

Senior Times

Senior Centers Newsletter - November 2021
Palm Beach County Division of Senior and Veteran Services

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

SENIOR CENTER HOURS

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

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

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VIRTUAL PROGRAMMING

As we continue to practice safety and social distancing, we are happy to continue a variety of fun classes through Virtual Programming. A detailed class schedule for the month of November is on pages 2 and 3. If you are interested in joining us, please contact your local senior center and we will assist on how to join in.

PROGRAMACION VIRTUAL

A medida que continuamos practicando la seguridad y el distanciamiento social, nos complace continuar con una variedad de clases divertidas a través de la programación virtual. Un horario de clases detallado para el mes de noviembre está en la página 2. Si está interesado en unirse a nosotros, comuníquese con su centro local para personas mayores y lo ayudaremos a inscribirse.



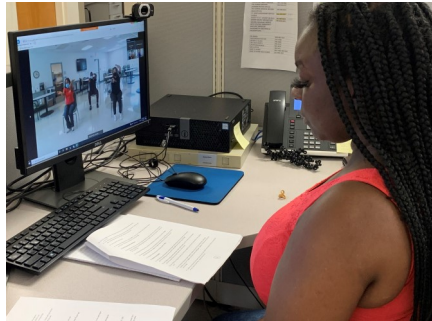
Meet Senior Center Staff

Throughout this Senior Times edition you will find staff that will be at your neighborhood Senior Center. Please feel free to contact us about joining and participate in any of the services that we offer.



VIRTUAL PROGRAM SCHEDULE

Our interactive online program is conducted by various Senior Center staff. If interested in participating, please contact any of our sites for information.



Monday:	Easy Exercise	9:30am - 10am
	Virtual Bingo	11am - 12noon
	Tai-Chi (Tai-Chi class is held on Zoom)	11am - 12noon
Tuesday:	Easy Exercise	9:30am - 10am
	Emergency Rental/Utility Assistance (WebEx Code on Page 7)	12pm - 1pm
	Seniors in Technology	1pm - 2:00pm
Wednesday:	Easy Exercise	9:30am - 10am
	Spanish Book Club (1st & 3rd Wednesdays)	3pm - 4pm

If you have any suggestions for December, please contact Vlad Gawlikowski, Recreation Programs Coordinator
(vgawliko2@pbcgov.org)

VIRTUAL PROGRAM SCHEDULE

Our interactive online program is conducted by various Senior Center staff. If interested in participating, please contact any of our sites for information.



Thursday:

Easy Exercise	9:30am - 10am
Manager's Corner	11am - 12noon
Tai-Chi	11am - 12noon
(Tai-Chi class is held on Zoom)	
Home Improvement Talk w/ Wil	2pm - 3pm
<i>(Must preregister, limited to 10 participants)</i>	

Friday:

Easy Exercise	9:30am - 10am
Game Hour	1pm - 2pm
(Home Scavenger Hunt / Trivia / Pictionary / Taboo)	

Special Classes: (Offered only once during month)

Wed. 11/3	Buying Fruits & Vegetables (see flyer on page 5)	10am
Wed. 11/17	Rethink Your Drink (see flyer on page 11)	10am

If you have any suggestions for December, please contact Vlad Gawlikowski, Recreation Programs Coordinator (vgawliko2@pbcgov.org)



The Thanksgiving Holiday in November is the perfect time for all of us to remember to practice being generous as well as to practice gratitude and positivity in our lives. Finding ways daily to be thankful helps bring us inner peace and enhances satisfaction with our lives. Try these suggestions to be more grateful this holiday season and see for yourself how a gracious attitude can be a strong positive influence in your daily life:

Compliment yourself first...

Extend a long overdue compliment to yourself. Invest in self-care. Find little reasons to appreciate and honor yourself daily.

Write a letter to or call a friend...

Do you know a friend going through a tough time? Haven't talked in a while? Remind a friend of a time they were there for you and how strong they are. Show your gratitude for their friendship. Letting anyone know that you're thinking of them will brighten their day.

Donate to your local food bank...

If you can, volunteer your time or buy staples for the food pantry when you next go shopping. Consider food items that aren't often donated and may bring a nice change for people, such as chocolate or canned fruit.

Give thanks for the small stuff...

At least once a day, pause. Close your eyes, breathe in and be grateful for the moment. That moment may be gratitude for the air filling your lungs, or the beautiful sound of wind chimes ringing over traffic.

Laugh...

Laugh away annoying moments. Laugh at the oddness and beauty of life. Laugh with someone but never at them. Let loose, because laughter and positive emotions are contagious.

Say "I love you"...

During a busy day like Thanksgiving, you may be in "go mode" constantly. Stop to say "I love you," which reminds you of the spirit of the holiday and the importance of sharing your love and time.

Continue to work on your gratitude practice...

Your positive vibes will be contagious in the lives of those around you, and you will see a major boost in your own wellbeing by working on a grateful attitude.

Have a very happy and healthy Thanksgiving from all your friends at The Nutrition Program.



UF/IFAS Extension Family Nutrition Program



Learn to move and eat well!

- Fun ways to stay active
- Healthy eating
- Food safety basics



Wednesday @ 10am
November 3, 2021
Buying Fruits & Vegetables

Where:

ZOOM Meeting

<https://uf1.zoom.us/j/90931568635?pwd=SkpOaUpOVk1aNOhoZ3hZa2NlOU10QT09>

Contact:

Vlad Gawlikowski
PBC Recreation Coordinator
vgawliko2@pbcgov.org



If you require special accommodations, such as interpreter services for the deaf or hard of hearing, please contact us at least 96 hours before the program begins. TTY/TTD/FRS dial 711.



**Palm Beach County
COMMUNITY
SERVICES**

Helping People Build Better Communities

UF | IFAS Extension
UNIVERSITY of FLORIDA

An Equal Opportunity Institution



This material was funded by the USDA's
Supplemental Nutrition Assistance Program - SNAP.
This institution is an equal opportunity provider.

VOLUNTEER APPRECIATION

Renee Henry - Volunteer Coordinator



The Division of Senior and Veteran Services would like to recognize Mrs. Irene West for Volunteer of the Month for November.

She works out of the West County Senior Center.

Irene is kind, it takes a special person to be so generous and kind and people like this are not easy to find.

To be a volunteer, it takes...

Generosity, a willingness to give your time to others.

Understanding, because their lives might be very different from your own.

Empathy, an ability to put yourself in someone else's shoes and feel what they must feel.

Compassion, to truly care about making someone else's life better.

Patience, because the process does not always go smoothly.

You have shown these qualities and so much more, so thank you for all that you do!

"Life's most persistent and urgent question is, what are you doing for others?" **Martin Luther King, Jr**

North County Staff Photos



Anderson Phebe
Center Manager
561-694-5437
aphebe@pbcgov.org



Simone Jackson
Caseworker Supervisor
561-355-4751
SJackso2@pbcgov.org



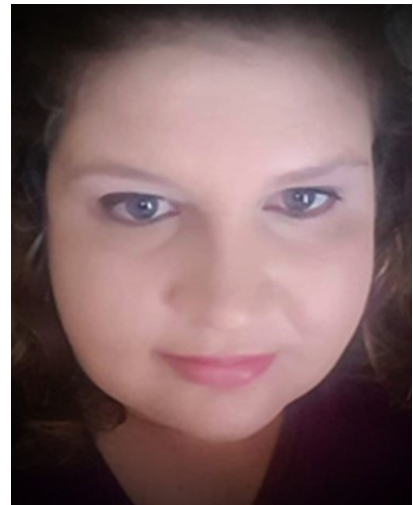
Paul Palermo
Meal Site Manager
561-694-5442
PPalemro@pbcgov.org



Jillian Lilly
Case Manager I
561-355-4676
JLilly@pbcgov.org



Greg Dover
Veterans Services Officer
561-355-4720
WDover@pbcgov.org



Heather Caron
Adult Day Care Manager I
561-694-5438
Hcaron@pbcgov.org



U.S. TREASURY EMERGENCY RENTAL, UTILITY, AND RELOCATION ASSISTANCE PROGRAM (ERA)

**APPLY
ONLINE**

WWW.RENTALASSISTANCEPBC.ORG
PBCGOV.COM/OSCARSS

ERA ELIGIBILITY

Eligible Palm Beach County residents must be a renter household in which at least one or more individuals meets all of the following criteria, including but not limited to:

- Qualifies for unemployment or experienced a reduction of household income;
- Incurred significant costs, or experienced other financial hardships due to COVID-19;
- Demonstrates a risk of homelessness or housing instability;
- Had a household income at or below 80% of the area median; and
- Must be able to provide documentation of the current COVID-19 crisis.

LUNCH-N-LEARN ASSISTANCE WITH ERA APPLICATIONS

**EVERY TUESDAY
AT 12:00PM**

JOIN VIA WEBEX

<http://bit.ly/ERALunch-n-learn>

Meeting ID: 157 444 3885

Passcode: 1234

JOIN BY PHONE

+1 (904) 900-2303

or +1 (844) 621-3956

United States Toll Free

Access code: 157 444 3885

*Struggling with Eviction due to the COVID Crisis?
Legal Aid and FRLS may be able to help.*

**APPLY ONLINE TO GET YOUR APPLICATION IN:
WWW.RENTALASSISTANCEPBC.ORG**

*Please check our
website for more
information on
in-person intake
locations and a list
of our community
partners.*

LEGAL AID SOCIETY

- Office Hours: 9:00AM - 5:00PM
- Address: 423 Fern St., Suite 200, West Palm Beach, FL 33401
- Appointments or Walk-in. Apply online: www.legalaidpbc.org/evictionintake
- Agency contact number: (561) 655-8944 ext 328

FL RURAL LEGAL SERVICES

- Office Hours: 8:30AM - 5:00PM
- Address: 2051 MLK Blvd., Riviera Beach, FL 33404
or 136 S. Main St., Suite C, Belle Glade, FL 33430
- Appointments or Walk-in. Apply online: www.frls.org
- Agency contact number: +1 (888) 582-3410, Farmworker line: +1 (855) 771-3077

For a full list of eligibility requirements and to apply, visit www.rentalassistancepbc.org.
For more information, contact CSD's Contact Center at (561) 355-4792.



Palm Beach County
Board of County Commissioners
Dave Krner, Mayor, Robert S. Weinroth, Vice Mayor
Maria G. Marino, Gregg K. Weiss, Maria Sachs
Melissa McKinlay, Mack Bernard
County Administrator
Verdenia C. Baber

This project is being supported,
in whole or in part, by federal award number
CFDA 21.023 awarded to Palm Beach County
Board of County Commissioners by the
U.S. Department of the Treasury.

PROGRAMA DE AYUDA DE EMERGENCIA PARA EL PAGO DE ALQUILERES/SERVICIOS PÚBLICOS DEL TESORO DE LOS EE. UU.

WWW.RENTALASSISTANCEPBC.ORG

PBCGOV.COM/OSCARSS

PORTAL EN LÍNEA ERA

Apertura	Cierre
7 de junio, 2021	20 de junio, 2021
6 de julio, 2021	21 de julio, 2021
2 de agosto, 2021	17 de agosto, 2021
7 de septiembre, 2021	22 de septiembre, 2021

*** Las fechas están sujetas a cambios

PAUTAS DE ELEGIBILIDAD PARA ERA

Los residentes elegibles del Condado de Palm Beach deben ser parte de una familia arrendataria en la que uno o más de sus integrantes cumpla con los siguientes requisitos de elegibilidad, incluyendo, pero sin limitarse a:

- personas que califiquen para el desempleo o experimenten una reducción de su ingreso familiar;
- personas que incurrieron en costos significativos o experimentaron otras dificultades financieras causadas por la pandemia del COVID-19;
- personas que demuestren que están en riesgo de perder la vivienda o en situación de inestabilidad
- personas que tienen un ingreso familiar de o inferior al 80% del promedio en el área
- personas que pueden proporcionar documentación sobre la crisis actual del COVID-19

**LUNCH-N-LEARN:
AYUDA CON LAS
SOLICITUDES
PARA ERA**



**TODOS LOS MARTES
A LAS 12:00 PM**

ÚNASE VÍA WEBEX

<http://bit.ly/ERALunch-n-learn>

ID de la reunión: 157 444 3885

Contraseña: 1234

ÚNASE POR TELÉFONO

+1-904-900-2303

1-844-621-3956

Código de acceso: 157 444 3885

Por favor consulte nuestro sitio web para lugares que aceptan el ingreso de personas y una lista de nuestros socios comunitarios.

Para obtener una lista completa de los requisitos de elegibilidad y para presentar una solicitud, visite www.rentalassistancepbc.org. Para obtener más información, comuníquese con el Centro de Contacto de CSD al (561) 355-4792.

Pwogram Asistans pou Lwaye ak Sèvis Piblik (ERA pou akwonim li yo nan lang angle)

WWW.RENTALASSISTANCEPBC.ORG

PBCGOV.COM/OSCARSS

ERA PÓTAL

Louvri	Fèmen
June 7, 2021	June 20, 2021
July 6, 2021	July 21, 2021
August 2, 2021	August 17, 2021
September 7, 2021	September 22, 2021

*** LDat gené pou chanje avec annonce

GID POU ELIJIBILITE

Moun yo ki abite nan Rejyon Palm Beach ki satisfè kritè sa yo ap kalifye pou asistans sa a:

Kalifye pou benefis chomaj (unemployment) oswa ki fè eksperyans rediksyon nan revni nan kay la, avek gwo depans enpòtan

lòt difikilte finansye akòz COVID-19

Demontre yon risk pou yo sanzabri oswa enstabilite nan lojman Gen yon revni nan kay la ki nan, oswa mwens pase 80%. Gade tablo anba a.

Kapab bay dokimantasyon sou kriz COVID-19 aktyèl la.

LUNCH-N-LEARN:

**ASISSTANS POU
APLIKE POU ERA**



**CHAK MADI A
12:00 PM**

PREMYE SESYON AN SE WEBEX

<http://bit.ly/ERALunch-n-learn>

Meeting ID: 157 444 3885

Kòd Aksè: 1234

VIN JWENN NOU NAN TELEFON

+1-904-900-2303 or 1-844-621-3956

Etazini gratis

Kòd Aksè: 157 444 3885

Tanpri tcheke sitwèb nou an pou konnen lokal admisyon an pèsòn yo ak yon lis patnè kominotè nou yo.

Pou yon lis konplè sou kondisyon kalifikasyon ak pou aplike, vizite www.rentalassistancepbc.org. Pou plis enfòmasyon, kontakte Sant Kontak CSD a nan (561) 355-4792.

Mid County Staff Photos



Jacquelyn Uceda
Assistant Center Manager
561-357-7109
Juceda@pbcgov.org



Jose Zayas
Adult Day Care Manager II
561-357-7135
JZayas@pbcgov.org



Claudia Garzon
Meal Site Manager
561-357-7146
CGarzonR@pbcgov.org



Carmen Krowel
Veterans Services Officer
561-355-4762
CKrowel@pbcgov.org



Gloria Rauner
Senior Services Aide
561-357-7153
GRauner@pbcgov.org



Nickenson Dumercy
Veterans Service Officer
561-357-7112
NDumercy@pbcgov.org

Palm Beach County Veteran Services

Andy Reese - Veteran Services Officer



November 11th is Veterans Day.

So why do we celebrate Veterans Day?

November 11th is a day set aside each year to honor those that served their country in our armed forces. Memorial Day, the last Monday in May, honors military members that have made the ultimate sacrifice.

Veteran's Day was originally called Armistice Day and was designated by President Woodrow Wilson to commemorate the end of the Great War, World War I. In 1938 congress adopted a resolution formally designating November 11th as a national holiday.

In 1945 Ray Weeks, a World War II Veteran, had the idea that Armistice Day should honor all Veterans not just World War I Veterans. Mr. Weeks became a driving force behind the idea to have the holiday pre-designated. President Dwight D. Eisenhower agreed and on June 1st 1954 Armistice Day was renamed Veterans Day.

The United States isn't the only country that honors her Veterans on November 11th. Remembrance Day is celebrated throughout the British Commonwealth as well.

On November 11th, between the parades and bar-b-que, take a moment to thank a Veteran!

Please see your Palm Beach County Service office if you have any questions about Veteran benefits.

North County: Greg Dover (561) 355-4720

Mid County: Carmen Krowel (561) 355-4762 or Nick Dumercy (561) 357-7112

Main number: Yolanda Asante (561) 355-4794



UF/IFAS Extension Family Nutrition Program



Learn to move and eat well!

- Fun ways to stay active
- Healthy eating
- Food safety basics



Wednesday @ 10am
November 17, 2021
Rethink Your Drink

Where:

Zoom Meeting
<https://ufi.zoom.us/j/9897027962?pwd=dEphbTN6MTA2Y3JqYU4wbFNRS0JQQT09>

Contact:

Vlad Gawlikowski
PBC Recreation Coordinator
vgawliko2@pbcgov.org



If you require special accommodations, such as interpreter services for the deaf or hard of hearing, please contact us at least 96 hours before the program begins. TTY/TTD/FRS dial 711.



**Palm Beach County
COMMUNITY
SERVICES**

Helping People Build Better Communities

UF | IFAS Extension
UNIVERSITY of FLORIDA

An Equal Opportunity Institution



This material was funded by the USDA's
Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider.

EHEAP

Required Documentation

**Applicants must be 60 years or older.

1. Current (if expired, must be less than one year) photo ID for applicant- **Do not bring copy from a scanned ID.**
2. Identification for all members of the household (birth certificates for children under 18)-**Do not bring a scanned copy.**
3. Verification for all members of the household.
4. Current income documentation for all the members of the household over the age of 18 (if employed last 30 days of income documentation) - **If on SSA/SSI Pension, we need the complete document, not just the first page or the benefit amount section.**
5. Proof of home ownership or rental agreement (including Section 8 and Public Housing)-**The rental agreement must be complete, signed by all parties, dated and current.**
6. *Section 8 or Public Housing:* **REQUIRED** print out of Housing Authority calculation worksheet- detailing **Utility Allowance-** **must be signed by all parties, dated and current.**
7. Award letter for Public Assistance (such as Food Stamps) is **PREFERRED.**
8. Social Security Card or *official documentation of Social Security Number for all members of the household-* **Please DO NOT bring copies of scanned SS cards.**
9. Proof of energy obligation (must be Past Due, Final notice or Disconnected).
10. The bill must be in the applicant's name. If the bill is in someone else's name they need a letter, signed and dated, giving the reason why the bill is in their name, even if he/she is a member of the household.
11. Proof of US Citizenship or Legal Residency.

MANAGER'S CORNER

JOIN US ONLINE EVERY THURSDAY @ 11am!

(Please note that Senior Centers are currently closed to public)



Our Senior Centers are a community focal point where active older persons can socialize and participate in programs and activities which enhance their quality of life with exciting events and activities. Contact anyone of the 3 Senior Centers listed below see the wonderful activities and events you can be involved in...

MID COUNTY (Lake Worth)	(561) 357-7100	Tina Austin, Manager Jacquelyn Uceda, Assistant Manager
NORTH COUNTY (Palm Beach Gardens)	(561) 694-5435	Anderson Phebe, Manager Wilfred Belisle, Assistant Manager
WEST COUNTY (Belle Glade)	(561) 996-4808	Vacant, Manager Vacant, Assistant Manager



Community Services - Senior & Veteran Services

Faith Manfra, Division Director III

Vlad Gawlikowski, Recreation Programs Coordinator

Food Challenge

Can you guess Anderson's favorite Proteins?

Answers on Page 18)

A



B



C



D



E

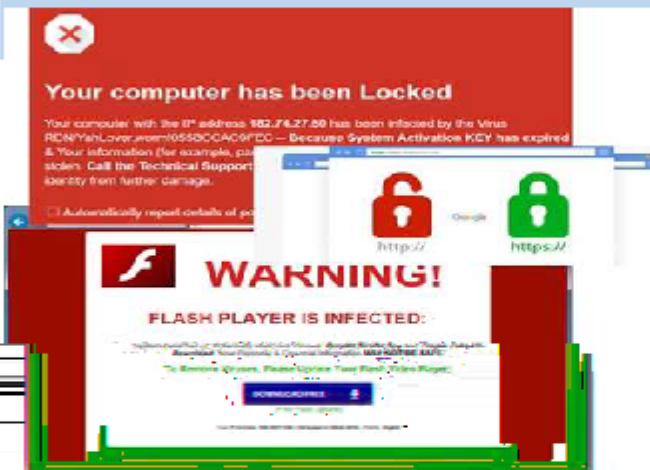


Home Online Safety Class

ARE YOU KEEPING UP WITH OUR NEW NORMAL ONLINE?

DO YOU KNOW WHAT TO LOOK FOR TO BE SAFE?

Come to this Internet Safety Workshop and learn shared ideas to protect ourselves. We will learn how to deal with different scenarios and be ready to continue taking advantage of online benefits. Class will be available for both English and Spanish speaking Seniors.



About the speaker:

Martha Ruiz is a computer programmer and computer technologist from Kirkwood Community College, IA who is an independent minority business owner of Martha Computer Help where she does computer repair and maintenance services for PC

Quién es la Charla?

Martha Ruiz es graduada de Kirkwood Community College en Programación de computadores y Tecnología, dueña de Martha Computer Help una empresa independiente, minoritaria que lleva más de 15 años dedicada a la reparación y mantenimiento de computadores-PC y Mac además de entrenar gente en el uso de sistema.

Tuesday, November 16th 10am – 11am

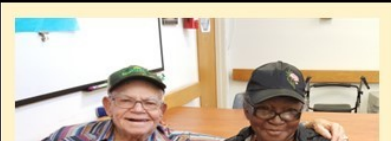
ZOOM: <https://us02web.zoom.us/j/8271151341?pwd=OGYyMlFkM0o5WG05UGt5QmlTGxMz09> <https://us02web.zoom.us>

Passcode: 440603

Participe en este taller para aprender cómo proteger la privacidad de sus datos en las redes sociales y cómo salir de diferentes escenarios intimidantes. Conozca opciones sobre seguridad para que pueda aprovechar los beneficios que el Internet ofrece. ¡No hay mejor momento para aprender que ahora!



**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

IMPORTANT DATES TO REMEMBER IN

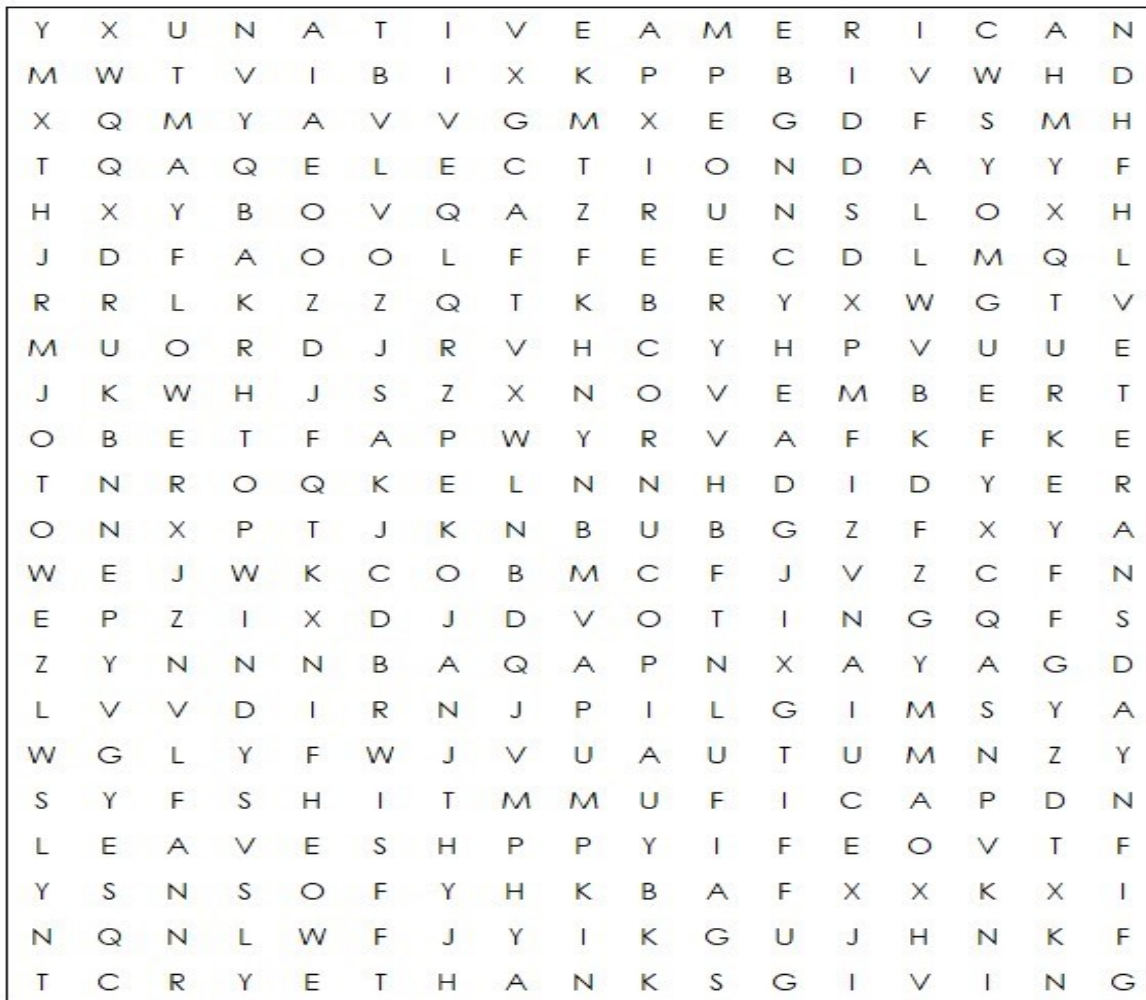
November

- 1st – All Saints Day
- 3rd – Sandwich Day
- 3rd – U.S. General Election Day
- 7th – Book Lovers Day
(first Saturday of the month)
- 10th – Young Readers Day
(second Tuesday of the month)
- 11th – Veterans Day
- 13th – World Kindness Day
- 17th – World Peace Day
- 21st – National Adoption Day
(Saturday before Thanksgiving)
- 23rd – Eat a Cranberry Day
- 26th – Thanksgiving!
- 27th – Black Friday!



Name: _____

November Word Search



NOVEMBER
CORNUCOPIA
AUTUMN
MAYFLOWER
ELECTION DAY

FALL
PILGRIMS
PUMPKIN
THANKSGIVING
VETERANS DAY

VOTING
WINDY
NATIVE AMERICAN
TURKEY
LEAVES



© Monsterwordsearch.com

Anderson's favorite Proteins (on Page 15)

A: Salmon B. Almonds C. Tuna D. Eggs E. Chicken Breast



with

Getting Started with

Education

Ancestry Library Edition

10 a.m.

Tue, Nov 16 - 10 a.m.

Library Card? gives you free

Do you have a Palm Beach County Did you know that your library card

access to Ancestry Library Edition?
 Palm Beach County Librarian, Jayme B
 demonstrate how to navigate the
 genealogy research tool. (60 min)

access to Ancestry Library Edition?
 Palm Beach County Librarian, Jayme B
 demonstrate how to navigate the
 genealogy research tool. (60 min)

[BCLSAncestry](https://bit.ly/BCLSAncestry)

Preregister at <https://bit.ly/BCLSAncestry>



Travel Tips!

Going Somewhere this Holiday Season...



Social Distancing for Infectious Disease

Florida Department of Health · FloridaHealth.gov

Social distancing measures are taken to restrict when and where people can gather to stop or slow the spread of infectious diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

Protect yourself and your community.

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. If you don't have soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol. Avoid close contact with people who are sick, and stay home when you're sick.



Change your daily habits.

Avoid shopping at peak hours and take advantage of delivery or pick-up services with retailers.



Work with your employer.

Cooperate with leadership to change company practices, set up flexible shift plans, have employees telecommute, and cancel any large meetings or conferences.



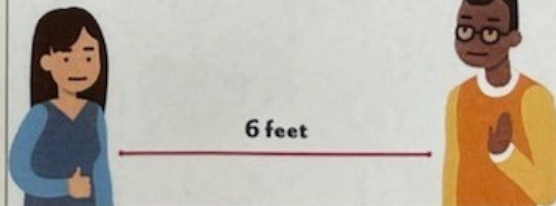
Look for communications from universities and colleges:

Regarding suspending classes, going to web-based learning and canceling all large campus meetings and gatherings.



Stay within six feet of other people.

Avoid shaking hands as a social greeting.



Avoid public transit if possible.

Don't travel to areas with active outbreaks.



Avoid crowded places.

Sporting events, community festivals, and concerts



Learn more:

tinyurl.com/CDCgatherings
tinyurl.com/FLcdcprevention

Florida Health Office of Communications 03-05-20

West County Staff Photos



Vlad Gawlikowski
Center Manager Contact
561-357-7110
vgawlik2@pbcgov.org



Claudia Garzon
Meal Site Contact
561-357-7146
CGarzon@pbcgov.org



Verna Edwards
Case Manager I
561-355-4719
Vmedward@pbcgov.org



Nickenson Dumercy
Veterans Services Officer
561-357-7112
NDumercy@pbcpsc.org



Renee Buckle
Volunteer Coordinator
561-992-1049
Rbuckle@pbcgov.org



Jose Zayas
Adult Day Care Contact
561-357-7135
JZayas@pbcgov.org

“November Quotes”

“In this Veteran’s Day (November 11) we stop and are thankful for all those who have fought in wars so that we may all enjoy our freedom. The bravery and risk that these men and women took will not be forgotten.”

Catherine Pulsifer

“In November, people are good to each other . . . They travel very far on a special November day just to share a meal with one another and to give thanks for their many blessings.”

Cynthia Rylant

“Don’t wait until the fourth Thursday in November, to sit with family and friends to give thanks. Make every day a day of Thanksgiving!”

Charmaine J Forde

“The month of November makes me feel that life is passing more quickly. In an effort to slow it down, I try to fill the hours more meaningfully.”

Henry Rollins

“November is auspicious in so many parts of the country: the rice harvest is already in, the weather starts to cool, and the festive glow which precedes Christmas has began to brighten the landscape.”

F. Sionil Jose

The thinnest yellow light of November is more warming and exhilarating than any wine they tell of. The mite which November contributes becomes equal in value to the bounty of July.”

Henry David Thoreau



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

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OUR MISSION

To promote independence and enhance the quality of life in Palm Beach County by providing effective and essential services to residents in need.

OUR VISION

A community where all residents of Palm Beach County have the resources and opportunities to achieve their full potential.

OUR VALUES

- Respect
- Equity
- Compassion
- Integrity
- Professionalism
- Empowerment

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.

Administrative Offices

810 Datura St., Ste. 300, West Palm Beach, FL 33401 | Phone: (561) 355-4746 | Fax: (561) 355-3222



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