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PROUD WINNER OF
2016 FLORENCE R.
GOLDMANN AWARD
FOR EXCELLENCE
IN SENIOR CENTER SERVICES
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As With Our Butterflies, We Work To Give Our Seniors A Place To Soar

By Elizabeth Lugo, President/CEO

If you haven’t visited our Adolph & Rose Levis Alzheimer and Adult Day Care Center in west Boca Raton, you should – just to walk through our newly decorated lobby. It’s an almost mystical feeling to look up at the myriad of bright, enormous butterfly sculptures hanging from the ceiling.

Why butterflies? Not only are they a beautiful piece of nature, but their journey from caterpillar to butterfly – their metamorphosis – is a reminder to all of us to celebrate and value each stage of human life, including the elderly.

Those of us who work with our aging population get to know each individual’s story – the struggles some have faced along the way and the value each continues to have, despite the aging process. Research shows that the butterflies that struggle the hardest to release themselves from the confines of the cocoon are the most fit and have the strongest wings to continue their journey – now as things of beauty. And, just as no two snowflakes are alike, neither are butterflies – each has distinguishing marks that set them apart from others. The same goes for our elderly and aging and disabled clients – each is an individual with different needs, but all seeking to be as independent as possible – to spread their wings. That is what our work here is about – to make sure that happens.

So, please visit our Levis Center and look at the butterflies in a new light – as a celebration of our clients’ life journeys and the beauty and importance they continue to offer at every life stage – just like the butterfly.

Sincerely,

Elizabeth Lugo
President/CEO

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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- Three convenient locations
Making Community Happen

By Jared Policano, Chief Operating Officer

Look around any of the many activity rooms at the Volen Center and you’ll see people with one thing in common – they are all older adults. But that may be where the likeness ends and that’s why we offer such a wide range of programs.

For some aging and elderly, the Volen Center is a place to enjoy comradery and enjoy activities both at the centers and in the community; for others – those with Alzheimer’s or other forms of dementia – it is a place that offers respite to their caretakers. And, for some of those caretakers, it is a haven where they can vent their frustrations, learn new coping skills, and learn from others who are caring for loved ones.

To the outside looking in, the Volen Center is a community gathering place for older adults, but for those who take advantage of our variety of programs it is so much more. We know we offer some of the most comprehensive services around and hope you’ll take the time to look into which works best for you or a loved one.

• Life Enrichment includes nutrition, education, recreation, and intergenerational programming to nurture the mind, body and soul. Our list of activities appears endless.

• For families facing the challenge of caring for someone with Alzheimer’s disease, cognitive impairment or chronic physical illness, the Center’s Adult Day Care sites offer secure, supervised environments where loved ones can spend the day engaged in meaningful and therapeutic activities.

• Our Life Enrichment Plus Program provides an alternative for individuals experiencing some initial cognitive issues. It combines independent and supervised activities, including special memory training and instruction, socialization, day trips, and special events.

• Life’s challenges affect all of us, sometimes overwhelming our usual coping abilities. We recognize the importance of counseling to help people address emotional and mental health concerns at a reasonable cost.

• We even have the Schmidt Family YMCA Preschool on the premises and promote intergenerational activities that benefit both the children and adults.

If you haven’t looked into our outstanding programs, there’s no time like the present.

FOR MORE INFORMATION, PLEASE CONTACT US AT 561.395.8920 EXT. 205
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ADT is proud to support the work of the Voien Center who helps make our headquarters community of Boca Raton so great!

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Harriet Loves Her Job And It Shows!

Harriet Tepper has been working at the Volen Center since June 6, 2005 when she was hired as a Program Assistant in the Life Enrichment Department. Fast forward 11 years later and she still remains an integral part of the Life Enrichment team, Harriet loves her job and it shows.

On any given day, you will see Harriet out in the lobby area interacting with the seniors. She takes pleasure in being able to teach the seniors how to play a variety of games, including Mah Jongg, Canasta, Rummikub and many other card games. Harriet remembers how her dad taught her to play several card games but refused to teach her one, Pinochle, as he told her that was a man’s game! While working at the Volen Center, she fondly recalls that a client attending the Life Enrichment program taught her to play Pinochle and she now in turn teaches it to others.

In addition, the Red Hat Club meets once per month under Harriet’s leadership. This is a group that many attend for socialization, conversation and to plan and attend cultural events and nature related activities. Harriet has also been involved over the years with the Lunch Bunch trip and when asked about her own personal favorites, she quickly stated that she enjoys Brio for lunch and IMAX Theatre in Fort Lauderdale to see National Geographic presentations.

You may sometimes find Harriet covering the front desk and it is Harriet who manages any and all of the mailings you receive to your home keeping you abreast of the upcoming events at the Volen Center.

When asked what she likes most about her job she said socialization with and interaction with the clients and wonderful colleagues.

Harriet was born and raised in the East Bronx but lived as well in Brooklyn, Long Island and New Jersey before moving to South Florida. She proudly shares that she has a wonderful husband Harold, terrific daughter Stephanie and amazing son Scott; as well as 6 grandchildren. While living up north, she held Administrative Assistant positions and remained at one for almost 20 years. She remains active even once she leaves the Volen Center as she swims and does water exercise an hour every day. In her spare time, she loves to read historical novels, dance, watch classic movies and travel with, Israel being her favorite!

Harriet is a great staff member and we are so proud to have her as part of the Volen Center team.
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Is It Dementia Or Just Age-Associated Memory Loss? Don’t Be Afraid To Ask For Help

By Danielle Parrotta, Director of Adult Daycare

No one knows better than caretakers the heartache, emotional and financial stress, and sacrifice that come with the herculean task of caring for someone with dementia. If you are worried that you or a loved one has signs and symptoms, see a specialist for an accurate diagnosis. The experts at the Volen Center can help relieve some of the stress on caretakers — guidance, consultation, therapy and respite. Don’t try to manage alone — we have many resources to help you and your loved one.

Dementia is a term used to refer to a group of symptoms that are the result of the deterioration of intellectual functions — such as thinking, remembering, judgment, and decision making — where the deterioration is severe enough to hinder everyday activities and social relationships.

Most people believe that dementia is an old person’s disease caused by age, but dementia has many causes and forms — at least 18 or 20 forms have been identified — and can occur in even younger adults. Alzheimer’s disease (AD), the most common form of dementia, is a progressive and fatal brain disease and is the sixth leading cause of death in the U.S. AD has been found in individuals as young as 45 and other forms of dementia, such as vascular dementia, has been found in adults even younger than that.

Normal age-associated memory loss is NOT a form of dementia. Age-associated memory loss is characterized by short-term effects and typically no permanent loss of any other function that depends on cognitive functions being intact. Only a complete diagnostic workup (see following section) can determine why a person has dementia-like symptoms and can eliminate causes like tumors or mental conditions than present symptoms of delusion.
The key to understanding dementia is recognizing the stage of the disorder a person has reached. Those afflicted may exhibit some or all of the symptoms below:

1. **Beginning/Mild Stage**
   a. Beginning to get lost or confused in familiar environments, i.e., home, neighborhood, etc.
   b. Loss of interest or lack of motivation regarding activities once enjoyed.
   c. Inability to name or label once familiar people and/or objects.
   d. Erratic changes in behavior, personality, or judgment.
   e. Forgetfulness

2. **Moderate Stage**
   a. Daily living skills become more difficult and time-consuming, i.e., eating, dressing, bathing, etc.
   b. Short-term memory loss becomes more prominent.
   c. Depression and/or anxiety may become more exaggerated.
   d. Individual requires more and more supervision and re-direction.
   e. Individual’s sense of reality becomes grossly altered. One’s ability to reason decreases along with poor judgment
   f. Possible incontinence.
   g. Restlessness
   h. Wandering/risk for elopement increases.
   i. Individual will often spend a good part of the day either being “weepy” or irritable.

3. **Late Stage**
   a. Short- and long-term memory are virtually erased and become non-existent.
   b. Verbal communication becomes more difficult and ceases to exist.
   c. Individual now requires total assistance with all daily living skills.
   d. No longer recognizes family, friends, etc.
   e. Usually totally incontinent – total loss of control over bladder and bowel.
   f. Significant weight loss due to lack of motivation to eat, swallowing difficulties, lack of appetite, etc.
   g. 24 hour supervision now necessary or permanent placement into a nursing home.
   h. Loss of ability to ambulate.
   i. Swallowing difficulties.
   j. Increased sleep
   k. Death

For a person with dementia to receive loving, supportive care, the people who provide caregiving must be loving and supportive. Being a caregiver means accepting challenges that occur every day, every hour. When you are a caregiver for a person with dementia, no two days, indeed, no two hours are likely to be the same.

- **Difficult behaviors occur in the home and in caregiving facilities.** People with dementia may become angry, try to or succeed in wandering away, exhibit repetitive behavior, make noise (singing, shouting, crying out, constantly talk, etc.), have hallucinations or delusions, or demonstrate paranoia. They may cry for no reason the caregiver can discover. They can become agitated, attack people verbally or physically. (See section V)

- **Communication is a constant challenge.** Communicating with someone who has dementia means adapting to that person’s behavior and, in essence, learning how to translate both physical, verbal, and behavioral signs so that you can understand what the person is trying to communicate. Section VI provides many communication strategies that can be used to both communicate with and understand people with dementia. (See section VIII.)

- **Stress is experienced by all caregivers.** Caregiving is physically demanding and mentally challenging. There is never enough time and there are no perfect solutions to problems. Caregivers dealing with dementia must always be prepared for the unexpected, for wandering behavior, for changes in how individuals with dementia act from day to day. Oftentimes, both family and professional caregivers have interrupted sleep, get burned out, are unwilling to let go of things they cannot control, and become overwhelmed by their sense of responsibility and the demands of meeting day to day caregiving needs.
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Volun Center Offers Needed Help To Caregivers

The new report on caregiving shows what The Volen Center already knows – caregivers need a variety of support. And, that’s exactly what we offer.

- Support groups are held at all three of our sites in Boca Raton and Delray Beach. They offer caregivers an outlet to discuss their feelings of loss, frustration, etc., and give caregivers an opportunity to share information with others caring for loved ones.

- Individual counseling is available to help caregivers dealing with stress related to a caregiver role and life transitions, depression and anxiety symptoms, and self-care. Cognitive Behavioral Therapy, EMDR and Solution Focus approaches are utilized towards client’s goals.

- Powerful Tools for Caregivers Training (free admission), PTC is an educational program designed to assist family caregivers of individuals with any diagnosis or disability, to improve: self-care behaviors; management of emotions (reduced guilt, anger, and depression); self-efficacy (increased confidence in coping with caregiving demands, and use of community resources.

- Resources and referral services help caregivers find the community services they need for their loved ones.

IF YOU OR SOMEONE YOU KNOW WOULD LIKE TO FIND OUT MORE OR ATTEND SESSIONS, PLEASE CALL 561.395.8920 EXT. 272
Caregiver Support Groups

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KINDNESS TO OURSELVES THAT WE WOULD GIVE TO
OTHERS.” -CHRISTOPHER GERMER

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WEST BOCA RATON
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Wednesdays @ 10am

DELRAY BEACH
850 North Congress Avenue, Delray Beach, FL 33445
Thursdays @ 9:30am

Respite care available with 24 hours notice.

For more information please contact us at 561.395.8920 EXT. 272
A simple fall can be life-changing for an older adult. As we age, sight, hearing, muscle strength, coordination, and reflexes change. Heart disease and diabetes can affect balance, circulation, and the nervous system, and many medications can cause dizziness. These and many more things can lead to falling. Adding to this is the fact that bones are thin and can break more easily, making even a simple fall serious.

It is important for aging adults to take the right steps to avoid falls and take care of your overall health and well-being. Here are some suggestions to lower the risk of falling:

- Talk with your doctor and **plan an exercise program** that is right for you. Regular exercise helps keep you strong and improves muscle tone. It also helps keep your joints, tendons and ligaments flexible. Mild weight-bearing exercise — such as walking, climbing stairs — may even slow bone loss from osteoporosis.

- **Have your vision and hearing tested often.** Even small changes in sight and hearing can make you less stable. So, for example, if your doctor orders new eyeglasses, take time to get used to them, and always wear them when you should or, if you need a hearing aid, be sure it fits well.

- **Find out about the possible side effects** of medicines you take. Some could affect your coordination or balance.

- **Limit the amount of alcohol you drink;** even a small amount can affect your balance and reflexes.

- **Always stand up slowly after eating, lying down, or resting.** Getting up too quickly can cause your blood pressure to drop, which can make you feel faint.

- **Use a cane, walking stick, or walker to help you feel steadier when you walk.** This is very important when you’re walking in areas you don’t know well or in places where the walkways are uneven.

- **Hold the handrails when you use the stairs.** If you must carry something while you’re going up or down, hold it in one hand and use the handrail with the other.

- **Purchase a home monitoring system service.** If a fall in the home occurs, the button can be pushed and emergency medical teams can be sent out.

It is also important to make the home safe to prevent falls. All stairways, hallways and pathways should remain clear with good lighting and light switches at the top and bottom of the stairwells. Also, ensure that all carpets are firmly fixed to the floor to avoid tripping on them. Now slip strips for tile and wood can be purchased to ensure safety of surfaces that can become slick. Bathrooms should have grab bars near the toilet and both inside and outside of the shower or tub. Non-skid mats should be placed on all surfaces that can get wet. It is also important to ensure that all cords and low furniture are not in high-traffic areas.

Follow these simple tips and tricks to avoid falls and ensure safety in the home and in daily life.
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Older Driver Safety Awareness Week At The Volen Center

The Florida Department of Transportation with the Volen Center and the Safe Mobility for Life Coalition are celebrating Older Driver Safety Awareness Week on Tuesday, December 6 at the East Boca Raton location with a Safety is Golden Mobility Fair. From 10:00am to 1:00pm, local and state mobility and transportation experts will be on hand to share resources with older drivers on topics ranging from the impacts of aging on driving, how to be proactive about future mobility needs, and safe alternatives to driving. A CarFit event will also be held at the Fair allowing drivers to find the perfect fit with their automobiles. This fun and free event will have much to offer so join us for resources, raffle items, and great information for drivers, families, and caregivers.

FOR MORE INFORMATION ABOUT THE SAFETY IS GOLDEN MOBILITY FAIR, PLEASE VISIT: WWW.FLSAMS.ORG/ODSAW2016.HTM OR CONTACT KATIE ARNOLD AT 850.410.5645. TO REGISTER TO BECOME A CARFIT TRAINED VOLUNTEER, PLEASE VISIT WWW.CAR-FIT.ORG.
You heard it as a child and it’s just as important now – making well-rounded food choices can help keep you healthy, strong, and less bored with your meals. Many people choose comfort foods or foods they are familiar with and that does not always make for a healthy diet.

It is important to eat from the five basic food groups at least three times a day. These are:

- **Protein (chicken, fish, meat, turkey)**
- **Grains (beans, bread, pasta, potatoes)**
- **Vegetables (broccoli, carrots, spinach, peppers)**
- **Fruits (apples, bananas, berries, melon)**
- **Dairy (milk, yogurt, cheese)**

Remember, however, that how you prepare them can affect whether they are healthy or unhealthy versions. For example: chicken and salmon are good sources of protein and healthy when baked or grilled, but not fried. Here are some hints to ensure you are including healthy foods: make half your plate fruits and vegetables; try to eat a “rainbow” of colors. Vegetables and fruits have a variety of vitamins and minerals that are represented by different colors. Red and orange fruits contain Vitamin C and A and dark leafy greens have more Vitamin B. Whole grains (whole wheat bread, quinoa, sweet potato, beans, brown rice) are considered a healthy way to get in your grains.

Vitamin D and calcium are crucial for healthy bones and especially important in the senior population that is susceptible to falling and breaking bones. Good sources are milk, yogurt or cottage cheese.
You may be hearing the word “superfood.” It is defined as a “nutrient-rich food considered to be especially beneficial for health and well-being.” Many of the foods that make the list are readily available and economical. Try to eat these foods on a weekly basis along with a variety of other foods, of course. Since there is no magic pill, this is the closest thing you’ll find to get your required doses of protein, fiber, vitamins and minerals.

**Eggs** – Eggs have gotten a bad rap over the years, but they really are a “complete” food. They are full of vitamins and minerals as well as protein. One egg has about 80 calories and they are affordable, easy to make and very versatile.

**Greek Yogurt** – Another versatile food that is full of protein and probiotics, which are important for a healthy digestive tract.

**Nuts** – I know they are “fattening” and should be eaten in small doses (1 − 2oz), but they have healthy fats (good for the heart and brain), and are high in fiber and antioxidants.

**Kiwi** – These exotic fruits are a nutrition powerhouse. They have an entire day’s worth of the recommended dose of Vitamin C. They also contain potassium, fiber and the hard-to-find-in-food Vitamin E.

**Quinoa** – This ancient grain is a complete protein (great for vegetarians/vegans) and cooks up like rice. It provides iron, zinc, Vitamin E (there it is again) and selenium. Good for controlling weight, diabetes and heart disease.

**Beans** – They’re good for your heart! Their insoluble fiber helps control cholesterol and their soluble fiber helps with elimination. They happen to be low in fat, a good source of protein and complex carbohydrates.

**Salmon** – This fantastic source of protein has heart-healthy omega 3 fats, iron and is low in saturated fat.

**Broccoli** – This green vegetable contains Vitamins A, K, and C and fiber. It is available year-round and filling!

**Sweet Potato** – A much better choice than regular potato, it is sweet, satisfying and full of Vitamin A (beta-carotene) – good for vision health. It also has calcium, Vitamin C and potassium.

**Berries** – These fruits are full of antioxidants (helps with cancer prevention and anti-aging), water and fiber (both important for blood sugar control).
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- Pulmonary
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If you need help with any of these conditions, you may benefit from an inpatient skilled nursing and rehabilitation stay.

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Noteworthy Happenings

Florence R. Goldmann Award presented to the Volen Center on August 10, 2016 by the Florida Association of Senior Centers for EXCELLENCE in Senior Center Services

Shown Left to Right: Cheryl Gustafson, Life Enrichment Supervisor Volen Center; Elizabeth Lugo, President/CEO Volen Center; Jared Policano, Chief Operating Officer Volen Center; Kristy Carter, Treasurer of FASC

Thank You

PNC BANK

For sponsoring the Volen Center Breast Cancer Awareness Day event on September 30.

Boca Raton Regional Hospital

For having the Kathryn Krickstein Pressel Mammovan on site all day providing mammograms.

FASC

Thanks to Lorin Cook for sharing her dad Howard Young’s birthday festivities in May with us all.

Thanks to our many raffle sponsors for all our various events.
It Truly Was A Great Give – Thanks To You!

Thanks to so many of you, the Great Give was truly great for the Volen Center. Thanks to your generosity, the 24-hour online giving campaign raised $25,000 that will allow us to do so much for those seniors and people with disabilities who need us.

This was the third year for this community-wide effort. This year’s event saw contributions of 10,073 gifts to 504 nonprofits in Palm Beach and Martin counties, totaling $3,065,599. On Tuesday, May 3, 2016, the community came together in the largest online charitable donation campaign in Palm Beach County’s history. The Great Give, sponsored by The Community Foundation of Palm Beach and Martin Counties, Community Foundation of Martin County, and United Way of Palm Beach County, made it possible for everyone − from the smallest to largest donors − to contribute to the Volen Center.

Together, we celebrated the spirit of giving in our community, increased awareness for many important local causes and raised critical funds for nonprofits that do so much for our community’s most deserving members. The beauty of this online giving campaign is that it creates an even wider sense of community as those who have little or a lot to contribute come together on a single day for a common cause.

The Volen Center celebrated the day by hosting parties at all three of our locations. Food, fun, and entertainment provided attendees with an opportunity to go online to contribute during the 24-hour campaign.

The Volen Center is most appreciative of those who contributed on this day and continue to donate throughout the year. Funds raised allow us to continue providing vital and necessary programs for our seniors and their caregivers.

If you were unable to donate for Great Give, but would still like to make a donation in support of the Volen Center’s various programs and services, please contact Robin Goldberg, Director of Special Events and Donor Relations, at ext. 223.

*One Of The Many Donors Who Made Great Give A Success.
Fun Trivia Questions

1. Who said “I’ve watched a lot of baseball – on the radio”? 
2. In Michigan, it is illegal to chain what to a fire hydrant? 
3. Where are 40,000 Americans injured each year? 
4. In 1987, the Jockey Club disqualified a horse that had eaten what? 
5. Mr. Cat Poop was the Chinese translation of what Jack Nicholson movie? 
6. In Connecticut, a pickle must do what to be legal? 
7. One third of Taiwanese funeral processions include what? 
8. In Vermont, woman can’t wear what without written permission from their husbands? 
9. In the city of some areas there are private flush toilets for who/what? 
10. What did people in the Middle Ages throw at the bride and groom? 
11. In Equatorial Guinea, what is it illegal to name your child? 
12. 33% of the world’s population can’t do what with their fingers? 
13. With what did the ancient Romans dye their hair? 
14. In Ohio, by law, all pets have to carry what at night? 
15. In Oklahoma City, it is illegal for a prisoner to wear what? 
16. In Massachusetts, what is it illegal to have in the bathroom? 
17. It is illegal in Alaska to look at a moose from where? 
18. In which Tennessee city is it illegal to lasso fish?
The profile of the family caregiver in America is changing as the population ages, according to a new research study from the National Alliance for Caregiving and AARP. While the “typical” family caregiver is a 49-year-old woman who takes care of a relative, caregivers on the whole are becoming as diverse as the American population.

Caregiving in the U.S. 2015 provides surprising insight into today’s family caregivers. The typical higher-hour caregiver (who provides unpaid care for at least 21 hours a week) has been caregiving for an average of 5 ½ years and expects to continue care for another five years. Nearly half of these higher-hour caregivers report high emotional stress (46%).

With an average household income of $45,700, caregivers report not only emotional strain, but financial strain. Higher-hour caregivers report difficulty in finding affordable caregiving services, such as delivered meals, transportation, or in-home health services, in the community for them and their loved ones. Caregivers who live more than an hour away from their care recipient also report higher levels of financial strain (21% perhaps because 4 out of 10 long-distance caregivers report the use of paid help (41%).

Also surprising are findings from subpopulations of caregivers. Today, nearly a quarter of America’s caregivers are millennials between the ages of 18 and 34 and are equally likely to be male or female. On the other end of the spectrum, caregivers aged 75 or older are typically the sole support for their loved one, providing care without paid help or help from relatives and friends. Men, a group often stereotyped as failing to take on caregiving responsibilities, currently represent 40 percent of family caregivers and provide an average of 23 hours a week supporting a loved one.

“We’re especially concerned that not enough is being done to support family caregivers in the public or private sector as they age,” explained Gail Gibson Hunt, president and CEO of the National Alliance for Caregiving. “There’s a double-edged sword when we fail to support caregivers, because we put both the caregiver and the care recipient at risk.”

Caregivers of a close relative – like a spouse or a parent – who are likely to provide care for 21 hours or more,
LIFE ENRICHMENT

Highlights of Today’s Caregivers

- 82% care for one person who is likely either living with the caregiver or living within 20 minutes of the caregiver.
- 60% of caregivers are female. The typical caregiver is a 49-year-old female caring for a 69-year-old female relative, most likely her mother.
- 40% of caregivers are male.
- 34% of caregivers have a full-time job, while 25% work part time. Caregivers who work do so for 34.7 hours per week on average.
- Caregivers have been caring for 4 years on average, spending 24.4 hours per week helping with activities like bathing, dressing, housework, and managing finances.
- 32% provide at least 21 hours of care a week, on average providing 62.2 hours of care weekly.
- 38% of caregivers report high emotional stress from the demands of caregiving.

Caregiving in the U.S. 2015 is a joint report between the National Alliance for Caregiving and AARP.
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.

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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.

Be Someone’s HERO...
Leave a LEGACY of Caring at The Volen Center through our NEW Planned Giving Program.

INQUIRE TODAY ABOUT OUR NO-COST CAREGIVER SUPPORT GROUPS & INDIVIDUAL COUNSELING!
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“Serving South Florida for over 50 years”
Fun Facts

1. Banging your head against a wall burns 150 calories an hour.
2. When hippos are upset, their sweat turns red.
3. A flock of crows is known as a murder.
4. “Facebook Addiction Disorder” is a mental disorder identified by psychologists.
5. The average woman uses her height in lipstick every 5 years.
6. During your lifetime, you will produce enough saliva to fill two swimming pools.
7. Polar bears can eat as many as 86 penguins in a single sitting.
8. King Henry VIII slept with a gigantic axe beside him.
9. Heart attacks are more likely to happen on a Monday.
10. A toaster uses almost half as much energy as a full-sized oven.
11. You cannot snore and dream at the same time.
12. A baby octopus is about the size of a flea when it is born.
13. A sheep, a duck and a rooster were the first passengers in a hot air balloon.
14. Recycling one glass jar saves enough energy to watch TV for 3 hours.
15. The Titanic was the first ship to use the SOS signal.
16. Bob Dylan’s real name is Robert Zimmerman.
17. A crocodile can’t poke its tongue out.
18. Sea otters hold hands when they sleep so they don’t drift away from each other.
19. A small child could swim through the veins of a blue whale.
20. Bin Laden’s death was announced on 1st May 2011. Hitler’s death was announced on 1st May 1945.
22. Non-dairy creamer is flammable.
23. Camels have three eyelids.
24. The average person laughs 10 times a day!
25. Like fingerprints, everyone’s tongue print is different!
TooJay’s is Simply. Great. Food.

TooJay’s specializes in the hearty portions and homemade comfort foods of a traditional New York deli. Enjoy handcrafted sandwiches, made-from-scratch soups, salads, delicious dinner entrées and baked goods. So come in, sit down and have a nosh, you look hungry!

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Regency Court Plaza | 3013 Yamato Road | (561) 997-9911
Polo Shoppes | 5030 Champion Blvd. | (561) 241-5903

toojays.com | Facebook | Twitter

Elder Law Planning and Protecting Your Family’s Future

“We wrote the book”
Scott Solkoff Co-authored with his father a two-volume book, Florida Elder Law, published by West Group. It is the chief desk reference for attorneys, 17 plus years and is updated annually.

- Estate Planning including Wills, Trusts, Powers of Attorney & Health Care Advance Directives
- Estate & Trust Administration
- Asset Protection & Medicaid Qualification Assistance
- Special Needs Planning for Adults & Children with Disabilities
- Guardianship & Incapacity Planning
- Probate Administration
- General Advice on Aging Issues

Our attorneys are dedicated to helping the elderly, people with disabilities, their families and caregivers of all ages.

561-733-4242 | www.solkoff.com
2605 W. Atlantic Ave., Suite A-103 | Delray Beach, FL 33445

Our attorneys are dedicated to helping the elderly, people with disabilities, their families and caregivers of all ages.

The hiring of a lawyer is an important decision that should not be based on advertisements alone. Call us at 561-733-4242 or visit www.solkoff.com for information about our leading qualifications and experience in Elder Law.

Our attorneys are dedicated to helping the elderly, people with disabilities, their families and caregivers of all ages.

The hiring of a lawyer is an important decision that should not be based on advertisements alone. Call us at 561-733-4242 or visit www.solkoff.com for information about our leading qualifications and experience in Elder Law.
Planned Giving: Important To The Future Of the Volen Center

By Robin Goldberg, Director of Special Events and Donor Relations

As we all know, our aging population is growing by leaps and bounds. The Volen Center wants to remain a crucial part of helping our seniors thrive and remain as independent as possible. You can help us do that.

We have started a NEW Planned Giving program here at the Volen Center for those of you who want to make a commitment to give a major gift, over time or at death, as part of your overall financial and estate planning.

Each year, we are grateful for the generosity of many donors who help sustain our current programs. We all know that our aging and disabled populations are increasing and we want to ensure that our services are available to all who need us for years to come. Planned Giving is a means of doing so without affecting your current income needs.

SO, WHAT IS PLANNED GIVING?
The term “Planned Giving” refers to charitable gifts that require some planning before they are made. Whether it is through cash, stocks, bonds, paid-up life insurance, Individual Retirement Accounts, real estate, or other financial assets, the benefits of a planned gift are immeasurable – to both the donor and the Volen Center. They can provide the donor with valuable tax benefits and, in some cases, income for life.

BE SURE TO CONSULT YOUR ATTORNEY OR TAX ADVISER REGARDING YOUR OWN PERSONAL SITUATION AS YOU PLAN YOUR GIVING PROGRAM.

Planned gifts can be a game-changer for our organization. No matter how big or small, planned gifts can be used to sustain certain programs or facilities, add capacity, or launch major new initiatives.

Members or their caregivers can include the Volen Center as a beneficiary in your will or trust to make a wonderful gift without affecting your standard of living or income flow.

You’ll notice banners in the lobby and at our adult daycare centers. Please make sure to read our brochure on Planned Giving to get a more complete idea of the many options you have.

FOR MORE INFORMATION ON PLANNED GIVING, PLEASE CONTACT ROBIN GOLDBERG AT 561.395.8920 EXT. 223
Enjoy Life to the Fullest

Let us make sure you have a financial plan in place that helps you enjoy yours.

Trust. Integrity. Mutual Respect. These principles anchor our commitment to put our clients’ interest first. We also have the top-notch service and advice that you need to build a plan that fits your unique goals and objectives.

We look forward to serving you and encourage you to stop by.
The highlight of every day for my mother was attending the Volen Center. She’s been going there for over 5 years and attended every single day. She loved the socializing and above all, the sing-a-longs. She knew the words to just about every old song and would love to either lead the sing-a-long or help others with the words. The Volen Center made her feel like she had a “purpose” to get out of bed everyday and in her mind, the purpose was to have fun! Even as she weakened, had trouble walking and functioning, she was determined to keep going to the Volen Center. In fact, the last day that she attended was Friday, August 12 and by Monday, August 15 she was in bed with 24 hour hospice care ordered. She passed away a week later at age 98. As for our family, the Volen Center allowed us to keep her in our home and go about our family life with some semblance of normalcy. I work and it allowed me to continue with my job and have peace of mind that my mother was not only well taken care of but having a good time every day. Thanks for what you do for our community and families. You provide such a tremendous service to the area and we are forever grateful.

- Kathy and Charlie August 2016

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.

- Irma 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
INTRODUCING LIFE ENRICHMENT’S
LIFE ENRICHMENT PLUS
PROVIDING A PATHWAY TO RENEWAL

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. 205

WWW.VOLEN CENTER.COM
At The Volen Center, Generations Come Together Through The Arts

Through a special partnership with the YMCA of South Palm Beach County, the Schmidt Family YMCA Preschool at the Volen Center was founded in 2010, and it wasn’t long after when intergenerational programs began to develop, integrating the generations of seniors and children and producing some unique and heartening experiences.

“The mere sight of children brings the seniors to their feet,” explains Preschool Director Beth Reyer. Whether participating in a dance gathering or exhibiting their creativity by painting together, seniors and children of the Volen Center tend to bring out the best in each other.

On Mondays, preschoolers and seniors come together and draw out each other’s creative side by painting pictures, while on Fridays, they all gather in the auditorium to enjoy music and dancing. These intergenerational programs and social activities actually stimulate learning, allowing the different generations to learn from one another. Seniors are able to expand their social networks and stay physically active, which creates a positive impact on their health, while children also benefit by developing their social networks and communication skills.

“It’s wonderful, the old with the young. You get to learn from them. It’s a really good idea,” expresses Edith, a senior who attends the Life Enrichment Program at the Volen Center.

Studies show that adults with dementia or other cognitive impairments experience more positive effects during interactions with children than they do during non-intergenerational activities (according to the American Journal of Alzheimer’s Disease and Other Dementias). As well, interacting with older adults enables youth to develop their social networks, problem-solving abilities, communication skills, and positive attitudes towards aging, as well as offer them a sense of purpose and community service (according to the Corporation for National and Community Service).

Being a place that brings meaning, inspiration and memories to everyday life, the Volen Center has certainly become a place where the arts connect several generations. Simply stated by Paula, a senior who attends the Life Enrichment Program at the Volen Center and participates in intergenerational activities, “I love it. I love children and I think they teach us as much as we can teach them.”

FOR MORE INFORMATION REGARDING THE SCHMIDT FAMILY YMCA PRESCHOOL AT THE VOLEN CENTER, PLEASE CONTACT PRESCHOOL DIRECTOR, BETH REYER AT breyer@ymcaspbc.org OR 561.395.8920 EXT. 296.
Many seniors think they have planned financially for retirement, but with a fixed income, many are not prepared for an emergency which can lead them to a financial crisis. You may fall behind on bills, worry that you may lose your home because of past due rent or mortgage payment. Or, you may have recently stopped working because of an illness or disability and are awaiting benefits.

Thanks to a grant from Hands on Tzedakah (HOT), seniors ages 60 and older who are experiencing a financial crisis can get help through the Volen Center. Funds can help pay for food, rent, mortgage, water bills, gas, electric bills, prescription assistance, medical services and other necessities.

Program Provides Emergency Aid To Low-Income Seniors

STOP BY TO PICK UP AN APPLICATION TODAY. OUR STAFF IS AVAILABLE TO ANSWER ANY OF YOUR QUESTIONS.

How Can We Help You?

Are you behind on your rent? Is your water, gas or electricity about to be turned off? Having a hard time buying food, paying for medical services or prescriptions? If you have fallen on hard times and just need a little help, turn to the most trusted resource for seniors in the community... the Volen Center.

The Volen Center has funds that can help pay for food, rent, mortgage, water, gas, and electric bills, prescription assistance, medical services and other necessities.

Application available @ www.volencenter.com or by calling 561.395.8920 EXT. 249.

Emergency Fund made possible through a generous grant from Hands on Tzedakah.
“Lunch Bunch” Tuesdays 11:00am Departure

November 1, 2016
California Pizza Kitchen

November 5, 2016
Cracker Barrel

November 8, 2016
Golden Corral Buffet

November 22, 2016
Shake Shack

November 29, 2016
Lucille’s Bad To The Bone
BBQ/Color Me Mine
*10:00 am

December 6, 2016
Viking Asian Buffet

December 13, 2016
Center Closed

December 20, 2016
Brio Italian Grill

December 27, 2016
Sweet Tomatoes

*Members Only. Reservations required minimum 7 days in advance. Transportation fee is nonrefundable or transferable to another member or future trips. For reservations please call or visit the front desk.

TO MAKE A RESERVATION PLEASE CALL THE FRONT DESK AT 561.395.8920 EXT. 243

Happenings

Quality Family Care presented Volen Center with a $10,000 donation for our Great Give event in May 2016.

Thank you Rotary Club of Downtown Boca Raton for presenting The Volen Center with a check for $5,000 in support of our transportation program.

Check out the bus with The Rotary logo.

Thanks to ADT for sponsoring our July 4 Holiday Party.

Fearless Caregiver Conference held at Volen Center in July.

Grandparents Day celebration on September 1st with Elvis Impersonator, Scott Ringersen.

MobileHelp is partnering with the Volen Center to provide both medical alert equipment and service free of charge to older adults who could benefit from access to emergency help, but who are not able to afford a subscription service.

Photo shows MobileHelp CEO and co-founder, Rob Flippo presenting Volen Center with an initial 10 of its SOLO medical alert systems for those who can benefit from access to emergency help but who are not able to afford a subscription service.
### DAILY CLASSES & PROGRAMS

<table>
<thead>
<tr>
<th>CLASS</th>
<th>HOURS</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td></td>
<td></td>
</tr>
<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>iLab/Computer Lab</td>
<td>10:00-11:00</td>
<td>iLab/iPad computer lab open use. Staff available for questions and assistance.</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>Musical Mondays</td>
<td>10:00-11:00</td>
<td>Sing your favorite song, Hosted by Elliott.</td>
</tr>
<tr>
<td>SAGE/Alternatives</td>
<td>10:45-1:00</td>
<td>LGBT Senior Discussion Group.</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>Socrates Café</td>
<td>1:00-3:00</td>
<td>Discussions about philosophy of life &amp; existence. *</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. *</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>Volen Movie Vault</td>
<td>12:30-3:00</td>
<td>Watch classical movies, new releases, and documentaries. *</td>
</tr>
<tr>
<td>Corner Pocket (M-F)</td>
<td>12:30-3:00</td>
<td>The official pool club at the Volen Center. *</td>
</tr>
<tr>
<td>Current Events with Judy</td>
<td>1:00-2:00</td>
<td>Discuss hot topics in the news.</td>
</tr>
<tr>
<td>Beading Class</td>
<td>1:00-2:00</td>
<td>Make necklaces &amp; bracelets. **</td>
</tr>
<tr>
<td>Senior Discussion Group</td>
<td>9:45-11:00</td>
<td>Discuss issues of living in today’s changing world. *</td>
</tr>
<tr>
<td>Life Enrichment Plus Discussion</td>
<td>9:45-11:00</td>
<td>Discuss issues of living in today’s changing world. Exclusive for LE Plus Members.</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>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>Origami with Shelley</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>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. *</td>
</tr>
<tr>
<td>Bridge Club</td>
<td>9:00-12:00</td>
<td>Play Chicago-style bridge. Reservations requested**</td>
</tr>
<tr>
<td>World of Tablets featuring iPads</td>
<td>10:00-11:00</td>
<td>Learn how to use Apple’s iPad.</td>
</tr>
<tr>
<td>Trivia with Elliott</td>
<td>10:00-11:00</td>
<td>Trivia game-show style! Win neat prizes.*</td>
</tr>
<tr>
<td>Learn Mah-Jongg with Harriet</td>
<td>10:00-11:30</td>
<td>Learn how to play Mah-Jongg, beginners to intermediate. Reservations requested.*</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>Life Enrichment Plus Fitness</td>
<td>12:00-12:45</td>
<td>Maintain your flexibility, energy, and strength. Exclusive for LE Plus Members.</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>Life Enrichment Plus Computers</td>
<td>1:30-2:30</td>
<td>Learn how to use iMacs, iPads. Play computer games; connect with family members using FaceTime. Exclusive for LE Plus Members.</td>
</tr>
<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. *</td>
</tr>
<tr>
<td>Learn Canasta with Harriet</td>
<td>10:00-11:30</td>
<td>Learn how to play Canasta. Beginners &amp; intermediate. Reservations requested.*</td>
</tr>
<tr>
<td>Computer Instruction</td>
<td>10:00-12:00</td>
<td>Learn iMac computers and iPad tablets. Professional instruction by Comcast.</td>
</tr>
<tr>
<td>Scrabble</td>
<td>1:00-2:30</td>
<td>Scrabble games.*</td>
</tr>
<tr>
<td>Coloring for Adults</td>
<td>1:00-2:00</td>
<td>Coloring for adults. Relax and unwind and color.</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.*</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>Game Show with Jared</td>
<td>1:00-2:30</td>
<td>Come enjoy the Volen Center Game Show. Contestants chosen out of the audience. Prizes, and complimentary refreshments. Hosted by Jared.</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.*</td>
</tr>
<tr>
<td>Bridge Club</td>
<td>9:00-11:30</td>
<td>Play Chicago-style bridge. Open play.**</td>
</tr>
<tr>
<td>The Beat</td>
<td>10:30-12:00</td>
<td>Live music and dance. *</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>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
**upcoming event**

**FUNraiser at California Pizza Kitchen**

**November 1, 2016**

---

**Pizza with a purpose.**

**Bring in this flyer,** present it to your server, and we’ll donate 20% of your check to the organization listed below. Purchases include dine in, take out, catering and all beverages.

**ALL DAY- TUESDAY, NOVEMBER 1ST**

**FUNdraiser in support of:**

**THE VOLEN CENTER**

Valid at California Pizza Kitchen
Town Center at Boca Raton
6000 Glades Rd. #1230,
Boca Raton, FL 33431
954-432-1498

Join the Pizza Dough™ Rewards program on your next visit or at cpk.com and receive a free Small Plate for registering.

FUNdraiser offer valid only on the date(s) and at the CPK location identified on the flyer. Only 501c organizations and non-profit schools are eligible to participate in CPK’s FUNdraiser program. CPK will donate twenty percent of food and beverage sales to the organization. Tax, gratuity, gift card and retail sales are excluded from the donation. Offer valid for dine in, take out, online, catering or curbside orders. Valid for delivery orders placed directly with CPK. Offer void if flyer is distributed in or near restaurant. For more information about the 501c organization participating in the FUNdraiser, please contact the organization directly.
**upcoming event**

**FUNraiser at Kendra Scott**

November 2, 2016

- Mizner Park, Boca Raton
- 6:00pm – 9:00pm
- 20% of proceeds during these three hours benefit The Volen Center

JOIN US for A KENDRA GIVES BACK PARTY

enjoy sips, sweets and jewels

WEDNESDAY, NOVEMBER 2ND | 6pm-9pm

KENDRA SCOTT - MIZNER PARK

411, Plaza Real, Boca Raton, FL 33432

20% of the proceeds benefit The Volen Center
upcoming event

Health Fair
November 15, 2016

Passport to Good Health
Boomer & Senior Expo
AT THE VOLEN CENTER

Tuesday, November 15, 2016, 10:00am – 1:00pm

• Over 65 Health & Wellness Vendors
• Wellness & Preventative Health Screenings
• Learn about Volen Center programs that include Adult Day Care, Life Enrichment, Garden Bridge, Transportation, and Clinical Services.
• Healthy Snacks & Refreshments
• And So Much More!!!!

The Volen Center
1515 W. Palmetto Park Road
Boca Raton, FL 33496
561.395.8920
www.volencenter.com
upcoming event

Broadway Musicals on the Big Screen
November 17, 2016

• 12:00pm – 2:45pm
• Program held at our East Boca Raton location in our main auditorium
• Refreshments served
• FREE and open to everyone

LIFE ENRICHMENT PROGRAM
Together we make community happen.

BROADWAY MUSICALS

on the Big Screen

Thursday, November 17th, 2016
12:00pm – 2:45pm

Refreshments Served
Free & Open to Everyone

Enjoy Broadway’s Most Famous Musicals!!!
Program will be held in our main auditorium
upcoming event

FUNraiser at SHAKE SHACK in Boca
November 22, 2016

Good Burgers
For A Good Cause

Tuesday, November 22nd
11:00AM – 10:00PM

Stop into the Boca Raton Shake Shack
with this flyer and 15% of your food purchase will benefit
The Volen Center.

shakeshack.com | facebook.com/shakeshack | @shakeshack
Boca Raton | 1400 Glades Rd
upcoming event
FUNraiser
November 29, 2016

• Paint for a good cause and raise funds for the Volen Center at the same time
• $5 will be given back to the Volen Center for every person who paints at Color Me Mine in Delray Marketplace on this day.

PAINT FOR A GOOD CAUSE AND RAISE FUNDS FOR THE VOLEN CENTER AT THE SAME TIME

TUESDAY, NOVEMBER 29 at 12:30pm

Color Me Mine
The Art Of Having Fun

14851 Lyons Rd
Delray Beach, FL
(Located in Delray Marketplace)

**There is a cost for materials of $20pp

For every person who paints, $5 will be given back to the Volen Center

For information contact our front desk at 561.395.8920 Ext. 243
upcoming event

Holiday Party
December 15, 2016

- 11:30am-1:45pm
- Live Entertainment & Dancing
- Holiday Sing-a-Long
- Prizes for the MOST Festive Outfits
- $7.00 per person
- Program held at our East Boca Raton location
- Reservations are nonrefundable or transferable

Thursday, December 15, 2016
11:30am-1:45pm

LIVE Entertainment & Dancing

Holiday Sing-a-Long
the MOST Festive Outfits
Many Holiday Surprises

Prizes for
Raffles
$7.00 per
person

Reservations & Information available at the front desk or call us at 561.395.8920 ext. 243.
Reservations are nonrefundable or transferable. Event subject to change without notice. Lunch is
served promptly at 11:45am.
upcoming event

New Year Luncheon
December 29, 2016

- 11:30am-1:30pm
- LIVE Entertainment & Dancing
- Special Game Show
- Raffle Prizes
- $7.00 per person
- Program held at our East Boca Raton location
- Event is nonrefundable or transferable to another person

LIFE ENRICHMENT PROGRAM
Together we make community happen.
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!

FOR MORE INFORMATION ON ADVERTISING CALL ROBIN GOLDBERG AT 561.395.8920 EXT. 223
Proud to serve our community.

Visit your local Boca Raton Branch or any of the 26 other Florida locations here to serve you!

Visit us at:
5550 Glades Rd. • Suite 100
Boca Raton, FL 33431

myNYCB.com • (561) 368-9600