

the  
volen center  
*Community*

FALL/WINTER  
2025



Together We Make Community Happen.

# Laughing With Liz

By Elizabeth Lugo

President/CEO

Do you remember the last time you laughed until your sides ached and tears streamed down your cheeks? I do—and it was just yesterday! Laughter isn't just an emotional release; it's a remarkable tool for healing, connection, and joy.

Scientific studies continue to confirm what many of us already feel: laughter improves circulation, eases physical tension, and lowers stress. It lifts the spirit and strengthens the immune system. It even supports brain health and memory. Laughter is, quite literally, good medicine—and it's deeply embedded in the culture we've created here at The Volen Center.

Our team prides itself on striking a beautiful balance: we carry out meaningful, mission-driven work while creating space for light-hearted moments and real human connection. We believe that fun and purpose are not opposites—they're partners. Whether we're helping someone navigate resources, facilitating enriching programs, or simply sharing a mealtime story, you'll always hear laughter echoing through our halls. It's not just background noise—it's the soundtrack of a thriving, caring community.

***Here's how laughter—and the environment we nurture—support your wellness:***

## **Improved Physical & Mental Health**

Lifts your mood, promotes mobility, and helps reduce stress—key to staying active and safe.



## **Relieves Tension & Boosts Circulation**

Lifts your mood, promotes mobility, and helps reduce stress—key to staying active and safe.

## **Strengthen Immune Function**

Supports your body's defenses, helping you stay well and keep enjoying all we have to offer.

## **Builds Social Connection**

Laughing together brings us closer and helps reduce feelings of isolation.

## **Supports Cognitive Function**

Improves focus and memory—plus, you're more likely to remember the fun moments we share.

At The Volen Center, fun isn't just encouraged—it's part of our foundation. Our staff and volunteers infuse every day with energy, empathy, and purpose. We invite you to be part of it. Come laugh with us, learn with us, and discover just how powerful joy can be.

And don't worry about getting here—we've got reliable transportation options to make your visit smooth and easy

Ready to join - call 561.395.8920  
ext. 205 or ext. 224.

# The Healing Power of Laughter

By Kim Kovito

Laughter is the best medicine, and at The Volen Center's Adult Day Care program, we've taken this to heart. Our unique approach focuses on creating a joyful and uplifting environment, which we believe is key to promoting wellness among our participants. From fun group activities to our exercise classes and live entertainment, The Volen Center offers more than care; it is a joy-filled space that supports emotional and physical health.

Research shows that laughter is a powerful stress-buster. It reduces stress by lowering cortisol levels, which is particularly important for seniors who often face health challenges, isolation, or feelings of loneliness. Laughter decreases stress hormones and increases endorphins, the body's natural feel-good chemicals. This boost in mood is vital for older adults who may be dealing with chronic illness or cognitive decline.

At The Volen Center, we intentionally weave humor into the daily routine. Laughter fosters connection and community, whether it's through a funny movie, lighthearted games, or sharing jokes. Even our exercise classes are designed to be full of laughter, turning fitness into a fun and social experience. Participants move, smile, and laugh with each joke or playful interaction, reassured that they are in a place that values their joy and well-being.



The power of laughter also extends to social well-being. Encouraging positive, shared experiences through humor, The Volen Center helps seniors form deeper bonds with peers and caregivers. This sense of connection not only lifts spirits but also plays a role in reducing symptoms of depression and anxiety. Incorporating laughter into our ADC program isn't just about fun; it's a powerful tool that enhances quality of life, promotes physical health, and brings joy to those who need it most.



Ready to join The Volen Center family? Call 561.395.8920, ext. 205 or ext. 224 to learn more. There's a seat waiting for you – and plenty of smiles to go around.

# The Happy Hub

By Jared Policano

In the quaint little town of Boca Raton, where palm trees danced playfully in the wind, a group of spirited senior citizens found a new lease on life. They gathered every Thursday afternoon at the local The Volen Center, affectionately dubbed “The Happy Hub.” This lively crew was known for their laughter and camaraderie, a vibrant tapestry woven from the threads of adventure and shared memories.

At the center of it all was Doris, a sprightly 78-year-old with a penchant for polka dancing. Always the life of the party, she wore her silver hair in a bun held together by colorful barrettes. Doris had a twinkle in her eyes that suggested she had secrets packed away within her lively spirit.

Then there was Harold, a retired school teacher with a rarely seen knack for comedy. He often regaled the group with tales of his misadventures during his teaching days, his booming laughter echoing through the halls of the community center. He was known for his impression of a stern principal that would send the entire group into fits.

One Thursday, after Doris attempted a few new dance moves that left her slightly breathless, she had an idea. “Why not put on a talent show?” she proposed, her voice sparkling with enthusiasm. “We’ve got so much talent here—I’d love to see everyone’s hidden skills!”

After a brief moment of surprise followed by a flurry of excitement, they agreed. The following weeks saw laughter fill the community center as the seniors



rehearsed for the upcoming show. Betty, the quietest in the group, unveiled her stunning ability to paint beautiful landscapes. She bribed Harold for his jokes if he would help her with some publicity posters featuring her artwork.

As the talent show approached, the excitement was palpable. On the day of the show, the room was filled with colorful balloons, handmade decorations, and an air of anticipation. Doris kicked off the afternoon with a lively polka, calling anyone who dared to join her on the dance floor. To everyone’s delight, even Mr. Jenkins, the local librarian, with his sharp bowties, hopped along, his face glowing with joy.

Harold took to the mic, sharing his comedy skits that had the crowd rolling in laughter. “What do you call it when you see an alligator in a vest? An investigator!” he quipped, and the laughter reverberated throughout the room.

Betty revealed her breathtaking landscape paintings, explaining the stories behind each piece. The audience marveled at the vibrant colors, and Betty’s calm demeanor transformed as praises flew her way.

The show ended with a surprise performance by the seniors. They had all come together for a tap dance routine, laughter and joy radiating from each step and stomp. The audience was on their feet, clapping along to the beat, feeling the infectious energy that only comes from a shared love of life.

As the evening drew to a close, the senior citizens at The Volen Center learned that age didn't define their vitality; rather, it was their love for each other and their shared zest for life that truly mattered. With hugs, cheers, and promises of more fun-filled gatherings, they left the center, hearts light and spirits high, ready to prove that the best years were simply a state of mind. Every Thursday at "The Happy Hub" became an adventure, and every day was another opportunity to laugh, dance, and embrace the joy of living together.



## Community Gratitude



*"The Volen Center has a warm and welcoming environment that makes everyone feel at home. It's a great place to socialize and make new friends." — Judy B.*

*"I really appreciate the variety of activities offered, from arts and crafts to fitness classes. There's always something fun to participate in!" — Olive S.*

*"The day care staff are incredibly caring and attentive. They go above and beyond to ensure that all members feel supported and included." — Carol S.*

*"The health workshops and fitness programs have greatly improved my overall well-being. I feel more active and motivated than ever!" — William P.*

*"The Volen Center fosters a strong sense of community. I love the events where we all come together and celebrate different cultures and holidays." — Hilda D.*

*"The Volen Center provides invaluable resources for seniors, including educational lectures and health screenings. It's reassuring to know that we have access to these services." — Nancy H.*

*"I appreciate that management is open to feedback and constantly seeks ways to improve the experience for all members." — Vicky C.*

# Healthy Habits

By Pamela Ofstein  
MS, RD, LDN

With the start of the New Year let's focus on YOU! Make this year's goals all about improving your overall health and making healthy choices. Healthy habits come in many forms – eating choices, trying new things, daily movement, prepping and preparing, and thinking clearly. This year, make your healthy habits a reality and part of your daily lifestyle.

## *Prep & Prepare*

Make it a goal to prepare ahead of time. Whether it is dinner meals for the week, lunch made for the next day, or prepping foods so they are easy to get to (i.e. carrots and cucumbers cut up). Preparing ahead of time in any facet can help keep you adhering to healthy eating. Often when we don't know what we want to eat, don't have anything prepared, or are tempted by other foods available, we make unhealthy choices. Make it a plan to write down what to have for dinner for the week or prep your lunch the day ahead; the more you plan the easier it is to stay on track and adhere to your goals.

## *Eat More Fruits & Vegetables*

What a great healthy way to start the New Year. Start each day with a fruit or vegetable, whether it's some berries in your oatmeal, vegetables in your omelet, or a piece of fresh fruit to start the day – you are already one serving ahead of your 5 a day!

## *Make it a Goal – Add Something New*

This is one of my favorites. We all like a little change of pace sometimes and what an easy and fun way to make a new start. Add a food or item that you might never have had or tried before; or a food that maybe you never have made or cooked with. Never tried butternut squash, try it; or not sure if you like jicama (or even how to say it), try it! Make it a resolution to try a new food each week.



## *Move More*

We all know this one plays a role in a healthy lifestyle and most of us at the start of the New Year plan to exercise more or get more active. Often easier than done for most of us! Start this year simple and slow. If moving is not usually your thing or difficult to do, start off with something like exercising in your chair, walking at lunch or with your pet, waking up in the morning, and stretching, any movement counts! Try to get active 20 minutes every other day to start.... make it daily.... then increase the time as you are able. It will add up quickly and your bones and body will thank you!

## ***Be Savvy with Menu Choices***

Eating away from home can be a challenge. This year when you go out or when making menu choices, pause before you choose. Often, we pick menu items on impulse or by their pictures. Think about your goals, and your knowledge of what foods are healthy, and downsize the portions. Simple things like grilled vs. fried and limiting extra-calorie items (dressings, sides, drinks, etc.) can help you keep healthy when eating out.

## ***Get Sleepy!***

Sleep is often one goal that we don't always meet. Getting enough sleep for many of us is a challenge – whether we have a lot on our minds, we get up more often during the night to use the bathroom, or simply can't seem to make it through the night – however, we know how important it is to our minds, bodies, and overall health. Make some new resolutions about sleeping go to bed at the same time nightly, minimize naps during the day, limit caffeine-containing beverages or foods, take a warm bath or shower before bedtime, limit or avoid phone use and/or television, and make your space inviting and calm.

## ***Have a Happy Year***

Each day think of one positive affirmation! I.e. I like 'this' about me!

Make this year a special one. Healthy – mind, body, & spirit!



# Member Spotlight

## Meet Giuseppe!



A cherished member of Life Enrichment for the past 4 years. He brings an infectious energy to the center, where he loves spending time with friends and lighting up the room with laughter. Giuseppe has an incredible talent for making people smile!

At the center, he eagerly participates in chair exercise classes, tai chi, and trivia games, but nothing fills him with joy than live entertainment. Watching Giuseppe dance and sing is a delight, as he truly knows how to have a good time!

What truly stands out for Giuseppe is the laughter we share. He believes that the best moments—whether during a lively dance-off, an exciting karaoke battle, or a cozy chat over coffee—are those filled with humor that keeps our spirits high and our hearts young. Giuseppe continuously spreads joy, recognizing that every little moment is a chance for happiness—because laughter is the best medicine, and here, we have an endless supply!



# Laughing Activities

## Coming soon to The Volen Center!



### *Laughter Yoga*

Laughter Yoga is a global laughter exercise program which emphasizes three elements: laughter & playfulness, yogic breath-work, and mindfulness meditation. Meets first Friday of every month at 10:30 am.

### *Laughter Therapy*

Laughter Therapy is a type of therapy that uses humor to help relieve pain and stress and improve a person's sense of well-being. It may be used to help people cope with a serious disease, such as cancer. Laughter therapy may include laughter exercises, clowns, comedy movies, books, games, and puzzles. It is a type of complementary therapy. Also called humor therapy. Meets every Thursday at 10:30 am.





**Together We Make  
Community Happen.**



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*This place is amazing. My Husband goes five days a week. It's like home to him. It's safe, he is loved and care that he gets is amazing.*

**Jeannette R.**

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# *Exercise is Fun – Yes, really!*

By April Davidson  
Life Enrichment Supervisor

Let's be honest for a moment: when we think about exercise, "fun" isn't usually the first word that comes to mind. More often, it's words like "sweaty," "exhausting," and "why did I sign up for this?" But here's the secret: exercise can be enjoyable! It may sound unbelievable but hear me out.

## *Tai Chi: The Dance of the Dragons (and Grandmas)*

First up is Tai Chi. It's like martial arts meets slow-motion ballet, and the best part? No one is judging you if you accidentally look more like a confused flamingo than a fierce warrior. You get the benefits of improved balance and flexibility without the pressure of a high-energy workout.

## *Chair Exercise: The King of Comfort*

Next on our list is chair exercise. If you're thinking, "Wait, I can exercise while sitting?" then congratulations, you're officially living the dream! Who knew that all those years of perfecting the art of sitting could turn into a fitness routine? You can lift your legs, stretch your arms, and even do a little shimmy—all while enjoying the comfort of your trusty chair.



## *Meditation: The Workout for Your Mind*

Now, let's talk about meditation. This isn't just a way to sit quietly and contemplate the universe (although that's nice too). It's also a workout for your mind. Think of it as brain yoga: you're stretching your thoughts, bending your worries, and occasionally doing a mental cartwheel! Meditation helps you find your center, which is essential in a world that often feels like it's spinning out of control—kind of like that time we tried to do a group stretch and ended up in a tangled mess!

## *The Bottom Line*

So, whether you're channeling your inner dragon with Tai Chi, embracing the joy of movement from your chair, or meditating your way to calmness, remember that exercise doesn't have to be a chore. Find joy in it, laugh a little (or a lot), and cherish those moments. After all, the best part of exercising is knowing that you're not alone on this journey. Let's keep it fun, keep it light, and keep moving!

# Laughter: The Heart of Wellness at The Volen Center's Adult Day Care Program

By Kim Lovito

At The Volen Center's Adult Day Care program, laughter is more than just a moment of joy—it's a vital part of our mission to create a positive and uplifting environment that promotes overall wellness among our participants. Through a variety of engaging group activities, lively exercise classes, and live entertainment, we offer a space that nurtures not only the body but also the soul.



Research consistently shows that laughter plays a significant role in reducing stress by lowering cortisol levels, a benefit that's especially crucial for seniors who may face health challenges, feelings of isolation, or loneliness. Laughter doesn't just lower stress; it also releases endorphins, the body's natural feel-good chemicals. This boost in mood can be transformative for older adults, particularly those managing chronic illnesses or cognitive decline, making laughter an essential component of their wellness routine.

At The Volen Center, we intentionally infuse humor into our daily schedule. Whether participants are watching a funny movie, taking part in lighthearted games, or sharing jokes, laughter is always present, fostering a sense of connection and community. Even during our exercise classes, laughter is a key ingredient, turning fitness into an enjoyable, social experience. Every shared joke or playful interaction

helps participants not only stay active but also build friendships, smile, and, most importantly, laugh together.

The impact of laughter extends beyond just individual well-being—it plays a crucial role in enhancing social connections. By creating positive, shared experiences through humor, The Volen Center enables seniors to

form deeper bonds with their peers and caregivers. This sense of connection is not only uplifting but also contributes to reducing symptoms of depression and anxiety. At The Volen Center's Adult Day Care program, laughter is more than just a form of entertainment—it's a powerful tool that enriches lives, promotes physical health, and brings joy to those who need it most.



# Feeling Young Through Laughter: *The Real Anti-Aging Secret*

By Jared Policano  
Chief Operating Officer

Forget anti-aging creams or those kale smoothies that taste like they were scraped off your lawn. There is a far more enjoyable way to keep that sparkle in your eye and feel young at heart – it is called “*Laughter!*” So, hold onto your dentures because I am about to share how laughter can boost your mental health and overall quality of life.

I always try to find the “funny” in everything I do. Instead of rattling off internet-based tips and benefits, let us dive into my guide to embracing laughter and staying young!

## *Make Fun of Yourself*

Embrace your quirks and flaws! Playfully poke fun at yourself in front of friends, family, and even that stranger in line at Publix. It’s about finding humor in everyday moments. Be animated, be silly, and don’t take yourself too seriously – you’ll be amazed at how it lightens the mood and brings smiles, making each day a little brighter.

## *Share Outrageous Memes*

Whether you’re on TikTok, Instagram, or Facebook, posting outrageous memes is a guaranteed way to spread laughter. Just be careful not to take it too far on Facebook – you might end up in Facebook Jail with me! But isn’t life a little funnier with a touch of meme madness?

## *Be a Social Butterfly*

I’m the kind of person who talks to everyone – at work, at Bloomingdale’s, or anywhere I go. I’d even chat with a tree if it would respond! So, why not do the same? Engage with the people around you, and don’t be afraid to throw in a joke or two. The internet is full of jokes to share, or you can make up your own. The point is to connect, laugh, and brighten someone’s day, creating a web of shared laughter and joy.

## *Find Comfort in Classic Comedy*

Whenever I feel down, I turn to my all-time favorite gals: \*The Golden Girls\*! With a slice or two of Cheesecake Factory’s finest, I giggle with these timeless characters for at least 30 minutes. It’s a one-of-a-kind TV show that never fails to make you feel lighter and happier. Find your go-to comedy and let it work its magic.

## *Laugh at Yourself in the Mirror*

I start my day with a good laugh every morning by looking in the mirror. Trust me, we’re all a little funny-looking in our quirky ways. But that’s what makes us unique! Try it – start your day with a smile and see how it sets a positive tone for everything that follows, inspiring you to approach each day with a light heart and a ready smile.

## *Last But Not Least*

If you want a real laugh, visit me at the Volen Center. We can share a good chuckle and keep that youthful spirit alive!



***Schedule your ride today!  
Call 561-395-8920 Ext. 5.***



# The Volen Center & Pompey Park:

## *A Partnership Enriching Senior Lives in Delray Beach*



Nestled in the heart of downtown Delray Beach, the Pompey Park Recreational Center stands as a vibrant community hub. Named in honor of longtime Delray Beach resident C. Spencer Pompey, the center spans 17.5 acres at 1101 NW 2nd Street. Since its establishment in the 1950s, Pompey Park has been a cornerstone for the community, offering recreational resources, senior programs, after-school activities, summer and holiday camps, and a variety of school-age programming.

In January 2013, The Volen Center proudly partnered with the City of Delray Beach to open a congregate meal site at Pompey Park. This initiative provides nutritious lunches to seniors aged 60 and older—both those participating in the center’s senior programs and residents from the surrounding neighborhood. Meals are served Monday through Thursday, fostering not only nourishment but also social connection.

Building on the success of the lunch program, The Volen Center expanded its services in May 2018 to include breakfast offerings at the same location. During the COVID-19 pandemic, The Volen Center operated a meal distribution program directly out of Pompey Park, providing boxes of chilled, prepared meals to seniors. On designated days, seniors could safely pick up their boxes containing both lunches and dinners—an essential service that helped minimize exposure and ensured continued access to nutritious food during a critical time.

The Volen Center was excited to launch its new Grab and Go dinner program back in June 2025, also hosted at Pompey Park. This initiative allows seniors to pick up a week’s worth of chilled dinners—convenient, nutritious, and easy to prepare with just a quick reheat.

Since the beginning of this impactful collaboration, The Volen Center has served thousands of meals at Pompey Park. These efforts are made possible through the generous support of The Volen Center, the Area Agency on Aging of Palm Beach/Treasure Coast, Inc., and the State of Florida Department of Elder Affairs.

But this partnership goes far beyond food. Over the years, Pompey Park seniors have enjoyed a wide range of engaging programs sponsored by The Volen Center, including educational lectures, BINGO, live entertainment, dancing, and nutritional counseling. The connection continues beyond the park, as seniors are regularly invited to The Volen Center’s main campus in Boca Raton for special events such as the Annual Flea Market and Craft Fair, the Annual Senior Carnival, and themed luncheons.

One of the most memorable moments came when the talented Pompey Park Senior Divas performed a choreographed dance routine at The Volen Center, delighting audiences and showcasing the vibrant spirit of the community.

For more information and/or to enroll in  
The Volen Center’s dining site at Pompey Park  
call 561.395.8920, ext. 272.

**Pompey Park**  
1101 NW 2nd Street  
Delray Beach, FL 33444



*Together, The Volen Center and Pompey Park Recreational Center exemplify what's possible when organizations unite to serve, uplift, and celebrate our seniors.*





# Donation Thank You

Carmen Acevedo  
Sharon Adonis  
Felix Ambroise  
Roy Ambrosait  
Shirley Andre  
Estela Arco  
Martha Arguello  
Sharon Arnett  
Ernestine Arrington  
Edith Barad  
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# Reasons To Give

## The Importance of Donating to The Volen Center



As our population ages, The Volen Center has become a vital community hub that supports the health and well-being of older adults. Donating to The Volen Center is a meaningful way to contribute to your community and make a positive impact in the lives of seniors. Here are several compelling reasons to consider making a donation:

### **Support Essential Services**

The Volen Center provides a range of essential services, including meal programs, fitness classes, transportation services, and health screenings. Donations help fund these programs, ensuring that seniors have access to the resources they need to lead healthy, active, and fulfilling lives.

### **Foster Social Connections**

Isolation can be a significant issue for seniors. The Volen Center offers a safe and welcoming environment where older adults can gather, socialize, and form friendships. Your contributions help create social programs, events, and activities that combat loneliness and foster a sense of community.

### **Promote Lifelong Learning**

The Volen Center offers educational programs that allow seniors to continue learning and exploring new interests. Donations help finance workshops, classes, and activities that encourage intellectual growth and personal development, ultimately enriching the lives of the participants.

### **Encourage Volunteerism**

The Volen Center often relies on volunteers to help run their programs effectively. Donations can support volunteer training and appreciation programs, fostering a culture of giving back and encouraging younger community members to get involved. This helps strengthen community ties and instills a sense of purpose in both volunteers and seniors.

### **Enhance Quality of Life**

Donations can directly improve the quality of life for seniors by making available various services and amenities that enhance their daily living experiences. This can include upgrading facilities, purchasing new equipment, or providing transportation for those who may otherwise be unable to attend programs.

### **Advocate for Senior Issues**

A strong senior center can be an effective advocate for the needs and concerns of older adults within the community. By donating, you help support efforts to raise awareness about age-related issues, influence public policy, and promote the well-being of seniors at local, state, and national levels.

### **Tax Deductibility**

Contributions to The Volen Center are tax-deductible, providing a financial incentive to donate. This means that your generosity not only benefits the community but may also provide you with a tax advantage come the end of the fiscal year.

### **Leave a Legacy**

Donating to The Volen Center allows you to leave a lasting impact on your community. Your contributions can help create a legacy of care and support for future generations of seniors, ensuring that they receive the same level of service and care that today's seniors enjoy.

### **Conclusion**

Donating to The Volen Center is an investment in the well-being of older adults in your community. Whether it's through financial contributions, supplies, or time, your generosity can help create a nurturing environment that celebrates the contributions of seniors and enhances their quality of life. Consider reaching out to The Volen Center to learn how you can contribute and make a difference. Your support truly matters!

## Silly Riddles

1. Kevin's father has three sons, Snap, Crackle and \_\_\_\_\_
2. What goes up but never comes down?
3. What has hands but can't clap?
4. What meanders through cities, fields and mountains but never moves?
5. What has a full set of teeth but can't bite?
6. What can go through a window but does not break it?
7. What runs around a yard but never moves?
8. A woman lives in a one-story house where everything is green. The carpet is green, the tile is green, the cabinets are green... what color are the stairs?
9. What is always running but never gets tired?
10. What is caught but never thrown?
11. What has a head and a tail but no body?
12. What month has 28 days?
13. What belongs to you but used by everyone else?
14. What kind of band does not play music?
15. What goes around the world but always stays in the corner?
16. What freezes when it gets too hot?
17. What building in North America has the most stories?

### ANSWER KEY

1. Kevin, 2. Your age, 3. A clock, 4. Roads, 5. A comb, 6. Light, 7. A fence, 8. It is a one-story house, there are no stairs, 9. A refrigerator, 10. A cold, 11. A coin, 12. All of them, 13. Your name, 14. A rubber band, 15. A stamp, 16. A computer, 17. The library



  
the  
**volen center**

### IMPORTANT INFORMATION

Main Phone Number:  
**561-395-8920**

Transportation Ext. 5

Adult Day Care Ext. 289

Life Enrichment Ext. 224

Congregate Dining  
Program Ext. 287

Address:

**1515 W. Palmetto Park Rd.  
Boca Raton, FL 33486**

# Celebration of Life

## Dr. Emanuel “Manny” Newsome

March 21st, 1942-May 24th, 2025

Longstanding Volen Center Board Member  
Manny’s quiet strength and wise counsel left a lasting impression, guiding the Volen Center with grace and wisdom.



### *Remembering a Champion of Heart and Humor*

At The Volen Center, we’ve long believed that the best kind of legacy is one built on kindness, integrity, and moments of shared laughter. Dr. Emanuel “Manny” Newsome lived that legacy beautifully.

While many knew Manny as a distinguished member of our Board of Directors, we were fortunate to know him as so much more: a warm smile at community gatherings, a voice of calm wisdom, and someone who never failed to bring levity and grace into any room. He understood that the most powerful kind of leadership doesn’t come from titles—it comes from how you treat people. And Manny treated everyone with respect, sincerity, and generosity.

Before joining us at The Volen Center, Manny led an extraordinary life marked by achievement and purpose. From the basketball courts of Western Michigan University—where he rewrote history with every shot—to the halls of academia and administration, his path was paved with excellence. But despite accolades that would fill any trophy case, it was the way he showed up for others that defined him most.

He carried humor like a quiet superpower—always knowing when a little lightness could ease tension or connect a room. Many

of us still remember the twinkle in his eye when someone shared a good story or cracked a clever joke. He appreciated joy. He cultivated it. And he never forgot that, even in serious moments, laughter has healing power.

Manny was also deeply devoted to education, equity, and service. His decades at Florida Atlantic University impacted thousands. Yet he always made time for his community—for us. At the Center, his presence was a reminder of how much heart one person can give.

As we reflect in this month’s newsletter about the power of laughter and connection, it feels fitting to honor Manny’s memory here. Because his life was one that embraced both. We will miss him profoundly, but we carry forward the values he lived by: dignity, joy, and a deep belief in lifting others up.

To his beloved family—his wife Nellie, children Ericka, Eric, and Kimberly, and his grandchildren—you remain in our hearts. Thank you for sharing Manny with us.

Dr. Newsome’s laughter may no longer echo through our halls, but his legacy does. And for that, we are deeply grateful.

# Stand Up for Alzheimer's Support and Education

Every year, hundreds of thousands of people are diagnosed worldwide with Alzheimer's disease or other neurocognitive disorders. In my 30 years as a nurse, nothing surprises or saddens me more than seeing how many patients, caregivers, and family members fail to educate themselves about this diagnosis. It's crucial to understand the cause of the disease and the available treatments, the holistic approaches they can take, what to expect, and most importantly, how to handle the associated behaviors.

Patients and caregivers must educate themselves on navigating the healthcare system, understanding the available programs, and obtaining the necessary support from their practitioners. It's time to stand up for Alzheimer's support and education.

In Florida, numerous programs and resources are available to individuals with Alzheimer's disease and their caregivers. These programs assist in navigating the healthcare system, exploring treatment options, and providing comprehensive education on the disease and its management. Here are some key programs:

## Alzheimer's Association

- **Services:** Offers 24/7 helpline, support groups, educational workshops, and personalized care consultations.
- **Topics Covered:** navigating the healthcare system, understanding Medicare and Medicaid, treatment options, holistic approaches, stages of Alzheimer's, and managing behaviors.
- **Contact:** Alzheimer's Association  
**1-800-272-3900**

## Masterpieces



## **1. Area Agency on Aging (AAA)**

- **Services:** Provides information and assistance for older adults and caregivers, including help with Medicaid and Medicare. Long-term care options and support services.
- **Contact:** Each county has its own Area Agency on Aging. The HELPLINE for Palm Beach County is **1-866-684-5885**.

## **2. Memory Disorder Clinics (MDCs)**

- **Services:** These state designated clinics offer diagnostic services, treatment planning, and support for individuals with memory disorders and their families.
- **Contact:** There are 17 clinics in Florida often associated with major hospitals or universities. A list of clinics can be found at on their website.

## **3. Florida Department of Elder Affairs (DOEA)**

- **Services:** Provides comprehensive information on services and programs available to seniors, including those with Alzheimer's and their caregivers.
- **Website:** [www.elderaffairs.org](http://www.elderaffairs.org)

## **4. Elder Helpline**

- **Services:** A toll-free helpline that provides information and referrals to local resources including support for Alzheimer's caregivers.
- **Contact:** **1-800-963-5337**

## **5. University-Based Programs**

- **Services:** Universities in Florida have programs dedicated to Alzheimer's Research and support, offering educational seminars, support groups, and research studies.
- **Contact:** Check with local universities such as the University of South Florida's Bird Alzheimer's Institute at **1-813-821-8086**.

## **6. Local Alzheimer's Support Organizations**

- **Services:** Numerous local organizations provide support and education, often through community centers, hospitals, or nonprofit groups.
- **Contact:** search for local Alzheimer's support organizations in your area or ask for recommendations from the Alzheimer's Association.

By utilizing these resources, individuals with Alzheimer's and their caregivers can gain valuable knowledge and support, helping them navigate the complexities of the disease and improve their quality of life. Let's stand up together for Alzheimer's support and education!



# Our Hero's, Our Volunteers



## Volunteer Spotlight



Vicky Chrisanthopoulos (yes, it is Greek) was born in Cali, Colombia. After earning her master's in education, she became an office manager for a doctors' group for over 35 years. Vicky has been a volunteer member at the Volen Center for 8 years. When asked what she liked about coming to the Volen Center, she responded without hesitation, "the relaxed atmosphere, socializing, and the great staff." Vicky came up with the idea for a new program teaching our Latin members English and grammar. Her teaching skills were perfect for this new activity. Her little group has grown to over 25 participants. She even assigns them homework!

As an outstanding volunteer, Vicky agreed to organize some of our members to assemble our meal site utensils (we serve over 6,000 meals per month). Their help has greatly benefited our six meal sites.

***Thank You Vicky!***

Jean Arthurton  
Ruth Arias  
Luisa Ayala  
Gail Baldwin  
Israel Benjamin  
David Blonda  
Georgiana Boss  
Veronica Bowleg  
Mildred Boyes  
Judy Branham  
Chris Buchner  
Renetta Bustamante  
Elsa Castillo  
Franklin Cevallos  
Matt Chisholm  
Vicky Chrisanthopoulos  
Dunia Diaz  
Dianne Dion  
Gislaine Diniz  
Doris Douglas  
Maria Fernandez  
Paul Fiore  
Joann Flager  
Marian Grandy  
George Gwinn  
Patricia Haggerty  
Nancy Hansen  
Madeline Hincken  
Patricia Holtzman  
Kenieve Knowles  
Randy Kravitz  
Hans Kuhlmann  
Alan Lampert  
Carolyn Lapp  
Bill Lapp  
Leonor Lopez  
Sue Lauder  
Rosemary Louissaint  
Retha Lowe  
Don Mains

Willie Mathieu  
Lilia Martinez-Suarez  
Emilia McGee  
Natalie Merdinger  
Sandra Merida  
Cesar Merida  
Morgan Modine  
Veronica Norton  
Ed Norton  
Mildred Noviello  
Ana Panadere  
Lucia Porros  
Frank Piasecki  
Yannette Piriz  
Deowkee Pisano  
Diane Powell  
Diana Ravelli  
Clementina Reinyoso  
Donna Rolle  
Tania Saintil  
Hilda Santos  
Michele Shidler  
Lorraine Steder  
Connie Steward  
Janet Sullivan  
Ora Thompson  
Eline Tjinakhong  
Nereida Vade  
Maria Villagras  
Linda Watson  
Louise Wheelen  
Emily White  
Barbara Williams  
Luisa Zerpa  
Joan Zimmerman



# Volunteers of the Year

## Connie Stewart *and* Hilda DeLos Santos

### *Honoring Dedication at The Volen Center*



This year, we proudly recognize two extraordinary individuals whose compassion and commitment have left a lasting impact on our community.

Connie Stewart and Hilda DeLos Santos have consistently shown up with a smile and a willingness to help wherever needed—from organizing events to providing one-on-one support. Their energy and kindness have become a cornerstone of our daily operations in our Life Enrichment program.

Together, they embody the spirit of The Volen Center: service, empathy, and community. We are endlessly grateful for their time, talent, and heart.

## *Dear Friend of The Volen Center*

*We sincerely thank you for your generous donations. Your support has made a significant difference and means so much to The Volen Center. We truly appreciate your kindness and thoughtfulness.*

We are deeply grateful for your generous support of The Volen Center. Your donation helps us continue our mission to enrich the lives of seniors and adults with disabilities through compassionate care, engaging programs, and vital services.

Because of donors like you, we are able to provide nutritious meals, reliable transportation, adult day services, and social activities that foster independence and dignity. Your contribution is more than a gift—it is a powerful investment in the well-being of our community.

Thank you for being a part of our mission. We are honored to have your partnership and look forward to sharing the impact of your generosity in the months ahead.



Phone 561-395-8920

1515 West Palmetto Park Road

Boca Raton, Florida 33486

[volencenter.com](http://volencenter.com)

 Facebook/VolenCenter

 Instagram@volen-center

The Volen Center is a private 501(c)(3) nonprofit social service agency, headquartered in Boca Raton, Florida. Founded in 1968, the Center offers services for older adults, family caregivers and family members of all ages at locations throughout Southern Palm Beach County.

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# YOU'RE INVITED!

## Senior Forum



Thursday, November 6, 2025



Time: 11:00am - 1:30pm



**The Volen Senior Center**

1515 W Palmetto Park Road

Boca Raton, FL 33486



Sponsored by:



Get access to important resources like:

- Medicare Assistance
- Community Services
- Wellness Programs
- And that's just the start!

You'll also get:

-  **FREE** Pizza Lunch
-  Raffles
-  Door Prizes
- And all that jazz!



**REGISTER NOW!**

**Call (561) 395-8920 ext. 0**

**Register by November 4th!**