



## **Circles of Caring Summer News and Appeal**

### **Community Concert June 30, 6-8pm**

We're happy and excited to be welcoming the Community Band of the Palouse to **Circles of Caring**, 588 SE Bishop Blvd Suite D, to perform its own renditions of patriotic and other music for everyone from the Palouse region in a warm-up to the 4<sup>th</sup> of July on June 30 from 6-8pm.

We'll all be gathering outside in the parking area of the Edison Center on Bishop Blvd for grilled sausages, pizza, and drinks (for purchase) provided by our next door friends and neighbors, Real Life and The Cider House.

We'll also enjoy homemade desserts from friends of **Circles of Caring** (for donation) and tours of our facility for those who may be just coming to know about our wonderful adult day services.

So mark your calendars for a week from now for this pre-4<sup>th</sup> of July celebration of the beginning of summer on the Palouse. Parking is available in the Edison Center lot (limited), east of the Center along Harvest Drive, and a short walk away in the parking lot of Washington Trust Bank.

### **Music & Memory<sup>SM</sup> Coming to Circles of Caring**

If you're like many of us, even the sometimes chance hearing of songs and other music of our pasts can bring back a flood of memories of times and events that were important and formative in helping to determine some of the more benign directions our lives would take.

It is that mostly positive experience that has become the center of the work of **Music & Memory**, a national non-profit organization, which brings personalized music into lives of many adults living with various forms of dementia or chronic

illness through digital music technology, something that has been shown to improve vastly the quality of life.

***And now, the good news?*** With the help of a grant from the Pullman Rotary Club for \$1500 that will help pay for a laptop computer, iPod Shuffles, headphones, and customer support service, some time in July/August, **Circles of Caring** will become certified as a **Music & Memory** care facility. Our own Jean Hinderer, Life Enrichment Director, will be trained and lead the effort to create an iTunes library, manage individual participants' playlists, and integrate personalized digital music into the activities of participants most likely to benefit from unlocking some of the best memories of their pasts.

***And now, the REALLY good news?*** **Success** is the **REALLY good news**. Researchers have shown that music can trigger long-term memory in many positive ways: people with advanced dementia can tap into benign youthful emotional recall; hearing old songs or favorite music can bring back important personal events and trigger memory of lyrics and the experiences connected to the music; listening to loved music

from the past can reduce anxiety, relieve depression, and help listeners focus more surely on the present and make more meaningful connections to others. All of these positive results can also mean a reduction in drug treatments, thus having further positive influence on general health and finances.

***And what can you do to help in this effort?*** Keep in touch with us in the next couple of months to see **Music & Memory** come to **Circles of Caring** and consider helping out by donating CDs or funds to buy CDs that we will need to personalize participants' playlists. To learn more about the **Music & Memory** program, please take some time and go to their website:

<http://musicandmemory.org/about/mission-and-vision/>

Once there, you will be delighted with a link to *Alive Inside*, a Sundance Festival award winning documentary film featuring the story of Henry—who, after 10 years of isolating dementia, essentially became alive again, who began really to live again, after hearing his own personalized playlist of Cab Calloway hit songs and compositions. It is truly remarkable and moving to see Henry come alive—an experience

well worth having and sharing with your friends.

## What More Can You Do to Help?

**Circles of Caring** is *always* in need of your generous support, not just to make exciting programs like **Music & Memory** possible, but also to keep our essential day-to-day operations continuing to provide the variety of program activities, meals and snacks, and all the individual and group interactions our dedicated staff and our participants themselves take part in to keep them being successful, safe, and surrounded by family and friends.

For our spring/early summer fund drive, Circles of Caring must raise approximately \$55,000 in private support. To date, generous friends and family members have donated approximately \$30,000. If you haven't already given, please join with the other members of our community who have and give generously to keep this important program a vital part of our community.

There are many ways to give. Please link today to our "Giving" space at [www.circlesofcaring.org/](http://www.circlesofcaring.org/) to help maintain our mission; or

send a check to Circles of Caring, 588 SE Bishop Boulevard, Ste D, Pullman, WA 99163; or call Hollie Mooney at 509-334-6483.

## Spotlight on Care Givers



**Hollie Mooney, BSN  
Executive Director**

Our **Circles of Caring** Spotlight on Care Givers begins with our wonderful, new Executive Director, Hollie Mooney. Hollie came to us in March with 15 years in geriatric nursing as a registered nurse, but then is now helping us out greatly by taking on the administrative and management duties of Executive Director in April.

Hollie's wealth of experience in adult care services includes 7 years of care giving at Bishop Place, also serving there as Staff Development Coordinator and Director of the Villas. Before that, she offered adult care skilled nursing and, again, staff development coordination at Aspen Park in Moscow.

Besides her RN certification, Hollie holds a Bachelor of Science in

Nursing (BSN) degree from Boise State University and Bachelor of Science (BS) degree in zoology from the College of Idaho. Hollie's extensive education and experience have prepared her convincingly and confidently to assume the variety of activities in program development and management that is the heart of the mission of **Circles of Caring**.

In her life beyond **Circles of Caring**, Hollie enjoys biking, skiing, and gardening. Her husband, Tim, is Associate Director of Athletics at the University of Idaho. She has a daughter, Bryn, who graduated from WSU and now works for non-profit organizations with underprivileged youth in Seattle; and a son, Brady, who graduated from the College of Idaho and is currently a financial planner for Northwestern Mutual in Boise.

We are positively thrilled to have Hollie as our Executive Director, and, with her, will look forward to many upcoming exciting times at **Circles of Caring**.

## News from Circles of Caring

This **Summer News from Circles of Caring** begins a series of newsletters we plan will appear

quarterly during the year. We want to take these opportunities to talk with you about what's happening in our activities and care programs, when special events will happen, and upcoming new developments for the benefit of all of our participants, staff, and supporters.

We rely on you for your ideas about what you we need to enrich our programs. Please be in touch with us at any time, and know we'll be more than happy to think with you about ways to improve **Circles of Caring** to continue to make it the successful, safe, and rewarding place it's become for our family and friends.



**Circles of Caring**  
**Adult Day Services**  
588 SE Bishop Blvd., Suite D  
Edison Center  
Pullman, WA 99163  
Phone—509-334-6483  
Fax—509-334-6484  
[www.circlesofcaring.org](http://www.circlesofcaring.org)  
[info@circlesofcaring.org](mailto:info@circlesofcaring.org)  
Service Hours  
Monday—Friday, 8am-4pm  
**Early arrival time by request**