

# Senior Times

Senior Centers Newsletter - January 2022



Palm Beach County  
**COMMUNITY SERVICES**  
Helping People Build Better Communities

Palm Beach County  
Board of County Commissioners  
Community Services Department  
Division of Senior and  
Veteran Services

## SENIOR CENTERS

### **MID COUNTY**

3680 Lake Worth Road  
Lake Worth, FL 33461  
Phone: (561) 357-7100  
Fax: (561) 357-7114

### **NORTH COUNTY**

5217 Northlake Blvd.  
Palm Beach Gardens, FL 33418  
Phone: (561) 694-5435  
Fax: (561) 694-9611

### **WEST COUNTY**

2916 State Road #15  
Belle Glade, FL 33430  
Phone: (561) 996-4808  
Fax: (561) 992-1011

### **Operating Hours**

Monday-Friday  
8:00AM-5:00PM

## **Table of Contents**

Staff Greeting	2-5
ADC Program Flyer	6
COVID-19 Flyers	7-8
Virtual Program Schedule	9
2021 Highlights	10
Rules	11
Important Dates	12

## **Tabla de Contenido**

Saludos del Personal	2-5
ADC Programa Volante	6
COVID-19 Volantes	7-8
Horario del Programa Virtual	9
2021 Reflejos	10

**Hello Senior Center participants!**

**Saludos Participantes!**

### **VIRTUAL PROGRAMMING**

As we continue to practice safety and social distancing, we are happy to announce that we will begin a variety of classes through **Virtual Programming**.

If you are interested in joining us, please contact your local senior center manager, we will send you the link with instructions on how to join in.

### **PROGRAMACION VIRTUAL**

A medida que continuamos practicando la seguridad y el distanciamiento social, nos complace anunciar nuestra **Programacion Virtual** en donde presentaremos una variedad de clases virtualmente.

Si está interesado en unirse a nosotros, comuníquese con el gerente del centro para personas mayores de su localidad. Le enviaremos los enlaces y las instrucciones sobre cómo unirse.

### **Reminder**

Due to the COVID-19 virus, the senior centers are actively working to keep seniors safe while staying home by providing home delivered meals, resources, telephone reassurance, emergency energy assistance, and more. Please follow the guidelines of the Florida Department of Health (DOH) and the Center for Disease Control (CDC) by practicing social distancing, wearing of masks, avoiding crowded areas and regular hand washing. For additional information about the Senior Center, please contact your local center.

### **Recordatorio**

Debido al virus de COVID-19, los centros para personas mayores están trabajando activamente para mantener a sus miembros seguros mientras se quedan en casa, brindándoles comida, recursos, asistencia telefónica, asistencia energética de emergencia y más. Siga las pautas del Departamento de Salud the Florida y el Centro para el Control de Enfermedades (CDC) practicando el distanciamiento social, ponerse cubrecaras, evitar sitios poblados y lavarse las manos regularmente. Para obtener información adicional sobre el Centro para personas mayores, comuníquese con su centro local.

## Greetings from the Mid County Senior Center Managers



### Salutations to All

I am looking forward to seeing everyone once we reopen our doors in 2022. Senior Center Staff has been busy planning a New Year filled with tons of adventure, educational classes, and many great parties. It's going to be great to hear the sounds of music, laughter and love within our Center once again. I am excited to see all of your wonderful smiling faces.

Be safe and see you soon.

I look forward to seeing everyone in 2022.

*Antoinette (Tina) Austin, Mid County Senior Center — Manager*

---

### Happy New Year!!! 2022, Already!!

May we all walk into the new year healthy and blessed. I honestly don't know where 2021 has gone. I am thankful we made it through to another year. I have learned to adjust, appreciate everything, and everyone. I am looking forward to 2022, in hopes for our center to reopening soon and I am filled with excitement to see upcoming events and programs. I miss seeing all our participants and the feeling of family that our center provides. I continue as always full of love and joy.

Stay Healthy, Keep your spirits up!!

Lots of Love,

*Jacquelyn Uceda, Mid County Senior Center – Assistant Manager*





## Greetings from the North County Senior Center Managers



**Happy New Year Everyone!**

**I look forward to begin to interact with our participants in this new year. We want to bring back some of your favorite activities and bring in some new programming. The year 2021 has come and gone and we are going to continue our virtual programming. We welcome any participants in our hybrid programming. I understand that times have not been easy, but thank you for staying strong and cheers to the New Year.**

***Anderson Phebe, North County Senior Center — Manager***

**Greetings and Happy Holidays Everyone!**

**It has been a rough year in 2021, with all these things happening in the world today, but I am staying safe and looking forward to reopening our senior center. I miss all of our participants and volunteers. I miss the joyful sounds and noises of a busy center. I do enjoy to reflect on how lively and fun the center used to be. I wish everyone Happy Holidays and a Happy New Year. Please, be safe, cautious, and don't forget to wear your mask. See you guys soon.**

***Wilfred Belisle, North County Senior Center — Assistant Manager***



## Greetings from the West County Senior Center Manager



**Greetings...! My name is Devon McLean; I recently came on board as the new Senior Center Manager for West County (Belle Glade). I have a Master of Business Administration (MBA) and have worked in public service for the past 15 years; twelve of which were in Belle Glade. I am also a graduate of the Leadership Glades program. This program gave me the opportunity to learn about the rich culture and history of the Glades through the interactions with citizens, leaders and businesses of the Western communities.**

**The West County Senior Center plays a vital role in the community by providing programs and activities that enhances the quality of life for seniors. Unfortunately, due to the pandemic, the center has been closed for an extended period of time which limits our ability to provide in-person programs and activities. Nonetheless we have leveraged technology to continue providing some activities for our participants.**

**During the shutdown we took the opportunity to renovate the building and update the furniture and equipment. I am excited to take on my new role and look forward to welcoming back all our participants and volunteers to the West County Senior Center. If you are not yet signed up for any of our programs and activities, please feel free to reach out to me and I will be happy to provide you with all the necessary information.**

**Stay Safe,**

**Devon Mclean , West County Senior Center — Manager**





## Greetings from our Adult Day Care Managers



**Happy New Year! My name is Jose Zayas, and I work with the Adult Day Cares at the Mid and North-County Senior Centers.**

**When I began as an Adult Day Care Manager the pandemic had just began. The pandemic impacted our centers keeping our doors closed. We are looking forward to working alongside the Senior Centers providing care and supervision to seniors who need additional support. We look forward to reopening and serving our seniors with the love, patience, and understanding.**

**Sincerely,**

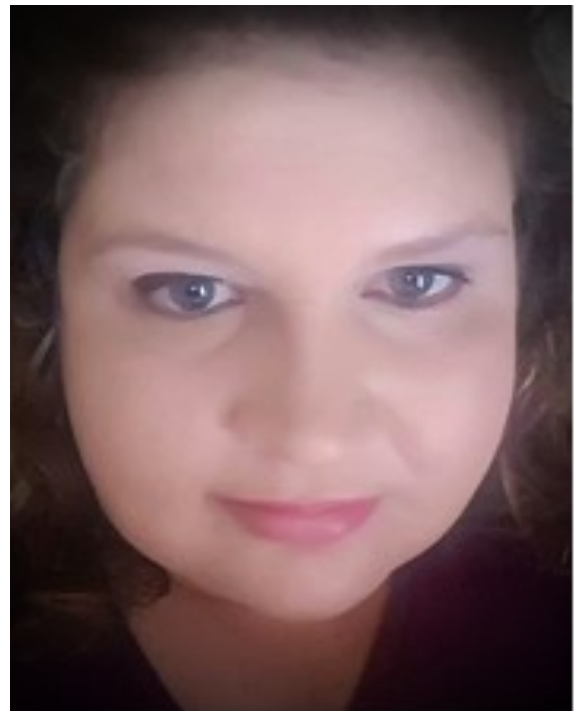
**Jose M. Zayas– Adult Daycare Manager II**

**Greetings, from the Adult Day Care! How fast the year has gone by, and we have been patiently awaiting to see everyone in 2022. Our wheels are turning, and we are continually thinking of ways to make our daycare centers the best they can be. We hope that this New Year will bring us together through creativity, activity and a joyful spirit. We hope that you have a safe and happy New Year.**

**Sincerely,**

**Heather Caron**

**Adult Day Care Manager I**



**Palm Beach County  
Division of Senior & Veteran Services  
ADULT DAY CARE PROGRAMS**



The Adult Day Care Program provides a secure and supervised environment, focused on strengths and interests to enhance a senior's well-being, independence and self esteem.

**Days and Hours of Operation:**

Adult day care centers are operational Monday through Friday between the hours of 8 a.m. - 5 p.m. exclusive of county approved holidays.

**Service Activities:**

- ◆ Adult day care is a program of therapeutic social and health activities and services provided to individuals who have functional impairments. Services are provided in a protective, community-based environment.
- ◆ Structured daily calendar of activities.
- ◆ Supervised socialization, recreation, exercise and cognitive Stimulation.
- ◆ Medication administration and supervision of self administered medication. Regular monitoring of vital signs.
- ◆ Assessment of need and case management.
- ◆ Caregiver counseling, when needed.
- ◆ Nutrition (breakfast, lunch and a snack).
- ◆ Coordination of transportation for those without access otherwise, including those with physical limitations.

**INTERESTED IN PARTICIPATING IN VIRTUAL CAREGIVER SUPPORT/EDUCATION GROUP? PLEASE CONTACT ONE OF THE ADC CENTERS LISTED BELOW FOR MORE INFORMATION.**

**Jose, Zayas**  
Adult Day Care Center Manager II  
Mid County Adult Day Care  
3680 Lake Worth Rd.  
Lake Worth, FL 33461  
(561) 357-7135

**Palm Beach County**  
Division of Senior & Veteran Services  
Administration  
810 Datura Street, Suite 300  
West Palm Beach, FL 33401  
(561) 355-4746

**Heather Caron**  
Adult Day Care Center Manager I  
North County Adult Day Care  
5217 Northlake Blvd.  
Palm Beach Gardens, FL 33418  
(561) 694-5438



# What You Can do if You are at Higher Risk of Severe Illness from COVID-19

## Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
  - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

## Here's What You Can do to Help Protect Yourself



**Stay home** if possible.



**Wash your hands** often.



**Avoid close contact** and stay at least 6 feet (about 2 arms' length) from other people.



**Clean and disinfect** frequently touched surfaces.



**Cover your mouth and nose** with a cloth face cover when around others.



**Cover coughs and sneezes.**

Call your healthcare provider if you are sick.

For more information on steps you can take to protect yourself, see CDC's webpage on [How to Protect Yourself](#)



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

# Qué puede hacer si tiene un mayor riesgo de enfermarse gravemente con el COVID-19

¿Está usted en mayor riesgo de enfermarse gravemente con el COVID-19?

Esto es lo que puede hacer para ayudar a protegerse.



Según lo que sabemos ahora, quienes tienen un mayor riesgo de enfermarse gravemente con el COVID-19 son:

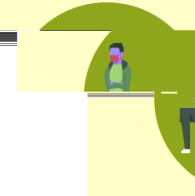
- Adultos mayores
- Las personas de cualquier edad que tengan lo siguiente:
  - Cáncer
  - Enfermedad renal crónica



**Limite lo más posible el contacto** con otras personas.



**Lávese las manos a menudo**.



**Evite el contacto cercano** (6 pies o 2 metros, que es la distancia recomendada) con las personas enfermas.

**Limpie y desinfecte las superficies** que se tocan con frecuencia.

**Evite por completo los cruceros y los viajes aéreos** que no sean esenciales.

Llame a su profesional de atención médica si está enfermo.

Para obtener más información sobre las medidas que puede tomar para protegerse, vea la página web de los CDC sobre [cómo protegerse](https://www.cdc.gov/coronavirus-es).

[cdc.gov/coronavirus-es](https://www.cdc.gov/coronavirus-es)





January 2022

# VIRTUAL PROGRAMMING ACTIVITIES CALENDAR

*\*Classes and schedules are subject to change.*

## **MONDAY**

9:30—10:00 a.m. VIRTUAL EXERCISE || Ejercicio

10:30—11:30 a.m. Virtual BINGO: Every Monday ||

## **TUESDAY**

9:30—10:00 a.m. VIRTUAL EXERCISE || *Ejercicio*

10:00—11:00 a.m. Tai-Chi

1:00—2:00 p.m. Seniors in Technology || Tecnología para personas mayores)

## **WEDNESDAY**

9:30—10:00 a.m. VIRTUAL EXERCISE || Ejercicio

10:00—11:30 a.m. Spanish Book Club

*1st & 3rd Wednesday of the month || 1er y 3er  
miércoles  
del mes*

## **THURSDAY**

9:30—10:00 a.m. VIRTUAL EXERCISE || *Ejercicio*

10:00—11:00 a.m. Tai-Chi

11:00—12:00 p.m. Managers Corner || La Esquina del Gerente

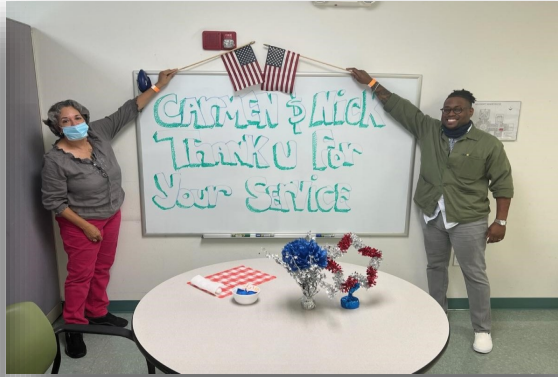
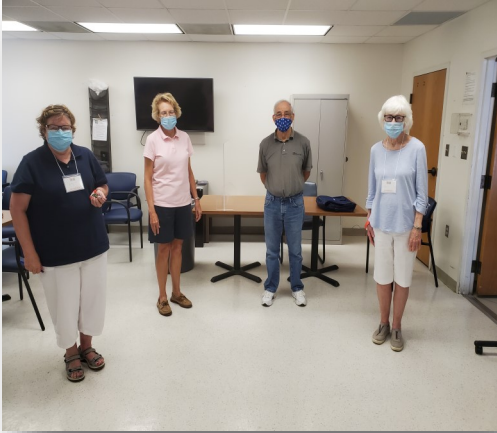
## **FRIDAY**

9:30—10:00 a.m. VIRTUAL EXERCISE || Ejercicio

1:00—2:00 p.m. Senior Center Game Hour|| Hora de Juegos



# 2021 Highlights





# RULES

Palm Beach County Community Services Department  
Division of Senior Services  
**General Rules for Use of Senior Centers**

- 1** | To be a member of the Senior Center, one must be 55 years old (60 years old for the nutrition program) or the spouse of a member. Completion of a Senior Center Registration form is required to be a member.
- 2** | A prospective member must exhibit mental and physical ability to function independently without staff or volunteer supervision while at the senior center, or must be in the care of a caregiver or aid. Senior Center staff are not responsible for the care of members after operating hours.
- 3** | Members must practice good personal hygiene and conduct themselves in an appropriate manner. Each member must act respectfully toward all members, employees, and guests in the Senior Center.
- 4** | Senior Center Manager(s) may call for the removal of any person whose behavior is deemed adverse to the health and/or safety of other persons or Senior Center property.
- 5** | Unaccompanied children under 18 years of age may not participate in Senior Center activities except during planned intergenerational activities.
- 6** | Use of the Senior Center must not violate Federal, State, County or local laws, as well as Palm Beach County Facilities Development & Operations Department Rules and Countywide Policy and Procedures.
- 7** | Senior Centers may not be used for political campaigns on partisan issues or promotion of candidates seeking election. There is no soliciting allowed on the Senior Center property.
- 8** | Those who use the Senior Centers for Club and/or Organizational meetings or social events must restore the used space to its original state in regards to the arrangement of furniture and cleanliness.
- 9** | ~~The Senior Center is a smoke free environment. Smoking is only and solely permitted in the designated smoking area and only as defined by the County PPM/CWR-026.~~
- 10** | ~~Senior Center members shall not store, possess or use drugs, alcohol and/or gambling devices at the facility, nor permit others to do so.~~
- 11** | ~~The Senior Center is not responsible for lost, stolen, damaged or storage of items.~~

**NOTE: Violation of Senior Center rules may result in immediate action including but not limited to removal and/or termination.**



Palm Beach County  
 Board of County Commissioners  
 Community Services Department  
 Division of Senior and Veteran Services  
 810 Datura Street  
 West Palm Beach, FL 33411

PRSR STD  
 ECRWSS  
 US POSTAGE  
 PAID  
 PERMIT #685  
 WEST PALM BEACH, FL  
 EDDM

To: Residential Postal Customer

# January Important Dates

January 1st, 2022  
 Happy New Year

January 17, 2022  
 Martin Luther King Jr.  
 Day



## ABOUT DIVISION OF SENIOR AND VETERAN SERVICES

Palm Beach County Division of Senior and Veteran Services provide seniors with every stage of assistance needed for their continuum of care through the elder years. From DOSS active Senior Centers to more structured Adult Day Care and In-home Services, DOSS provides accessible, high-quality programs to assist seniors.

Veteran Services serves all military veterans and their dependents, including Merchant Marines and other auxiliaries, in developing and filing claims and appeals with the Department of Veterans Affairs.

*In accordance with the provisions of the Americans with Disabilities Act (ADA), this publication is available in alternate formats. Please call PBC Community Services Department's Community and Volunteer Engagement office at (561) 355-4501 to make your request.*



**Palm Beach County  
 Board of County Commissioners**  
 Robert S. Weinroth, Mayor  
 Gregg K. Weiss, Vice Mayor  
 Maria G. Marino  
 Dave Kerner  
 Maria Sachs  
 Melissa McKinlay  
 Mack Bernard

**County Administrator**  
 Verdenia C. Baker