Healthy, Safe & Strong
DROWNING PREVENTION
HOT CAR CHILD SAFETY
SUMMER READING FOR KIDS

WHERE TO WATCH PBC TV:

<table>
<thead>
<tr>
<th>Service</th>
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<tr>
<td>Comcast® Xfinity®</td>
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LIVE COVERAGE
Board of County Commissioners
Watch Every Meeting LIVE!

Commissioner Spotlight
County Connection
Adopt A Friend
The “561” and On20 with Leilani Yan

How to Become a Palm Beach County Vendor
Special Edition

Samuel Nelson Remembrance
Palm Tran Bus Operator Graduation
PBC TV Presents

Anna Stewart, Drowning Prevention Coalition Manager
Bambi Fanto, Drowning Prevention Coalition Coordinator
Drowning Prevention Coalition of Palm Beach County

Watch live online or view our latest online programs anytime on demand at www.pbcgov.com
### JULY 2022

#### SUNDAY
- **Meetings**
- **STARTING AT 6:00PM or Storm Watch**
- **JULY 11 SUNDAY MORNING MTG**
- **JULY 17 COMM ON ETHICS MTG**
- **JULY 29 BCC ZONING HRG**

#### MONDAY
- **Community Bulletin Board**
- **STARTING AT 6:00PM or "The "561"**
- **JULY 17 COMM ON ETHICS MTG**
- **JULY 19 BCC WORKSHOP**

#### TUESDAY
- **Community Bulletin Board**
- **STARTING AT 6:00PM or Special Edn: OCEO**
- **JULY 19 BCC BOARD MEETING**

#### WEDNESDAY
- **Community Bulletin Board**
- **REGULAR SCH BRD MTG**
- **JULY 19 BCC BOARD MEETING**

#### THURSDAY
- **Community Bulletin Board**
- **MEETING REPLAYS**
- **7/19 BCC BOARD MEETING**

#### FRIDAY
- **Community Bulletin Board**
- **MEETING REPLAYS**
- **7/19 BCC BOARD MEETING**

#### SATURDAY
- **Community Bulletin Board**
- **MEETING REPLAYS**
- **7/19 BCC BOARD MEETING**

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### January 2023

#### SUNDAY
- **Meetings**
- **STARTING AT 6:00PM or Storm Watch**
- **JULY 11 SUNDAY MORNING MTG**
- **JULY 17 COMM ON ETHICS MTG**
- **JULY 29 BCC ZONING HRG**

#### MONDAY
- **Community Bulletin Board**
- **STARTING AT 6:00PM or "The "561"**
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#### SATURDAY
- **Community Bulletin Board**
- **MEETING REPLAYS**
- **7/19 BCC BOARD MEETING**

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### Programs are subject to change.

#### Storm Watch

Think you’re prepared for the 2022 Hurricane Season? Tune in for tips on how to make sure you’re ready to weather the storm. Also, want to know what we’ve been up to? You’ll get a super rare glimpse inside a few of the Emergency Operation Centers spread across Palm Beach County. These hardwired structures become the disaster nerve center when catastrophe strikes. Join us for this "Storm Watch.”

Air Mondays at 9:30am, Tuesdays at 9:00am, Wednesdays at 7:30pm, Thursdays at 7:00pm and Fridays at 2:30pm.

#### Behind the Star

On this month’s episode of “Behind the Star,” find out how you can be a part of the Volunteer Emergency Response Team. This unit operates 24/7 and trains quarterly. And you’ll see why the Palm Beach County Sheriff’s Office is proud of its’ Motors Unit. It’s getting some well-deserved recognition for receiving the Distinguished Service Award from the Traffic Safety Council of Palm Beach County. Tune in for more on their work and how to keep Palm Beach County roadways safe for all.

Air Mondays at 8:00pm, Tuesdays at 7:30pm, Wednesdays at 6:00pm, Thursdays and Fridays at 9:00am, Saturdays at 2:30pm and Sundays at 1:00pm.

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### Health, Safe & Strong

As a parent, you know especially, summertime is fun time. And with the sun, the heat, the water, comes a need to be extra careful - especially with kids. Join Kitty Lundan as we learn about the dangers of children left in hot cars. Then learn all about drowning prevention. And if you need to break from the outdoors, reading with kids is great way to spend the summer at the library. Right now, the Children’s Services Council is giving away 100,000 books.

Air Mondays at 9:30am, Tuesdays at 9:00am, Wednesdays at 7:30pm, Thursdays at 7:00pm and Fridays at 2:30pm.
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<td>7/7 Zoning Comm. Hearing</td>
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<td>9:30 AM BCC Board Meeting</td>
<td>6:00 PM REPLAY 7/12 BCC Board Meeting</td>
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The Drowning Prevention Coalition (DPC) was established in 1996 to reduce drowning, non-fatal drowning and other water-related incidents by educating the public on water safety and basic rescue techniques. Funded by the Palm Beach County Board of County Commissioners and the Children’s Services Council of Palm Beach County, the DPC is housed and managed by Palm Beach County Fire Rescue. The Coalition is partnering with Channel 20 to provide educational programming to Palm Beach County residents on how to be water safe and water smart year-round.

The DPC is a primary resource for all Palm Beach County residents’ and visitors’ water safety needs. We offer information about local pools, layers of protection, swim instruction and life guarded areas.

The DPC is committed to extending the reach of our water safety educational initiatives through services provided to our residents. These services include, but are not limited to: virtual and land based water safety education, providing free/reduced cost swimming lessons to qualified families and guiding groups and special needs programs to area swimming lessons.

David DeRita, NAFI-CFEI, MIAAI, MIFMA
Division Chief / Fire Marshal

Funded by the Palm Beach County Board of County Commissioners & Children’s Services Council of Palm Beach County
Drowning Prevention Coalition is managed by Palm Beach County Fire Rescue
Message to Readers,

Drowning does not discriminate. Regardless of age, race, gender, socioeconomic background or swimming capability, a drowning incident can occur at any time.

The Florida Department of Health states “drowning is everyone’s responsibility.” Within seconds, water can be dangerous and deadly. It only takes up to two inches of water for a person to drown. In the case of a water related incident, it’s important to know what to do.

Did You Know?

• Every day, about 10 people die from unintentional drowning. (Centers for Disease Control and Prevention)

• Florida leads the country in drowning deaths of children ages 1-4. Annually in Florida, enough children to fill 3 to 4 preschool classrooms drown before their fifth birthday. (Florida Health Department)

• In Palm Beach County, adults aged 20-25 have the highest drowning rate based on population, followed by seniors 75+ and children ages 1-4 from 2016-2019. (Drowning Prevention Coalition)

• Palm Beach County averages 48 drowning deaths per year. (Drowning Prevention Coalition)
Adult Water Watcher During Gatherings

- Rotate responsibility with other sober adults every 15 minutes, if possible *(wear identifying object).*
- Watch the body of water without distraction. *(e.g., No cell phone, reading, talking or eating)*
- **Learn to Spot a Drowning Victim:**
  - **Silent** - There is no spare breath to call for help.
  - **Bobbing up and down** - Mouth sinks below the water’s surface, pops up just enough to breathe and sinks back down.
  - **Stiff-armed** - Instead of waving for help, arms are out to the side, hands pressed down on the water to keep afloat. Cannot even reach out to grab a life preserver.
  - **Still** - No kicking, body will be straight up and down, almost like standing in water.

Always Swim in Front of a Lifeguard

- Palm Beach County has many lifeguarded bodies of water to enjoy. Seek out these areas first!

Adaptive Aquatics*

Those with Autism and related disabilities are more susceptible to drowning, hence, the need for swim lessons.

- Ensure instructor has the necessary qualifications to teach adaptive aquatics.
- If a child goes missing, **Call 911** and search nearby bodies of water; caregivers need to stress the importance of water dangers to child(ren).
- Inform first responders of the special needs individual at residence.

*Appropriate aquatic instruction and programing for individuals with disabilities.
Bathroom Safety
• Never leave a child alone in the bathroom, especially while bathing.
• Keep toilet lids closed and buckets upside down.
• Always drain bathtub after use.
• Test bath water with inside of wrist to ensure water is warm and not too hot.

Backyard Safety
• Have layers of protection and rescue equipment. (e.g., shepherd’s hook, life ring, fencing with self-latching, self-locking gate, pool alarm, gate alarm, and door alarm)
• Be on guard, if there is an emergency, Call 911; Reach a long object out to the person in trouble, while lying down on the ground; Throw an object that floats out to the person; Don’t Go jumping in after someone if they are drowning, because they can drown you.
• Above ground pools, remove ladders when not in use and any toys laying about.
• Teach children to stay out of dirty water (e.g., lakes, ponds, and canals). These locations contain bacteria, animal waste, debris, and other hazards.
Beach Safety

- Escape rip currents. Don’t fight, swim left or right or float and yell for help.
- Know color of flags (Red, Yellow, Green, Purple).
- Always swim at a lifeguarded beach.

Boating Safety

- Always wear properly fitted, U.S. Coast Guard approved life jackets.
- Designate a sober skipper.
- Share your trip itinerary (float plan) with friends/family in case of emergency.
- Always keep an eye out for divers and their flags along with marine life.
- Have an Emergency Position Indicating Radio Beacon (EPIRB) on board to notify rescue personnel of your position, in case of an emergency.
Cardiopulmonary Resuscitation - CPR or Automated Electronic Defibrillator (AED)
IMMEDIATELY PHONE 911 AND BEGIN CPR

**Please note:** For a trained lay rescuer who is able and for all healthcare providers, the recommendation per the American Heart Association remains for the rescuer to perform both compressions and ventilation on a drowning victim (rescue breaths).
Classes in Swimming for Children and Adults - Never Too Late to Learn

- There are different programs available: survival swim lessons, individual swim lessons and learn to swim programs. It is up to the consumer to do the research and figure out what is best for themselves or family.
- Many are available starting at 6 months of age.
- Use a water safety instructor with proper credentials.
- Free/reduced cost swim lessons are offered through Drowning Prevention Coalition of Palm Beach County.

Classes in Swimming

Find an aquatic facility in your area for water safety swim lessons.

Swimming lessons do not replace barriers, such as pool fencing and alarms.
Swimming lessons are not a substitute for adult supervision and vigilance.

Before signing up for swim lessons, consider the following:
- Avoid programs that claim to offer drown proofing techniques. Everyone is susceptible to drowning even if they know how to swim.
- Only choose programs that offer swim instructors certified by a nationally recognized program as required by the Florida State Statutes.

Note: Water Safety Lessons do not “Drownproof” a child. Continue with lessons throughout the year to enhance life saving skills. Please call the aquatic facilities on the next 2 pages regarding information on days and times of lessons.
Drain Safety
• Have compliant drain covers per Virginia Graeme Baker Pool and Spa Safety Act. Not sure if your pool drain is in compliance? Is your pool missing a drain cover? Check with a certified pool professional for more information.
• Stay away from all pool and spa drains to prevent suction entrapment.
• Confirm location of emergency cut-off switch to pool pump.

Dive Safety
• Never dive head first in bodies of water less than 9 feet when you’re unsure of the water’s depth, or when you can’t visually see the bottom.
• Always dive with a buddy and use a dive flag in the ocean.
• Check weather and water conditions before every excursion.

Driving Safety
• If a vehicle enters a body of water: Stay Calm, Unbuckle Belt, Roll Down Window, Exit Vehicle.
• Have a rescue escape tool with a seatbelt cutter in close proximity. (i.e., center console, key chain, velcro to visor)
• Know whether or not side windows are laminated (not breakable) or tempered (breakable).
Lessons are for nonswimming children ages 2-12 who meet certain qualifications. Their immediate caregivers are eligible for lessons too!

How It Works

1) Resident guardian must visit www.pbcgov.org/dpc and read directions to see if their child (or children) aged 2-12 qualifies for our program.

2) If qualified, resident guardian must fill out one application per child and submit to Coalition via www.pbcgov.org/dpc.

3) Applications are reviewed on a first-come, first-served basis.

4) Resident guardian should provide email address to receive confirmation and status of the application.

Funded by the Palm Beach County Board of County Commissioners & Children's Services Council Palm Beach County

DPC is managed by Palm Beach County Fire Rescue

April 2022
Give your old American flags an honorable disposal.

HOME CHEMICAL AND RECYCLING CENTER LOCATIONS

**Lantana**
1810 Lantana Road
Lantana, FL 33462

**Belle Glade**
1701 State Road 15
Belle Glade, FL 33430

**West Palm Beach**
6161 N. Jog Road
Wes Palm Beach, FL 33412

**Jupiter**
14185 Military Trail (SWA Road)
Jupiter, FL 33458

**Delray Beach**
1901 S.W. 4th Avenue
Delray Beach, FL 33444

**Delray Beach – West**
13400 S. State Road 7
Delray Beach, FL 33446

**Royal Palm Beach**
9743 Weisman Way
Royal Palm Beach, FL 33411

PBC Residential Disposal Only. For commercial disposal, call 561-687-1100.
HEAT KILLS

NEVER LEAVE YOUR CHILD ALONE IN A CAR

LOOK BEFORE YOU LOCK

PALM BEACH COUNTY FIRE RESCUE
2022 ELECTION DATES AND DEADLINES

Primary Election

JULY 25, 2022
REGISTRATION DEADLINE
Last day to register to vote or change party affiliation.

AUGUST 8 – 21, 2022 ★ 10:00 a.m. – 7:00 p.m.
EARLY VOTING
Vote at any Early Voting location during voting hours. Visit VotePalmBeach.gov for locations and wait times.

AUGUST 13, 2022 AT 5:00 p.m.
VOTE-BY-MAIL BALLOT REQUEST DEADLINE
The last day to request that a Vote-by-Mail ballot be mailed to you is 5:00 p.m. on the 10th day before Election Day. If you miss the deadline, you may pick up a ballot in person at any of our four offices until 5:00 p.m. the day before Election Day.

AUGUST 23, 2022 ★ 7:00 a.m. – 7:00 p.m.
ELECTION DAY
Last day to vote in person and the deadline for Vote by Mail ballots to be in our Main Office by 7:00 p.m. On Election Day, you must vote at your assigned polling place.

General Election

OCTOBER 11, 2022
REGISTRATION DEADLINE
Last day to register to vote.

OCTOBER 24 – NOVEMBER 6, 2022 ★ 7:00 a.m. – 7:00 p.m.
EARLY VOTING
Vote at any Early Voting location during voting hours. Visit VotePalmBeach.gov for locations and wait times.

OCTOBER 29, 2022 AT 5:00 p.m.
VOTE-BY-MAIL BALLOT REQUEST DEADLINE
The last day to request that a Vote-by-Mail ballot be mailed to you is 5:00 p.m. on the 10th day before Election Day. If you miss the deadline, you may pick up a ballot in person at any of our four offices until 5:00 p.m. the day before Election Day.

NOVEMBER 8, 2022 ★ 7:00 a.m. – 7:00 p.m.
ELECTION DAY
Last day to vote in person and the deadline for Vote by Mail ballots to be in our Main Office by 7:00 p.m. On Election Day, you must vote at your assigned polling place.

* Last updated June 2022
Word Search
NEED TO REPLACE YOUR A/C UNIT?

Apply Here: utilityassistancepbc.org

Palm Beach County Community Services Department, through its Low-Income Home Energy Assistance Program (LIHEAP) is partnering with HVAC companies to replace outdated, inefficient, or non-functioning HVAC systems for eligible homeowners, at little or no cost. The LIHEAP Program will cover up to $15,000 for the replacement and installation of central HVAC or Window/Wall Reverse Cycle units.

TO QUALIFY:

- Must be a Palm Beach County homeowner residing in their home
- Total household income has to be at or below 60% State Median Income (SMI) or 150% Federal Poverty Level (FPL)
- Must document crisis:
  - A/C unit is inoperable/no longer heats or cools, or
  - A/C unit is at least 10 years old (must show proof of high energy bills), or
  - Client requires a controlled environment due to health (must show proof of life threatening case documented by client's physician)

For questions or technical assistance, please visit the FAQs on the website listed above, or contact our Call Center at 561-355-4792, or email us at CSDCares@pbcgov.org.
Are You A Veteran?

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

County Veteran Service Officers are veterans who have been specially trained to act on behalf of veterans, & maintain accreditation and certification through the Department of Veteran Affairs.

Services Provided
- Compensation
- Pension
- Education
- Aid and Attendance or Household Benefits
- Medical Care
- Home Loan Guaranty
- Burial Benefits
- Income Verification
- Information and Referral

State Benefits
- Homestead Tax Exemption
- State Veteran Nursing Homes and Assisted Living Facilities
- Special Motor Vehicle License Plate
- Certification of Discharge Papers
- Identification Cards
- Fishing Licenses
- Preference in Employment

Office Hours
Monday - Friday 8:00 am - 5:00 pm
Call for Outpost Locations: 561-355-3084

Administrative Office
810 Datura Street
West Palm Beach, FL 33401
CSD-VeteranServices@pbegov.org
www.pbegov.com/communityservices

JULY 2022 PBC TV PROGRAM GUIDE

Word Search Answer Key

BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 1238 WEST PALM BEACH FL
POSTAGE WILL BE PAID BY ADDRESSEE

PBC TV CHANNEL 20
PUBLIC AFFAIRS DEPARTMENT
PALM BEACH COUNTY BCC
PO BOX 1989
WEST PALM BEACH, FL 33402-9881
Please complete the information below and mail or fax to (561) 656-7523

1. What is the best way to get water safety information to you?
   - [ ] PBC TV Channel 20
   - [ ] Other TV Broadcast
   - [ ] In-Person Presentation
   - [ ] Radio
   - [ ] Newspaper
   - [ ] County Website
   - [ ] Facebook
   - [ ] YouTube
   - [ ] Twitter
   - [ ] Instagram
   - [ ] Other

2. Would you like to receive more printed information about water safety by mail?
   - [ ] Yes
   - [ ] No

3. Would you like to receive more printed information about water safety by e-mail?
   - [ ] Yes
   - [ ] No

E-mail address: ____________________________________________________________

4. How likely are you to attend a free virtual water safety presentation?
   - [ ] Very Likely
   - [ ] Somewhat Likely
   - [ ] Maybe not
   - [ ] Definitely Not

5. How likely are you to attend a free land-based water safety presentation?
   - [ ] Very Likely
   - [ ] Somewhat Likely
   - [ ] Maybe not
   - [ ] Definitely Not

6. Were you aware that a lapse in adult supervision is a major factor in why children ages 1-4 drown?
   - [ ] Yes
   - [ ] No

7. Were you aware that swimming alone is a major factor in why adults drown?
   - [ ] Yes
   - [ ] No

Comments: __________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________