



Volunteers for the Homebound & Family Caregivers News

Caring for the invisible: homebound persons and family caregivers.
July 2009

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Scholarship Winners



Caregiving Youth, Inita Knox and Reginette Exume were recipients of \$5,000 VHFC Caregiving Youth Scholarship awarded through the George Snow Scholarship Foundation to further their college educations. They are pictured here with VHFC Board Member Gail Eagle on the left and VHFC Finance & Operators Director, Cynthia Cummings on the right. ♥



US
and
UK
Kids

June 26th this group of our youth caregivers was on the radio in the UK as part of their broadcast during the Young Carers Festival! ♥



Youth Caregivers Training



CYP kids with Carol Summerland, RN (above) of the American Red Cross at the Apartment for Caregiver Education at the Palm Healthcare Pavilion in West Palm Beach. The Apartment has been created by Palm Health Care for caregivers of all ages to have experiential learning opportunities. ♥



VHFC President, Connie Siskowski with one of the caregiving youth, Ginelle Rodriguez. ♥

Our 3rd Edition of the Sun Sentinel News in Education—Caregiving Counts!

Caregiving Counts!



With special thanks and appreciation to all of the current funders of Caregiving Youth Parent Project in Palm Beach County and especially to the initial funders
Schmidt Family Foundation and The Toppel Family Foundation



American Association of
Caregiving Youth



Thank YOU

Jarden Consumer Solutions (JCS), with global headquarters in Boca Raton, awarded VHFC a check for \$5,500 to continue the work of the Caregiving Youth Project. In addition to this grant JCS's employee-supported JCS Community Fund approved more than \$128,000 in grants this year as part of its ongoing efforts to give back to the communities where its employees live and work. Pictured here in front of JCS Boca offices in the front row on the left is Dawn Dosch of JCS representing its employee grant committee. She is handing the check to VHFC President, Connie Siskowski and VHFC Chairperson, Jeanie Tennant. In the back rows are the generous JCS employees that donated to the VHFC grant. JCS has graciously donated slow cookers to VHFC for youth caregivers as well as items to add to the success of silent auctions.♥



'ChariTEES provided VHFC Board of Directors and Staff with free t-shirts with the AACY logo. "We are using T-shirts as a vehicle to help the community," says Jeff Firestone, who created his Boca Raton business ChariTEES when he began to print T-shirts at a discount for local charities. Business: ChariTEES provides T-shirt design and printing at below market-rate costs to nonprofit organizations, schools, hospitals and camps.♥

VHFC received a gift of \$1000 from the estate of **Jim Helsel**. Jim was Boca Respite's longest care receiver - first as a caregiver for his wife and then as a person who was home alone - we supported him in various ways for 118 months! Although Jim passed away October 22, 2008 at the age of 92, special memories of him endure among VHFC staff . ♥

Hands on Tzedekah is the foundation that first supported the need for expansion of VHFC services to youth caregivers through its provision of a computer server the in-house computers could be networked and access the internet. This year they made a special gift of \$4,000 to assist with mailings and to provide scholarships for camp. With the additional assistance of **Soroptimist International of Boca Raton/Deerfield Beach**, eleven youth caregivers are attending Summer Youth College at Palm Beach Community College in Boca Raton and Lake Worth!♥

The Outreach Ministry of **First United Methodist Church of Boca Raton** donated \$1,000 to VHFC to support its work in the community. First United Methodist Church which hosted the first organizational meeting of religious and community leaders to form Boca Raton Interfaith in Action, now VHFC in August 1997 has faithfully financially contributed to VHFC throughout our history—THANK YOU! ♥

MAKE A BID FOR THE KIDS! VHFC raised \$4,000 on June 11 at the Gallery Center n Boca Raton!



(above) VHFC Board member Gail Eagle and Liz Corbett welcomes the guests.



Carole Stephenson created this event, prepared all the food and decorations— Thank you Carole.



(above) Courtney Brogan, Connie Siskowski and Summer Faerman



Graduations



Karen Harwood, MSW & Care Coordinator of the Caregiving Youth Project graduated from the Leadership Management Institute of Non-profits First. Her team which included James Green from the Urban League organized an Institute alumni association for their project. ♥



Jen Craven, (seated) is VHFC's first AmeriCorps Member. She is surrounded by her colleagues who volunteered at Camp Treasure V as well as numerous other VHFC activities. Jen is from Rhode Island and leaves VHFC to attend graduate school. Among her VHFC responsibilities were Camp Treasure, Treasure Talk, teaching our core classes for middle school students, Club Treasure and volunteer recruitment. Jen has forever touched the lives of youth caregiving students and staff. Jen will be missed by everyone. ♥

Carole Kain, PhD, ARNP successfully defended her research at the Christine E. Lynn School of Nursing at Florida Atlantic University on June 23, 2009. Her qualitative research is about girls identified through the Caregiving Youth Project. Congratulations Carole on this wonderful achievement! ♥



ASHOKA INNOVATORS FOR THE PUBLIC

Ashoka, an international organization to promote social change has named Connie Siskowski as a Lifetime Fellow. This prestigious award will assist VHFC in its further development of the American Association of Caregiving Youth. Learn more at www.ashoka.org. ♥

VHFC is pleased to announce that it is actively participating in the formation of the Palm Beach County Caregiving Coalition. There are many organizations providing a variety of services to family caregivers of all ages. Palm Healthcare Foundation is facilitating the development of this coalition on behalf of caregiving families. The Coalition will enable groups to come together and to work synchronously on behalf of this population. ♥



Boca Respite Volunteers

Caregiving in Later Life— Conclusion

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

In conclusion and for future consideration there are three primary concerns for caregiving families in Florida:

- The need to develop special support services to protect the health of older spousal caregivers and to provide them with caring assistance upon the death of their spouse.
- The promotion of the assessment of caregiver capabilities followed by the encouragement of alternate solutions when the caregiver is unable to provide the care needed.
- The issues that are rapidly growing as our the population in Florida becomes more diverse including the needs of minority caregiving families, particularly among older women who have no expectation of reaching out for help that is so needed. ♥

VHFC Elects New Officers

Fred Galland became the new Chairperson of VHFC at the June meeting of the VHFC Board of Directors. **Shelby Linton** was elected Treasurer. "After 10 years as treasurer of this organization I am pleased to have the opportunity to guide VHFC in its next phase of growth," said Fred. ♥



Fred



Shelby

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, 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! ♥

New VHFC board member



Mark Hansen

Mark is a Boca Raton resident, with a successful 13 year career in real estate, and has served two terms on the Palm Beach County School Board. He is a graduate of Florida Atlantic University with a degree in communications. Mark is the author of An Ark for Learning which was used in many middle schools as a learning guide for students and teachers. Mark started the Lucile Hansen Education and Cancer Research Fund on behalf of Mother who passed away in 2006. ♥

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 caregiver, please call the VHFC offices at 561-391-7401. ♥

VHFC Board of Directors

- Connie Siskowski, President
- Fred Galland, Chair
- Paula Alderson, Vice Chair
- Shelby Linton, Treasurer
- Consuelo Inestroso, Secretary
- Andrea D'Addario
- Charles Brown
- Gail Eagle
- Mark Hansen
- Robin Hardy
- Jeanie Tennant
- Tom Tift
- Victor Vaccaro

VHFC Advisory Board

- Suellen Caplan
- Scott Ellington
- Rabbi Sydney Goldstein
- April Leavy
- Steve Mulder
- Carl Schiefer
- Carole Rutherford-Stevenson
- Carol Walters
- Joanne Weppner

VHFC Staff

- Millie Barber, M.D.
- Jen Craven*
- Cynthia Cummings
- Summer Faerman
- Karen Harwood, MSW
- Barbara Morrison, LMHC
- Dianna Sanderson, MS
- Danielle Scott
- Connie Siskowski, RN, PhD
- Mary Jo Tarrien, RN
- *AmeriCorps Member

Newsletter

Jeanie Tennant

VHFC's Three Programs :

AACY—American Association of Caregiving Youth
BRV—Boca Respite Volunteers ♥ CYP—Caregiving Youth Project

Volunteers for the Homebound and Family Caregivers

Established 1997

*Boca Respite Volunteers
American Association of Caregiving Youth
Caregiving Youth Project*

1515 N. Federal Hwy. #214
Boca Raton, FL 33432
561-391-7401(phone)
561-416-7213 (fax)

info@boca-respite.org
www.boca-respite.org

"People of All Ages Helping People of All Ages"