

Senior Times

Senior Centers Newsletter - February 2022



Palm Beach County
COMMUNITY SERVICES
Helping People Build Better Communities

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

SENIOR CENTERS

MID COUNTY

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

NORTH COUNTY

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

WEST COUNTY

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

Operating Hours

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

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Hello Senior Center participants!

Saludos Participantes!

VIRTUAL PROGRAMMING

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

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

PROGRAMACION VIRTUAL

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

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

Reminder

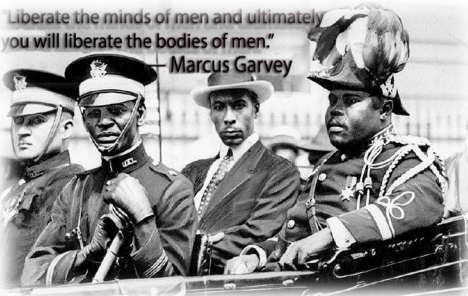
Due to the COVID-19 virus, the senior centers are actively working to keep seniors safe while staying home by providing home delivered meals, resources, telephone reassurance, emergency energy assistance, and more. Please follow the guidelines of the Florida Department of Health (DOH) and the Center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

Recordatorio

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

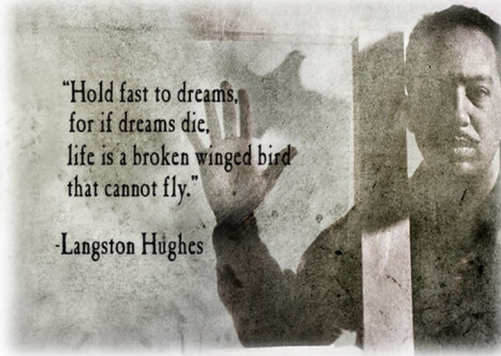
Black History Month Quotes

"Liberate the minds of men and ultimately you will liberate the bodies of men."
- Marcus Garvey



"Hold fast to dreams,
for if dreams die,
life is a broken winged bird
that cannot fly."

-Langston Hughes

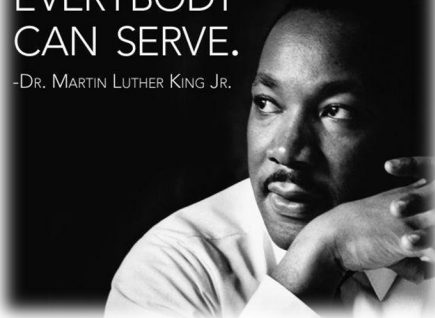


LOVE THE LIFE YOU LIVE,
LIVE THE LIFE YOU LOVE



EVERYBODY CAN BE
GREAT BECAUSE
EVERYBODY
CAN SERVE.

-DR. MARTIN LUTHER KING JR.



HEROES
COME AND GO,
BUT LEGENDS
ARE FOREVER.



"Change will not come
if we wait for some
other person or some
other time. We are the
ones we've been
waiting for. We are the
change that we seek."

Barack Obama



"Success
is liking yourself,
liking what you do,
and liking how
you do it."

- Maya Angelou



"Don't sit down and wait
for the opportunities
to come. Get up and
make them!"

- Madam CJ Walker



"With an education, you
have everything you need
to rise above all the noise
and fulfill every last one
of your dreams. "

- Michelle Obama,
United States First Lady

#LetGirlsLearn

LET *
GIRLS
LEARN



"YOU MUST
NEVER BE
FEARFUL
ABOUT WHAT
YOU ARE
DOING WHEN
IT IS RIGHT."

ROSA PARKS



"Become the change
you want to see -
those are words
I live by."

-Oprah Winfrey



"It's not the load that breaks
you down, it's the way you
carry it." - Lena Horne



Black Inventors



Lewis Howard Latimer
Invented the light bulb in
1880



Thomas Elkin
Invented the refrigerator
in 1872



Alexander Miles
Invented the elevator
in 1887



Garret A. Morgan
Invented the gas mask
in 1921 and the traffic
light in 1923



Charles Drew
Invented the blood
plasma bag in 1945



**Marie Van Brittan Brown & her
husband** Invented the first
home security system



Valerie Thomas
Invented an illusion
transmitter to create 3D
movies in 1980



Patricia Era Bath
Ophthalmologist,
Inventor, Humanitarian
Invented laser
cataract surgery



Jane Cooke Wright
A pioneer in cancer research
developed the technique of
using human tissue culture to
study the effects of potential
drugs

History of Valentine's Day



Not much is known about the real history of the Saint Valentines on whom the holiday is based. There are several versions of how Saint Valentine's Day started. Traditionally, the day may be associated with romance, but the origin of the holiday is not exactly romantic.

According to some historians, Valentine's Day was a mid-February holiday, which the ancient Romans called Lupercalia. They believe this is what led to Valentine's Day being all about love. Lupercalia celebrated fertility, and may have included a ritual in which men and women were paired off by choosing names from a jar. In Ancient Greece, people observed Valentine's day as a celebration for the marriage of the god Zeus and the goddess Hera.

In the Catholic religion Saint Valentine's Day was a day of feast. The day was commemorated for martyred saints named Valentine. There were three different saints called Valentine or Valentinus, but since very little was known about these men and there were conflicting reports of the Saint Valentine Day story, the feast day was removed from the Christian calendar in 1969.

Another account is that Saint Valentine was a Roman priest who performed weddings for soldiers forbidden to marry. This was because of a Roman emperor proclamation that married soldiers did not make good warriors and thus young men could not marry. This Saint Valentine wore a ring with a Cupid on it, a symbol of love that helped soldiers to recognize him. This was how Saint Valentine became associated with a love-focused holiday. At the end of the 5th century, Pope Gelasius declared February 14 St. Valentine's Day and since then, **February 14** has been a day of celebration.

Over the centuries, Valentine's Day has been a religious celebration, an ancient ritual day, and a commercial holiday. The meaning of Valentine's Day is truly whatever you want it to be.

<https://www.realsimple.com/holidays-entertaining/holidays/valentines-day/history-of-valentines-day>



Celebrate American Heart Month: Join the #OurHearts

Heart disease is a leading cause of death for both men and women in the United States. Risk factors for heart disease include diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

HERE ARE SOME TIPS TO HELP YOU IMPROVE YOUR HEART HEALTH:

Stay Connected

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Move More

Aim for at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. Can't carve out a lot of time in your day? Then try 10 or 15 minutes increments of exercise a few times a day. It adds up!

Aim For a Healthy Weight

Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions. If you're overweight, even a small weight loss of 5–10 percent helps your health.

Eat Heart-Healthy

Eat vegetables, fruits, and whole grains including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils.

Limit foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils. Limit sugar-sweetened beverages and sweets.

Quit Smoking

To help you quit, ask others for support or join an online support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can help you quit. All states have quit lines with trained counselors—call 1-800-QUIT-NOW (1-800-784-8669).

Manage Stress

Reducing stress helps your heart health. If you need to, talk to a qualified mental health provider or someone else you trust. Physical activity also helps reduce stress. Set goals to do a relaxing activity every day, like walking, yoga, or meditation.

Track Your Heart Health Stats

Keep a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, to help you stay on a heart-healthy track.

To learn more about what you can do to improve your heart health visit: American Heart Month | NHLBI, NIH at <https://www.nhlbi.nih.gov/education/american-heart-month>

Reference: <https://www.nhlbi.nih.gov/education/american-heart-month>

February is National Senior Independence Month



What a perfect time for seniors to celebrate their independence. Being able to live independently is important to many as they age and independence means being safe, comfortable and healthy!

Security devices such as motion light sensors, home alarm and personal response emergency alert systems, as well as having flashlights handy and a cell phone with emergency contact number can make calling for help easier. Motion sensor stick-on lights for dark areas such as hallways and stairways and clearing major paths from the bedroom to the bathroom and the kitchen from clutter are vital. Other safe products for the home are fire extinguishers, automatic shutoff devices for stoves and ovens, carbon monoxide detectors and smoke

BE COMFORTABLE

Cleaning, decluttering and organizing can positively affect one's physical health by avoiding tripping and falling. Rearranging rooms and paths, removing clutter and having sturdy furniture without wheels is important to ensure safety and comfort. Beds should be at appropriate heights to get in and out of bed safely and comfortably. The use of assistive devices such as grab bars in the bathroom, shower chairs, and non-slip rugs and mats in the shower area will also provide a more relaxed atmosphere. Wearing proper shoes with slip resistant soles and avoid walking in socks, which tend to be slippery will also help for comfort and safety.

Stay Healthy

Being both physically and emotionally healthy can maintain one's independence longer. Walking either with a friend or as a group is a great way to keep connected to others and does wonders for one's mental and physical health. In addition, other exercises also improve strength and balance such as swimming, water aerobics, chair exercise and Silver Sneakers personalized to older adults. Furthermore, eating right and drinking plenty of water keeps you hydrated; playing games and puzzles helps the brain stay sharp; and reading books from a trip to the public library can prevent cognitive decline. In addition, learning computer technology or other mobile device to keep in touch with family and friends that are not physically close can help fight depression symptoms.

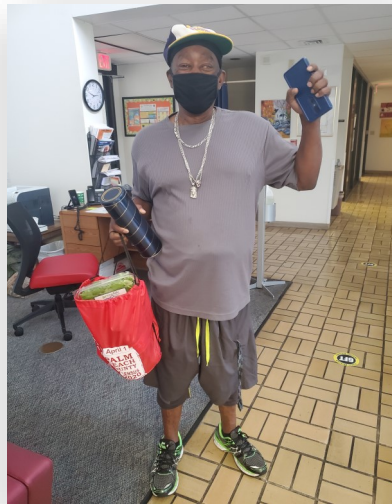


Senior
Safety Advice

National Senior Independence Month is the perfect time to make changes by ensuring a safer home and having a healthier mind and body, which can help one age in place and maintain independence.

Seniors Have a Happy Holiday Season

Elderly persons are already at risk of feeling alone during the holiday season and their celebrations can feel even lower as many are encouraged to stay home and continue social distancing amid spikes in variants. The Senior Centers worked on ways to connect with seniors during the 2021 holiday season to ensure that they were both safe and festive. A special thanks to the Peaceful Zion Church for providing seniors with goodies during the holiday season.



February 2022
VIRTUAL PROGRAMMING
ACIVITIES CALENDAR

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

MONDAY

9:30—10:00 a.m. EXERCISE // Ejercicio
10:30—11:30 a.m. Virtual BINGO: Every Monday // BINGO en Español:
1er & (3er) lunes del mes

TUESDAY

9:30—10:00 a.m. EXERCISE CLASS // Clases de Ejercicio
10:00—11:00 a.m. Tai-Chi
1:00—2:00 p.m. Seniors in Technology
Tecnología para personas mayores

WEDNESDAY

9:30—10:00 a.m. EXERCISE // Ejercicio
10:00—11:30 a.m. Spanish Book Club
1st & 3rd Wednesday of the month
1er y 3er miércoles del mes

THURSDAY

9:30—10:00 a.m. EXERCISE // Ejercicio
10:00—11:00 a.m. Tai-Chi
11:00—12:00 p.m. Managers Corner
La Esquina del Gerente

FRIDAY

9:30— 10:00 a.m. EXERCISE // Ejercicio
1:00— 2:00 p.m. Senior Center Game Hour
Hora de Juego

AARP FOUNDATION TAX-AIDE

Get your taxes done for free.

Available at the North County Senior Center

Mondays and Wednesdays only from Noon to 3pm

Starting from February 2, 2022 through April 13, 2022

" Appointment Only "

Please be sure to bring all your last year taxes and documents

Also try to come at least 15 minutes before your appointment,

To fill out tax prep paperwork

Call 561-694-5435 for an appointment.



Working for You

Whether in person or virtually, we'll help you get every tax credit and deduction you've earned.



Welcoming and Free

The program is open to taxpayers of all ages. AARP membership is not required.



IRS-Certified

Our volunteers are trained and IRS-certified every year.

To find a site near you, or to get information about virtual services, visit aarpfoundation.org/taxaide or call us toll-free at 1-888-227-7669.

The Internal Revenue Service (IRS) sponsors the Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) Programs. The mission of these programs is to provide free basic tax return preparation for low-to-moderate income and elderly taxpayers. This also includes taxpayers with disabilities, limited English proficiency and the Military. Volunteers participating in these programs must sign a Form 13615, Volunteer Standards of Conduct Agreement - VITA/TCE Programs. These agreements require them to provide high quality service and uphold the highest ethical standards.

In accordance with federal law and the Department of the Treasury - Internal Revenue Service policy, discrimination against taxpayers on the basis of race, color, national origin (including limited English proficiency), disability, sex (in education programs or activities), age or reprisal is prohibited in programs and activities receiving federal financial assistance. Taxpayers with a disability may request a reasonable accommodation and taxpayers with limited English proficiency may request language assistance to access service. To report unethical behavior to IRS, e-mail us at wi.voltax@irs.gov.

If a taxpayer believes he or she has been discriminated against, a written complaint should be sent to: Operations Director, Civil Rights Division, Internal Revenue Service, Room 2413, 1111 Constitution Avenue, NW, Washington, DC 20224. For all other inquiries concerning taxpayer civil rights, contact us at the mailing address or email us at edi.civil.rights.division@irs.gov. Do not send tax returns or other tax-related information to the Civil Rights Division office or email address.

While the IRS is responsible for providing oversight requirements to Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs, these sites are operated by IRS-sponsored partners who manage IRS-required site operations and volunteer ethical standards. In addition, the locations of these sites may not be in or on federal property.

AARP Foundation®
For a future without senior poverty.

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 elders 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

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

Are You at Higher Risk for Severe Illness?



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

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

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

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

Here's What You Can do to Help Protect Yourself



Stay home if possible.



Wash your hands often.



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



Clean and disinfect frequently touched surfaces.



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



Cover coughs and sneezes.

Call your healthcare provider if you are sick.

For more information on steps you can take to protect yourself, see CDC's webpage on [How to Protect Yourself](#)



cdc.gov/coronavirus

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

¿Está usted en mayor riesgo de enfermarse gravemente?



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

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

Esto es lo que puede hacer para ayudar a protegerse



Limite lo más posible el contacto con otras personas.



Lávese las manos a menudo.



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



Limpie y desinfecte las superficies que se tocan con frecuencia.



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

Llame a su profesional de atención médica si está enfermo.

Para obtener más información sobre las medidas que puede tomar para protegerse, vea la página web de los CDC sobre [cómo protegerse](#).



RULES

Palm Beach County Community Services Department
Division of Senior and Veteran 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.

REGLAS

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

- 1 Para ser miembro del Centro de Adultos Mayores se debe tener 55 años (60 años para el programa de nutrición) o cónyuge de un miembro. Se requiere completar un formulario de registro del Centro para personas mayores para ser miembro.
- 2 Un posible miembro debe exhibir la capacidad mental y física para funcionar de forma independiente sin la supervisión de personal o voluntarios mientras se encuentra en el centro para personas mayores, o debe estar bajo el cuidado de un cuidador o asistente. El personal del Centro para personas mayores no es responsable del cuidado de los miembros después del horario de atención.
- 3 Los miembros deben practicar una buena higiene personal y comportarse de manera adecuada. Cada miembro debe actuar con respeto hacia todos los miembros, empleados e invitados en el Centro para Personas Mayores.
- 4 Los gerentes del centro para personas mayores pueden solicitar la destitución de cualquier persona cuyo comportamiento se considere adverso para la salud y/o la seguridad de otras personas o la propiedad del centro para personas mayores.
- 5 Los niños no acompañados menores de 18 años no pueden participar en las actividades del Centro para personas mayores, excepto durante las actividades intergeneracionales planificadas.
- 6 El uso del Centro para Personas Mayores no debe violar las leyes Federales, Estatales del condado o locales, así como las Reglas del Departamento de Operaciones y Desarrollo de Instalaciones del Condado de Palm Beach y las Políticas y Procedimientos del Condado.
- 7 Los Centros para Personas de la Tercera Edad no se pueden utilizar para campañas políticas sobre temas partidistas o para la promoción de candidatos que buscan elecciones. No se permite solicitar en la propiedad del Centro para Personas Mayores
- 8 Quienes utilicen los Centros de Adultos Mayores para reuniones de Club y/o Organizaciones o eventos sociales, deberán restituir el espacio utilizado a su estado original en cuanto a disposición de mobiliario y limpieza.
- 9 El Senior Center es un ambiente libre de humo. Solo se permite fumar en el área designada para fumar y debe cumplir con el PPM CW-P-036 del condado.
- 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 El Centro para Personas Mayores no es responsable por la pérdida, robo, daño o almacenamiento de artículos.

NOTA: La violación de las reglas del Centro para Personas Mayores puede resultar en una acción inmediata incluyendo pero no limitado a la remoción y/o terminación.



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
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 WEST PALM BEACH, FL
 EDDM

To: Residential Postal Customer

February Awareness

Black History Month

American Heart Month

Senior Independence Month

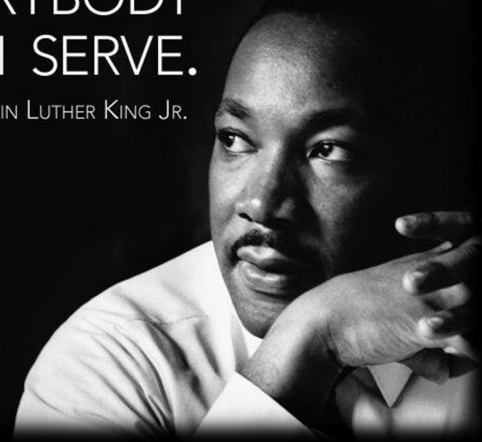
Holidays

Valentine's Day –February 14th

Presidents' Day– February 21st

EVERYBODY CAN BE
 GREAT BECAUSE
 EVERYBODY
 CAN SERVE.

-DR. MARTIN LUTHER KING JR.

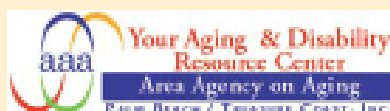


ABOUT DIVISION OF SENIOR AND VETERAN SERVICES

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.



Palm Beach County Board of
 County Commissioners
 Robert S. Weinroth, Mayor
 Gregg K. Weiss, Vice Mayor
 Maria G. Marino
 Dave Kerner
 Maria Sachs
 Melissa McKinlay
 Mack Bernard

County Administrator
 Verdenia C. Baker