



## Boca Respite Volunteers

Boca Respite Volunteers is the service arm of Boca Raton Interfaith in Action (BRIA), a non-profit 501 (c) (3) agency that provides free assistance and Support to homebound individuals and family caregivers, regardless of age, medical condition, religion, race, ethnicity, sex, or financial status.

Helping people throughout the greater Boca Raton area, the organization strives to enhance the quality of life for those it serves by promoting their dignity and independence.

Contact BRV at:  
561.391.7401 or  
info@boca-respite.org

3998 FAU Blvd. #307  
Boca Raton, FL 33431

Mailing Address:  
PO Box 811525  
Boca Raton, FL 33481

[www.boca-respite.org](http://www.boca-respite.org)

## It Takes a Community!

"In all of my 87 years of giving to others, no one has ever done something like this for me!" These words were from the first phone call of thanks received from one of the 40 families whose lives were touched during the 2004 Holidays.

Under the leadership of Board member Carl Schiefer, the Men's Bible Study Group at St. Paul's Lutheran Church created Holiday baskets! It was a new experience for the men who not only collected project funds but also shopped, put together, and wrapped the baskets. BRV volunteers then delivered these and other Holiday love gifts along with a poinsettia, spiritual support and notes from children. MECE, the Florence Fuller Child Development Center and four of our Congregations in Action - First United Methodist Church, St. Paul Lutheran Church, St. Joan of Arc Catholic Church and Temple Beth El contributed.

"The kindness of people is just overwhelming...I was so touched by the letters of the children, there were tears in my eyes."

THANK YOU to the many who worked on this Holiday project!! With your help, we can make this



(left to right) Paula Alderson, Connie Siskowski and Suellen Caplan. Paula and Suellen served as Hollywood Party Co-chairs.

The beautiful new Broken Sound Club was the setting of the February 27<sup>th</sup> Hollywood Party. The event, complete with a live broadcast of the Academy Awards® and balloting for category winners, raised more than \$4,000 to help keep BRV doors open. Fred DeFalco of DeFalco Realty was the evening's vibrant MC.



Above right - BRV volunteers Ed & Shirley Kaplan, Janet Rosenblum & Louis Marquisee enjoyed the March 10th Open House celebrating the new office in FAU Research Park...space for which we are all very thankful! Bruce Lake prepared the food for the event - thanks Bruce!

**Upcoming  
EVENTS****BOWLING  
CELEBRATION  
AUGUST 25, 2005****DISCOVERY GOLF  
TOURNAMENT  
OCTOBER 10, 2005  
BOCA LAGO COUNTRY  
CLUB****FASHION SHOW  
CAROLE RUTHERFORD  
CHAIR**

Be an Event Sponsor!

For Information Call:  
561.391.7401**From the Editor: Caregiving  
News**

When you are in the midst of caring for another, sometimes you don't realize how your life is changing; you do whatever you have to do to help the one you love.

As we age, we tend to change our goals, objectives, and affirm our values. Creating daily opportunities to grow in life's purpose requires setting aside time for ourselves. Spending time in prayer, meditation, or spiritual reading; remaining true to our core values; exploring new experiences through nature, art, music or reading great books; reviewing obligations, expectations, abilities and alternatives to use talents; evaluating the use of time; focusing on the small miracles of life; and using humor to enhance the ability to cope with crises and tragedy are all tools to use.

Managing stress is key in the ability of an individual to handle difficult situations and anxiety. Which methods work best for you?

Popular stress busters include:

- Prayer, meditation or other personal expression
- Intentionally recognizing what is unique and special about each person
- Thinking of things only in the positive
- Visualizing comforting circumstances and happy times
- Engaging in regular physical activity
- Sharing your stress by talking with someone
- Acknowledging and setting limits.
- Listening to music.

Throughout this process getting enough rest and eating properly, although sometime easier said than done, is critical. Being a good caregiver and being there for someone else only works if you can also be there for you! ■

**Help BRV Help Others**



*Coming Next Edition – Highlights of  
the April 3<sup>rd</sup> Tennis Love Match!*

*Special Thanks to Tim Andrasek, Robin Hardy, Bill Hartmann,  
Mark Phillips, Tony Quesada, Gary Siskowski and Dr. Tom Tift  
who helped to move our office.*

Carol Walters  
Editor

Supported in part by  
Soroptimist International of  
Boca Raton/Deerfield Beach

### THANK YOU!!!

BRV volunteers and donors so generously contribute their time, talent and resources toward our cause. We appreciate each effort and are grateful for every single contribution. In this edition of our newsletter, we'd like to acknowledge two donors:

#### **Pernille Ostberg & Matrix Home Health Care**

Pernille and company generously donated three computers. One of the computers is being used by a young homebound client who now feels more connected to others in the world. Thank You!

#### **Steve Mulder & Whitehall**

Steve has generously provided us with meeting spaces and multiple printing capabilities, especially when our copier was broken. It has taken a community effort to keep our doors open! Thanks Steve!

### **Your Help with Transportation Makes Such a Difference in Our Lives!!!**

"The last time my wife drove the car, she hit a tree and I can't see to drive anymore so at that point we gave up our car keys" says Paul B.

Although their adult children live a few towns away, they work and are often unable to take the time off needed to take their mom and dad to frequent doctor's appointments.

"I realize we should maybe move to a community that has transportation but we have lived here for almost 30 years and want to stay here as long as we possibly can. Home means so much to us...and so does Boca Respite that helps us live where we want to be."

### ***Young Caregiver Project Begins!***

*We are pleased to announce that Laurie (Wootton) Connors, a recent MSW graduate of Florida Atlantic University has joined our volunteer forces to provide leadership for this groundbreaking project - building a model of support for youth who have family caregiving responsibilities. Boca Middle School was among the top ten schools in Palm Beach County to have children dealing with these issues and as a result these students are not completing homework, are missing school and/or are unable to participate in after school activities.*

*There are dedicated individuals and organizations which are among our project partners including the American Red Cross, Florida Atlantic University Schools of Health Administration and Nursing, and Palm Beach Community College ■*

Janna Sundook, Dir. of Volunteer and Program Services, & Bruce Lake, BSW:

- Special thanks to all who helped with our Holiday Package surprises and various fund-raising events!
- If you have talent or a background in Administrative Support, Marketing, Congregational Team Coordination, Employer Outreach Coordination, Fundraising/Event Planning, & Grant Writing, we need and welcome your help!
- We also thank our Volunteer Education Program presenters including John Boden, members of SHINE, and Dr. Derek Friedman. This program has been supported by the Boca Raton Community Hospital Foundation.

***BRV Wishes Our Families and Friends a Safe Summer Season!***

## **Volunteers Desperately Needed!**

When someone asks for and needs assistance, BRV can only help when we have a volunteer to match that person's needs. With summer travel and the return north of our volunteers who are "snowbirds", the list for persons in need of a hand grows. Please give a little of your time to make a big difference in the life of someone in our community.

**It takes a community to support people who are homebound and caregiving families...they need your help!**

**Please call Janna Sundook today at 561.391.7401.**

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**BLESSINGS for our Boca Respite Family throughout 2005**

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Postage

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