

# Senior Times

Senior Centers Newsletter - September 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 Centers 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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Palm Beach County  
**COMMUNITY  
SERVICES**

Helping People Build Better Communities

## VIRTUAL PROGRAMMING

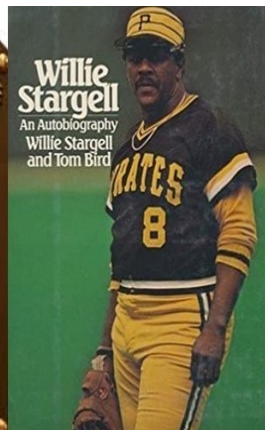
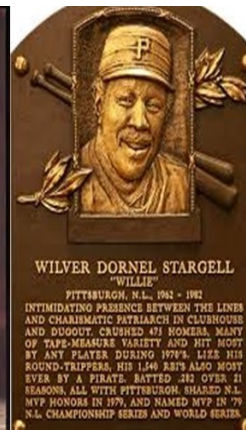
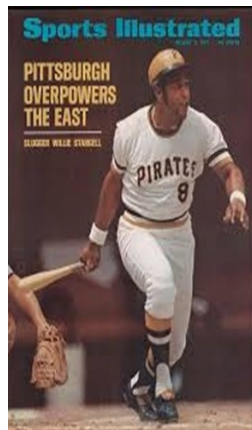
As we continue to practice safety and social distancing, we are happy to continue a variety of fun classes through Virtual Programming. A detailed class schedule for the month of September is on page 2.

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 septiembre 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.



## September Quote of the Month

“I love September, especially when we are in it!”  
Willie Stargell, Professional Baseball Player



# 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.



<b>Monday:</b>	Easy Exercise	9:30am - 10am
	Virtual Bingo	11am - 12noon
	Tai-Chi	11am - 12noon
<b>Tuesday:</b>	Boosting Your Immune System <i>(held in English on September 21st)</i>	11am-12noon
	Emergency Rental/Utility Assistance <i>(WebEx Code on Page 7)</i>	12pm - 1pm
	Seniors in Technology	1pm - 2pm
	Boosting Your Immune System <i>(held in Spanish on September 21st)</i>	1pm - 2pm
<b>Wednesday:</b>	Poetry Club - Spoken Word	11am - 12noon
	Spanish Book Club <i>(1st &amp; 3rd Wednesdays)</i>	3pm - 4pm

# 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.



<b>Thursday:</b>	<b>Veteran's Coffee Talk</b>	10am - 11am
	<i>(Held on Zoom 9/9 and 9/23)</i>	
	<b>Manager's Corner</b>	11am - 12noon
	<b>Tai-Chi</b>	11am - 12noon
	<b>Health &amp; Wellness Tips</b>	1pm - 2pm
	<b>Home Improvement Talk w/ Wil</b>	2pm - 3pm
<b>Friday:</b>	<b>Easy Exercise</b>	9:30am - 10am
	<b>Game Hour</b>	1pm - 2pm
	<i>(Home Scavenger Hunt / Trivia / Pictionary / Taboo)</i>	
<b>Special Classes:</b>	<i>(Offered only once during month)</i>	
Wed. 9/8	<b>Virtual Painting</b>	<i>(must pre register with Mid County)</i>
Wed. 9/22	<b>Medicare 101</b>	<i>(WebEx)</i>

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



*Hello all from Susan. We hope everyone is staying safe and happy. I recently attended a virtual conference on nutrition and I would like to share with you a brief thought about nutrition in today's world that was discussed. Not only can we select food that is healthy for ourselves and our families, we can also consider selecting food that is healthy for our planet. Food that is healthy for our planet meets our immediate nutritional needs but also does not hurt the ability of future generations to meet their nutritional needs. Eating meatless meals is one way to address this concern. Have you tried any vegetarian recipes lately? Want to try out a vegetarian version of spaghetti with meat sauce? This dish is easy to make and tastes delicious!*

## Italian Style Lentil Bolognese with Pasta

Serves: 4 portions      Time: approx. 30 minutes

1 cup black, French or other lentils (dry)	2 tablespoons oil
1 medium onion, finely chopped	3 cloves garlic, finely chopped
1 medium parsnip or carrot, finely diced	1 tablespoon paprika
2 teaspoons dried basil	1 teaspoon dried oregano
1 pinch chili flakes (optional)	1 tablespoon tomato puree
1 14.5 ounce can crushed tomatoes, low-salt	2 cups end of cooking if needed)
½ cup milk (authentic ingredient in Italian Bolognese Sauce - you can leave it out if desired)	
Salt & pepper to taste	

**Instructions:** Peel and finely chop onion, garlic and parsnip (or carrot). In a large pot sauté onion in oil on medium high heat for a few minutes. Add garlic, paprika, dried basil, oregano and chili flakes. Add tomato puree, canned tomatoes, water and vegetable broth to pot and stir. Add the diced parsnip or carrot to sauce and stir. Simmer sauce for approximately 20-25 minutes. Taste lentils and parsnip to make sure they are cooked through. If they are still too hard, continue to simmer until they are soft. Turn off heat and add milk slowly. Stir vegetable broth 1/3 to 3/4 cup water (start with 1/3 cup and add more water at and add additional salt and pepper if needed. Prepare water for pasta and bring to boil. Add pasta and salt and boil until al dente. Serve Lentil Bolognese Sauce with pasta. Enjoy!



**CAN U GUESS?** Can you guess Lani's TOP 5 healthy vegetable choices... Correct answers located on page 8..



# MID COUNTY SHOUT OUTS



# VOLUNTEER APPRECIATION

Renee Henry - Volunteer Coordinator

## Division of Senior & Veteran Services (DSVS) Volunteer Happenings

DSVS would like to recognize Mattie Willis as the VOLUNTEER OF THE MONTH for her outstanding services.

Mattie continues to provide socialization and positivity to DSVS clients and the seniors throughout her senior community by providing daily telephone reassurance calls and assisting seniors in the Glades with local resources when they are in need.

A heartfelt thank you to Miss Willis!



*“My aspiration is to make the Glades community as place where seniors love to live.”*

Mattie Willis, WCSC Volunteer

Monthly Volunteer Quote:

*“Volunteering is at the very core of being human. No one has made it through life without someone else’s help.”* Heather French Henry





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

**APPLY  
ONLINE**

[WWW.RENTALASSISTANCEPBC.ORG](http://WWW.RENTALASSISTANCEPBC.ORG)  
[PBCGOV.COM/OSCARSS](http://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

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

*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**

### 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](http://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](http://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](http://www.rentalassistancepbc.org).  
For more information, contact CSD's Contact Center at (561) 355-4792.



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

County Administrator  
Veronica C. Baker

*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](http://WWW.RENTALASSISTANCEPBC.ORG)

[PBCGOV.COM/OSCARSS](http://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](http://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](http://WWW.RENTALASSISTANCEPBC.ORG)

[PBCGOV.COM/OSCARSS](http://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:  
ASISTANS 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 kominatè nou yo.

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



# Onsite Vaccine Clinics

Getting immunized doesn't just protect you. It protects those around you, too. Vaccines prevent the spread of illness to the very young, very old, and those who are at risk. When you get a flu shot and other vaccines, you're helping to keep others safe.

Palm Beach County Board of County Commissioners will be hosting free\* vaccine clinics for employees. To register for an appointment:

<https://www.surveymonkey.com/r/PBCvax>

*(All who register will be assigned a 15-minute appointment window to allow for social distancing.)*

Vaccine-preventable diseases are still a threat.

Vaccination is the best

# protection.

For more information about immunizations, visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

*\*All Cigna insured BCC employees are eligible for **free** vaccines. Others may also be eligible, but should check with their insurance to verify coverage.*

## Vaccines Available Onsite:

Flu Shot  
Shingles  
Tdap  
Pneumonia  
Covid-19



### Airport Center

Wednesday, Sept. 15

8:00am

1<sup>st</sup> Floor Training Room

100 Australian Ave

West Palm Beach, FL 33406



### Vista Center

Tuesday, Sept. 22

8:00am

1<sup>st</sup> Floor Hearing Chambers

2300 N Jog Rd.

West Palm Beach, FL 33411



### Governmental Center

Thursday, Sept. 30

8:00am

12<sup>th</sup> Floor McEaddy Room

301 N Olive Ave

West Palm Beach, FL 33401



# Palm Beach County Veteran Services

Andy Reese - Veterans Services Officer



## Question: Will the VA pay for my homecare?

Unfortunately the answer is no. The VA does not reimburse for home care, assisted living or adult day care. There is a great deal of misinformation on the internet on this topic. Don't believe everything you read.

There are however, two benefits that might be able to help with long term care needs. First, the Home Based Healthcare program may be able to provide limited in home care for certain qualified Veterans. Home based care is provided by the VA Health Care system to assist Veterans that can't travel to and from their VA facility. Your primary care provider at the VA will be able to provide details and determine if you could be eligible.

Second, the VA pension is a low income benefit payable to qualified wartime Veterans and their widows. A Veteran MUST have served during a war time period to be eligible. There are enhancements depending on the health care needs of the Veteran/widow. The pension funds go directly to the Veteran/widow to use however they choose. Again, this is a low income program and the applicant will have to demonstrate a financial need.

Please see your Palm Beach County Service officer if you have any questions about Home Based Care or the VA Pension.

North County: Greg Dover (561) 355-4720

Mid County: Carmen Krowel (561) 355-4762

Main number: (561) 355-3084



# NORTH COUNTY SHOUT OUTS!



"Missing all the fun times at the Senior Center with all of you!"

Heather C.

"Hey everyone!  
We hope that you are staying happy, healthy, and safe. We hope to see you very soon!"

Jillian L.

"Hoping everyone is doing well and staying safe. We miss you all tons and can't wait to see you again- soon when it is safe to do so!" Karen M.

" Were Waiting for The Reunion Hope your safe... Miss you guys"

Paul M.



"Hey....where is everyone? I hope everyone is staying safe and wearing your MASK." Wil B.

"Hoping to see you all soon, to have some fun at the Senior Center!"

Lourdes V.

"These times have not been easy and we feel for your struggles. We miss your presence and want you to stay safe and active any way you can." Anderson P.





# MANAGER'S CORNER

JOIN US ONLINE EVERY THURSDAY @ 11am!

*(Please note that Senior Centers are currently closed, but will reopen soon)*



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 Melinda Estime, Assistant Manager



## Community Services - Senior & Veteran Services

Faith Manfra (Division Director III)

Vlad Gawlikowski (Recreation Programs Coordinator)



# SEPTEMBER

S K O O B S T N L E R S  
I L A B O R D A Y U Q T  
O S O N E R E O M H Y A  
L C H A B E L E E O L S  
E W A C O R N H Z M V D  
A O P U K Z F T W E A N  
V L P D E R L V K W E E  
E L L T S O R R R O S I  
S E E U O E N A O R Q R  
O Y S H O F I M S K R F  
L R C M B A E H U E D O  
T S E V R A H S K T A R  
A F A L L N D A E L U B  
C O N L E R R I U Q S A

ACORN  
APPLES  
AUTUMN  
BOOKS

BREEZE  
FALL  
FRIENDS  
HARVEST

HOMEWORK  
LABOR DAY  
LEAVES  
RAKE

RED  
SCHOOL  
SQUIRREL  
YELLOW

Mystery Top 5 Fruit Answers from Page 4...  
Sweet Potato / Asparagus / Tomato / Squash / Mushroom

## IMPORTANT DATES TO REMEMBER IN

# SEPTEMBER

6 Labor Day

11 Patriot Day

12 Grandparents Day

16 Stepfamily Day

20 Respect for the Aged Day

21 Peace Day

22 Autumn Begins

24 Native American Day





# WEST COUNTY SHOUT OUTS



**"Stay safe and productive."**

**"Thank you to all of our volunteers... You Rock!"  
Renee B.**

**"Team work makes the dream work!" Carolyn G.**

**"Special Thanks to Ms. Donna Bell, Ms. Jackie Radcliffe, and Ms. Mattie Willis to all of your contributions to the senior center! We appreciate you!"  
Melinda E.**





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**



**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



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

**County Administrator**  
 Verdenia C. Baker