

# Healthier Boynton Beach Impact Report (April 2018 – September 2018)

[healthiertogetherpbc.org/report/healthier-boynton-beach-impact-report-april-2018-september-2018/](http://healthiertogetherpbc.org/report/healthier-boynton-beach-impact-report-april-2018-september-2018/)



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Submitted By: Ricky Petty

Reporting Period: 04/01/2018 to 09/30/2018

Neighborhood: Boynton Beach

Keywords: access to care, Boynton Beach, Collective Impact, community engagement, family caregiving, healthier together, Impact Report, Palm Healthcare Foundation, Physical Fitness, residents, youth

## Summary:

### **Accomplishments:**

Healthier Boynton Beach (HBB) is a 5-year, community-driven initiative developed by Palm Health Foundation and focused on improving the health and well-being of an almost forgotten and overlooked population, Family Caregivers in the 33435 zip code.

**The VISION:** To identify family caregivers and strengthen their understanding and accessibility of resources.

**The MISSION:** Inspire, Support and Improve the lives of caregivers in Boynton Beach.

### **Objectives:**

- Promote awareness of family caregiving
- Provide education to improve access to services and support
- Promote health & wellness of family caregivers

Over the last six months HBB focused on increasing awareness and engagement. Residents are beginning to recognize Healthier Boynton Beach, identify themselves as caregivers and learn about the available services and resources.

### **Accomplishments:**

During this period, Healthier Boynton Beach accomplished many of the set goals from the previous period as we continue to work diligently on the initiative. We strengthened our visibility in the community as well as our relationship with community partners and residents.

- Increased the Steering Committee members from 20% residents' participation to nearly 50%.
- Increased the number of survey responses by 61%.
- Increased the Healthier Boynton Beach Caregiver's Registry by 68% to identify and engage caregivers in Boynton Beach.
- Hosted two community conversations/meetings.
- Provided 8 mini-grants to community organizations to support caregivers.
- Increased social media presence and followers by 43%.
- Increased Summer Youth Institute program participants from 10 to 15.
- Collaborated with Healthier Delray Beach to provide REI (Racial Equity Institute) to 40 youths.

### **Key Partners:**

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Genesis Community Health Center, Area Agency on Aging, Boynton Beach Mental Health Committee, City of Boynton Beach, Pathways to Prosperity, American Association of Caregiving Youth, Community Caring Center, Caridad Center, Boynton Beach Community High School, Sankofe Securities, Inc., St. Paul A.M.E., The Lord's Place, St. John Missionary Baptist Church, YMCA SPBC, Alpert Jewish Family & Children's Service, Boynton Beach Fire Rescue, and Boynton Beach Police Department, Kidship Care Program, FAU CARD Program, Trust Bridge, Wellington Cares, Inc., NAMI (National Alliance on Mental Illness), Boynton Bay (55+ Community), Iberia Bank, City of Boynton Beach/Rec & Parks Senior Center, Connect to Greatness, Inc., Alzheimer's Community Care, HCR Manorcare, Morselife Pace program, City of Boynton Beach Utilities Department, FAU/Charles Schmidt College of Medicine, School District of PBC/Wellness Promotion Taskforce and HealthCorp, Digital Vibe Inc. and Heart of Boynton Association.

### **New Partners:**

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Brain Matters Research, Heartland ManorCare, Lynden Nursing Service, Elder Law Associates PA

## Goals:

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1. Analyze the community impact of the Healthier Boynton Beach Mini-Grants.
2. Increase the caregiver registry by 30% by registering at least 50 caregivers during the next six months.
3. Increase the number of caregiver surveys by 36% to total 250 caregiver surveys in the next six months.
4. Create and disseminate a digital newsletter to bring attention to family caregiving resources, information, and the programs supported by the Healthier Boynton Beach Mini-Grants.
5. Create a job description and secure administrative support for Project Director.

## Process and Implementation Outcomes:

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### Outcome: **Review Previous Impact Reports**

#### Progress:

Process and implementation outcomes completed. Results can be viewed in previous impact reports.

## Behavioral and Systems Changes:

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- Outcome: **Shifts in awareness and understanding of issue area**

#### Baseline:

Improved the number of responses to the survey from 63 to 161 and registry from 34 to 106 respectively.

According to the responses, 11.8% of individuals answered "maybe/I don't know" when asked if they thought they were a caregiver.

17.4% of survey responders stated they contacted Healthier Boynton Beach for information on resources and services.

#### Progress:

September 30, 2018

Increased the number of responses to the survey by 61% and registry by 68%, respectively.

The percentage of those who responded "maybe/I don't know" reduced to 4.5%, suggesting a shift in understanding the definition of what a caregiver is.

Since March 2018, more survey respondents (28%) stated they contact Healthier Boynton for information.

- Outcome: **Shifts in awareness and understanding of issue area**

Baseline:

Social media insights report 97 total followers on Facebook; 209 total followers on Instagram; and 5 total followers on Twitter.

Progress:

September 30, 2018

Social media reach has grown to 138 total followers on Facebook; 370 total followers on Instagram; and 35 total followers on Twitter.

- Outcome: **Increased base of support in the community**

Baseline:

Mini-Grant workshop was provided to 23 participants from 18 organizations throughout Boynton Beach.

Progress:

April 19, 2018

8 mini-grants between \$2,500 and \$5,000 each were provided and projects have been started to fund ideas by nonprofits, churches, and other community groups for the purpose of making caregivers and families healthier.

- Outcome: **Increase funding**

Baseline:

Sponsor identified for 2018 Caregiver Luncheon

Progress:

September 30, 2018

The Outreach and Marketing workgroup raised \$2,575.00 for the Caregivers Luncheon from sponsorships from local businesses and program providers. Residents are beginning to think about sustainability and this is an example of the progress made toward their efforts. This amount raised was considered a success because this is the first time that the group had attempted to garner financial support from the community. Based on successes and barriers identified this first year, the group plans to increase its fundraising plans for the next luncheon.



- Outcome: **Policy change**

Baseline:

We are making efforts and presenting information to legislative advocacy workshop on the CARE ACT

Progress:

September 21, 2018

The Advocacy workgroup support for the CARE Act was selected as Priority number 2 at the Palm Beach County Legislative Breakfast. Enacting the Care Advise, Record, Enable (CARE) Act in Florida would allow the state to join 36 other states providing a new tool to help balance that equation by requiring the identification, notification, and education of family caregivers of individuals who are hospitalized. This would have an impact on nearly 3 million caregivers in the great state of Florida.

- Outcome: **Shifts in awareness and understanding of issue area**

Baseline:

Produced a video with the Summer Youth Institute highlighting a youth caregiver's story.

Associated Media:



Life of a Youth Caregiver

[ Digital Story ]

Detailed Narrative:

## Mini-Grants Award Ceremony



On April 19, 2018, Healthier Boynton Beach, awarded eight organizations a combined \$30,000 to improve the health of the community through activities such as line-dancing classes, grandparents support initiative, and caregiving education and respite care programs.

The mini-grants awarded were between \$2,500 to \$5,000 to nonprofits, churches, and other community groups for the purpose of making caregivers and families healthier in an often overlooked and forgotten part of Boynton Beach known as “The Heart of Boynton Beach.” These grants were aimed at engaging community members and allowing them to use their creativity to have a positive impact on the lives of family caregivers. In addition, the aim was to build capacity and confidence amongst local organizations so they can apply for other grant opportunities and grow as organizations.

The following groups were funded:


- Rebekah’s Place Inc. Project: Respite Care for Family Caregivers Amount: \$5,000
- St. Paul AME Church Ella Johnson Women’s Missionary Society Project: Caregiver Support Seminars Amount: \$5,000
- Eta Eta Philo Affiliates of Sigma Gamma Rho Sorority Inc. Project: Bridging the Gap: Grand Parents Raising the Millennial Grandchildren Amount: \$5,000
- Heart of Boynton Beach Association Project: Boynton Cares Amount: \$4,000
- Connect to Greatness Inc. Project: Family Care Aware Project Amount: \$3,500

- Boynton Beach Mental Health Committee Project: Caregiver Resource and Learning Center Amount: \$2,500
- Elite Line Dancing of Palm Beach Project: Soul Line Dancing Amount: \$2,500
- Questers Community Service Fund Inc. Project: Brother 2 Brother Amount: \$2,500

## Boynton Beach Mental Health Committee Project: Caregiver Resource and Learning Center

The CRLC is designed to help empower caregivers to increase their learning capacity and become aware of the resources and support available in the City library to improve their own mental health and that of their loved one. An initial purchase of 50 books on all phases of caregiving comprises the starter collection in a special location in the library. Seven caregivers participated in this first phase of the project. They were each given an electronic tablet and provided training on how to access digital materials and search for helpful information. Each applied for a library card for the first time. Caregiver feedback has been very positive and through the marketing of the CRLC to the general caregiver list, circulation of the books is picking up.

**Boynton Beach Caregivers--this place is for you!**  
**The New Caregiver Resource and Learning Center**



A special place in the Boynton Beach City Library where you can find helpful information about caregiving through a starter collection of 50 new books.


Learn how to access digital, audio and video resources.  
 All you need is a library card to get started!

Sample Titles:

"Caring for Yourself While Caring for Others"  
 "Take My Hand: The Caregiver's Journey"  
 "Hope for The Caregiver"  
 "Navigating Alzheimer's Disease"  
 "The Heart and Soul of Caregiving"


*Find strength and support for you and your loved ones through the journeys of others.*

**Everyone is welcome at the library!**



An initiative of the Boynton Beach Mental Health Committee in collaboration with the Boynton Beach City Library and funded by a mini grant from the Healthier Boynton Beach Family Caregiving Project.

## Mini-Grant: Elite Line Dancing's Soul Line Dancing Program



**FREE ADULT CLASS (age 18 +)**  
**Starting June 7, 2018**  
**Family Caregivers in Boynton Beach**

**CAREGIVERS SOUL LINE DANCING ADULT CLASS (age 18+)**

If you are a resident of Boynton Beach and provide care to a family member this class is for you. Family Caregivers often neglect their own personal health while providing care for their loved ones. Healthier Boynton Beach and Elite Line Dancing of Palm Beach, Inc. have teamed up to provide an outlet where Family Caregivers can go to relieve a little stress and have some fun while improving their own personal health, through Elite Line Dancing's Soul Line Dancing Program. Shed a few pounds, lower your blood pressure, reduce the pain of arthritis/osteoarthritis, improve your memory and eliminate diabetes, all while having a fun and healthy time with people throughout Boynton Beach.

Admission: **FREE**...Class starts: Thursday, June 7, 2018  
 Where: Carolyn Sims Center, 225 N.W. 12<sup>th</sup> Avenue, Boynton Beach, FL 33425  
 Time: 6:30pm - 7:30pm  
 Phone: (561) 724-6840  
 \*\*Gym shoes required\*\*



Healthier Boynton Beach and Elite Line Dancing of Palm Beach, Inc. teamed up to provide an outlet where Family Caregivers can go to relieve a little stress and have some fun while improving their own personal health. The program is held every Thursday at the Carolyn



Sims Center. Attendees have an opportunity to shed a few pounds, lower blood pressure, reduce the pain of arthritis/osteoporosis, improve memory and eliminate diabetes, all while having a fun and healthy time with people throughout Boynton Beach.

## Mini-Grant: Brother to Brother – Powerful Tools for Caregivers

Brother to Brother hosted an evidence-based program that provided tools and strategies for handling unique challenges that come with being a caregiver. The classes were held every Tuesday at the Carolyn Sims Center for six weeks. The course showed participants how to manage emotions and stress; strategies for self-care and communication, and help individuals improve their confidence in coping with caregiver demands.

Additionally, participants received a book to accompany the class content. This book contained chapters covering topics such as:

- Making decisions about care facility placement
- Helping memory-impaired loved ones
- Making legal and financial decisions
- Long-distance caregiving
- Understanding depression
- Hiring in-home help
- Loss, grief, and end-of-life issues

A support group was created and meet on the 2nd Wednesday of each month.

### Powerful Tools FOR Caregivers



This an evidence-based program that will provide caregivers with the tools and strategies to better handle the unique challenges that come with being a caregiver. Regardless if your loved one has a disability, is a veteran or suffering from any chronic condition this program will benefit you as their caregiver.

Powerful Tools for Caregivers participants will receive a book to accompany the class content. This book contains chapters covering topics such as:

- Making decisions about care facility placement
- Helping memory-impaired loved ones
- Making legal and financial decisions
- Long-distance caregiving
- Understanding depression
- Hiring in-home help
- Loss, grief and end-of-life issues

Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life!



#### What you will take away from this class:

Managing your Emotions  
(reduced guilt, anger and sadness)

Reducing Personal Stress

Self-care behaviors  
(increased exercise, relaxation and medical check-ups)

Communicating Effectively



Self-efficacy (increased confidence in coping with caregiving demands)

#### Taking Care of You

TUESDAYS  
6:30-8:00PM  
JUNE 19, 26,  
JULY 10, 17, 24, & 31, 2018  
CAROLYN SIMS CENTER  
225 NW 12<sup>TH</sup> AVE,  
BOYNTON BEACH  
For to register contact:  
Percyvell Pratt  
at: 561-789-0761

## Mini-Grant: “Ministry with a Caring Heart” By Ella Johnson Women’s Missionary Society

Ella Johnson Women's Missionary Society provided family caregiver support seminars to educate on health, wellness, family and social services. Classes are held the 3rd Saturday of each month from July 2018 to February 2019 at Greater St. Paul AME Church in Boynton Beach, Florida. Four seminars were completed which included an Orientation, Legal Aspects of Caregiving, Insurance/Long Term Care and Assisted Living and Medicare vs Medicaid. The seminars are well attended and the project is making a positive impact in the community.



**Healthier  
Boynton Beach**

**"A MINISTRY WITH A CARING HEART"**  
*Caregivers Workshop*  
**July 21st - February 16<sup>th</sup> 10 a.m. - Noon**  
Ella Johnson Women's Missionary Society  
Greater St. Paul AME Church  
315 Martin Luther King Blvd

**Purpose: Caregivers Support Seminars: Educating Caregivers on Health, Wellness, Family & Social Services**

8 Monthly Sessions every 3<sup>rd</sup> Saturday of the month

- Session 1 July 21 - Orientation
- Session 2 August 18 - Legal Aspects of Caregiving
- Session 3 September 15 - Insurance, Long-Term Care, and Assisted Living Residences
- Session 4 October 20 - Medicare vs Medicaid
- Session 5 November 17 - Health, Wellness & Nutrition of Caregivers
- Session 6 December 15 - Palliative & Hospice Care
- Session 7 January 19 - Bereavement Support & Pre Planning
- Session 8 February 16 - Fun End of Sessions Component

Each Participant is eligible for:

- A chance for giveaway gift at each session
- Workshop kit with instructional materials
- A chance for a \$50 gift card for 100% attendance
- Complementary refreshments after each session
- Lots of Learning materials relevant to the session

**Reserve your Spot TODAY! Email your Name and contact info to [boyntonbeachblessing@gmail.com](mailto:boyntonbeachblessing@gmail.com) or call (561) 734-5723**

**\*\*Share this information with other caregivers!**

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## **Mini-Grant: Connect to Greatness Inc. – Family Care Aware Project**

Family Care Aware Project provides family caregiving awareness sessions to African American 6th grade youth participating in the Boys to Men Leadership Academy and their mothers. They are learning the meaning of family caregiving, how to identify caregivers and build empathy for other youth and adults in a caregiver role as well as available resources and services. The parents and youth will engage in two service learning projects within the community to positively impact the lives of family caregivers.

Thus far, the Women of Boys program has engaged Janice Tigner, who shared information on the power of attorney, the importance of a living will, and the Five Wishes. Although an uncomfortable conversation, it was powerful and eye-opening for everyone.

Ms. Angela T. Williams who emphasized the importance of self-care while caring for others. She discussed with the group how we “really feel” as a caregiver and then provided a workout session to relieve stress. There have been a total of 17 women in attendance.



**CONNECT TO GREATNESS, INC.  
WOMEN OF BOYS  
EMPOWERMENT PROGRAM**

**Becoming advocates & leaders in the community!**

**FREE  
FAMILY CAREGIVING  
EDUCATION SERIES**

**Have you cared for auntie, grandma, a sibling or a friend? Then you are/or have been a Family Caregiver!**



**DATES:  
THURSDAYS 6PM  
BRING A FRIEND!**

- Sept. 27th & Oct. 4th
- Nov. 8th & Nov. 15th

**Topics will include:  
Power of Attorney, Living Will, and more....**

[www.connect2greatness.com](http://www.connect2greatness.com)

**BENEFITS**

- Learn what resources are available
- Engage with others who share your experience
- Build a network of support
- Receive support from community agencies
- Build skills to advocate for yourself and your family

Location:  
Carolyn Sims  
Center, 225 NW  
12th Avenue,  
Boynton Beach

Light Refreshments  
will be served.



Tonight Connect to Greatness' Women of Boys kicked off our Family Caregivers Series. It was Amazing! Ms. Janice educated the group about power of attorney, a living will, and so much more. It is a tough topic to think about, but we are ready to get our house in order. Thank you Janice Tigner! Healthier Boynton Beach



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**Mini-Grant: Rebekah's Place Inc. Project: Respite Care for Family Caregivers**



## Respite Care Services



Our vision is to provide the comforts of home to those who are in transitional phase or in need of respite care. We work hard to offer support, a safe environment, and balanced meals.

***Offering free Respite Care Services to local residents in the 33435 zip code.***

***Please call 561-740-7449 for additional information or to schedule a tour TODAY!!***

Rebekah's place will offer family members and loved ones who provide constant care for a frail or elder family member in the 33435 zip code, a much needed break in a safe environment. Respite care can increase a caregiver's ability to attend to a home-bound person without becoming ill themselves. Whether it's a staycation, going to a doctor's visit, quiet time to rejuvenate, or a few nights away. A caregiver deserves and needs time to themselves free of guilt.

**OVER 35 YEARS OF EXPERIENCE**

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### **Community Health Needs Assessment Advisory (CHNA)**

HBB Project Director, Ricky Petty was invited to serve as a member of CHNA. The Bethesda Hospital Community Health Needs Assessment Advisory Council (CHNA) as part of the IRS requirements, hospital organizations are to conduct CHNAs, which serve as a guiding document for community health improvement planning. Through the process, a hospital can position itself to more effectively address community health needs. Sixteen residents participated in focus group and provided their input on health needs in the Boynton Beach community.

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### **Yoga in the Park**





On May 6th Healthier Boynton Beach co-hosted a Meditation and Yoga in the Park experience with Boynton Beach Mental Health Committee to honor Mental Health Awareness and Trauma-Informed Care Month. Twenty caregivers and members of the community learned about stress relief and brain fitness. Thanks to (yoga teachers) for leading everyone through a relaxing class with their great energy.

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### **Youth Empathizers Bowling Event**



On May 28, 2018, HBB took the Youth Empathizers to AMP Bowling in Boynton Beach to provide them a fun opportunity to reduce stress and to participate in a bowling game. The Youth Empathizers' mission is to reduce stress among caregivers in order to cope with the challenges they face each day.

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### **Community Conversations #3**



Healthier Boynton Beach in collaboration with The Palm Beach County Criminal Justice Commission Community Engagement Task Force led the third Community Conversations on May 31st, 2018 at the St. John Missionary Baptist Church. There were over one hundred residents and seven HBB Committee Members present. Rev. Jovan T. Davis, the Senior Pastor, kicked off the dinner and discussion. Attendees watched a short video and discussed criminal justice and community relations.

The Palm Beach County  
Criminal Justice Commission  
Community Engagement Task Force

let's talk

CommUNITY Voices

Family Free Dinner!



JOIN THE CONVERSATION

**PRESENTS:**  
**A COMMUNITY CONVERSATION**  
Hosted by the St. John Missionary Baptist Church

JOIN US for a short video followed by discussion about criminal justice and community relations

Thursday, May 31, 2018; 6:00 to 8:00 p.m.  
St. John Missionary Baptist Church  
900 N Seacrest Blvd, Boynton Beach, FL 33435  
Rev. Jovan T. Davis, Senior Pastor

Please RSVP to Rosalind Murray at the Criminal Justice Commission  
[rmurray@pbcgov.org](mailto:rmurray@pbcgov.org) 561-355-2332

 SAFETY & JUSTICE CHALLENGE  
Supported by the John D. and Catherine T. MacArthur Foundation
 



## Summer Youth Institute



Healthier Boynton Beach and Pathways to Prosperity, Inc. hosted the second Summer Youth Institute is designed to help young people living in Boynton Beach between the ages

of 16 and 18 learn about family caregiving and develop life skills and social growth. Training on job readiness, career exploration, financial literacy, and family caregiving were held in a classroom environment. Youth were matched with program providers and partners in Boynton Beach to learn about their work and contribution to the community. Participants learned about HBB and completed a service learning project. This opportunity allowed the participants to learn and showcase their creative ideas to improve the lives of family caregivers. The youth together created a digital story during the summer called “Life of a Youth Caregiver” (<https://www.youtube.com/watch?v=FCWPhM6BxDk>). At the end of the program, each youth received an iPad to assist them with upcoming projects as well as their academics.

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### **Youth Racial Equity Workshop**



On July 30th and 31st, Healthier Boynton Beach in collaboration Healthier Delray joined their forces to provide a Youth Racial Equity Institute for youth (aged 13-18). Youth from Delray Beach and Boynton Beach were invited to come together to better understand and work towards ending racial inequity in our community. Thanks to Racial Equity Institute (REI) for providing a thought-provoking two days.

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### **HBB Community Meeting (Community Conversations #4)**



HBB Community Meeting took place on September 24th 2018. The meeting was well attended with forty community members including five steering committee members. During dinner and discussion, the group shared their feedback and opinions to improve awareness and engagement of HBB. Updated information regarding the initiative was shared by Project Director, Ricky Petty. Attendees were informed about upcoming events, accomplishments and program needs. Results from the caregiver surveys were shared and the mini grant recipients presented short presentations about their project. Michelle Bethel-Collins from Alzheimer's Community Care was the presenter for the evening and she provided value information which was well received by the community.



## Lessons Learned:

### *The surveys informed us of the following:*

Healthier Boynton Beach surveys provided data to understand family caregivers as well as their needs and concerns. It was identified that 67% of family caregivers that completed the survey was over the age of 51 and 52% of those being cared for were over the age of 60. The data indicated that 47% of the caregivers provided continuous or once a day care. Many caregivers did not feel comfortable with strangers inside their home and receive most of their support from family members and trusted friends. Respite care, house chores and financial assistance were identified as the top three needs.

### *Power in Partners*

There is power collaborating with partners. Healthier Boynton Beach is not a direct service provider and it is important for the initiative to rely on partnering with service providers.

### *Communication is essential*

It is important to reevaluate the vision, mission and goals of the initiative. Over the course of time assumptions may surface and clarity will be needed.

Top three things you are proud to have accomplished through your work with Healthier Together:

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1. Registering over 106 caregivers in the Caregiver Registry and surveying over 161 residents in the Caregiver Survey.
  2. Awarding 8 organizations with collectively \$30,000 in mini grants to nonprofits, churches, and other community groups for the purpose of making caregivers and families healthier in an often overlooked and forgotten part of Boynton Beach known as “The Heart of Boynton Beach and 33435 zip code.
  3. Identifying sponsor/supporter, increasing funding for the Caregiver Luncheon.

## Top three challenges you have faced with your work with Healthier Together:

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1. Healthier Boynton Beach has strived and obtained many wins; however there is still much work to be done to improve the health of family caregivers in Boynton Beach. There are caregivers who have not been engaged and do not identify themselves as family caregivers.
2. There was uncertainty regarding the targeted area for Healthier Boynton Beach. Residents and Steering Committee members were confused between the “Heart of Boynton” and zip code 33435 as the identified targeted area. After a long discussion it was concluded that the identified targeted area was zip code 33435.
3. Administrative support for the Project Director continues to be a challenge. - the Project Director is very busy and it is a challenge juggling the workload, attending meetings and completing administrative tasks without an assistant. As the initiative grows the responsibilities and tasks continue to increase. Having limited support has been an administrative strain on the Project Director, preventing him from effectively promoting the initiative.

## Next Steps:

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Healthier Boynton Beach continues to cultivate relationships with community leaders, residents and partners.

HBB will focus on the mini grant opportunity including evaluating, measuring success and accountability of the projects. The Advocacy workgroup will discuss ideas and develop tools to enhance the evaluating process.

For the second year Healthier Boynton Beach plans to provide the opportunity to local organizations in the Boynton Beach community. The mini grants have two purposes; 1) To build capacity and confidence among local organizations and churches to allow them to apply for other grant opportunity and grow as organizations. 2) To engage the community for the purpose of improving health outcomes in the lives of family caregivers. This opportunity will advance our efforts in “putting family caregiving at the forefront of our community”.

November is National Family Caregivers month. This is a time to celebrate the contribution of those family members and friends who support a loved one with their health or managing a disability. Healthier Boynton Beach will host their Annual Caregivers' Recognition Luncheon to celebrate caregivers from the Boynton Beach community. Last year's event was very well received and we plan to enhance the event this year by:

- Relocating to larger venue
- Adding a caregiver to the program to share her experience
- Increasing the number of attendance by 35%

It is imperative for caregivers to learn about resources and services and the Fearless Caregiver Conference creates the learning environment for them. Early this year we provided the conference and it was well attended. Next year we plan to see an increase in the number of family caregivers from the Boynton Beach community by doing the following:

- Outreach and market to family caregivers in the 33435 zip code
- Invite family caregivers from the Caregiver Registry
- Make phone calls and send mailers to family caregivers that do not have email

Healthier Boynton Beach and Healthier Lake Worth plan to team up to host REI (Racial Equity Institute) to our residents. This workshop will take place in the start of 2019.

Launch Healthier Boynton Beach website: [www.healthierboyntonbeach.org](http://www.healthierboyntonbeach.org)

Keep community engaged and informed by:

- Promoting HBB through social media to increase following
- Creating monthly Newsletter to update caregivers on the initiative