



# Boca-Respite Volunteers Newsletter

## **“Discovery” BRV’s Third Annual Golf Tournament is expected to be a major fundraising event and tons of fun**

Once again, the annual Discovery Golf Tournament to raise funds for BRV is ready to swing into action! This year we are expanding to raise money for and the South Palm Beach County Chapter of the National Parkinson Foundation. We are so proud to have David Gury of Nabi Biopharmaceuticals as the honorary chairman of the event. The tournament scheduled for October 11, 2004 is expected to raise thousands with BRV’s portion being used to provide volunteer respite services for family caregivers and support services, such as grocery shopping for homebound individuals. There are tax-deductible sponsorship packages ranging from \$50 to \$5,000 for individual and corporate sponsors. We have already received a major sponsorship in the name of St. Gregory’s Episcopal Church that we are extremely impressed with.



You can also become a part of our efforts by attending the luncheon, silent auction, and awards reception. The tournament is scheduled to take place at the beautiful Boca Lago Country Club. For more information on the Discovery Golf Tournament contact the office at 561-391-7401, [www.boca-respite.org](http://www.boca-respite.org), or email us at [info@boca-respite.org](mailto:info@boca-respite.org). ■

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## **Meet Bruce Lake—A Remarkable Intern then Friend**

It takes a special person to provide unselfish care to those in need. When BRV met Bruce Lake (Right) we knew that we had that special person in our presence. Bruce himself was faced briefly with the loss of his independence when he was injured in car accident at the vibrant age of 27. He endured the pain of 26 surgeries, including the amputation of his right leg and the uncertainty of being able to walk again. Fortunately, Bruce received an artificial leg and with faith, help from family, friends, and rehabilitative therapy learned to walk and live independently again. He then walked into our lives, offering warmth, gratitude, and wisdom, as an intern.



Continued on page two

Boca-Respite Volunteer (BRV) is a non-profit 501(c) (3) agency that provides free-of-cost assistance and support to homebound individuals and family caregivers, regardless of age, medical condition, religion, race, ethnicity, sex, or financial status.

## Memorial Tribute...Leaving a Legacy of Caring

BRV would like to take this opportunity to recognize the legacy of Moe and Bea Simon who meant so much to their family, community and our organization.

Moe and Bea Simon were always together in life and always together in volunteering. Their lives also ended together in a tragic automobile accident in July. Four generations of their family have touched the lives of BRV care receivers. Additionally, the Simons were the grandparents of former employee Abbi Bentz, RN. We are very saddened by the deaths of these two community leaders who played an integral part in our organization during its formative years.

## Caregiving from the heart: Tips for taking care of yourself

Serving as an AmeriCorp Respite volunteer for the year of 1998, I spent a great deal of time pondering the weaknesses and strengths of family caregivers. My job as a volunteer was to provide relief for burned-out family caregivers but also to understand the needs of these caregivers. The program was created because in the Central Florida area most services focused on the needs of the homebound, frail individual, not the caregiver.

After serving nearly 30 families, I found out that the needs of the caregivers were great, encompassing emotional, physical, spiritual, and financial. My research and experience has allowed me to become a storehouse of tips for helping the caregiver to cope with their responsibilities.

It is most important for caregivers to **spend time away** from their care responsibilities, weekly. This allows the caregiver to return into themselves and recuperate. Doing this **without feeling guilty** is very important; if caregivers allow guilt to sink in they will most likely, unknowingly at first, begin to become depressed.

Caregivers in a state of depression can not positively influence the person in need of love and attention. Further, if you find yourself feeling a sense of uncontrollable stress or depression it is very important to **seek professional help**. **Exercise** is a wise and inexpensive vehicle that can keep a caregivers mind, body, and spirit nourished and ready to take on the day's challenges.

Often times simply **talking about the issues** you face as a caregiver lifts burdens. Caregivers who **have hobbies** or **attend social functions** tend to handle their duties with more ease. Most importantly, it is OK to seek and or **accept help from outsiders** who are willing to take on your burdens for a brief moment. Caregivers should **take stock in their own lives** in order to really pursue caregiving task with joy and ease. ■

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## Bruce Lake from page one

Now, Bruce has taken on another impressive challenge to help BRV with it fundraising efforts. On August 28, 2004 Lake successfully completed a 40-mile bike ride called "Tour de Boca" that he organized to provide necessary funding to meet the many needs of care receivers affiliated with BRV. Starting at the Sports Authority (Corner of Glades Road and S.R. 441), which donated the bike and raffles for the event, Bruce began his journey. Through the duration of the journey he kept in mind that the event was not at all for his benefit or glory, but for a special group, while he winds his way through the areas of Boca Raton that BRV serves.

Successfully, he raised nearly \$2,500 dollars, spirits, and hope for the future. We are so very proud of Bruce Lake's efforts in the "Tour de Boca" and his ongoing dedication with BRV. Additionally, Boca Respite Volunteers congratulates Bruce on completing his degree program in social work from Ball State University this past May. ■

**The Mayor Proclaims**

“Whereas, our nation was founded upon a spirit of volunteerism and the talents and energies of American volunteers are one of our greatest resources and the building blocks of our nation; and whereas, volunteer involvement enhances and expands services for the citizens of our community; and whereas, it has long been a tradition of the City of Boca Raton for volunteers to give freely of their time and energy and to perform work of the highest quality; and whereas, it is fitting to recognize and honor those volunteer caregivers who provide support services to benefit those who are vulnerable...homebound individuals and family/friends who assist those who are no longer able to be independent, often sacrificing their own physical, psychological and financial well-being; and whereas, we honor the many contributions that volunteer caregivers make to promote the independence and dignity of the persons they help and thus promote the quality of our city life; now therefore, I , *Steven L Abrahams*, Mayor of the City of Boca Raton, do hereby proclaim February 29, 2004 as Boca Respite Volunteers as the Oscar® Winners of Boca Raton. In Boca Raton, I urge all citizens to celebrate by joining with me in recognizing the significant service that Boca-Respite Volunteers contribute to our great community.”■

**BRV phrase of the quarter**

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**Welcome to all new congregations**

We would like to take this moment to welcome the Assembly of God and St. Paul Lutheran Churches to our organization. These new congregations have joined with the First United Methodist to form *Team Care. Team Care* members/volunteers work to serve the caregiving needs of their congregation and community. ■

**Organizational Needs**

Boca-Respite Volunteers is constantly in need of volunteers/resources beyond respite, including:

- Administrative Support
- Marketing
- Congregational Team Coordinator
- Employer Outreach Coordinator
- Fundraiser/Event Planner
- Grant Writer
- Social Worker
- Copy Machine
- Printing Services
- Holiday Gifts for clients



# Boca-Respite Volunteers Newsletter

## Next issue's highlights

- Excerpts from letters of thanks
- Introduction to new board members
- National caregivers month: Celebrating our triumphs and recognizing our issues in November

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## Comments from the Director

We are so encouraged by the growing support for the work of Boca Respite Volunteers. Members of our community are better beginning to understand the importance of the contributions made by our volunteers to those who are homebound and family caregivers. The support comes in many ways, including from our first corporate sponsor, a medical care service company that provides nurse practitioner house calls. Their licensed, board certified professionals work as an extension into the home of a person's own doctor, or under the direction of Dr. Karl Dhana, who is also Medical Director of Morse Geriatric Center.

Please join with us for several upcoming activities and events as together we break new ground in service excellence for our greater community.

I also wanted to let everyone know that I recently completed my classes. This is a very proud moment because I will be able to represent the organization from a place of knowledge and strength. ■

**We would like to thank Ron Gallatin for donating \$900 to match the proceeds from the bowling fundraiser in July!!!**



**Boca-Respite Volunteers**  
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