

Senior Times

Senior Centers Newsletter - September 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 Centers 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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Palm Beach County
**COMMUNITY
SERVICES**

Helping People Build Better Communities

VIRTUAL PROGRAMMING

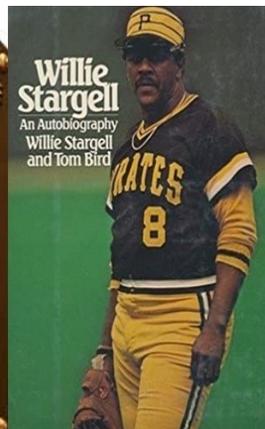
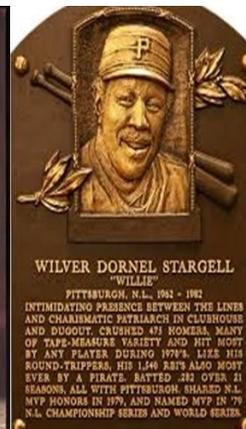
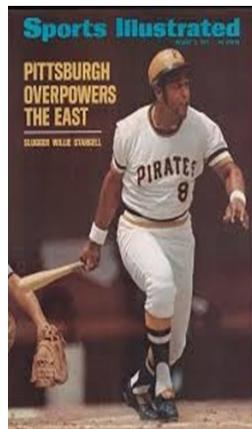
As we continue to practice safety and social distancing, we are happy to continue a variety of fun classes through Virtual Programming. A detailed class schedule for the month of September is on page 2.

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 septiembre 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.



September Quote of the Month

"I love September, especially when we are in it!"
Willie Stargell, Professional Baseball Player



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	11am - 12noon
Tuesday:	Boosting Your Immune System <i>(held in English on September 21st)</i>	11am-12noon
	Emergency Rental/Utility Assistance <i>(WebEx Code on Page 7)</i>	12pm - 1pm
	Seniors in Technology	1pm - 2pm
	Boosting Your Immune System <i>(held in Spanish on September 21st)</i>	1pm - 2pm
Wednesday:	Poetry Club - Spoken Word	11am - 12noon
	Spanish Book Club <i>(1st & 3rd Wednesdays)</i>	3pm - 4pm

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:	Veteran's Coffee Talk	10am - 11am
	<i>(Held on Zoom 9/9 and 9/23)</i>	
	Manager's Corner	11am - 12noon
	Tai-Chi	11am - 12noon
	Health & Wellness Tips	1pm - 2pm
	Home Improvement Talk w/ Wil	2pm - 3pm
Friday:	Easy Exercise	9:30am - 10am
	Game Hour	1pm - 2pm
	<i>(Home Scavenger Hunt / Trivia / Pictionary / Taboo)</i>	
Special Classes:	<i>(Offered only once during month)</i>	
Wed. 9/8	Virtual Painting	<i>(must pre register with Mid County)</i>
Wed. 9/22	Medicare 101	<i>(WebEx)</i>

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

Hello all from Susan. We hope everyone is staying safe and happy. I recently attended a virtual conference on nutrition and I would like to share with you a brief thought about nutrition in today's world that was discussed. Not only can we select food that is healthy for ourselves and our families, we can also consider selecting food that is healthy for our planet. Food that is healthy for our planet meets our immediate nutritional needs but also does not hurt the ability of future generations to meet their nutritional needs. Eating meatless meals is one way to address this concern. Have you tried any vegetarian recipes lately? Want to try out a vegetarian version of spaghetti with meat sauce? This dish is easy to make and tastes delicious!

Italian Style Lentil Bolognese with Pasta

Serves: 4 portions Time: approx. 30 minutes

1 cup black, French or other lentils (dry)	2 tablespoons oil
1 medium onion, finely chopped	3 cloves garlic, finely chopped
1 medium parsnip or carrot, finely diced	1 tablespoon paprika
2 teaspoons dried basil	1 teaspoon dried oregano
1 pinch chili flakes (optional)	1 tablespoon tomato puree
1 14.5 ounce can crushed tomatoes, low-salt	2 cups end of cooking if needed)
½ cup milk (authentic ingredient in Italian Bolognese Sauce - you can leave it out if desired)	
Salt & pepper to taste	

Instructions: Peel and finely chop onion, garlic and parsnip (or carrot). In a large pot sauté onion in oil on medium high heat for a few minutes. Add garlic, paprika, dried basil, oregano and chili flakes. Add tomato puree, canned tomatoes, water and vegetable broth to pot and stir. Add the diced parsnip or carrot to sauce and stir. Simmer sauce for approximately 20-25 minutes. Taste lentils and parsnip to make sure they are cooked through. If they are still too hard, continue to simmer until they are soft. Turn off heat and add milk slowly. Stir vegetable broth 1/3 to 3/4 cup water (start with 1/3 cup and add more water at and add additional salt and pepper if needed. Prepare water for pasta and bring to boil. Add pasta and salt and boil until al dente. Serve Lentil Bolognese Sauce with pasta. Enjoy!



CAN U GUESS? Can you guess Lani's TOP 5 healthy vegetable choices... Correct answers located on page 8..



MID COUNTY SHOUT OUTS



VOLUNTEER APPRECIATION

Renee Henry - Volunteer Coordinator

Division of Senior & Veteran Services (DSVS) Volunteer Happenings

DSVS would like to recognize Mattie Willis as the VOLUNTEER OF THE MONTH for her outstanding services.

Mattie continues to provide socialization and positivity to DSVS clients and the seniors throughout her senior community by providing daily telephone reassurance calls and assisting seniors in the Glades with local resources when they are in need.

A heartfelt thank you to Miss Willis!



“My aspiration is to make the Glades community as place where seniors love to live.”

Mattie Willis, WCSC Volunteer

Monthly Volunteer Quote:

“Volunteering is at the very core of being human. No one has made it through life without someone else’s help.” Heather French Henry



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 Kerne, 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 kominatè 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.

Onsite Vaccine Clinics

Getting immunized doesn't just protect you. It protects those around you, too. Vaccines prevent the spread of illness to the very young, very old, and those who are at risk. When you get a flu shot and other vaccines, you're helping to keep others safe.

Palm Beach County Board of County Commissioners will be hosting free* vaccine clinics for employees. To register for an appointment:

<https://www.surveymonkey.com/r/PBCvax>

(All who register will be assigned a 15-minute appointment window to allow for social distancing.)

Vaccine-preventable diseases are still a threat.

Vaccination is the best

protection.

For more information about immunizations, visit www.cdc.gov/vaccines

All Cigna insured BCC employees are eligible for **free vaccines. Others may also be eligible, but should check with their insurance to verify coverage.*

Vaccines Available Onsite:

Flu Shot
Shingles
Tdap
Pneumonia
Covid-19



Airport Center

Wednesday, Sept. 15

8:00am

1st Floor Training Room

100 Australian Ave

West Palm Beach, FL 33406



Vista Center

Tuesday, Sept. 22

8:00am

1st Floor Hearing Chambers

2300 N Jog Rd.

West Palm Beach, FL 33411



Governmental Center

Thursday, Sept. 30

8:00am

12th Floor McEaddy Room

301 N Olive Ave

West Palm Beach, FL 33401



Palm Beach County Veteran Services

Andy Reese - Veterans Services Officer



Question: Will the VA pay for my homecare?

Unfortunately the answer is no. The VA does not reimburse for home care, assisted living or adult day care. There is a great deal of misinformation on the internet on this topic. Don't believe everything you read.

There are however, two benefits that might be able to help with long term care needs. First, the Home Based Healthcare program may be able to provide limited in home care for certain qualified Veterans. Home based care is provided by the VA Health Care system to assist Veterans that can't travel to and from their VA facility. Your primary care provider at the VA will be able to provide details and determine if you could be eligible.

Second, the VA pension is a low income benefit payable to qualified wartime Veterans and their widows. A Veteran MUST have served during a war time period to be eligible. There are enhancements depending on the health care needs of the Veteran/widow. The pension funds go directly to the Veteran/widow to use however they choose. Again, this is a low income program and the applicant will have to demonstrate a financial need.

Please see your Palm Beach County Service officer if you have any questions about Home Based Care or the VA Pension.

North County: Greg Dover (561) 355-4720

Mid County: Carmen Krowel (561) 355-4762

Main number: (561) 355-3084



NORTH COUNTY SHOUT OUTS!



"Missing all the fun times at the Senior Center with all of you!"

Heather C.

"Hey everyone!
We hope that you are staying happy, healthy, and safe. We hope to see you very soon!"

Jillian L.

"Hoping everyone is doing well and staying safe. We miss you all tons and can't wait to see you again- soon when it is safe to do so!" Karen M.

" Were Waiting for The Reunion Hope your safe... Miss you guys"

Paul M.



"Hey....where is everyone? I hope everyone is staying safe and wearing your MASK." Wil B.

"Hoping to see you all soon, to have some fun at the Senior Center!"

Lourdes V.

"These times have not been easy and we feel for your struggles. We miss your presence and want you to stay safe and active any way you can." Anderson P.



MANAGER'S CORNER

JOIN US ONLINE EVERY THURSDAY @ 11am!

(Please note that Senior Centers are currently closed, but will reopen soon)



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 Melinda Estime, Assistant Manager



Community Services - Senior & Veteran Services

Faith Manfra (Division Director III)

Vlad Gawlikowski (Recreation Programs Coordinator)



SEPTEMBER

S K O O B S T N L E R S
I L A B O R D A Y U Q T
O S O N E R E O M H Y A
L C H A B E L E E O L S
E W A C O R N H Z M V D
A O P U K Z F T W E A N
V L P D E R L V K W E E
E L L T S O R R R O S I
S E E U O E N A O R Q R
O Y S H O F I M S K R F
L R C M B A E H U E D O
T S E V R A H S K T A R
A F A L L N D A E L U B
C O N L E R R I U Q S A

- | | | | |
|--------|---------|-----------|----------|
| ACORN | BREEZE | HOMEWORK | RED |
| APPLES | FALL | LABOR DAY | SCHOOL |
| AUTUMN | FRIENDS | LEAVES | SQUIRREL |
| BOOKS | HARVEST | RAKE | YELLOW |

Mystery Top 5 Fruit Answers from Page 4...
Sweet Potato / Asparagus / Tomato / Squash / Mushroom

IMPORTANT DATES TO REMEMBER IN

SEPTEMBER

6 Labor Day

11 Patriot Day

12 Grandparents Day

16 Stepfamily Day

20 Respect for the Aged Day

21 Peace Day

22 Autumn Begins

24 Native American Day



WEST COUNTY SHOUT OUTS



“Stay safe and productive.”

“Team work makes the dream work!” Carolyn G.

**“Thank you to all of our volunteers... You Rock!”
Renee B.**

**“Special Thanks to Ms. Donna Bell, Ms. Jackie Radcliffe, and Ms. Mattie Willis to all of your contributions to the senior center! We appreciate you!”
Melinda E.**





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