

# Senior Times

Senior Centers Newsletter - November 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 November 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 noviembre 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.



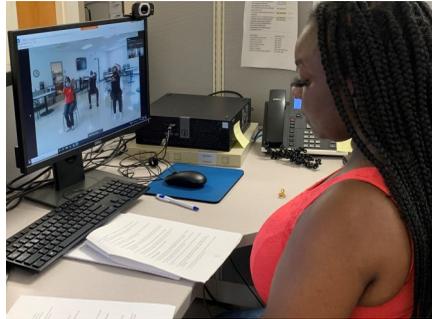
## Meet Senior Center Staff

Throughout this Senior Times edition you will find staff that will be at your neighborhood Senior Center. Please feel free to contact us about joining and participate in any of the services that we offer.



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

If you have any suggestions for December, please contact Vlad Gawlikowski, Recreation Programs Coordinator  
([vgawliko2@pbcgov.org](mailto: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:**

<b>Easy Exercise</b>	9:30am - 10am
<b>Manager's Corner</b>	11am - 12noon
<b>Tai-Chi</b>	11am - 12noon
(Tai-Chi class is held on Zoom)	
<b>Home Improvement Talk w/ Wil</b>	2pm - 3pm
<i>(Must preregister, limited to 10 participants)</i>	

**Friday:**

<b>Easy Exercise</b>	9:30am - 10am
<b>Game Hour</b>	1pm - 2pm
(Home Scavenger Hunt / Trivia / Pictionary / Taboo)	

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

Wed. 11/3	<b>Buying Fruits &amp; Vegetables</b> (see flyer on page 5)	10am
Wed. 11/17	<b>Rethink Your Drink</b> (see flyer on page 11)	10am

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



# NUTRITION NEWS!



Susan Koester - Senior Services Nutrition Coordinator



The Thanksgiving Holiday in November is the perfect time for all of us to remember to practice being generous as well as to practice gratitude and positivity in our lives. Finding ways daily to be thankful helps bring us inner peace and enhances satisfaction with our lives. Try these suggestions to be more grateful this holiday season and see for yourself how a gracious attitude can be a strong positive influence in your daily life:

## **Compliment yourself first...**

Extend a long overdue compliment to yourself. Invest in self-care. Find little reasons to appreciate and honor yourself daily.

## **Write a letter to or call a friend...**

Do you know a friend going through a tough time? Haven't talked in a while? Remind a friend of a time they were there for you and how strong they are. Show your gratitude for their friendship. Letting anyone know that you're thinking of them will brighten their day.

## **Donate to your local food bank...**

If you can, volunteer your time or buy staples for the food pantry when you next go shopping. Consider food items that aren't often donated and may bring a nice change for people, such as chocolate or canned fruit.

## **Give thanks for the small stuff...**

At least once a day, pause. Close your eyes, breathe in and be grateful for the moment. That moment may be gratitude for the air filling your lungs, or the beautiful sound of wind chimes ringing over traffic.

## **Laugh...**

Laugh away annoying moments. Laugh at the oddness and beauty of life. Laugh with someone but never at them. Let loose, because laughter and positive emotions are contagious.

## **Say "I love you"...**

During a busy day like Thanksgiving, you may be in "go mode" constantly. Stop to say "I love you," which reminds you of the spirit of the holiday and the importance of sharing your love and time.

## **Continue to work on your gratitude practice...**

Your positive vibes will be contagious in the lives of those around you, and you will see a major boost in your own wellbeing by working on a grateful attitude.

Have a very happy and healthy Thanksgiving from all your friends at The Nutrition Program.



UF/IFAS Extension Family Nutrition Program



# Learn to move and eat well!

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



**Wednesday @ 10am**  
**November 3, 2021**  
*Buying Fruits & Vegetables*

**Where:**

ZOOM Meeting

<https://uf1.zoom.us/j/90931568635?pwd=SkpOaUppOVk1aDh0bDZ3bDZaZ2NlOU10QT09>

**Contact:**

Vlad Gawlikowski  
PBC Recreation Coordinator  
vgawliko2@pbcgov.org



*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.*



**Palm Beach County  
COMMUNITY  
SERVICES**  
Helping People Build Better Communities

**UF | IFAS Extension**  
UNIVERSITY of FLORIDA

An Equal Opportunity Institution



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



The Division of Senior and Veteran Services would like to recognize Mrs. Irene West for Volunteer of the Month for November.

She works out of the West County Senior Center.

Irene is kind, it takes a special person to be so generous and kind and people like this are not easy to find.

To be a volunteer, it takes...

Generosity, a willingness to give your time to others.

Understanding, because their lives might be very different from your own.

Empathy, an ability to put yourself in someone else's shoes and feel what they must feel.

Compassion, to truly care about making someone else's life better.

Patience, because the process does not always go smoothly.

You have shown these qualities and so much more, so thank you for all that you do!

*"Life's most persistent and urgent question is, what are you doing for others?"* **Martin Luther King, Jr**

# North County Staff Photos



**Anderson Phebe**  
Center Manager  
561-694-5437  
aphebe@pbcgov.org



**Simone Jackson**  
Caseworker Supervisor  
561-355-4751  
SJackso2@pbcgov.org



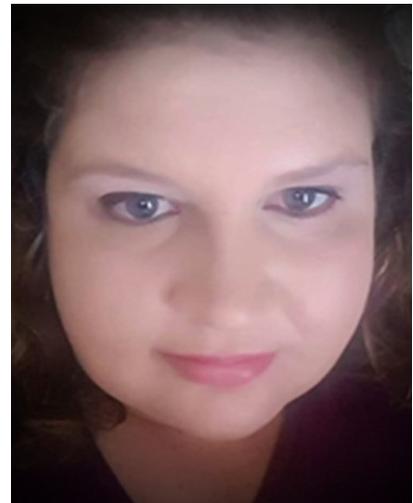
**Paul Palermo**  
Meal Site Manager  
561-694-5442  
PPalemro@pbcgov.org



**Jillian Lilly**  
Case Manager I  
561-355-4676  
JLilly@pbcgov.org



**Greg Dover**  
Veterans Services Officer  
561-355-4720  
WDover@pbcgov.org



**Heather Caron**  
Adult Day Care Manager I  
561-694-5438  
Hcaron@pbcgov.org



## 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

*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**

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

### 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 Krner, Mayor, Robert S. Weisbroth, Vice Mayor  
Maria G. Marino, Gregg K. Weiss, Maria Sachs  
Melissa McKinlay, Mack Bernard  
County Administrator  
Verdenia C. Baber

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:**

**ASISSTANS 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](http://www.rentalassistancepbc.org). Pou plis enfòmasyon, kontakte Sant Kontak CSD a nan (561) 355-4792.

# Mid County Staff Photos



**Jacquelyn Uceda**  
Assistant Center Manager  
561-357-7109  
Juceda@pbcgov.org



**Jose Zayas**  
Adult Day Care Manager II  
561-357-7135  
JZayas@pbcgov.org



**Claudia Garzon**  
Meal Site Manager  
561-357-7146  
CGarzonR@pbcgov.org



**Carmen Krowel**  
Veterans Services Officer  
561-355-4762  
CKrowel@pbcgov.org



**Gloria Rauner**  
Senior Services Aide  
561-357-7153  
GRauner@pbcgov.org



**Nickenson Dumercy**  
Veterans Service Officer  
561-357-7112  
NDumercy@pbcgov.org

# Palm Beach County Veteran Services

Andy Reese - Veteran Services Officer



*November 11<sup>th</sup> is Veterans Day.*

*So why do we celebrate Veterans Day?*

*November 11<sup>th</sup> is a day set aside each year to honor those that served their country in our armed forces. Memorial Day, the last Monday in May, honors military members that have made the ultimate sacrifice.*

*Veteran's Day was originally called Armistice Day and was designated by President Woodrow Wilson to commemorate the end of the Great War, World War I. In 1938 congress adopted a resolution formally designating November 11<sup>th</sup> as a national holiday.*

*In 1945 Ray Weeks, a World War II Veteran, had the idea that Armistice Day should honor all Veterans not just World War I Veterans. Mr. Weeks became a driving force behind the idea to have the holiday pre-designated. President Dwight D. Eisenhower agreed and on June 1<sup>st</sup> 1954 Armistice Day was renamed Veterans Day.*

*The United States isn't the only country that honors her Veterans on November 11<sup>th</sup>. Remembrance Day is celebrated throughout the British Commonwealth as well.*

*On November 11<sup>th</sup>, between the parades and bar-b-que, take a moment to thank a Veteran!*

*Please see your Palm Beach County Service office if you have any questions about Veteran benefits.*

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

*Mid County: Carmen Krowel (561) 355-4762 or Nick Dumercy (561) 357-7112*

*Main number: Yolanda Asante (561) 355-4794*



UF/IFAS Extension Family Nutrition Program



# Learn to move and eat well!

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



**Wednesday @ 10am**  
**November 17, 2021**  
*Rethink Your Drink*

**Where:**

Zoom Meeting  
<https://ufi.zoom.us/j/9897027962?pwd=dEphbTN6MTA2Y3JqYU4wbFNRS0JQQT09>

**Contact:**

Vlad Gawlikowski  
PBC Recreation Coordinator  
vgawliko2@pbcgov.org



*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.*



**Palm Beach County  
COMMUNITY  
SERVICES**

Helping People Build Better Communities

**UF | IFAS Extension**  
UNIVERSITY of FLORIDA

An Equal Opportunity Institution



This material was funded by the USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

# EHEAP

## Required Documentation

**\*\*Applicants must be 60 years or older.**

1. Current (if expired, must be less than one year) photo ID for applicant- **Do not bring copy from a scanned ID.**
2. Identification for all members of the household (birth certificates for children under 18)-**Do not bring a scanned copy.**
3. Verification for all members of the household.
4. Current income documentation for all the members of the household over the age of 18 (if employed last 30 days of income documentation) - **If on SSA/SSI Pension, we need the complete document, not just the first page or the benefit amount section.**
5. Proof of home ownership or rental agreement (including Section 8 and Public Housing)-**The rental agreement must be complete, signed by all parties, dated and current.**
6. *Section 8 or Public Housing:* **REQUIRED** print out of Housing Authority calculation worksheet- detailing **Utility Allowance-** **must be signed by all parties, dated and current.**
7. Award letter for Public Assistance (such as Food Stamps) is **PREFERRED.**
8. Social Security Card or *official documentation of Social Security Number for all members of the household-* **Please DO NOT bring copies of scanned SS cards.**
9. Proof of energy obligation (must be Past Due, Final notice or Disconnected).
10. The bill must be in the applicant's name. If the bill is in someone else's name they need a letter, signed and dated, giving the reason why the bill is in their name, even if he/she is a member of the household.
11. Proof of US Citizenship or Legal Residency.

# 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

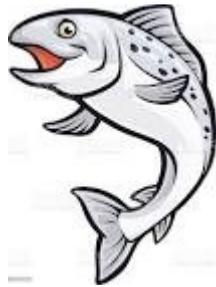
Vlad Gawlikowski, Recreation Programs Coordinator

# Food Challenge

Can you guess Anderson's favorite Proteins?

Answers on Page 18)

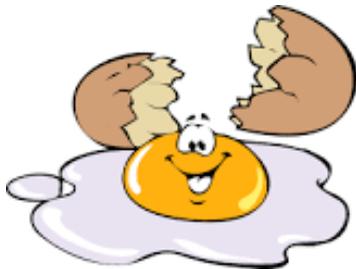
A



B



C



D



E

# Home Online Safety Class

ARE YOU KEEPING UP WITH OUR NEW NORMAL ONLINE?

DO YOU KNOW WHAT TO LOOK FOR TO BE SAFE?

Come to this Internet Safety Workshop and learn shared ideas to protect ourselves. We will learn how to deal with different scenarios and be ready to continue taking advantage of online benefits. Class will be available for both English and Spanish speaking Seniors.



*About the speaker:*

*Martha Ruiz is a computer programmer and computer technologist from Kirkwood Community College, IA who is an independent minority business owner of Martha Computer Help where she does computer repair and maintenance services for PC and Mac, and teach computer skills. She is being in business for than 15 year in this County.*

*Quién da la charla?*

*Martha Ruiz es graduada de Kirkwood Community College en Programación de computadores y Tecnología, dueña de Martha Computer Help una empresa independiente, minoritaria que lleva más de 15 años dedicada a la reparación y mantenimiento de computadores PC y Mac además de entrenar gente en el uso de sistema.*

**Tuesday, November 16th 10am – 11am**

**ZOOM:**<https://us02web.zoom.us/j/8271151341?pwd=OGYyM1FkM0o5WG05UGc5QmliTGxMdz09> (us02web.zoom.us)

Passcode: 440603

Participe en este taller para aprender cómo proteger la privacidad de sus datos en las redes sociales y cómo salir de diferentes escenarios intimidantes. Conozca opciones sobre seguridad para que pueda aprovechar los beneficios que el Internet ofrece. ¡No hay mejor momento para aprender que ahora!



**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

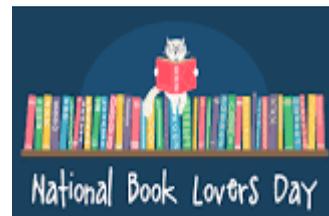
**Palm Beach County**  
Division of Senior & Veteran Services  
Administration  
810 Datura Street, Suite 300  
West Palm Beach, FL 33401  
(561) 355-4746

**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

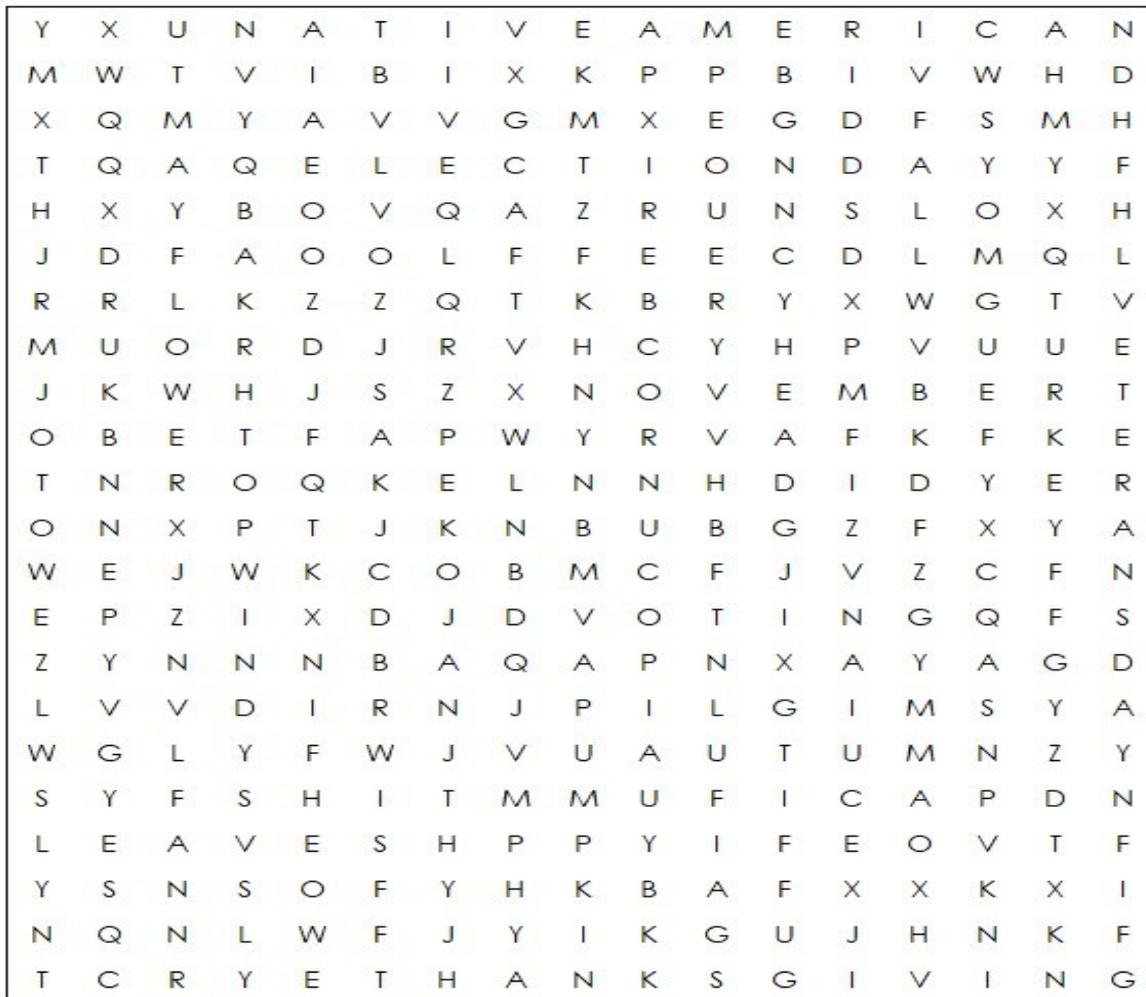
# November

- 1st – All Saints Day
- 3rd – Sandwich Day
- 3rd – U.S. General Election Day
- 7th – Book Lovers Day  
(first Saturday of the month)
- 10th – Young Readers Day  
(second Tuesday of the month)
- 11th – Veterans Day
- 13th – World Kindness Day
- 17th – World Peace Day
- 21st – National Adoption Day  
(Saturday before Thanksgiving)
- 23rd – Eat a Cranberry Day
- 26th – Thanksgiving!
- 27th – Black Friday!



Name: \_\_\_\_\_

# November Word Search



NOVEMBER  
CORNUCOPIA  
AUTUMN  
MAYFLOWER  
ELECTION DAY

FALL  
PILGRIMS  
PUMPKIN  
THANKSGIVING  
VETERANS DAY

VOTING  
WINDY  
NATIVE AMERICAN  
TURKEY  
LEAVES



© Monsterwordsearch.com

## Anderson's favorite Proteins (on Page 15)

**A: Salmon    B. Almonds    C. Tuna    D. Eggs    E. Chicken Breast**



## **Getting Started with Ancestry Library Edition Tue, Nov 16 - 10 a.m.**

Do you have a Palm Beach County Library Card? Did you know that your library card gives you free access to Ancestry Library Edition? Join Palm Beach County Librarian, Jayme Bosio, as she demonstrates how to navigate this powerful genealogy research tool. (60 min.)

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



# 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.



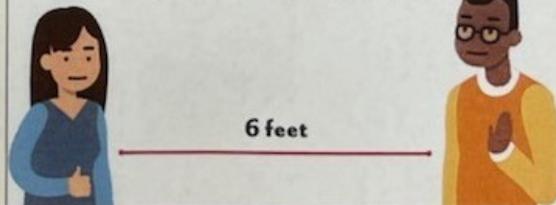
### Look for communications from universities and colleges:

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](https://tinyurl.com/CDCgatherings)  
[tinyurl.com/FLcdcprevention](https://tinyurl.com/FLcdcprevention)

Florida Health Office of Communications 03-05-20

# West County Staff Photos



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# **“November Quotes”**

***“In this Veteran’s Day (November 11) we stop and are thankful for all those who have fought in wars so that we may all enjoy our freedom. The bravery and risk that these men and women took will not be forgotten.”***

Catherine Pulsifer

***“In November, people are good to each other . . . They travel very far on a special November day just to share a meal with one another and to give thanks for their many blessings.”***

Cynthia Rylant

***“Don’t wait until the fourth Thursday in November, to sit with family and friends to give thanks. Make every day a day of Thanksgiving!”***

Charmaine J Forde

***“The month of November makes me feel that life is passing more quickly. In an effort to slow it down, I try to fill the hours more meaningfully.”***

Henry Rollins

***“November is auspicious in so many parts of the country: the rice harvest is already in, the weather starts to cool, and the festive glow which precedes Christmas has began to brighten the landscape.”***

F. Sionil Jose

***The thinnest yellow light of November is more warming and exhilarating than any wine they tell of. The mite which November contributes becomes equal in value to the bounty of July.”***

Henry David Thoreau



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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**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.*

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 Robert S. Weinroth, Vice Mayor  
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 Melissa McKinlay  
 Mack Bernard

**County Administrator**  
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