

Volunteers for the Homebound & Family Caregivers News

Caring for the invisible homebound persons and family caregivers.

SPRING 2007

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CYP Camp Treasure

The VHFC Caregiving Youth Project held its first overnight camp April 27th to 28th at Gold Coast Christian Camp in Lake Worth Florida. Fourteen caregiving youth representing Boca and Congress Middle Schools, had a great time and bonded with their common thread of caring!



In the Activity Room



Learning Teamwork

Activities included games, basketball, journal time, caregiving education focusing on mobility assistance, a campfire complete with s'mores, cabin time, a ropes course to learn about

teamwork, art therapy to discover the "treasure within", swimming, hula-hooping, foosball, and ping pong. The campers' favorite activities were swimming and art.

The camping experience was a team effort. The Red Cross provided hygiene kits for the campers, a lifeguard, and conducted the safety education class in mobility assistance. Beautifully embroidered towels were generously donated by The Gardens Memorial Park. Hospice-by-the-Sea assisted with extra linens and pillows. Jan Savarick made a special financial contribution. St. Paul Lutheran Church and Wayne Barton Study Center helped with transportation.

Camp Treasure was made possible by the financial support from the VHFC funding partners, the volunteer counselors including a family, CYP staff members and their families who took on additional family tasks at home so staff members to be at the camp. Karen Harwood of CYP was the Camp Treasure Director and the person who made the inaugural year of this camp so rewarding for the youth. Just hearing a camper



Natasha and the Hoops



Jimmy Swimming.

say, "Can I just stay here?" tells it all. CYP is making a difference in the lives of these young caregivers.



Art Reveals the "Treasure Within"



Mobility Training

Boca Raton Trivia by Roslyn K. Rudolph

"Who was Addison Mizner?"

(see p 4)

ABC News and Updates —The Three Programs of VHFC



American Association of Caregiving Youth

☀ Connie Siskowski, President of VHFC was quoted in an article that appeared on **msn.com** on April 5, 2007, "Lost Childhoods-Caring for a sick family member takes a high toll on kids," by Melissa Segrest. *"Parents or other family members really don't realize the effect that the family health situation is having on the child. ... Mom or Dad, they get so involved and so drained with the caregiving for their own parents that they don't realize that it's taking time away from their child,"* says Connie Siskowski, an expert on family caregiving who has paid special attention to issues surrounding children and teens.

☀ **CALL 4 HEALTH AND THE AACY TEAM UP TO REACH OUT IN 2007**—Call 4 Health and the American Association of Caregiving Youth (AACY) have established a partnership to enhance the communication capacity for ACCY. As one of the Nation's leading medical and home health care call centers, Call 4 Health has offered it's call services to AACY to augment its reach to an underserved population: children and adolescents who care for chronically ill or disabled family members. *"This is a very exciting partnership for us, as Call 4 Health acknowledges a real value in what the AACY offers to young people and their families as well as the services its Caregiving Youth Project offers locally,"* said Call 4 Health CEO Joseph Pores. Call 4 Health 1-800-725-2512 will service AACY by handling all toll free inbound phone calls and handling the messaging services for the VHFC. Call 4 Health call centers provide professional and accurate service to its national clientele. Based upon compassion and empathy as its key principles, Call 4 Health offers its customers the utmost attention while operating 24 hours a day and 7 days a week. Based in Boca Raton, Florida, Call 4 Health services private doctor practices, hospitals, large medical facilities and hospice services. For additional information visit www.call4health.com.

Boca Respite Volunteers



☀ **Soroptimist International of Boca Raton/Deerfield Beach has given** a \$1000 grant to the VHFC Boca Respite Volunteers program which will be used to expand the services for the homebound and family caregivers of the community.

Caregiving Youth Project

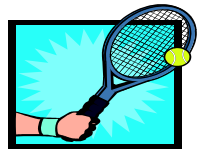


☀ The VHFC Board of Directors is pleased to announce that on June 7th it will award the first **Laurie Connors Caregiving Youth Scholarship** to a deserving caregiving youth to use for college. The scholarship is named in honor of Laurie Connors, MSW who volunteered countless hours for more than a year to help establish the Caregiving Youth Project.

☀ Boca Raton Middle School is the first school in the United States to address the needs of caregiving youth. Connie Siskowski, President of VHFC, Debrah Klein, Guidance Coordinator at Boca Middle School, and Carole Kain, counseling services leader of the CYP accepted the **City of Boca Raton Proclamation** for National Family Caregiver Month. The proclamation will be on display at Boca Middle School. Debrah Klein has been the liaison for CYP at the school.



At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. *Albert Schweitzer*



Rex Walters
FAU Men's Basketball Head Coach
Honorary Chair of VHFC 6th Annual
All Star Swing Golf & Tennis Tournament

Rex Walters, a former NBA player and recipient of mentorship by Pat Riley is Honorary Chair of the tournament to be held on Columbus Day, **Monday, October 8, 2007 at the Deer Creek Country Club and the Deer Creek Tennis Resort**

"I am honored to participate and lend my expertise as well as support for this fundraising event," Walters stated. "Who knows, the Caregiving Youth Project of VHFC, which is the first in the United States, could be assisting a rising basketball star who otherwise would never have a chance because of his family caregiving responsibilities."

Walters joins event co-chairs Jim Giancola, long time Boca resident and community leader, and Gail Eagle, Special Projects Manager of JES Publishing, publishers of Boca Raton magazine and Florida Table.

Tax-deductible individual and corporate sponsorship packages, ranging from \$30 to \$5000, are available. For more information and/or sponsorship opportunities, visit www.boca-respite.org, www.aacy.org or contact Connie Siskowski at (561) 391-7401 or connie@boca-respite.org.



"HOOTENANNY"

This March dinner- dance and silent auction was well attended and raised \$16,000 for VHFC's programs and services. The VHC Board of

Directors is very grateful to the Hootenanny sponsors: **Lexus of Palm Beach, Broken Sound Club, The Gardens, and First Southern Bank.**



Let's Dance

The Honorary Chairs of the event were **Leslee and Bob Drogowitz**. **April Leavy** headed the silent auction and **Ellen Bogdanoff** was in charge of decorations. VHFC appreciates all the volunteers and dancing partners who believe so strongly in the VHFC mission that they gave their time, money and talent to this event.



Fun with Friends



Nancy & Dan Gooze and Friends

Caregiving in Later Life – If Only There Was an Easy Recipe!

Part Two

Connie Siskowski, RN, PhD

Employed Older Caregivers

Although in recent years more men have taken on caregiving responsibilities, it is typically the woman whether she is mother, wife, or daughter, who is the pri-

mary caregiver. Today it is common for a woman who is 55 years of age or older to be working. Employed caregiving women are likely to change their working schedules to meet the needs of their caregiving role often without regard for lower pay and associated benefits along with fewer opportunities for advancement.

Additionally, reduced work retirement benefits, including those

from Social Security may also diminish. A female caregiver in her 50's or 60's who cares for a parent is 2.5 times more likely than her non-caregiving counterpart to live in poverty. The calculated economic value of the adult caregiving role is \$306 billion annually, however not only to the family but also to society caregiving is neither adequately recognized nor supported.



VHFC Spiritual Care Referral Services

In February 2007, VHFC launched its new Spiritual Care Referral Service with two training sessions for VHFC Volunteers. Fred Mortensen, Spiritual Care Counselor for Hospice by the Sea, provided very informative and interactive seminars.

If you or someone you know is in need of spiritual care here are some questions to consider:

1. Do you want someone to contact a spiritual leader on your behalf?
2. Do you have a specific faith community that you prefer?
3. Is there a specific person you would like to be called?
4. How soon would you like to be contacted?

The VHFC spiritual leaders who have volunteered to facilitate spiritual care services include: **Rabbi Sidney Goldstein**, Dir. of Chaplaincy, Ruth Rales Jewish Family Services □ **Fred Mortensen**, Spiritual Care Counselor, Hospice by the Sea □ **Carl Schieffer**, St. Paul Lutheran Church, Stephen Minister Leader □ **Dr. Tom Tift**, Dir. of Congregational Care, 1st United Methodist Church, and □ **Joanne Weppner**, Member of St. Joan of Arc Catholic Church

For Assistance call Connie Siskowski at 561-391-7401.

Volunteering for VHFC

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

Flexible times to meet your schedule

Use your skills, talents and expertise to help a neighbor stay independent

Help caregiving youth families, seniors, and/or anyone in the middle!

You can help VHFC with:

- events and fund-raising activities,
- outreach to the community, and
- making stories of our care receivers and caregivers become alive for others.

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 Board of Directors

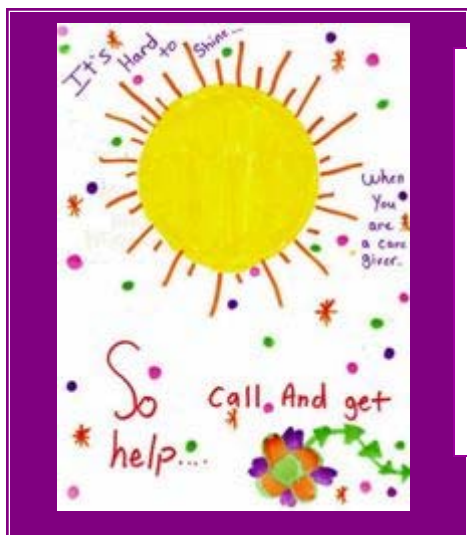
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Boca Raton Trivia Answer :

The first architect for Boca Raton society residents.



By Melissa
**Stress-Buster
 Contest Entry
 Boca Raton
 Community
 Middle School
 Dec. 2006**

Volunteers for the Homebound and Family Caregivers Established 1997

Boca Respite Volunteers
 American Association of Caregiving Youth

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"People of All Ages Helping People of All Ages"