

Volunteers for the Homebound & Family Caregivers News

Caring for the invisible: homebound persons and family caregivers.
Fall 2007

Inside This Issue

ABC News	2
Camp Treasure	3
Golf & Tennis Results	3
Volunteering & Spiritual Care	4
Coming Events	4

November is National Family Caregivers Month

“Cookies for Caregivers” Celebration at Boca Raton Middle School and Temple Beth El

The PTA of **Boca Raton Middle School** donated money to the Home Economics class so they could bake cookies to recognize and support their peers who are caregivers. The group pictured to the right represents only a portion of the youth



at this school who are caregivers. The adults who are standing include **Abbi Bentz**, RN who founded Cookies for Caregivers six years ago; **Carole Kain**, ARNP the Pediatric and Family Specialist with the Caregiving Youth Partners’ Project (CYPP); and **Debbie Klein**, Guidance Counselor and CYPP liaison for Boca Raton Middle School.



Sara Satchel (left), a Boca Respite Volunteer family caregiver/care receiver, attended the Cookies for Caregivers event at Temple Beth El. ♥

CARE! EXPO

VHFC joined **Hospice by the Sea** in honoring and supporting family caregivers with a Caregiver Appreciation and Resources Expo on November 1st. This free event, open to family caregivers of all ages, was held from 3-7 p.m. at Hospice by the Sea on Palmetto Park Road in Boca Raton. There were community resource booths, workshops on caregiving, health screenings, Reiki and Healing Touch sessions, opportunities to connect with other caregivers along with music and refreshments. This was meaningful for caregivers and will become an annual event. ♥

Robert Wood Johnson Foundation Meeting

Connie Siskowski, President of VHFC (on the left) with **Polly Seitz**, Director of the Local Initiative Funding Partners (LIFP) of RWJF at the RWJF meeting in Stevenson, WA in October. LIFP is an 18-year-old national program of the RWJF that provides matching grants to support innovative community-based projects aimed at improving the health and health care



of underserved and vulnerable populations. “It was an impressive meeting!” says Connie, “How thankful for VHFC to be funded by RWJF through LIFP.” ♥

VHFC Welcomes Two New Board Members!

Dr. Charles Brown has served as the Vice President for Student Affairs at Florida Atlantic University since September 2006. He comes to the VHFC Board with many years of experience in working with college students throughout the US. He received his Ph.D. from Illinois State University. His research interests are student leadership development, diversity and other related student issues. He maintains active memberships in many professional organizations and honor societies.



Consuelo Inestrosa has been with Greater Boca Raton Chamber of Commerce since July 2001 where she is now the Vice President of Operations. Besides serving on the Board of VHFC she is actively involved in St. Joan of Arc Church, West Boca Raton Community High School, March of Dimes, and the George Snow Scholarship Fund, Inc. She graduated from Florida Atlantic University. Consuelo has been a Boca Respite volunteer since 2002!



A special thank you to all of the faithful caregivers in our community and around the world.

ABC News and Updates *The Three Programs of VHFC*



American Association of Caregiving Youth

When a Kid Becomes the Caregiver

A quote from a very lengthy article, by Michael Alison Chandler printed in the Washington Post of August 25, 2007, about the 1.4 million children in the United States from age 8 to 18 that care for a chronically ill or disabled relative:

"Caregiving children share feelings of 'stress, isolation and fear, thinking they are the only ones," said

Connie Siskowski, a registered nurse who started what is believed to be the nation's first program to identify and assist caregivers in public schools, in Boca Raton, Florida. "When there is a serious illness, there's also the fear of not only what's going to happen to that person but what's going to happen to me," she said. ♥

Boca Respite Volunteers



More than 130 BRV volunteers routinely improve the lives of homebound individuals and their families. One of those volunteers is **Dick Vanicek**. He dedicates many hours of his time to taking care receivers shopping and to doctor's appointments. He is a compassionate and civic minded person who volunteers for his Home Owner's Association board and is ready to jump in and help his friends. Compliments for Dick are continually coming in to the VHFC office. Most importantly, Dick is the primary caregiver for his lovely wife, Phyllis, who is a stroke survivor. They have been married for 55 years. Thanks, Dick. ♥

Caregiving in Later Life - Economic Priorities -

Part 4 of 10 by Connie Siskowski, RN, Ph.D.

Economic constraints weigh heavily on caregiving decision-making. There are several factors that contribute to economic hardship: a) people outlive their savings; b) fixed income of previous years is now inadequate; c) increased out-of-pocket medical expenses use up minimal disposable income; d) blended families have protected financial assets; and, e) children protect their future assets and may not encourage sound decision-making or the use of income assisting techniques such as reverse mortgages.

Moreover, households that are dependent upon the income from one who is disabled may be less likely to seek facility placement, even when there are indications for more intense or nursing home care. They are less likely to have in-home help through long-term care insurances and waiting lists are typically long for in-home public support. ♥



Caregiving Youth Project

Eleanor's Story on Being a Caregiver

I thought it best to share this interesting point with you. During my initial interview with the President and Founder of the VHFC, Dr. Connie



Siskowski, I discovered for the very first time that I had been a pre-teen caregiver to my ailing dad up to the time of his death. I had to miss classes for up to three days of the week to give my dad his medications and meals, while my mom assumed the heavy work load he had been doing to support the family. I

remembered that there were times that I would cry wanting to be in school, play with my friends on the playfield after school, and participate in church activities. I also remembered how affected my self-esteem was after test taking. My grades were badly affected, and there was nothing I could have done. Because of my culture, "no" wasn't in my vocabulary and to have questioned my mom would be to challenge her. That was a "no, no" in my time as a child.

My presence here now as a BA candidate at FAU and at this stage of my life is a clear indication and by-product of a caregiving youth. I am completing my social work internship with VHFC with plans to go on to grad school at FAU for my Masters in Social Work. ♥

Caregiving Youth Partners' Project Advisory Committee

VHFC announces the establishment of the CYPP Advisory Committee to monitor CYPP's progress and to make recommendations for improvement: Outstanding professionals from healthcare, education and community resources comprise the group under the leadership of **Paula Alderson**, Pres.& CEO, Hospice by the Sea. Members include: **Naelys Diaz**, Ph.D., Asst. Prof. FAU; **Ann Faraone**, Ph.D., Dir., Student Intervention Services, Palm Beach County School District; **Jody Gleason**, Exec. Dir. Palm Beach County Education Commission; **Karen Harwood**, M.S.W., Care Coordinator, CYPP; **Carole Kain**, ARNP, DN(s); **Joan Magill**, Psy.D., Magill Consulting; and **Connie Siskowski**, R.N., Ph.D. Founder and Pres. VHFC; This is a welcome addition to this first of its kind service in the nation. ♥



VHFC Raises \$10,000 at 6th Annual Golf & Tennis Tournament



Rex Walters & Connie Siskowski



Karen Roumay & Gail Eagle

Columbus Day 2007 at the **Deer Creek Country Club and Tennis Resort in Deerfield Beach** saw over 100 participants enjoying a golf clinic led by pro golfer **Debbie Munoz**, a pro tennis exhibition featuring **Morrill Hay and Dean Hall**, a shotgun sit out scramble, putting contest, tennis round robin, luncheon, silent auction and reception. **Rex Walters**, FAU Head Men's Basketball Coach served as Honorary Chair and **Gail Eagle** as Chair.



Debbie Munoz



2nd Place Winners - Michael Sandler, Dr. Larry Moses, Gary Siskowski & Phil Sharaf



Bob & Marcy Haupt with Phoebe & Larry Davidson

The Golfers: Winners of the shotgun scramble were **Chris Felt, Phil Fredericks, Jerry Mangawang, and Phil Matzat** and in 1st place; **Dr. Larry Moses, Michael Sandler, Phil Sharaf** and **Gary Siskowski** in 2nd place; and **Peter Kaplan, Chip Loring** and **Glen Rogers** in 3rd place. **Dr. Larry Moses** won the putting contest and individual golfing achievement honors went to **Leland Talcott** with closest to the pin and **Bob Haupt** with straightest drive.



Karen Harwood, Gail Eagle, Kristen Martin, Michael Weppner, Amy Seidman, Roz Waitman, & April Leavy

The Tennis Players: **Connie Tisdale** took 1st place honors in tennis with **Karen Murray** and **Roz Waitman** finishing 2nd and 3rd, respectively.



Kerry and Michael Weppner

The Sponsors: Special recognition was given to event Gold Sponsor **Tim Graboski Roofing** and Silver Sponsors **Babione Funeral Homes, Boca News, Marcy and Bob Haupt, and Rutherford & Stevenson Co.**♥

Second Camp Treasure in Lake Worth, Florida



This overnight camp held November 9th-10th was for Caregiving Youth from two Palm Beach County middle schools. Many youth shared how grateful they were able to participate, and expressed a desire to learn more about CPR, cooking skills, and patience when caring for a loved one. The weekend was an opportunity to relax, learn, and gain strength through the support of others. One student told her counselor that, "this was the first time she had fun in five years!" ♥



*The VHFC Board of Directors, Advisory Boards and Staff
wish you and your family
a Joyous Holiday Season and a Happy and Healthy New Year.*

Volunteering for VHFC

YOU can help those in need in our community through our Boca Respite and Caregiving Youth programs.

- ♥ Your skills, talents and/or expertise can help a neighbor stay independent.
- ♥ You can choose to help youth, seniors, and/or both.

For more information CALL **561-391-7401** and say you want to know more about being a VHFC Volunteer or you can visit **www.boca-respite.org**, click on "Volunteering" and then "Volunteer Application". We look forward to meeting you.♥

VHFC Spiritual Care Referral Services

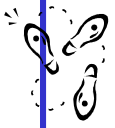
A care receiver, caregiver or anyone for that matter, may have thoughts about hope, the meaning of life, belief in God, and relief from loneliness and fear. These are normal feelings, but often are not verbalized. Each of us has our own style or manner in which we face life.

If you or someone you know needs assistance in contacting a spiritual care giver, please call the VHFC offices at 561-391-7401. ♥

"Don't put off until tomorrow what you can do today - you may really like it today and then you can do it again tomorrow!"

Get those "dancin' shoes" polished and ready to "show off" at the VHFC Second Annual

"HOOTENANNY"
Square Dance to Rock 'n Roll
with **Dinner and Silent Auction**
Thursday, April 3, 2008
Broken Sound Club
Boca Raton



VHFC Board of Directors

- Connie Siskowski, President
- Mark Platt, Vice President
- Fred Galland, Treasurer
- Carole Rutherford, Secretary
- Paula Alderson
- Charles Brown
- Gail Eagle
- Rabbi Sydney Goldstein
- Robin Hardy
- Consuelo Inestrosa
- Jeanie McGuire
- Carl Schieffer
- Tom Tift

VHFC Advisory Board

- Suellen Caplan
- Scott Ellington
- Carole Helman
- April Levy
- Steve Mulder
- Joanne Weppner

VHF Staff

- Millie Barber, M.D.
- Cynthia Cummings
- Summer Faerman
- Karen Harwood, MSW
- Carole Kain, ARNP
- Anabel Poleo
- Dianna Sanderson, MS*
- Connie Siskowski, RN, PhD
- Mary Jo Tarrien, RN

*Shared employee with Urban League

Volunteers for the Homebound and Family Caregivers

Established 1997

Boca Respite Volunteers
American Association of Caregiving Youth

3998 FAU Blvd. Suite 307
Boca Raton, FL 33431
561-391-7401
561-416-7213 (fax)
info@boca-respite.org
www.boca-respite.org
www.aacy.org

People of All Ages Helping People of All Ages™