Meet Mr. Elliott Friedman, the Volen Center’s Volunteer of the Year

NEW! The Volen Center Wellness Institute

Eat & Schmooze at the Volen Center!
Welcome all!

Welcome to the first Winter edition of Community. As we reflect on this time of year, we may think of brilliant colors and beauty, particularly if we have experienced autumn foliage. And, although I, too, envision waves of amber and gold across a bright blue sky, I also consider the warmth of family and friends, the richness of sharing, and the counting of blessings.

Autumn brings opportunities to spend time with loved ones, showing gratitude and bestowing goodness upon one another. Autumn is a time for welcoming into our home those we hold dear, sharing the bounty of our resources. Autumn is a time for recognizing with gratitude that which brings fullness to our life and all that we value.

At the Volen Center, we are grateful for our seniors, their caregivers, our staff, our Board, our volunteers, our youth, and our partnering community. Each individual is an integral part of our family. And, it is this family for whom we wish to provide an outstanding quality of life. In fact, this quality is achieved every day through the delivery of an array of diverse Center programming.

This edition of Community is filled with articles, information, and upcoming Center events that illustrate how the Volen Center is dedicated to helping our client family. From our new website to the addition of our Wellness Institute to our wonderful donor who has helped the Center start new programs and keep others thriving, we continue to forge ahead with services that strengthen our community.

As always, we are so excited to continue to provide exceptional and quality services to our community. At the Volen Center, we strive to promote a sense of wellness and fulfillment along with the richness of all life has to offer.

We invite and welcome you to stop in for a tour to see what sets the Volen Center apart from the rest! We want to make our home and community your home and community.

TO SCHEDULE A TOUR CALL 561.395.8920 ext. 205

Sincerely,

Elizabeth Lugo
President/CEO
Meet Mr. Elliott Friedman, the Volen Center’s Volunteer of the Year

Elliott first entered the Volen Center in February 2009. A neighbor told him about the Center and suggested that he attend. At first, Elliott was skeptical about coming to a new place about which he knew very little. However, Elliott says he was bored and did not want to stay home during the day “doing nothing.” Consequently, Elliott joined the Center to learn computers. The rest is history, because Elliott has been going nonstop ever since!

Elliott’s volunteer career began when Jared Policano, the Volen Center’s Senior Director of Operations responsible for the Life Enrichment Program, asked Elliott to call Bingo. Elliott says “then he [Jared] asked me to do trivia, then brain aerobics, then work in the kitchen, and then be in charge of Superstars!”

When we asked why Elliot chooses to volunteer, he said that he was a hairdresser, and he relates well to people. Volunteering makes others happy, and this is extremely rewarding to him. Elliott stated that the thing he loves best about the Volen Center is the staff! (We love him too!) He enjoys all of his time spent here.

Elliott says that he has more time to give to the Center. He would like to help out next in the Transportation Department, and we might take him up on his offer!

FOR ENRICHING VOLUNTEER OPPORTUNITIES CALL JARED POLICANO AT 561-395-8920 ext. 272

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.

The Volen Center Bistro
If you attend the Volen Center, you already know that we have a senior dining site offering a hot healthy lunch in a restaurant-style setting. We also have a full service snack bar that offers everything from snacks and beverages to hot sandwiches.

We are now offering a new service! Join us for lunch at the Volen Center Bistro! The Bistro offers delicious and nutritious menu choices such as tuna salad and egg salad sandwiches, fruit salads, beverages… and more. The cost is only $3.00 per meal.

The Volen Center Bistro is made possible because of a generous grant from Hands on Tzedakah, which has been instrumental assisting the Volen Center in providing essential services to seniors.

FINANCIAL RESTRICTIONS APPLY.

Our Menu

<table>
<thead>
<tr>
<th>Monday:</th>
<th>Tuesday:</th>
<th>Wednesday:</th>
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<tbody>
<tr>
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NEW! The Volen Center Wellness Institute....

The Volen Center has been known as a nationally accredited senior center offering socialization, congregate dining, specialized adult day and Alzheimer’s care, in-home care, home-delivered meals, caregiver support, transportation, and customized care management. The Center provides a multitude of social services within a centralized location. The Center offers the comprehensive supports that are particularly important and necessary for disabled and older adults.

In recognition of the need to enhance this service continuum with medical care and through the immense generosity of Hands on Tzedakah (HOT), the Volen Center is expanding its services and offering preventative healthcare. HOT has supplied funds to cover the costs associated with building treatment rooms and supporting medical personnel. Volen Center staff are actively seeking additional funding to cover related operational costs. The full Wellness Institute, which is currently under construction, is expected to be opened late Spring 2013.

The institute and initiative, presently known as WISH (Wellness Institute for Senior Health), offers preventative health education, health screenings, medication management, nutrition counseling, behavioral health services, and chronic disease management. WISH’s unique approach focuses on spending quality time with patients and creating individualized care plans that are tailored to meet their healthcare needs.

At this time, WISH is currently providing services by an Advanced Registered Nurse Practitioner (ARNP) while the full institute is being constructed. The ARNP is presently available to perform health screenings, medication management, preventive health education, and other ancillary examinations.

Through the addition of WISH, the Volen Center offers seniors an all-inclusive wellness experience that provides them with access to quality and combined socialization and healthcare. In fact, the Center is working with Ruth Rales Jewish Family Services to deliver similar medical care at their Weisman Community Center in Delray Beach.

Please stop in and visit the Center to see what’s new and exciting! Be sure to check the schedule to see what health programming is being offered through WISH. See how the Volen Center is Making Community Happen!
Eat & Schmooze at the Volen Center!

Holocaust Survivors encounter respect, dignity, support, and companionship as they enter the Volen Center to attend the monthly Eat & Schmooze program. Eat & Schmooze is a collaboration among Ruth Rales Jewish Family Service, Alpert Jewish Family Service, and the Volen Center, the host agency.

The program began at the Volen Center in 2009 when all three agencies recognized that Holocaust Survivors have unique needs. The agencies wanted to provide a specialized program and accommodating location that allows Survivors to remain active and engaged. “At a time in their lives, with Survivors, who have already lost so much, we are trying to provide support, outreach, and continuity of caring relationships in a setting that feels like ‘home’...”, stated Eva Weiss, Coordinator of Holocaust Survivors program at Alpert Jewish Family and Children’s Services in West Palm Beach.

Eat & Schmooze activities include discussion groups on Survivor-related issues, musical programs, movies, educational lectures and, of course, schmoozing with friends!

Many Survivors are now living on a fixed or low income and may have physical impairments that make it difficult to cook or visit a restaurant, and the Eat & Schmooze experience is a welcome event! When the Volen Center contacted its reliable and generous donor, Hands on Tzedakah (HOT), it took only one meeting to provide a grant to fund the requested meals. Elizabeth Lugo, President and CEO of the Volen Center, said “The Volen Center is immensely grateful to Ron and Meryl Gallatin and HOT for their ongoing support of Eat & Schmooze. Without their unwavering support, the program would not be as successful and attract as many Survivors. Participants are able to enjoy a high quality, delicious meal that we would not be able to provide without HOT. Our Survivors deserve only the highest quality programming and food, which HOT ensures. Thank you, Ron and Meryl!”

The Volen Center anticipates the meals will encourage even more Survivors to participate in the highly successful program. In fact, Eat & Schmooze is expanding to the second generation of Survivors so that families can enjoy a day of education, food and fun.

Jenni Frumer, Associate Executive Director of the Alpert Jewish Family and Children Services, stated that “We are thrilled with our partnerships with the Volen Center, Next Generations, and Ruth Rales to provide this special social programming to Survivors.”

FOR MORE INFORMATION PLEASE CALL JARED POLICANO AT 561-395-8920 ext. 272

Hands Together for Hands on Tzedakah!

Hands on Tzedakah (HOT) is a public charity with headquarters here in Boca Raton, Florida.

Founded in 2003, the organization provides funding for various social service programs, just like the Volen Center. HOT is active throughout the United States, Israel and other countries. HOT is also one of the few charities where there are no administrative expenses: 100% of each contribution goes directly to projects helping those in need!

HOT’s primary focus is to support essential programs that address hunger, poverty, health care and disaster relief. HOT also provides assistance to the economically disadvantaged, disabled, elderly, and victims of abuse and terrorism.

Because of HOT’s generous assistance, we are able to provide the following programs to the Volen Center that assist our community: The Volen Bistro, Eat & Schmooze, and the Wellness Institute for Senior Health.

The Volen Center Staff is extremely thankful to HOT for helping us carry out our mission!
Top Reasons Why We Need YOU to Volunteer!

1. It’s good for you! Volunteering reduces stress and makes you a happier person. Your mood is better, and you experience joy. You are a more fulfilled person.

2. It feels better to give than to receive. When you can make an impact on causes you care about and enrich the lives of those in need, you feel much better about your life in the process.

3. You make a difference in people’s lives. When you volunteer, you impact people in a positive manner. By giving your time to other people, you contribute to the betterment of all.

4. You strengthen and enrich your community. By volunteering at the Volen Center, you are helping to support seniors, children and families. We serve all ages here! Show your compassion and share your talents with us!

5. You make many new friends! Volunteering exposes you to new possibilities. If you are recently retired, perhaps you find yourself staying home more. Or, perhaps you miss getting out and interacting with others. Volunteering gives you an opportunity to get out, stay active, and work with others as a team. Plus, you will have great fun doing it!

6. Challenge yourself. It’s never too late to learn! You can learn a new assignment that you never thought you’d do! Discover a new talent or ability! This is a great way to learn new skills or even stay sharp with your current skills. The Volen Center will even train you for volunteering in your area of interest.

7. Volunteering saves resources. Volunteering provides valuable time to the Volen Center and frees up funding that we can spend on the people we serve. Did you know that the estimated value of a volunteer’s time is $15.39 per hour? We think volunteers are priceless!

8. We will always be grateful for your time. There’s no amount of time too small when it comes to volunteering. If you only have two hours a month, we’ll take it! If you can only commit to one event a year, we’ll take it!

9. It can change your life. If you are looking for an opportunity to feel better, contribute to your community, challenge yourself, and make new friends, volunteering is for you! Please call the Volen Center today to see the many ways you can help make community happen and make a difference in someone’s life!

“It’s easy to make a buck. It’s a lot tougher to make a difference.” ~Tom Brokaw

FOR MORE INFORMATION ON VOLUNTEER OPPORTUNITIES CALL JARED POLICANO AT 561-395-8920 ext. 272
LIFE ENRICHMENT
The Active Senior Program at the Volen Center

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 access to member-only special events and classes. Special event and luncheon fees may be applicable.

BRONZE MEMBERSHIP
> All Center mailings
> Free PC Fundamentals classes
> 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 access to member-only special events and classes. Special events fees apply.

SILVER 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 access to member-only special events and classes. Special event and luncheon fees may be applicable.

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.

FOR MEMBERSHIP FEES AND PRICING INFORMATION PLEASE CALL 561-395-8920 ext. 243
<table>
<thead>
<tr>
<th>CLASS</th>
<th>HOURS</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Volen Center Poker Club (M,Th)</td>
<td>9:00-11:45</td>
<td>$10 buy-in to play.*</td>
</tr>
<tr>
<td>Computer for Beginners (M,T,Th)</td>
<td>10:00-12:00</td>
<td>Learn basic computer skills.*</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 Bonanza</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>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>You are a...SUPERSTAR</td>
<td>10:00-11:00</td>
<td>Maintain your flexibility, energy, and strength. Health &amp; Fitness class runs 60 minutes. For registration, please see our front desk.</td>
</tr>
<tr>
<td>Yoga</td>
<td>12:00-1:30</td>
<td>Improve your balance, circulation &amp; decrease depression.</td>
</tr>
<tr>
<td>Socrates Cafe</td>
<td>1:00-3:00</td>
<td>Discussions about philosophy of life &amp; existence. Free.</td>
</tr>
<tr>
<td>Mah-Jongg Cafe</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.</td>
</tr>
<tr>
<td>Memory Lane</td>
<td>1:30-2:15</td>
<td>Discuss your family, career and what is most important to you.*</td>
</tr>
<tr>
<td>Beading Class</td>
<td>12:30-1:30</td>
<td>Make necklaces, &amp; bracelets. **</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 Rap Group</td>
<td>9:45-11:00</td>
<td>Discuss issues of living in today’s changing world. Free.</td>
</tr>
<tr>
<td>Lunch Bunch</td>
<td>All Day Field Trip</td>
<td>Dine with friends in various restaurants around southern Palm Beach County. Transportation fee.*</td>
</tr>
<tr>
<td>Tai-Chi</td>
<td>11:00-12:00</td>
<td>Improve your balance, circulation &amp; decrease depression.</td>
</tr>
<tr>
<td>Movie Vault (Tues-Fri)</td>
<td>12:30-3:00</td>
<td>Box office hits and classic movies. Free.</td>
</tr>
<tr>
<td>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>Chi Gong</td>
<td>12:30 -1:30</td>
<td>Utilize life’s oxygen to increase energy &amp; improve health.</td>
</tr>
<tr>
<td>Chair Exercise (T,Th)</td>
<td>1:00-1:45</td>
<td>Exercise performed from a seated position.*</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>9:30-12:00</td>
<td>Play Chicago-style bridge.*</td>
</tr>
<tr>
<td>Caregivers Support Group</td>
<td>9:30-11:30</td>
<td>Join other caregivers and get the support you need. Free.</td>
</tr>
<tr>
<td>Canasta</td>
<td>10:00-12:00</td>
<td>Open play, games held in main lobby. Free.</td>
</tr>
<tr>
<td>Educational Lectures</td>
<td>10:00-11:00</td>
<td>Lectures on various topics that include medical advances, ID theft prevention, political lectures, community services and so much more. **Meets the 3rd Wednesday of each month.</td>
</tr>
<tr>
<td>Trivia with Elliott</td>
<td>10:00-11:00</td>
<td>Trivia Game-show style! Win neat prizes. Free.</td>
</tr>
<tr>
<td>Bingo Wednesdays &amp; Fridays</td>
<td>1:00-3:00</td>
<td>Great prizes and refreshments. Game fee starts at $8.00.</td>
</tr>
<tr>
<td>Yoga</td>
<td>12:00-1:30</td>
<td>Gentle stretching &amp; relaxation techniques for body &amp; mind.</td>
</tr>
<tr>
<td>Singing Workshop</td>
<td>9:00-11:00</td>
<td>Bring just your voice to join Volen Soloists.* Donations Requested.</td>
</tr>
<tr>
<td>Eat &amp; Schmooze</td>
<td>10:00-1:00</td>
<td>Holocaust Survivors program. Socialize, enjoy various programs, lunch provided. 1st Thursday of every month. Reservations required.</td>
</tr>
<tr>
<td>Trivia Discussion</td>
<td>10:00-12:00</td>
<td>Program for visually impaired persons. 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>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 Breakfast Buffet</td>
<td>9:00-10:30</td>
<td>Enjoy pastries and other scrumptious breakfast food, coffee and tea.*</td>
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<td>Trivia with Elliott</td>
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<tr>
<td>The Beat</td>
<td>10:30-12:00</td>
<td>Live music and dance. Free.</td>
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<tr>
<td>Bingo Wednesdays &amp; Fridays</td>
<td>1:00-3:00</td>
<td>Great prizes and refreshments. Game fee starts at $8.00.</td>
</tr>
<tr>
<td>The Official Pool Tournament</td>
<td>1:00-3:00</td>
<td>Pool tournament.</td>
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* Free – Membership Required
**For membership-only programs, you must have your current membership ID card.
Our website is new & improved!

Check us out at www.volencenter.com

In our continued effort to serve our customers, we are in the process of designing our website to help you find information quickly and easily. We invite you to visit our temporary website at www.volencenter.com

Our new and expanded website will be completed soon and will feature 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.

volen items for sale

Volen Center tote bag...........$2
Volen Center t-shirt.............$8
Available at the Volen Center Welcome Desk

upcoming events

December 2012
Getting Ready for the Holidays: Holiday Social
Thursday, December 13, 2012
1:30 pm to 2:45 pm
Free for everyone and includes holiday desserts, coffee and music.

New Year’s Extravaganza:
Live Entertainment & Dancing Dessert Buffet, Coffee & Tea
Thursday, December 27, 2012
$3.00 per person. Please pay admission day of event.

January 2013
The Volen Center Annual Health & Wellness Day: Learn about health screenings, medical technology, and other services.
Thursday, January 24, 2013
9:00 am to 1:00 pm.
For more information, see the front desk or call 561-395-8920 ext. 243

Please note: All dates are subject to change without notice. Please call in advance to confirm.

8
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 will be very reasonable, and will 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!

FOR MORE INFORMATION ON ADVERTISING CALL JARED POLICANO AT 561-395-8920 ext. 272