

Volunteers for the Homebound & Family Caregivers News

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

Inside This Issue

A-B-C News	2
Hootenanny	3
Special Christmas	3
Active Board Members	3
Volunteering & Spiritual Care	4



New Headquarters For VHFC

After three wonderful years of being located in the Innovation and Research Park adjacent to the FAU Boca Raton Campus with the rent underwritten by Tom Head of Head Properties, Inc. VHFC has moved to Suite 214 in the Atrium Building at 1515 North Federal Highway, Boca Raton, 33432.

VHFC President, Connie Siskowski, worked with Ron Murfin and his team of Penn-Florida to secure 1500 square feet of donated office space on Federal Highway near Glades Road. Thanks to the generosity of both Tom Head and Penn-Florida, VHFC received office furniture. Others involved in the move were Mr. Jimmy's Moving, Cynthia Andrade, Millie Barber, Laurie Connors, Cynthia & Tom Cummings, Summer & Larry Faerman, Bill Hartmann, Karen Harwood, Carole Kain, Anabel Poleo, Carole Rutherford, Dianne Sanderson, Gary Siskowski and Mary Jo Tarrien. ♥

♥ VHFC Honors Volunteers ♥

Classic Residence by Hyatt in Boca Raton hosted a lovely luncheon for VHFC Volunteers on February 19, 2008 at their facility on Camino Del Mar. Summer Faerman, VHFC's Boca Respite Volunteer Manager arranged the well attended event. Summer recognized each volunteer for their individual service to assist the homebound and family caregivers. VHFC's President, Connie Siskowski, read some very appropriate sayings and verses about the value of volunteering as Summer gave each volunteer a gift. ♥



Summer Faerman



Pat Connors



Dick Connors



Isabel Flook



Carole Rutherford



Frank Ettinger



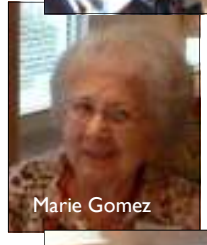
Consuelo Inestrosa



Ed Kaplan



Shirley Kaplan



Marie Gomez



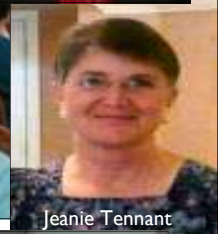
Mary Springs



Tom Tift



Elizabeth Ferguson



Jeanie Tennant



Connie Siskowski



Tony Quesada



Jennifer Patel



Maureen Cleary



Sally Hardy



Robin Hardy

ABC News and Updates *The Three Programs of VHFC*



American Association of Caregiving Youth

The first affiliate of AACY, the Caregivers Support Network in Largo, FL is launching the Caregiving Youth Project of Pinellas. Project services will begin at Largo Middle School under the direction of Jeni Coticchio.

Funded by Baxter International, the Women in Philanthropy of the Morton Plant Foundation, and others, the Project is the first to replicate the VHFC model of support for youth caregivers. Project partners who will provide direct services in cooperation with the School District of Pinellas County are The Children's Home, Marriage and Family Centers, and Big Brothers Big Sisters.



Caregiving Youth Project

The Caregiving Youth Partner's Project (CYPP) is the only program like it in the nation. But when others realize how many 12-year-olds are doing what Annamarie is doing, and that she's far from unusual, this concept should grow.



For 5 years, Annamarie, who lives in South Florida, has been caring for her mother who was disabled in an automobile accident. She gives her mother injections for headaches and watches her blood sugar. She cooks and cleans. She cares for her 10-year-old sister. And, she does her homework; she's an eighth-grader. About one year ago, Annamarie and her family began getting some help -- information, resources, respite, a support group, and a special camp --- from CYPP's unique program. Annamarie is one of about 1.3 million U. S. kids aged 8 to 18 doing some type of caregiving, according to the first national study.

In 2006, a Gates Foundation study asked young adults why they dropped out of school. Of those who left for personal reasons, 22% said it was to care for a family member.

With support from Palm Healthcare Foundation and other groups, CYPP is slowly expanding. The project team provides counseling, home visits to link families to resources, respite care, education classes and fun out-of-school activities. During lunch periods at the schools, the team talks with kids and provides information. Students learn they are part of the healthcare delivery system and that their role is significant and valued.

The program's support group helped Annamarie deal with stress. It also showed her she isn't alone in caring for a parent. "I thought I was the only one doing it," she says. Her mother, who is equally grateful said, "Without your program I don't know where my daughter would be today, thank you."

This story is from an article by the Palm Healthcare Foundation. www.palmhealthcare.org



Boca Respite Volunteers

Caregiving in Later Life - Expanded Home Care Capabilities

Part 5 of 10 by Connie Siskowski, RN, Ph.D.

Technological advances allow persons to be cared for at home who in yesteryear would be cared for in a nursing home. There are staffing and qualification requirements of facilities in order to provide safe care. Yet, few providers focus on an assessment of the caregiver capabilities or other family as staff who are available to provide care. Thus, it is the caregiver, and particularly the older caregiver, who bears the burden and incurs consequences of noble acts.

Even when someone is in a facility surrounded by competent and qualified staff to help with personal care and life's basics, the family caregiving continues with different caregiving activities and still the emotional strain. Caregiving families require education, guidance, and integrated systems to support them in caregiving roles. Many people, including healthcare professionals, are not aware of community resources that help with care, nor do they know how to find and access them.

Helpful tips for families with people who have diminished vision:

- 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.

C 'MON DOWN...
"SQUARE DANCE"
 YOUR WAY TO DINNER
 at Broken Sound Club



BIG DANCE FLOOR
 JEANS or
 COUNTRY CASUAL
 ATTIRE
 KICK UP YOUR HEELS!
 * SQUARE DANCE
 * LINE DANCE
 * TEXAS 2 STEP

**WIN A CRUISE
 FOR 2!
 -OWNER'S SUITE
 -FREE DRAWING**

**SILENT AUCTION
 DOOR PRIZES
 RAFFLES**

LESLEE & BOB DROGOWITZ,
 CoChairs
 CONNIE BISKOWSKI, MEd, PhD
 FOUNDER & PRESIDENT

**THURSDAY-
 APRIL 3, 2008
 6:00 PM**

* APPETIZERS
 * WINE * BEER
 * DINNER with
 ALL the Fixin's
 & DESSERTS

**All Proceeds Benefit:
 VOLUNTEERS for the Homebound
 & Family Caregivers**
 info@boca-respite.org
 www.boca-respite.org

RSVP REQUIRED!
 (561) 391-7401
 Mail Form & Check to:
 VHFC, Inc.
 1515 N. Federal Hwy.
 Suite 214
 Boca Raton, FL 33432
 CALL FOR VISA/MC

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

HOOTENANNY

Square Dance, Line Dance & Texas 2 Step
 with Dinner and Silent Auction
 Thursday, April 3, 2008
 Broken Sound Club

Please join us for fun and help us raise
 some money for our homebound and care-
 giving programs and services. Please
 RSVP with your intentions:

- Number in your party at \$75 per person
 or
- Desire to be a Patron at \$100 per person
 or
- Cannot attend, but sending my donation

Call 561-391-7401 with your RSVP or
 questions or send your reservation or do-
 nation to VHFC, 1515 N. Federal Hwy.
 #214, Boca Raton, FL 33432

VHFC is again so grateful to Leslee & Bob
 Drogowitz for co-chairing this event for us!

A Special Christmas - 2007

by Karen Harwood, MSW

KB is funny, outgoing and has a smile that lights up the room. He plays football, has lots of friends, and on the surface looks like your average 12 year old boy. However, his mother and father have taken in two of his nephews (now ages 6 and 8) to avoid foster care placement and KB's 24 year old sister and newborn.

The Caregiving Youth Project met KB through "lunch and learn," an activity held several times a month during his school's lunch period. He let CYP staff know his concerns about his mother and father's recent heart surgeries and his mother's back pain. Staff then followed up with a visit to the home to assess family needs. Since that time, KB has attended CYP American Heart Walk and Camp Treasure.

The family has also benefited from community referrals to family mentoring, individual counseling and healthy start for his infant niece who was previously cared for by his ailing mother.

Reaching out to CYP was not easy for KB's mother who is shy. But she now knows it was the right thing to do for the kids. She says she does not want them to make bad choices, and through community support the boys will learn how to succeed.

VHFC was able to provide wonderful holiday gifts to this a family with the help of "Spirit of Giving." Otherwise they would have gone without.

KB's mother had successful back surgery following Christmas and she called VHFC from the hospital to let us know, "How grateful I am for all your help during this difficult holiday season." KB recently told me of his gratitude for a special Christmas. ♥

VHFC's "Hands On" Board Members

Several of VHFC's board members have been doing more than helping VHFC make good business decisions. During the recent holiday period **Fred Galland, Robin Hardy, Carole Rutherford, and Jeanie McGuire Tennant** played an active role in making sure caregiving families received holiday gift bags. ♥



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?

National Patient Safety Foundation
www.npsf.org

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. ♥



This poster by Melissa at Boca Raton Community Middle School was the cover for the *Sun Sentinel's* 2008 edition of "News in Education- Caregiving Youth Partner's Project." Melissa entered this drawing in the 2007 Stress Buster Contest.

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

- 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
- Carl Schiefer
- Jeanie McGuire Tennant
- Tom Tift

VHFC Advisory Board

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

VHFC Staff

- Millie Barber, M.D.
- 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
www.boca-respite.org
www.aacy.org

"People of All Ages Helping People of All Ages"