

# SeniorTimes

February 2020

A Newsletter of West County Senior Center



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

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

## February Highlights

*In addition to regularly scheduled events*

**Feb. 13 | 10:30 A.M - 1:00 P.M**  
Pre Valentine's Day arts & craft celebration

**Feb. 18 | 10:30 A..M - 12:00 P.M**  
Shine Q & A

**Feb. 27 | 9:00 A..M - 4:00 P.M**  
Mature Driver Class

**Crocheting class for beginners every Wednesday | 10:30 A.M**  
Everyone is welcome to participate

**Exploring the Word**  
Each and every Tuesday starting at 11:00 A.M - 12:00 P.M

**Every Mon. & Wed. | 12:00 P..M - 1:00 P.M**  
Silver Sneakers Fitness Class

The West County Senior Center will offer **FREE** oral health examination and oral cancer screening services to seniors 60 and older

**Every Tuesday's & Thursday's 10:00 A.M.- 2:00 P.M**

Preventative dental services

- ♦ Oral hygiene instruction
- ♦ Oral prophylaxis
- ♦ Fluoride varnish application
- ♦ Silver diamine fluoride application

**Afternoon round up at 2:00 P.M**

- ♦ Spades
- ♦ Scrabble
- ♦ Pokeno



## Center Closing

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**President's Day:** Monday, February 17, 2020

## PALM BEACH COUNTY Senior Centers

### MID COUNTY SENIOR CENTER

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

Tina Austin, Manager  
Jacque Uceda, Asst. Manager

#### Operating Hours

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

### NORTH COUNTY SENIOR CENTER

5217 Northlake Blvd.  
Palm Beach Gardens, FL 33418  
Phone: (561) 694-5435  
Fax: (561) 694-9611

Anderson Phebe, Manager  
Wilfred Belisle, Asst. Manager

#### Operating Hours

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

### WEST COUNTY SENIOR CENTER

2916 State Road #15  
Belle Glade, FL 33430  
Phone: (561) 996-4808  
Fax: (561) 992-1011

Willie Miller, Manager  
Melinda Estime, Asst. Manager

#### Operating Hours

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

### WEST COUNTY STAFF

Willie Miller, Manager  
(561) 996-4808

Melinda Estime  
Assistant Manager  
(561) 996-4809

# SERVICES

#### Services include:

Information and Referral  
Education  
Nutrition  
Congregate Meal  
Outreach Services  
Caregiver Support Group  
Meetings  
Educational Forums  
Volunteer Opportunities &  
Senior Community Service

#### MEDICAL SCREENINGS

Preventive Lectures  
Serving Health Insurance  
Needs of Elders (SHINE)

#### Activities Include

Bridge  
Bingo  
Day Trips  
Live Music  
Quilting  
Billiards  
Dominoes  
Special Events  
Computer Classes  
Exercise Classes  
Birthday Celebrations  
Jewelry Class  
Art Classes  
Woodcarving  
—and more!

## Need Help with Medicare? Let SHINE Be Your Guide!

SHINE provides FREE and unbiased information and counseling to those currently on Medicare, those who will soon be eligible and those who act on behalf of Medicare beneficiaries, including family members and caregivers.

#### How can SHINE help?

- Medicare Eligibility, Enrollment and Coverage Issues
- Medicare Appeal Rights
- Medigap (Medicare Supplement) Policies
- Long-Term Care Options
- Prescription Assistance Resources
- Medicaid
- Medicare Prescription Drug Plan (Part D)

#### How Do I Contact a SHINE Counselor?

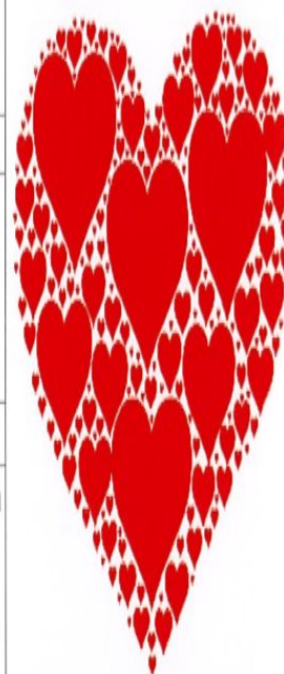
A SHINE counselor can speak with you over the telephone or meet with you in person at North County Senior Center, a SHINE counseling site. Please call your local Elder Help- line toll-free at 1-866-684--5885 to schedule an appointment for counseling.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of Cycle Menu	3	4	5	6	7
3	Cheeseburger Baked Beans Salad & Italian Dressing Pineapple	Cobb Pasta Salad Corn Muffin Fresh Fruit	Chicken Breast with Gravy Mashed Potatoes Turnip Greens Graham Crackers	Beef Stew Peas & Mushrooms Carrots Grain Bread & Margarine Warm Cranberry Pears	Tuna Salad Sandwich Salad & French Dressing Corn & Tomato Salad Mandarin Oranges
	10	11	12	13	14
4	Seasoned Chicken Thigh Mashed Potatoes Broccoli & Red Pepper Wheat Roll & Margarine Chunky Applesauce	Three Bean Chili Brown Rice Corn Muffin Pineapple	Turkey Burger Mustard, Ketchup Corn Okra & Tomatoes Mandarin Oranges	Chicken Paella Salad & Italian Dressing Wheat Roll & Margarine Pears	NY Strip Steak Patty Sweet Potatoes Cauliflower Whole Grain Bread Valentine's Day Dessert
	17 <b>CLOSED</b>	18	19	20	21
1		Chicken Apple and Cranberry Salad  Three Bean Salad Marinated Beets Wheat Dinner Roll Orange Pineapple Juice	Teriyaki Beef Riblet Brown Rice Ginger Carrots Fresh Fruit	Beef Hot Dog Mustard & Ketchup Baked Beans Sweet & Sour Cole Slaw Pineapple	(5) Ea Meatballs Marinara Spinach & Chickpeas Italian Green Beans Grain Bread & Margarine Mandarin Oranges
	24	25	26	27	28
2	Chicken Taco Soup Cheese Stick Corn Chips Fresh Fruit	Pulled Pork Fajitas Soft Wheat Tortilla Cheesy Pinto Beans Mandarin Oranges	New Orleans Style "Dirty Rice" Casserole Mixed Vegetables Citrus Fruit Cup	BBQ Chicken Thigh Sweet Potatoes Spinach Grain Bread & Margarine Pineapple	Salmon Croquette Creamed Corn Zucchini & Tomatoes Grain Bread & Margarine Raisins
3	Cheeseburger Baked Beans Salad & Italian Dressing Pineapple	Cobb Pasta Salad Corn Muffin Fresh Fruit	Chicken Breast with Gravy Mashed Potatoes Turnip Greens Graham Crackers	Beef Stew Peas & Mushrooms Carrots Grain Bread & Margarine Warm Cranberry Pears	Tuna Salad Sandwich Salad & French Dressing Corn & Tomato Salad Mandarin Oranges

# FEBRUARY 2020

## SENIOR CONGREGATE MEAL PROGRAM



Each congregate meal is served with 1% low fat milk. All meals served provide a minimum of one third of the USDA daily Dietary Reference Intake of nutrients . recommended for good health.

*Susan Koester, RD, LDN* 1-1-2020

Susan Koester, RD, LDN 7041

Palm Beach County

Division of Senior Services

561-355-4740







**FREE TRANSPORTATION & FOOD  
FOR ADULTS OVER 60**

## **Community Lunch Program** for Older Adults

Please join us for a nutritious meal and the opportunity to socialize with friends.

If you are interested in more information on the Lunch Program for adults over 60 years of age or for volunteering opportunities, please call us at the number below.

### **LOCAL DINING SITES**

#### **West County Senior Center**

**2916 State Road #15  
Belle Glade 33430**

#### **Tanner Park Community Center**

**105 E. Palm Beach Road  
South Bay 33493**

The Federal Older Americans Act (OAA) provides support services, such as congregate nutrition services in settings including senior centers and community facilities for older adults. The Division of Senior Services operates congregate meal sites with the supportive service of local transportation from Palm Beach County's public transportation system (Palm Tran Connection).



Palm Beach County  
Board of County Commissioners

Palm Beach County  
Division of Senior Services  
**West County Senior Center**  
**(561) 996-4808 or (561) 992-1048**  
2916 State Road #15, Belle Glade, FL 33430



**Your Aging & Disability  
Resource Center**  
Area Agency on Aging  
PALM BEACH / TREASURE COAST, INC.



## An illustration of a hand holding a black marker, marking a calendar grid. The grid is on a white page with an orange spiral binding at the top. The grid consists of a 5x5 array of squares. The first column has four orange squares, and the last column has four purple squares. The hand is currently marking a square in the third row, second column. Below the grid, the words "THURSDAY" and "FRIDAY" are written in a light blue, sans-serif font.

FRIDAY

8a Chat & Chew over Coffee  
10a Coloring/Bingo/Arts & Crafts  
12p Congregate Meal  
1p Afternoon Roundup  
1p Spades/Scrabble/Arts & Crafts/TV Time

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Hearts are in the air at West County Senior Center with Valentine's Day rapidly approaching.  
Please join us on Thursday February 13, 2020 for our Valentine's Day Celebration!  
Bring the one you love for a fun afternoon, or just bring yourself!

We'll kick off the afternoon, at 11:00am followed by our special Valentine's theme Party!  
The afternoon will include general dancing, refreshments, great music and great company.

This event is open to adults 55 and over. Preregistration is required.  
Anyone 55 and over must obtain an application and submit the completed application to  
West County Senior Center in person. We encourage you to bring a guest!  
This event is free we just ask that you please RSVP by calling 1-561-996-4808 since space is limited.

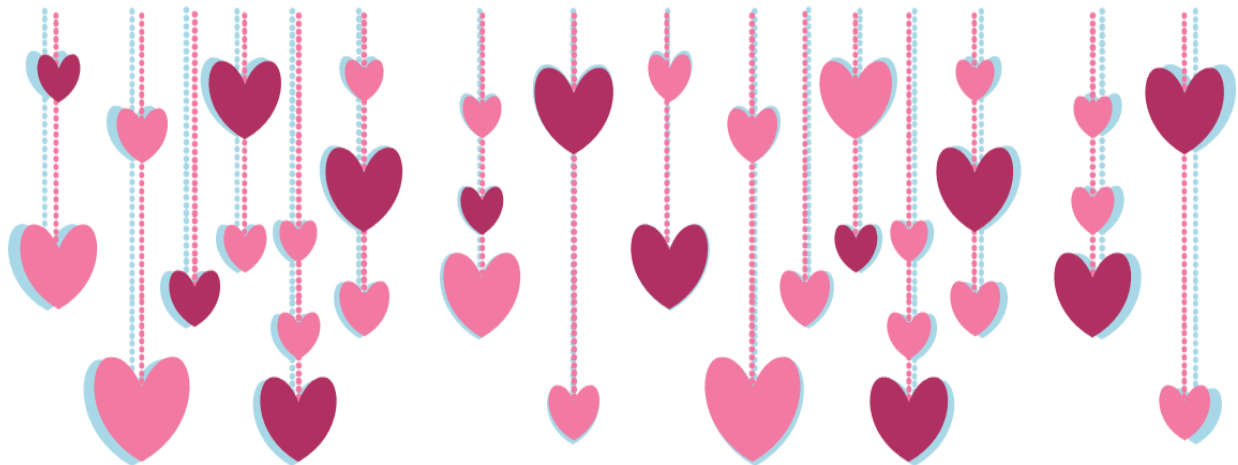
## VALENTINE'S DAY CELEBRATION

## **Valentine's Day Poem**

### **My dear valentine**

**If the sun refuse to shine  
If romance ran out of rhyme  
You would still have my heart  
Till the end of time....**

**HAPPY VALENTINE'S DAY!!!  
XOXO**





**Come and enjoy fitness fun with our silver sneakers class here at West County Senior Center. Each and every Wednesday's from 12pm — 1pm.**



## **FLEX brings fitness to you.**

The new SilverSneakers FLEX® program brings fitness, fun and friends to a wide variety of indoor and outdoor venues including parks, shopping centers and community centers – for free! FLEX makes living a healthy and active lifestyle at any age even easier.

Visit [silversneakers.com/flex](https://silversneakers.com/flex), or call 1-866-584-7254 (TTY: 711), for more information.



**Learning safe exercise techniques while getting in shape at our silver sneakers fitness class!!**



# MATURE DRIVER INSURANCE DISCOUNT COURSE

**THURSDAY, FEBRUARY 27**

*(Pre-registration is required to obtain a certificate of completion)*

**9:00 a.m. - 4:00 p.m.**

**WEST COUNTY SENIOR CENTER**

2916 State Road #15

Belle Glade, FL 33430

**PRE-REGISTRATION  
IS REQUIRED!**  
February 3 thru February 26

**Pre-register between February 3 - 26** for our upcoming Mature Driver Insurance Discount Course  
*to save up to 15% off your insurance premium!*

**Participation cost is \$12** (includes insurance discount course certificate of completion at the end of the class).

*The State of Florida mandates an insurance discount for licensed drivers 55 years old or older who complete a  
'State approved' driver improvement course.*

***For more information or to register, please call the National Safety Council at (561) 845-8233.***

## 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  
Palm Beach Gardens, FL 33418  
tel (561) 694-5435  
fax (561) 694-9611

### WEST COUNTY SENIOR CENTER

2916 State Road #15  
Belle Glade, FL 33430  
tel (561) 996-4808  
fax (561) 992-1011



Palm Beach County  
Board of County Commissioners



**Palm Beach County  
COMMUNITY  
SERVICES**

Helping People Build Better Communities

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



# NOVA SOUTHEASTERN UNIVERSITY SENIOR SMILE PROGRAM

The West County Senior Center will offer **FREE** oral health examination and oral cancer screening services to seniors 60 and older. Preventive services include:

- Oral hygiene instruction
- Oral prophylaxis
- Fluoride varnish application
- Silver diamine fluoride application



**THURSDAYS FROM  
10:00AM - 2:00PM**

**WEST COUNTY  
SENIOR CENTER**  
2616 State Road #15  
Belle Glade, FL 33430  
(561) 996-4808

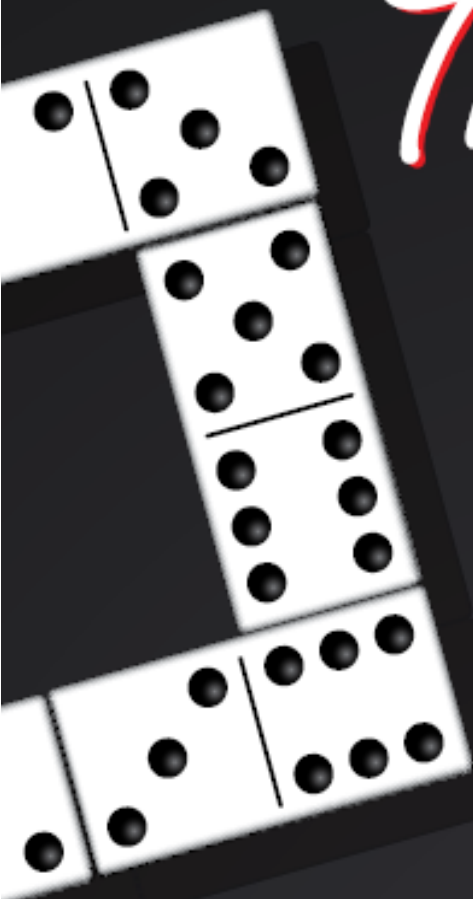




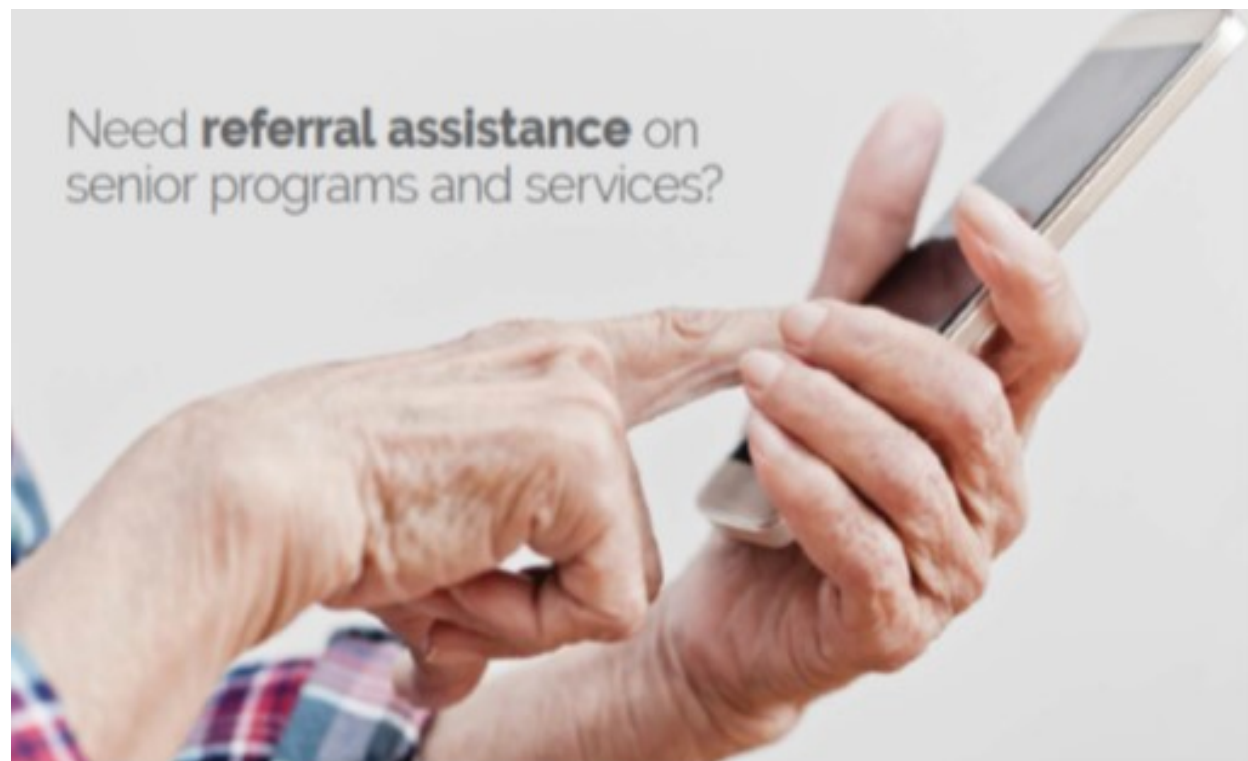
AFTERNOON

# Throw Down

West County Senior Center  
hosts **Afternoon Throw  
Down**—daily card and board  
games in the afternoon. If  
you love playing spades,  
tunk, scrabble, checkers or  
any other card or board  
game, then come out to  
**West County Senior Center,**  
**1:00 p.m.–5:00 p.m.**  
Come for an afternoon of  
strategy, competition  
and fun.



Need **referral assistance** on  
senior programs and services?



Call the **ELDER HELPLINE (866) 684-5885**

Hours of Operation **MONDAY-FRIDAY 8:00 A.M.-5:00 P.M.**

With one call, the Elder Helpline will provide you with information and referral assistance on programs and services available to meet your needs or the needs of your loved ones.

You can rest assured you will be getting accurate information as our staff are specially trained to assist seniors, adults with disabilities and caregivers. Our staff will listen to you, refer you to the appropriate services and explain how to access those services. Our Elder Helpline staff pride themselves on being thorough, helpful and friendly.

Specialists are available to help in **English, Spanish and Creole**. Services are available to the entire community.

#### Things we can help with:

- **Food stamps ( SNAP)**
- **In-home services**
- **Links to transportation**
- **Resources for food including home-delivered meals**
- **Medicare questions** *(We will link you to SHINE.)*
- **Assistance applying for Medicaid**
- **Linkage to disability programs and services**
- **Caregiver support and training**
- **Grandparents raising grandchildren**
- **Resources for electric and rent assistance**
- **Referrals for legal assistance**



Palm Beach County  
Division of Senior Services  
810 Datura Street, Suite 300  
West Palm Beach Florida 33401  
Tel: (561) 355-4746 Fax: (561) 355-3222

OFFICIAL USE ONLY

Check all that apply:

- ☐ Copy of ID on File  
☐ Palm Tran Connection  
☐ Congregate Meal Program

SENIOR CENTER REGISTRATION FORM

Please check appropriate location below:

- ☐ Mid County Senior Center, 3680 Lake Worth Road, Lake Worth, FL 33461 Tel: (561) 357-7100  
☐ North County Senior Center, 5217 Northlake Blvd., Palm Beach Gardens, FL 33418 Tel: (561) 694-5435  
☐ West County Senior Center, 2916 State Road #15, Belle Glade, FL 33430 Tel: (561) 996-4808

How did you find out about us? ☐ Walk-In ☐ Website ☐ Friend ☐ Television  
☐ Newsletter / Newspaper ☐ Other: \_\_\_\_\_

☐ Please Check box for permission of your photofimage to be used in the County's Publications and social media venues.

PARTICIPANT DEMOGRAPHICS

First Name:		MI:	Last Name:	
Date of Birth:		Sex:	<input type="checkbox"/> Female	<input type="checkbox"/> Male
Home Address:			Apt. / Bldg. #:	
City:	State:	Zip:	County:	
Name of Building Complex / Mobile Home Park:				
Home Phone Number:		Cell Phone Number:		
Mailing Address (if different):			Apt. / Bldg. #	
City:	State:	Zip:	County:	
Race: (Mark all that apply)				
<input type="checkbox"/> White	<input type="checkbox"/> American Indian / Alaska Native	<input type="checkbox"/> Native Hawaiian / Pacific		
<input type="checkbox"/> Black / African American	<input type="checkbox"/> Asian	<input type="checkbox"/> Other		
Ethnicity:	<input type="checkbox"/> Hispanic / Latino	<input type="checkbox"/> Other	Are you a Veteran?	<input type="checkbox"/> Yes <input type="checkbox"/> No

EMERGENCY CONTACTS

PRIMARY CONTACT	SECONDARY CONTACT
Contact Name:	Contact Name:
Relationship:	Relationship:
Home / Cell Number:	Home / Cell Number:
Alternate / Work Number:	Alternate / Work Number:

**EMERGENCY TREATMENT:** Palm Beach County Division of Senior Services has permission, in the event of an emergency, at my expense, to utilize the most convenient rescue squad or ambulance to transport me to the nearest hospital.

Signature \_\_\_\_\_

Date \_\_\_\_\_



# RULES

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

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

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

# Come join the fun!



In Your Image Photography: Photo by Adalberto Bo

## Become a Volunteer!

### VOLUNTEER OPPORTUNITIES

DOSS provides a wide range of programs and services to assist seniors, their families and care givers in Palm Beach County. DOSS is fortunate to have volunteers of all ages helping in the Division's mission of serving seniors. DOSS offers several ways for volunteers to get involved that suits their talents, interests, and availability. DOSS seeks volunteers from diverse backgrounds and varied work experiences to make a contribution to the lives of seniors.

### ABOUT DIVISION OF SENIOR SERVICES

Palm Beach County Division of Senior Services (DOSS) provides seniors with every stage of assistance needed for their continuum of care through the elder years. From DOSS active Senior Centers to more structured Adult Day Care and In-home Services, DOSS provides accessible, high-quality programs to assist seniors.

*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.*



**Palm Beach County  
Board of County Commissioners**  
Dave Kerner, Mayor  
Robert S. Weinroth, Vice Mayor  
Hal R. Valeche  
Gregg K. Weiss  
Mary Lou Berger  
Melissa McKinlay  
Mack Bernard

**County Administrator**  
Verdenia C. Baker