

Senior Times

Senior Centers Newsletter - March 2022



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

Important Dates:

North-County Senior Center reopening on March 21, 2022

West-County Senior Center reopening on April 4, 2022

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.

**Palm Beach County
Community Services Department
Division of Senior & Veteran Services**

Nutrition Program/ Congregate Meal Program

**North County Senior Center
5217 Northlake Blvd, Palm Beach Gardens, 33418
Meal Program (561) 694-5442**

The North County Senior Center as well as the Congregate Meal Program will be opening on Monday, March 21, 2022. The Senior Center's Congregate Meal Program will be serving breakfast and lunch Monday through Friday (except for Palm Beach County holidays.)

Seniors interested in participating in the Congregate Meal Program must complete a brief assessment in person prior to participating.

Walk-in open registration for the meal program is scheduled for:
Monday, Mar. 7 through Friday, Mar. 11, 2022, 9:00 am until 12:00 pm.



Woman's History Month Spotlight

We celebrate Women's History Month to celebrate women's contribution to history, culture, and society. We decided to highlight some of our own senior participants.



Mary J.

Mary was born in Alabama. A highlight of her childhood was learning black history from her history teacher that was not part of the curriculum. When she was 19 years old she moved from Alabama to New York. During her time in New York she would eventually meet her husband. Mary says that her biggest accomplishment in life was raising her 3 children alone after her husband passed.



Hilda D.

Hilda grew up in Miami, Florida. A favorable memory that she had growing up was the march on Washington, DC in 1963 with Dr. Martin Luther King. Hilda met her husband for the first time while playing baseball in her neighborhood.



Lizzie L.

Lizzie grew up in South Carolina. Growing up she wanted to join the armed forces. Her mother bought her an imitation outfit and told her that was the closest she would get to wearing an actual armed forces outfit. Lizzie would meet her husband at church through her sister.

Woman's History Month Spotlight



Marina S. / Mi vida y aventuras.

Nací en la ciudad del Líbano Colombia. Soy Bacterióloga especializada en Hematología y certificada en los Estados Unidos. Trabajé durante 42 años en la ciudad de Chicago, Illinois.

Mi deseo de toda mi vida ha sido de plasmar mis sentimientos e inquietudes en papel para verter parte de lo que llevo en mi corazón: el amor a mi profesión, a la selva y a la poesía.

Fui llamada a mi ciudad natal donde trabajaba en una clínica para establecer un Laboratorio en el Trapecio Amazónico que comprende Perú, Brasil y Colombia. La estadía fue por cuatro años en ese

hermoso y misterioso lugar que es la más extensa zona forestal del planeta compartido por Colombia y otros países Suramericanos. Es imperativo conocer y sentir la necesidad vital más importante de conservar el mágico pulmón del planeta que es la Amazonía. Continuando con mis aventuras, allí tuve también la oportunidad además de servir en el Laboratorio y conocer a personas interesantes como los indígenas y sus costumbres, una vida totalmente diferente al resto del país. Tuve la oportunidad de viajar entre la Selva y contemplar lo colorido y armonioso de los árboles y flores. La Victoria Regia es una planta acuática que puede soportar un niño pequeño encima de sus hojas, que pueden llegar hasta metro y medio de diámetro. También admirar las artesanías de los grupos indígenas todas elaboradas con todos materiales de la naturaleza.

Mi vida continuaba entre mi trabajo en el Laboratorio y adquiriendo conocimientos sobre la selva mágica y grandiosa, experiencias inolvidables.

Al salir de mi amada Selva Amazónica, organicé mi matrimonio ya planeado por meses con el hombre que he vivido 54 años de mi vida, luego viajé a los Estados Unidos. Me casé y tengo 2 hijos, uno es Médico y el otro es Aviador que son el orgullo de nuestras vidas.

He publicado 2 poemas: el primero se llama Sentimientos. Y el segundo A la Deriva del Corazón. He publicado también un libro sobre el Amazonas Colombiano donde narro sobre mis experiencias científicas y humanas el cual titulé: Amazonas Mágico.



Jaqueline R.

I am Jacqueline R. ; I was born in Atlanta, Georgia. During my early years, my family moved to Florida where I began school at Blanche Ely Elementary in Broward County. I later transferred to Pleasant City Elementary.

I graduated from Lake Shore High School after which I attended Tennessee State University where I majored in Speech Pathology and Audiology. I had the honor of being the first Black school based Speech Pathology in Glade, Pahokee and South Bay area.

My mother and grandfather influenced my passion for serving and volunteering. For over 28 years, I have worked as a volunteer in various capacity throughout the community. I have volunteered to assist after several hurricanes that affected Belle Glade. For 16 years I volunteered as uniform manager for Glades Central High School band, I served food on MLK Day, at various events at Pioneer Park Elementary School and the Glades Initiative food distribution. I am also a volunteered at the West County Senior Centre.

One of my most treasured activities over the years has been the annual judging of the MLK Oratorical Contest at Rosenwald Elementary School, where I frequently volunteered as a substitute. I also volunteered at other schools in the area, such as Glades Central and Pioneer Park.

I am a member of Alpha Kappa Alpha Sorority, Inc. and I am proud to have helped charter the Mu Rho Omega chapter in Belle Glade over 42 years ago.

For 16 years I served as an election official in Belle Glade, went on to become assistant clerk, and assisted with early voting. I hung up my education and election official mantles in 2018.

As a child, one of my passion has always been writing, I have written poems, short stories, ideas for plays and TV series. Journaling has been my go-to decompressor during the pandemic.

In addition, I am very passionate or obsessed is with" HATS, caps, shoes, scarves, also the varying ways to tie them in the African tradition.

I am a woman of faith; my relationship with God has been my anchor in times of trouble, grief and despair. Stealing a quote from my Pastor "BUT GOD".

The Time is Right for Social Work

The month of March is Social Work month and as a result we highlighted our case-workers below and highlighted their length of experience as a caseworker.



Sabrina
34 years



Cyril
20 years



Marsha
22 years



Neliza
17 years



Nancy
20 years



Verna
31 years



Simone
Over 10 years




Robin
Over 30 years



Jose
Over 10 years



Jillian
10 months



SPONSORED BY
The Pearl Mae
Foundation



CONTACT **561-694-5435**
FOR MORE INFORMATION

VIRTUAL MUSEUM SERIES **@ NORTH COUNTY SENIOR CENTER**

FRIDAYS @ 10:30AM - 11:30AM

MUSEUM OF THE AMERICAN REVOLUTION (PHILADELPHIA, PA) 2/25/2022

JOHN F. KENNEDY PRESIDENTIAL LIBRARY & MUSEUM (BOSTON, MA) 3/4/2022

LYNDON B. JOHNSON PRESIDENTIAL LIBRARY & MUSEUM (AUSTIN, TX) 3/11/2022

CHURCHILL WAR ROOMS (LONDON, UK) 3/18/2022

THOMAS JEFFERSON'S HOME & MUSEUM (MONTICELLO, VA) 3/25/2022

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.

March 2022
VIRTUAL PROGRAMMING
ACTIVITIES CALENDAR

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

MONDAY

9:30 am—10:00 am EXERCISE // Ejercicio
11:00 am—12:00 pm Virtual BINGO: Every Monday // BINGO en Español:
1er & (3er) lunes del mes

TUESDAY

9:30 am—10:00 am EXERCISE CLASS // Clases de Ejercici
1:00 pm—2:00 pm Seniors in Technology
Tecnología para personas mayores

WEDNESDAY

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

THURSDAY

9:30 am—10:00 am EXERCISE // Ejercicio
11:00 am—12:00 pm Managers Corner
La Esquina del Gerente

FRIDAY

9:30 am— 10:00 am EXERCISE // Ejercicio
10:30am —11:30 am Virtual Museum Tour
1:00 am— 2:00 pm Senior Center Game Hour |
Hora de Juego Linea de Fiesta

★ VETERANS SERVICES ★

*The Office of
Veteran Services
is here for you!*



We assist and counsel former and current members of the Armed Forces who reside in Palm Beach County. Services include assistance in preparing

and filing claims for benefits or which they are entitled under federal, state, and local laws. Dependents and survivors of present or former members of the Armed Forces may be eligible for the services of our program.

We can help you with Department of Veterans Affairs (VA) claims and can assist to completing VA health care enrolment forms. We have three offices in Palm Beach County to provide for easy access to our services. All of our Veteran Service Officers are Veterans with over 40 years of combined military experience and 20 years of Veteran Service experience.

Please, call us if you are a Veteran, the family member of a Veteran or just interested in hearing about our programs. 561-355-3084

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



ADMINISTRATION

810 Datura Street, Suite 300
West Palm Beach, FL 33401
tel (561)355-4746
fax (561) 355-3222

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Melissa McKinlay
Mack Bernard

County Administrator
Verdenia C. Baker

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
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Heather Caron
Adult Day Care Center Manager I
North County Adult Day Care
5217 Northlake Blvd.
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(561) 694-5438



“

MARDI GRAS IS THE LOVE OF LIFE. IT IS THE HARMONIC CONVERGENCE OF OUR FOOD, OUR MUSIC, OUR CREATIVITY, OUR ECCENTRICITY, OUR NEIGHBORHOODS, AND OUR JOY OF LIVING. ALL AT ONCE.

- CHRIS ROSE -

For each petal on the shamrock, this brings a wish your way: Good health, good **luck**, and happiness for today and **every** day.

×

IRISH BLESSING

”

March Word Search

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

ADVICATE

CASELOAD

FICTION

NAVY

SERVICES

ARMY

CASEWORKER

HARD COVER

PLAYS

SKILLED

BATTLE

COURAGE

HOME VISIT

POEMS

TASK

BOOKS

DEFEND

MARINE

PROFILE

BRAVE

BOOKWORM

ENGAGE

LOVE

SCHOLAR

SOILDERS

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.

**Condado de Palm Beach
El Departamento de Servicios Comunitarios
División de Servicios para Personas Mayores y Veteranos**

El Programa de Nutrición y de Comidas Congregadas

**Centro para personas mayores del norte del condado
5217 Northlake Blvd, Palm Beach, 33418
Programa de comidas (561) 694-5442**

El Centro para Personas Mayores del Norte del Condado, en conjunto con el programa la Comida Congregada se abrirá el lunes 21 de marzo de 2022.

El Programa de Comidas Congregadas del Centro servirá desayuno y almuerzo de lunes a Viernes (excepto los días festivos).

Las personas mayores interesadas en participar en el Programa de Comidas Congregadas deben completar una breve evaluación en persona antes de participar.

La inscripción abierta sin cita previa para el programa de comidas está programada para:

**El Lunes 7 de Marzo al Viernes 11 de Marzo del 2022,
de 9:00 am a 12:00 pm.**





SERVICIOS PARA VETERANOS

¡La Oficina de Servicios para Veteranos está aquí para usted!

Asistimos y asesoramos a miembros anteriores y actuales de las Fuerzas Armadas que residen en el condado.



De Palm Beach. Los servicios incluyen asistencia para preparar y presentar reclamos de beneficios a los que tienen derecho según las leyes federales, estatales y locales. Los dependientes y sobrevivientes de miembros actuales o anteriores de las Fuerzas Armadas pueden ser elegibles para los servicios de nuestro programa.

Podemos ayudarlo con las reclamaciones del Departamento de Asuntos de Veteranos (VA) y podemos ayudarlo a completar los formularios de inscripción de atención médica de VA. Tenemos tres oficinas en el condado de Palm Beach para facilitar el acceso a nuestros servicios. Todos nuestros Oficiales del Servicio de Veteranos son Veteranos con más de 40 años de experiencia militar combinada y 20 años de experiencia en el Servicio de Veteranos.

No dude en llamar si es un veterano, un miembro de la familia de un veterano o simplemente está interesado en conocer nuestros programas. **561-355-3084**



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**MARDI GRAS ES EL AMOR
DE LA VIDA. ES LA
CONVERGENCIA ARMONICA
DE NUESTRA COMIDA,
NUESTRA MUSICA,
NUESTRA CREATIVIDAD,
NUESTRA
EXCENTRICIDAD,
NUESTROS BARRIOS Y
NUESTRA ALEGRIA DE
VIVIR. DE REPENTE
-CHRIS ROSE-**

**POR CADA PETALO
DEL TREBOL, ESTO
TRAE UN DESEO A
TU CAMINO:
BUENA SALUD,
BUENA SUERTE Y
FELICIDAD PARA
HOY Y TODOS LOS
DIAS.**

- **BENDICION
IRLANESA**

PROGRAMA “ADULT DAY CARE”



El programa ‘Adult Day Care’ provee un ambiente seguro y supervisado, focalizado en las habilidades e intereses para mejorar el bienestar, la independencia y la autoestima de la persona mayor.

Días y Horas de Operación:

Los ‘Adult Care Centers’ están abiertos de Lunes a Viernes entre las horas de 8 a.m. - 5 p.m., excepto en los días festivos aprobados por el Condado.

Servicios:

- ♦ El “Adult Day Care” es un programa de actividades sociales terapéuticas y saludables y de servicios que se brinda a los ancianos que tienen limitaciones funcionales. Los servicios se brindan en un ambiente protector y comunitario.
- ♦ Calendario estructurado de actividades diarias.
- ♦ Socialización, recreación, ejercicios y estimulación cognitiva supervisada.
- ♦ Administración de medicamentos y auto administración supervisada. Control periódico de signos vitales.
- ♦ Evaluación de necesidades y manejo de casos. Asesoramiento al cuidador, cuando sea necesario.
- ♦ Nutrición (desayuno, almuerzo y merienda).
- ♦ Coordinación de transporte para quienes no tienen acceso, incluidos aquellos con limitaciones físicas.

¿Está interesado en participar en un grupo virtual de apoyo/educación para cuidadores? Comuníquese con uno de los centros ADC que se enumeran a continuación para obtener más información.

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Adult Day Care Center Manager II
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Palabras De Marzo

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

ACONSEJAR

**CARGA DE
CASOS**

FICCION

ARMADA

SERVICIOS

EJERCITO

**EL ASISTENTE
SOCIAL**

TAPA DURA

**OBRAS DE
TEATRO**

HABILIDAD

BATALLA

CORAJE

**VISTA A
CASA**

POEMAS

LIBROS

DEFENDER

MARINA

PERFIL

**GUSANO DE
BIBLIOTECA**

**COMPROME-
TERSE**

AMOR

ERUDITO

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 Los miembros del Centro no almacenarán, poseerán ni usarán drogas, alcohol y/o dispositivos de juego en las instalaciones, ni permitirán que otros lo hagan.
- 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 33401

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March Awareness

Women's History Month

Social Work Month

National Sleep Awareness Month

Holidays

St. Patrick's Day –March 17



-OPRAH WINFREY

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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