

*A Celebration  
of Life*

*Award Presentations*



*Sunday, October 19, 2008  
2:00 - 4:00 P.M.*

*UAB Highlands Hospital  
1201 11<sup>th</sup> Avenue South*



## Center for Aging Director *Richard M. Allman, MD*



Welcome and thank you for attending the Seventh Annual UAB Center for Aging “Celebration of Life” Award Reception. We want to express our appreciation to all who have supported the Center for Aging in the past year and to honor those who have helped carry out our mission of improving the health and well-being of older adults and their families.

We are pleased that UAB Highlands Hospital is able to host our reception today. Our other generous corporate sponsors are listed in the program. Please take time to visit our sponsors’ exhibits and join me in expressing your appreciation for their support.

Center for Aging faculty members are making great progress in establishing UAB as a world leader in creating and using knowledge that will optimize function, enhance management of illness, and reduce health disparities among older adults. The Center is working closely with the UAB Health System to improve health care for older adults, establishing a new Acute Care for the Elderly (ACE) Program at UAB Highlands in July 2008.

While the accomplishments of the Center for Aging are impressive, we have much more that we need to do. We trust that what you learn today will inspire you to give generously in support of the Center for Aging Annual Fund; perhaps in honor of one of our awardees or someone else you know who is committed to helping improve the health and well being of older adults. Thank you for your support.

# *Seventh Annual Center for Aging Awards Reception*

## *A Celebration of Life*



### **2:00 p.m. Welcome and Award Presentations**

*Richard M. Allman, MD  
Director, Center for Aging*

#### **McCallum Award**

*Mrs. Jean B. Morris  
The Evelyn F. McKnight Brain Research Foundation*

#### **Bynum Award**

*Steffen Waendelin  
Thomas A. S. Wilson, MD*

#### **New Horizons Award**

*Alzheimer's of Central Alabama  
The Assistance League of Birmingham  
Collat Jewish Family Services  
Episcopal Place  
Fairhaven Retirement Center  
Hand-in-Paw  
The Lakeshore Foundation  
The Seasoned Performers  
Senior Talk Line (Crisis Center)  
St. Martins in the Pines*

### **2:45 p.m. Reception and Refreshments**

### **4:00 p.m. Conclusion**

## THE CENTER FOR AGING AWARDS



**The McCallum Award**, named for former UAB president and current mayor of Vestavia Hills, Charles A. (Scotty) McCallum, Jr., DMD, MD, recognizes an individual or organization that has demonstrated outstanding leadership and service on behalf of the Center for Aging and its mission.



**The Bynum Award** honors an adult 75 years or older who continues to work to improve the health and well-being of older adults in the community. The award, established in 2005, recognizes Robert Bynum's many years of service to older adults as Deputy Administrator of Social Security, as a member of the Alabama Commission on Aging, and as an employee and consultant for the Center for Aging.



**The New Horizons Award** recognizes not-for-profit organizations that have worked to enhance the health and well-being of older adults in the community. The award is named for New Horizons at UAB, a self-governing organization of older adults who design a curriculum to meet the diverse interests of its members.

## THE MCCALLUM AWARD

*Jean B. Morris*



**Mrs. Jean B. Morris** was born in Dallas, Texas and grew up in New Orleans, Louisiana. She attended LSU where she was a member of Kappa Delta Sorority and Lamda Intersorority. She moved to Birmingham in 1960. During the following years, she volunteered and was active in many areas in the community, i.e., her church, the first Pink Lady Class at St. Vincent's Hospital, Crisis Center Rape Response, Botanical Gardens Fiesta, the Cancer Society's Mad Hatters Luncheon Board, and the Birmingham Museum of Art Volunteer Council. She is a member of Spain Rehabilitation Center Women's Board which works with the hospital to improve the life of the physically challenged.

Mrs. Morris also volunteered with Mother Angelica while she was establishing the Catholic Cable Network, EWTN. She later traveled with a church group through the Third World working with the Missionaries of Charity. While there, she was privileged to meet with Mother Teresa in Calcutta and even gave her a message from Mother Angelica.

Mrs. Morris is currently a patient of Dr. Ali Ahmed's. In her words "I am grateful for the excellent care from all the UAB physicians. I decided to contribute to Dr. Ahmed's research because I am so impressed by his knowledge and dedication to his work and because the recent increase in heart failure in older patients makes his research in improved care necessary and valuable."

# THE MCCALLUM AWARD

## *The Evelyn McKnight Brain Research Foundation*



Portrait of Evelyn F. McKnight. Trustees (L to R): Teresa Borcheck, Michael Lee Dockery, J. Lee Dockery, Nina Ellenbogen Raim, John Clarkson, Hank Raattama, Jr.

**The Evelyn McKnight Brain Research Foundation.** Mrs. Evelyn F. McKnight and her husband William L. McKnight were interested in the effects of aging on memory and were generous benefactors of research in this area. After her husband's death, Mrs. McKnight continued to support his interest in brain research. Before her death in 1999, she established the Foundation to provide support for medical research of the brain to accomplish alleviation of memory loss in the aging, including making grants to charitable organizations involved in such research. The Foundation is based in Miami and provides a legacy of support for research toward the understanding of memory and the specific influences of the natural aging process.

J. David Sweatt, PhD, Director of the Evelyn F. McKnight Brain Research Institute and the Evelyn F. McKnight Endowed Chair of the Department of Neurobiology at UAB, will accept the award on behalf of the McKnight Foundation.

The McKnight Foundation's corporate trustees and legal counsel include:

**Teresa W. Borcheck** is Senior Vice President and Florida Regional Manager for SunTrust Bank. She has responsibility for Institutional Investment Management Services in Florida, overseeing SunTrust's Endowment & Foundation Services, Retirement Services, and Institutional Asset Management business in that state.

**Michael Lee Dockery, MD** graduated from the University of Florida in 1990 and completed his residency training in Sports Medicine-Orthopedic Surgery at the University of Oklahoma and at the University of Florida. He currently practices in Charlotte, North Carolina at the Miller Orthopedic Clinic.

**J. Lee Dockery, MD** completed his undergraduate education at the University of Arkansas in Fayetteville, and obtained a medical degree from the University of Arkansas, School of Medicine in Little Rock. He completed an internship and residency training in Obstetrics and Gynecology at the University of Miami School of Medicine, Jackson Memorial Hospital. He is professor emeritus in the department of obstetrics and gynecology at the University of Florida College of Medicine. He serves as chair of the National Committee on Foreign Medical Education and Accreditation and as a member of the Liaison Committee on Medical Education which accredits all U.S. and Canadian medical schools.

**Nina Ellenbogen Raim, MD, JD** graduated from Albany Medical College, New York. She completed her internship and residency training at the University of Miami/Jackson Memorial Medical Center in pediatrics. After practicing pediatrics for 25 years, she received her JD from Nova Southeastern University. She has practiced law in Miami, has practiced real estate law, and had her own real estate firm.

**John Clarkson, MD** is Dean Emeritus and Professor of Ophthalmology at the Miller School of Medicine and the Executive Director of the American Board of Ophthalmology. He served as Senior Vice President for Medical Affairs and Dean of the Miller School of Medicine of the University of Miami from November, 1995 to April, 2006. Prior to that appointment, he served as Chairman of the Department of Ophthalmology, Director of the Bascom Palmer Eye Institute, and Medical Director of the Anne Bates Leach Eye Hospital for five years.

**Henry H. Raattama, Jr., JD** is a shareholder in the Miami office of Akerman, Senterfitt & Eidson, P.A. He received his B.A. and J.D. degrees from the University of Florida and his Masters of Law (Taxation) from New York University. Mr. Raattama supports student athletic scholarships at the University of Miami.

## THE ROBERT P. BYNUM AWARD

### *Steffen Waendelin*



**Mr. Steffen Waendelin** was born in Chicago on March 1, 1926 to Danish immigrants. In 1930, his father was offered a position to help establish the Danish American Archives in Aalborg, Denmark. Although his father had become an American citizen, the Depression threatened the family's livelihood, so they returned to Europe. The German occupation of Denmark during WWII prevented Steffen's parents from returning to the USA, but his father had insured that Steffen could speak fluent English and insisted he return to America. Steffen returned to the USA and settled in Denver, Colorado in 1949.

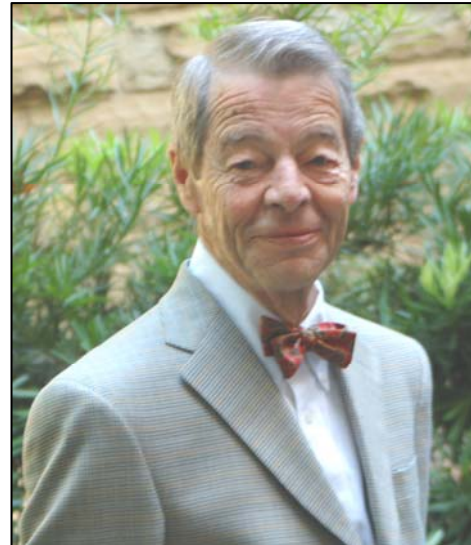
In 1955, Steffen's employer sent him to Birmingham to oversee a new project. He planned to return to Colorado. However, he met his future wife, Lila Vandegrift, soon after arrival. He decided to stay in Alabama and get married. He soon found a job with the Social Security Administration. Steffen and his wife settled in Homewood.

Steffen has served as a volunteer for a number of organizations including Friends of German Language and Culture, Southern Dance Works, two different churches, the Homewood Citizens Association and the Homewood Senior Center. He has taught conversational English classes, assisted with food distributions, provided Danish translation for individuals and organizations, and transported blood to regional hospitals for the American Red Cross. He is still active in the Homewood Citizens Police Academy and the RPC Citizens Transportation Committee. In addition, he is active in the Homewood Primetime Group, having served as its past president. He worked with Mayor Barry McCulley to establish the Homewood Senior Center in 2002 and to start a van service for senior citizens. Steffen was named the 2006 Homewood Citizen of the Year.

## **THE ROBERT P. BYNUM AWARD**

### ***Thomas Alexander Symington Wilson, MD***

**Dr. Thomas Alexander Symington Wilson** was born in Birmingham, Alabama on April 14, 1933 to Dr. Frank Cunningham Wilson and Emily Bland Symington. After receiving his MD at UAB in 1960, he completed his internship and residency at Johns Hopkins Hospital. He returned to UAB to complete his residencies in general and thoracic surgery. Dr. Wilson practiced cardiovascular and thoracic surgery privately in Birmingham for 31 years from 1967 to 1998.



Dr. Wilson is an active leader in the quest for quality care for senior citizens. He has been in the forefront of community activities, especially as they impact the elderly and infirm.

He served on the Board of Directors for St. Martin's in the Pines from 2002-2006. As a long-time board member, Dr. Wilson knew the challenges ahead for institutional-style nursing home care. He therefore led a team to find a new, home-like model of care, which included fundraising efforts for the new facility, The Cottages at St. Martin's in the Pines, a GREEN HOUSE® Community. This is the first facility of its kind to be built in Alabama and the second in the Southeastern region. Dr. Wilson's enthusiasm for this project has been carried throughout the Board and encouraged them to raise money for two Cottages buildings. Dr. Wilson is committed to the success of the Cottages project as a revolutionary new model for care for the elderly. Although he has rotated off the Board of St. Martin's, where he was President from 2005-2006, he serves as Capital Campaign Co-Chair (2007-present) and continues to zealously raise money and awareness in an effort to complete the Cottages project.

Dr. Wilson's work at St. Martin's to achieve quality of life for older adults is but one facet of a long and productive career. He is a leader in the non-profit community for organizations such as the Community Foundation of Greater Birmingham, where he served on the Board of Directors for 10 years (1990-2000) and the Spring Valley School, a school for kids from first grade through high school with learning difficulties.

# NEW HORIZONS AWARD

**NEW HORIZONS at UAB** is a membership group of men and women of retirement age who wish to keep their minds active through learning and fellowship. Launched in January 1989, it is sponsored by the UAB Center for Aging and the Associate Provost for Academic Programs and Policy as a self-governing and member-directed program.

The New Horizons Award is presented to not-for-profit organizations that enhance the health and well-being of older adults.



## 2008 NEW HORIZON AWARDEES



**ALZHEIMER'S OF CENTRAL ALABAMA** (ACA) is a non-profit volunteer organization and resource center established in 1991 by a group of family caregivers who wanted to work as advocates to improve the quality of life for families dealing with Alzheimer's disease and related disorders. ACA serves 21 counties across central Alabama, providing services for dementia patients, caregivers, and professionals. The goal of ACA is to support education, caregiver services, and research. ACA's motto is: "Until there is a cure, we live with hope!"

**THE ASSISTANCE LEAGUE OF BIRMINGHAM** is a non-profit organization established as a chapter of the National Assistance League in 1976. It is dedicated to helping those within the community to have a better, more meaningful way of life. The League's mission is to improve the lives of individuals through our community volunteerism. Prime Time Treasures is operated as a philanthropic program by the League. It is a unique shop that sells crafts, art, and furniture handcrafted by senior citizens of Alabama. Over 450 active craftsmen supplement their income through the sale of their crafts. Since 1976, Prime Time has returned \$3.5 million to more than 4,000 Alabama seniors. The League depends on the community to fund their programs.



**COLLAT JEWISH FAMILY SERVICES** (CJFS). In January 1990, CJFS was incorporated as a not-for-profit organization. It began as a committee of the Birmingham Jewish Federation with its primary purpose being to respond to the financial and social service needs of the Jewish community. Today, CJFS serves the needs of older adults and people of all ages, the financially disadvantaged, and the mentally and emotionally distressed. CJFS provides comprehensive social services and outreach and education programs to both the Jewish and general community.



**EPISCOPAL PLACE** is a non-profit organization that serves low income senior citizens and persons with disabilities. There are 140 apartments serving 150 residents from age 21 to 98 years of age. Activities include Bingo, Poker, Game Day, birthday parties, blood pressure and blood sugar checks, library times, fellowship, garden club, van trips to the grocery store and out to eat, watercolor classes, bird watching Book Club, worship service, among many others. Some of these programs are provided by community organizations and volunteers. Because most of the residents do not drive, many health care services are brought to them. Services provided are flu shots, hearing screenings, vision screenings, bone density tests, and balance screenings, just to name a few.





**FAIRHAVEN RETIREMENT CENTER** opened in 1961. It is one of 13 facilities of the **Methodist Homes Corporation**, whose mission is to meet the needs of God's older children by providing a retirement community environment of abundant life, combined with the care of qualified professionals. Levels of care provided include Garden Homes, specialty care assisted living for the cognitively impaired, skilled nursing, and Alzheimer's care services. Methodist Homes provide services to elderly persons regardless of religion or denomination, race, or national origin. Fair Haven is now Alabama's largest Senior Living Center.



**HAND-IN-PAW (HIP)** is a non-profit organization founded in 1996. It provides effective animal-assisted therapy to special needs children, youth, adults, and the elderly with a focus on meeting their physical, mental, and social challenges. HIP provide services in over 50 facilities, including healthcare facilities, assisted living facilities, social service agencies, libraries, and schools. Currently, the work of HIP is carried out by professionally trained volunteers (of which approximately 32% are retired), seven fulltime staff, and supported by an active Advisory Council, as well as guided by a diverse visionary professional Board of Directors.



*Serving people with physical disabilities*

**THE LAKESHORE FOUNDATION** is a non-profit organization whose mission is to enable people with physical disability and chronic health conditions to lead healthy, active and independent lifestyles through physical activity, sport, recreation, and research. Lakeshore offers a wide range of programs for over 3000 individuals from babies six months old to men and women well into their 90's—meeting their critical needs for access to exercise and recreation opportunities that can't be met elsewhere. Their vision is to improve the lives of people with physical disability around the world. Lakeshore's values include passion, creating opportunities, integrity, and changing expectations.

**THE SEASONED PERFORMERS** organization was founded in 1984 under the auspices of the Jefferson County Office of Senior Citizens Activities as the Prime Time Players—the name was changed that year. In 2002, The Seasoned Performers, Inc. was established as a non-profit organization. The organization offers opportunities to senior adults to



participate in theatre, bring live plays and dramatic readings to groups in community settings, and serves as a training base for senior adults wishing to expand their theatrical skills. One-act comedies and short reading programs are taken on the road in and near Birmingham to groups of all ages. Seniors can participate in a variety of ways—acting, reading, joining workshops, helping with production, even serving on the Board or in fundraising. No experience necessary.

**SENIOR TALK LINE (CRISIS CENTER)** In 2001, the Senior Talk Line opened to alleviate the isolation and loneliness that many senior citizens of our community experience. As people age, they face significant losses which include the death of family members and friends, as



well as the loss of physical abilities and independence. This can lead to extreme isolation, loneliness and depression. Statistically, the senior population is at greatest risk for suicide. This program not only gives seniors a place to voice their problems, but also provides caregivers and others concerned about elderly individuals with support and access to resources for the senior population.

**ST. MARTIN'S IN THE PINES** is a non-profit organization whose mission is to serve God through a ministry that provides a continuum of care and quality of life to aging individuals and their families. Their vision is to be a caring community reflecting God's love through service to the aging. Today, they're a comprehensive retirement community, with a skilled nursing center, an assisted living facility, a secure Alzheimer's community, Evergreen at St. Martin's, and a four-story retirement apartment building. Also, they are moving toward the future with an exciting new way to provide skilled nursing care, The Cottages at St. Martin's.



# **CENTER FOR AGING**

## **PREVIOUS AWARDEES**



### **MCCALLUM AWARD**

**2003**

**Charles A. McCallum, Jr., DMD, MD**

**Cameron M. Vowell, PhD**

**2004**

**Philip and Georgene Keirn**

**James Russell**

**2005**

**Thomas H. and Jarman F. Lowder Foundation**

**2006**

**Corinne H. Rieder, EdD**

**The John A. Hartford Foundation**

**2007**

**Robert G. Sherrill, Jr., MD, MA, FACPE**



### **BYNUM AWARD**

**2005**

**Robert P. Bynum**

**2006**

**Colonel Stone Johnson**

**2007**

**Hyman "Herc" Levine, Jr.**



### **NEW HORIZONS AWARD**

**2005**

**New Horizons at UAB**

**2006**

**Shepherd Center Southside**

**2007**

**Joy Club of the Levite Jewish Community Center**

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