



Volunteers for the Homebound & Family Caregivers News

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

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Caregiving Youth Project

THE FIRST CYPP CAMP TREASURE REUNION



Camp Treasure Reunion was held at Lynn University on Saturday, July 26th for youth caregivers, staff and volunteer camp counselors. The reunion was a wonderful way for everyone to see old friends from other schools and get together before school starts. ♥

CYPP JOINS IN THE UNITED KINGDOM'S YOUNG CARERS FESTIVAL 2008

CYPP had the incredible opportunity to participate in this year's UK festival via videoconference in late June. Our C Y P P youth caregivers and staff gathered around the V H F C conference table to greet their UK counterparts with British and American flags waving. The youth shared questions and concerns about their caregiving experiences. Our hope is that US representatives will be able to travel to the UK for next year's festival! ♥



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TREASURE TALES



The Education Network was the site of the July 22 Treasure Tales, the first annual CYPP writing seminar. Mrs. Marla Wilderman, a gifted and renowned educator had enthusiasm that was contagious as she led the session. Students created beautiful poems and wrote incredible stories using Ms. Wilderman's acronym, "How to Spot a Super Sensational Story. The morning workshop focused on learning to write poetry while the afternoon was dedicated to painting word pictures in creating interesting stories...those with a hook. The students all realized that this time spent would help them as they return to school and also to share their own stories of courage and life."♥

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CYPP'S FIRST INTERNET CHAT

Friday, August 15th at 2 p.m. EST was a successful first chat via the internet that enabled local youth caregivers to talk with each other and youth caregivers around the nation and the globe. What a wonderful opportunity to honor, learn from and support one another!♥



MAKE A DIFFERENCE FOR OUR KIDS

Getting a ride for activities is hard for our caregiving kids. Parents are either working, do not have a car or are not able to drive. If you can help please call(561) 391-7401 or email Summer Summer@boca-respite.org or Karen Karen@acy.org. Help with gas money is available. ♥

VHFC's Volunteer Assistance Services Programs

AACY—American Association of Caregiving Youth

BRV—Boca Respite Volunteers ♥ CYPP—Caregiving Youth Project

Caregiving Youth Project *continued*

*Young Caregivers:
A Grounded Theory Study*

Carole Kain, ARNP,DNs(c), of the VHFC Caregiving Youth Project presented a poster at the National Association of School Nurses in July 2008. The purpose of Carole's grounded theory study is to explore and describe the processes used by female young caregivers, aged 11 to 14 years old, to manage the multiple demands of caregiving, school attendance and achieving social and physical maturity. Carole won \$100 for the presentation and gained a lot of recognition for this work! Congratulations, Carole!

**ALEXANDRIA LOPRESTO WINS
VHFC CAREGIVING YOUTH SCHOLARSHIP**



Pictured are Alexandria, Connie Siskowski, Clare Bennett (Connie's granddaughter) and Tim Snow, president of the Boca Raton-based George Snow Scholarship. Alexandria will be attending Florida International University in Miami this fall. This is VHFC's third year to award this scholarship to a local Young Caregiver. ♥

DEEP SEA FISHING TRIP!



About 30 of our Caregiving Youth were treated to a day of fishing sponsored by the Palm Beach County Fishing Club. The Youth were accompanied by VHFC Board Member, Dr. Tom Tift and Cliff

Saslow, a teacher from Congress Middle School who volunteered to tutor 3 CYP boys this summer, and CYP Care Coordinator, Karen Harwood, MSW. Each student took home their catch of the day and a rod and reel ! ♥

CELL PHONES FOR SOLDIERS



An opportunity for us to help our soldiers directly is through – Cell Phones for Soldiers. You mail your old cell phones, batteries, &/or accessories (postage free) to a recycler who donates funds to buy pre-paid phone cards for soldiers to use overseas to speak with their families stateside. To print your own labels go to http://www.cellphonesforsoldiers.com/shippingLabel_generic_print.html and on the mailing label please write in "Source Code 11775" . You may also drop your phone off at the VHFC office or give it to one of the VHFC staff members. ♥

TREASURES WERE APPRAISED AT BOCA FESTIVAL DAYS



People brought their heirlooms and collectibles to be valued by professional certified appraisers, Robyn Leigh Colucci and Vlad Kolchkov on August 20th at the **Mercantile Bank Boca Raton Branch**. Hand carved pipes, art, silver, bowls, beer steins and a dessert table were among the items presented. The bank provided refreshments and the appraisers donated their time. VHFC is proud to have the Mercantile Bank Boca Raton Branch as a



Greater Boca Raton Chamber of Commerce Partner and to be working closely with the bank VP and Branch Manager, Katherine Van Brocklin. ♥



Boca Respite Volunteers

INDEPENDENCE

Driving (especially in Florida where people are so used to driving) is one of the last harbingers of independence. But the consequences of a person driving who may no longer truly be capable of being a good driver could take away another person's independence.



Today, we are primarily utilitarian drivers trying to get from point A to point B, rather than taking a drive along the ocean with the family. When someone else can help us get from A to B then it is less threatening to not be the "driver." Here are some of the signs that indicate a person should no longer drive:

- Driving too slow or too fast
- Stopping for no reason
- Moving into the wrong lane
- Trouble turning or parking, hitting the curb
- Delayed responses - near misses
- Becoming agitated or irritated
- Increased dents, scrapes on the car

A Boca Respite Volunteer can help a person keep their independence. Call 561- 391-7401 for assistance. ♥

CAREGIVING IN LATER LIFE

Florida Can Do Things Differently!

Part 7 of 10 by Connie Siskowski, RN, Ph.D.

The State of Florida has incredible resources in its family caregivers that need to be recognized and integrated into a systems approach. Families have changed more quickly than systems can respond and family-centered care rather than age-associated care makes sense for the future. A central resource for caregivers of all ages, cultures and caregiving situations in Florida would be meaningful.

Florida has examples of caregiver support that includes women who are 55 years of age and older. There are disease specific associations that offer support, as well as the Florida Respite Coalition, the Polk County Caregivers Association in Lakeland, and the Sunflower House in Brevard County. Ultimately, real change can occur when the healthcare system identifies a caregiving family at the point of diagnosis and begins a system of planning and support from day one. Caregiving is an art as well as a special honor and relationship like no other. ♥

BLADDER CONTROL

VHFC strives to keep its volunteers updated through educational programs to help themselves, their families and care receivers. The May 15th program offered valuable information on a non-invasive 8 week program to restore bladder control. The therapy is called Imagine Therapy and uses muscle strengthening techniques to support the areas surrounding and controlling the bladder. If you would like more information, please contact Summer at 561- 391-7401 ♥

BETTER HEARING ON CELL PHONES



People with hearing aids sometimes have difficulty with various types of noise feedback, including when a phone rings. However, advances in hearing assist devices now include a Bluetooth compatibility feature! With the Bluetooth connection, there is no feedback because a cell phone call comes in through the hearing aid instead of the phone. ♥

Award winning photographer

KATHERINE MORGAN

has named VHFC as a charity for her ART with a HEART to which she will donate a portion of proceeds when selected by the purchaser.

Please see www.kmorganphotos.com

VHFC WELCOMES NEW BOARD MEMBER

Andrea D'Addario is an attorney with Ellis & Hodes in Boca Raton. She is a graduate of UCF and received a J.D. from Nova Southeastern University. Her expertise is in guardianship, probate, estates, trusts and estate administration. We are happy to have her insight in making decisions for our Board.

PLAN AHEAD

for the

VHFC CELEBRATION OF A DECADE



Join us for lunch as VHFC celebrates 10 years of service to the community.

Sponsorship and Program opportunities are available!

For more information
or to join us
call Summer at 561- 391-7401



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! ♥

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*AmeriCorps Member

**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*

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"People of All Ages Helping People of All Ages"