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Every Day Is Independence Day at the Volen Center!

By Elizabeth Lugo, President/CEO

Independence – it is something we seek from our teen years through the golden years. No matter our age, we all strive for and enjoy independence. From the time we are born, our parents teach us how to care for ourselves until we reach adulthood. Then we begin the process of teaching our own children the value of doing things for themselves. Success, happiness and other life achievements are often the result of doing things on our own. Independence is instilled in us throughout life – and the desire to be independent does not diminish with age. If anything, it becomes more important to seniors.

The importance of being independent is twofold for seniors. Independence is sometimes the only thing seniors may feel they can control as certain aspects of their life change with age. Additionally, maintaining independence promotes a sense of achievement that for many seniors generates a great sense of self-worth and well-being.

The most important – and troubling – effect of taking away a senior’s independence is how it can impact their health and overall well-being. We expect dad to be unhappy when we take away his keys and mom to protest when we suggest an in-home caregiver, but it is the longer-term implications of this difficult transition period that are the issue. A loss of independence can trigger a number of emotions like anger, fear, guilt, and depression. According to the National Institute of Health: “We suggest that a common pathway to depression in older adults, regardless of which predisposing risks are most prominent, may be curtailment of daily activities…”

You might say much of what we do at the Volen Center focuses on independence:

- We provide some 85,000 rides a year to medical and other crucial appointments through our fleet of buses and vans.
- We offer caregivers support so they can continue to care for their elderly or disabled loved ones at home.
- Our feeding program provides low- or no-cost meals to seniors who otherwise might go without.
- We partnered this year with MobileHelp® to ensure that some of the most in need receive free medical alert equipment.
- By providing daily opportunities for social interaction, we help keep seniors from becoming isolated and depressed.
- And, because a fall can lead to tragedy, especially among seniors, we hosted a fall-prevention workshop this year.

So, you can see that every day at the Volen Center is Independence Day.

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.

Sincerely,

Elizabeth Lugo
President/CEO
SO HAPPY TOGETHER

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

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Making Community Happen
By Helping Our Members
Retain Their Independence

by Jared Policano, Chief Operating Officer

The Fourth of July – Independence Day – is an all-American celebration and we certainly do it up big at the Volen Center. But we realized long ago the special meaning it has for many of the seniors we serve. For veterans of our wars, independence is a reminder of sacrifices made; for others, who may be first-generation Americans, it is a symbol of the freedom they found on American turf; for our Jewish members, it is a stark reminder of survival and triumph. And, for all of us, the Fourth of July is a day to pause and thank those who helped us achieve freedom and see that it is never lost.

Independence is a daily struggle for many elderly and we work hard to see that each and every one of them who passes through our doors has the best opportunities to remain as independent as possible. We make sure they get to doctors and other crucial appointments through our outstanding bus service that provides some 85,000 rides per year. We see to their nutrition with our daily food program. We keep them from feeling isolated and depressed by offering a myriad of activities daily from Monday through Friday, and we help their caregivers by offering a place of respite for their loved ones so they can care for themselves.

So we make the 4th of July a special celebration at the Volen Center, but, in fact, we make every single day here Independence Day for hundreds of deserving seniors and have done so for many years. We plan to continue for many years to come because our seniors deserve it.

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Help the Elderly to Age Independently

Whether or not we are prepared, the reality is we will be tasked with making important decisions caring for an elderly loved one. It is difficult to witness the deterioration (physical or mental) of our aging loved one. This is especially true when we, ourselves, were the recipients of their care. Many of our clients’ caregivers face many challenges when they experience the responsibility for their elderly parents’ safety and comfort. They often reach out to us because the task can be overwhelming (emotionally and financially). We would prefer that our loved ones stay in our homes to ensure they are properly cared for. However, this can become very stressful for the family. Leaving an aging parent home alone can be a major issue if they slip and fall with no one around to help, or are unable to follow hospital discharge procedures or daily routines on their own.

With that being said, life does not stop to give us a break. We may take on new challenges or roles, but independent living, assisted living, and nursing home costs are on the rise. The technology of today is helping families find peace of mind in helping elderly loved ones age independently. Studies show in the next 30 years, Americans who are 65 years of age and older are going to double. Here are a few things to consider when your loved ones live home alone:

1. Prepare Their Home Early
We recommend the caregiver figure out where common needs or hazards may take place like living room, kitchen, bedroom and bathroom. Immediate changes can include: Installing bathroom rails to help support them when they walk through the house to avoid slip and falls, lowering shelving in their pantry to make it more accessible, adding more lighting and removing floor hazards (area rugs). These basic changes around the home are simple to do, and can provide the caregivers with peace of mind and confidence to allow a parent to live alone. Technology can also create a safe environment for your loved ones with a home security system. Caregivers can have a real-time look into their parents’ home by using a tablet or smartphone.

2. Health Care
Many hospital discharge papers require the taking of medications or checking blood sugar levels, but healthy seniors have to stay proactive in the maintenance of their good health to extend their time living at home. Stay in contact with the doctor, pharmacist and/or nurse of an elderly loved one. Ultimately, it is important to remain sensitive to changes in their health, to help monitor when independent living is no longer the best option.

3. Delivery to the Door
Healthy eating is important for their physical and emotional well-being. Driving can be an issue for your loved one, so groceries and medicine refills can be delivered. Consider showing them how to grocery shop online so they feel more independent and in control of their own lives.
Today’s seniors have many new resources to make life easier as they continue enjoying the freedom of living independently. With an innovative approach to the way we communicate with each other via technology, caregivers and their loved ones can have confidence their loved one can live independently at home longer. Also, keep in mind that seniors are accustomed to leading productive lives, as are you, and their days should involve hobbies and engaging in activities. Help your loved one get involved by arranging regular visits to the local community center for socialization, computer, or senior aerobics classes. It is all about finding ways to help nourish a sense of belonging and purpose, which is something we all need!

4. An Emergency
If a loved one falls or has an acute medical event (such as heart attack or stroke) each second that passes matters. PERs (personal emergency response system) allows your loved one to quickly call for help by pushing a button. They also have mobile PERs that have GPS capability, which could help locate an elderly parent in the event of an accident or fall, as well as two-way phone communication. The new meaning to elderly independence is the perfect balance between care and freedom. The decision to have an elderly parent leave their home should not be driven by fear or concerns.

5. Emotional Needs
Most elderly parents want to show their ability to continue managing their own lives, but the need for companionship still exists even with those living with a spouse. Feelings of loneliness can also have health consequences among the elderly. Emotional contact is essential for an aging parent – just simple gestures, such as having others listen and sharing words of encouragement can positively influence their morale. We are seeing that seven out of ten seniors own a cell phone, and mobile video chat can make visual communication possible when adult children live far away. Initial training may be necessary, but the ability to view each other’s faces will be well worth it.
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1. Florida is the only state in the nation whose Constitution is reviewed every 20 years.

2. Florida is the only state to have an “Embassy” in Washington and it is called ‘Florida House.’

3. Saint Augustine is the oldest European settlement in North America.

4. Florida has the longest coastline in the contiguous United States (1,350 miles or 2,170 km), and is the only state in the United States that borders both the Gulf of Mexico and the Atlantic Ocean.

5. Florida is the flattest state in the USA. Florida’s mean elevation is just 100 ft (30 meters). Britton Hill is the highest natural point in the state with a summit elevation of just 345 feet (105 meters) above mean sea level. Britton Hill is the lowest state highpoint in the United States. The lowest points of sixteen U.S. states are higher than Britton Hill.

6. Florida is the only state that has 2 rivers both with the same name. There is a Withlacoochee in North Central Florida (Madison County) and a Withlacoochee in Central Florida. They have nothing in common except the name.

7. Florida is the largest producer of citrus fruits in the United States and second in the world.

8. In 1987 the Florida legislature designated the American alligator (Alligator mississippiensis) the official state reptile. Long an unofficial symbol of the state, the alligator originally symbolized Florida’s extensive untamed wilderness and swamps.

9. Cape Canaveral is America’s launch pad for space flights.

10. Gatorade was named for the University of Florida Gators where the drink was first developed.

11. Key West has the highest average temperature of any city in the United States.

12. Key Largo is known as the Diving Capital of the World.

13. Greater Miami is the only metropolitan area in the United States whose borders encompass two national parks. You can hike through pristine Everglades National Park or ride on glass-bottom boats across Biscayne National Park.
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Depression and the Elderly: Myths vs. Facts

There are many myths about depression and the elderly. Some people have rose-colored glasses and think people over 65 can not be depressed and others feel that depression is the norm. Where is the truth when it comes to depression for seniors?

TEST YOUR ELDER KNOWLEDGE!

| “Grandma is depressed, but that is just the aging process.” | TRUE | FALSE |
| “Older people do not get depressed, it is just the blues.” | TRUE | FALSE |
| “With all of their losses, depression is normal.” | TRUE | FALSE |
| “The elderly do not get depressed any more than the rest of us.” | TRUE | FALSE |
| “Depression is a sign of weakness.” | TRUE | FALSE |
| “What is the point of getting treatment? It does not work!” | TRUE | FALSE |

All of the above are false. Depression is not a normal part of the aging process; it is a treatable disease that can impact anyone. However, nearly 20% of older adults are diagnosed with major depression, which is twice the rate of the adult population. There are many reasons why older adults have greater incidences of depression: losses, health problems, financial instability. The biggest reason is that seniors are less likely to get treatment. Only 10% of depressed seniors receive treatment. It is critical to catch depression early so you or your loved one can start feeling better as soon as possible.

Is it Major Depression or just The Blues?

Major depression is different than sadness or the blues. When someone has a sad spell after a loss or feels blue one day but better the next, that is not depression. How can you tell the difference? Feeling sadness, loneliness, or grief when you go through a hard time is part of being human. And most of the time, you can continue to function. You know that in time you will bounce back, and you do.
Depression can be diagnosed when it persists for longer than two weeks and it includes the following symptoms:

- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness and/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches or pains, headaches, cramps, or digestive problems that do not get better, even with treatment.

If you or your loved one have more than five of these symptoms, and they last for longer than two weeks, it may be clinical depression.

What do you do if you suspect you or your loved one is clinically depressed?

The first step is reaching out to your medical doctor for an evaluation. Some medication and medical conditions can have the side-effect of a depressed mood. Once you are cleared medically for causes to your symptoms, it is important to get a screening from a mental health specialist: psychiatrists or clinical social workers are your partners in tackling depression. There is not a blood test, but there are tools for assessing and diagnosing depression. Your mental health provider will use standardized assessments including Patient Health Questionnaire or Geriatric Depression Scale to determine if you or your loved one is suffering from depression.

The Good News!

Depression is treatable and there have been many advances in our research and knowledge! Up to 80% of those treated for depression show an improvement in their symptoms generally within four to six weeks of beginning treatment (National Institute of Health, 1998). Research shows that CBT (Cognitive Behavioral Therapy) in combination with medication is the most effective treatment, and twice as effective as anti-depressants alone. So do not settle for feeling just OK. With some effort and good treatment, you can feel truly well again.

IF YOU THINK YOU OR YOUR LOVED ONE IS SUFFERING FROM DEPRESSION, PLEASE CALL OUR DIRECTOR OF CLINICAL SERVICES AT 561.395.8920 EXT. 283 FOR AN EVALUATION. COSTS ARE BASED UPON YOUR ABILITY TO PAY.
The new report on caregiving shows what The Volen Center already knows – caregivers need a variety of support. And, that is exactly what we offer.

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

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

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

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

IF YOU OR SOMEONE YOU KNOW WOULD LIKE TO FIND OUT MORE OR ATTEND SESSIONS, PLEASE CALL 561.395.8920 EXT. 283
Caregiver Support Groups

“SELF-COMPASSION IS SIMPLY GIVING THE SAME KINDNESS TO OURSELVES THAT WE WOULD GIVE TO OTHERS.” - CHRISTOPHER GERMER

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MobileHelp®, a leader in mobile Personal Emergency Response Systems and health management solutions, has created a new program with the Volen Center, designed to provide at-risk seniors with access to emergency help.

“Ten years ago, we started a company that was based on the idea that access to emergency help should not be limited to the four walls of a person’s home,” said Rob Flippo, CEO and co-founder of MobileHelp. “The locally operated Volen Center has grown under much the same ideals: that by supporting the lives of our community members as they reach their golden years, we strengthen the community as a whole.”

To that end, MobileHelp has launched an initiative that will provide both medical alert equipment and service free of charge to older adults from the Volen Center who could benefit from access to emergency help, but who are not able to afford a subscription service. “Connecting our older citizens with the assistance they need to live the lives of their choosing is our mission,” said Robin Goldberg, Director of Special Events and Donor Relations for the Volen Center. “We look forward to the work we can do with MobileHelp to provide our members with a new solution to support their lives.”

MobileHelp presented the Volen Center with 10 of its SOLO systems at its anniversary celebration in August, 2016. The Volen Center distributed the devices to its members, and MobileHelp then worked with them to designate the right level of emergency service monitoring for each member. “We are honored to partner with the Volen Center and to support the critical work they do within our community,” said Mr. Flippo. “We look forward to an ongoing relationship with them as we continue to grow.”
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My name is Ben Meyers. Between 2002 and 2008, I visited the Volen Center on a regular basis to interview the patrons about their life stories. I sat in awe listening to World War II veterans, including men who stormed the beaches of Normandy on D-Day. I cried with Holocaust survivors, some of whom lost everything. I looked through family pictures of husbands, wives, children, grandchildren, great-grandchildren and even some great-great-grandchildren – and I heard stories about all of them from the people who raised them.

What struck me most about the people I interviewed was their unbelievable strength. The challenges they faced in their lives were gargantuan compared to the minor struggles I face today. I not only enjoyed speaking with these people; I quickly came to admire them. Many people I spoke with told me that their lives changed when they walked into the Volen Center for the first time. Count me as one of those.
I first walked into the Volen Center (or Mae Volen Senior Center as it was called then) in the summer of 2002 as a sprightly 12-year-old who had just completed the sixth grade. I was there primarily because of my love of history. To me, there were a couple of ways to learn about history: either read about it, or talk to those who had lived through it. If I had just gotten a history lesson, I would have been satisfied. As it turned out, I got a lot more than that.

One thing that struck me right away upon entering the Volen Center was that everyone was smiling! I saw groups of friends playing cards, telling jokes and sharing stories about family. I did not realize it at the time, but this was my first lesson learned at Volen: life is too short not to smile. Sylvia Mariano knows this.

I interviewed her in 2003 and, fortunately, a reporter was there to capture one of the many fun moments in our conversation. After seeing her recently – over a decade after first meeting her – I have come to the conclusion that her constant smile is the reason she does not look a day older than she did in 2003.

Perhaps no other interview I conducted has stuck with me as much as when I interviewed Ida Wulc. Ida was born in Lithuania and had a tough upbringing, but one that was filled with love. Sadly, as a Jew born in the 1920s, Ida was one of the millions of people who lived in lands conquered by the forces of evil and subjected to their hatred. She lost most of her family in the Holocaust, but miraculously survived herself.

Ida had seen and experienced horrors beyond my comprehension. Yet, she persevered. And here she sat, six decades after all of this, smiling in front of me when she learned that I was Jewish as well. “You are a Jew?” she asked. When I confirmed, her next question was unexpected. “Can I kiss you?” It was with great regret that I had to wash my cheek that night, but I carry that kiss with me to this day. For all she had been through, Ida was a happy woman at that moment. Even today, when daily stresses get me down, I think about Ida and how nothing could bring her down.

As middle school turned to high school and my schedule became busier, I was able to visit my friends at Volen less and less. When the time came in 2008, I went up to Gainesville to begin college and life as an adult. But Volen was always in my heart. Now, I have finished college and begun my career. I am a commercial insurance broker and I love what I do. What is especially fitting, however, is that my job has led me back to where I started – right here in Boca Raton. I work on the same street my grandmother lives, ten minutes from the house in which I grew up. And if I leave my office and go a little north and a little west, I am back at a place where I spent countless hours learning the lessons of life from people I will always admire: the Volen Center.

I will be back as much as I can be and I will do all I can to support the amazing staff who dedicate their careers to the people of Volen. While present commitments prevent me from being as active a volunteer as I was fifteen years ago, I am grateful that I will always be able to call Volen home. I look forward to meeting each and every one of you, and I thank you for letting your stories become a part of my own.
Sodoku Puzzle

A sudoku puzzle is a grid of nine by nine squares or cells, that has been subdivided into nine subgrids or “regions” of three-by-three cells. The objective of sudoku is to enter a digit from 1 through 9 in each cell, in such a way that:

- Each horizontal row contains each digit exactly once
- Each vertical column contains each digit exactly once
- Each subgrid or region contains each digit exactly once

Solving a sudoku puzzle does not require knowledge of mathematics; simple logic suffices. (Instead of digits, other symbols can be used, e.g. letters, as long as there are nine different symbols.) In each sudoku puzzle, several digits have already been entered (the “givens”); these may not be changed. The puzzler’s job is to fill the remainder of the grid with digits – respecting, of course, the three constraints mentioned earlier. A “good” sudoku puzzle has only one solution.

\[
\begin{array}{ccc|ccc|ccc}
4 & 1 & 9 & 5 & 7 & 8 & 6 & 2 & 3 \\
2 & 3 & 7 & 8 & 9 & 4 & 2 & 1 & 3 \\
9 & 7 & 4 & 2 & 1 & 3 & 8 & 9 & 7 \\
1 & 5 & 6 & 7 & 2 & 9 & 5 & 1 & 3 \\
\end{array}
\]

See pg. 34 for Solution to Sudoku Puzzle.
Did you know that one-half of Americans 65 and older do not have access to public transportation? And that more than half of all non-drivers 65 and older stay at home in a given day because they do not have transportation options? Many seniors continue to drive even with impairments because they do not believe they have transportation options.

Research shows that seniors and aging baby boomers overwhelming want to stay in their homes and continue to lead active, independent lives. In fact, older adults are less likely to move after retirement than seniors were 30 years ago. This means that millions of baby boomers will age in place. For this dream to be realized, seniors will increasingly need access to public transportation. Without alternatives, seniors will face isolation and a dramatically reduced quality of life. According to research by the Surface Transportation Policy Project, more than 3.5 million Americans – more than half of the non-driving population age 65 and over – stay at home on any given day, often because they lack access to transportation. People over 65 that have stopped driving make fewer trips to the doctor (15%), to shop or eat out (59%), and for social, family and religious activities (65%) than drivers in the same age group. (AARP report)

Most of us who have ready means of transportation take it for granted, but for many of our elderly, it can make a difference in our health, nutrition, and mental health. It is a means of getting to medical appointments, food stores, and places for socializing to escape the isolation that often comes with age.

It is for these reasons that the Volen Center developed and maintains its large fleet of buses that transport seniors on some 85,000 trips per year. It is truly a lifeline for many, taking them to medical appointments and other crucial destinations at an affordable cost.

If you drive or live in the area from Boynton Beach south to north Broward, you have undoubtedly seen some of the Volen Center buses, brightly decorated with our butterfly logo. Behind the scenes, our transportation department has some 30 drivers and eight schedulers. All work daily to improve the system. In the coming months, scheduling will be automated so that drivers see in real time when there has been a cancellation or addition. This will improve efficiency and allow us to increase service capacity.

The sheer number of rides daily, weekly, and monthly take a toll on the buses, but we have been lucky to receive generous donations to help us keep up with maintenance and replacement. In November, one of our outstanding supporters, Marleen Forkas gave a generous donation that enabled us to purchase two new buses, and Harry Bleiwise was so impressed with that donation that he was inspired to make a very large and generous donation of his own for our transportation program to assist with the maintenance and upkeep of our buses.

The Volen Center’s Community Coach offers group rides from a fleet of wheelchair-equipped vehicles Monday through Friday.

CALL OUR TRANSPORTATION DEPARTMENT AT 561.395.8920 AND SELECT OPTION 5.
Planned Giving: Important to the Future of the Volen Center

By Robin Goldberg, Director of Special Events and Donor Relations

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

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

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

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

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

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

Please make sure to read our brochure on planned giving to get a more complete idea of the many options you have.

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www.EternalLightMemorialGardens.com
Activity is the key to maintaining good mental and physical health, especially for seniors who face isolation at home. And, the Volen Center has answered that need for both active seniors and those in the early stages of cognitive disorders.

Our Life Enrichment Program is for the active, independent seniors who are looking for socialization and interaction with their peers. We offer discussion groups, exercise classes, and musical entertainment. Our members enjoy a variety of activities: bridge and bingo, card and board games, baking and crafts, exercise and gardening, ice cream socials and themed parties, entertainment and dances.

Participants leave the center on shopping trips or out to lunch with the Lunch Bunch or go on the many field trips we have throughout the year. This program encourages the members to make their own choices in programming, which allows them to maintain their independence. Over the past six months, we have seen an increase in membership, thus broadening the overall experience for our seniors. Most of all it is about being together, laughing, and having fun.

The Life Enrichment Plus program is for seniors in the early stages of cognitive disorders and/or Alzheimer’s who participate at the center. The seniors in this program are encouraged to participate in normal activities that he or she has enjoyed in the past. With individualized attention from the staff, the seniors are able to maintain their independence as long as possible. The Volen Center has programs specifically geared for this group, such as memory stimulation, adult coloring, senior discussion groups, and current events.

The Volen Center is unique in that neither group is isolated, but rather encouraged to socialize together, thereby eliminating the differences between Life Enrichment and Life Enrichment Plus and giving all of the seniors a sense of belonging.
Visit the Volen Center any weekday and you will see seniors involved in a host of activities from playing cards, to painting, exercising, dancing, yoga, etc. But these are more than fun activities – they are a lifeline and link to improved health for the many seniors who would otherwise be socially isolated.

Older adults are at an increased risk of being socially isolated. By the time people reach their 80s, the majority live on their own, mostly because of widowhood. This is particularly the case for older women who are more likely to be widowed than older men. Older people’s social networks often get smaller for other reasons as well – children may have moved away, along with grandchildren, and aging siblings and friends may have died.

Living alone, health problems and disability, sensory impairment such as hearing loss, and major life events such as loss of a spouse have all been identified as risk factors for social isolation. According to the Institute of Epidemiology and Health Care at the University College in London, social interaction plays a significant role in physical health and quality of life. While this is true throughout life, especially in both the early and late stages of life, it becomes more significant with the elderly.

This is where the Volen Center comes in and has done so for 30 years. We provide transportation, social activities daily, congregate eating opportunities and soon, opportunities to have companion and housekeeping help. Transportation or lack of it is a leading cause of isolation for seniors and can also affect health if they have no way to get to regular medical appointments. We provide some 80,000 trips per year on our fleet of buses.

Seniors also have opportunities to volunteer in different departments. All of these are aimed at giving seniors a range of opportunities for social interaction. Every major holiday is also marked at the Volen Center with a special event. We provide a fun, supportive, and safe environment for seniors, giving them a sense of purpose and independence.
Program Provides Emergency Aid to Low-Income Seniors

Many seniors think they have planned financially for retirement, but with a fixed income, many are not prepared for an emergency which can lead them to a financial crisis. You may fall behind on bills, and worry that you may lose your home because of past due rent or mortgage payment. Or, you may have recently stopped working because of an illness or disability and are awaiting benefits.

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

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

How Can We Help You?

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

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

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

Emergency Fund made possible through a generous grant from Hands on Tzedakah.
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1-877-513-7156
7500 S Dixie Hwy West Palm Beach, FL 33405
Fall Prevention Checklist

By Robin Goldberg, Director of Special Events and Donor Relations

This past January, Andrew Dietz, DPT from Coastal Physical Therapy Associates stopped by for a fall prevention lecture and discussion with our members. Below are some useful tips to keep in mind to prevent falls and ways to make your home safer.

- Are there clear pathways in the house?
- Remove scatter rugs or firmly secure rugs with tape/tacks
- Are there night lights from bedroom to bathroom?
- Am I safer with a bedside commode at night?
- Is the phone next to the bed?
- Is my assistive device (walker or cane) next to the bed?
- Are all phone and electrical cords secure?
- Make sure the house is well-lit – especially the stairs
- Have a sturdy chair with arms
- Grab bars in bathroom (by the toilet and in the shower)
- Use non-skid mats in the tub and near the sink
- Be careful with pets! “Best Friends” can cause falls!
- Make annual doctor appointments (ears, eyes, podiatrist, primary care)
- Have your doctor review your medicines at EVERY VISIT
- Easy grip handrails on all stairs – best on both sides
- Eliminate uneven surfaces and obstacles from pathways both outside and inside home
- Secure extension cords out of the way
- Consider using a cordless phone
- Make sure lighting is adequate to prevent tripping
- Be on guard for wet, tiled floors
- Safety rails are recommended for tub/shower and near toilet
- Use a raised toilet seat or commode frame
- Select footwear that stay securely on feet, with soles that are not slippery
- Store essential items on upper shelves of refrigerator.
- Use a lazy-Susan for easier reach
- Prepare simple meals using stove top or counter level appliances to avoid bending
- Store frequently used clothing in drawers at waist level
- Place important items where they can be reached easily
- Place firm cushion or pillow on seat of chair
- Bed mattresses must be suitable for sitting at edge without sagging and allow feet to touch floor. This may require a board under the mattress. The height of the bed may have to be raised with extra mattress or blocks under legs, or the height of the bed may have to be lowered by cutting bed legs.
TooJay’s specializes in the hearty portions and homemade comfort foods of a traditional New York deli.

Enjoy handcrafted sandwiches, made-from-scratch soups, salads, delicious dinner entrees and baked goods. So come in, sit down and have a nosh, you look hungry!

**TooJay’s is Simply. Great. Food.**

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

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Get Involved

Independent Living Program
Thursdays from 12:45 P.M. – 2:00 P.M.

Enjoy learning alternative techniques for doing every day tasks in the Independent Living Program at 12:45 PM on Thursdays. This class is taught by instructors from the Florida Outreach Center for the Blind (FOCB) and provides solutions for daily problems.

You will receive tips for
- Identifying money and writing letters
- Reading mail and paying bills
- Using the telephone and recording information
- Performing laundry
- Basic sewing tasks
- Cleaning and managing your home
- Personal grooming and first aid
- Cooking and safely working in the kitchen
- How to label your medication, clothes and food items for easy retrieval.

You will also be introduced to the latest aids and appliances adapted for people with low vision.

FOR MORE INFORMATION ABOUT THIS OR OTHER PROGRAMS INCLUDING INSTRUCTIONS IN BRAILLE, COMPUTERS, IPHONE, MOBILITY OR SUPPORT GROUPS, CALL FOCB AT 561.642.0005.
Volen to Offer Companion, Homemaker Services to Elderly, Disabled

The Volen Center has added yet another service to help ensure the independence and happiness of thousands of seniors. Our Homemaker and Companion Service will add to the one-stop shopping goal of the Volen Center in providing activities and independence for seniors.

Our Homemaker and Companion Service is designed to give that extra helping hand to seniors and those with disabilities who need them in order to maintain independence in the community. We will provide qualifying clients with assistance picking up medication, companionship, meal preparation, routine housework, escorting, shopping and other activities that will help our clients lead their lives with as much independence as possible. Our goal is to give personal, professional attention to each client and gear services to meet their individual needs.

We are currently hiring mature individuals and retirees who want to provide these services to our clients. As with all of our staff, we pride ourselves with staffing efficient, sensitive, dependable and caring caregivers who are compatible with their assigned clients.

All of our services: adult day care, transportation, nutrition, life enrichment, and now the companion and homemaker services have one goal – to help seniors remain in their homes and communities with as much independence as possible for as long as possible.

FOR MORE INFORMATION ABOUT COMPANION AND HOMEMAKER SERVICES, PLEASE CONTACT 561.395.8920 EXT. 289 OR 215 OR EMAIL US AT HOMECARE@VOLENCENTER.COM. IF YOU ARE INTERESTED IN EMPLOYMENT WITH THE SERVICE, PLEASE EMAIL YOUR RESUME TO CAREERS@VOLENCENTER.COM
Homemaker & Companion Services

The Volen Center can help meet your everyday needs. Our professional caregivers are here to support your needs to live a happy and healthy life.

1515 West Palmetto Park
Road Boca Raton, FL 33486
Phone: 561.395.8920 ext. 289 or 215
Fax: 561.353.9006
Toll free: 866.711.6872
Email: homecare@volencenter.com
Community Gratitude

I wanted to comment on the great service provided by the Volen Center to feed and help those that may need a helping hand. The lunch services are wonderful. They provide a great service for the residents to eat a healthy lunch and also be able to touch base with friends. The food is healthy and assorted. Thank YOU...

- Richard C.

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

- Harriet H.

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

- Carole M.

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

- C.H.

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

- D. & R. L.

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

- Sheldon Z.

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

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

- Paula H.

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

- Susan G.

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

- The F. Family

Sudoku Puzzle 1 Solution

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Solution to Sudoku Puzzle on page 21.
Every Day Is Independence Day at Volen Preschool

By Beth Reyer, Child Development Director, Schmidt Family YMCA Preschool at the Volen Center

The preschool years are a time for play and fun and, at The Schmidt Family YMCA Preschool at the Volen Center, to develop independent thinking that will enable children to succeed in school and in life. At the Schmidt Family YMCA program, we do this through activities that promote higher order thinking. Our highly-skilled teachers are trained to ask questions that provoke meaningful opportunities for teachable moments that encourage children to reason, reflect, and respond through language.

FOR EXAMPLE:

Child:
It just got dark.

Teacher:
How do you think that happened?

Child:
There is a switch up in the sky.

Teacher:
Let us go outside. Now it is light. What is up in the sky that made it light again?

Child:
The sun!

Teacher:
What do you think happens to the sun when it gets dark?
Our approach to education is based on the philosophy of Reggio Emilia and the values of the YMCA which foster children’s sense of independence and responsibility. Being responsible for oneself is part of our daily life at the YMCA Preschool. At these young ages, children love to learn new things and there is nothing more rewarding than watching a young child master a new skill and hear the child say, “I can do it!” Teachers encourage children to accomplish tasks that are appropriate for their age and developmental levels. Children ages 3-5 are encouraged to dress themselves, clean up after themselves and be responsible for the choices they make.

Children further develop their independence and accumulate their own knowledge through play experiences that enable them to problem solve, practice cooperation, develop more elaborate language, develop hand-eye coordination, learn how to take turns, develop gross motor skills, classification skills, number concepts and good self-concept.

Developing their independence in the early learning years gives these children a head start when they reach elementary school.

**About the Schmidt Family YMCA Preschool**

In 2010, through a special partnership with the YMCA of South Palm Beach County, the Schmidt Family YMCA Preschool at the Volen Center was founded. This unique, intergenerational preschool encourages exploration, creativity and collaboration for the preschool children and Volen Center seniors alike.

Through a robust curriculum, YMCA Preschool staff provides nurturing care and responsive learning experiences. Children also enjoy the benefits of field trips to the larger Peter Blum YMCA of Boca Raton for activities such as swimming. And, during the summer, YMCA summer day camp is available for children through the Schmidt Family Y at the Volen Center. The Y’s guided education model supports the development of health, children – socially, emotionally, intellectually and physically.

FOR MORE INFORMATION REGARDING THE SCHMIDT FAMILY YMCA PRESCHOOL AT THE VOLEN CENTER, PLEASE CONTACT CHILD DEVELOPMENT DIRECTOR, BETH REYER AT BREYER@YMCA SPBC.ORG OR 561.395.8920 EXT. 296
Grilling – a Good Way to Cook Healthy

By Elana Rackman, Center Dietician

Grilling is a fun and flavorful way to cook no matter the season. The best part is that grilling can be one of the healthiest ways to cook! Just follow these tips for healthy grilling and barbecuing.

1. Pick the perfect protein. Fish, skinless chicken breast and lean ground poultry are all healthier choices. The good fats in fish like salmon and trout actually have health benefits. Wrap marinated fish fillets in foil, construct colorful chicken kebabs, or make more savory turkey burgers by mixing minced portabella mushrooms and onions into the patties. If you do choose meat or pork, get loin or round cuts and choose or select grades of beef instead of prime.

2. Right-size your portions. A healthy portion of any type of meat is about four ounces, or the size of a deck of cards, and definitely no more than six ounces. If that sounds small, just remember all the delicious grilled veggies and side dishes that will be keeping it company on your plate!

3. Give it a soak or rub. We are not talking about a spa day! Marinating or rubbing spices on poultry, fish and meat can add amazing flavor with the bonus of being able to use less salt. All you need is about one-half cup of marinade or one tablespoon of spice rub for each pound of food. Make a simple rub of your favorite spice and black pepper.

4. Add color – lots of color. Just about all your favorite colorful fruits and veggies can be grilled alone or in kebabs, giving them delicious flavor that might win over even the most committed carnivore. The trick is to cut them into pieces that will cook quickly and evenly. Brush with a healthy oil to prevent sticking or use a grill basket to keep them out of the line of fire. Some favorites include asparagus, avocado, bell peppers, corn, eggplant, mushrooms, onions, potatoes, squash and zucchini.

5. Say bye to the bad fat. Buy skinless poultry or remove the skin before cooking. Trim away any visible fat on meat. Brush or marinate foods with healthy cooking oil. Make sure fat drips away from the food while it cooks.

6. Let the simple grilled goodness shine through. Do not drown your grilled masterpiece in salty sauces, sugary condiments or heavy dressings. Try making your own healthier condiments. It is easier than you think! And sometimes, a simple squeeze of lemon or lime is all it needs.

7. Choose healthier sides. Swap the traditional store-bought barbecue fare like baked beans, coleslaw, macaroni salad and potato salad – which can have a lot of saturated fat, sodium and added sugars – for healthier homemade versions. Or change it up and do a colorful bean salad, fruit salad or leafy green salad.

8. Make your buns whole grain. Whole-grain buns and breads will complement your healthy feast with extra fiber, flavor and texture. If you are watching your calories and carbs, try an open-faced burger or lettuce wrap.

9. Grill fruits for dessert. The natural sugars caramelize in the high heat, giving them extra sweetness and flavor. Try sliced apple, pear or pineapple or halved bananas, figs, nectarines, peaches or plums.
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Most of us know that on average, people are living longer. In 2010, there were more than 40 million people over the age of 65 in the United States, an increase of more than 15% since 2000. One consequence of living a long time is that a number of elderly individuals experience a physical or mental health decline as they approach their late years. Close to 15% of people age 71 and older in the United States have dementia. By 2050, the Alzheimer’s Association estimates that up to 16 million people will have Alzheimer’s disease.

MENTAL HEALTH DECLINE

While mental decline may happen gradually and be difficult to identify initially, the inability to understand money is one of the early signs of Alzheimer’s. Sometimes, before the mental decline is identified, catastrophic financial events have already occurred and it is difficult to recover, leading to unfortunate lifestyle consequences. These times can be very stressful for the elderly as well as their family as they try to sort out what went wrong and get things back on track. There are some simple steps that you and your family can take to prepare for the possibility of mental decline.

1. Stay in contact.
Keep in contact with your elderly loved one. If you live out of town, establish a time to talk regularly. Be attuned to items such as changes in personality, memory issues, or caregivers or other people in their lives who appear to be acting inappropriately.

2. Offer to help with their finances.
Some individuals are more willing to share details about their financial situation while others are very private. Offer to assist with financial matters, but be prepared to be rejected. Keep in mind that not all assistance that you might provide requires full disclosure of your parents’ entire financial situation. They can still keep certain matters private. There are many levels of assistance, from helping with mail and bill paying to assisting with investment decisions.

3. Get the right documents in place.
There are certain documents that assist in management of finances during times of mental incapacity. One such document is a durable power of attorney. A durable power of attorney is a document where you name another person or persons to act on your behalf in the event of certain
circumstances, such as your incapacity. This document allows your agent to act on financial, legal and administrative matters if you are unable to make these decisions for yourself. If your parent has a revocable trust where they are the trustee, make sure they have named a successor trustee who can continue to manage their investment and financial affairs for assets held in the trust in the event of their incapacity.

4. Meet your parents’ advisors.
It is useful to establish a relationship with your parents’ advisors like their CPA, attorney or financial advisor. If you live out of town, you may want to suggest meeting with them when you are home for a holiday. If your loved one wants you to attend meetings regularly, you can help take notes and ask questions. At a minimum, you should know who their advisors are and where to find important documents.

5. Explore whether it makes sense to simplify their finances.
After a lifetime of changing jobs and moving, many of us have accumulated a number of investment, retirement and checking accounts at various places. This can create confusion and extra work, especially as we get older. By consolidating and limiting the number of accounts, your loved one will receive less correspondence and be able to more easily monitor their finances.

6. Encourage your elderly loved one to regularly see their doctor.
Most doctors are trained to identify signs of mental decline. By encouraging regular doctor appointments, you have another set of eyes to help ensure that your elderly loved one is getting the appropriate level of care.

While having these discussions can be awkward, remember that the discomfort multiplies exponentially when you are trying to do this after a mental decline has been identified. Taking the time to review these steps and establish a plan ahead of time will pay great dividends in the long run.
The Volen Center would like to acknowledge and thank these very generous donors from the bottom of our hearts. Without special people like them, we would not be able to carry out the Center’s mission of helping others and making a positive impact in the community.

Special Thanks to Marleen Forkas

Through a generous donation by philanthropist Marleen Forkas, the Volen Center was able to add two new buses to the fleet. The bus dedication ceremony and ribbon cutting was held on November 3. The buses will be used to provide rides for seniors in need, as well as for a variety of life-saving destinations such as dialysis, chemotherapy, doctor’s appointments and more. The Volen Center provides more than 80,000 rides annually to adults 60 years and older throughout Southern Palm Beach County.
Special Thanks to Harry Bleiwise and Charles Bleiwise

On March 20, The Volen Center held a very special bus dedication ceremony and celebration in honor of Harry Bleiwise. Through the generosity and kindness of The Bleiwise Family Foundation, a $100,000 donation was made to our transportation program. This donation will be used to maintain and upkeep the Volen Center’s fleet of buses. Family tributes were placed on four buses. “Our family is ecstatic and thrilled for this opportunity to honor the outstanding members of the Volen Center,” said Harry Bleiwise. Chuck Bleiwise said, “We furnished this donation after meeting with the Management and staff at the Volen Center as we were very impressed with their dedication and commitment. Also, at the same time, it honors my late mother and grandparents who so inspired us to be altruistic to others.”

Left to Right: Chuck Bleiwise, Harry Bleiwise, and Susan Greenfield (daughter)

From Left to Right: Layne Yassen, Susan Greenfield, Harry Bleiwise, Arlyne Garde, Chuck Bleiwise, and Karen Fernandez

Harry and his son Chuck

President/CEO of the Volen Center, Liz Lugo presents donor Harry Bleiwise with a motorcycle-themed gift basket as Harry is an avid motorcycle enthusiast

Harry at the podium saying a few words and thanking everyone

Everyone joined in the celebration with Harry Bleiwise

The Bleiwise Bus Dedication ceremony commemorated four Volen Center buses with tributes as follows: In Loving Memory of Jack Bleiwise, In Loving Memory of Myn Bleiwise, In Loving Memory of June Bleiwise, and In Honor of Harry Bleiwise. A special number of significance was put near each of the tributes on each bus.

Volen Bus Number 115 was commemorated with Harry’s name and we added the number 802 to this bus which has special significance to Harry.
upcoming event

Field Trips
June, July and August, 2017

July 13, 2017
Coconut Creek Casino
10:30 Departure

August 3, 2017
Butterfly World
10:30 Departure

See a Life Enrichment staff member to sign up or for more information, please contact Cheryl Gustafson at 561.395.8920 ext. 224

*VC Membership Required  *Transportation Fee $3.00  *Some field trips have extended amount of walking.

*Admission is not included in transportation fee
upcoming event

Bingo
June, July and August 2017

Wednesday July 12, 2017
Wednesday August 16, 2017

Doors Open @ 12:30 pm
The Mystery Starts at 1:00 pm
Complimentary Refreshments

For more information please contact us at 561.395.8920 ext. 224.

The Volen Center
upcoming event

4th of July Party
July 3, 2017

LIFE ENRICHMENT PROGRAM
Together we make community happen.

PARTY

Monday, July 3, 2017
Lunch
Dessert & Beverages
LIVE Entertainment & Dancing
11:00 A.M.-1:30 P.M.

Reservations available with any Life Enrichment Staff Member
Complimentary luncheon
Reservations required. Call 561.395.8920 EXT. 224
Lunch served at 11:45 A.M.
$7.00 per person

1515 West Palmetto Park Rd., Boca Raton, Florida 33486   t 561.395.8920 EXT. 272   toll free 866.711.6872   volencenter.com
### Lunch Bunch*

**Tuesdays 11:00 A.M. Departure**

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<td>Nino's Italian Grille</td>
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<tr>
<td>July 11, 2017</td>
<td>Cracker Barrel</td>
</tr>
<tr>
<td>July 18, 2017</td>
<td>La Bamba</td>
</tr>
<tr>
<td>July 18, 2017</td>
<td>Grand Luxe</td>
</tr>
<tr>
<td>July 25, 2017</td>
<td>Olive Garden</td>
</tr>
</tbody>
</table>

Members Only * Reservations require a minimum of 7 days in advance. * Transportation fee is nonrefundable or transferable to another member or future trips.

**Happenings**

Our Chief Financial Officer Ron Korec’s Retirement Celebration with his finance team

Annual Board of Directors and Member Luncheon

Annual Volen Center Health Fair

AmTrust Bank Financial Seminar – Focus on Senior Financial Safety

Duffy’s of Boca Raton – Fundraiser for Volen Center

The Volen Center was presented with a check for $1,000 from the Palm Beach County Partnership for Aging for The Volen Bistro program

From Left: John Dalton, Board President-Palm Beach County Partnership for Aging; Pamela Wiener, PhD-Vice President/Community Grants for Palm Beach County Partnership for Aging; Robin Goldberg, Director of Special Events & Donor Relations at The Volen Center; and Cheryl Gustafson, Life Enrichment and Life Enrichment PLUS Supervisor

Over 100 people enjoyed our musical fundraiser held on February 9 at the Volen Center. People were singing and dancing to great music by One Plus One. Special thanks to our Presenting Sponsor: Floridian Community Bank and our Dinner Sponsor: Quality Family Care for all your support.

**TO MAKE A RESERVATION, PLEASE CALL HARRIET AT** 561.395.8920 EXT. 282
<table>
<thead>
<tr>
<th>DAY</th>
<th>CLASS</th>
<th>HOURS</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>The Volen Center Poker Club (M, Th)</td>
<td>9:00-11:45</td>
<td>$10 buy-in to play. <strong>LE Membership Required</strong></td>
</tr>
<tr>
<td></td>
<td>ILab/Computer Lab</td>
<td>10:00-11:00</td>
<td>iLab/iPad computer lab open use. Staff available for questions and assistance.</td>
</tr>
<tr>
<td></td>
<td>Craft Shop (M-F)</td>
<td>10:00-3:00</td>
<td>Knit, paint, sew, make jewelry, and crochet.</td>
</tr>
<tr>
<td></td>
<td>Musical Mondays with Luis</td>
<td>10:00-11:00</td>
<td>Sing your favorite song. Hosted by Luis</td>
</tr>
<tr>
<td></td>
<td>SAGE/Alternatives</td>
<td>10:45-1:00</td>
<td>LGBT Senior Discussion group.</td>
</tr>
<tr>
<td></td>
<td>Yoga</td>
<td>12:00-1:30</td>
<td>Gentle stretching &amp; relaxation techniques for body &amp; mind. *Fee</td>
</tr>
<tr>
<td></td>
<td>Socrates Café</td>
<td>1:00-3:00</td>
<td>Discussions about philosophy of life &amp; existence. Free.</td>
</tr>
<tr>
<td></td>
<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></td>
<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></td>
<td>Volen Movie Vault</td>
<td>12:30-3:00</td>
<td>Watch classical movies, new releases, and documentaries. Free</td>
</tr>
<tr>
<td></td>
<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></td>
<td>Current Events with Judy</td>
<td>1:00-2:00</td>
<td>Discuss hot topics in the news.</td>
</tr>
<tr>
<td></td>
<td>Beading Class</td>
<td>1:00-2:00</td>
<td>Make necklaces, &amp; bracelets. <strong>VC Membership Required</strong></td>
</tr>
<tr>
<td>TUESDAY</td>
<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></td>
<td>Life Enrichment PLUS Discussion</td>
<td>9:45-11:00</td>
<td>Discuss issues of living in today's changing world. Free.</td>
</tr>
<tr>
<td></td>
<td>Lunch Bunch</td>
<td>All Day Field Trip</td>
<td>Dine with friends in various restaurants around southern Palm Beach County. **Transportation fee, ** LE Membership Required</td>
</tr>
<tr>
<td></td>
<td>Caregiving Group with Carolyn</td>
<td>10:00-11:00</td>
<td>Support Group for Caregivers.</td>
</tr>
<tr>
<td></td>
<td>Origami with Shelley</td>
<td>10:00-11:00</td>
<td>iLab/iPad computer lab open use. Staff available for questions and assistance.</td>
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<tr>
<td></td>
<td>Chair Exercise (T, Th)</td>
<td>1:00-1:45</td>
<td>Exercise performed from a seated position.**LE Membership Required</td>
</tr>
<tr>
<td></td>
<td>Thinking “A-Loud”</td>
<td>1:30-3:30</td>
<td>Discuss topics on aging myths and current events. Free.</td>
</tr>
<tr>
<td></td>
<td>Bridge Club</td>
<td>9:00-12:00</td>
<td>Play Chicago-style bridge. **VC Membership Required - Reservations Requested</td>
</tr>
<tr>
<td></td>
<td>Learn Mah-Jongg with Harriet</td>
<td>10:00-11:30</td>
<td>Learn how to play Mah-Jongg, beginners to intermediate. Reservations Requested, Free.</td>
</tr>
<tr>
<td></td>
<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></td>
<td>BINGO</td>
<td>1:00-3:00</td>
<td>Great prizes and refreshments. Game cards start at $8.00.</td>
</tr>
<tr>
<td></td>
<td>Life Enrichment Plus Computers</td>
<td>1:30-2:30</td>
<td>Learn how to use iMacs, iPads. Play computer games, connect with family members using FaceTime. **Exclusive for LE Plus Members.</td>
</tr>
<tr>
<td></td>
<td>Bingo</td>
<td>1:00-3:00</td>
<td>Great prizes and refreshments. Game cards start at $8.00.</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Live Entertainment &amp; Dancing</td>
<td>10:30-12:00</td>
<td>Bring just your voice to join Volen Soloists.</td>
</tr>
<tr>
<td></td>
<td>VIP Discussion</td>
<td>10:00-12:00</td>
<td>Program for visually impaired persons. Free.</td>
</tr>
<tr>
<td></td>
<td>Learn Canasta with Harriet</td>
<td>10:00-11:30</td>
<td>Learn how to play Canasta. Beginners &amp; intermediate., Reservations Requested, Free.</td>
</tr>
<tr>
<td></td>
<td>Discussion with Wally</td>
<td>10:00-11:00</td>
<td>Discussion group, various topics.</td>
</tr>
<tr>
<td></td>
<td>Chair Zumba</td>
<td>12:00-1:00</td>
<td>Zumba in a chair. Free for VC Members, Guests $5.00 (Admission paid at front desk)</td>
</tr>
<tr>
<td></td>
<td>Scrabble</td>
<td>1:00-2:30</td>
<td>Scrabble games. Free.</td>
</tr>
<tr>
<td></td>
<td>Coloring for Adults</td>
<td>1:00-2:00</td>
<td>Coloring for adults. Relax and unwind and color.</td>
</tr>
<tr>
<td></td>
<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></td>
<td>Chair Exercise (T, Th)</td>
<td>1:00-1:45</td>
<td>Exercise performed from a seated position.**LE Membership Required</td>
</tr>
<tr>
<td></td>
<td>Game show with Elliott / Social</td>
<td>1:00-2:30</td>
<td>Come enjoy the Volen Center Game Show. Contestants chosen out of the audience. Prizes, and complimentary refreshments. Hosted by Jared</td>
</tr>
<tr>
<td>THURSDAY</td>
<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></td>
<td>Bridge Club</td>
<td>9:00-11:30</td>
<td>Play Chicago-style bridge. **VC Membership Required - Open Play</td>
</tr>
<tr>
<td></td>
<td>Trivia Hour</td>
<td>10:00-11:00</td>
<td>Live music and dance. Free.</td>
</tr>
<tr>
<td></td>
<td>Shabbat Service</td>
<td>11:00-11:30</td>
<td>Shabbat Service.</td>
</tr>
<tr>
<td></td>
<td>BINGO</td>
<td>1:00-3:00</td>
<td>Great prizes and refreshments. Game cards start at $8.00.</td>
</tr>
<tr>
<td></td>
<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.
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!

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. Do not miss this opportunity.

We will see you here!

FOR MORE INFORMATION ON ADVERTISING CALL ROBIN GOLDBERG AT 561.395.8920 EXT. 223
ARTIS SENIOR LIVING —
where empowerment, pride and fulfillment define Memory Care

Artis Senior Living is a place where people living with a cognitive disorder can feel respected, heard, engaged, and hopeful.

Our team is highly experienced with dementia and is totally focused on helping each resident find meaning and joy everyday.

Schedule a tour to see how Artis Senior Living is elevating and enriching residential memory care.

Welcome to the neighborhood — welcome home

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