

Senior Times

Senior Centers Newsletter - January 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

Table of Contents

Staff Greeting	2-5
ADC Program Flyer	6
COVID-19 Flyers	7-8
Virtual Program Schedule	9
2021 Highlights	10
Rules	11
Important Dates	12

Tabla de Contenido

Saludos del Personal	2-5
ADC Programa Volante	6
COVID-19 Volantes	7-8
Horario del Programa Virtual	9
2021 Reflejos	10

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 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.

Greetings from the Mid County Senior Center Managers



Salutations to All

I am looking forward to seeing everyone once we reopen our doors in 2022. Senior Center Staff has been busy planning a New Year filled with tons of adventure, educational classes, and many great parties. It's going to be great to hear the sounds of music, laughter and love within our Center once again. I am excited to see all of your wonderful smiling faces.

Be safe and see you soon.

I look forward to seeing everyone in 2022.

Antoinette (Tina) Austin, Mid County Senior Center — Manager

Happy New Year!!! 2022, Already!!

May we all walk into the new year healthy and blessed. I honestly don't know where 2021 has gone. I am thankful we made it through to another year. I have learned to adjust, appreciate everything, and everyone. I am looking forward to 2022, in hopes for our center to reopening soon and I am filled with excitement to see upcoming events and programs. I miss seeing all our participants and the feeling of family that our center provides. I continue as always full of love and joy.

Stay Healthy, Keep your spirits up!!

Lots of Love,

Jacquelyn Uceda, Mid County Senior Center – Assistant Manager



Greetings from the North County Senior Center Managers



Happy New Year Everyone!

I look forward to begin to interact with our participants in this new year. We want to bring back some of your favorite activities and bring in some new programming. The year 2021 has come and gone and we are going to continue our virtual programming. We welcome any participants in our hybrid programming. I understand that times have not been easy, but thank you for staying strong and cheers to the New Year.

Anderson Phebe, North County Senior Center — Manager

Greetings and Happy Holidays Everyone!

It has been a rough year in 2021, with all these things happening in the world today, but I am staying safe and looking forward to reopening our senior center. I miss all of our participants and volunteers. I miss the joyful sounds and noises of a busy center. I do enjoy to reflect on how lively and fun the center used to be. I wish everyone Happy Holidays and a Happy New Year. Please, be safe, cautious, and don't forget to wear your mask. See you guys soon.

Wilfred Belisle, North County Senior Center — Assistant Manager



Greetings from the West County Senior Center Manager



Greetings...! My name is Devon McLean; I recently came on board as the new Senior Center Manager for West County (Belle Glade). I have a Master of Business Administration (MBA) and have worked in public service for the past 15 years; twelve of which were in Belle Glade. I am also a graduate of the Leadership Glades program. This program gave me the opportunity to learn about the rich culture and history of the Glades through the interactions with citizens, leaders and businesses of the Western communities.

The West County Senior Center plays a vital role in the community by providing programs and activities that enhances the quality of life for seniors. Unfortunately, due to the pandemic, the center has been closed for an extended period of time which limits our ability to provide in-person programs and activities. Nonetheless we have leveraged technology to continue providing some activities for our participants.

During the shutdown we took the opportunity to renovate the building and update the furniture and equipment. I am excited to take on my new role and look forward to welcoming back all our participants and volunteers to the West County Senior Center. If you are not yet signed up for any of our programs and activities, please feel free to reach out to me and I will be happy to provide you with all the necessary information.

Stay Safe,

Devon Mclean , West County Senior Center — Manager



Greetings from our Adult Day Care Managers



Happy New Year! My name is Jose Zayas, and I work with the Adult Day Cares at the Mid and North-County Senior Centers.

When I began as an Adult Day Care Manager the pandemic had just began. The pandemic impacted our centers keeping our doors closed. We are looking forward to working alongside the Senior Centers providing care and supervision to seniors who need additional support. We look forward to reopening and serving our seniors with the love, patience, and understanding.

Sincerely,

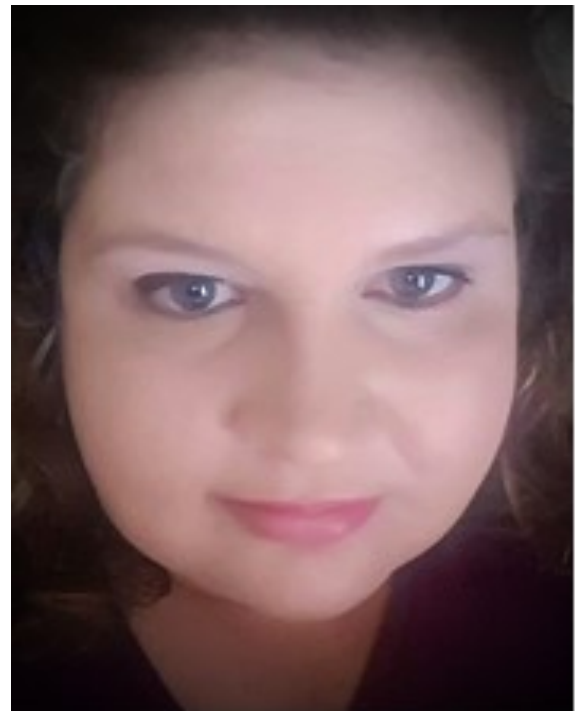
Jose M. Zayas– Adult Daycare Manager II

Greetings, from the Adult Day Care! How fast the year has gone by, and we have been patiently awaiting to see everyone in 2022. Our wheels are turning, and we are continually thinking of ways to make our daycare centers the best they can be. We hope that this New Year will bring us together through creativity, activity and a joyful spirit. We hope that you have a safe and happy New Year.

Sincerely,

Heather Caron

Adult Day Care Manager I



**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

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](https://www.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](#).



cdc.gov/coronavirus-es

January 2022

VIRTUAL PROGRAMMING ACTIVITIES CALENDAR

**Classes and schedules are subject to change.*

MONDAY

9:30—10:00 a.m. VIRTUAL EXERCISE || Ejercicio

10:30—11:30 a.m. Virtual BINGO: Every Monday ||

TUESDAY

9:30—10:00 a.m. VIRTUAL EXERCISE || *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. VIRTUAL 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. VIRTUAL EXERCISE || *Ejercicio*

10:00—11:00 a.m. Tai-Chi

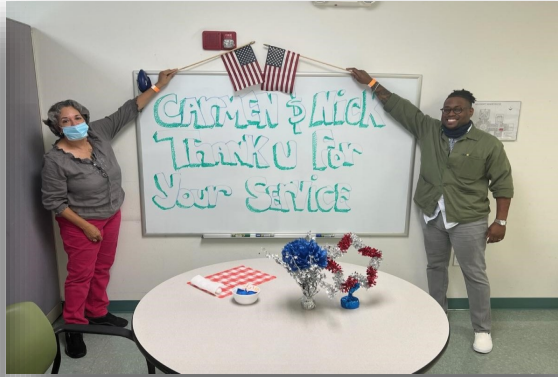
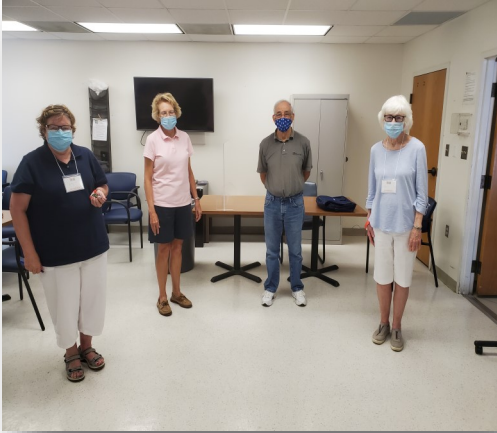
11:00—12:00 p.m. Managers Corner || La Esquina del Gerente

FRIDAY

9:30—10:00 a.m. VIRTUAL EXERCISE || Ejercicio

1:00—2:00 p.m. Senior Center Game Hour|| Hora de Juegos

2021 Highlights



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.



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

January Important Dates

January 1st, 2022
 Happy New Year

January 17, 2022
 Martin Luther King Jr.
 Day



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