

Monthly Giving - A Win-Win

If you are a supporter of our Annual Fund - Thank you!
Your contributions help us keep our rates as low as possible.
The Annual Fund is used to support all facets of life here at Friends Home:

- * Resident care
- * The activities of the community life department, including the operation of our new bus (!!)
- * Maintenance of our historic buildings
- * Dining services
- * Business office functions
- ...and many more.

Now, we have a new way to make it easier for you to support the Friends Home Annual Fund – through a monthly giving program.

Here is how it works: an automatic credit card or checking account deduction is made every month from your account until you want to make a change. A small amount each month really adds up.

In our experience, contributors have to really think about a gift when it gets to a certain level. For some that is \$100. A smaller gift, say \$20, is easier to manage. Here is an example based on that sum:

If you have been giving \$100 to the Home every year, and instead you signed up for a monthly gift, you could give \$20 every month which would total \$240 per year. That is a significant gift, but the impact on your monthly budget is not as great.

How to get started:

- Determine the monthly gift you want to make to Friends Home.
- Go online at www.fhkennett.org and click the DONATE button and follow the prompts.
- If you need further information or help, please call Wright Horne, Friends Home Senior Advancement Officer, at (609) 774-3049.

Please consider participating in our monthly giving program. It's a great way to support Friends Home without straining your budget!

Remember: There is no such thing as a small miracle. Small actions can have a large impact!

Friends Home Mission

As approved by the Friends Home Board of Directors, April 2013
Friends Home in Kennett is a non-profit organization dedicated to providing quality care in a homelike atmosphere for older men and women of modest means. We encourage independence and we respect the individuality and dignity of all in keeping with the values of the Religious Society of Friends.

Wellness Words

By Barbara Bryer, RN, MSN,

Friends Home Director of Independent Living & Personal Care

In the New York Times bestseller, Brain Rules, author Dr. John Medina, a Neuroscientist at the University of Washington, shares 12 rules that describe what scientists know for sure about how our brains work. This information is especially relevant to us at the Friends Home as it provides some additional insights and follows up on the recent talks held here on “Keeping your Brain Healthy; Preventing and Reversing Dementia” given by our Linden Hall Medical Director Dr. Mary Ann Ost. Over the next few issues of View From The Porch, Wellness Words will explore each of the 12 brain rules described in Dr. Medina’s bestselling book to improve our understanding of how our brains work and what we can do to keep our brains healthy as we grow older.

We will begin today with Brain Rule number one, “Evolution.”

According to John Medina, evolutionary history tells us that the brain appears to have a performance envelope that is designed to:

- 1) solve problems
- 2) related to surviving

- 3) in an unstable environment and
- 4) to do so in constant motion.

Environmental instability led to the extremely flexible way our brains are wired that allows us to solve problems through exploration. Dr. Medina describes the human brain as having “three brains in one.” The pre-frontal cortex is the newest addition to our evolving brain; we started with the brain stem or what



scientists refer to as our “lizard brain” as the most ancient neural structure that does our body’s housekeeping chores of breathing, heart rate, sleeping, and waking. Our “mammalian brain” sits atop of the brainstem and has more to do with our animal survival instincts such as fighting, feeding, fleeing, and reproductive behavior. Several parts of the mammalian brain play a large role in the brain rules. The amygdala is responsible for

both the creation of emotions and the memories they generate - this includes rage, fear, and pleasure.

The hippocampus converts our short-term memories into longer term ones. The thalamus is one of the most active and well connected parts of our brain and serves as a control tower for the senses. It sits squarely in the center of our brain and processes routes and signals sent from nearly every corner of our sensory universe. Folded on top of all of this is our “human brain” or the layer that is called the cortex. Each region of the cortex has highly specialized wiring with sections for speech, vision, and memory. In summarizing the evolution of the human brain Dr. Medina states, “Symbolic reasoning is a uniquely human talent. It may have arisen from our need to understand one another’s intentions and motivations. This allowed us to coordinate with a group, which is how we took over the Earth.” *

Memorial and Honoraria Gifts Correction

In our listing of Memorial Gifts in our Winter 2017 issue, we inadvertently omitted a gift from Karen Halstead in memory of Margaret McCune Thomas and Eleanor Wollaston Hawthorne. Also in the Memorial Gifts listing, we posted a memorial gift from Phyllis Pusey Biddle remembering Irene Pusey Strode. That listing should have been in the Honoraria section.

We strive for accuracy, but sometimes make errors. We apologize to Karen Halstead and to Phyllis Pusey Biddle for the mistakes.

Friends Home
in Kennett