

D | Accent HEALTHY LIVING

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Cleveland Clinic Florida

HEALTHY LIVING

Learn the risks of heart disease and take action. Q & A, D4

THIS WEEK'S TOPIC: GET HEART SMART

THE GOLF LIFESTYLE

Women execs, the PGA wants you

Ivanka Trump helps promote PGA Executive Women Days.

By Jan Tuckwood
Palm Beach Post Staff Writer

When Ivanka Trump shows up on a golf course, it's often to promote a feat of Trumpian grandeur, like the recent opening of the "Gary Player Villa" rooms at Trump Doral in Miami.

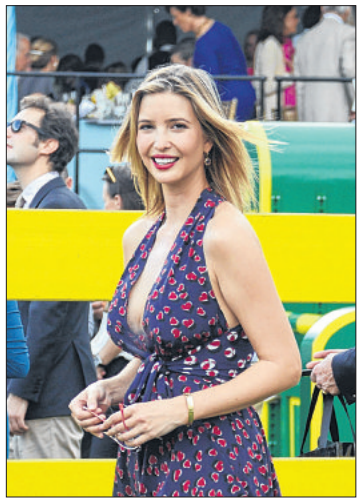
Or she'll appear to host a style event, like "Fashion Friday" at the Cadillac Championship coming to Doral in March.

Sometimes, Trump actually plays golf, though she's not too good at it yet, as she confessed to Forbes Life last year.

What she is good at – besides being a bright Wharton Business School brain and an executive vice president of the Trump Organization – is lending her beautiful face and glamorous style to a game that needs it.

She shared her excitement for PGA Executive Women Days via social media, and interest jumped in the one-day networking events for women that will be held during 21 tournaments this year, including the Honda Classic.

Trump continued on D6



Ivanka Trump shared her excitement for PGA Executive Women Days via social media. MELANIE BELL / PALM BEACH DAILY NEWS

EXECUTIVE WOMEN'S DAY AT THE HONDA CLASSIC

When: Feb. 25, from 8 a.m. to 4:30 p.m. (The Honda Classic tournament is Feb. 24 to March 2.)

Where: PGA National Resort & Spa in Palm Beach Gardens

What: A day of networking for 200 local business women, with keynote speech by Carla Harris, managing director of Morgan Stanley. Participants will get a chance to mingle on the golf course, and learn about the health benefits of golf.

Cost: Tables for 10 start at \$1,500. For information, email Joanie Connors at jconnors@thehondaclassic.com or call 561-799-4619.

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WELLNESS

THE POWER of TOUCH



Licensed massage therapist Anita Reed Dean, inside the Sari Asher Center in Palm Beach Gardens, specializes in providing massage therapy to oncology patients. DAMON HIGGINS / THE PALM BEACH POST

Anita Dean's mission: Soothing the people who need a hug the most.

By Lois Cahall
Special to The Palm Beach Post

Anita Reed Dean's business card reads "Licensed Massage Therapist," and it also reads "Balanced Touch," which is what she offers her cancer patients when there's nothing else to be done but love them and hug them.

With her frilly dress, long blonde locks and kind blue eyes, Dean looks like the youngest 60-year-old on the planet. Maybe she's not from this planet – she could be an angel from some loving alternate universe.

"My spirit is a kid," she says "though my patients think I'm an angel. I love life no matter what it throws me." And what it has thrown her is more than 4,000 hours of treating cancer patients.

When somebody comes into Dean's massage office, and they know they might die, why do they

ANITA REED DEAN

A licensed massage therapist, Dean has been in private practice in West Palm Beach since 1996, in addition to her work with the Sari Asher Center.

SARI ASHER CENTER FOR INTEGRATIVE CANCER CARE

The Sari Center's mission is to integrate complementary therapies with traditional medical treatment to enhance the quality of life for people with cancer. The center works with the Palm Beach Cancer Institute and is in the institute's building at 3401 PGA Blvd., Suite 200, in Palm Beach Gardens.

need a massage?

"For comfort," she explains, "the relief of anxiety because they're not getting any."

"Their bodies are already tender, radiated, poked, cut, feeling poisoned, depleted and just plain sad," says Dean, matter-of-factly. "Years ago when I was in school, we were taught you don't touch people with cancer because it was said it will spread in the lymph nodes. But as long as my touch is light, compassionate, and I'm there for the person, that's my main focus now."

What causes a person to grow up and say, "I'm going to be a massage therapist to people with cancer?" "I didn't," she says. "I went in practice mainly to have an income after being a stay-at-home mom for years. We needed extra income, and my father-in-law got cancer, so it inspired me to think about life."

Touch continued on D5

'It's good being there for people who need to be touched, comforted and nurtured.' — Anita Reed Dean

Save a life this Sunday

Event at FAU benefits bone marrow donor foundation.



Steve Dorfman
Boomer Health

Rare is the opportunity to directly save a life.

But on Sunday – at the Gift of Life Bone Marrow Foundation's 5K walk/run – you will.



Wendy Schulman,
organizer of the Gift of Life's annual 5K walk/run.

That's because the Boca Raton-based charitable organization – which is hosting its fourth annual fitness event at FAU (see box) – will provide all attendees between the ages of 18 and 60 the opportunity to be entered into the national bone marrow donor

registry.

Delray Beach's Wendy Schulman originally organized the event in 2011 as a way to give back to the local entity she credits with helping expedite a bone-marrow match for her then-28-year-old son seven years ago.

"Gift of Life is such a wonderful organization right in our own backyard," Schulman says. "When my son needed a bone-marrow transplant, they helped so much."

Dorfman continued on D2

IF YOU GO

Gift of Life 5K walk/run

When: Sunday, 8:30 a.m. (registration starts at 7 a.m.)

Where: FAU campus (777 Glades Road, Boca Raton)

Description: 5K walk/run; also, all attendees between ages 18 and 60 can be entered into the national bone marrow donor registry.

Registration: Adults: \$25-\$30; students: \$10-\$20; to register or for more information, call 561-982-2900 or visit giftoflife.org.

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Touch

continued from D1

When I received my first massage at (training) school, it suddenly wasn't just an income – I wanted people to feel like I felt.

"I wanted to care for the people who nobody was touching."

Dean had been living in New York and built a practice focused on stress relief and muscle soreness. "Then we moved back to Florida, and I approached many doctors and finally connected to Dr. Gail Cooney. Gail came in and liked what I did and asked if I'd like to do massage therapy at Sari (Asher Center for Integrative Cancer Care) about five years ago."

Dean often treats patients who know they will soon die.

"I talk to them, being careful not to cross boundaries because I'm not a therapist. So I listen to them. And hold that place – that space – of love, compassion, nurturing. I focus on doing no harm, but instead doing conscious and gentle work to give some relief and imitate some level of freedom, no matter how temporary."

Dean looks away and begins to tear up. "And sometimes I just hold them. I literally hold them. I help them feel safe ... decreasing isola-



Lea Jefferson lauded Dean for her comforting sessions.

tion of the patient with all their mental struggles. I try to hush them away.

"I always see people as a whole, not by that piece that's missing," Dean exhales and wipes a tear from her cheek. "Massage is cumulative, and the effects can last and give relief for a couple days. And when they're in chemo, I tell them to lie down for treatment, breathe and to take in spirit. Visualize what does it feel like when they're on 'Anita's table' and replace that mindset of chemo with my table."

Lea Jefferson was diagnosed in August of 2012 and needed a double mastectomy, radiation and chemotherapy. At Sari Center, Jefferson had radiation in the a.m. and Dean massaged her in the afternoons. "After 32 rounds of radiation," says Jefferson, "I went in to see my doctors and they were blown away because my skin was supple and they could put in an implant. It's very rare for the skin to be that pliable, but massage changed it all."

Jefferson had also just lost her college roommate to breast cancer. "Anita was very spiritual – it was like going to a little slice

of heaven. She knew exactly where my grief was. Anita comforted me with healing hands, and she introduced me to coconut oil and aloe vera. Suddenly my skin just 'stayed' and the doctors were stunned. I can't express this enough. I was able to have reconstruction."

Dean says that "doctors deal with cancer and see the patient, doctors hold patients at arm's length but I teach them to touch themselves, by 'phluffing the girls' (bouncing their breasts)... It's hard to touch a scar or a space that once contained a breast, but they have to touch themselves for internal acceptance. And that's really hard to do."

Dean rises to demonstrate, "It's a gentle loving lifting up as though fluffing a pillow. From underneath and on the sides, 'phluffing' inward to midline, and then softly cupping hands around breasts in your palm."

"My husband, Robert, said to me the other day that 'there is something about you where you can treat people with cancer ... where you can wrap your hands around it and you're not afraid.' I've lost a lot of my people and we've really bonded, but my mom always said to me, 'We're born and we're gonna die.' The part of life that's my contribution is to help people live the best life they can, in

the time they have left."

When they're gone does she feel like she loses them? "No," she pauses, "they're still with me. When I see a well-dressed woman on the street, I think of my 'Judy Beauty,' as she dressed to the nines. When I see a marquee for a ballet, I think of my Ana the dancer. She was one of the first people I treated ... Tiny and frail, and hardened from radiation, I could only do hand and foot massage for her. And when I did..." Dean's jaw trembles, "I would hold her feet and think of all the performances she must have done with those sweet petite feet. Now she dances ... in heaven."

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Brit academy to honor Mirren

Associated Press

Oscar-winning actress Helen Mirren, whose roles have ranged from a hard-nosed detective to Queen Elizabeth II, is to receive the British Academy Film Awards' highest honor.

The academy announced recently that the 68-year-old will collect the BAFTA Fellowship at a London ceremony this month.

Chairman John Willis said Mirren was being honored "as one of the most outstanding actresses of her generation."

Previous fellowship recipients include Charlie Chaplin, Alfred Hitchcock, Elizabeth Taylor and Judi Dench. Mirren said that "to join that list of legendary names is overwhelming."

Mirren was acclaimed for her starring role in



Helen Mirren

the TV detective series "Prime Suspect" and won a best-actress Academy

Award in 2006 for playing Britain's monarch in "The Queen."

The awards ceremony will take place Feb. 16 at London's Royal Opera House.

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