Welcome all!

Growing up, my parents had a framed needlepoint hanging in our home that said, “God gave us memories so that we might have roses in December.” As a child, I am sure that I did not really understand the significance of such a saying, but seeing it daily created a place for it in my mind, that now as an adult I can return to in thoughtful reflection.

With summer approaching, I think back to the many fond memories I have of my summers as a child – from drinking out of the garden hose, running barefoot in the grass and using the sprinkler to cool off from the hot sun, to catching lightning bugs at night and having homemade ice cream churned by my father’s hands with the neighborhood kids. I also think ahead to what a great summer this will be and look forward to making new memories.

One of the many beautiful things about life is that each day is an opportunity to create a new memory to treasure. No matter what your age, every day is an opportunity to give yourself the lasting gift of a beautiful memory. And at the Volen Center, we help create those memories through our many exciting and fun-filled programs and activities. The Volen Center is here to ensure that everyone can enjoy roses in December. Come start your rose garden with us today!

TO SCHEDULE A TOUR CALL 561.395.8920 ext. 205

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.
On March 23, 2012, our President/CEO Elizabeth Lugo was presented with the Florida Atlantic University School of Social Work Outstanding Alumna Award. More than 100 community members, faculty, and alumni were in attendance as Elizabeth was recognized for her many accomplishments following receipt of her BSW in 1994. Elizabeth started her career at the Volen Center (then the Mae Volen Senior Center) as an FAU intern from the School of Social Work. As many interns are typically hired on at the Volen Center after completing their internships, so was Elizabeth. Her career then bloomed from case manager to supervisor and then on to Vice President and President/CEO. Seeing the organization through many ups and downs has not been easy, but Elizabeth has not only managed to sustain the Volen Center through tough economic times, she has grown the Center and continued to provide new and more enhanced services for seniors and the community. Making a name for herself and establishing the organization as a pillar in the community, the Volen Center has become a trademark for community services and assistance. This has all been made possible under the leadership of one very remarkable and dynamic person that we are proud to call our President/CEO! Congratulations, Liz!

The Volen Center is now offering on-site preventative health care for seniors. Introducing the Wellness Institute for Senior Health (WISH).

- No membership required!
- Transportation provided

Programs change frequently. Be sure to check the schedule to see what health programming is currently offered through WISH.

To make your appointment please contact us at: 561.395.8920, ext. 272
Generous Wheelchair Donation

By Linda Rosa, Vice President of Community Care

When Medical Supply Depot, Inc. approached us with a power wheelchair donation, we were overwhelmed by their generosity. To just give away a perfectly good power wheelchair was so unexpected, but greatly appreciated. We sent out the message to all the care managers that the Volen Center had been the lucky recipient of a newly donated power wheelchair in great condition, and asked them to identify someone who really needed this gift and who would benefit greatly from it. Volen Center Care Manager and consumer advocate extraordinaire, Crystal Teall-Askew, identified one of our recipients of in-home services, Nancy V. Crystal stated that Nancy would be a great candidate to receive the power wheelchair because Nancy, 44, suffers from multiple sclerosis and is therefore basically homebound. A power wheelchair was the perfect solution to help her regain some of her independence and give her a new lease on life.

Thanks to this generous donation from Medical Supply Depot, Inc., the Volen Center was able to “pay it forward” and help someone in need. This is what “making community happen” is all about!
Donor Spotlight

The Volen Center would like to thank one of its most generous donors, Judith Levis Markoff. Also the Jewish Federation's largest female philanthropist, Judy has generously bestowed her gifts to the Adolph & Rose Levis Alzheimer and Adult Day Care Center. The Adult Day Care Center, run by the Volen Center and located on the campus of the Jewish Federation in Boca Raton, was named by Judy’s father. Adolph Levis, who was also an immensely generous donor, named the Center in loving memory of his wife Rose, who suffered for many years with Alzheimer’s disease.

Judy continues to honor her mother and father by spending time volunteering with the day care participants by celebrating Shabbat, playing bingo, and by singing and dancing with them during her visits.

Additionally, one of the very special legacies is the “Rose” Garden dedicated by the Levis family and used as a positive therapeutic tool. Sowing seeds, planting flowers and seeing the blooming flowers is a beautiful way to pay tribute to Rose Levis. Judy is grateful that the Volen Center has continued to keep her parents’ legacy alive by providing wonderful programming and critical services to this population.

With the gifts received from Judy, the Volen Center is able to provide enhanced services to the participants of the day care and to make continued improvements to the inside of the building. Taking on the legacy of giving left by her father, Judy is involved with many other charitable organizations that benefit from her kindness.

“I came here to carry ‘the Levis torch,’” she noted. “My father was my mentor in many ways, but specifically in serving the community and the greater good. I believe strongly, as he did, in giving from the heart and in the Jewish idea of l’dor v’dor (from generation to generation). I was born into a giving family, that is what I was taught, and that is what I endeavor to teach my children.”

Without special people like Judy, we would not be able to carry out the Center’s mission of helping others and making a positive impact in the community. We can’t thank you enough, Judy!
Looking to Make an Impact?

Contribute to the Volen Center’s future by planning a special kind of gift. The Volen Center has been providing invaluable services to the community for over 45 years. With a strong focus on health and wellness, the Volen Center provides medical and counseling services to adults in need and with your generous help, the Center can reach its ongoing goals of providing quality services such as transportation, meals, adult day care, and active life programming to the community well into the future!

Under the careful stewardship of the President/CEO who has led the Center for almost 20 years, as well as a discerning Board of Directors, you can enjoy peace of mind that your gift will be put to good use.

You can be a part of the excitement of charitable giving when you bestow a gift to the Center. There are many ways to share in the satisfaction that giving brings. One of the simplest ways to support the Volen Center’s future, a bequest, provides a gift for the Center in your will. Simple language can be added to your will indicating your desire to help the Volen Center.

You may also choose to designate where you think your gift is needed the most. Here are some areas where you can help:

- Sustain programs such as the Wellness Clinic, the Volen Bistro, and Counseling and Support Groups which rely solely on contributions.
- Help keep the Transportation program operating.
- Support the Volen Center’s Adult Day Care program.

The Volen Center depends on your assistance and generosity. Your contributions will be used to provide invaluable programs and services to people right here in your community. To make a donation today, a donor envelope is enclosed for your convenience, or you can visit our website at www.volencenter.com to donate directly. We hope that you will support our efforts to make community happen.

For more information on bequests and for sample language for your will, please contact the Office of the President at 561.395.8920 ext. 216
THE VOLEN CENTER IS PLEASED TO OFFER

Individual Counseling*
FOR THE VOLEN CENTER COMMUNITY

New support groups are also available and open to all.

Pre-registration is required before attending these groups:

BEREAVEMENT SUPPORT GROUP
Support for those in the first year of their loss

CAREGIVER SUPPORT GROUP
Support for those caring for a spouse or parent

*Individual counseling will be provided at no or low cost; fees are determined on an individual basis. No one will be turned away due to inability to pay.

For more information please call Trish Hartog, LCSW Director of Clinical Services at (561) 395-8920 ext. 283
Get Smart About Your Pills

By Linda Rosa, Vice President of Community Care

Pharmacists are seeing a recent increase in the number of patients taking expired medications. People are finding that the recent downfall of the economy has made things difficult enough to affect their ability to refill their prescriptions. They take the risk of taking expired medications. Would you drink expired milk? No – it tastes terrible. Would you eat expired cheese? No – it's potentially unsafe. While you may not be able to see a physical change or difference in a medication that is expired, they are still potentially unsafe. Why? Because the medication is no longer effective. The point is, once a medication has expired, its chemical efficacy is no longer valid. The higher a drug's efficacy, the better the treatment results you'll experience. If you take an expired over-the-counter headache medicine and as a result, you really experience no treatment results, no big deal – you still have a headache. However, if you take your expired diabetes medication and experience no treatment effects, you will have far greater consequences.

The manner in which your medications are stored also affects how fast they will deteriorate and expire. Typically, people store medications in the bathroom or kitchen. These tend to be warm, humid environments which can decrease the efficacy of medications rather quickly. Best bets for medication storage are bedrooms with fairly stable temperatures and always out of the reach of children and grandchildren, of course!

An additional hazard that can occur with pharmaceuticals is called duplication of drugs. This often occurs when a patient sees two different doctors who are not in communication with each other regarding the medications being prescribed, resulting in similar medications being prescribed and given to treat the same condition. A typical older American adult takes 4 to 5 prescriptions and 2 over-the-counter drugs at a time and fills 12 to 17 prescriptions per year. Studies have shown that patients taking more than 10 medications are at higher risk for hospitalizations, longer hospital stays and even death.

Additional studies show that 18% of serious, preventable adverse drug events occur because healthcare practitioners did not know enough about their patient before prescribing and administering the medications.

Polypharmacy occurs when medications interact with one another, get duplicated or have incorrect dosages. Polypharmacy will quite often lead to adverse drug events. The most frequent symptoms of adverse reactions are: confusion, nausea, loss of balance, change in bowel pattern and/or sedation. A good example of an adverse event leading to the use of more medications is when a drug is prescribed and a side effect is experienced, which is misinterpreted as a new medical condition. Then another drug is prescribed for treating the previous adverse drug event.

Are you at risk for Polypharmacy? Take this quick test to find out:

- Are you over 65 years of age?
- Are you taking five or more medications?
- Do you have several doctors giving you prescriptions?
- Do you have trouble reading the label?
- Do you take over-the-counter drugs or herbal medications?
- Do you get your prescriptions filled in different pharmacies?
- Do you often forget to take your medications?
- Do you have trouble opening your medicine bottles?
- Do you live alone?
- Do you have to take medicine more than once a day?

If you answered "yes" to any of these questions, you might be at risk for polypharmacy. Always ask your physician or pharmacist to review your medications.
Who is MCCI?
At MCCI, we are physicians, and we understand the importance of the relationship between a patient and their physician. We became doctors to be of service to others and we stay true to our vocation.

Primary Care Physicians
Arnold E. Needleman MD, Sabiha Rehman MD, Todd J. Rouse PA-C, Ian J. Weinstein, MD, Pilar White MD & Louis Witonsky MD

MCCI Boca Raton Office
9030 Kimberly Boulevard
Boca Raton, FL 33434

Office Hours:
Monday-Friday 8:00AM – 5:00PM

Priority Care Hours:
Monday-Friday 5:00PM – 7:00PM
Saturday & Sunday 10:00AM – 1:00PM

Enjoy all the conveniences MCCI has to offer:
> Excellent Staff of Primary Care Physicians
> In-House Specialists
> Wellness and Education Program
> Transportation for Medical Visits
> Massage Therapy
> Diagnostic Tests
> Home Medical Visits
> and more

Our Palm Beach area locations:
(with more locations in Miami-Dade, Broward, and Jacksonville)

Boca Raton
9030 Kimberly Blvd.
Boca Raton, FL 33434

Flagler
1411 Flagler Drive, Suite 6800
West Palm Beach, FL 33401

Palm Beach Gardens
9121 N Military Trail, Suite 111
Palm Beach Gardens, FL 33410

Burns Road – PBG
3375 Burns Road, Suite 107
Palm Beach Gardens, FL 33410

Delray Beach
5317 W Atlantic Avenue
Delray Beach, FL 33444

Jupiter
126 Center Street, Suite B3
Jupiter, FL 33458

West Palm Beach
5849 Okeechobee Blvd., #301
West Palm Beach, FL 33417

Jupiter Lakes
210 Jupiter Lakes Blvd, Suite 4106
Jupiter, FL 33458

1-888-686-MCCI www.mccigroup.com
Drug-drug interactions occur when two or more drugs react with each other. This drug-drug interaction may cause you to experience an unexpected side effect. For example, mixing a drug you take to help you sleep (a sedative) and a drug you take for allergies (an antihistamine) can slow your reactions and make driving a car or operating machinery dangerous.

Drug-food/beverage interactions result from drugs reacting with foods or beverages. For example, mixing alcohol with some drugs may cause you to feel tired or slow your reactions.

Drug-condition interactions may occur when an existing medical condition makes certain drugs potentially harmful. For example, if you have high blood pressure you could experience an unwanted reaction if you take a nasal decongestant.
How to avoid potential drug interactions:

Always read the enclosed literature you receive with your medication from the pharmacist. If you are taking over-the-counter medications, read the labels carefully. Take special note of these particular areas, and always call your pharmacist or doctor if you have any questions about what you are taking.

The “Active Ingredients” and “Purpose” sections list:
- The name and amount of each active ingredient
- The purpose of each active ingredient

The “Uses” section of the label:
- Tells you what the drug is used for
- Helps you find the best drug for your specific symptoms

The “Warnings” section of the label provides important drug interaction and precaution information such as:
- When to talk to a doctor or pharmacist before use
- The medical conditions that may make the drug less effective or not safe
- Under what circumstances the drug should not be used
- When to stop taking the drug

The “Directions” section of the label tells you:
- The length of time and the amount of the product that you may safely use
- Any special instructions on how to use the product

The “Other Information” section of the label tells you:
- Required information about certain ingredients, such as sodium content, for people with dietary restrictions or allergies

The “Inactive Ingredients” section of the label tells you:
- The name of each inactive ingredient (such as colorings, binders, etc.)

If you have any doubts about the medications you are taking, call your doctor or pharmacist. After all, you take medications to get better, feel better, and overall have a better sense of well-being. But it takes input on your part, the patient, to know and understand what you are putting into your body. Be smart about your pills and be smart about your health!

**FOR MORE INFORMATION** about your medications or a medication review, stop by our Wellness Clinic located in the Center and speak with a healthcare professional.

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**Tips & Questions**

**to ask your physician to prevent polypharmacy:**

- Learn all the names of your medicines and why you are taking them
- Always carry with you a list of all your medications – including dosages and how often you take them, for all prescriptions as well as over-the-counter and herbal medications
- Always bring all your medication bottles to your doctors’ appointments
- Always read the labels
- Use only one pharmacy
- Always notify your physician about what other specialists are prescribing for you
- Is the medication necessary?
- Is the drug recommended for the elderly?
- Are there duplicate medications?
- Are you taking the lowest effective dose?
- Is the medication intended to treat the side effect of another medication?
- Are there potential drug interactions?

(Adapted from an article by Dr. Christian Espana, board-certified geriatrician)
The Volen Center Transportation department, under the 35-year leadership of Director Sherry Tucker, is comprised of two convenient services to meet your needs – the Community Coach bus service and the LIFT service.

By Ted Scott, Transportation Supervisor

The Community Coach offers group trips within a fixed geographical area on a set schedule, while the LIFT service is more personalized, operating smaller vehicles and a broader range of services. Sherry’s competent staff works tirelessly throughout the day with registrations, scheduling, dispatching, and a myriad of other responsibilities necessary to maintain a safe and smooth operation.

The regular infusion of new equipment and strict adherence to timely maintenance, keeps our vehicle downtime to an absolute minimum. Three new buses have been added to our fleet so far this year, plus four additional vehicles have been transferred to us as reserve units from the City of Boynton Beach. During the first quarter of this calendar year, the caring and dedicated Volen drivers have logged an average of approximately 40,000 miles per month. This number is growing steadily at the rate of about 2,000 miles monthly. This is due in part to the increasing awareness of the opportunities afforded to local seniors here at the Volen Center, and the availability of affordable door-to-door transportation throughout the community. Every day, the transportation staff receives an ever increasing number of telephone calls for information and registrations of first-time riders.

Members are encouraged to take advantage of scheduled activities and are offered travel from their homes to the Center and meal sites at no charge. In addition, there is no charge for registered riders to receive transportation to and from their primary care physicians, or for radiation or chemotherapy treatments. Transportation is also available for a nominal fee, $3.00 each way, to go to other places, such as shopping, mall visits, etc., as long as the round trip can be completed between 10:00am and 2:30pm. For a slightly higher amount, $5.00 each way, the LIFT program can offer individual rides of three or less to locations within its service area, between the hours of 5:00am to 9:00pm daily; so, for an early morning appointment, or dinner and a movie, the LIFT service may be a viable travel alternative. Our services are expanding daily, with requests for service in an ever expanding geographical area. However, no service is available on weekends or holidays.

The Volen Center Transportation department provides local seniors with a safe and courteous travel alternative. We anticipate continued growth in both of our services, as we seek new and creative ways to serve the seniors of our community. Soon, everyone will see a vibrantly new, innovative, and exciting look to our buses; and the Volen Center will become synonymous with travel for an ever increasing segment of our population. After all, together we make community happen.

Ted Scott
Volen Transportation
Meet Your Driver!

Meet your driver, Merle Geierman. He has been driving for the Volen Center since 1989! Merle is originally from River Rouge, Michigan. He enjoys fishing and riding his Honda 750 motorcycle. He also likes to look for new “happy hours” around town. Before working for the Volen Center, Merle was self-employed, owning his own auto and tire repair shop.

Merle says he loves his job because it’s such a good feeling helping seniors and seeing their happy faces when he picks them up. He says, “We make a positive difference in our seniors’ lives with our facility and services.”

Merle does not have just one favorite rider. He says that he loves all of his riders each in a different way. In particular, Merle loves to hear about everyone’s past and where they came from. Everyone has a unique story.

The most interesting thing about Merle’s job is that he loves feeling like a family here at the Volen Center. He says he really enjoys working with good, helpful and respectful fellow employees. This is how a family should be.

Merle says that after working at the Volen Center almost 23 years, he has driven over 1 million miles! He has driven thousands of seniors and enjoyed every minute of it. He says that it must show that he loves his job and gets a great feeling from helping our seniors.

Well, Merle, we think that it not only shows, but you shine! Thank you for all your years of service and for making the Volen Center and its transportation program so special. We are proud to call you a member of our Volen Center family.

FOR MORE INFORMATION OR TO SCHEDULE A RIDE, PLEASE CONTACT THE COMMUNITY COACH DEPARTMENT AT 561.395.8920 ext. 211
The Volen Center is pleased to announce that the Quantum Foundation has awarded the Center a most generous three-year grant for workforce development. Through this grant, and a partnership with Florida Atlantic University as well as other local universities, the Center will be serving as a site to provide an innovative method of training to prepare professionals to enter the workforce as experienced geriatric social workers. Through advanced training in an academic environment, students will demonstrate the skills necessary to enter the workforce and demonstrate advanced employability skills working with the elderly. The Center’s Director of Clinical Services, Trish Hartog, LCSW, will provide supervision to MSW and LCSW candidates wishing to complete internships and clinical hours with the aging population at the Volen Center.

Although the focus of the grant is workforce development, the older adult population will benefit from the counseling that will be provided by the Master’s level students as they seek to gain their advanced degrees and/or licensing.

Historically, the Volen Center has not had a social worker available to the older adult population who visit the Center on a daily basis. Care Managers are available to seniors who are enrolled in state and federally funded programs that provide in-home services, but many seniors are on long waiting lists for these programs. Additionally, formal clinical counseling is not a component offered under these funded programs.

Elizabeth Lugo, Volen Center’s President/CEO

“This is an excellent opportunity for students to be exposed to the older adult population and gain valuable skills providing counseling services to older adults.”
Through the insight and tremendous support of Quantum Foundation, this is now changing. Kerry Diaz, President of Quantum Foundation, said “Quantum is extremely pleased to address several concerns through this grant to the Volen Center. While we are committed to increasing access to health care for all residents of Palm Beach County, we recognize the unique needs of older adults as well as the opportunity to treat the whole person, including those social needs that impact health. Through this grant we can address all of these issues.”

The Volen Center offers a Life Enrichment program which is an active senior program that is open to all older adults. This program offers diverse activities ranging from Bingo and chair exercises to outings to the mall, restaurants and even the casino. However, no matter how active older adults may be, they still face the challenges of aging. This special population will have the unique opportunity to meet with a social worker at the Volen Center to discuss their concerns – ranging from physical to psychological to social factors that affect their health and well-being. The social work students will learn the distinctive issues that aging individuals face, help alleviate some of the negative aspects of aging, and help seniors navigate the health care system and community referral network. Not until now, has this vital service been available to the older adults that attend the Life Enrichment program.

In addition, many caregivers find themselves needing counseling themselves as they face the everyday burdens of providing care to their loved ones. The Volen Center offers support groups which usually attract caregivers from the Adult Day Care and Garden Bridge programs, but caregivers may find themselves in need of more formal supports. The master’s degree level students, under the supervision of a licensed and credentialed social work professional, will be able to offer individual counseling, referrals to other community resources, and support to overburdened caregivers.

The older adults who participate and interact with the social work students will benefit from counseling, referrals, assessments, and the contribution that the students make to the overall health and wellness of the seniors. It is anticipated and expected that the seniors will experience a general increase in their mental health and well-being and an improved and more positive aging experience, which is exactly what the Volen Center is all about!

FOR MORE INFORMATION ON COUNSELING, COSTS, AND OTHER DETAILS, CONTACT TRISH HARTOG, LCSW, DIRECTOR OF CLINICAL SERVICES 561-395-8920 ext. 283 OR VIA EMAIL AT hartogt@volencenter.com
Support for Caregivers

By Trish Hartog, LCSW, Director of Clinical Services

“I’m fine thank you. I don’t need help.” We frequently hear that response from women and men caring for a loved one. They are often the last to know they need help, and only then because the stress of caregiving is taking a toll on their physical and emotional health.

So many caregivers I’ve spoken with don’t take time for themselves, and can provide plenty of justification: “I can’t leave her alone or with anyone else” or “I promised I would take care of him” or “I just don’t have time to go meet my friends for lunch.” Caregivers very often do not go to their doctor even when they are not feeling well. The entire focus of their lives has become caring for their loved one.

It is understandable that we want to do the very best we can for someone we love, and yet it is a reality that as human beings we cannot be all things for that person while neglecting ourselves. That’s when caregivers burn out and wind up behaving in ways they feel guilty about: locking themselves in another room and crying, arguing with or yelling at their loved one, and sometimes even physically hurting them. Before it ever gets to that point, caregivers need to recognize what they are experiencing and seek help.

If you consistently experience signs of stress, there is support for you. The Volen Center services include individual counseling, caregiver support groups, many opportunities for socialization, and a nurse practitioner to perform health screenings, medication management, preventative health education and other ancillary examinations. You may also need to talk with your physician before your health declines. We cannot care for someone else if we are not physically and emotionally healthy ourselves.

As a caregiver, it isn’t easy to make time for you, but you need and deserve to make the time. You deserve to take care of yourself. Go to lunch with friends, join a support group, play a round of golf, take a yoga class, get a massage, learn stress reduction exercises. Whatever helps you feel better and brings you a sense of normalcy, and a life that includes caregiving but isn’t only about caregiving.

The Volen Center is here for you.
Please let us know how we can help.

TRISH HARTOG, LCSW AND AUTHOR OF THIS ARTICLE CAN BE REACHED AT 561.395.8920 ext. 283 OR VIA EMAIL AT hartogt@volencenter.com

The Alzheimer’s Association lists ten symptoms of caregiver stress:

1. **Denial** about the disease and its effect on the person who has been diagnosed. *I know Mom is going to get better.*

2. **Anger** at the person with Alzheimer’s, anger that no cure exists or anger that people don’t understand what’s happening. *If he asks me that one more time I’ll scream!*

3. **Social withdrawal** from friends and activities that once brought pleasure. *I don’t care about getting together with the neighbors anymore.*

4. **Anxiety** about the future. *What happens when he needs more care than I can provide?*

5. **Depression** that begins to break your spirit and affects your ability to cope. *I don’t care anymore.*

6. **Exhaustion** that makes it nearly impossible to complete necessary daily tasks. *I’m too tired for this.*

7. **Sleeplessness** caused by a never-ending list of concerns. *What if she wanders out of the house or falls and hurts herself?*

8. **Irritability** that leads to moodiness and triggers negative responses and actions. *Leave me alone!*

9. **Lack of concentration** that makes it difficult to perform familiar tasks. *I was so busy; I forgot we had an appointment.*

10. **Health problems** that begin to take a mental and physical toll. *I can’t remember the last time I felt good.*

"MyPlate" Making Smart Choices

By Abbe Brieter, M.S., R.D., L.D./N., Staff Dietician

Older adults can feel better immediately and stay healthy for the future by choosing healthy foods. For older adults, the benefits of healthy eating include increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times, and better management of chronic health problems. As we age, eating well can also be the key to a positive outlook and staying emotionally balanced. The MyPlate Food Guide identifies daily meal proportions for the fruit, vegetable, grains, protein, and dairy food groups, and is a user-friendly illustration designed to help Americans build a healthy plate at meal times. The MyPlate logo divides a dinner plate into four sections for vegetables, fruits, grains, and proteins with a fifth smaller plate to one side for dairy. The fruit and vegetable portions make up half of the plate to emphasize the recommendation to include fruits and vegetables as half of every meal.

MYPLATE IS...
• Part of a larger communications initiative based on 2010 Dietary Guidelines for Americans to help consumers make better food choices.
• Designed to remind Americans to eat healthfully; it is not intended to change consumer behavior alone.

Balancing Calories
• Enjoy your food, but eat less.
• Avoid oversized portions.

Foods to Increase
• Make half your plate fruits and vegetables.
• Make at least half your grains whole grains.
• Switch to fat-free or low-fat (1%) milk.

Foods to Reduce
• Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
• Drink water instead of sugary drinks.

The Volen Center offers no-cost nutrition programs throughout Boca, Delray, and Boynton.

Word Search

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For more information on these programs, please call 561-395-8920 ext. 214. For specific questions for our dietician, email dietician@volencenter.com
Hi. I am writing to thank you and your organization for the wonderful job that your team is doing with my elderly mom.

My mother, Carol Epstein Goldberg, has been attending the Delray Beach Mae Volen Adult Day Care Center for the last couple of months and her participation there has given my family and me such peace of mind! Not only does this center in Delray Beach offer a very-needed service (including convenient transportation) but my mom has a wonderful time there. Her enjoyment is due to the world class staff led by Steve Richards. Steve and all the ladies there are warm, welcoming and such a pleasure to engage with. As my mother's caregiver (she lives with me), I feel like a huge weight has been lifted from my shoulders because I believe that I have found a “home” where my mom enjoys going several times a week, allowing me to be worry-free while I am at work.

Steve and his entire staff seem to enjoy interacting with the members and really care about touching the, in many cases, lonely and sad lives of those they see. For example, we just returned from a wonderful program there today (caregivers were invited) where music and dancing was enjoyed. The staff – including Steve – brought smiles to all the faces by singing and dancing along with everyone. Even at initial signup, Steve and Barbara made the process easy for me which I truly appreciated.

Caring for the elderly is such important and probably stressful, hard work yet the staff at the Delray Beach Adult Day Care Center – under the incredible management of Steve Richards – do it in a professional and loving manner that I believe surpasses any experience one would find anywhere else.

So... thank you for having this center which conveniently services seniors who live too far from your Boca Raton location. If you have any questions please do not hesitate to contact me.

Warmest regards,
Judy Pepper
Our Adult Day Care offers specialized services tailored to address seniors’ physical, social and cognitive needs. Attentive staff and specialized programs provide the personal attention necessary to support our seniors – in a safe and supervised environment.

Quality Programs Offered:
• Numerous therapeutic activities promoting social interaction and intellectual stimulation.
• Nutritious meals
• Personal care
• Low or no-cost transportation for seniors who require door-to-door service.

Visit the Volen Center for a complimentary tour

1515 West Palmetto Park Road, Boca Raton, Florida 33486 | 561.395.8920 ext.253
Older Adult Health & Fitness

By Jared Policano, Senior Director of Operations

Obesity, high blood pressure, heart disease, diabetes, stroke, high cholesterol, muscle weakness, digestion problems... the list can go on. However, with a well-balanced diet and engaging in an active fitness program, older adults can live healthier lifestyles, often preventing health issues.

To prevent health issues, medical and fitness experts recommend that adults over the age of 65 should exercise a minimum of 30 minutes every day. Exercises can include walking, yoga, aerobics, lightweight training, stair stepping, swimming, bicycle riding and any other physical activities that can boost your strength, energy and flexibility.

Whether you are a beginner or more advanced, the Volen Center offers a complete array of fitness classes that are tailored to the older adult community. These classes consist of low-level yoga, mid-level yoga, chair exercise, chair yoga, chi-gong, tai-chi, Let’s Get Movin’ (senior fitness) and personal training.

Yoga (low & mid) is a type of traditional Indian exercise. Yoga includes breathing exercises and meditations. Yoga assists in balancing the body, reduces stress, and reduces high blood pressure and blood sugar levels. Other benefits from practicing yoga include flexibility and relaxation. Low and mid-level yoga is offered both Mondays & Wednesdays from 12:00 pm to 1:30 pm.

Chair Exercises is geared towards those adults who have balancing issues or other medical issues such as low vision. This program uses fitness equipment such as balls, bands, and weights. Chair Exercises is an exclusive program for Volen Center members and meets every Tuesday and Thursday from 1:00 pm to 1:45 pm.

Chi-Gong, meaning Life Energy Cultivation, is a practice of balancing, breathing, movement and awareness for exercise, healing and meditation. Chi-gong involves slow stylized movement in a calm and relaxing state. Chi-gong meets Tuesdays from 12:30 pm to 1:30 pm.

Tai-Chi, another fitness program from Asia, focuses on improving your balance and circulation, and decreases depression through various stretching and guided movements. Tai-Chi meets Tuesdays from 11:00 am to 12:00 pm.

Chair Yoga involves breathing exercises and light stretching from a seated position. This specialized program provides all the benefits from yoga but in a seated position. This program is good for older adults who have balance issues, suffer from low vision, and/or other health related issues. Chair yoga meets Wednesdays 1:45 pm to 3:00 pm.

volen highlight

Meet Mr. Desir

Meet one of the Volen Center’s prized treasures, Mr. Antenor Desir, a member of the Center for 10 years. Born on February 28, 1912, Mr. Desir just celebrated his 101st birthday at the Volen Center among friends.

Mr. Desir was born and grew up in Haiti. In 1968, he immigrated to the United States and has lived here ever since. Besides living in Florida, Mr. Desir has also lived in Brooklyn, NY. He worked as an auto mechanic and also owned and operated a jewelry store for about 12 years.

Mr. Desir is the proud father of nine children – five boys and four girls. He is currently living with one of his daughters in Boca Raton.

His mother lived to be 105, so he comes from a line of good genes! We are very proud to have Mr. Desir as a member of the Center. Happy birthday, Mr. Desir!
Let’s Get Movin’ Fitness focuses on a higher impact fitness regimen. Using weights, fitness balls, bands, and other fast-paced fitness moves, this program will increase your strength, flexibility, and energy. Enjoy exercising to music. Let’s Get Movin’ meets on Mondays, Wednesdays, and Fridays from 10:45 am to 11:45 am.

Certified Personal Training is a fitness program tailored to your specific needs. Whether your goal is weight loss, toning, strengthening your muscles or simply to stay fit, our certified personal trainer will work on an individual basis with you. This program meets on Tuesdays from 11:00 am to 12:00 pm.

As you can see, Volen Center offers a broad selection of fitness programs for all levels. We invite you to come take one of our fitness classes that best suits your needs. The above classes have fees that apply and meet on a rotating semester-based schedule.

We advise that you meet with your physician before taking part in any fitness program. For your convenience, we offer health care onsite at our Center through our Wellness Institute for Senior Health! Stop by and see a health care professional today!

FOR MORE INFORMATION ON THE ABOVE CLASSES, PLEASE CONTACT US AT 561.395.8920 ext. 243

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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 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

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**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.
LIFE ENRICHMENT

Life Enrichment’s Lunch Bunch Trips*

Tuesdays 11:00 am Departure

5/28/13 Olive Garden, Boca Raton
6/11/13 Miller Ale House, Boca Raton
6/18/13 Stir Crazy, Boca Raton
6/25/13 The Asian Buffet, Deerfield Beach
7/2/13 July 4th Luncheon at the Volen Center, reservations required
7/9/13 Nestor’s, Boca Raton
7/16/13 Maggiano’s Little Italy, Boca Raton
7/23/13 Applebee’s, Delray Beach
7/30/13 Too Jays, Boca Raton

*Volen Center membership is required. $3.00 transportation fee plus cost of your lunch. Must make reservation 7 days in advance with our Front Desk.

TO MAKE A RESERVATION PLEASE CALL THE FRONT DESK AT 561-395-8920 ext. 243

FOR RESERVATIONS AND INFORMATION ON SPECIAL EVENTS AND LUNCHEONS, PLEASE CONTACT US AT 561.395.8920, ext. 243 or 272

*Must have valid membership card

upcoming events

> All about Broadway on the BIG Screen
Thursday, May 23, 2013
1:00 pm to 2:45 pm
Stroll down memory lane and watch some of Broadway’s best show musicals. Complimentary coffee and cake.

> Coffee from Around the World
Thursday, June 20, 2013
1:15 pm - 2:45 pm
Coffee tasting at its best! Experience a variety of coffee flavors from various regions around the world. Enjoy the perfect pastry to dip into your coffee.
Free for Volen Center Members*
$2.00 Per Person for Volen Center Guests (paid at the door)

> Fourth of July Spectacular
Tuesday, July 2, 2013
11:30 am to 1:45 pm
Live music and dancing. Turkey sandwich on wheat with side salad, or egg salad sandwich on wheat with side salad; dessert, coffee, tea and lemonade.
$9.50 for Volen Center Members*
$10.50 for Volen Center Guests

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<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>Learn basic computer skills.*</td>
</tr>
<tr>
<td>Computer for Beginners (M,T,Th)</td>
<td>10:00-12:00</td>
<td>Knit, paint, sew, make jewelry, and crochet. *</td>
</tr>
<tr>
<td>Craft Shop (M,F)</td>
<td>10:00-3:00</td>
<td>Play cards with friends, featuring UNO, Triopoly, and so much more. Open play.</td>
</tr>
<tr>
<td>Card Game Bonanza</td>
<td>10:30-11:30</td>
<td>Special social group for LGBT: field trips, lectures, &amp; more. Free.</td>
</tr>
<tr>
<td>Sage/Alternatives</td>
<td>10:45-1:00</td>
<td>For intermediate and advanced players. Open play games held in the Main Lobby. Free.</td>
</tr>
<tr>
<td>You are a...SUPERSTAR</td>
<td>10:00-11:00</td>
<td>Sing, sing, sing, live pianist.*</td>
</tr>
<tr>
<td>Get Fit (M,W)</td>
<td>10:00-11:00</td>
<td>Maintain your flexibility, energy, and strength. Health &amp; Fitness class runs 45 minutes. For registration, please see our Front Desk.</td>
</tr>
<tr>
<td>Yoga</td>
<td>12:00-1:30</td>
<td>Discussions about philosophy of life &amp; existence. Free.</td>
</tr>
<tr>
<td>Socrates Café</td>
<td>1:00-3:00</td>
<td>Gentle stretching &amp; relaxation techniques for body &amp; mind.</td>
</tr>
<tr>
<td>Mah-Jong</td>
<td>12:30-2:30</td>
<td>Improves your balance, circulation &amp; decrease depression.</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>Discussions about your family, career and what is most important to you.*</td>
</tr>
<tr>
<td>Beading Class</td>
<td>12:30-1:30</td>
<td>Utilize life's oxygen to increase energy &amp; improve health.</td>
</tr>
<tr>
<td>Corner Pocket (M-F)</td>
<td>12:30-3:00</td>
<td>Discuss topics on aging myths and current events. Free.</td>
</tr>
<tr>
<td>Senior Rap Group</td>
<td>9:45-11:00</td>
<td>Sing, sing, sing, live pianist.*</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>Review today's bestselling books. Exclusively for Volen Center members.</td>
</tr>
<tr>
<td>Movie Vault (T-F)</td>
<td>12:30-3:00</td>
<td>Lectures on various topics that include medical advances, ID theft prevention, political lectures, community services and so much more.**</td>
</tr>
<tr>
<td>Volen Center Book Club</td>
<td>1:00-2:30</td>
<td>Meets the 3rd Wednesday of each month.</td>
</tr>
<tr>
<td>Chair Exercise (T, Th)</td>
<td>1:00-1:45</td>
<td>Join other caregivers and get the support you need. Free.</td>
</tr>
<tr>
<td>Thinking &quot;A-Loud&quot;</td>
<td>1:30-3:30</td>
<td>Play Chicago-style bridge.*</td>
</tr>
<tr>
<td>Bridge Club</td>
<td>9:30-12:00</td>
<td>Enjoy pastries and other scrumptious breakfast food, coffee and tea.*</td>
</tr>
<tr>
<td>Canasta</td>
<td>10:00-11:00</td>
<td>Enjoy pastries and other scrumptious breakfast food, coffee and tea.*</td>
</tr>
<tr>
<td>Educational Lectures</td>
<td>10:00-11:00</td>
<td>Play various board games. Open play.</td>
</tr>
<tr>
<td>Trivia with Elliott</td>
<td>10:00-11:00</td>
<td>Enjoy pastries and other scrumptious breakfast food, coffee and tea.*</td>
</tr>
<tr>
<td>Bingo Wednesdays &amp; Fridays</td>
<td>1:00-3:00</td>
<td>Enjoy pastries and other scrumptious breakfast food, coffee and tea.*</td>
</tr>
<tr>
<td>Yoga</td>
<td>12:00-1:30</td>
<td>Enjoy pastries and other scrumptious breakfast food, coffee and tea.*</td>
</tr>
<tr>
<td>Singing Workshop</td>
<td>9:00-11:00</td>
<td>Scrabble games. Free.</td>
</tr>
<tr>
<td>Eat &amp; Schmooze</td>
<td>10:00-1:00</td>
<td>Scrabble games. Free.</td>
</tr>
<tr>
<td>VIP Discussion</td>
<td>10:00-12:00</td>
<td>Scrabble games. Free.</td>
</tr>
<tr>
<td>Board Game Bonanza</td>
<td>12:30-3:00</td>
<td>Scrabble games. Free.</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>Scrabble games. Free.</td>
</tr>
<tr>
<td>Prime Timer’s Social</td>
<td>1:30-2:30</td>
<td>Scrabble games. Free.</td>
</tr>
<tr>
<td>The Volen Center Friday Breakfast Buffet</td>
<td>9:00-10:30</td>
<td>Scrabble games. Free.</td>
</tr>
<tr>
<td>Trivia with Elliott</td>
<td>10:00-10:30</td>
<td>Scrabble games. Free.</td>
</tr>
<tr>
<td>The Beat</td>
<td>10:30-12:00</td>
<td>Scrabble games. Free.</td>
</tr>
<tr>
<td>The Official Pool Tournament</td>
<td>1:00-3:00</td>
<td>Scrabble games. Free.</td>
</tr>
</tbody>
</table>

* 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.

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 Jared Policano at 561-395-8920 ext. 272.
THE VOLEN CENTER NEWSLETTER

THE VOLEN CENTER
1515 West Palmetto Park Rd.
Boca Raton, Florida 33486
1 561.395.8920
toll free 866.711.6872

PROVIDING SERVICES, SUPPORT & INFORMATION TO SENIORS, YOUNG ADULTS, CHILDREN & EVERYONE IN BETWEEN.

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

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