Our Mission

To enhance the well-being of South Florida seniors, family caregivers, the disabled, and their families by educating and advocating on their behalf and by providing health care and supportive services that meet their physical, emotional, social and psychological needs.
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Laurie George has a unique perspective on the needs of social services because she has been on both the direct service and funding end of the industry. She has found great satisfaction in both.

She has served in several capacities during her 15 years at United Way of Palm Beach County, but previously and between United Way stints, did grant writing and worked in direct services.

She enjoyed the direct social services work “because you get to connect the dots. You can motivate people who have resources and motivate people to give. I’m not an arm-twister, but if you let people know where the need is, they want to help,” said Dr. George.

“Working in agencies made me acutely aware of the day-to-day pressure and crises that can pop up. That makes me keenly aware of what they face. As a funder, you’re removed from that daily interaction, but it has really deepened my appreciation for the direct line staff because it’s a hard job. I look so much to directors for guidance and advice because they are in it every day.”

And working in the funding side also offers her great motivation. “I find satisfaction in helping people who need us most; I have the opportunity to study needs and find top-notch programs to provide those critical services. I came up through the agency relations side of the work, so I’ve become more of an ambassador and spokesperson to let people know about critical needs,” she said.

The United Way of Palm Beach County has for many years provided needed support to the Volen Center and Dr. George knows why. She lauded the Volen Center and its outstanding transportation services.

“The elderly are living much longer – many working and living in Palm Beach County. As they age, they sometimes need help to continue to live their lives to the fullest. Services at the Volen Center provide them with a place to get those needs met with grace and dignity,” she explained.

United Way’s funding supports the Volen Center’s transportation program. Dr. George explained that even when the United Way’s funding priorities have shifted, the Volen Center’s transportation program has continued to receive financial support. “Transportation is vital for seniors to avoid isolation and get to needed services and medical appointments. It provides a lifeline.”

She said the support provided to the Volen Center’s transportation program is one of United Way’s largest investments in the county’s senior population. “We really value contributions by seniors to our community, and are pleased to have the partnership with the Volen Center,” Dr. George added.

Asked what changes she has seen in social services since becoming CEO of United Way, Dr. George explained, “One of biggest shifts is that the model has shifted to collective impact – social service issues are bigger than any of us, and none of us can have the impact alone. The outcome is that you have to collaborate with your partners and have to look at it collectively. The scale of collaboration has changed – the good news for Palm Beach County is that there is trust and we are working together. There is more of a spirit of collaboration.”
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How old is old? Centenarians say it starts in your 80s; kids say your 40s.

As the “graying of America” continues in the United States with nearly 84 million Americans expected to reach age 65 or older by 2050, new data from UnitedHealthcare® shows that the definition of “old” depends on who you ask. The 10th annual UnitedHealthcare 100@100 survey finds that 60 percent of centenarians say they do not feel old — and those who do say they did not start feeling old until age 87, on average. Ten-year-olds, however, say people start to get old at age 46, on average.

UnitedHealthcare’s annual 100@100 survey polls 100 centenarians each year to examine their attitudes and opinions on health, family, likes and dislikes, and more. This year, to mark the 10th anniversary of the survey, UnitedHealthcare also polled 100 10-year-olds to offer a comparison between younger and older Americans. UnitedHealthcare is the nation’s largest business dedicated to the health and well-being needs of seniors and other Medicare beneficiaries, serving more than 15,500 of the more than 50,000 centenarians nationwide through its portfolio of Medicare plans.

When asked what age they truly feel, more than half (52 percent) of 100-year-olds say they feel younger than their actual age. On average, centenarians report feeling more than two decades younger at 79 years old. Reflecting back, on average centenarians felt:

- The most attractive at age 31
- The most energetic at age 34
- The happiest at age 44
- The healthiest at age 46
- The wisest at age 49
- The most content at age 56

Keeping a positive attitude is the most important factor in staying healthy, according to a quarter of the centenarians surveyed. The next most popular answers are eating healthy (21 percent), exercising regularly (10 percent) and keeping busy (9 percent).

Nearly two-thirds (61 percent) of 100-year-olds say they see themselves as being very positive people — which makes them more optimistic than the 10-year-olds surveyed. Just 44 percent of 10-year-olds say they are very positive people, but the younger generation may catch up: Nearly half of centenarians (47 percent) say it gets easier to maintain a positive attitude with age.

“Year after year, we hear from centenarians that there is a correlation between healthy aging and a healthy mindset,” said Rhonda Randall, D.O., chief medical officer of UnitedHealthcare Retiree Solutions. “It’s a good reminder for us all to take care of our mental, emotional and social health — in addition to our physical health.”

For more information, including a video featuring centenarians and 10-year-olds discussing some of the 100@100 survey themes, visit uhc.com/100.
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Adult Day Care Important for Seniors and Their Caregivers

By Danielle Parrotta, Director of Nursing

Finding the best way to keep an elderly loved one at home for as long as possible is the dilemma that many families are facing today. As our population ages and life expectancy rises, the need for elderly care continues to grow. When an adult needs care around the clock, this can present challenges and lead to many difficult choices. Taking advantage of good adult day care is an option to keep your loved ones at home while allowing the caregiver to continue with their outside life.

Adult day care centers are designed for older adults who can no longer manage independently, or who are isolated and lonely. They provide planned program activities designed to promote well-being through social, mental, and health-related services. Adult day care gives the caregiver the freedom to continue working, get a much needed break, attend to other responsibilities, and maintain their own health and wellness while knowing their loved one is safe and well taken care of.

The role of caretaker comes with challenges as well as rewards. Adult day care has proven to lower the caregivers stress level making it easier to cope with the client’s needs when they return home. The Volen Center holds regularly scheduled meetings run by a licensed social worker to give caregivers a listening ear and a place to express challenges caregivers often face.

The Volen Center provides seniors with a social outlet where they can engage in activities with peers. They also have access to medical and social services. Most importantly, it can prevent or delay long-term care placement by providing supervision when caregivers are not available.

The Volen Center provides much more – services tailored to meet individual needs, including nutritious meals and snacks that accommodate special diets. We also provide transportation, encourage socialization, exercise, entertainment, counseling, crafts, games, education, and enhance self-esteem to help maintain the patient’s level of function. We have nurses on staff for education, monthly health assessments and medication management. The Volen Center’s goal is to enrich seniors’ lives and build on their skills, knowledge, and unique abilities and strengths.

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When It Happened to Her: A Caregiver Speaks Out

By Trish Hartog, LCSW

The Volen Center, through a grant from the Quantum Foundation, offers individual counseling and caregiver support groups with a licensed clinical social worker. Susan, a member of one of our caregiver groups, graciously agreed to be interviewed. Here are excerpts from that discussion.

Q: How long have you and your husband been married?

Bernie and I are married 53 years in June. We met in camp. We were both counselors in a summer sleep-away camp when we were 17. On a two-hour bus ride with the campers we talked and talked and I realized I had never been able to talk with someone of the opposite sex as easily as I could talk with him. And he was so good looking. He was interested in everybody and everything. He was very popular in high school; three girls asked him to the senior prom. But he was naïve; he wasn’t self-centered or conceited. He was very down to earth. I think that is what I most liked about him. Five years later after college we were married.

Q: When did you begin noticing something was going on with Bernie?

In hindsight, I think that about two years before he was diagnosed I’d started seeing some things. He used to handle the checkbook and all our finances. One day I looked at the checkbook and saw a balance of $3.50. I quickly went to the bank and there was plenty of money in the account. Bernie just hadn’t entered our automatic social security deposits in the check register for a year. He also hadn’t entered automatic payments out of our checking account. He started becoming confrontational, demanding, and wouldn’t listen to my ideas and that was unlike him. After a while, he began asking the same question every 10 minutes. I realized it was more than just forgetfulness.

Q: When was he diagnosed?

He was diagnosed about three years ago. The neurologist said he has dementia. In the beginning, I didn’t want to believe it. It was deny, deny, deny. His sister and brother-in-law visited us a few years ago and said “maybe Bernie has the beginning of Alzheimer’s because he doesn’t remember what I was saying a few minutes ago.” One very enlightening moment was when Bernie asked me two weeks after his brother died if I had spoken with him recently. He still every now and then forgets his brother died. When I began to come out of denial, I was angry and upset. I thought “Why me? Why me? My life is over.” Then I thought “Why him? Why him? Why am I worried about me?”

Sometimes I think about the old Bernie, the man who ran our company, who was the hub of the business. He could talk to people and make them feel better about whatever situation they explained to him. I see the old Bernie when sometimes I come out to the kitchen table
at 8 in the morning and he will be sitting there. Normally he sleeps until 11, 12 or even 1 because he doesn’t sleep well at night. So when I see him sitting in the kitchen and he’s already put up the coffee I think, “Bernie’s back.” But of course he isn’t.

Q: How has your family responded?

I tell the children everything that happens with Bernie. I don’t do it to complain; I just want them to be aware of all the things that are happening to him that I’m dealing with. I’m not asking for their help. All of them are supportive in their own way and I’m grateful for that.

Q: Have your friends been supportive?

Yes and no. Girlfriends will call and ask how we are and I’ll say, do you want to get together? They have all kinds of excuses why they can’t. I realized these are not my friends. I think they don’t want to deal with anything like this even if it’s just a friend’s husband. I was hurt when they backed away. But one woman who I would see in the clubhouse and didn’t really have a friendship with would always ask how I am. I finally told her about Bernie. She has called me half a dozen times since then to see how I’m doing and how Bernie is doing. She genuinely cares and I was so touched by her real concern.

Q: Was it hard for you to begin telling people about Bernie’s diagnosis?

It may sound weird, but I didn’t find it difficult. It was like explaining to people that Bernie had a pacemaker installed. This was something medical. I didn’t feel uncomfortable about it.

Q: Have you done any planning ahead?

Yes. We both have a living will regarding medical intervention, and my son has power of attorney for Bernie. Two weeks ago, I read some of the articles (on the support group literature table) about finding a nursing home. So now I know I would have to go to some places and get a sense of what would be ok. But I’m not anywhere near that right now. I just wanted to have an idea of what I should do at some point.

Q: What has caregiving been like for you?

It’s been a tremendous learning experience because, as a caregiver, yes I can make sure he has his meals, make sure he’s comfortable, but there’s so much more to it. A lot had to do with changes that I had to make within myself like understanding that Bernie doesn’t deliberately forget things. It’s not his fault and my saying to him “I just told you that” is not going to make things better. If anything it’s going to make things worse. I just had to learn to temper my feelings sometimes, and sometimes I have to leave the room, be by myself for a while.

Q: What has been the hardest part of this for you?

I’ve lost my best friend. It makes me very sad, but I try to concentrate on good things that he does. He will come up to me in the middle of the day, take my hand, put it to his lips and kiss my hand. He never, ever did stuff like that. He wasn’t a very demonstrative person. So I trade that for the other things. At this point, it’s kind of a fulfilling feeling for me because I know I’m doing what I can and I think that he’s doing what he can too – kissing my hand, rubbing my shoulders. Sometimes I feel lonely, but then I pick up the phone and call my brother, who’s an amazing person. He just listens to me and he will never offer advice. He’s my strength sometimes. I feel like I can always call him and tell him how I’m feeling and what’s happening and I know he will be there to listen and not to judge.

Q: What brought you to the Volen Center’s caregiver support group?”

My youngest daughter Stacey called me and said “Have you tried to contact anyone at the Volen Center?” When I said no, she said “Well I think you should, here is their phone number.” That’s how I called. I thought it’s always a good idea to hear other people talk about being in the same situation. You might get ideas of how to handle something in a better way than you’re handling them right now. Just knowing that other people are going through the same thing helps. I’ve been coming to the support group for over a year now.
Q: How does the support group help?

The ability to talk about my situation in a way that I can’t really talk to anyone else helps. I think people in the group understand certain things and I’m not afraid to say something for fear I’m going to be judged. It’s a comfortable place for me to be able to air some of the things I feel, and also a chance to learn from other people. And help them too if I can. There are a lot of things you have to learn and commit to your heart that you’re going to try to do.

Q: How do you handle the stress?

Sometimes by taking the car out and listening to Spanish music. I was once a Spanish teacher and just hearing the words and music in Spanish is very soothing to me. Also, I dance around my house. I put on something Spanish or great dance music and I just dance around the house. Sometimes I do salsa, all by myself. I’ll go to a movie. Calling my brother helps. The support group helps because there I’m free of restraints. I know I can be me in the support group. I don’t have to be something or someone else.

Q: Have you been able to maintain your sense of humor?

One thing that Bernie has more now than ever before is a sense of humor. Almost every other word from him is kind of a joke, and I laugh. I’ve always had a good sense of humor, and always had the ability to make people laugh. I’d rather laugh than not. What do they say you use a lot fewer muscles laughing than frowning?

Q: But it’s not always easy?

Sometimes I get impatient, frustrated. For example I have asked him many times to take his shoes off before he comes in the house. OK, I accept the fact that he doesn’t do that. But he will take his shoes off in the bedroom and when it’s time to leave the house he asks where his shoes are. I don’t say anything. If he wants to put his shoes on the shelf in his closet, fine. So what? If he’s happy, I’m happy. He wants to wear the same clothes four days in a row. If he’s happy, I’m happy. It comes back to the same thing. What’s important?

He repeats himself many times. “What are we doing today?” So I tell him. We get in the car and he asks again “What are we doing today?” Sometimes I feel like I’m drowning in it all, but I don’t let those feelings last. I used to do the deep breathing exercise we do in group even before I joined. But now, I do it all the time. It’s helpful. No matter how angry you’re feeling when you take some deep breaths, bring it all the way down to your stomach, hold it for a few seconds and slowly let it out, you can’t be angry, you can’t be stressed any more.

Q: Do you worry about the future?

I see Bernie going slowly downhill and taking on different behaviors he’s never had before. And I wonder what’s going to happen when I can’t deal with it all myself and need aides to come in. At some point, that won’t be totally helpful and I might have to place him in a skilled nursing facility. I don’t want to think about that; people die in nursing homes. Part of me thinks if I keep him home he won’t die, but I know that’s not realistic. So yes, I worry about how things will be a year from now, two years from now. But I don’t obsess over it because I know that is not a helpful thing to do. Planning ahead is helpful. I don’t want to be afraid of the unknown.

Q: If you were going to give one piece of advice to a new caregiver what might it be?

Join a support group. Listen, listen, listen, listen. And ask questions.

Q: What words of encouragement would you give to a caregiver?

You really need to find something outside of yourself to be able to get through this kind of thing. You really can’t just allow everything to envelop you. And you need to accept that you can’t change the person, you can only change yourself. I sometimes say to people (who keep trying to change what’s not changeable) “suppose you got up every night, and every night you banged into a chair. How long would it take you to move the chair?”
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There is no such thing as a perfect caregiver. Caregivers are human, and the learning process is often trial and error – learning what not to do when it doesn’t work and discovering what approaches do work, at least for today. Caregiving is particularly challenging when your loved one has a neurocognitive disorder due to Alzheimer’s disease or other illnesses that cause dementia, or is suffering from post-stroke neurological changes.

Caregivers may experience a range of emotions. Grief or sadness can occur when the person you know and love is beginning to change, to become quiet or withdrawn. Feelings of loss and anger may arise as friends begin to distance themselves, as the future you had envisioned with your loved one begins to disappear. There can be resentment that you find yourself in a role you never saw coming and did not feel prepared for, and no one is helping you with. Feelings of frustration and impatience with your loved one’s communication difficulties, demands, confusion, repetitive questioning or angry outbursts are common.

Some caregivers may hesitate to attend a support group because they fear what they may hear and prefer to avoid thinking about the future. Preparing for the road ahead is essential to avoid being overwhelmed, uncertain and caught off guard. You cannot predict which day your loved one may begin to wander out of the home or what date you will need a home health aide. Caregivers will tell you that planning is a must. Group members share their wisdom and experience to help each other face challenges as they come.

Many caregivers do not seek support because they may not even realize how much they need it, telling people they’re “fine,” that they’re “managing.” Caregivers do not always take care of themselves when their world centers on their loved one. However, without self-care it is difficult to fulfill the caregiving role and they may begin to have their own physical and emotional health issues as demands grow and stress increases. Then it becomes harder to cope with the challenges of the situation and they may become impatient, saying and doing things they regret.

Newcomers to the support groups are often unsure of themselves as caregivers. “Am I doing this wrong? How do you deal with this behavior or that situation?” They are often relieved to know other caregivers understand exactly what they’re going through, relieved to find that other members of the group have been coping with the same behaviors their loved one has been exhibiting, and can share how they handled them.

Our support groups, facilitated by a licensed clinical social worker, are a safe place to
be honest about your experience, your successes and mistakes as a caregiver. Most caregivers make mistakes because it is a “learn-as-you-go” process. The group is a safe place to cry and laugh; to vent anger and frustration, as well as share precious moments you have with your loved one.

Self-care is an important focus in our groups. Members support and encourage each other to carve out a little time just for themselves, to engage in activities that are nourishing for them. We discuss respite options, including programs that might be appropriate for their loved one. The Volen Center has two programs – the Life Enrichment Plus Program and Adult Day Care – that might be the right fit for your loved one and allow respite time for you.

Some members contact one another outside of group to socialize, attend caregiver conferences together or just chat. No one understands what you’re going through like another caregiver. Friends mean well, but they may not understand the situation and may question your decisions adding to your stress.

If you find yourself feeling angry, anxious, depressed, exhausted, irritable or withdrawing socially, a caregiver support group might be just what you need. There is no cost for group attendance. Individual counseling is also available for individuals 55 and over; fees are affordable and based on the client’s financial situation, and insurance may offset the fee. On-premises respite is available so your loved one can be safe while you’re in group or individual counseling.

You do not have to do this alone, and we encourage you not to. We hope you will give yourself the gift of support. You deserve it.

“The Caregiver Support group has been an important source of strength during this most challenging time. The opportunity to share resources, feelings, struggles and all manner of caregiver experiences with others who are also caring for people with dementia has been invaluable. It allows me to feel seen, understood, accepted and sincerely supported by the only people who really know what this experience is like. We are able to help one another avoid mistakes and/or find solutions based on previous experience we’ve had. The professional expertise of our facilitator is most apparent. She consistently redirects our attention to self-care, and maintains a caring and respectful container that allows for openness and vulnerability.” – Robin C

“Helpful suggestions as to how to deal with events and prevent them from becoming confrontations have taught me better ways to approach things with my husband. It is comforting to know that others share my feelings and do not judge.” – Susan G

“I came to the support group in January 2014. At that time, I was having great stress over my wife’s condition. After 5 months of attending meetings my stress level has diminished. This is due to: understanding that I am not alone, that other people have greater problems than I do, and to the counseling by the group facilitator. The Volen Center group has been a great help to me, and I thank you for it.” – David L
Thanks to a grant from Hands On Tzedakah (HOT), seniors ages 60 and older who are experiencing a financial crisis can apply for aid by filling out the application found on our website under Care Management. Funds can help pay for food costs, rent, mortgage, water bills, gas, electric bills, prescription assistance, medical services and other necessities.

Are You 60 or Older and in a Financial Crisis?

What Is Hands On Tzedakah?
Hands On Tzedakah (HOT) [tzedakah means “justice” or “righteousness.” It is commonly thought of as “charity.”] connects donors with the people they are helping. Donors are able to see how their contribution can make a difference. Its reach extends from Florida and New York, to other parts of the U.S., to Israel, Guatemala, and all across the globe.

The major focus of the nonprofit Hands On Tzedakah is primarily to support “safety-net” or essential, life-sustaining programs. These programs include projects that combat hunger, poverty, homelessness and illness. Additionally, it supports human service projects that have to do with quality-of-life programs such as providing health and mental wellness support to victims of terror, the economically disadvantaged, disabled, abused, elderly, ill, etc.

HOT has funded a variety of programs through the Volen Center, including Emergency Fund for Seniors, The Volen Bistro and the Wellness Institute for Senior Health.

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Experience Makes a Difference.
Volunteers: Our Wizards Behind the Curtain

By Jared Policano, Senior Director of Operations

They are the wizards behind the curtain, silent heroes of the nonprofit sector. When there is a job to be done and economics or other barriers stand in the way of doing so, they are here to do it. There is probably no facet of the Volen Center that doesn’t owe its success, at least in part, to the members of our “extended family” – our volunteers.

One estimated dollar value of volunteer time is $21.36 per hour. Financial value is used to acknowledge the millions of individuals who dedicate their time, talents and energy to making a difference. Nonprofits use this estimate to quantify the enormous value volunteers provide. According to one estimate from the Corporation for National and Community Service, about 63.4 million Americans – nearly 27 percent of the adult population – contribute a collective 8.1 billion hours of volunteer service worth $169 billion a year.

But those of us working in the nonprofit sector and those of us at the Volen Center, understand and acknowledge that the value of volunteering is much deeper, much more fulfilling and much more important in contributing to a healthy and vibrant community than money can ever measure.

People volunteer for an endless variety of reasons. Many people want to gain experience, acquire new skills, meet new people or expand their network of contacts as a way to get a new job or start a career. Others just want to give back to their community, help a friend or promote a worthwhile activity. They do it because it makes them feel good.

This is the intrinsic value of volunteering. It is not about money. And volunteering should not be measured that way. We can add up the hours, but not a dollar value. Others would like to do so. The danger is that it infers that if work isn’t paid for, it isn’t valuable. It reduces volunteerism to hours worked instead of contributions made.

Volunteering is rich and diverse. Volunteering is not just about organizing hundreds of volunteers for large events. It is thousands of volunteers in minor league sports, shelters for the homeless, giving aid to seniors, holding hands in a hospice or cleaning up a local beach. It is spontaneous acts of kindness like helping neighbors mow their lawns, aiding a stranded motorist or transporting an elderly person to a doctor’s appointment.

In the end, we cannot and should not put a dollar value on volunteering. How can we put a monetary value on ordinary people doing extraordinary things? The value of volunteerism is priceless!

The Volen Center recognizes that value in each and every one of our volunteers and we never take them for granted. We thank you.
Meet Catalina Velez – Our Dancing Volunteer

By Wendy Goldberg, MSW Intern

If you find yourself in need of some sunshine during your week, be sure to stop by the Volen Center dining room on Fridays around lunchtime. That’s when you’ll see Catalina Velez, one of our volunteers, in action. For the past six months, Catalina has been serving 80 – 100 meals to our seniors every Friday. She originally intended to come only for two hours each week to serve food, but that quickly changed. Catalina noticed that some of the clients needed some extra cheer and got them dancing with her. “It makes me smile,” she said. Now she comes early just to dance with them. Catalina greets each senior with a gentle hand and a smile. It’s not what is said but “the way it is said,” she notes. Originally from Colombia, Catalina has always enjoyed spending time with elderly people. “Most people want to help children or animals, but I like being with elderly people the best,” says Catalina. She is very close with her grandparents, who still live in Colombia close to her mother. Places like the Volen Center don’t exist in her hometown in Colombia and Catalina had not worked with the elderly population prior to becoming a volunteer. She became interested a few years ago when she went with a friend to a nursing home to bring presents to the residents and spend the day socializing with them. She found she enjoyed it.

In addition to her volunteer work, Catalina is studying business administration at Palm Beach State College. Graduation, however, will not mean the end of Catalina’s involvement with seniors. She intends to volunteer for the rest of her life because she says, “One day I will be here. I would want someone to make me smile, too.”

Enjoy Our Meals? Thank Elana Rackman

One of the highlights of the day for many Volen Center clients is a good meal. They don’t know it, but they owe that to Elana Rackman. She is one of our important behind-the-scenes stars who helps ensure that our clients get nothing but the best. She sees that meals are tasty, healthy, and part of a diverse menu. Elana is the consulting dietitian for the Volen Center, working closely with our food service company to ensure that our clients receive top-notch meals – healthy and offering a great variety. She also provides nutrition education and counseling for staff and volunteers to ensure that everyone has a good dining experience.

When not at the Volen Center, Elana has a private practice specializing in obesity and weight loss and has years of experience in the field of nutrition.

She worked as a clinical dietitian in New York for eight years before moving to Los Angeles where she continued to work as a clinician and honed her food service skills. She managed a Kosher Kitchen at Cedars Sinai Medical Center for eight years before relocating to Florida.

She earned a Bachelor of Science in nutrition and a Bachelor of Arts in economics from Queens College and her Master’s in human nutrition from Columbia University in 1995.
By Monique Alexander, MSW Clinical Social Work Intern

It has been extremely rewarding to intern here at the Volen Center. As a graduate-level clinical social work intern, I wanted a placement that would really teach me the ins and outs of clinical social work and this placement has done that, plus more!

Working at the Volen Center has shown me the struggles that our seniors endure on a daily basis. Learning more about dementia, Parkinson’s disease, caregiving, depression, anxiety, and many other difficulties has made me appreciate our seniors in a way that I didn’t appreciate them before. I’ve also acquired many valuable skills here that I will be able to use in my future work, including facilitation of groups, treatment modalities in therapy, client engagement, and professionalism. Being able to test these skills in my practice as an intern and seeing positive results has been very fulfilling for me. I’ve learned a great deal in my studies at FAU as well, but I owe a great deal to the skills and strengths I’ve acquired through the Volen Center!

The optimum supervision that I received from Director of Clinical Services, Trish Hartog, LCSW, has prepared me for the “real world,” and I couldn’t be more thankful for her dedication and passion to really help her interns succeed. Her honest feedback has been a tremendous factor in my growth as an intern, and I plan to continue to use what I’ve learned from her to become the best clinician that I can be. Thank you, thank you, thank you to everyone who was involved in my success here! You all have made this experience enjoyable and worthwhile.

I am graduating from FAU with my Master’s in Social Work degree in May 2015 and I feel more prepared for my future clinical work thanks to this placement.
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Older adults in Palm Beach County list transportation as one of their top needs. Many seniors who are able to handle most daily tasks can no longer drive due to visual or physical impairments or a variety of other reasons. Those facing this issue express a fear of losing independence and limited freedom to engage in outside activities.

To meet this need, the Volen Center offers transportation five days a week for people in southern Palm Beach County. The transportation program is staffed by specially licensed, highly qualified drivers who are experienced, courteous and professional. Seniors can use the service to travel to medical appointments, grocery stores, pharmacies, dining sites, social service agencies and a variety of other locations throughout the service areas. They can also use the transportation to the Volen Center to participate in the Center’s life enrichment, wellness and day care programs, classes, activities and dining site.

The Volen Center’s Transportation Program provided over 89,000 one-way rides in 2014. And, no dollar value can be placed on the smile that greets the Center’s drivers when they arrive to pick up a client who is going “out and about” to take care of business as usual.

The Center maintains an extensive fleet of buses and smaller vehicles to operate two programs: The Community Coach group trip transportation serving from Boca Raton north to Hypoluxo Road for a fee of $3 each way. The LIFT Program provides more individualized transportation in smaller vehicles throughout Boca Raton and Delray Beach for $5 each way.

This lifeline for the community is supported with funds from Palm Beach County, the Older American’s Act, United Way of Palm Beach County, and the Cities of Boynton Beach and Boca Raton, in addition to funding grants from the South Florida Regional Transit Authority and the Department of Transportation for vehicles, and much appreciated contributions from users and other sources.
Trivia Challenge!

1. Who or what was Sparkle Plenty?
   a. The second engagement ring Richard Burton gave Liz Taylor
   b. A character in the Dick Tracy comic strip
   c. A constellation in the Milky Way discovered in 1849 by A. J. Plenty

2. What are Curb Whiskers?
   a. A cat’s way of curbing bad habits
   b. Springy projections mounted on a car to let a driver know she’s getting close to the curb
   c. In the ‘30s, “gates” that had to be removed from injection-molded curbs

3. Who among the following would NOT be ranked with the “Song Birds?”
   a. Margaret Whiting
   b. Doris Day
   c. Jeanette MacDonald
   d. Jo Stafford

4. Name the first couple ever to be shown in bed together on primetime TV?
   a. Roy Rogers and his wife, Dale Evans. Trigger was just outside the door.
   b. Matt Dillon and Kitty Russell on Gunsmoke
   c. Fred and Wilma Flintstone
   d. Mary Kay and Johnny

5. What comic used to say, “I’m a BAAAAAAD boy!”?
   a. Lou Costello to Abbot, after a lecture by Bud Abbot, telling Lou how he screwed up
   b. The Lone Ranger to Tonto
   c. Fibber McGee to Molly when she would open their closet door and 50 tons of junk came tumbling out

6. What was the first novel ever to be written on a typewriter?
   a. Portnoy’s Complaint
   b. Tom Sawyer
   c. Tale of Two Cities

7. Name one song made famous by Doris Day other than “Que Sera?”
   a. “Rock of Ages”
   b. “Sentimental Journey”
   c. “Blue Moon”

8. What year was the first commercial microwave introduced?
   a. 1946
   b. 1954
   c. 1961

9. What was Walt Disney’s first animated feature film?
   a. Toot Toot
   b. Pinocchio
   c. Snow White and the Seven Dwarfs

10. What company sponsored Capt. Midnight on the radio?
    a. Ovaltine
    b. Cracker Jacks
    c. Black Jack Chewing Gum

11. We collected them. We licked them. We got free merchandise with them.
    a. Popsicle sticks
    b. S & H Green Stamps
    c. 10¢ War Bond Saving Stamps

12. What was it that you had to be careful that you wouldn’t step on when walking on the sidewalk back then?
    a. Ants
    b. Cracks
    c. Old gum

Answers

1. b) A highlight of Chester Gould’s Dick Tracy was the birth in 1947 of a beautiful daughter to the characters B.O. Plenty and Gravel Gertie, named Sparkle Plenty.
2. b) Curb Whiskers or Feelers are springy projections mounted on a car to let a driver know she’s getting close to the curb. Important in the days of whitewall tires.
3. b) The lone comic to win an Emmy Award in 1994, the Pulitzers, and a Peabody was sponsored by the Shally-Women, was originally sponsored by the Shally-Banks.
4. (d) Mary Kay and Johnny on Nov. 18, 1947. Years later, the fists couple to do shrimp in bed.
5. (a) Lou Costello to Bud Abbot, after Abbot would tell Costello how he screwed up again.
6. c) Tom Sawyer’s all things strain. Mico would tell Calloway how he was so much a failure.
7. b) “Sentimental Journey”
8. b) 1954. The Raytheon RadaRange was five feet high, weighed 750 pounds, and was rated at 1600 Watts. Amana introduced the first countertop microwave for home use in 1967.
9. c) Snow White, made in 1938. This was followed by Fantasia (1940), Pinocchio (1940), Dumbo (1941), and Bambi (1942). The Blackstone Dragon (1940), Finding Nemo (1993), and Toy Story (1995) were also directed by Pixar.
10. a) The series, born in 1938 on Chicago’s WGN, was originally sponsored by the Skelly Oil Company. It was renamed “The Golden Key” in 1940.
11. a) Popsicle sticks
12. b) Cracks
Let us give your loved one and family a second chance at experiencing the joy of life. To experience our innovative and holistic Life Enrichment Plus program or to learn more about getting on the Path to Renewal, please call 561.395.8920 ext. 243
Help Us Continue to Serve

The Volen Center is always grateful for donations of every size. We receive them from seniors paying for transportation and service programs, from neighbors and corporations, from friends and strangers. The Center itself originated with the generous donations and support of Ben and Mae Volen and others and we continue to receive the benefits of a generous bequest from Ben Volen. Donations are one of the sources of support for the congregate meals and transportation programs.

Some donations are acknowledgment of the benefits received through in-home services the Center provided; others support the Center’s active senior program; while still others bolster our day care scholarship fund. Family members and friends have made donations in memory of a loved one. Corporations contribute support for special events such as our annual volunteer luncheon, and our health and wellness expo.

Regardless of the donor’s motivation, every donation expresses appreciation for and ongoing support of the Center’s efforts to help seniors live longer, richer, and more enjoyable lives. Every dollar donated has enabled the Center to offer more and better programs and services and helped us stave off the impact of rising costs. The Center’s ability to make continued improvements and expansion required to meet the growing needs of seniors in our community will depend more and more on the generosity of our community’s seniors, their family members and caregivers, corporations and citizenry as a whole.

DONATING IS EASY AND CAN BE DONE BY CHECK OR CREDIT CARD.

PLEASE MAIL YOUR CHECK TO THE VOLEN CENTER, 1515 W. PALMETTO PARK ROAD, BOCA RATON, FLORIDA 33486, ATTENTION OFFICE OF THE PRESIDENT/CEO OR SIMPLY LOG ONTO OUR WEBSITE AT WWW.VOLENCENTER.COM AND CLICK ON THE “DONATE” TAB!

A copy of the official registration and financial information may be obtained from the division of consumer services by calling 800.435.7352 Toll-free within the state or at www.Freshfromflorida.Com/divisions- offices/consumer-services

Registration does not imply endorsement, approval, or recommendation by the state.
SENIOR EXPO ANNUAL healthwellness

Meet healthcare professionals, learn about the various medical advances and preventative health screenings, find many local services that are available, and come learn about the Volen Center wellness program, WISH.

THURSDAY, NOVEMBER 5TH
10:00AM -1:00PM

AT THE VOLEN CENTER

Meet healthcare professionals, learn about the various medical advances and preventative health screenings, find many local services that are available, and come learn about the Volen Center wellness program, WISH.
EXHIBIT & BE PART OF THIS EVENT

Join the many vendors and visitors to the Center to learn how to live a healthier life, relieve stress, and learn the latest in medical information. Network with other healthcare professionals. In addition, we will have several public service agencies here to inform you about their services.

Individual Auditorium Exhibit Booths $150
Nonprofit Organizations $100
Medical Screenings $100
Additional Tables $75

FOR MORE INFORMATION, PLEASE CALL JARED POLICANO AT 561.395.8920 ext. 272
Community Gratitude

“The Caregiver Support group has been an important source of strength during this most challenging time... I came to the support group in January, 2014. At that time, I was having great stress over my wife’s condition. After five months of attending meetings, my stress level has diminished. This is due to: understanding that I am not alone, that other people have greater problems than I do, and to the counseling group facilitator.”

David L.

“Your program is fabulous. Thank you for having this program available. It is so important to the very senior population that is underserved.”

Harriet H.

“The Volen Center is a wonderful, SAFE place for a person with dementia. The staff is so kind. I feel that the staff is like family. They are always ready to help. The bus drivers are helpful, patient and kind.”

Carole M.

“The Volen Adult Day Care Center has become a wonderful addition to my mother’s life. It gives her the ability to leave her present day-to-day living conditions and explore other options… The moment you enter the facility, you are greeted by knowledgeable, caring personnel. [Clients] families know they are safe from the moment they arrive until they are back at their residences.”

C.H.

“I want to express our thanks for the wonderful service provided by the Volen Center to my father. He has been going every day for almost two years and I can say that the care and attention he receives are beyond compare… We can’t say enough good things about this great facility.”

D. & R. L.

“About a year ago, I decided to send my wife to an adult care that had memory care. It was a very difficult time for me as I was very nervous about sending my wife somewhere. The staff has been extremely friendly, passionate and attentive. Now, after many months, my wife enjoys going there and I am confident that the staff is taking good care of my wife…”

Sheldon Z.
About two years ago, my husband… was diagnosed with Alzheimer’s disease. I began looking for a day care center and decided to try the Volen Center. From the day he started, he enjoyed the Volen Center and looked forward to returning. I find the staff a devoted and caring group of employees. I feel lucky to have found the Volen Center.

Irina N.

I would like to commend the staff at the Volen Center. In 2013, my father-in-law suffered a massive stroke which left him incapable of walking or caring for himself. Our family made the decision to care for him at home, but with that decision came a lot of new responsibilities and an extremely large learning curve. However, with the help of your staff, we have been able to take care of our dad at home and know that he is being taken care of during the day. We are confident that he is loved, respected and taken care of with dignity… We are truly grateful.

Paula H.

My heartfelt thanks to everyone at the Volen Center. Your services enable me to keep my mother in our house. Through your programs and support she continues to thrive. Your staff is caring and compassionate. Mom is greeted with a smile every day and is given the dignity and respect she deserves.

Susan G.

[Our family] would like to express our extreme gratitude to the Volen Center. Because our dad attends the Volen Center, his daughters can work and fulfill family responsibilities. We couldn’t do so without the support of the Volen Center. The activities offer my father a multitude of benefits that help his dementia… It also offers emotional and counseling support for the family and caregivers. We would not know what to do without the support of the Volen Center, especially the transportation. I can’t say enough about how caring all of the staff is.

The F. Family
Hurricane Season Is Here. Are You Prepared?

By Jared Policano, Senior Director of Operations

Hurricane season comes every year, yet many of us choose to ignore it despite the potential consequences. When a natural disaster strikes, smart preparation can make the difference between safety and crisis. Emergencies such as hurricanes present many challenges for older adults. Unexpected and/or last minute evacuation, the destruction of personal property, and lack of availability of basic resources can pose a threat to older adults and those with chronic health conditions. When a disaster occurs, personal needs such as replacing medications and medical equipment may not be met right away.

Being prepared makes all the difference. Here is a list of things you should include in your emergency took kit.

Hurricane emergency kit essentials for older adults:

- A three-day supply of nonperishable food, including canned and dried goods
- Water (one gallon per person, per day)
- Copies of important documents in a waterproof container:
  - Medical documentation, including insurance cards, emergency contact information, prescriptions, Medicare/Medicaid card
  - Photos IDs
  - Marriage and birth certificates
  - List of style and serial number of medical devices
- Two-week supply of prescription medications
- Assisting devices, such as a walker or wheelchair
- Medical devices (pacemaker, blood sugar meter)
- Battery-operated radio and/or TV
- Manual can opener
- Cash
- Flashlight
- List of phone numbers for family members and friends
- Extra batteries (for flashlight, all medical device types and hearing aids)
- Bedding, particularly a blanket
- A change of clothes and shoes
- Sanitation and hygiene items (toilet paper, feminine products, hand sanitizer, wet-wipes)
- Plastic garbage bags
- Mosquito repellent/bug spray
- Fire extinguisher
- First-aid kit
- Matches/lighter
- Cell phone with an extra battery and charger
- Pet supplies, including water, food, litter, medications, etc.
- Items for entertainment: cards, board games, magazines, books, etc…
In addition to the above list, you should also have a plan of evacuation. This includes your transportation (make sure you have a full tank of gas) and a place you will ride out the storm (shelter, friends, or family). And, don’t forget to make arrangements for your pets in the event you must evacuate. Stay informed, tune in to your local news radio station for storm updates. Being prepared for a hurricane makes all the difference. Hurricane season is here!!

2015 Hurricane Names

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Caregiving Is His Life – At Work and at Home

By Marlene Passell, Communications Consultant

Jaime Estremera-Fitzgerald doesn’t have to imagine what it is like to be the caregiver of an elderly relative – he has been a caregiver for more than 20 years. But no one was more surprised than he when what he faced in his personal life became his life’s work. He moved from one end of the spectrum of vulnerable populations – children – to the other end – the elderly and adults with disabilities.

Living in Santa Fe, he had helped his father care for his ailing mother until she died at the age of 99 in 2003. Jaime was still living in Santa Fe, New Mexico, deeply involved in the area of child protection, when his wife’s father, who lived in Jupiter, became ill. In six short weeks, they moved to Florida to be closer to him. Soon the focus of his personal and professional lives became one and the same – caregiving.

He joined the staff of the Area Agency on Aging of Palm Beach/Treasure Coast as chief operating officer and, when its long-time CEO left, he applied for the position and was selected from among 85 applicants. Also, during this time period, he was and still is a card-carrying member of the “Sandwich Generation,” caring for an elderly father and a young child. Eventually he and Robin moved his own ailing father into his home for seven years before moving him into assisted living three years ago.

The Area Agency on Aging’s purpose is to promote, support and advocate for the independence, dignity and well-being of seniors, adults with disabilities and those who care for them in a manner that values diversity, reflects the communities we serve and embraces the collaboration of the aging network. Jaime is a pro at bringing together resources, maybe more so than most because of his personal involvement.

But so passionate is Jaime about what he does that he doesn’t consider it work. “I consider it advocacy. I love every day of my work, although I get frustrated that we can’t do it all,” he said.

And that is why he values his partnership with The Volen Center and other organizations that are dedicated to serving seniors so well. Jaime said, “Every day that I visit my father, I realize that we are able to help people because of the community providers, like The Volen Center and so many others...”
network of community providers, we would not be able to do the work we do. He added that, in addition to The Volen Center’s myriad of services for the elderly, he is especially thrilled with its transportation services.

Thanks to the Volen Center and other dedicated organizations, he said, more seniors are able to retain some degree of independence. “We try to help people to stay at home where they want to be as long as possible. Not only are they happier, but it’s more economical for them and for our entire community. Even those of us who want to take care of our fathers and mothers realize that we have to work and care for others; it’s not easy – that’s why having a strong provider network is so critical.”

“I love taking care of my father, but I’m so thankful there are places like the Volen Center with professionals to help care for our aging loved ones. With my own father, I want to see me as his son and having professional caregivers allows us sons and daughters to enjoy our parents as long as possible.”

And, as a caregiver, what advice does Jaime offer to others facing the same issues?

“Take as much care of your loved one as you can, but don’t forget to take your oxygen first. Many caregivers die before their loved one because they haven’t taken care of themselves.”

If he could have one wish come true for seniors, what would that be?

“That the aging network continue the great work to help seniors and that funding be increased to accommodate the growing demands. There are more people coming to Florida than ever before and, therefore, the need is growing, but funds are not keeping up,” he explained. He added that the Area Agency on Aging Helpline receives approximately 125,000 calls per year for one or more services for the elderly or those with a disability.

We all need to remember that children and our seniors are the most vulnerable in our population and we need strong services for both.

He remains passionate about his organization, known as Your Aging and Disability Resource Center, because it provides a circle of care with many partners so that seniors and caregivers have access to critical services and support. “It’s exciting to be able to be that gateway,” he said.
SO HAPPY TOGETHER

People love gathering together. Whether it’s to share, to bond, or to help one another, we are all at our best when we’re together. Join in the fun with us at the Volen Center, where together, we make community happen.

Care doesn’t end with our client; we offer support and counseling for those caring for a loved one. Inquire today about our no-cost caregiver support groups!

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Membership has its advantages!
Check out what a Volen Center Membership can do for you...

BASIC MEMBERSHIP
- All Center mailings
- Free PC fundamentals class
- Access to Center field trips
- Basic Membership Advantage Card
- Adult Education class discount ($5.00 off)
- Membership appreciation Friday breakfast
- Free chair exercise classes
- Qualifies you for access to member-only special events and classes. Special event and luncheon fees may be applicable.

BRONZE MEMBERSHIP
- All Center mailings
- Free PC fundamentals class
- Access to Center field trips
- Adult education class discount ($10.00 off)
- Membership appreciation Friday breakfast
- Membership Advantage Card (includes incentives at the Volen Café and bingo)
- Free chair exercise classes
- One free semester of any paid Adult Education class
- Qualifies you for access to member-only special events and classes. Special event and luncheon fees may be applicable.

SILVER MEMBERSHIP
- All Center mailings
- Free PC fundamentals class
- Access to Center field trips
- Adult education class discount ($15.00 off)
- Membership appreciation Friday breakfast
- Membership Advantage Card (includes incentives at the Volen Café and bingo)
- Free chair exercise classes
- Two free semesters of any paid Adult Education class
- Qualifies you for access to member-only special events and classes. Special events fees apply.

GOLD MEMBERSHIP
- All Center mailings
- Free full access to all Adult Education classes (day & evening)
- Free full access to all special events and luncheons
- Free full access to bingo ($8.00 bingo play card)
- Access to Center field trips (transportation fees apply)
- Deluxe Member Advantage Card (includes 3 free lunches and various snacks at the Volen Café)
- Unlimited free coffee & tea at the Volen Café
- Membership appreciation Friday breakfast

Membership fees may change without notice.

Membership Specials
- Free art classes with membership. This art class is taught by a professional art instructor. Interested members must contact the front desk at 561.395.8920, ext. 243. Class dates and times can be obtained from the front desk.
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<td>Adventurer's Club – Butterfly World</td>
<td>9/17/15</td>
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<td>Red’s Backwoods BBQ, Boca Raton</td>
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<td>11/17/15</td>
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<td>For information and reservations, please contact us at 561.395.8920 ext. 224 or 224. Volen Center Membership required</td>
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* Tuesdays 11:00 am departure  
* Members only  
* Reservations required minimum 7 days in advance.  
* Transportation fee is nonrefundable or transferable to another member or future trips.

TO MAKE A RESERVATION PLEASE CALL THE FRONT DESK AT 561.395.8920 ext. 243 or 224

Harriet’s Lunch Bunch*  
Tuesdays 11:00 am Departure

> Halloween Spooktacular Luncheon  
October 29, 2015  
- Live entertainment & dancing  
- $8.00 per person  
- Includes pizza, beverages and dessert  
- For information and reservations, please contact us at 561.395.8920 ext. 243 or 224. Volen Center Membership required

> Adventurer’s Club – The Isle Casino  
October 22, 2015  
- For information and reservations, please contact us at 561.395.8920 ext. 224. Volen Center Membership required

> Adventurer’s Club – Butterfly World  
September 17, 2015  
- For information and reservations, please contact us at 561.395.8920 ext. 224. Volen Center Membership required
<table>
<thead>
<tr>
<th>CLASS</th>
<th>HOURS</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Volen Center Poker Club</td>
<td>9:00-11:45</td>
<td>$10 buy-in to play. **VC Membership required.</td>
</tr>
<tr>
<td>Computers</td>
<td>10:00-11:00</td>
<td>Learn how to surf the internet, social media and so much more. *VC Membership required.</td>
</tr>
<tr>
<td>Craft Shop (M-F)</td>
<td>10:00-3:00</td>
<td>Knit, paint, sew, make jewelry, and crochet.</td>
</tr>
<tr>
<td>Card Game Extravaganza</td>
<td>10:30-11:30</td>
<td>Play cards with friends, featuring UNO, Tripoly, and so much more. Open play.</td>
</tr>
<tr>
<td>Musical Mondays</td>
<td>10:00-11:00</td>
<td>Sing your favorite songs.</td>
</tr>
<tr>
<td>SAGE/Alternatives</td>
<td>10:45-1:00</td>
<td>Special social group for LGBT: field trips, lectures &amp; more. Free.</td>
</tr>
<tr>
<td>Yoga</td>
<td>12:00-1:30</td>
<td>Gentle stretching &amp; relaxation techniques for body &amp; mind. *FEE</td>
</tr>
<tr>
<td>Current Events (M, Th)</td>
<td>1:00-2:00</td>
<td>Discussion on today's hottest news topics.</td>
</tr>
<tr>
<td>Socrates Café</td>
<td>1:00-3:00</td>
<td>Discussions about philosophy of life &amp; existence. Free.</td>
</tr>
<tr>
<td>Mah-Jongg</td>
<td>12:30-2:30</td>
<td>For intermediate and advanced players. Open play games held in the main lobby. Free.</td>
</tr>
<tr>
<td>The Volen Art Studio</td>
<td>1:00-3:00</td>
<td>Learn about famous artists &amp; create your own masterpieces. Free.</td>
</tr>
<tr>
<td>Beading Class</td>
<td>12:30-1:30</td>
<td>Make necklaces &amp; bracelets. **VC Membership required.</td>
</tr>
<tr>
<td>Corner Pocket (M-F)</td>
<td>12:30-3:00</td>
<td>The official pool club at the Volen Center. Free.</td>
</tr>
<tr>
<td>Senior Discussion Group</td>
<td>9:45-11:00</td>
<td>Discuss issues of living in today's changing world. Free.</td>
</tr>
<tr>
<td>Harriet's Lunch Bunch</td>
<td>All Day Field Trip</td>
<td>Dine with friends in various restaurants around southern Palm Beach County. *Transportation fee, **VC Membership required.</td>
</tr>
<tr>
<td>Computers: Introduction to IMac</td>
<td>10:00-11:00</td>
<td>Learn how to use iMac computers, Learn to surf the internet and so much more. *VC Membership required.</td>
</tr>
<tr>
<td>Tai-Chi</td>
<td>11:00-12:00</td>
<td>Improve your balance, circulation &amp; decrease depression. *FEE</td>
</tr>
<tr>
<td>Movie Vault (Mon-Fri)</td>
<td>12:30-3:00</td>
<td>Learn the Japanese art of folding paper into beautiful shapes and decorative art pieces. **New Program</td>
</tr>
<tr>
<td>Origami</td>
<td>1:00 -2:00</td>
<td>Learn how to use Apple's iPad. **VC Membership required.</td>
</tr>
<tr>
<td>The Volen Center Book Club</td>
<td>1:00-2:30</td>
<td>Review today's bestselling books. **Exclusively for Volen Center Members.</td>
</tr>
<tr>
<td>Qi-Gong</td>
<td>12:30 -1:30</td>
<td>Utilize life's oxygen to increase energy &amp; improve health. *FEE</td>
</tr>
<tr>
<td>Chair Exercise (T, Th)</td>
<td>1:00-1:45</td>
<td>Exercise performed from a seated position.**VC Membership required.</td>
</tr>
<tr>
<td>Thinking “A-Loud”</td>
<td>1:30-3:30</td>
<td>Discuss topics on aging myths and current events. Free.</td>
</tr>
<tr>
<td>Bridge Club</td>
<td>9:00-12:00</td>
<td>Play Chicago-style bridge.* VC Membership required. Reservations requested.</td>
</tr>
<tr>
<td>World of Tablets featuring iPads</td>
<td>10:00-11:00</td>
<td>Open play, games held in main lobby. Free.</td>
</tr>
<tr>
<td>Canasta</td>
<td>10:00-12:00</td>
<td>Learn the Japanese art of folding paper into beautiful shapes and decorative art pieces. **New Program</td>
</tr>
<tr>
<td>Today's Tales: A Weekly Word Concert</td>
<td>10:00-11:00</td>
<td>Listen to mystical stories, novels and other stories. Presented by Dr. Caren Neile.</td>
</tr>
<tr>
<td>BINGO</td>
<td>1:00-3:00</td>
<td>Great prizes and refreshments. Game cards start at $8.00.</td>
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<tr>
<td>Yoga</td>
<td>12:00-1:30</td>
<td>Gentle stretching &amp; relaxation techniques for body &amp; mind. **FEE</td>
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<tr>
<td>Singing Workshop</td>
<td>9:30-11:30</td>
<td>Bring just your voice to join Volen Soloists.</td>
</tr>
<tr>
<td>VIP Discussion</td>
<td>10:00-12:00</td>
<td>Program for visually impaired persons. Free.</td>
</tr>
<tr>
<td>Brain Aerobics</td>
<td>10:00-11:00</td>
<td>Strengthen your mind with various brain teasers, puzzles, word games and trivia. Group program. Free.</td>
</tr>
<tr>
<td>Board Game Bonanza</td>
<td>12:30-3:00</td>
<td>Play various board games. Open play.</td>
</tr>
<tr>
<td>Scrabble</td>
<td>1:00-2:30</td>
<td>Scrabble games. Free.</td>
</tr>
<tr>
<td>Origami</td>
<td>1:00 -2:00</td>
<td>Learn the Japanese art of folding paper into beautiful shapes and decorative art pieces. **New Program</td>
</tr>
<tr>
<td>Daily Living Skills</td>
<td>1:00-2:00</td>
<td>For visually impaired persons. Learn daily living skills and build the confidence to live independently. Free.</td>
</tr>
<tr>
<td>Prime Timer's Social</td>
<td>1:30-2:30</td>
<td>Meet new friends and mingle with others. Pre-recorded music, dancing, refreshments provided.</td>
</tr>
<tr>
<td>The Volen Center Friday Breakfast Buffet</td>
<td>9:00-10:30</td>
<td>Enjoy pastries and other scrumptious breakfast food, coffee and tea.</td>
</tr>
<tr>
<td>Trivia with Elliott</td>
<td>10:00-10:30</td>
<td>Trivia Game-show style! Win neat prizes. Free.</td>
</tr>
<tr>
<td>Bridge Club</td>
<td>9:00-11:30</td>
<td>Play Chicago-style bridge. **VC Membership required. Open play.</td>
</tr>
<tr>
<td>The Beat</td>
<td>10:30-12:00</td>
<td>Live music and dance. Free.</td>
</tr>
<tr>
<td>BINGO</td>
<td>1:00-3:00</td>
<td>Great prizes and refreshments. Game cards start at $8.00.</td>
</tr>
<tr>
<td>Fit for Life (W, F)</td>
<td>1:00 -1:45</td>
<td>Improve your strength, balance and energy. Light to moderate fitness. *FEE</td>
</tr>
<tr>
<td>The Official Pool Tournament</td>
<td>1:00-3:00</td>
<td>Pool tournament.</td>
</tr>
</tbody>
</table>

* Free with membership    **Membership-only program. You must have your current membership ID card.

**THE VOLEN CENTER** 1515 West Palmetto Park Rd., Boca Raton, Florida 33486 t 561.395.8920 toll free 866.711.6872

Calendar subject to change without notice.
Become a member today!

FOR MEMBERSHIP FEES AND PRICING INFORMATION PLEASE CALL 561.395.8920 ext. 205

Our website is new & improved!

Check us out at www.volencenter.com

In our continued effort to serve our customers, we have redesigned our website to help you find information quickly and easily. We invite you to visit the website at www.volencenter.com

Our new and expanded website features a new design, user-friendly navigation, and a wealth of information, tools, and resources to help you find the services you need.

Remember to like the Volen Center on facebook.

Advertise with us!

For the first time, The Volen Center is making ad space available right here in this newsletter! Professionals, businesses and service providers can all benefit from ad placement in this high-visibility newsletter, which is read community-wide by families and seniors throughout the region.

Ad rates are very reasonable, and help subsidize the production and expansion of the newsletter, which has a quickly growing circulation of over 5000. The Volen Center newsletter is an ideal place to advertise medical and legal services, home maintenance and landscape services, schools and youth services, area stores or anything else the community might need!

Be among the first to advertise here, and stand out as a supporter of one of this community’s most vital and caring institutions. Don’t miss this opportunity.

We’ll see you here!
The Volen Center is located in Boca Raton, Florida, on the southern boundary between Palm Beach and Broward Counties, at the intersection of Route I-95 and West Palmetto Park Road.

www.volencenter.com

FOR MORE INFORMATION ON THE VOLEN CENTER WELLNESS INSTITUTE, PLEASE CONTACT US AT 561.395.8920 ext. 205