



# Angelgram

Audrey's Angels seeks to enrich the lives of the elderly by providing stimulating interactions through our unique sharing of art and music.

## In this issue

Pg. 1 Director's Corner, "You are my Sunshine"

Pg. 2 Events

Pg. 3 Grandparents Day, Facts on Aging, Focus on Funding

## Director's Corner

It's mid 2008 and once again we are in a year of growth within our organization, enabling us to help more elderly in the residential homes that we serve. We have a powerful board of directors that is working hard to keep Audrey's Angels moving forward. Our fundraisers continue to be successful, which is essential because a significant percentage of our budget comes from community support.

We have 75 Art and Music Angels who are willing to give of their time and talent in the residential care homes and adult day care centers that we serve each week. Our dedicated Angels overlook the high cost of gas and continue to drive across town to touch the lives of this lonely, isolated and often forgotten group of people in our community.

Watch for growth in the coming year as we add programming to benefit the residents we serve. We value these elderly citizens. They have contributed to our community in many ways.

They benefit from our program - and so do we.

Our thanks to our generous donors. Your support is vital to continuing our mission of enriching the lives of the elderly.

Linda Alderson  
Executive Director

## You are my Sunshine

Mom's "self" is still there. Though Mom has dementia, I often see a flicker of my mother when I visit her at Tatum Glen, the group home where she has lived for two years. It's unsettling to watch Mom spin into a "DO loop" reading the verse inside the greeting card I've brought until I take the card from her hands, and I must honestly admit it's sometimes frustrating to carry on the same conversation with her every five minutes when I visit, but when I pull the old hymnal off her dresser, Mom is there for all three verses and the choruses of her favorite songs.

Though Mom never sang a solo during her decades in the church choir, she belts out "You Are My Sunshine" or "Let Me Call You Sweetheart" like a Broadway star when Audrey's Angels come to Tatum Glen. Much more than just performers, Audrey's Angels are liberators. I've watched joy and what I can only call "self" re-emerge in my mother and the other residents at Tatum Glen as they listen, sing, clap and dance along with the very selfless people who are Audrey's Angels.

Music is so positive "because we process music with almost every part of our brain", according to Concetta Tomaino, DA, a certified music therapist. There is a link between the part of the brain that is responsible for hearing and the part of the brain which processes emotions and long-term memories. Music can activate these memories. "Music that has personal significance to someone or is connected with historical events is a strong stimulus to engage responses in people, even in late stages of dementia," Tomaino continues.

What this means for me and my family is a better quality of life for my mother and her friends at Tatum Glen. Dosia and Eugene Usvat, the owners of Tatum Glen, affirm that it makes the residents happy to remember and sing the songs they loved when they were younger. The positive effects linger, as Mom and her friends talk about those memories over bingo or dominoes even after Audrey's Angels leave. The caregivers are affected too. Dosia and the other caregivers have learned the songs and sing them with the residents. My mother and Dosia start most days with "You Are My Sunshine".

What do Audrey's Angels mean to my family and me? For my mother, my sister and me they liberate my mother from the shell of dementia to become herself again. They bring back our "sunshine".

By Rose Jackson

For more information on alzheimers and music therapy please visit  
<http://alzheimers.aplaceformom.com/articles/dementia-therapy-and-music/>



# Events

## Audrey's Angels Fifth Annual Golf Tournament

This year's event raised more than \$10,000.

We had 76 golfers in attendance, with 13 adult teams and another 6 teams brought in by First Tee of Phoenix. First Tee is a program that teaches the youth participants life skills and character education through the game of golf.

Audrey's Angels has partnered with First Tee since 2006. The youth provide the players for our Sponsor-a-Team program. This year their participation brought in \$3,600 in sponsorships. Sponsor-a-Team is a great opportunity for those who can't attend the event but would like to support it.

Audrey's Angels is grateful to everyone for their generosity and hard work to support our Golf Tournament and our mission of enriching the lives of the elderly.

## Golf Tournament Sponsors

**Platinum** - Guttilla Murphy Anderson, P.C., Lee & Becky Heriaud, Sands Chevrolet

**Gold** - CSMG Companies, Nancy & Don Dodgen, O'Neil Printing

**Silver** - Bonnie & Cal Bruins, Rita & David Hadley, Jacque Jensen, Michelle Nelson, Alan & Diane Verhoeven of Prepaid Legal Services

**Sponsor-a-Team** - Audrey & Bob Alderson, Tim Alderson, Irene & Nick Keipert, Judy Perona, Carolyn & Ben Thomas, Mary & David Van Vlack

**Thank You!**

**Check our Website**

[www.audreysangels.org](http://www.audreysangels.org)

Check out events, download previous newsletters, and make on-line donations.

## Tournament Winners

**First Place Adult Foursome:** Don Benner, Joe Cowell, Bruce Johnson and Frank Torrez

**Second Place Adult Foursome:** Jeanie Collier, Carroll Collier, Don Dodgen and Mike Dodgen

**First Place Youth Sponsor-a-Team:** Team Judy Perona

**Second Place Youth Sponsor-a-Team:** Team Audrey and Bob Alderson



**Save the Date**

**Soaring with Angels**  
6th Annual Dinner/Auction

**Thursday, October 2, 2008**

6 p.m.

Arizona Biltmore Resort and Spa  
2400 E Missouri Ave., Phoenix

## Facts on Aging

- The aging of America is the most defining social change of this century.
- Life expectancy at the turn of the century was around 46; today it is about 76
- People over 50 account for 43% of all U.S. households.
- 55 million people in the U.S. are over 55 and 34 million are over 65 - and that number will double by 2014
- By 2050 forty percent of the population will be over 50, meaning that for the first time in history, seniors will outnumber children and youth

## Focus on Funding

Audrey's Angels gratefully acknowledge grants from the following supporters:

- Valley Presbyterian Women's Cooks Tour - \$1,000
- John F. Long - \$1,500
- Paradise Valley United Methodist Church - \$7,449.50

Information is provided as of May, 2008

Community support allows us to continue to touch the lives of the elderly.

## Grandparents Day

The idea for Grandparents Day started with Marian McQuade, a homemaker from West Virginia. She was an advocate for the elderly in nursing homes when she noted that many (up to 60%) never had a visitor. President Jimmy Carter signed the proclamation for the holiday in 1978. Grandparents Day is celebrated on the first Sunday after Labor Day; September 7 in 2008. The September date was chosen to signify the "autumn years" of life.

The purpose of the holiday is to celebrate by providing care and compassion to America's forgotten, frail elderly. That's what the Audrey's Angels program is designed to do. Please join Audrey's Angels in celebrating Grandparents Day.

## Forget-Me-Not Program

A \$5 gift will allow us to send a greeting card to a resident of one of the homes we serve.  
A \$50 gift will allow us to bring flowers into a care home.

Please consider making a gift in remembrance of a loved one. You may honor a living loved one or make a gift in memory of someone you love whose presence you have lost.

Please help us to celebrate our elderly. We want to show them they are appreciated and most of all that they are not forgotten.

**Please return the form below to Audrey's Angels, P.O. Box 22029, Phoenix, AZ 85028  
By August 15, 2008**

### Grandparents Day

Name _____		Sign up for:		Gift Amount
Address _____		<input type="checkbox"/> Greeting card for home resident	5.00	_____
_____		<input type="checkbox"/> Flowers for care home	50.00	_____
_____		<input type="checkbox"/> In Honor of _____		_____
Phone _____		<input type="checkbox"/> In Memory of _____		_____
Method of Payment	<input type="checkbox"/> Visa	<input type="checkbox"/> Please accept my undesignated gift		_____
<input type="checkbox"/> Check	<input type="checkbox"/> MasterCard	<input type="checkbox"/> My e-mail _____		_____
	<input type="checkbox"/> American Express			Subtotal: _____
Credit Card # _____	Exp. date _____			Total: _____
Signature _____				

**Audrey's Angels  
Board of Directors  
2008**

Dr. Robert Alderson,  
Chair  
Jeanne Colasanti  
Sandi Donley  
Toni Jacoby  
Jacque Jensen  
Michelle Nelson  
Earl Northcutt  
Jim Poley  
Ken Rogers  
Karen Tittle  
David Van Vlack  
Maggie Wilder  
Christopher Yellen

**Audrey's Angels  
Advisory Board**

Dr. Cal Bruins  
Shirley Cunningham  
Marsha Darre  
Maribeth Gallagher  
Charles Herf  
Jon Katov  
Mark Lawrence  
Marty McCarty  
Susie Murphy  
Dr. Kathryn Plenge  
Jennifer Unger

**Honorary Board**

Patti Herf  
Lee Heriaud  
Andy McCain  
Gale Watson

**Staff**

Linda Alderson, Ex. Dir.  
Jeannette Delster, CFO  
Dianna Horan, Fd. Dev.  
Amy Scharnberg, Prog.  
Co.

**Founder**

Audrey Alderson

Audrey's Angels  
P.O. Box 22029  
Phoenix, AZ 85028-0029

Presort Standard  
U.S. Postage Paid  
Phoenix, AZ  
Permit No. 43