

# Volunteers for the Homebound & Family Caregivers News

*Caring for the invisible: homebound persons and family caregivers.*  
Spring 2008

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Leslee & Bob Drogowitz



Gary & Arleen Post – Won Atlantic City trip



Karen Harwood, Len & Esther Wolfer

## VHFC SQUARE DANCE & HOOTENANNY



The Square Dance, Line Dance & Texas 2 Step with Dinner and Silent Auction Fundraiser was a great success for VHFC on Thursday, April 3, 2008 at the Broken Sound Club in Boca Raton. A special thank you to **Leslee and Bob Drogowitz** who gave of their time and resources to help make the fund raising event **the most successful in VHFC history!** They opened their home to meetings, spent hours of their time sharing information about the work of VHFC, organized an outstanding committee, helped collect items for the silent auction, obtained three sponsors...ABC Roofing, AutoNation, and Golden Eye & Ear, distributed flyers, encouraged neighbors to join them as patrons or to make a donation if they were unable to attend, met with Broken Sound staff to assure that every detail was in place, secured the best caller and managed the program. VHFC is grateful to this dedicated couple for their help this year as well as in the three previous years. It truly takes a community to reach out and touch the lives of those who are invisible among us...thank you to all who supported this remarkable event!♥

## Current Happenings at VHFC

♥ Donations that are in-kind contributions have helped VHFC keep its doors open through the years. Our most recent in-kind contributor is "**Out of the Blue Solutions**" who is hosting the VHFC database system thus allowing secure remote access and expansion for our affiliate in Pinellas County.

♥ Laurie Connors, MSW and Bill Hartmann, our volunteer webmaster continue to work as a team to enrich and update our websites. Have you visited there lately? Check out [www.boca-respite.org](http://www.boca-respite.org) and [www.aacy.org](http://www.aacy.org)!

♥ VHFC is now a member of the **Boca Raton Chamber of Commerce**. We have joined with **Mercantile Bank** to plan an event for Boca Festival Days in August - stay tuned!

♥ We are working to reach out to provide front line critical information for educating our policy makers. The issues of our clients of all ages need to be heard by all. Our first visitor was Michelle from US Sen. Bill Nelson's office.

♥ VHFC President, Connie Siskowski was interviewed on April 27th, 2008 by Dr. Stephen L. Goldstein as part of the Forum for Nonprofits radio broadcast, a public service of **Beasley radio stations WSBR AM 740** (Sundays, 6:20am) and **WWNN AM 1470** (Sundays, 7:30am). During this dynamic and cutting-edge weekly forum for nonprofits, Connie spoke about the three programs of VHFC and their worthiness for philanthropic support. You can listen to the show by linking to it from our websites.♥

ABC News and Updates The Three Programs of VHFC



American Association of Caregiving Youth

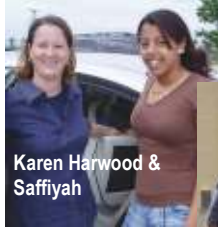


The Caregivers Support Network (CSN), the first AACY affiliate, announced the launch of the Caregiving Youth Project of Pinellas County in-school support group which began on April 23, 2008. Of the 175 students identified as caregivers at Largo Middle School in Largo, Florida, 95 are eligible to participate in the program.

With funding from Baxter International and Women in Philanthropy of Morton Plant Hospital Foundation, along with in-kind support through school nursing, project partners of the Caregivers Support Network include: The Children's Home, Marriage and Family Counseling and Big Brothers Big Sisters. Pictured above are CSN Executive Director, Jeni Coticchio, Rita Becchetti, Nursing Director of the School District of Pinellas County and Annie Vilanova, MSW of Marriage and Family Counseling. ♥



Caregiving Youth Project

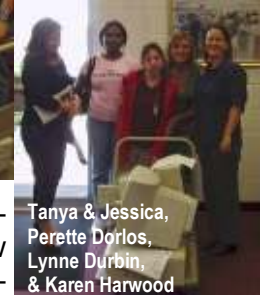


Karen Harwood & Saffiyah

A wonderful collaborative effort between the Palm Beach County School District's Park Vista High School's computer refurbishing project and the CYP Program has resulted in 21 families



Karen Harwood, Kimberly & Horatio Ochoa



Tanya & Jessica, Perette Dorlos, Lynne Durbin, & Karen Harwood

receiving computers. The computers will not only add to the Youth Caregiver's academic knowledge base, they will also allow them to participate in the forthcoming "Treasure Chat" and access other educational as well as caregiver support web sites. ♥



During a recent field trip, the CYP students pictured above and below were taken by bus to the Whole Foods Market in Boca Raton.



There Chef Terry Gaum taught them how to shop, prepare and cook healthy and convenient dinners. At the end of the trip, the students were presented with slow cookers, donated by Jarden Consumer Solutions in Boca Raton. ♥

Treasure Talk the online Caregiving Youth Newsletter was launched by VHFC's CYP Program in May 2008. ♥

(CYP continues on page 3)



Boca Respite Volunteers Caregiving in Later Life - Legislative Support

Part 6 of 10 by Connie Siskowski, RN, Ph.D.

The National Family Caregiver Support Program, enacted in 2000, has provided millions of family caregivers with information, assistance in accessing services, training, respite, and other supplemental services. This program, administered by the Department of Health and Human Services of the Administration on Aging, benefits caregivers who are age 60 years or older as well as those caring for someone over the age of 60 years. In Florida, as in other states, monies for these benefits are distributed through the Area Agencies on Aging and while they each follow established guidelines, there are differences in benefits from region to region. New legislation, signed by President Bush in December 2006 is for lifespan respite. Once implemented, it will hopefully begin to somewhat relieve caregivers of all ages. ♥

## Caregiving Youth Project (continued)

### First School Award

Boca Raton Middle School was given an award by VHFC on for being the first school in the US to have a Caregiving Youth Project Program. Pictured from left to right below are Dianna Sanderson, Carole Kain, Debrah Klein, Jack Thompson, Karen Harwood, Connie Siskowski, Maria Levix and Betsi Kassebaum. ♥



### CYPP Stress Buster Winners



Natasha is the winner at Boca Raton Middle School. Pictured: Karen Harwood, CYPP, Natasha and Debrah Klein of Boca Middle, Boca Raton, FL.



Taika Semoins was the winner from Congress Middle School in Boca Raton. Left to right above is Deborah Nix, Guidance Counselor and the CYPP school liaison, Taika and Dr. Millie Barber of VHFC.



"Jamming" Bittany's entry is the winner from Lantana Middle School in Lantana, Florida.

### Research Paper Accepted

Naelys Diaz, PhD of Florida Atlantic University and Connie Siskowski, RN, PhD of VHFC have been invited to participate in a virtual presentation of their work on *Latino Young Caregivers in the United States: Who Are They and What Are the Educational Consequences of This Role?* at the 8th International Conference on Diversity in Organisations, Communities and Nations in Canada June 17-20, 2008. The paper can be viewed at <http://D08.cgpublisher.com/proposals/427> ♥

### VHFC Board Changes

This spring VHFC updated its bylaws and created two new positions for its board of directors, chairperson and vice chair person. Jeanie McGuire Tennant was elected by the board as Chairperson. The other officers are Paula Alderson, Vice Chairperson; Dr. Connie Siskowski, President; Fred Galland, Treasurer; and Carole Rutherford and Consuelo Inestrosa, Co-Secretaries. These officers will serve for 2008 along with board members Dr. Charles Brown, Gail Eagle, Rabbi Sydney Goldstein, Robin Hardy, Mark Platt, Carl Schiefer, and Dr. Tom Tift.

"We look forward to an exciting year filled with new programs, new funding and increasing the size of our board of directors," said Chairperson Jeanie McGuire Tennant. ♥

### VHFC Salutes Board Member Carl Schieffer

Carl is a long time VHFC board member and co-founder of VHFC's Spiritual Care Referral Service. Carl recently organized a group of men to take down shutters for one of the Caregiving Youth Project families. ♥

### Helpful Hints from National Patient Safety Foundation for People with Visual Challenges

- Use nightlights and light ropes in hallways.
- Use white on black for printed materials.
- Use bright colors to "turn on" the retina -- best seen colors are red, orange and yellow.
- Think of ways to use sticky back Velcro and bumps
- Use safety pins, not straight ones
- Package materials with rubber bands
- Light the inside of closets and cupboards.

### Why Volunteer?

*Author unknown*

Its' not for money, it's not for fame,  
 It's not for any personal gain,  
 It's just for love of fellow man,  
 It's just to give a helping hand,  
 It's just to give a tithe to oneself,  
 That's something you can't buy with wealth  
 It's not for medals worn with pride,  
 It's for that feeling deep inside,  
 It's that reward down in your heart  
 It's the feeling that you've been a part  
 of helping others far and near  
 That is what makes a Volunteer.

### 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. ♥

### Three Questions to Ask Your Doctor

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

### 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 Newsletter Editor– Jeanie McGuire Tennant  
 mcguirej@mindspring.com 561-945-9097

### VHFC Board of Directors

Dr. Connie Siskowski, President  
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 Carole Rutherford, Co-Secretary  
 Consuelo Inestrosa, Co-Secretary  
 Dr. Charles Brown  
 Gail Eagle  
 Rabbi Sydney Goldstein  
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 Mark Platt  
 Carl Schiefer  
 Dr. Tom Tift

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 Cynthia Cummings  
 Summer Faerman  
 Karen Harwood, MSW  
 Carole Kain, ARNP, DNS(c)  
 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  
 Caregiving Youth Project*

1515 N. Federal Hwy. #214  
 Boca Raton, FL 33432  
 561-391-7401(phone)  
 561-416-7213 (fax)  
[info@boca-respite.org](mailto:info@boca-respite.org)  
[www.boca-respite.org](http://www.boca-respite.org)  
[www.aacy.org](http://www.aacy.org)

"People of All Ages Helping People of All Ages"