We Can Help You Avoid Caregiver Burnout

Caregivers often are so busy caring for others that they tend to neglect their own emotional, physical, and spiritual health. The demands on a caregiver’s body, mind, and emotions can easily seem overwhelming, leading to fatigue and hopelessness – and ultimately, burnout. Other factors that can lead to caregiver burnout include:

- **Role confusion** – Many people are confused when thrust into the role of caregiver. It can be difficult for a person to separate his or her role as caregiver from the role as spouse, lover, child, friend, etc.

- **Unrealistic expectations** – Many caregivers expect their involvement to improve the health of the patient. This may be unrealistic for patients suffering from a progressive disease, such as Parkinson’s or Alzheimer’s.

- **Lack of control** – Many caregivers become frustrated by a lack of money, resources, and skills to effectively plan, manage, and organize their loved one’s care.

- **Unreasonable demands** – Some caregivers place unreasonable burdens upon themselves, in part because they see providing care as their exclusive responsibility.

- **Other factors** – Many caregivers cannot recognize when they are suffering burnout and eventually get to the point where they cannot function effectively. They may even become sick themselves.

At the Volen Center, care does not end with the client. We understand the needs of caregivers and offer extensive caregiver programs and services. Our popular support groups are offered at different locations and times every week.

Whether you are an adult child caring for your parent or a spouse caring for your partner, there is a support group just for you. Participants appreciate having a community of support among those who share the caregiving experience and who can also relate practical solutions to daily issues that arise.

Our counseling services also address the whole family, directing caregivers to services that not only help the one needing care, but to those having to make decisions on their behalf.

TO FIND OUT MORE ABOUT EITHER SERVICE, PLEASE CONTACT TRISH HARTOG, LCSW, AT 561.395.8920 ext. 283

Sincerely,

Elizabeth Lugo
President/CEO
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.
- 3 convenient locations.
Let us give your loved one and family a second chance at experiencing the joy of life. To experience our innovative and holistic Life Enrichment Plus program or to learn more about getting on the Path to Renewal, please call 561.395.8920 ext. 243.

WWW.VOLENCENTER.COM
Help Us Serve Even More Seniors

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

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

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

DONATING IS EASY and can be done by check or credit card by simply logging onto our website. Please mail your check to the Volen Center, 1515 W. Palmetto Park Road, Boca Raton, FL 33486, Attention Office of the President/CEO.

WWW.VOLENCENTER.COM
AND CLICK ON THE “DONATE” TAB!
Adult Day Care becomes an oasis for the caregiver, while also impacting the loved one attending it.

By Kelly Tinghino, Florida Atlantic University, BSW Intern

Few of us are prepared to become caregivers. And few have answers about exactly what is the best method of care for their loved ones. Caregivers, therefore, can become isolated, stressed, depressed, angry, and resentful towards their loved one. It becomes an around-the-clock job that offers little relief.

Adult Day Care becomes an oasis for the caregiver, while also impacting the loved one attending it. The programs provide out-of-home services that emphasize socialization, nutrition, therapy, and medical treatment for those with a variety of impairments. Day care services allow caregivers regular time away from their care responsibilities so they can have more time for themselves and can allow for the psychological and social resources they need.

Because the Volen Center recognizes the needs of caregivers, we offer another outstanding service that goes hand-in-hand with Adult Day Care – caregiver support groups. Not only does Adult Day Care provide caregivers with respite but support group meetings give the added support and opportunity to learn from other caregivers who are going through similar experiences. In the groups, caregivers are able to express their thoughts, feelings, and concerns.

The Volen Center offers three Adult Day Care centers along with two caregiver support groups (in Delray Beach and Boca Raton). These services create more positive and enriching experiences for caregivers and loved one alike.

For more information about our services, please give us a call at 561.395.8920 ext. 235

THE VOLEN CENTER BOCA RATON AND THE VOLEN CENTER DELRAY BEACH IS PLEASED TO OFFER

### Individual Counseling

ANXIETY/BEREAVEMENT/CAREGIVER STRESS/DEPRESSION/MAJOR LIFE CHALLENGES/SERIOUS HEALTH ISSUES

For adults 55 and older. Fees are affordable and based on client's financial situation.

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### Caregiver Support Groups

Support for those caring for a loved one.

**FRIDAYS – THE VOLEN CENTER BOCA**

**WEDNESDAYS – THE VOLEN DELRAY OFFICE**

No cost for these groups. Respite care is available with 24-hour notice. Pre-registration is required before attending.

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Supported by a grant from Quantum Foundation

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For more information or to register for groups, please call Trish Hartog, LCSW Director of Clinical Services

561.395.8920 ext. 283
Alzheimer’s: Making Mealtimes Easier

Alzheimer’s disease and eating challenges often go hand in hand. As Alzheimer’s progresses, poor nutrition can aggravate confusion and lead to physical weakness, as well as increase the risk of infection and other health concerns. If you’re caring for a loved one who has Alzheimer’s, understand what causes eating problems and take steps to optimize good nutrition. Following are some suggestions from the Mayo Clinic:

What could be causing it?
If your loved one is having trouble eating, consider whether any underlying conditions could be contributing to the problem. For example:

- **Ill-fitting dentures can make eating painful.**
  If your loved one wears dentures, make sure they fit properly. Regularly check your loved one’s mouth for sores or other oral or dental issues.

- **Medications can affect appetite.**
  Many medications decrease appetite, including some drugs used to treat Alzheimer’s. If you think medications are contributing to your loved one’s eating problems, ask their doctor about substitutions.

- **Chronic conditions can affect appetite.**
  Diabetes, heart disease, digestive problems and depression can dampen your loved one’s interest in eating. Constipation can have the same effect. Treating these or other underlying conditions might improve their appetite.

Acknowledge declining skills and senses
In the early stages of Alzheimer’s, your loved one might simply forget to eat or lose the skills needed to prepare proper meals. You might call your loved one to remind him or her to eat or help your loved one prepare food. If you make meals for your loved one in advance, you might need to instruct him or her through the steps of unwrapping, reheating and serving.

In addition, your loved one’s sense of smell and taste might begin to diminish. If food doesn’t smell or taste as good as it once did, your loved one might be less inclined to eat.

As Alzheimer’s progresses, your loved one might forget table manners and eat from others’ plates or out of serving bowls. Changes in your loved one’s brain might cause him or her to lose impulse control and judgment and, in turn, eat anything in sight – including items not intended as food. During the later stages of the disease, difficulty swallowing is common.
Expect agitation and distraction

Agitation and other signs and symptoms of Alzheimer’s can make it difficult for your loved one to sit still long enough to eat a meal. Distractions at mealt ime might make this even worse. To reduce distractions, turn off the television, radio and telephone ringer. Put your cellphone or pager on vibrate. You might also clear the table of any unnecessary items.

Get visual

Use white dishes to help your loved one distinguish the food from the plate. Similarly, use placemats of a contrasting color to help your loved one distinguish the plate from the table. Stick with solid colors, though. Patterned plates, bowls and linens might be confusing.

Try large-handled utensils

To prevent slipping, apply suction cups to the bottom of plates or use placemats that have traction on both sides. You could also make your own placemats from a roll of the rubbery mesh typically used to line shelves. Sometimes bowls are easier to use than are plates. Likewise, spoons might be easier to handle than forks. The larger the spoon’s handle, the better. Try bendable straws or lidded cups for liquids.

Offer foods one at a time

If your loved one is overwhelmed by an entire plateful of food, place just one type of food at a time on the plate. You could also offer several small meals throughout the day, rather than three larger ones. Cut food into bite-sized portions. Finger foods are even easier – but avoid foods that can be tough to chew and swallow, such as nuts, popcorn and raw carrots.

Take your time

Don’t rush your loved one to eat quickly. Remind your loved one to chew and swallow carefully, and allow him or her as much time as necessary. It might take up to an hour to finish a meal. Encourage your loved one to follow your actions, such as holding a fork or drinking from a cup – or gently place your hand over your loved one’s hand to hold a utensil and bring food to his or her mouth.

Sneak in extra nutrition

If you’re having a hard time getting your loved one to eat enough, prepare their favorite foods. Serve a filling breakfast or several light breakfasts in a row. You might also offer high-calorie snacks such as protein milkshakes. Consult the doctor if your loved one loses weight suddenly.
Memory Quiz

1. From time to time, I forget what day of the week it is.
   □ True □ False

2. Sometimes when I’m looking for something, I forget what it is that I’m looking for.
   □ True □ False

3. My friends and family seem to think I’m more forgetful now than I used to be.
   □ True □ False

4. Sometimes I forget the names of my friends.
   □ True □ False

5. It’s hard for me to add two-digit numbers without writing them down.
   □ True □ False

6. I frequently miss appointments because I forget them.
   □ True □ False

7. I rarely feel energetic.
   □ True □ False

8. Small problems upset me more than they once did.
   □ True □ False

9. It’s hard for me to concentrate for even an hour.
   □ True □ False

10. I often misplace my keys, and when I find them, I often can’t remember putting them there.
    □ True □ False

11. I frequently repeat myself.
    □ True □ False

12. Sometime I get lost, even when I’m driving somewhere I’ve been before.
    □ True □ False

13. Sometimes I forget the point I’m trying to make.
    □ True □ False

14. To feel mentally sharp, I depend upon caffeine.
    □ True □ False

15. It takes longer for me to learn things than it used to.
    □ True □ False

*SCORE

5-8 ____________________________ 9-12 ____________________________ 12-15 ____________________________

Your brain is functioning okay. By learning to relax & by maintaining a healthy diet, your brain can function at even higher levels.

Your brain is in danger. Check your diet today. You can reduce brain drain with vitamins, brain foods, herbs, mind/body techniques, and appropriate medications.

Your brain is running on empty. You should see your doctor. You can refuel your brain with food, vitamins, herbs, exercises, and medications.

Seth Rogen is a comedic actor who has played in movies including Knocked Up, The Green Lantern and Pineapple Express. But there is nothing funny about the latest role he has taken on – drawing attention to and raising awareness about Alzheimer’s disease.

Rogen experienced firsthand the difficult effects Alzheimer’s disease can have on an individual when his mother-in-law began experiencing symptoms in her late 50’s. She deteriorated rapidly and by the time she was 60 was unable to communicate or care for herself.

Rogen was struck by what little he knew about Alzheimer’s disease prior to this experience and now has dedicated his time towards getting the next generation more involved with the disease. He began Hilarity for Charity in response to his experience. This nonprofit organization aims to educate the millennium generation who are next in line to bear the responsibility of advocating and providing care to their family members affected by this disease.

FOR MORE ON SETH ROGEN’S CHARITY, GO TO HILARITYFORCHARITY.ORG
The Volen Center's transportation drivers are specially trained to transport all passengers with compassion and respect. This is especially important for many of those coming and going from our Adult Day Care (ADC) program. ADC clients are the more frail and elderly, and many have chronic conditions, such as limited mobility, be wheelchair bound, have Parkinson's or Alzheimer's disease.

Drivers are trained in many areas, such as assisting each and every client on and off the vehicle, securing seatbelts and wheelchairs, and are responsible for the safety of all passengers transported to and from their homes and destinations.

We have strict requirements that a staff member meeting each ADC or Life Enrichment Plus (early dementia/Alzheimer's) client at the drop-off destination and a caregiver must meet the client on the return to the residence.

Our goal is to ensure the safety of the passengers and provide caregivers with confidence that their loved ones are being transported with care.

FOR MORE INFORMATION, PLEASE GIVE US A CALL AT 561.395.8920 ext. 205
THE VOLEN CENTER
LIFE ENRICHMENT
MAKING EVERY DAY THE BEST POSSIBLE

Nurturing the Mind, Body and Soul. Visit the Volen Center’s Life Enrichment Location for a Complimentary Tour.

• Activities – Weekly bingo, outings/trips, musical entertainment and concerts.
• Educational Classes – Arts and crafts, current events, and self-enrichment.
• Free scheduled health screenings and blood pressure checks.
• Exercise Programs – Chair exercises, tai-chi and yoga.
• Intergenerational activities and volunteer opportunities.

THE VOLEN CENTER BOCA RATON
1515 West Palmetto Park Road
Boca Raton, Florida 33486
561.395.8920 ext. 243
WWW.VOLENCENTER.COM
We are truly blessed to live in such a marvelous community with so many amazing people… I feel very blessed to be a part of the Volen Center. I am looking forward to many more fun times.

Phyllis B.

The people at the Volen Center will always be close to my heart because they gave my father in his last years the best life – one without the loneliness and isolation that many seniors are forced to endure; one where he had social interaction, where there was music and laughter… where he was surrounded by people who were his friends, who cared for him as if he were their own father. These are pretty special people, the Volen team, for they perform miracles for those most vulnerable among us.

Patricia H.

My husband has been with the Volen Center, a haven for people who are affected by dementia. He actually looks forward to spending the day there. (He calls it ‘going to work.’) The staff is understanding and caring with the patients… I can go about my daily chores feeling at ease knowing that my husband is in a secure and caring environment.

Dorothy R.

My mother loves coming [to the Volen Center]. For me, it is a blessing to do my errands, go to doctor appointments and to work when I have to, and not worry about what to do with my mother during the day. The staff is patient and courteous with the hundreds of questions I might ask. The bus drivers are kind and careful… I have recommended the Volen Center to others. My mother and I love the center.

Mary C.

After suffering a debilitating stroke and being discharged from rehab, my husband’s care was left to me with little or no outside help. It was a 24/7 job – physically, emotionally and psychologically exhausting. The stress and anxiety were debilitating. Then I found out about the Volen Center. Within a short time there, my husband showed improvement in his cognitive functions and mobility. I have no doubt that the stimulation provided by a broad range of activities, along with the care and concern by a very dedicated staff, were instrumental in his progress and recovery… It is often said it takes a village… in Boca Raton, it takes the Volen Center.

C.R.
BINGO NIGHT
COMING SOON

TUESDAYS,
6:00 pm to 8:00 pm
DOORS OPEN AT 5:45 PM
COMPLIMENTARY REFRESHMENTS

For more information, contact us
561.395.8920 ext. 243
Simple Ways to Help You Better Manage Your Medications and Stay Healthy

By Denise Harwin, RPh, CPh, CGP, CDE*

One of the single most important ways for seniors to live and remain healthy is to take medication as prescribed. This means taking all medications regularly and on schedule, but this is not always an easy task.

Some medications need to be taken anywhere from once a day to multiple times a day; some need to be taken with or without food, an hour before or two hours after eating. Some should not be taken with certain foods, vitamins, minerals, non-prescription medications, even herbal supplements, including the ones used for heart health, improving memory or helping sleep. This is because they may interact with how your prescribed medication works. Many times the non-prescription medication and supplements may cause undesirable side effects, such as increased bleeding or bruising; some may even put you at a higher risk for falls.

A few of the things you and your caregiver can do to ensure your health and safety are fairly simple to do. First and most importantly, keep a complete list of all the medications you take that include the name, strength, how often you take it and how and when you take it, what you take it for, and which doctor prescribed it for you. The list should also include information about you, including your full name, date of birth, any allergies you may have, including if you have no known allergies, a list of your medical conditions, all the physicians you see, the pharmacy’s name and phone number, even if you use more than one, and who to contact in case of emergency. You should carry this list with you and have it readily available at all times so you can show your doctor, pharmacist and emergency personnel. This list will help ensure a speedy and safe treatment and recovery for you.

Another simple way to organize and ensure you take your medications on time and in the proper dosage is by using a pill box. There is quite a variety of these sold in your pharmacy and they come for daily use and multiple times a day, for weekly use and also for the month. They are available in various slot sizes so you can fit all of your pills. Some even come with time reminders on them.

Lastly, don’t forget the most convenient and accessible member of your healthcare team – the pharmacist! There’s one available to answer your questions 24/7, whether it’s your own pharmacist or another. Many pharmacists also specialize in managing many chronic and complex diseases.

* Denise Harwin, RPh, CPh, CGP, CDE is a Walgreens pharmacist with 29 years of experience. She’s a licensed Consultant Pharmacist, Certified Geriatric Pharmacist, Certified Diabetes Educator, immunizing pharmacist and serves as an Associate Clinical Professor for the Colleges of Pharmacy at the University of Florida, Nova Southeastern University and Palm Beach Atlantic University.
Walgreens is a proud supporter of the Volen Center

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No Matter What Your Age, Exercise Is a Must

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 engagement in an active fitness program, senior citizens can live healthier lives, often preventing health issues.

Medical and fitness experts recommend that seniors over the age of 65 exercise a minimum of 30 minutes every day. Exercises can include walking, yoga, aerobics, light weight training, stair stepping, swimming, bicycle riding or 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 senior community. They consist of low-level yoga, mid-level yoga, chair exercise, chair yoga, Qi-Gong, tai-chi, Let’s Get Movin’ (senior fitness) and personal training.

For more information on the above classes, please contact us at 561.395.8920 ext. 243
Yoga

is a type of traditional Indian exercise that includes breathing exercises and meditation. Yoga assists in balancing the body, improving flexibility and relaxation, reducing stress and blood pressure and blood sugar levels. Low- and mid-level yoga is offered both Mondays and Wednesdays from noon to 1:30pm.

Chair Exercise

is geared toward seniors who have balance issues or other medical problems such as low-vision. This program uses fitness equipment such as balls, bands and weights. Chair exercise is an exclusive program for Volen Center members and meets every Tuesday and Thursday from 1:00 – 1:45pm.

Qi-Gong,

called 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. Qi-Gong meets Tuesdays from 12:30 – 1:30pm.

Tai-Chi

is an Asian fitness program focusing on improving balance and circulation, and decreasing depression through various stretching and guided movements. Tai-Chi meets Tuesdays from 11:00am to noon.

Chair Yoga

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

Fit for Life

focuses on a higher impact fitness regimen, using weights, fitness balls, bands, and other fast-paced fitness moves. It increases strength, flexibility and energy. Enjoy exercising to music. Fit for Life meets on Wednesdays and Fridays from 1:00 – 1:45pm.

We invite you to come take one of our fitness classes that best suits your needs. The above classes have fees that apply and are held on a rotating semester-based schedule. We advise that you meet with your physician before taking any fitness program.
Socialization Important for Seniors’ Health and Well-Being

By Jared Policano, Senior Director of Operations

We have enormous bodies of evidence proving the physical and emotional benefits of a healthy social life. The same research shows that loneliness and social isolation are clearly linked to poor health outcomes.

Caregivers of the elderly often report that this is among their most difficult tasks – finding ways to help their aging family member remain active. And, even active seniors often seek out ways to engage with others with whom they can share in activities.

We are so proud of the many opportunities the Volen Center provides to help seniors get or remain active, no matter what their physical or mental capacity.

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 Enrichment at the Volen Center includes nutrition, education, recreation, and intergenerational programming to nurture the mind, body, and soul.

- **Education** – The Volen Center provides a variety of educational and enriching opportunities and stimulating discussion. These include lecture series, philosophical and current event discussions, and computer classes.

- **Recreation**

- **Socialization and leisure activities** are plentiful at the Volen Center where everyone makes new friends and has fun doing so! Regular activities include:
  - Bridge and bingo
  - Card and board games
  - Baking and crafts
  - Exercise and gardening
  - Ice cream socials and themed parties
  - Entertainment and dances
  - Field trips and community outings
  - Intergenerational programming

And, because one of the major stepping stones to avoiding isolation and promoting socialization is transportation, the Volen Center offers both group and individual door-to-door transportation in wheelchair-equipped vehicles.

The Volen Center brings together individuals of all ages for rewarding and joyful experiences that span generations. Creating community, the Volen Center benefits the whole family.

FOR MORE INFORMATION, PLEASE GIVE US A CALL AT 561.395.8920 ext. 205
Start living life today

AT THE CARLISLE PALM BEACH

Senior Lifestyle, A FAMILY OWNED COMPANY, is committed to creating environments designed to delight our residents and their family members. Our dedicated team of professionals bring our mission and core values to life. We invite you to visit and SEE THE DIFFERENCE FOR YOURSELF.

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Shoppers, sellers, browsers and buyers, the Volen Center’s Annual Flea Market Event offers unique collectibles, books, crafts, jewelry, clothing, household items and so much more! The parking is FREE and the flea market is inside, so be there come rain or shine!

Thursday, March 26, 2015
9:00 am to 1:00 pm
At the Volen Center,
1515 West Palmetto Park Road
Boca Raton, Florida 33486

INTERESTED SELLERS:
Table registration fees start at $18.00 for the first table, $10.00 for each additional table.

For more information, please contact Jared Policano at 561.395.8920 ext. 272
Trivia Challenge!

Remembering the 1960s … Think back to the 1960s, where you were, and what you were doing?

1. In 1960 the 8th Winter Olympic Games in Squaw Valley, California were officially opened by Vice President _____________________________.

2. In the 1960s the _________________________ Show, set in Mayberry, was one of the most popular television shows.

3. In 1961 Yuri Gagarin was the first man to go into space. He was an astronaut from the ______ _________________.

4. In 1962 American astronaut _______________ ________________________ orbited the Earth in Friendship Seven and later became a senator.

5. In August 1963________________________________ presented the “I Have a Dream” speech at the Lincoln Memorial.

6. In 1964 Elizabeth Taylor married fifth husband, Actor_____________________________.

7. In 1964 England’s most famous rock ‘n’ roll band came to America. John, Paul, George, and Ringo were the _____________________________.

8. In 1965 the U.S. Congress passed_______________________________, legislation to provide medical care for citizens older than 65.

9. In 1968 the luxury, English ocean liner named after a queen made its last passenger voyage. It was the _____________________________.

10. In 1969 The Beverly______________________________ entertained TV audiences with their challenges to city life.


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- Routine/General Medical Exams
- Behavioral Health Services
- Chronic Disease Management

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

[www.volencenter.com](http://www.volencenter.com) | 1515 W. Palmetto Park Road | Boca Raton, Florida 33486
By Olivia Diaz, Florida Atlantic University, BSW, Intern

No one stops to think and plan for a disease like Alzheimer’s. Even with a plan, this disease can be hard to master and no one is every really ready. In the last few decades, the number of people diagnosed with Alzheimer’s has doubled to approximately 4.5 million cases in the U.S. The goal for most people diagnosed with Alzheimer’s is for them to remain in the home cared for by a loved one. Through unconditional love, the caregiver has a large responsibility to provide proper care for their loved one in addition to themselves. Caregiving can create emotional rollercoasters – feelings of depression, anxiety, guilt, exhaustion, and lack of control are all possible emotions a caregiver can begin to feel. A message to all caregivers: you’re not alone.

Tompkins and Bell, from Colorado State University, introduced three interventions to effectively aid caregivers and provide skills to relieve them. In addition, these interventions help caregivers to experience a smoother journey with their loved ones diagnosed with Alzheimer’s. One intervention is psycho-educational and counseling intervention to enhance caregivers’ well-being and help keep their loved one comfortable in the home. The second intervention was respite, cutting down the informal assistance and burden on caregivers. The final intervention was a medley of the two plans combined.

In the study, there were 367 caregivers of persons with Alzheimer’s or other dementias; the average age for caregivers was 66 years and the average age of those diagnosed with Alzheimer’s were 79 years. The psycho-education and counseling intervention results for the depression showed outstanding results, in addition to growth in support services. Also, the respite services showed positive outcomes on the caregiver’s overall health. The interventions were successful on many levels and generally, obtaining contact with the Alzheimer’s Association and with the community was beneficial.

Overall, one can see that these education and relief interventions can aid caregivers immensely. As a caregiver, it is very important to give the best care to your loved one; however, it is vital to take care of yourself as well. Joining a group discussion or simply relieving stress can lighten the weight on the caregiver’s shoulders for a smoother journey through this difficult time. Some form of assistance can help build a caregiver’s strength, lower depression, and lessen the feeling of being burdened. Most importantly, these provide caregivers with support so they don’t feel they are managing alone.

FOR MORE INFORMATION, PLEASE GIVE US A CALL AT 561.395.8920 ext. 205
Are You 60 or Older and in a Financial Crisis? We May Be Able to Help You.

Thanks to a grant from Hands On Tzedakah (HOT), seniors aged 60 and older who are experiencing a financial crisis can apply for aid by filling out the application found on our website under Care Management. Funds can help pay for food costs, rent, mortgage, water bills, gas, electric bills, prescription assistance, medical services and other necessities.

What is Hands On Tzedakah?

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

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

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

FOR MORE INFORMATION, PLEASE SEE WWW.HANDSONTZEDAKAH.ORG
Wednesdays & Fridays
12:45pm – 2:45pm

Games start at $8.00
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For more information, please contact us at 561.395.8920 ext. 243
Undetected Vision Problems Can Cause Falls in the Elderly

Most people know the potential for serious falls increases significantly as the elder population ages. Causes often stem from disease, frailty and other obvious reasons. But what few people understand is that lurking behind many falls are “undetected vision problems” – those not picked up during routine eye exams.

Dr. Larry Lampert, a Boca Raton-based neuro-optometrist who specializes in stroke and head injuries, is an expert in undetected vision problems. Indeed, he is one of only 540 vision rehabilitation experts worldwide who have completed an intensive fellowship through the College of Optometrists in Vision Development. In addition to maintaining his medical offices, Dr. Lampert often does diagnostic and treatment work at area rehabilitation centers, including Regents Park.

Symptoms of undetected vision problems, according to Dr. Lampert, include bumping into furniture, veering off course when you think you’re walking a straight line, struggling with reading because the lines and words “jump around,” and even finding yourself unable to pour a beverage without missing the glass.

“In strokes,” explains Dr. Lampert, “you have a lot of visual field loss. With head injury and strokes you have a lot of binocular vision problems and usually an increase in exophoria, meaning that as the eyes turn in to read, there’s a natural position they want to be in, and that may not be perfectly aligned with the words on the page. The eyes may have drifted out, so that one eye is pointing a half inch from the other eye. You then have to use forces in your brain, eyes, nerves and muscles to converge to overcome that. My goal is to give patients that skill by actually trying to train them into techniques they can continue to use at home.”

However, says Dr. Lampert, people don’t always realize they’re struggling with their vision because they’ve learned to compensate over time – or at least they think they have. Unfortunately, not understanding that a problem exists or accepting it as just one more part of the aging process is a danger in itself. In fact, the federal Centers for Disease Control and Prevention notes that among older adults, falls are the leading cause of both fatal and nonfatal injuries.

Functional vision rehabilitation, explains Dr. Lampert, is different than routine eye care in...
that it has less to do with 20/20 vision and the physical eyeball, and more to do with how people function with their vision. Once an undetected vision problem is identified, some rehab therapies are as simple as trying to insert a pen into a straw, forcing the eyes to work as a team. Other simple interventions may include yoked prism lenses, spot patching for double vision instead of a total patch and, of course, visual skills training that works on eye movements, eye teaming, depth perception, peripheral vision and perceptual skills.

Until recent years, not much attention was paid to functional vision rehabilitation. Now, though, the U.S. Army has a program in place at Walter Reed and four other major medical centers for returning soldiers with traumatic brain injury. Even NYU’s Rusk Institute and similar centers across the world are establishing programs that go beyond routine eye exams into this sophisticated area of vision treatment.

Dr. Lampert, meanwhile, doesn’t restrict his functional vision rehabilitation to elderly adults. He also works with children. Over the years he likewise brought his techniques to professional athletes, including Olympic contenders, PGA and LPGA golfers, USTA tennis players, the Minnesota Twins and St. Louis Cardinals, as well as players from the New York Yankees, Chicago Cubs, Cleveland Indians and Miami Dolphins.
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.

Membership Specials
- Free art classes with membership. This art class is taught by a professional art instructor. Interested members must contact the front desk at 561.395.8920, ext. 243. Class dates and times can be obtained from the front desk.

FOR MEMBERSHIP FEES AND PRICING INFORMATION PLEASE CALL 561.395.8920 ext. 243
Harriet’s Lunch Bunch*

Tuesdays 11:00 am Departure

3/17/15  First Watch  4/14/15  No Trip  5/12/15  Padrino’s
3/24/15  Olive Garden  4/21/15  Zorba’s  5/19/15  Brio Tuscan Grille
4/7/15  Duffy’s  5/5/15  Macaroni Grill

*Tuesdays 11:00am departure  *Members only  *Reservations required minimum 7 days in advance. *Transportation fee is nonrefundable or transferable.

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

Spring Fling Dance & Luncheon
April 23, 2015
• Live Music & Dancing
• $7.00 Members, $8.00 Guests
• For reservations and lunch options, please contact us at 561.395.8920 ext.243.

Stress Relaxation Workshop for Caregivers, Presented By Trish Hartog, LCSW, Director of Clinical Service
March 19, 2015 10:00 am
• Free workshop
• Refreshments provided

Annual Flea Market
Thursday, March 26, 2015
9:00am – 1:00pm
• FREE admission & indoors
• Find neat treasures
• Crafts & jewelry
• To learn how to become a vendor or general event information, contact us at 561.395.8920 ext. 272

FOR RESERVATIONS AND INFORMATION ON SPECIAL EVENTS AND LUNCHEONS, PLEASE CONTACT US AT 561.395.8920, ext. 243 or 272
### Daily Classes & Programs

<table>
<thead>
<tr>
<th>Class</th>
<th>Hours</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Volen Center Poker Club (M, Th)</td>
<td>9:00–11:45</td>
<td>$10 buy-in to play. <strong>Volen Center membership required.</strong></td>
</tr>
<tr>
<td>Computers</td>
<td>10:00–11:00</td>
<td>Learn how to surf the internet, social media and so much more. <strong>Volen Center membership required.</strong></td>
</tr>
<tr>
<td>Craft Shop (M-F)</td>
<td>10:00–3:00</td>
<td>Knit, paint, sew, make jewelry, and crochet.</td>
</tr>
<tr>
<td>Card Game Extravaganza</td>
<td>10:30–11:30</td>
<td>Play cards with friends, featuring UNO, Tripoly, and so much more. Open play.</td>
</tr>
<tr>
<td>Musical Mondays</td>
<td>10:00–11:00</td>
<td>Sing your favorite song with DJ Mark.</td>
</tr>
<tr>
<td>SAGE/Alternatives</td>
<td>10:45–1:00</td>
<td>Special social group for LGBT: field trips, lectures, &amp; more. Free.</td>
</tr>
<tr>
<td>Yoga</td>
<td>12:00–1:30</td>
<td>Gentle stretching &amp; relaxation techniques for body &amp; mind. *FEE</td>
</tr>
<tr>
<td>Socrates Café</td>
<td>1:00–3:00</td>
<td>Discussions about philosophy of life &amp; existence. Free.</td>
</tr>
<tr>
<td>Mah-Jongg</td>
<td>12:30–2:30</td>
<td>For intermediate and advanced players. Open play games held in the main lobby. Free.</td>
</tr>
<tr>
<td>The Volen Art Studio</td>
<td>1:00–3:00</td>
<td>Learn about famous artists &amp; create your own masterpieces.</td>
</tr>
<tr>
<td>Volen Movie Vault</td>
<td>12:30–3:00</td>
<td>Watch classical movies, new releases, and documentaries. Free.</td>
</tr>
<tr>
<td>Corner Pocket (M-F)</td>
<td>12:30–3:00</td>
<td>The official pool club at the Volen Center. Free.</td>
</tr>
<tr>
<td>Beading Class</td>
<td>1:00–2:00</td>
<td>Make necklaces, &amp; bracelets. <strong>Volen Center membership required.</strong></td>
</tr>
<tr>
<td>Senior Discussion Group</td>
<td>9:45–11:00</td>
<td>Discuss issues of living in today's changing world. Free.</td>
</tr>
<tr>
<td>Harriet's Lunch Bunch</td>
<td>All Day Field Trip</td>
<td>Dine with friends in various restaurants around southern Palm Beach County. Transportation fee. <strong>Volen Center membership required.</strong></td>
</tr>
<tr>
<td>Computers: Introduction to iMac</td>
<td>10:00–11:00</td>
<td>Learn how to use iMac computers, learn to surf the internet, and so much more. <strong>Volen Center membership required.</strong></td>
</tr>
<tr>
<td>Tai-Chi</td>
<td>11:00–12:00</td>
<td>Improve your balance, circulation &amp; decrease depression. *FEE</td>
</tr>
<tr>
<td>Movie Vault (M-F)</td>
<td>12:30–3:00</td>
<td>Box office hits, classic movies, documentaries and so much more. Free.</td>
</tr>
<tr>
<td>The Volen Center Book Club</td>
<td>1:00–2:30</td>
<td>Review today's bestselling books. <strong>Exclusively for Volen Center members.</strong></td>
</tr>
<tr>
<td>Qi-Gong</td>
<td>12:30–1:30</td>
<td>Utilize life's oxygen to increase energy &amp; improve health. *FEE</td>
</tr>
<tr>
<td>Chair Exercise (T, Th)</td>
<td>1:00–1:45</td>
<td>Exercise performed from a seated position. <strong>Volen Center membership required.</strong></td>
</tr>
<tr>
<td>Thinking &quot;A-Loud&quot;</td>
<td>1:30–3:30</td>
<td>Discuss topics on aging myths and current events. Free.</td>
</tr>
<tr>
<td>Bridge Club</td>
<td>9:00–12:00</td>
<td>Play Chicago-style bridge. <strong>Volen Center membership required. Reservations requested.</strong></td>
</tr>
<tr>
<td>World of Tablets featuring iPads</td>
<td>10:00–11:00</td>
<td>Learn how to use Apple's iPad. <strong>Volen Center membership required.</strong></td>
</tr>
<tr>
<td>Mah-Jongg</td>
<td>10:00–11:30</td>
<td>Learn how to play Mah-Jongg with Harriet. Reservations requested. Free.</td>
</tr>
<tr>
<td>Today's Tales: A Weekly Word Concert</td>
<td>10:00–11:00</td>
<td>Listen to mystical stories, novels and other stories. Presented by Dr. Caren Neile.</td>
</tr>
<tr>
<td>BINGO</td>
<td>1:00–3:00</td>
<td>Great prizes and refreshments. Game cards start at $8.00.</td>
</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>Singing Workshop</td>
<td>9:30–11:30</td>
<td>Bring just your voice to join Volen Soloists.</td>
</tr>
<tr>
<td>VIP Discussion</td>
<td>10:00–12:00</td>
<td>Program for visually impaired persons. Free.</td>
</tr>
<tr>
<td>Canasta</td>
<td>10:00–11:30</td>
<td>Learn how to play Canasta with Harriet. Reservations requested. Free.</td>
</tr>
<tr>
<td>Brain Aerobics</td>
<td>10:00–11:00</td>
<td>Strengthen your mind with various brain teasers, puzzles, word games and trivia. Group program. Free.</td>
</tr>
<tr>
<td>Board Game Bonanza</td>
<td>12:30–3:00</td>
<td>Open play.</td>
</tr>
<tr>
<td>Scrabble</td>
<td>1:00–2:30</td>
<td>Scrobbie games. Free.</td>
</tr>
<tr>
<td>Let's Get Crafty</td>
<td>1:00–2:00</td>
<td>Have fun creating unique treasures. <strong>Volen Center membership required.</strong></td>
</tr>
<tr>
<td>Daily Living Skills</td>
<td>1:00–2:00</td>
<td>For visually impaired persons. Learn daily living skills and build the confidence to live independently. Free.</td>
</tr>
<tr>
<td>Prime Timer's Social</td>
<td>1:30–2:30</td>
<td>Meet new friends and mingle with others. Pre-recorded music, dancing, refreshments provided.</td>
</tr>
<tr>
<td>The Volen Center Friday Breakfast Buffet</td>
<td>9:00–10:30</td>
<td>Enjoy pastries and other scrumptious breakfast food, coffee and tea.</td>
</tr>
<tr>
<td>Coffee Talk with Jared</td>
<td>10:00–11:00</td>
<td>First Friday of every month. Learn about Center happenings and share your ideas.</td>
</tr>
<tr>
<td>Trivia with Elliott</td>
<td>10:00–10:30</td>
<td>Trivia game-show style! Win neat prizes. Free.</td>
</tr>
<tr>
<td>Bridge Club</td>
<td>9:00–11:30</td>
<td>Play Chicago-style bridge. **Volen Center membership required. Open play.</td>
</tr>
<tr>
<td>The Beat</td>
<td>10:30–12:00</td>
<td>Live music and dance. Free.</td>
</tr>
<tr>
<td>BINGO</td>
<td>1:00–3:00</td>
<td>Great prizes and refreshments. Game cards start at $8.00.</td>
</tr>
<tr>
<td>Fit for Life (W, F)</td>
<td>1:00–1:45</td>
<td>Improve your strength, balance and energy. Light to moderate fitness. *FEE</td>
</tr>
<tr>
<td>The Official Pool Tournament</td>
<td>1:00–3:00</td>
<td>Pool tournament.</td>
</tr>
</tbody>
</table>

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

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

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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 JARED POLICANO AT 561.395.8920 ext. 272
FOR MORE INFORMATION ON THE VOLEN CENTER WELLNESS INSTITUTE, PLEASE CONTACT US AT 561.395.8920 ext. 205