

Volunteers for the Homebound & Family Caregivers News

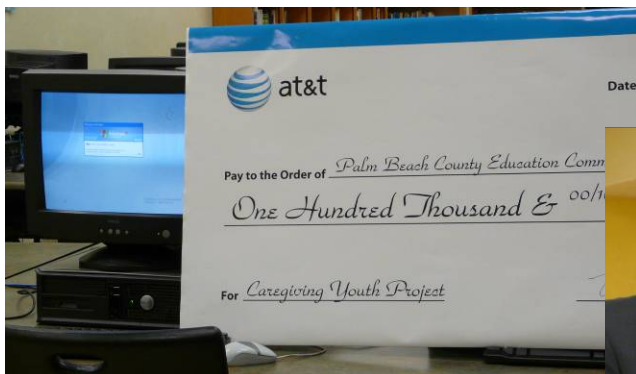
Caring for the invisible: homebound persons and family caregivers.
March – April 2009

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AT&T Foundation Presents Caregiving Youth Project Partnership with \$100,000

CYP in partnership with the **Palm Beach County Education Commission** and the **School District of Palm Beach County** co-hosted the AT&T Foundation Presentation Ceremony on March 24th at **Boca Raton Community Middle School**. Marshall Criser, III, President of AT&T Florida presented the \$100,000 donation "to be used to bring computers, training and connectivity to youth caregivers to enhance their success in their education and their lives." Other guests at the event were Jody Gleason, Executive Director of the Palm Beach County Education Commission, Susan Whelchel, Mayor of Boca Raton. Art Johnson, Superintendent of the School District of Palm Beach County and Jack Thompson, Principal of Boca Raton Community Middle School were unable to be there in person, but delivered their support and congratulations in prepared video presentations. The most special guests were the Boca Middle Youth Caregivers who told their stories. VHFC President Connie Siskowski was there to accept the check along with project partners and several VHFC Board members. ♥



Marshall Criser, III



The Caregiving Youth in the audience



Jody Gleason



Susan Whelchel

CYP Holiday Celebration

The Women's Club of Boynton Beach was the site of the 2008 Holiday Celebration which was attended by more than 170 people including staff and volunteers who made the event possible. The event was underwritten by **Edwards, Angell, Palmer and Dodge** law firm along with **Renee and Charlie Holmes**, food was contributed by **Whole Foods**, ice cream and **Publix** gift cards for all families from **Stratis Business Systems**, and many donations from the community so that youth caregivers could select and wrap a gift for their family member. A great example of "it takes a community"! ♥



Wrapping holiday gifts for family members, eating together and youth caregivers singing at the Celebration.

American Association of Caregiving Youth



AACY Youth Caregivers IN THE NEWS

- ♥ Sixteen year old Alexandria Knapp's story of how she cares for her father, Stephen was in the January 2009 **Boca Raton Magazine**. ♥
- ♥ Young Caregivers in Lantana, FL, Anmarie Lent, Michael Anderson and Christina Powell were featured with their family care receivers on the front page of the **New York Times** on February 23. AACY founder Connie Siskowski and Care Coordinator Karen Harwood were quoted. ♥
- ♥ The 2/23/09 New York Times article was the subject of the online *Bioethics Forum* of **The Hastings Center** article "All in the Family: Children as Home Health Aides" in February 27, 2009. ♥
- ♥ "Palm Beach County kids act as parents for disabled family members" was an article in the March 14, 2009 **Palm Beach Post**. The story highlighted Ashley Coyle, a Boca Raton Community Middle School student who cares for her older sister. Connie Siskowski was quoted and her research was referenced. ♥



Alexandria and her father

VHFC "Fun" Fundraisers Update



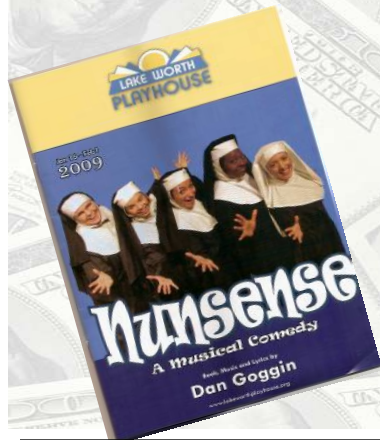
Boca Raton Resort and Club

Rachel Rudley was the March 17th lucky winner of the raffle for a weekend at the resort.



Bonefish Grill

Summer Faerman, Manager of Boca Respite Volunteers, presents Jimmy Powel, co-owner of Bonefish Grill of Boca Raton, with an appreciation award for hosting the VHFC Happy Hour on February 24, 2009. ♥



Lake Worth Playhouse

On January 16, friends of VHFC attended the opening night of the musical comedy "Nunsense" at the Lake Worth Playhouse. Everyone enjoyed a delicious reception with the actors following the performance. VHFC thanks JoAnne Celano and Carol Kassie for helping to organize and arrange this fun event! ♥

Attention Boca Respite Volunteers! Be sure to take advantage of tax deductions for volunteering miles that you have driven in 2008! Also, if you do not take this deduction and would like to have help with reimbursement for miles that you drive to help our care receivers, please let Summer know. Thanks to Hands on Tzedakah and others, we have a small pool of money for this to help you as you give to help others. ♥



VHFC participates in City of Boca Raton's 2009 Martin Luther King Day Ceremony

Excerpts from Connie Siskowski's presentation.

Where are we standing today? A decade ago religious and civic leaders of Boca Raton began reaching out to serve our community with volunteer support services. Boca Raton Interfaith In Action was born...it is now named Volunteers for the Homebound and Family Caregivers. The mission of VHFC is to promote dignity and independence for people who are homebound and family caregivers of all ages...including youth. As Martin Luther King stated, "Life's most persistent and urgent question is, 'What are you doing for others?'" ♥

"GROWN UP KIDS"

Please help Emmy award winning producer, Robyn Symon of Symon Productions in Miami create the documentary trailer, "Grown Up Kids." The film to be produced will follow the lives of Boca Raton Community Middle School students involved in the VHFC Caregiving Youth Project. For more information about Robyn Symon and to view the documentary trailer, go to www.symonproductions.com or contact Dalit Moskona at dalitmoskona@hotmail.com or (786) 395-1212. ♥



Whole Foods Helps Caregiving Youth in the Kitchen

Youth caregivers from four schools participated in an educational, fun

and filling event on February 26, 2009 at Whole Foods in Boca Raton. Students toured different parts of the store, learned how to select foods and then went to the demonstration kitchen. Several students assisted the chef with food preparation as they followed a recipe for shrimp and chicken with rice and vegetables, enjoyed the meal that had been simmering all day for them in a slow cooker such as the one each delighted student received as a gift from **Jarden Consumer Solutions**. ♥



Boca Respite Volunteers

Caregiving in Later Life - Expanded Home Care Capabilities

Part 9 of 10 by Connie Siskowski, RN, Ph.D.

The role of the internet in caregiver support is gaining momentum. There is information, education, skills building, and a sense of community to reduce isolation. Obtaining information from trusted and reliable resources is crucial in decision-making. These resources include:

- Children of Aging Parents (CAPS) – the oldest US caregiving organization offering information and referrals, support groups, educational outreach, speaker's bureau and publications as it seeks to heighten public awareness that the health of the family caregivers is essential to ensure quality care of the nation's growing elderly population. 1-800-227-7294 www.caps4caregivers.org
- Family Caregiver Alliance – a public voice that supports and sustains caregivers throughout the country with information, education, services, research and advocacy. 1-800-445-8106 www.caregiver.org
- National Alliance for Caregiving - an organization created in support of family caregivers and the professionals who assist them; and to increase public awareness of issues facing caregiving families. 1-301-718-8444 www.caregiving.org
- National Family Caregivers Association (NFCA) – offers free membership for all family caregivers and benefits including formation, education, publications and advocacy. 1-800-896-3650 www.thefamilycaregiver.org
- Well Spouse Foundation – "When one is sick...two need help" is the slogan of the international support organization for wives, husbands and partners of the chronically ill and/or disabled. 1-800-838-0879 www.wellspouse.org
- Internet Support:
 - a. www.caregiver.com
 - b. www.caregivershome.com
 - c. www.care-giving.com
 - d. www.caregiving.com
 - e. www.elderissues.com
 - f. www.strengthforcaring.com ♥

Special thanks to videographer Stan Halpern who documented VHFC's "Celebration of a Decade" on videotape. Stan is offering to tell the life story and ethical will for members of our VHFC family. This videotape of you makes a very special gift that you can give to your family or others. Stan offers his talents free of charge, however he says he would accept a donation. If you are interested, you may call him directly at 561-852-7190 and identify yourself as a VHFC family member. ♥



VHFC Welcomes New “Old” Board Member

Victor Vaccaro served on the first board of directors ten years ago when VHFC was known as Boca Raton Interfaith in Action (BRIA). VHFC still operates under the by-laws that he drafted at that time. VHFC is pleased to welcome Victor to the current Board of Directors. He is an attorney admitted to practice in New York and before the Supreme Court of the U.S. Victor currently works for Transworld Business Brokers in Ft. Lauderdale as a Sales Agent. Victor and his wife

Barbara have 2 children and 2 grandchildren. ♥

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. ♥

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! ♥

VHFC’s Three Programs : *AACY—American Association of Caregiving Youth*
BRV—Boca Respite Volunteers ♥ *CYP—Caregiving Youth Project*

VHFC Board of Directors

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- Consuelo Inestroso, Secretary
- Andrea D’Addario
- Charles Brown
- Gail Eagle
- Robin Hardy
- Shelby Linton
- Tom Tift
- Victor Vaccaro

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- Rabbi Sydney Goldstein
- April Leavy
- Steve Mulder
- Carl Schiefer
- Carole Rutherford–Stevenson
- Carol Walters
- Joanne Weppner

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- Cynthia Cummings
- Lynn Durbin, LMHC
- Summer Faerman
- Karen Harwood, MSW
- Eileen Jacobson
- Dianna Sanderson, MS
- Danielle Scott
- Connie Siskowski, RN, PhD
- Mary Jo Tarrien, RN
- *AmeriCorps Member

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”