



# Senior Times

Senior Centers Newsletter - March 2021



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

## SENIOR CENTERS

### 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

### Operating Hours

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

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## Hello Senior Center participants!

## Saludos Participantes!

### VIRTUAL PROGRAMMING

As we continue to practice safety and social distancing, we are happy to announce that we will begin a variety of classes through **Virtual Programming**.

If you are interested in joining us, please contact your local senior center manager, we will send you the link with instructions on how to join in.

### PROGRAMACION VIRTUAL

A medida que continuamos practicando la seguridad y el distanciamiento social, nos complace anunciar nuestra **Programacion Virtual** en donde presentaremos una variedad de clases virtualmente.

Si está interesado en unirse a nosotros, comuníquese con el gerente del centro para personas mayores de su localidad. Le enviaremos los enlaces y las instrucciones sobre cómo unirse.

### Reminder

Due to the COVID-19 virus, the senior centers are actively working to keep seniors safe while staying home by providing home delivered meals, resources, telephone reassurance, emergency energy assistance, and more. Please follow the guidelines of the Florida Department of Health (DOH) and the Center for Disease Control (CDC) by practicing social distancing, wearing of masks, avoiding crowded areas and regular hand washing. For additional information about the Senior Center, please contact your local center.

### Recordatorio

Debido al virus de COVID-19, los centros para personas mayores están trabajando activamente para mantener a sus miembros seguros mientras se quedan en casa, brindándoles comida, recursos, asistencia telefónica, asistencia energética de emergencia y más. Siga las pautas del Departamento de Salud the Florida y el Centro para el Control de Enfermedades (CDC) practicando el distanciamiento social, ponerse cubrecaras, evitar sitios populados y lavarse las manos regularmente. Para obtener información adicional sobre el Centro para personas mayores, comuníquese con su centro local.

## Greetings from our Staff!



2020, the year of 'The Pandemic'. The year we learned to love in ways we never thought possible. The year that family did not mean blood. The year the world came together as one, to fight a common enemy – "The coronavirus."

For me, 2020 was a symbol of life and the never-ending possibilities of survival. I am forever grateful to those that put their lives on the lines for us every day, so that we can still be here. I am thankful for the bonding of family and the endless support and love shown by friends.

Together we encouraged and uplifted one another through an unfamiliar and uncertain time. 2020 showed me how resilient we are as people, and how determined we can be when it comes to supporting and maintaining each other's mental and emotional state. We found ways to check in on love ones; we did drive by visits, social distancing, picnics, and well check video phone calls. 2020 came to destroy, but we prevailed!

I look forward to seeing everyone **VIRUTALLY** in 2021.

***Antoinette (Tina) Austin, Mid County Senior Center – Manager***

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If this past year has taught us anything, it is that our community is not immune to struggle, pandemic and fear. However, it has also reminded us of our human strength, resilience and care for one another. We have found renewed hope in each other, our family and friends, and the power to come together to overcome our fears of uncertainty. Through common ground, research, discussion and community we continue to find solutions to help one another and to share in the struggles that have engulfed us all.

Simple things to make a difference may seem trivial to us, but those little things that we do to show we care are the very things that make the most impact on us individually and those around us. From checking in on our loved ones, friends and neighbors to sending care packages to those in need, to wearing masks and social distancing, we have shown each other who truly cares for you and me. Whether we are a friend or stranger, business or patron, government or citizen our ingenuity and compassion to overcome the difficulties of this new normal have proven that our human ability to love and care for one another can never waiver and will remain a strong part of who we are. This foundation of love and compassion truly fuels our ability to seek solutions, to support the needs of our community and to work together to make a difference in these challenging times. It reminds us that even if we think we are alone in this fight, we are not alone. We are all in this together, in this beautiful community and county in which we call home.

My thoughts are with you my friends, and I cannot wait to see you all again at the Senior Center. With love and care,

***Jacquelyn Uceda, Mid County Senior Center – Assistant Manager***





## Greetings from our Staff! - Cont'd



For me the year 2020 was hard, different and interesting. Last year, my work life, social life and home life changed drastically. In the aspects of my professional life, there was a lot of days of uncertainty and worry. I was unsure of how the pandemic would affect the inner workings of my day-to-day task with seniors. I feared that with the limited activities at the Centers our seniors would isolate from the lack of social interacting and recreational activities. When it came to my social life, I too was affected with the lack of interaction. I was unable to do things that I enjoy such as going to the gym, seeing a movie or even having dinner at a restaurant. The biggest change for me came in September, when I made the decision to move from parent home into my very own. This was when I realized how the pandemic had affected me the most. Family and friends visits became video calls; there were no more family gatherings. Although times were hard I kept my head, and stayed strong minded. Stay safe everyone, take care of yourselves, be thankful for the blessings of good health.

*Anderson Phebe, North County Senior Center — Manager*

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I feared 2020 the most because none of us knew what the outcome of the coronavirus would be. The year started out with us in shambles, we experience having a shortage of supplies, individuals losing jobs and families losing loved ones. Things was out of control.

But with all of that people came together, we found ways to lend a helping hand. We found ways to communicate with friends and family. We found ways to bond.

With that being said, I am grateful for my health and strength, so I can keep hope alive for others and myself. I am also grateful for being employed by Senior Services who in my opinion has done a wonderful job of helping our Senior Community in these peril times. I will push forward and continue to follow the safety guidelines to make sure, that I stay safe and insure the safety of others and my family. Continue to care, it makes a difference in someone's life.



*Wilfred Belisle, North County Senior Center — Assistant Manager*

## Greetings from our Staff! - Cont'd



Greetings! It is worth a moment's pause to voice the unbelievable strength and unity the western community displayed over the past 12 months. The COVID 19 pandemic has undoubtedly been the defining experience of 2020, one that challenged us to embrace our blessings, forced us to be still, taught us many new and old lessons and reinvigorated our understanding of what loving our neighbor as yourself looks like.

By standing together, the West County Senior Center addressed community needs in a strategic way. We hope you, the reader, share our tremendous pride as you view the impact WE collectively had in 2020. A community building is like a team sport, and as we enthusiastically embrace this New Year. We are unbelievably grateful to have you on our team at West County.

2020 Year in Review: we are Willie A. Miller, Jr. and Melinda Estime, the Senior Center Manager and Assistant Manager respectively at West County Senior Center located in Belle Glade, FL. Since the interruption to activities at the Center and in an effort to control the spread of COVID-19 due to the pandemic, Center staff have worked diligently conducting outreach to the seniors who regularly visit the Center, in an effort to determine needs, provide assistance and make timely, appropriate referrals.

Melinda and I came together to determine how we might best be able to meet some of the needs of not only the seniors that we serve, but for the residents of the western community. In that, we are aware that many of the residents were hurting during these challenging times due to business closures, which led to lay-offs and the loss of income. We knew that for many of the residents, their number one challenge would be food insecurity.

To address this need, the Center distributed food and personal protection items such as facemasks and hand sanitizer because we knew that these items would be needed in the community at that moment in time. Staff at the Center were very much aware that the virus outbreak only served to exacerbate the needs of the community that struggled with low wages and poverty, long before the pandemic struck. To meet some of the most urgent needs of the community, the Center distributed boxes of food, personally delivered food to seniors on Fridays and distributed personal protection items to those in need. We were very grateful in that a number of area and regional merchants donated these items and made this distribution possible.

Not to mention, we proactively created a virtual exercise class for seniors to enjoy in March of 2020 and a virtual bingo activity for seniors in October of 2020 both over the radio for seniors to enjoy while sitting home and being safe. On behalf of myself and Center staff, we count it a privilege to pay it forward and give back by serving and meeting some of the needs of the community in which we work. We will continue to fill this void for as long as we have food and personal protection items that we can distribute. Our Year in Review!





# PEN PAL WANTED!

The Division of Senior Services and Veteran Services is looking to connect seniors isolated during the pandemic.

We invite senior center participants to join our  
**PEN PAL PROGRAM**  
to reconnect with old friends, make new friends and share stories during these challenging times.

If you are interested in participating in our **PEN PAL PROGRAM** contact your senior center listed below.

**Registration is FREE!**

*Letters will be delivered from and to the senior centers, not directly to the senior's residence.*

La División de Servicios para Personas Mayores y Servicios para Veteranos busca conectar a las personas mayores aisladas durante la pandemia.

Invitamos a los participantes del centro para personas mayores a unirse a nuestro  
**PROGRAMA PEN PAL**  
para volver a conectar con viejos amigos, hacer nuevos amigos y compartir historias durante estos tiempos desafiantes.

Si está interesado en participar en nuestro **PROGRAMA PEN PAL**, comuníquese con el Centro para personas mayores que se indica a continuación.

**Registro si es Gratis!**

*Las cartas se entregarán desde y hacia el centro para personas mayores, no directamente a la residencia del participante*

## Palm Beach County Community Services Department Division of Senior Services

### ADMINISTRATION

810 Datura Street, Suite 300  
West Palm Beach, FL 33401  
tel (561) 355-4746  
fax (561) 355-3222

### MID COUNTY SENIOR CENTER

3680 Lake Worth Road  
Lake Worth, FL 33461  
tel (561) 357-7100  
fax (561) 357-7114

### NORTH COUNTY SENIOR CENTER

5217 Northlake Blvd  
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Palm Beach County  
Board of County Commissioners



Palm Beach County  
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[www.pbcgov.com/communityservices/seniorservices](http://www.pbcgov.com/communityservices/seniorservices)

# PBC COMMUNITY SERVICES DEPARTMENT

## DIVISION OF SENIOR SERVICES

### Benefit Limits

Through the EHEAP program, qualifying households will receive a benefit per season of up to \$750 on a past due bill, to resolve their energy crisis. The benefit amount will depend on total household income.

Households who received LIHEAP crisis benefit during the same season will not be eligible for the benefit. Households on subsidized housing will be eligible for the benefit amount minus their utility allowance amount.

### Event-Specific Services:

#### EHEAP

Emergency electric bill assistance for Senior Citizens- Contact Phone 561-355-4746.



**Online application for all services  
including rent and utilities:**

[www.pbcgov.com/OSCARSS](http://www.pbcgov.com/OSCARSS)

#### Utilities (EHEAP)

P. (561) 355-4746

**#SaferAtHome #InThisTogether**



Palm Beach County  
Board of County Commissioners

### Límite de Beneficios

A través del programa EHEAP, los hogares que califiquen recibirán un beneficio por temporada de hasta \$ 750 en una factura vencida, para resolver su crisis energética. El monto del beneficio dependerá del ingreso total del hogar.

Los hogares que recibieron el beneficio de crisis de LIHEAP durante la misma temporada no serán elegibles para el beneficio. Los hogares en viviendas subsidiadas serán elegibles para el monto del beneficio menos el monto de la asignación de servicios públicos.

### Servicios específicos para eventos:

**EHEAP — Asistencia de emergencia con la factura de electricidad para personas mayores**

**Teléfono de contacto- 561-355-4746**

2	5	6	8	3	7	1	4	9
7	1	9	4	2	5	8	3	6
8	4	3	6	1	9	2	5	7
4	6	7	1	5	8	9	2	3
3	9	2	7	6	4	5	1	8
5	8	1	3	9	2	6	7	4
1	7	8	2	4	6	3	9	5
6	3	5	9	7	1	4	8	2
9	2	4	5	8	3	7	6	1

Answer to Sudoku on the last page  
Respuestas del Sudoku en la ultima pagina

# What You Can do if You are at Higher Risk of Severe Illness from COVID-19

## Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
  - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

## Here's What You Can do to Help Protect Yourself



**Stay home** if possible.



**Wash your hands** often.



**Avoid close contact** and stay at least 6 feet (about 2 arms' length) from other people.



**Clean and disinfect** frequently touched surfaces.



**Cover your mouth and nose** with a cloth face cover when around others.



**Cover coughs and sneezes.**

Call your healthcare provider if you are sick.

For more information on steps you can take to protect yourself, see CDC's webpage on [How to Protect Yourself](https://www.cdc.gov/coronavirus/2019-ncov/how-to-protect-yourself.html)



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)



# Qué puede hacer si tiene un mayor riesgo de enfermarse gravemente con el COVID-19

## ¿Está usted en mayor riesgo de enfermarse gravemente?



Según lo que sabemos ahora, quienes tienen un mayor riesgo de enfermarse gravemente con el COVID-19 son:

- Adultos mayores
- Las personas de cualquier edad que tengan lo siguiente:
  - Cáncer
  - Enfermedad renal crónica
  - Epoc (enfermedad pulmonar obstructiva crónica)
  - Estado inmunodeprimido (sistema inmunitario debilitado) debido a un trasplante de órgano sólido
  - Obesidad (índice de masa corporal [IMC] de 30 o más)
  - Afecciones cardíacas graves, como insuficiencia cardíaca, enfermedad de las arterias coronarias o cardiomiopatía
  - Enfermedad de células falciformes
  - Diabetes tipo 2

## Esto es lo que puede hacer para ayudar a protegerse



**Limite lo más posible el contacto** con otras personas.



**Lávese las manos** a menudo.



**Evite el contacto cercano** (6 pies o 2 metros, que es cerca del largo de 2 brazos) con las personas que estén enfermas.



**Limpie y desinfecte** las superficies que se tocan con frecuencia.



**Evite por completo los cruceros** y los viajes aéreos que no sean esenciales.

Llame a su profesional de atención médica si está enfermo.

Para obtener más información sobre las medidas que puede tomar para protegerse, vea la página web de los CDC sobre [cómo protegerse](https://www.cdc.gov/coronavirus-es).



[cdc.gov/coronavirus-es](https://cdc.gov/coronavirus-es)





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**MARCH 2021**

# VIRTUAL PROGRAMMING ACIVITIES CALENDAR

*\*Classes and schedules are subject to change.*

## **MONDAY**

- 9:30—10:00 a.m. EXERCISE || Ejercicio  
10:30—11:30 a.m. Vitas Bereavement Group || *Grupo de Elaboración de duelo  
presentado por VITAS  
2nd & 4th Monday in English || 1er & 3er lunes en Español*  
10:30—11:30 a.m. BINGO: 2nd & 4th Monday of the month || *BINGO en Español: 1er  
& (3er) lunes del mes*

## **TUESDAY**

- 9:30—10:00 a.m. EXERCISE CLASS || *Clases de Ejercicio*  
10:00—1:30 a.m. Beginners Spanish || *Español para Principiantes*  
10:00—11:00 a.m. Tai-Chi  
1:00—2:00 p.m. Seniors in Technology || *Tecnología para personas mayores)*

## **WEDNESDAY**

- 9:30—10:00 a.m. EXERCISE || Ejercicio  
10:00—11:30 a.m. Spanish Book Club  
*1st & 3rd Wednesday of the month || 1er y 3er miércoles del mes*  
1:30—2:30 p.m. Manager's Corner || *La Esquina del Gerente*

## **THURSDAY**

- 9:30—10:00 a.m. Exercise || *Ejercicio*  
10:00—11:00 a.m. Tai-Chi  
10:30—11:30 a.m. Salsa & Bachata Dance Class || *Clases de baile: Salsa y Bachata*  
1:00—2:00 p.m. 'Let's Talk Health', sponsored by Simply Health || *Hablemos de  
Salud, propiciado por Simply Health*

**MARCH 2021**

# VIRTUAL PROGRAMMING ACIVITIES CALENDAR

*\*Classes are subject to change.*

## FRIDAY

9:30– 10:00 a.m. EXERCISE || *Ejercicio*

11:00 a.m.—12:00 p.m. Beginners English Class || *Clases de Ingles para principiantes*

1:30– 2:30 p.m. PARTY LINE || *Linea de Fiesta*



### Remember:

If you are interested in joining us, please contact your local senior center manager, we will send you the link with instructions on how to join in.

### Recuerde:

Si está interesado en unirse a nosotros, comuníquese con el gerente del centro para personas mayores de su localidad. Le enviaremos los enlaces y las instrucciones sobre cómo unirse.







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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# Sudoku Puzzle

## How to play:

- ⇒ Each of the nine blocks has to contain all the numbers 1 thru 9 within its squares.
- ⇒ Each number can only appear once in a row, column or box.

Answers to this puzzle may be found on page 6.

			8					9
	1	9			5	8	3	
	4	3		1				7
4			1	5				3
		2	7		4		1	
	8			9		6		
	7				6	3		
	3			7			8	
9		4	5					1

## 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.*



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