

Senior Times

Senior Centers Newsletter - October 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 October 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 octubre 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.



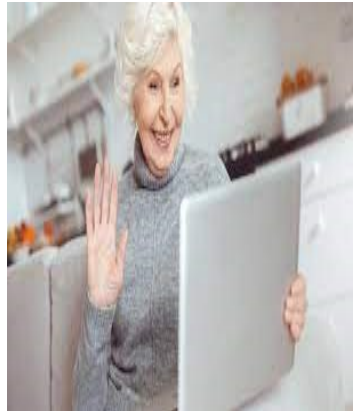
October Quote of the Month

“All things on earth point home in old October; sailors to sea, travelers to walls and fences, hunters to field and hollow and the long voice of the hounds, the lover to the love he has forsaken.” — Thomas Wolfe



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

*If you have any suggestions for November...
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
Veteran's Coffee Talk	10am - 11am
<i>(Held on Zoom 10/14 and 10/28)</i>	
Manager's Corner	11am - 12noon
Tai-Chi	11am - 12noon
<i>(Tai-Chi class is held on Zoom)</i>	
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
<i>(Home Scavenger Hunt / Trivia / Pictionary / Taboo)</i>	

Special Classes: *(Offered only once during month)*

Wed. 10/6 **Enjoy Healthy Food** *(see flyer on page 5)*

Mon. 10/18 **Hypertension & Covid by Trustbridge**
English @ 11am / Spanish @ 1pm (register with Mid County)

Wed. 10/20 **Quick, Healthy Meals** *(see flyer on page 11)*

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

It's a Good Time.....

Es un buen momento.....

Prepared by Susan Koester, RD, LDN
Palm Beach County Senior & Veteran Services
Nutrition Education Series, Sept. 2021



To Apply for SNAP Benefits!

Para solicitar los beneficios de SNAP!

- It doesn't cost you anything. Why not try?
- If you qualify, you get a plastic debit card that gets money automatically added to it every month to use for groceries.
- You use the card just like a debit card at the store cash register or for online orders.
 - Applying for SNAP is private.
 - *No cuesta nada. Porqué no intentarlo?*
- *Si califica, usted recibirá una tarjeta de debito a la cual se le añade dinero mensual automaticamente para usarlo en comestibles.*
- *Utilizará la tarjeta como una tarjeta regular de debito en la registradora de su tienda o en órdenes en línea.*
 - *Aplicar para SNAP es privado.*



To find out more *Para obtener mas información*

Call The Area Agency on Aging (866)684-5885 or The Palm Beach
County Food Bank (561)670-2518 or United Way Info Line 211

UF/IFAS Extension Family Nutrition Program



Learn to move and eat well!

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



Wednesday, October 6, 2021

10:00 to 11:00 AM

ZOOM PRODUCTION... “Enjoy Healthy Food That Tastes Great”

<https://ufl.zoom.us/j/98255646022?pwd=RytQbUxHU3d1WmJuZzRsZlV6TTMxUT09>



Partnership Contact:

Vlad Gawlikowski
Palm Beach County
Recreation Program Coordinator
Email: vgawliko2@pbcgov.org
Phone: (561) 355-4733

*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.*

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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

Volunteer Corner: Celebrate Giving Back!



Monthly Volunteer Quote:

"We make a living by what we get, but we make a life by what we give" Winston Churchill



Introduction to Genealogy

Tue, Oct 19 - 10 a.m.

Have you always been interested in learning more about your family history, but didn't know where to start? Jayme Bosio will provide tips for getting started on your family research. Presented by the Palm Beach County Library System via Zoom (60 min.)

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





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

*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
- 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 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

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:
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 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.

DID YOU KNOW

OCTOBER IS NATIONAL BREAST AWARENESS MONTH

Did You know:

- **Breast Cancer is the most common cancer amongst women throughout the world**
- **1 in every 8 women will receive a Breast Cancer Diagnosis**
- **Every 2 minutes a woman is diagnosed with Breast Cancer**
- **A woman dies from breast cancer every 13 minutes**
- **1 in every 1000 men will receive a Breast Cancer Diagnosis**
- **In the US about 400 men will die from Breast Cancer each year**
- **Only 5-10% of individuals diagnosed with Breast Cancer will have a family history of the disease.**
- **Drinking alcohol increases an individual's chances of Breast Cancer**
- **Both women and men with a history of Cancer should have an annual mammogram**
- **Everyone should do a Self-check exam monthly, be sure to contact your primary physician if you find anything unusual.**

Palm Beach County Veteran Services

Andy Reese - Veteran Services Officer



What is VA Aid & Attendance?

Aid & Attendance is an enhancement used to increase an existing VA monetary benefit. What a mouth full! Let's see if we can simplify this a little.

If a Veteran is receiving a VA monetary benefit, they get money from the VA, for a service connected disability or a low-income pension, AND they need the aid of someone else, they might be entitled to an increase in their benefit.

The Veteran's aid must provide at least two "Activities of Daily Living." For example: help going to the bathroom, help feeding, help with dressing, or help with mobility.

"Aid & Attendance" is a phrase used a lot to describe the VA wartime pension. Aid & Attendance is NOT a stand-alone program. When used with the VA pension a Veteran or qualified widow must meet the financial qualifications for the pension before Aid & Attendance can be added. Aid & Attendance is paid directly to the Veteran/widow, NOT to a homecare provider, agency or assisted living facility.

See your Palm Beach County Service office if you have any questions about Aid & Attendance...

North County: Greg Dover, (561) 355-4720

Mid-county: Carmen Krowel, Nick Dumercy (561) 355-4762

Main number: (561) 355-3084



UF/IFAS Extension Family Nutrition Program



Learn to move and eat well!

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



Wednesday, October 20, 2021

10:00 to 11:00 AM

ZOOM PRODUCTION... “Quick, Healthy Meals and Snacks”

<https://ufl.zoom.us/j/96153716069?pwd=TTFYcFNxTORZZlhUZTQ3Tm5CZINKUT09>



Partnership Contact:

Vlad Gawlikowski
Palm Beach County
Recreation Program Coordinator
Email: ygawliko2@pbcgov.org
Phone: (561) 355-4733

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TTY/TTD/FRS dial 711.*

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Supplemental Nutrition Assistance Program – SNAP.
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SENIOR CENTER FLASHBACK!

North County Senior Center

Thank you everyone for bearing with us and trying to be as patient as possible. Here is a blast from the past of our 2019 Halloween Costume Contest



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

OCTOBER



E S U O H D E T N U A H
 Y J R S B L A C K C A T
 T A T L N E R S T N A L
 R C A N D Y S A C E R E
 A K N A C T C U R G E S
 P O T I O N A T N N R N
 N L D L K C R M O A S I
 I A Y B S O E E O R E K
 G N B D K S D J M O B P
 H T E C T T C A L T A M
 T E I S A U S K L N T U
 S R A T C M O O U A S P
 T N Y P E E R C F L D S

BATS
 BLACK CAT
 CANDY
 COSTUME

CREEPY
 FULL MOON
 HAUNTED HOUSE
 JACK-O-LANTERN

NIGHT
 ORANGE
 PARTY
 POTION

PUMPKINS
 SCARED
 SEEDS
 TRICK OR TREAT

Mystery Food Challenge Answers...

A: Mahi B: Chicken C: Pork/Apples D: Pinto Beans E: Black Beans
 F: Red Snapper G: Beans & Rice H: Turkey
 I: Chicken (bone in) J: Vegetarian Tofu

**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

OCTOBER

1 International Day of Older Persons

This occasion was first observed on October 1, 1991 by all United Nations member states to raise awareness about issues affecting the elderly as well as to appreciate the contributions that older people make to society, according to the Wikipedia page, “International Day of Older Persons”.

1-7 Elderly Filipino Week

A week-long celebration in the Philippines, as per Presidential Proclamation to emphasize the important role of older people in nation building, as well as to raise awareness, and to address issues concerning this sector. The Department of Social Welfare and Development (DSWD), Department of Health (DOH), PhilHealth, local government units (LGUs), senior citizen government agencies organize activities for the elderly.

13 Mother-In-Law Day

Daughters-in-law of senior mothers of your husbands, regardless of your relationship with your mother-in-law, would it not be awesome to remember her at least once a year, every fourth Sunday of October, for her role in your and your husband’s life? It was first celebrated on March 5, 1934 in Amarillo, Texas, USA, by the editor of the Amarillo newspaper.



FOOD CHALLENGE

Can You Guess Paul & Alnita's Top Proteins?

(answers on Page 10)



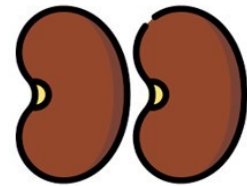
A



B



C



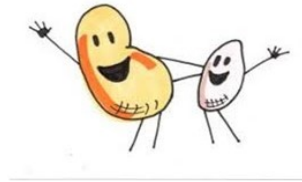
D



E



F



G



H



I



J

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.



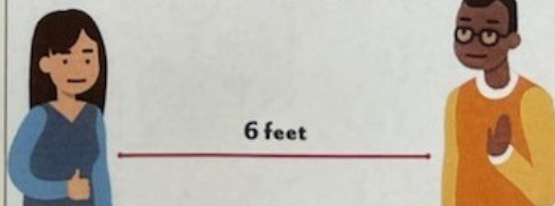
Look for communications from universities and colleges:

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



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