



**Contact**

Sally J. Ling  
Communications Manager  
Temple Beth El of Boca Raton  
561-391-8900 ext. 229  
[sling@tbeboca.org](mailto:sling@tbeboca.org)

**FOR IMMEDIATE RELEASE**

**Shared Care, an Interfaith-Sponsored Program (Temple Beth El, St. Joan of Arc and First Presbyterian Church) presents Cookies for Caregivers & Sandwich Generation Seminar**

**Held at Temple Beth El**

**Wednesday, November 14, 2007**

**9:30-12:30 p.m.**

**Free**

**Breakfast & Lunch Served**

**Registration: (561) 391-8900**

**Shared Care Presents:  
Cookies for Caregivers and Sandwich Generation Seminar**

**Boca Raton (October 19, 2007)**— Shared Care, an interfaith program created by Temple Beth El of Boca Raton, St. Joan of Arc and First Presbyterian Church, is in its 24<sup>th</sup> year of giving respite to caregivers. On Wednesday, November 14, 2007, Shared Care will honor caregivers with baskets of cookies through Cookies for Caregivers and will hold Sandwich Generation Seminar, a caregiver workshop.

The selfless job of caregiver is an enormous responsibility that takes its toll physically, emotionally, financially and spiritually on the caregiver. With more Baby Boomers now responsible for caring for elderly parents in the home, respite care is a growing need.

This important seminar is sponsored by Matrix Home Care, Boca Raton Medical Supply, Hospice of Palm Beach County, Boca Raton Respite Volunteers, Hospice By the Sea, Interfaith Health and Wellness Association, Shared Care, Catholic Charities of Palm Beach County, Boca Raton Middle School PTA and Ruth Rales Jewish Family Services. The seminar will address issues for caregivers, provide caregiving resources and how to approach life after caregiving. Facilitated by Abbi Bentz, R.N. and Debbie Lipson, MSW, topics will include:

- \* **Resources for caregiving** - this session will be tips for day-to-day caregiving easier, there will be an opportunity to share your situations and questions.

- \* **Grief support and “Life after caregiving” with hospice** - What happens after loss and our caregiving responsibilities end.
- \* **Kids and Caregiving** – A session for kids who are taking on caregiving responsibilities for family members in need.
- \* **“Who cares for me?”** - Spiritual reflections on finding strength in caregiving

I

The ongoing Shared Care program, created by Temple Beth El of Boca Raton, St. Joan of Arc and First Presbyterian Church, is an interfaith respite program for caregivers and meets every Wednesday from 9:30 until 2:30 p.m. at Temple Beth El.

Designed to give caregivers a day off, trained volunteers (on a 2 to 1 ratio) lead those in need of care in discussions on current events, sing-a-longs, table games, arts and crafts, and chair exercises.

For participation in the Wednesday, November 14 conference “Cookies for Caregivers and Sandwich Generation Seminar” contact Joanne Kabel at 561/391-8900

To become a participant or a volunteer the Weekly Shared Care program, please call Marba Mallett at 561-203-3771. Space is available but membership is limited.

###

Temple Beth El, whose congregation was established in 1967, is Boca Raton’s oldest Jewish house of worship and is located at 333 Southwest 4<sup>th</sup> Avenue. Along with weekly services, social, educational and religious programs, the campus includes an Early Childhood Center, Religious School for students K-12, and on-site mausoleum. A 6-acre western educational campus is planned for the corner of 441 and Yamato Road to open in 2009.