

# Senior Times

Senior Centers Newsletter - October 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 October 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 octubre 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.



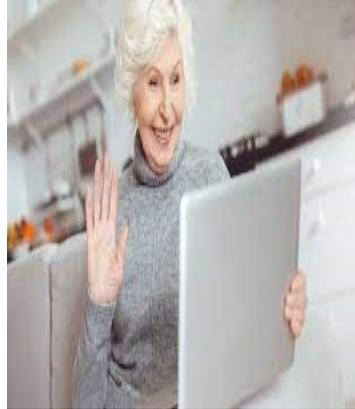
## **October Quote of the Month**

“All things on earth point home in old October; sailors to sea, travelers to walls and fences, hunters to field and hollow and the long voice of the hounds, the lover to the love he has forsaken.” — Thomas Wolfe



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

*If you have any suggestions for November...  
please contact Vlad Gawlikowski, Recreation Programs Coordinator  
(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>Veteran's Coffee Talk</b>	10am - 11am
<i>(Held on Zoom 10/14 and 10/28)</i>	
<b>Manager's Corner</b>	11am - 12noon
<b>Tai-Chi</b>	11am - 12noon
<i>(Tai-Chi class is held on Zoom)</i>	
<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
<i>(Home Scavenger Hunt / Trivia / Pictionary / Taboo)</i>	

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

Wed. 10/6 **Enjoy Healthy Food** *(see flyer on page 5)*

Mon. 10/18 **Hypertension & Covid by Trustbridge**  
*English @ 11am / Spanish @ 1pm (register with Mid County)*

Wed. 10/20 **Quick, Healthy Meals** *(see flyer on page 11)*

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

It's a Good Time.....

*Es un buen momento.....*

Prepared by Susan Koester, RD, LDN  
Palm Beach County Senior & Veteran Services  
Nutrition Education Series, Sept. 2021



To Apply for SNAP Benefits!

*Para solicitar los beneficios de SNAP!*

- It doesn't cost you anything. Why not try?
- If you qualify, you get a plastic debit card that gets money automatically added to it every month to use for groceries.
- You use the card just like a debit card at the store cash register or for online orders.
  - Applying for SNAP is private.
  - *No cuesta nada. Porqué no intentarlo?*
- *Si califica, usted recibirá una tarjeta de debito a la cual se le añade dinero mensual automaticamente para usarlo en comestibles.*
- *Utilizará la tarjeta como una tarjeta regular de debito en la registradora de su tienda o en órdenes en línea.*
  - *Aplicar para SNAP es privado.*



To find out more *Para obtener mas información*

Call The Area Agency on Aging (866)684-5885 or The Palm Beach  
County Food Bank (561)670-2518 or United Way Info Line 211

UF/IFAS Extension Family Nutrition Program



# Learn to move and eat well!

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



**Wednesday, October 6, 2021**

**10:00 to 11:00 AM**

**ZOOM PRODUCTION... “Enjoy Healthy Food That Tastes Great”**

<https://ufl.zoom.us/j/98255646022?pwd=RytQbUxHU3d1WmJuZzRsZlV6TTMxUT09>



### Partnership Contact:

Vlad Gawlikowski  
Palm Beach County  
Recreation Program Coordinator  
Email: [vgawliko2@pbcgov.org](mailto:vgawliko2@pbcgov.org)  
Phone: (561) 355-4733

*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.*

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UNIVERSITY of FLORIDA

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



# VOLUNTEER APPRECIATION

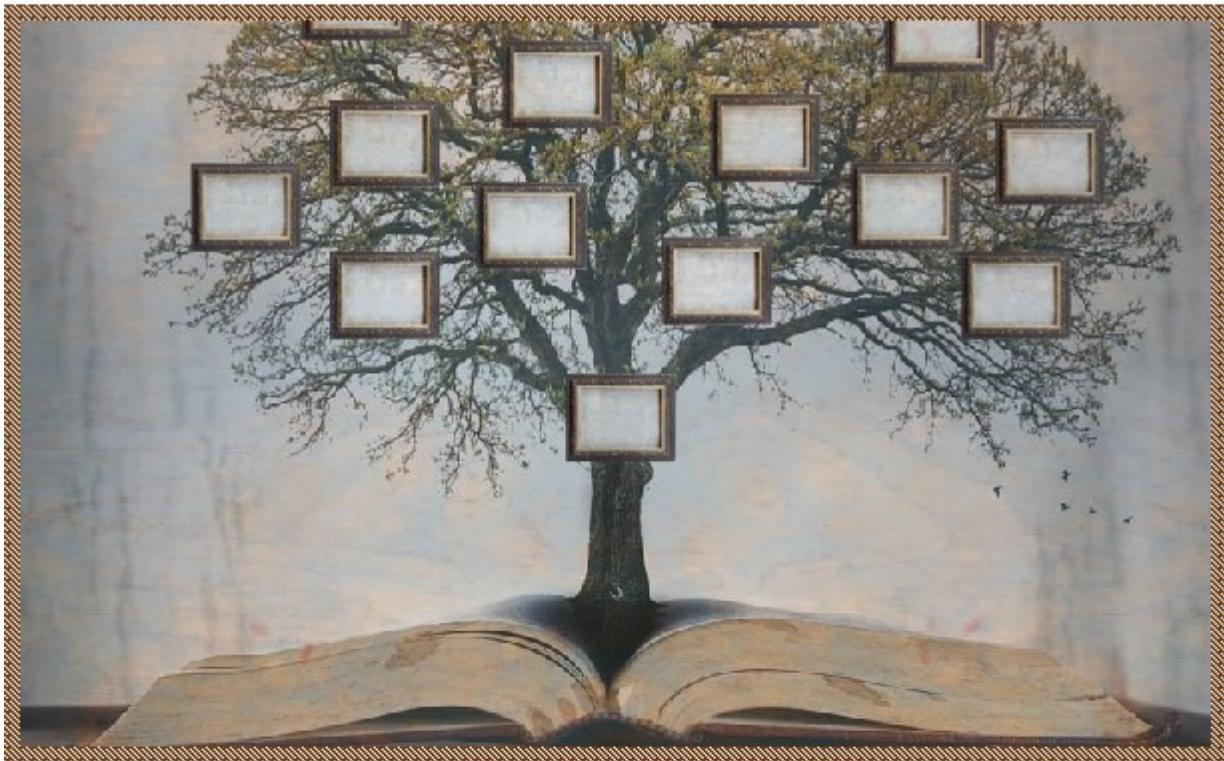
Renee Henry - Volunteer Coordinator

## **Volunteer Corner: Celebrate Giving Back!**



### **Monthly Volunteer Quote:**

*"We make a living by what we get, but we make a life by what we give" Winston Churchill*



# Introduction to Genealogy

Tue, Oct 19 - 10 a.m.

**Have you always been interested in learning more about your family history, but didn't know where to start? Jayme Bosio will provide tips for getting started on your family research. Presented by the Palm Beach County Library System via Zoom (60 min.)**

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





## 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

*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](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 Kerner, 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](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:  
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 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.

# DID YOU KNOW

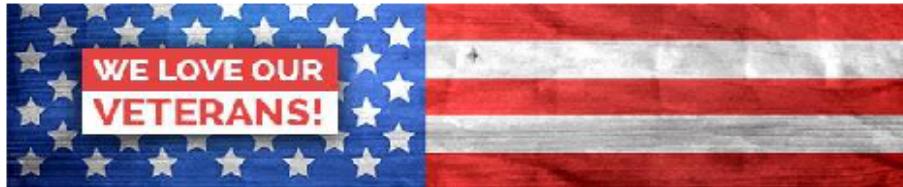
## OCTOBER IS NATIONAL BREAST AWARENESS MONTH

### Did You know:

- **Breast Cancer is the most common cancer amongst women throughout the world**
- **1 in every 8 women will receive a Breast Cancer Diagnosis**
- **Every 2 minutes a woman is diagnosed with Breast Cancer**
- **A woman dies from breast cancer every 13 minutes**
- **1 in every 1000 men will receive a Breast Cancer Diagnosis**
- **In the US about 400 men will die from Breast Cancer each year**
- **Only 5-10% of individuals diagnosed with Breast Cancer will have a family history of the disease.**
- **Drinking alcohol increases an individual's chances of Breast Cancer**
- **Both women and men with a history of Cancer should have an annual mammogram**
- **Everyone should do a Self-check exam monthly, be sure to contact your primary physician if you find anything unusual.**

# Palm Beach County Veteran Services

Andy Reese - Veteran Services Officer



## *What is VA Aid & Attendance?*

*Aid & Attendance is an enhancement used to increase an existing VA monetary benefit. What a mouth full! Let's see if we can simplify this a little.*

*If a Veteran is receiving a VA monetary benefit, they get money from the VA, for a service connected disability or a low-income pension, AND they need the aid of someone else, they might be entitled to an increase in their benefit.*

*The Veteran's aid must provide at least two "Activities of Daily Living." For example: help going to the bathroom, help feeding, help with dressing, or help with mobility.*

*"Aid & Attendance" is a phrase used a lot to describe the VA wartime pension. Aid & Attendance is NOT a stand-alone program. When used with the VA pension a Veteran or qualified widow must meet the financial qualifications for the pension before Aid & Attendance can be added. Aid & Attendance is paid directly to the Veteran/widow, NOT to a homecare provider, agency or assisted living facility.*

*See your Palm Beach County Service office if you have any questions about Aid & Attendance...*

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

*Mid-county: Carmen Krowel, Nick Dumercy (561) 355-4762*

*Main number: (561) 355-3084*



UF/IFAS Extension Family Nutrition Program



# Learn to move and eat well!

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



**Wednesday, October 20, 2021**

**10:00 to 11:00 AM**

**ZOOM PRODUCTION... “Quick, Healthy Meals and Snacks”**

<https://ufl.zoom.us/j/96153716069?pwd=TTFYcFNxTORZZlhUZTQ3Tm5CZINKUT09>



## Partnership Contact:

Vlad Gawlikowski  
Palm Beach County  
Recreation Program Coordinator  
Email: [vgawliko2@pbcgov.org](mailto:vgawliko2@pbcgov.org)  
Phone: (561) 355-4733

*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.*

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



# SENIOR CENTER FLASHBACK!

## North County Senior Center

**Thank you everyone for bearing with us and trying to be as patient as possible. Here is a blast from the past of our 2019 Halloween Costume Contest**



# 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

# OCTOBER



E S U O H D E T N U A H  
 Y J R S B L A C K C A T  
 T A T L N E R S T N A L  
 R C A N D Y S A C E R E  
 A K N A C T C U R G E S  
 P O T I O N A T N N R N  
 N L D L K C R M O A S I  
 I A Y B S O E E O R E K  
 G N B D K S D J M O B P  
 H T E C T T C A L T A M  
 T E I S A U S K L N T U  
 S R A T C M O O U A S P  
 T N Y P E E R C F L D S

BATS  
 BLACK CAT  
 CANDY  
 COSTUME

CREEPY  
 FULL MOON  
 HAUNTED HOUSE  
 JACK-O-LANTERN

NIGHT  
 ORANGE  
 PARTY  
 POTION

PUMPKINS  
 SCARED  
 SEEDS  
 TRICK OR TREAT

## Mystery Food Challenge Answers...

A: Mahi B: Chicken C: Pork/Apples D: Pinto Beans E: Black Beans  
 F: Red Snapper G: Beans & Rice H: Turkey  
 I: Chicken (bone in) J: Vegetarian Tofu

**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

# OCTOBER

### 1 International Day of Older Persons

This occasion was first observed on October 1, 1991 by all United Nations member states to raise awareness about issues affecting the elderly as well as to appreciate the contributions that older people make to society, according to the Wikipedia page, “International Day of Older Persons”.

### 1-7 Elderly Filipino Week

A week-long celebration in the Philippines, as per Presidential Proclamation to emphasize the important role of older people in nation building, as well as to raise awareness, and to address issues concerning this sector. The Department of Social Welfare and Development (DSWD), Department of Health (DOH), PhilHealth, local government units (LGUs), senior citizen government agencies organize activities for the elderly.

### 13 Mother-In-Law Day

Daughters-in-law of senior mothers of your husbands, regardless of your relationship with your mother-in-law, would it not be awesome to remember her at least once a year, every fourth Sunday of October, for her role in your and your husband’s life? It was first celebrated on March 5, 1934 in Amarillo, Texas, USA, by the editor of the Amarillo newspaper.



# FOOD CHALLENGE

Can You Guess Paul & Alnita's Top Proteins?

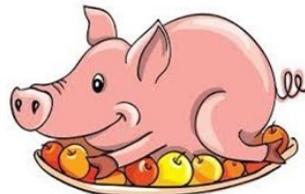
(answers on Page 10)



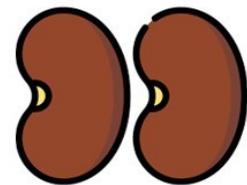
A



B



C



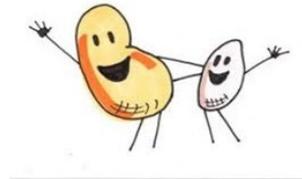
D



E



F



G



H



I



J

# 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.



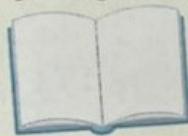
### Work with your employer.

Cooperate with leadership to change company practices, set up flexible shift plans, have employees telecommute, and cancel any large meetings or conferences.



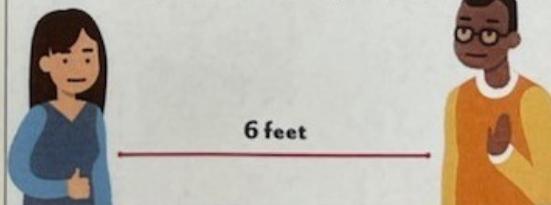
### Look for communications from universities and colleges:

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



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.*

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 Maria G. Marino  
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 Maria Sachs  
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 Mack Bernard

**County Administrator**  
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