

THE ANGELICA ADVOCATE

JULY 2009

THE NEWSLETTER OF ANGELICA PATIENT ASSISTANCE PROGRAM

HOSPITAL HAPPENINGS



Following Your Dreams to Roosevelt Island

On Thursday, March 12 Angelica sponsored an evening of song and inspiration featuring Maggie Mistal and Harry Miller. Maggie performed her cabaret, "Follow Your Dreams" to a very receptive audience at the Coler auditorium. Maggie, a career coach, appears frequently on CNN and hosts a weekly radio show on Martha Stewart's satellite radio station. She advises clients and t.v. and radio audiences to follow their dreams when pursuing a career and/or hobby.

Through a series of jazz tunes Maggie invited the audience to consider positive steps towards a fulfilling life and how to take action to make their own dreams come true. Several audience members shared their dreams: being a writer, a singer, and getting a pin ball machine for the River Club at Coler Hospital. One participant put Maggie's words into action and delighted the crowd by singing *My Way*. Maggie and Harry were truly inspiring and we look forward to another visit from Maggie again in the near future.

Take a look at Maggie's website for some top notch career advice – www.maggiemistal.com and to hear Harry Miller's music go to www.harrymillermusic.com

New Initiatives for 2009

Angelica board members held open meetings at the Coler and Goldwater Hospital Campuses to determine how we could best be of service to our friends at C-G. Based upon these discussions, we have chosen specific objectives that we think are achievable over the next year. A partial list of our priorities for 2009...

Ongoing Initiatives:

The Annual Sweetheart Ball; Live Out Loud Program; Coler Art Studio Supplies; Healthy Start Program; Meditation Garden; Patient/Resident Committees.

New Initiatives:

Volunteer Visit Programs; Café Night; Pizza Parties; Spa Day; Trips
continued over

PATIENT SPOTLIGHT

This spring Angelica would like to recognize Tony. Tony is 24 and has been at Goldwater for the last 7 years. He is always eager to get involved in our activities. He writes music and poetry and likes to share his masterpieces with fellow patients and friends. Additionally, he has won several awards at our sponsored events, including the annual Sweetheart Ball.

A new adventure for Tony is working as a DJ at the Goldwater radio station. He started volunteering in the radio station in 2009 and enjoys every minute he spends there. He plays hip hop music and his radio handle is TST Tiger Claws.

Tony also likes to host his mother and cousins for visits at the hospital - he particularly enjoys bringing them as

guests to our festivities. Tony is most proud of his high school diploma which he received five years ago. You go Tony!



A beautiful poem was written by Lisa in honor of Tony after the Sweetheart Ball. Log on to www.angelicaprogram.org to read this poem.

PATIENT PROGRAMS

For Art's Sake



As part of our ongoing programs to enhance the quality of life of Coler-Goldwater patients, Angelica arranged a special guided tour of the Metropolitan Museum of Art. In February, we were able to take 12 patients into town to enjoy the Met's beautiful collection of art. Our tour guide had training in special needs tours- she was extraordinary. She was highly engaging and went so far as to ask the patients to draw one of the paintings on display- a highlight for many. The Met was extremely accommodating and we hope to repeat this trip in our upcoming programming; and add more museums to our sightseeing roster.

FUNDRAISING

The Great Grant Search

Angelica is on a search to find grant funding for two important programs as well as exercise equipment. The first program, *Day Trippers*, will support community trips and outings to museums, restaurants, parks, movies and concerts. The second program, *Skill Crafters*, is a job skills training program. *Skill Crafters*, will provide transportation to *Fresh Start* for patients striving to return to the work force.

Additionally, we would like to purchase a treadmill, two ping pong tables, some Wii® games and software to help the patients improve their health and coordination. Although relatively new, research indicates that the Wii® Game provides a diverse range of benefits in long-term care settings, such as improved eye-hand coordination and motor skills, enhanced socialization aptitude and a sense of accomplishment. People who are quadriplegic or paraplegic can play an assortment of Wii® games using special hand equipment. This equipment will provide the patients with an opportunity to engage in physical activity to better their health and coordination.

We are hard at work looking for some funding for these programs – log on to www.angelicaprogram.org to track our progress.

New Initiatives...

continued from cover

and Outings; Transportation for Fresh Start; Disability Software; Classes/Speaker Series; Photography Club; Acquisition of Exercise Equipment, DVDs, Musical Instruments, Microphones; Wii/TV/Car & Adaptor; Chapel organ cover and replacement cushions; Framing for patient art work.

Want to get involved? We need your help – if there is a specific objective that appeals to you please let us know. We appreciate financial contributions as well as your time and talent!

Look for updates in our next newsletter or online at www.angelicaprogram.org

DONOR'S CORNER

Help Support Angelica!

Please ask friends and family members to make a donation to Angelica. Many companies match donations to Angelica. Angelica is recognized by the Internal Revenue Service as tax-exempt and qualifies under Section 501(c)(3) of the IRS Code.

Go to www.angelicaprogram.org or send your donation to: Angelica Patient Assistance Program 101 Park Avenue, 11th Floor, New York, NY 10178.

HOSPITAL HAPPENINGS

The Meditation Garden is in Full Bloom!



The robins are nesting, flowers are blooming and the Meditation and Sensory Garden at Goldwater Hospital is officially open. The garden was funded by Angelica and created through the volunteer efforts of Angelica members and American Express employees. The grand opening took place on May 15. Patients and volunteers were greeted with beautiful sitting areas, gardening

plots and the sights, sounds and fragrances of Mother Nature. As the promise of better weather draws near the patients are looking forward to the stimulation of nature and watching the garden blossom.

HOSPITAL HAPPENINGS

Expanding the Sweetheart Ball

The Goldwater Hospital has been the primary site of the Sweetheart Ball for the past 4 years; and the popularity of the event has grown as word has spread. Unlike Goldwater, this was the first year for the Coler Hospital Sweetheart Ball. The decorations were abundant - hearts and flowers transformed the auditorium into a beautiful ballroom. About 70 patients were able to attend the event.

A King and Queen were crowned at both balls. At Goldwater, Paul and Migdalea were chosen for their festive Valentine's attire; while at Coler, William and Johnie were chosen for their enthusiasm and spirit. At each party, there were residents held dancing and poetry contests and participated in a raffle for a variety of prizes.

"I wasn't quite sure what to expect, especially knowing that many of the residents aren't ambulatory. All of the residents participated in their own way, creating their own unique experience. Watching people dancing in their wheelchairs was an awe-inspiring experience."
 —volunteer

The Sweetheart Ball continues to be a great model for the other programs that Angelica supports. This is the second year Angelica invited the patients to help plan the event and we found patient involvement to be a key part of the success of the event. **We aim for all programs to be driven by the patients and residents for the patients and residents.**

Thank you Coler & Goldwater Committees

A couple of years ago Coler & Goldwater established a committee for both Coler and Goldwater hospitals. The committee facilitates patient empowerment and with two fantastic Sweetheart Balls behind them the committees have been a great success.

Angelica meets with both committees on a monthly basis to obtain input on the programs

and activities that Angelica funds. We have enjoyed getting to know these patients. The progress made in managing existing and developing new programs has been largely shaped by the input of the patients. Many thanks to all of our dedicated committee members!

Visit our website to see pictures of our friends at Coler-Goldwater, get updates on events and activities, and have the opportunity to volunteer or give a gift online any time.

The mission of the Angelica Patient Assistance Program is to enhance the lives of economically disadvantaged patients in need of long-term medical care and to support long-term medical care facilities.

For more information about Angelica, log on to: www.angelicaprogram.org

NEWSLETTER EDITOR: ANNE FALLON DESIGN: GREG DAILY (grdaily@twcny.rr.com)