

Senior Times

Senior Centers Newsletter - December 2021



Mid-County 12/2019

Happy Holidays From Our Senior Centers!

These Holidays pictures of our centers past celebrations are a reminder to what has and what will be. Though we have been closed due to COVID-19. We are happily awaiting to reopen soon. We hope the 2022 new year will allow us to reopen "your" centers and we look forward to celebrating with our community of seniors.

MID COUNTY
Monday to Friday
8:00AM-5:00PM

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

Virtual Programs

- We continue to practice safety and social distancing and are happy to continue a variety of fun classes through Virtual Programming. Details of class schedules are on page 3. If you are interested in joining us, please contact your local senior center and we will assist you on how to join in.



Happy Holidays





**Times we shared, laughed,
and loved.**



North-County 12/2019



West-County 12/2019

NORTH COUNTY
Monday to Friday
8:00AM-5:00PM
5217 Northlake Blvd.
Palm Beach Gardens, FL 33418
Phone: (561) 694-5435
Fax: (561) 694-9611

WEST COUNTY
Monday to Friday
8:00AM-5:00PM
2916 State Road #15 Belle Glade, FL 33430 Phone:
(561) 996-4808
Fax: (561) 992-1011

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.

Register with Will for Home Improvement Talk at 561-694-5436

Monday: Virtual Fitness.....9:30am to 10am
Virtual Bingo.....11am to 12pm
Tai-Chi.....11am to 12pm

Tuesday: Virtual Fitness.....9:30am to 10am
Seniors in Technology.....1pm to 2pm

Wednesday: Virtual Fitness.....9:30am to 10am
Spanish Book Club.....3pm to 4pm
(firsta and third Wednesday of every month)

Thursday: Virtual Fitness.....9:30am to 10am
Manager's Corner.....11am to 12pm
Tai-Chi.....11am to 12pm
Home Improvement Talk with Will...2pm to 3pm
(must preregister, limited to 10 participants)

Friday: Virtual Fitness.....9:30am to 10am
Game Hour.....1pm to 2pm



TECHNOLOGY CLASSES FOR SENIORS

- SMARTPHONE 101: BEST APPS FOR SENIORS
- USING SOCIAL MEDIA TO STAY CONNECTED
- BASIC FUNCTIONS OF YOUR SMARTPHONE
- CORD CUTTING: INTERNET, STREAMING SERVICES
- HEALTH AND FITNESS APPS FOR SENIORS ONLINE SAFETY
- WINDOWS 10 BASICS: EMAILING AND DOWNLOADING
- iOS iPad/iPhone 101: IOS 14
- FACEBOOK, INSTAGRAM 101
- WORKING WITH PHOTOS & BACKING UP TO THE CLOUD
- GETTING COMFORTABLE WITH ZOOM

CLASSES AVAILABLE USING ZOOM OR IN PERSON WITH SOCIAL DISTANCING

For more info or to register call (561) 344-5188 Ext 1

TDM TECHNOLOGIES INTERNATIONAL

NORTH COUNTY (Palm Beach Gardens)
(561) 694-5435 Anderson Phebe, Manager
(561) 694-5436 Wilfred Belisle, Assistant Manager

MID COUNTY (Lake Worth)
(561) 357-7156 Tina Austin, Manager
(561) 357-7109 Jacquelyn Uceda, Assistant Manager

WEST COUNTY (Belle Glade)
(561) 996-4808 Vacant, Manager
Vacant, Assistant Manager



TDM Classes for Seniors
(561)-344-5188 Ext 1

Call and speak with a senior center manager to ensure you get an invite to log on via WebEx or Zoom.



Veteran's Corner:

The holidays are upon us once again. This has been a long a trying year for us all, but take a moment to reflect on those that won't be home for the holidays.

Currently there are over 173,000 US Service men and women serving in 159 countries worldwide and on every ocean. From Africa to Antarctica, Korea to Kuwait and even in outer space our Soldiers, Sailors, Marines, Airmen and Coast Guardsmen are standing watch to ensure we are safe to enjoy the holidays.

Andy Reese –Veteran Services Officer

NUTRITION NEWS!

Happy Holidays!!! Well we finally made it to December and 2022 is just right around the corner. May this holiday season be filled with the simple pleasures of cards and calls from friends and family! While this season continues to be different than years past, we still can make it a special one.

Here are some simple, but nice ideas:

- * Write a letter to your grandkids with memories of how you spent holidays as a child.
- * Connect with your daughter or daughter-in-law and pass on a family recipe while making it together via Zoom.
- * Pull out the photo albums and share a story of a fun trip that you took with your family or a friend.
- * Call a grandkid nightly and read a bedtime story.
- * Start a pen pal with a grandkid, family member or friend.
- * Send a note to a health care worker or first responder.
- * Reach out to another senior who might be alone this season and deliver a special meal or treat to them.

Make this a season of giving and gratitude; the smallest acts of kindness can be our biggest blessings and gifts. This year we have missed each and every one of you. We are blessed to work for the greatest generation.

The entire Veteran and Senior Services Staff would like to wish you all healthy and happy holidays. We have hopes and wishes for 2022 being a year of recovery and reconnections.

Susan Koester - Senior Services Nutrition Coordinator

Have A Safe And Happy Holiday!

MID COUNTY SENIOR CENTER
Celebrated Veterans Day, with a
“Thank you” Breakfast



“CARMEN & NICK”

- WE APPRECIATE ALL YOU DO!!



RULES

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

- 1** | To be a member of the Senior Center, one must be 55 years old (60 years old for the nutrition program) or the spouse of a member. Completion of a Senior Center Registration form is required to be a member.
- 2** | A prospective member must exhibit mental and physical ability to function independently without staff or volunteer supervision while at the senior center, or must be in the care of a caregiver or aid. Senior Center staff are not responsible for the care of members after operating hours.
- 3** | Members must practice good personal hygiene and conduct themselves in an appropriate manner. Each member must act respectfully toward all members, employees, and guests in the Senior Center.
- 4** | Senior Center Manager(s) may call for the removal of any person whose behavior is deemed adverse to the health and/or safety of other persons or Senior Center property.
- 5** | Unaccompanied children under 18 years of age may not participate in Senior Center activities except during planned intergenerational activities.
- 6** | Use of the Senior Center must not violate Federal, State, County or local laws, as well as Palm Beach County Facilities Development & Operations Department Rules and Countywide Policy and Procedures.
- 7** | Senior Centers may not be used for political campaigns on partisan issues or promotion of candidates seeking election. There is no soliciting allowed on the Senior Center property.
- 8** | Those who use the Senior Centers for Club and/or Organizational meetings or social events must restore the used space to its original state in regards to the arrangement of furniture and cleanliness.
- 9** | The Senior Center is a smoke free environment. Smoking is only and solely permitted in the designated smoking area and must adhere to County PPM CW-P-036.
- 10** | Senior Center members shall not store, possess or use drugs, alcohol and/or gambling devices at the facility, nor permit others to do so.
- 11** | The Senior Center is not responsible for lost, stolen, damaged or storage of items.

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

Palm Beach County
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

To: Residential Postal Customer

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

j

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel”

Maya Angelou.....

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 MerchantMarines and other auxiliaries, in developing and filing claims and appeals with the Department of Veterans Affairs.

Become a Volunteer!

Palm Beach County Division of Senior Services (DOSS) provides 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. DOSS has over 31 years of experience helping the senior community and has been the designated lead agency to administer programs for the elderly by the Area Agency on Aging, Palm Beach/Treasure Coast, Inc. for over 25 years.

ABOUT DIVISION OF SENIOR AND VETERAN SERVICES

MISSION

Division of Senior Services' (DOSS) mission is to provide accessible and high-quality services to help seniors 60 and older attain optimal independence, and promote quality of life for seniors and their caregivers.

GOALS

DOSS goals are to administer to seniors a comprehensive range of programs that provide social and emotional well-being; to encourage independence; and to support seniors and their caregivers within the community with dignity and choice.



Palm Beach County Board of County Commissioners

- Robert S. Weinroth, Mayor
- Gregg K. Weiss, Vice Mayor
- Maria G. Marino
- Dave Kerner
- Maria Sachs
- Melissa Mckinlay
- Mack Bernard

County Administrator Verdenia C. Baker