to have this FREE program.”

-Claudia



Camp Swan 2017 Dates:
Mississippi Gulf Coast Area
March 10-12

Baton Rouge Area
Summer 2017

New Orleans Area
November 17-19

For more information on Camp Swan,
please call (504) 818-2723.



1221 South Clearview Parkway 4th Floor
Jefferson, Louisiana 70121