

## NOVEMBER 2010



## Give Thanks!



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Since 1994, National Family Caregivers month has been celebrated in November in recognition of the more than 65 million family caregivers in this country who fulfill a vital role and ensure continuity of care for loved ones with chronic conditions like Parkinson's disease. It is a time when we honor, thank and support family caregivers—just as it is also a time when we give thanks in recognition of Thanksgiving.

As we show appreciation for caregivers this month, I hope you will take a minute to reflect with gratitude on the services HAPS provides to those of us living with the daily challenges of Parkinson's. Under the outstanding leadership and guidance of HAPS Board President Ellin Grossman during the past three years, the organization has been able to expand its programs to better serve the community. For this, I am personally grateful.

*Nima P. Brown*

### Message from the President

With the advent of the holidays, the end of the year is just around the corner. It's a time to look back and to look ahead, to plan, to anticipate; to see what remains to be accomplished—it's an exciting time. That is how I feel, nearing the end of my three years serving Houston Area Parkinson Society as Board President.

It's not a secret that the world faces economic challenges. Our state, our city, and local non-profit agencies exist in this same economic environment. HAPS confronts these funding realities every day. We recognize that individuals in our community also face increasing economic burdens and limited resources. And yet, we know that our services are needed more than ever to help people with Parkinson's, their families and caregivers manage the demands of living with the disease.

We at HAPS sustain and expand our core commitment to Houston's Parkinson's community. In order to achieve this, the organization needs funds to maintain and increase programs to keep up with the needs of the community. We are grateful for continued support from charitable foundations, corporations and individuals that allows HAPS to fulfill its mission, despite the state of today's economy.

As 2010 comes to a close—and with it, our fiscal year—we ask for your support, irrespective of the dollar amount. Please include HAPS in your holiday and year-end giving, at whatever level you are able. Your contribution indicates your belief that our services are important to you, your family, your friends, and your community.

I have had a wonderful three years serving as your president. I also believe that our incoming president will lead HAPS to new levels of success. Our accomplishments and our ability to serve the community depend on support from our constituents—help us reach the next level!

*Ellin Grossman*



### PLEASE JOIN US!

Lonnie Ali is coming to  
Houston Tuesday,  
November 9th!

See inside for more details

The printing and distribution of this newsletter was partially supported by a grant from



This publication is not intended to provide diagnosis or treatment. Always seek the advice of your physician or pharmacist with any questions regarding medical conditions or drug interactions.

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## A Conference for Caregivers of Patients with Parkinson's Disease: Opportunities for Learning and Practical Experience



Saturday, December 4th

8:30 AM - 1:45 PM

United Way of Greater Houston  
50 Waugh Drive ~ Houston, TX 77007



This is a free conference for caregivers sponsored by Houston Area Parkinson Society and the Parkinson's Disease Research, Education and Clinical Center Michael E. DeBakey VAMC. If you are a caregiver and would like to register, contact HAPS at 713-626-7114 or [info@hapsonline.org](mailto:info@hapsonline.org). Seating is limited. Please register by Tuesday, November 31<sup>st</sup>.

### Conference Schedule

**8:30 - 8:55 Registration/Continental Breakfast**

**8:55 - 9:00 Introduction**

Ruth Zabransky, OTR

**9:00 - 9:15 Why We Are Here Today**

Eugene C. Lai, MD, PhD

**9:15 - 10:00 Empowering Caregivers**

Laura Marsh, MD

**10:00 -10:05 How Today Is Organized**

Anne Thobae

**10:05 -10:15 Break**

**10:15 -10:45 BREAK-OUT SESSIONS I**

**Mobility: Helping with Transfers and Avoiding Falls**

Betty MacNeill, PT, DPT

**Speech and Swallowing: Recognizing and Dealing with Problems**

Terri Haight, MA, CCC-SLP

**Stress Reduction in 15 Minutes or Less**

Stanley Merrill

**Cognition: Understanding Changes in Memory and Thinking**

Michele York, PhD

**10:45 -11:00 Break**

**11:00 -11:30 BREAK-OUT SESSIONS II**

**Bed Mobility: Assisting with Movement in Bed**

Betty MacNeill, PT, DPT

**Speech and Swallowing: Recognizing and Dealing with Problems**

Terri Haight, MA, CCC-SLP

**Stress Reduction in 15 Minutes or Less**

Stanley Merrill

**Motor Problems: Creative Solutions to Maintaining Function**

Marilyn Trail, MOT, OTR

Ruth Zabransky, OTR

**11:30 -12:15 Lunch**

**12:30-1:00 New Insights into Pain Management**

Eugene C. Lai, MD, PhD

**1:00 - 1:15 Break**

**1:15 - 1:45 BREAK-OUT SESSIONS III**

**Mobility: Helping with Transfers and Avoiding Falls**

Betty MacNeill, PT, DPT

**Motor Problems: Creative Solutions to Maintaining Function**

Marilyn Trail, MOT, OTR

R. Zabransky, OTR

**Connecting with Community Resources**

Kathleen Crist, LMSW

Naomi Nelson, PhD

**Cognition: Understanding Changes in Memory and Thinking**

Michele York, PhD

**1:45 Adjourn**

# A message for caregivers...

by Christine Bakos-Block

On a recent flight I was vaguely listening to the flight attendant give safety instructions when she said the words that would become like a mantra to me, "If you are with someone who needs assistance, secure your own oxygen mask before helping your companion." Perhaps like many of you, I had heard these words before, but suddenly they had new meaning to me.

November is National Family Caregivers month and it is a time to say "thank you" and show appreciation for caregivers. It is also a time to remind caregivers to take care of something they often neglect: themselves. Why is self-care so important for caregivers? Think of the quote above, if you don't secure your own mask first, you will not be able to help anyone. Caregiver, if you don't care for yourself, you will not be able to care for your loved one.

Taking the time to care for yourself is easier said than done, but there are a few things you can do to help yourself. First, be aware of the warning signs of burnout; and second, develop techniques for coping with the challenges of daily life.

## Warning signs to look for:

- Feeling exhausted most of the time
- Feeling overwhelmed and irritable
- Sleeping too much or too little
- Gaining or losing weight
- Losing interest in activities that you once enjoyed
- Experiencing overwhelming feelings of guilt

Your health is important. Communicate with your doctor about what you are going through and make sure to inform your doctor of any changes related to your well being. If you experience any of these warning signs, please talk to your doctor right away.

## Tips for coping:

- Educate yourself about your loved one's condition; it will help you plan and communicate with doctors
- Ask for and accept offers of help and be specific when telling helpers what you need
- Acknowledge your emotions and give yourself permission to feel them
- Accept your imperfections, no one is perfect and you are doing the best you can on any given day
- Stay connected with others—stay in touch with family, friends and set aside time for socialization
- Make your health a priority—eat a balanced diet, exercise and get regular check ups
- Use respite care to give yourself the breaks you deserve
- Laugh when you can and even when you think you cannot. Having a sense of humor in the face of adversity is sometimes all that can get us through the day

And finally, find resources and get support – **HAPS** offers support groups for caregivers. There is great comfort in knowing you are not alone.

Remember you are not only your loved one's advocate, you are also your own. Stand up for yourself as a caregiver. Know your limits and be realistic about how much you can give. Visit [www.caregiver.org](http://www.caregiver.org) and [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org) for more information. John Rohn said, "One person caring about another represents life's greatest value," and caring for yourself is an essential part of the process of caring for another.

\*Christine Bakos-Block is a student at the University of Houston Graduate College of Social Work and the 2010-2011 HAPS social work intern.



Thursday, December 9th ~ 5 to 8 pm  
2422 Rice Boulevard

You are cordially invited...  
to an evening of shopping, wine, food, fun and a  
silent auction to benefit HAPS

20% of all merchandise sales and 100% of all silent auction sales will benefit HAPS, allowing us to help make a difference in the lives of individuals with Parkinson's.

# HAPS PD EXERCISE AND SUPPORT GROUPS

## CENTRAL

|  |   |   |   |
|--|---|---|---|
| <b>PD &amp; DEMENTIA/<br/>LEWY BODY DEMENTIA<br/>CAREGIVER SUPPORT GROUP</b> | 4th Monday of month<br>10:30 am—12:15 pm                        | Support group for caregivers of<br>persons with Parkinson's and<br>dementia or Lewy Body Dementia | For more information<br>Kathleen Crist, LMSW<br>713-626-7114                                      |
| <b>WATER EXERCISE</b>  | Mondays<br>2:00—3:00 pm<br><br>Thursdays<br>11:00 am—12:00 noon | W. Gray Adaptive Recreation Center<br>1475 West Gray<br>Houston, TX 77019                         | For more information and to<br>request participant paperwork<br>Alfonso Hernandez<br>713-520-8670 |
| <b>EXERCISE</b>  | Tuesdays<br>3:30—4:30 pm  | TIRR<br>2455 S. Braeswood<br>Houston, TX 77030  | For more information<br>Alfonso Hernandez<br>713-520-8670   |
| <b>SPEECH &amp;<br/>EXERCISE</b>   | Wednesdays<br>2:30—4:00 pm                                      | Memorial Dr. Presbyterian Church<br>11612 Memorial Dr. Room 102<br>Houston, TX 77024              | For more information<br>Alfonso Hernandez<br>713-520-8670   |
| <b>YOUNG ONSET<br/>SUPPORT GROUP</b>   | 2nd Wednesday of month<br>7:00—9:00 pm                          | For those younger than 55 with<br>Parkinson's disease   | For more information<br>Celeste Harris, LMSW<br>713-313-1621                                      |
| <b>TAI CHI</b>   | Tuesdays<br>10:30—11:30 am                                      | W. Gray Adaptive Recreation Center<br>1475 West Gray<br>Houston, TX 77019                         | For more information<br>Alfonso Hernandez<br>713-520-8670   |
| <b>TANGO</b>   | Wednesdays<br>1:00—2:15 pm                                      | W. Gray Adaptive Recreation Center<br>1475 West Gray<br>Houston, TX 77019                         | For more information<br>Kathleen Crist, LMSW<br>713-626-7114                                      |
| <b>DANCE</b>   | Mondays<br>12:45—2:00 pm  | Ballet Academy<br>1921 W. Bell<br>Houston, TX 77019   | For more information<br>Kathleen Crist, LMSW<br>713-626-7114                                      |
| <b>SINGING</b>   | 2nd Monday of month<br>12:00—12:30 pm                           | Ballet Academy<br>1921 W. Bell<br>Houston, TX 77019   | For more information<br>Kathleen Crist, LMSW<br>713-626-7114                                      |
| <b>EXERCISE</b>  | Thursdays<br>9:30—10:30 am                                      | W. Gray Adaptive Recreation Center<br>1475 West Gray<br>Houston, TX 77019                         | For more information<br>Alfonso Hernandez<br>713-520-8670   |
| <b>POST DBS SUPPORT GROUP</b>  | 4th Tuesdays<br>of every other month<br>6:00—7:30pm             | For those who have completed Deep<br>Brain Stimulation Surgery                                    | For more information<br>Celeste Harris, LMSW<br>713-313-1621                                      |
| <b>TAI CHI</b>   | Fridays<br>11:00 am—12:00 noon                                  | Memorial Dr. Presbyterian Church<br>11612 Memorial Dr. Room 102<br>Houston, TX 77024              | For more information<br>Alfonso Hernandez<br>713-520-8670   |

## SOUTH

|                                  |   |   |  |
|----------------------------------|---|---|--|
| <b>EXERCISE &amp;<br/>SPEECH</b> | Mondays<br>Speech 3:30—4:15 pm<br>Exercise 4:15—5:00 pm | Clear Lake Rehab Hospital<br>655 E. Medical Center Blvd.<br>Webster, TX 77598   | For more information<br>Alfonso Hernandez<br>713-520-8670    |
| <b>WATER EXERCISE</b>            | Thursdays<br>4:00—5:00 pm                               | Clear Lake Rehab Hospital<br>655 E. Medical Center Blvd.<br>Webster, TX 77598   | For more information<br>Alfonso Hernandez<br>713-520-8670    |
| <b>CAREGIVER SUPPORT GROUP</b>   | 3rd Monday of month<br>3:30—4:30 pm                     | Clear Lake Rehab Hospital<br>655 E. Medical Center Blvd.<br>Webster, TX 77598   | For more information<br>Celeste Harris, LMSW<br>713-313-1621 |
| <b>EXERCISE</b>                  | Wednesdays<br>4:00—5:00 pm                              | St. Andrew's Episcopal Church<br>2535 E. Broadway, FM 518<br>Pearland, TX 77581 | For more information<br>Alfonso Hernandez<br>713-520-8670    |

## EAST

|                           |                                       |  |   |
|---------------------------|---------------------------------------|--|---|
| <b>WATER<br/>EXERCISE</b> | Tuesdays<br>Thursdays<br>2:00—3:00 pm | Bay Area Rehabilitation Center<br>3513 Decker Drive<br>Baytown, TX 77520 | For more information<br>Alfonso Hernandez<br>713-520-8670 |
|---------------------------|---------------------------------------|--|---|

**ALL GROUPS ARE FREE OF CHARGE—PLEASE VISIT THE WEBSITE AT [WWW.HAPSONLINE.ORG](http://WWW.HAPSONLINE.ORG) OR  
CALL TO CONFIRM GROUP TIMES AND LOCATIONS**

**SOUTHEAST**

|                              |  |   |   |
|------------------------------|--|---|---|
| <b>SPEECH &amp; EXERCISE</b> | Tuesdays<br>Speech 1:30—2:00 pm<br>Exercise 2:00—3:00 pm | Kindred Hospital Bay Area<br>4801 E Sam Houston Parkway<br>Pasadena, TX 77505 | For more information<br>Alfonso Hernandez<br>713-520-8670 |
|------------------------------|--|---|---|

**SOUTHWEST**

|   |  |   |   |
|---|--|---|---|
| <b>EXERCISE</b>                                     | Mondays<br>10:00—11:00 am                                | First United Methodist Church<br>1220 FM 1092<br>Missouri City, TX 77459                                | For more information<br>Alfonso Hernandez<br>713-520-8670 |
| <b>SPEECH &amp; EXERCISE</b>                        | Tuesdays<br>Exercise 2:00—2:45 pm<br>Speech 2:45—3:45 pm | St. Phillips Methodist Church<br>5501 Beechnut Room 104<br>Houston, TX 77096                            | For more information<br>Alfonso Hernandez<br>713-520-8670 |
| <b>PROGRESSIVE SUPRANUCLEAR PALSY SUPPORT GROUP</b> | 3rd Saturday of month<br>1:00 pm                         | Memorial Hermann SW Houston<br>Prof Building II - Learning Center B<br>Hwy 59 at Beechnut Houston 77074 | For more information<br>Karen Kennemer<br>281-358-2282    |

**WEST**

|                                |  |   |  |
|--------------------------------|--|---|--|
| <b>SPEECH &amp; EXERCISE</b>   | Tuesdays<br>Speech 5:20—6:05 pm<br>Exercise 6:05—6:50 pm | 1st United Methodist Church of Katy<br>5601 5th Street Room 111<br>Katy, TX 77493 | For more information<br>Alfonso Hernandez<br>713-520-8670    |
| <b>CAREGIVER SUPPORT GROUP</b> | 3rd Tuesday  | 1st United Methodist Church of Katy<br>5601 5th Street Room 107<br>Katy, TX 77493 | For more information<br>Celeste Harris, LMSW<br>713-313-1621 |

**NORTHEAST**

|                 |                                  |  |   |
|-----------------|----------------------------------|--|---|
| <b>EXERCISE</b> | Wednesdays<br>12:00 noon—1:00 pm | HealthSouth Rehabilitation Hospital<br>19002 McKay Blvd.<br>Humble, TX 77338 | For more information<br>Alfonso Hernandez<br>713-520-8670 |
|-----------------|----------------------------------|--|---|

**NORTH**

|                                |   |   |  |
|--------------------------------|---|---|--|
| <b>WATER EXERCISE</b>          | Mondays<br>12:00 noon—1:00 pm                                 | Reliant Rehab Hosp. N Houston<br>117 Vision Park Blvd.<br>Shenandoah, TX 77384            | For more information<br>Alfonso Hernandez<br>713-520-8670    |
| <b>SPEECH</b>                  | Tuesdays<br>1:45—2:30 pm                                      | Reliant Rehab Hosp. N Houston<br>117 Vision Park Blvd.<br>Shenandoah, TX 77384            | For more information<br>Alfonso Hernandez<br>713-520-8670    |
| <b>EXERCISE &amp; TAI CHI</b>  | 1st, 3rd, 5th Thursdays<br>1:30—2:30 pm<br>2nd, 4th Thursdays | Woodlands United Methodist Church<br>2200 Lake Woodlands Drive<br>The Woodlands, TX 77380 | For more information<br>Alfonso Hernandez<br>713-520-8670    |
| <b>CAREGIVER SUPPORT GROUP</b> | 1st Thursday of month   | Woodlands United Methodist Church<br>2200 Lake Woodlands Drive<br>The Woodlands, TX 77380 | For more information<br>Kathleen Crist, LMSW<br>713-626-7114 |
| <b>DANCE &amp; SINGING</b>     | 2nd Friday of Month   | Woodlands United Methodist Church<br>2200 Lake Woodlands Drive<br>The Woodlands, TX 77380 | For more information<br>Alfonso Hernandez<br>713-520-8670    |

**NORTHWEST**

|                                |  |  |  |
|--------------------------------|--|--|--|
| <b>TAI CHI</b>                 | Fridays<br>11:00—12:00 noon                        | Tomball United Methodist Church<br>1603 Baker Drive (Faith Building)<br>Tomball, TX 77375        | For more information<br>Alfonso Hernandez<br>713-520-8670    |
| <b>CAREGIVER SUPPORT GROUP</b> | Please call  | Tomball United Methodist Church<br>1603 Baker Drive (Faith Building)<br>Tomball, TX 77375        | For more information<br>Celeste Harris, LMSW<br>713-313-1621 |
| <b>SPEECH</b>                  | Thursdays<br>10:00—11:00 am                        | Foundry—A United Methodist Congregation<br>8350 Jones Road (Scout Building)<br>Houston, TX 77065 | For more information<br>Alfonso Hernandez<br>713-520-8670    |
| <b>CROSSROADS GROUP</b>        | 2nd Wednesday of every other month<br>7:00—9:00 pm | For individuals with PD between age 55 and 70.   | For more information<br>Celeste Harris, LMSW<br>713-313-1621 |

# Partners in Care

by Pamela Skaufel

With all those parties during the holiday season, it is tempting to eat and drink foods that may not have good nutritional value for those with Parkinson's disease. However, there are some holiday favorites that should be considered year long due to their multiple benefits.

Cranberries have vitamin C and fiber, and are only 45 calories per cup. In disease-fighting antioxidants, cranberries outrank nearly every fruit and vegetable--including strawberries, spinach, broccoli, red grapes, apples, raspberries, and cherries. Cranberries are an excellent source of fiber which is vital to alleviating some common symptoms of Parkinson's, including constipation!

While they are available frozen year-round, in fall and winter you can buy cranberries fresh. Fresh cranberries stored in a tightly-sealed plastic bag in the refrigerator will last up to two months. And cooked cranberries can last up to a month in a covered container in your refrigerator.

## Slipping Cranberries into Your Diet

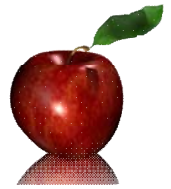
Here are a few ideas for getting these powerful nutrients into your diet:

- Add dried cranberries to your favorite cereal
- Drink 100% fruit juice that includes cranberries
- Sneak cranberries into blueberry muffins for added color and flavor
- Pair cranberries with chicken and pork dishes

## Cranberry Apple Crisp Recipe

### INGREDIENTS

- 5 cups tart apples (about 6 medium apples), pared and sliced
- 1½ cups fresh or frozen cranberries
- ⅓ cup sugar
- ½ cup all-purpose flour
- ½ cup brown sugar
- 1 tsp cinnamon
- ¼ cup butter



### INSTRUCTIONS

Preheat oven to 375°F. Lightly grease a 9-inch square baking pan.

Layer apples and cranberries in pan, sprinkling with sugar as you layer.

Make topping: Mix flour, brown sugar, and cinnamon. Work in butter until light and crumbly. Sprinkle topping evenly over apples and cranberries.

Bake 45 minutes or until apples are tender.

Serves 9

**Whether you are shopping for ingredients to make Pamela's yummy Cranberry Apple Crisp or shopping for all of your holiday favorites--don't forget you can help HAPS by using your KrogerShare Card or your Randalls Remarkable Card each time you shop.**

### RANDALLS GOOD NEIGHBOOR PROGRAM

If you shop at Randalls, use the HAPS charity number 3905 when completing their Good Neighbor Program form. Then, all you have to do is present your Randalls Remarkable Card each time you check out and HAPS will benefit.

### KROGER NEIGHBOR TO NEIGHBOR DONATION PROGRAM

If you shop at Kroger, take this barcode along with your Kroger *Plus* Card to your cashier upon checkout. After both your Kroger *Plus* Card and this barcode have been scanned, you will be enrolled for the current year.



# CONTRIBUTIONS

We are extremely grateful to the following individuals for their generous support of HAPS.

## GIFTS

Diane and Al Morin  
Ann Askins

## IN HONOR

*Mr. George A. Bourgeois III*  
Mr. and Mrs. George A. Bourgeois, Jr.

*Diane Newman's Birthday*  
The Lunch Bunch:  
Esther Bermann, Elaine Heller  
Selma Leiber, Edie Orlin  
and Barbara Sadof

*Nina Brown*  
Priscilla Schube

## IN MEMORY

*Ruth Hager Vickery and Harold Hager*  
Karen and James Chenoweth

*Dr. Warren Jacobs*  
Betsy Bernell

*Ernest Allen Wilpitz*  
Brookshire-Pattison AARP

*Lawrence Martin*  
Mary & Robbie Bates and family

*Mary A. Walker*  
Judith Potter

*Phil Bourbel*  
Polly Carter

*Richard Migl*  
Marilyn R. Kerr

*Ronald S. Ray*  
Dona and Gary Smith

## The Role of Caregivers for Patients with Parkinson's Disease

**Presented by Lonnie Ali**—Activist, philanthropist, mother, and wife and caregiver of Muhammad Ali

Tuesday, November 9, 2010

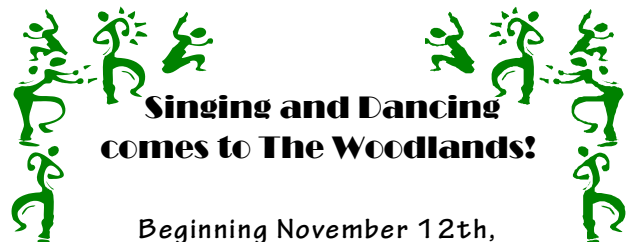
11:30 am—2:00 pm

The Westin Galleria Hotel ~ Plaza Ballroom ~ 5060 W. Alabama ~ Houston, TX 77056


This event is free of charge. Please RSVP to Kathleen Crist 713-626-7114 or [info@hapsonline.org](mailto:info@hapsonline.org)

## Special Thanks Special Thanks

Special thanks to Dr. Joohi Jimenez-Shahed,  
member of the HAPS Medical Advisory Board,  
who led the presentation of the  
Newly Diagnosed Education Program,  
Saturday, October 9, 2010.  
We appreciate your time and expertise.



## Singing and Dancing comes to The Woodlands!

Beginning November 12th,  
HAPS and Houston Ballet will offer  
*Dance for Parkinson's and ParkinSi*   
12:00-2:00pm the 2nd Friday of  
every month. Join us!

The Woodlands United Methodist Church  
2200 Lake Woodlands Drive

# HOUSTON AREA PARKINSON SOCIETY

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