



Palm Beach County
Division of Senior Services



WEST COUNTY

Senior Times



Palm Beach County
Board of County
Commissioners

Community Services
Department

Division of Senior Services

www.pbcgov.com

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. DOSS has over 31 years experience helping the senior community and has been the designated lead agency to administer programs for the elderly by the Area Agency on Aging, Palm Beach/Treasure Coast, Inc. for over 25 years.



We at West County Senior Center are most grateful and appreciative to our December 2017 donors for their generosity and support of Glades Tri-City Community seniors and would like to wish all of you a happy, prosperous and successful new year. For more coverage of the Precious Wright Holiday Luncheon, see page 11.

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January Highlights *in addition to our regularly scheduled events*

JANUARY 4, 11, 18 & 25 and FEB. 1
Community Voice: Sickle Cell Foundation of Palm Beach County Educational Workshop
1/4, 1/18 and 2/1 – 1:00 p.m. – 3:00 p.m.
1/11 and 1/25 – 10:00 a.m. – 12:00 p.m.

JANUARY 11 | 1:00 P.M.
Training for Tomorrow

JANUARY 24 | 1:00 P.M.
Strength Training for Seniors

CENTER CLOSINGS

Monday
JANUARY 1
New Year's Day

Monday
JANUARY 15
Martin Luther King, Jr. Day

PALM BEACH COUNTY Senior Centers

MID COUNTY SENIOR CENTER

3680 Lake Worth Road
Lake Worth, FL 33461
tel (561) 357-7100
fax (561) 357-7114

Tina Austin Manager
Jacquelyn Uceda Asst. Manager

Operating Hours

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

NORTH COUNTY SENIOR CENTER

5217 Northlake Boulevard
Palm Beach Gardens, FL 33418
tel (561) 694-5435
fax (561) 694-9611

Tim Yates Manager
Patty Jordan Asst. Manager

Operating Hours

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

WEST COUNTY SENIOR CENTER

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

Willie Miller, II Manager

Operating Hours

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

WEST COUNTY STAFF



Willie Miller, II Manager
(561) 996-4808

Vacant Assistant Manager
Looking to hire soon!

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

Blood Pressure Checks
Preventive Lectures
Serving Health Insurance
Needs of Elders (SHINE)

Activities include:

Bridge
Bingo
Day Trips
Live Music
Quilting
Oil Painting
Billiards
Dominoes
Special Events
Computer Classes
Exercise Classes
Birthday Celebrations
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 West County Senior Center, a SHINE counseling site. Please call your local Elder Helpline toll-free at **1-866-684-5885** to schedule an appointment for counseling.



For more information, visit www.floridaSHINE.org.

Week of Cycle Menu	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	CLOSED	2	3	4	5
2	HAPPY New Year	Egg Salad Sandwich Tomato & Cuke Salad French Dressing Pea & Cheese Salad Fresh Orange	Juice Cup Hamburger Ketchup & Mustard Garlic Potatoes Green Beans	4 oz Turkey Salad 3 Bean Salad Carrot Pineapple Salad Grain Roll & Margarine Raisins	(4) Meatballs Parmigiana Pasta with Garlic Oil Zucchini Casserole Grain Bread & Margarine Pears
8	CLOSED	9	10	11	12
3	Hot Dog & 4 oz Chili Chopped Onions Baked Apple Chunks Graham Crackers	Charbroiled Beef Patty Cheesy Mashed Potatoes Spinach Grain Bread & Margarine Mandarin Oranges	Chicken Parmesan Pasta Tuscan Vegetable Blend Roll & Margarine Peaches	Sloppy Joe on Bun Corn Green Beans Raisins	Juice Cup Baked Chicken Thigh Sucootash Spinach Grain Bread & Margarine
15	CLOSED	16	17	18	19
4	MARTIN LUTHER KING JR. DAY	Hamburger Ketchup & Mustard Spinach Baked Beans Fresh Orange	8 oz Chicken Pasta Bake Summer Blend Vegetables Grain Bread and Margarine Mixed Fruit	8 oz Smoked Turkey Sausage & Red Beans Peas Cauliflower & Peppers Garlic Roll Pineapple	Buffalo Chicken on Bun Corn California Vegetables Mayonnaise Yogurt Cup
22	CLOSED	23	24	25	26
1	8 oz White Chicken Chili Brown Rice Stewed Tomatoes Grain Bread & Margarine Peaches	BBQ Chicken Sliders Mac & Cheese Mixed Vegetables Pineapple	Chef Salad French Dressing Tomato & Cuke Salad Whole Grain Bread & Marg. Graham Crackers	Pork Riblet in Gravy Garlic Mashed Potatoes Peas Grain Bread & Margarine Mandarin Oranges	Tuna Salad Sandwich Sweet Potato Salad Lettuce & Tomato with French Dressing Applesauce
29	CLOSED	30	31		
2	Baked Chicken Thigh Yellow Rice Black Beans Cuban Roll & Margarine Citrus Fruit Salad	Egg Salad Sandwich Tomato & Cuke Salad French Dressing Pea & Cheese Salad Fresh Orange	Juice Cup Hamburger Ketchup & Mustard Garlic Potatoes Green Beans		

**JANUARY
2018**

**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, 12-5-2017

Susan Koester, RD, LDN 7041

Palm Beach County
Division of Senior Services

561-355-4740



Computer Basics

Struggling to learn computers? Never used a computer before? Come learn about computer basics. Join us the **1st and 3rd Tuesday and Thursday of every month at 9:30 a.m.** Class will provide an introduction to using the mouse and keyboard. Class will also provide basic instruction from turning the computer on to performing basic computer tasks.

Sponsored by: **INTERNET ESSENTIALS**
from Comcast



DONORS HAVE HEART

We would like to dedicate the January issue of our newsletter to thank and recognize the generous support of our December 2017 donors who participated in our **Elves for Elders Christmas Gift Wishlist**

campaign. These individuals brightened up the holidays for our seniors here at West County Senior Center and for seniors in the Glades Tri-City Community. First, we would like to thank the management staff of **H.E. Hill Foundation** and **Home Depot** for furnishing Christmas trees and poinsettia plants that we used to decorate our facility for the holidays. Next, a special thanks to **Sugar Cane Growers Cooperative, Celecia Gaynor, Attorney Salesia Smith-Gordon, Attorney Edrick Barnes, Mike and Denise Albritton** and the **West Palm Beach Chapter of Links, Inc.** for their benefaction of gift cards, gifts and sponsorship of a spectacular cultural experience for Glades Tri-City Community seniors.



MIKE AND DENISE ALBRITTON

Why did you first sponsor seniors to attend a cultural event at the Kravis Center?

Our seniors so often get overlooked, yet they provide such wisdom and reflections of life experiences. We thought it was a great opportunity to support providing seniors an experience they may not otherwise have, especially during the holiday season.

What inspires you to give to charity/organizations?

"To whom much is given, much is required" and "we are blessed to be a blessing to others" are the words we live by. As a locally-owned and operated business, we believe it's important to give back to the community where we grew up.

What interests you most about our organization? Why?

We believe our seniors and our children are truly the best investments we can make today.

What is the largest impact you've had in this community?

It's not so much about the largest impact we've made, it's more about having any impact in making a difference in the lives of those in our community.

What's been your best giving experience?

Respectfully, each one is as rewarding as the next.

How do you and your family or your organization make your philanthropic decisions?

Based on the organization's needs and desired results to achieve their goals and/or objectives, as well as by the guidance of our Holy Spirit, first and foremost.

What would an organization need to show you, after you've made your gift, to convince you that you had made a wise investment?

Results :)

How long do you usually stick with an organization or issue?

Not determined in any method.

What shapes your giving?

Our spirits.

What do you want your gifts to accomplish?

God's will.



H.E. HILL FOUNDATION

Why did you first give the Christmas decoration donations to West County Senior Center?

We saw a request on Facebook that your organization was in need of Christmas decoration donations, which just so happened to come on the same day that The Dolly Hand Cultural Arts Center was having their Living Christmas Tree program, where they auction decorated trees as a fundraiser. We are a Glades-based foundation, so what better way than to help two agencies in our area at once. Being able to help both organizations was a win-win in our eyes.

What inspires you to give to charity/organizations?

H. E Hill Foundation's primary mission is affordable housing for working families; however, it is our belief residents deserve a sustainable community with good hospitals, schools, culture and services, so our mission evolved. The need for enhancement of these things

resulted in our expanding our philanthropy to numerous other endeavors that benefit our communities.

What's been your best giving experience?

There is no one best giving experience for us, as we are blessed with the position we have of being able to help families buy their homes, extend the services the communities have available, and we get to make several families' holidays just a little bit brighter with turkeys at Thanksgiving or by surprising hard-working families who don't expect it with toys and funds at Christmas. I can say there is no feeling like seeing someone work hard and purchase their first home, which is a foundation towards their future.

What do you want your gifts to accomplish?

We just hope the tree donation brings Christmas cheer to the people you serve.





Love

WEST PALM BEACH (FL) CHAPTER OF LINKS, INC.

Why did you first provide gifts to the seniors?

The Links, Incorporated has a primary mission of friends joining together in service to the community. We are so happy to be able to provide gift certificates to the seniors at the Senior Center through the Elves for Elders Program! We received a request for a donation and our members did not hesitate at all in responding to this request. We have been discussing ways to increase our service in the Western community, so the request was very timely. We have a project planned for the Spring for a group of daycare centers in the Western community, and now we have an opportunity to spread some holiday love to our seniors.

What inspires you to give to charity/organizations?

We believe that to whom much is given, much is required. So, all of our members truly have a spirit of service. In order to make our communities healthier and vibrant, we must all do our part to give love and charity to our children, our elders, and our less fortunate.

What interests you most about our organization? Why?

It is wonderful that the three senior centers provide services to seniors in our community and give them an opportunity to participate in programs and activities which enhance their quality of life. Studies have shown that people who have personal relationships with others live longer, healthier lives.

What is the largest impact you've had in this community?

The West Palm Beach (FL) Chapter of The Links, Incorporated is best known for its annual scholarship fundraiser for students desiring to study the arts. However, we do so much more in this community. We are heavily engaged in promoting art appreciation by hosting events that showcase national and local

artists of color. We donate funds to local charities and nonprofits, such as Faith's Place, the Sickle Cell Foundation, Sojourner's With Healing Hearts, the Leukemia and Lymphoma Society, and the Urban League. We have volunteered and mentored foster care children at KidSanctuary Compass over the last four years and have supported the Leukemia and Lymphoma Society's Light the Night Walk for the last six years. We have registered African-Americans for the National Bone Marrow Registry, held a luncheon to celebrate International Women's Day, and recently hosted a reception and photo exhibit with the Spady Museum and Susan G. Komen entitled "Shades of Pink" to encourage African-American women to know and understand their risk for breast cancer. We work through our 5 Facets (The Arts, International Trends and Services, National Trends and Services, Services to Youth, and Health and Human Services).

What's been your best giving experience?

My best giving experience has involved my work through The Links with Be the Match and the Leukemia and Lymphoma Society. I turned personal challenges to action: after losing my mother (age 54), sister (age 37), and aunt (age 41) to blood cancers, I started raising monies for cancer research and speaking at African-American churches, at UCF, and local community events such as health fairs about the importance of registering as bone marrow donors. We conducted registration drives in which the number of African-Americans registering for the National Bone Marrow Registry exceeded the goals established by Be the Match®. I have worked with The Links, Incorporated for the last six years to participate in the Leukemia & Lymphoma Society's Light the Night Walk to raise money to find a cure for blood cancers. In

particular, I emphasize public awareness of multiple myeloma, a blood cancer that primarily affects African-Americans.

How do you and your family or your organization make your philanthropic decisions?

The West Palm Beach (FL) Chapter of The Links, Incorporated makes philanthropic decisions by presenting opportunities for engagement to our chapter members and then voting on whether to donate money from our budgeted funds, by holding fundraising activities, or simply 'passing the hat.' We select charities and non-profits based upon issues that are important to our members and to the community we serve.

What would an organization need to show you, after you've made your gift, to convince you that you had made a wise investment?

An organization would need to show us the type of work that it does and how our donation/gift was used. We want to know that the organizations we support truly help people in need.

How long do you usually stick with an organization or issue?

There is no set time. Again, we do a needs assessment, determine our priorities based upon the needs of the community and our chapter's capacity for philanthropy, and make decisions based upon issues that are important to our members and to the community we serve.

What shapes your giving?

Time, budget, chapter priorities, and need.

What do you want your gifts to accomplish?

We want to know that the organizations we support truly help people in need.



DAVID GOODLETT

Why did you first provide gifts to the seniors?

In the early years of the West County Senior Center, my parents, Charles and Imogene Goodlett, frequently met friends there and participated in activities and lunch. Years later, a lady that provided childcare to me, Ms. Pearl Bell, of South Bay, came to the center. It was a place I could count on finding her. This opportunity reacquainted me with the folks and staff. My family and I brought Christmas dinner and gifts to Ms. Bell. She was alone and not in the best of health. In her nineties, she passed away, and my family was looking for another way to help others during the holidays. So, because of my parents and Ms. Pearl, the center was a good fit.



**David Goodlett,
Senior Vice
President of
Government and
Grower Relations
at Sugar Cane
Growers
Cooperative
of Florida**

What inspires you to give to charity/organizations?

First, my wife Michelle and I are blessed with three awesome children, Alison (32), Charlie (24), and Andrew (21). I thought it important for them to understand that everyone isn't as fortunate as they are. That's why they needed to know Ms. Pearl, who couldn't read or write and struggled for everything she had. Her connection with them left a lasting impression. So, first, being charitable was a "teaching opportunity"—a legacy I hope to leave with them. Secondly, I feel very fortunate to have been blessed in so many ways, far beyond my expectations. With those blessings come responsibility. In that regard, I believe that it's important for me to "leave this world a better place than we found it," and adhere to the Bible verse that says, "To Whom Much Has Been Given, Much is Expected."

What interests you most about our organization? Why?

My original interest stems from the previously mentioned personal connection. However, I knew that the cause was worthy, and 100% of my investment would be used for the purpose for which it was intended.

What is the largest impact you've had in this community?

Impacts are hard to see and measure. But without question, the most personally satisfying opportunity of my professional life was to serve on the Palm Beach Healthcare District and work with many

folks to see the construction of Lakeside Medical Center.

What's been your best giving experience?

Giving is an opportunity. Opportunity comes in many forms, and doesn't always involve a financial contribution. As the Chair of the Palm Beach County Healthcare District, I was able to connect the Caridad Center and a young Guatemalan boy with a surgeon who repaired a birth defect and allowed him to walk for the first time. That was special—and I was merely at the right place at the right time.

How do you and your family or your organization make your philanthropic decisions?

Sugar Cane Growers Cooperative has invested millions over their 50-plus year history. I believe the company, my family, and most people give because of the relationship/linkage to the benefactor, the degree of "need," the return on the investment, and who is making the request.

What would an organization need to show you, after you've made your gift, to convince you that you had made a wise investment?

Personally, I have come to the conclusion that the benefactor is worthy prior to the contribution. But certainly the contributor would have to see that the investment resulted in the programmatic or capital improvement intended.

How long do you usually stick with an organization or issue?

Seasonal opportunities like the gifts our employees make to the seniors are easily accomplished, much appreciated and the cost is manageable. Our folks look forward to this activity during the holidays. Many feel this has become a tradition and likely participate into the foreseeable future.

What do you want your gifts to accomplish?

In the case of the seniors, a smile along with the thought that someone cares.



**SUGAR CANE GROWERS
COOPERATIVE OF FLORIDA**



CELECIA GAYNOR

What inspires you to give to charity/organizations?

I feel inspired to give to charity/organizations based on their mission to help/give back to others and by the commitment they show to the cause in which they represent.

What interests you most about our organization? Why?

I am most interested in your organization because of the care that is given to the elderly. I have a genuine passion to care for others, especially the elderly. I strongly believe, that it is our job as the younger generation to care for those who have cared for us.

What is the largest impact you've had in this community?

I would like to think that the largest impact I've had in this community is operating a business that provides genuinely caring, nurturing, and

supportive services to our elderly community.

What's been your best giving experience?

I guess if I have a best giving experience, it would be that I give from the heart without expectation. When you do what you love, the experience is that it becomes a great privilege.

How long do you usually stick with an organization or issue?

I am consistently loyal to any organization or issues in which I partake. As long as there is a platform, I will remain support of it.



Celecia Gaynor is owner of J & R Care Finders, Inc., a nurse registry organization committed to securing and referring qualified nursing professionals.



SALESIA SMITH-GORDON

What inspires you to give to charity/organizations?

As a child, I was taught that service to others is the rent we pay for being on this earth. Because of my blessings, I have a naturally strong desire to help others. Resources are, of course, helpful, but so is the investment of personal time.

What is the largest impact you've had in this community?

Hmmm. First, caring about others. Other impacts are 2) professionally advocating for those who are unable to do so alone; 3) Assisting in the exposure, growth and

education of others through academic scholarships to HBCUs particularly in the area of law and pharmacy; 4) Assistance of people through various resources and exposures to the arts. And 3) Being a positive role model paying it forward, inspiring and encouraging others to be their best authentic selves and *purposefully* strive for "self-defined" success.

What's been your best giving experience?

There are many positive experiences; I don't have a favorite. Those where people are truly appreciative or receive the benefit are the best.

How do you and your family or your organization make your philanthropic decisions?

Your question invokes three distinctly different groupings, some which intertwine, and for me, that's a positive trifecta effect called harmony! Philanthropic mission

needs most to be matters of interest and in alignment with my values and goals, usually in areas of education, health, advocacy and public policy.

What would an organization need to show you, after you've made your gift, to convince you that you had made a wise investment?

Progress for people or animals intended to help.

How long do you usually stick with an organization or issue?

Depends on the issue, need and level of personal importance to me and the effects of the intended mission.

What shapes your giving?

A budget of time and of finances.

What do you want your gifts to accomplish?

To serve as a positive influence of Hope, Happiness, Restoration of Dignity and Positive Impact to others. A smile does wonders for the soul.



EDRICK BARNES

Why did you first give gifts to seniors?

I think that seniors are jewels in our communities. They have a wealth of knowledge and wisdom. Many of them paved the way for us or suffered horrible times in order for us to enjoy the liberties we enjoy and take for granted. I appreciate seniors for that and cherished the moments I got to spend with my grandparents as a child. I also came to enjoy and respect them tremendously as an adult as I became able to understand the family history and wisdom they had to impart. I credit seniors for a lot of who I am today.

What inspires you to give to charity?

My mother was a charitable person, so it's a part of my thinking and DNA, so to speak, at this point. I watched her my whole life help others through her occupation and community work. I don't know any other way. Especially, when I've been blessed tremendously and I see others that could use help. I know it's the right thing to do, and I get satisfaction out of feeling that I am helping to spread God's power and mercy.

What's been your best giving experience?

It's hard to put a finger on any one because I have been involved in community service and charity for as long as I can remember. However, as an adult, I take great pride in charitable service that opens doors and helps young people fulfill their fullest potential. As a lawyer, I have had the opportunity to serve organizations that placed high school kids, law students and young lawyers with mentors and law firms where they had someone protecting their best interest. Therefore, they had better chances at success. It feels really good to see people that are successful here in Palm Beach County due in part to actions you took to ensure they could be successful. I think that has been the best experience for me apart from any monetary gift I could ever give.



**Edrick Barnes,
principal at
The Law Office
of Edrick E.
Barnes, Esq.**

How do you and your family or your organization make your philanthropic decisions?

As a family, we continually support organizations that do work that is important to us, such as those that serve our community or children. We allocate a certain amount each year for those organizations. I also have no misgivings about the fact that my life and success are a direct product of God's grace, power and mercy, so we always target the church for our largest gift most years. We also try to stay flexible and direct resources to where we see need. Therefore, it is subject to change from year to year.

What would an organization need to show you, after you've made your gift, to convince you that you had made a wise investment?

My family does not give as an organization, so we really don't have someone that tracks any sort of measurable impact from our giving. The gifts are often given privately. I was always taught that it is your heart that is most important in giving. That is to say, the most important part of giving is what you intended by making the gift, not what the receiver of the gift turns around and does with the gift. This mentality has always given me peace with charity and I don't look for measurable impact. I know God is watching and knows my heart. However, it is very gratifying to see smiles and gratitude if we can. That's enough.

How long do you usually stick with an organization or issue?

As long as we have the ability to give and see a need, we stick with the organization or issue. There are times when we will redirect resources based upon the weight of the need.

What shapes your giving?

I think that was answered above, but in summary, it boils down to what we are interested in, where we see need and what makes our heart feel good because we know it pleases God.

What do you want to accomplish by your giving?

I truly want the community to be a better place. I want my actions and my family to be an example of God's power, and in doing so, I hope to spread God's kingdom. The more good we do as people, I think the better we all become, and the better the place our kids have to live.

THANK YOU, DONORS!

17TH ANNUAL
*Precious
Wright*
HOLIDAY
LUNCHEON



You are worthy,
our Lord and God,
to receive glory and honor
and power, for You created
all things, and by Your will
they were created
and have their being."



**MONDAY
JAN. 22**

Also at the Fair:
**SENIOR
HEALTH &
LIFESTYLE
FESTIVAL**
NOON-5PM

Join the Division of Senior Services for an exciting trip to the South Florida Fair! This will be a fun-packed day including a wide variety of foods, crafts, Yesteryear Village, a senior health expo and much more! There is a limited seating on the charter bus so register early!

WHEN
DEPART TIME
RETURN TIME
COST

Monday, January 22, 2018
North County 11:00 a.m. / Mid County 11:30 a.m. / West County 11:00 a.m.
North County 4:30 p.m. / Mid County 5:00 p.m. / West County 4:30 p.m.
\$15* (sorry, no refunds)
**\$10 is due upon registration and \$5 will be paid at the gate the day of the trip.*

REGISTRATION
LUNCH
ACTIVITY LEVEL

Deadline to register is **Friday, January 12, 2018.**
 Lunch can be purchased at the Fair.
Moderate to High - walking outdoors. Please wear comfortable walking/running shoes. If you require personal, one-on-one assistance during a trip, you will need to register with a personal aide to travel and assist you.



For more information, please call your local senior center.

**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

NORTH COUNTY SENIOR CENTER

5217 Northlake Boulevard
Palm Beach Gardens, FL 33418
tel (561) 694-5435
fax (561) 694-9611

MID COUNTY SENIOR CENTER

3680 Lake Worth Road
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**Palm Beach County
Board of County Commissioners**
 Melissa McKinlay, Mayor
 Mack Bernard, Vice Mayor
 Hal R. Valeche
 Paulette Burdick
 Dave Kerner
 Steven L. Abrams
 Mary Lou Berger

County Administrator
Verdenia C. Baker

www.pbcgov.com/communityservices/seniorservices

Trip to **Loggerhead Marinelifelife Center** & **BBQ Picnic** at Ocean Cay Park in Jupiter

Join us for a fun-filled day as we visit the Loggerhead Marinelifelife Center, followed by a catered BBQ picnic in the park at beautiful Ocean Cay Park, located in Jupiter. Loggerhead Marinelifelife Center (LMC) is one of Florida's most unique non-profit cultural destinations focused on ocean and sea turtle conservation.

WHEN Wednesday, February 28, 2018

DEPART TIME Mid County 9:00 a.m. / North County 9:30 a.m.
West County 9:00 a.m.

RETURN TIME Mid County 2:30 p.m. / North County 3:00 p.m.
West County 3:30 p.m.

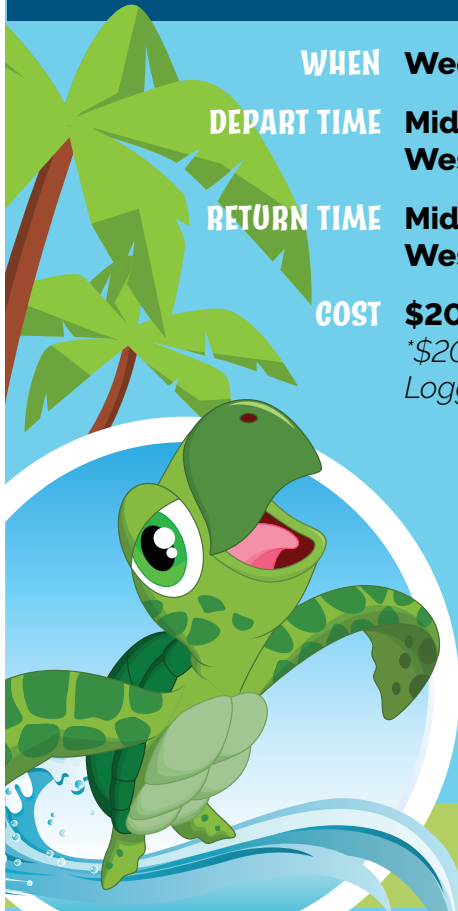
COST \$20* (sorry, no refunds)

**\$20 is due upon registration. Donations to Loggerhead Marinelifelife Center are greatly appreciated.*

REGISTRATION Deadline to register is
Friday, February 2, 2018

ACTIVITY LEVEL **Moderate to High - walking outdoors.**
Please wear comfortable walking/
running shoes. If you require
personal, one-on-one assistance
during a trip, you will need to
register with a personal aide to
travel and assist you.

For more info, call your local senior center.



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Palm Beach County
Board of County Commissioners

Melissa McKinlay, Mayor
Mack Bernard, Vice Mayor
Hal R. Valeche
Paulette Burdick
Dave Kerner
Steven L. Abrams
Mary Lou Berger

County Administrator
Verdenia C. Baker

www.pbcgov.com/communityservices/seniorservices

Generous donors make it possible for seniors to attend holiday concert



More than 40 seniors from Belle Glade, South Bay, and Pahokee attended the "Gospel According to Jazz" concert, thanks to generous donors.

Senior citizens from the Glades Tri-City Community were able to enjoy a memorable night of Christmas songs and sounds in jazz at the "Gospel According To Jazz" concert held Thursday evening, December 14, at the Kravis Center for the Performing Arts due to the generosity of Celecia Gaynor, Attorney Salesia Smith-Gordon and the Albrittons, owners of BusOne Charters. These individuals made it possible for the young-at-heart to have new exposure and an evening to remember. More than 40 seniors were transported from Attorney Smith-Gordon's Belle Glade office to the Kravis in downtown West Palm Beach to enjoy performances by Kirk Whalum, John Stoddart, Jonathan Butler and Shelea. "The entertainment was just wonderful," said an excited Ms. Annie Pearl Hill. Another senior, Ms. Mattie Willis, expressed, "The event was spectacular; we are definitely coming back next year." The seniors are grateful to the community donors for the experience. "It was indeed an enjoyable evening, and it helped to brighten the holidays for seniors in the Glades community," expressed Willie A. Miller, II.

SCGC invests in Senior Center

Sugar Cane Growers Cooperative investing in West County Senior Center and in the seniors we serve. SCGC staff hope to bring much needed cheer to seniors at West County Senior Center through a variety of gifts.



(Left to right) Donna Bell, Sharon Roberts, and Mattie Willis. (Not shown) C. David Goodlett, Christmas Coordinator.

SCHOOL BOARD APPROVED REVISED 4/20/17

THE SCHOOL DISTRICT OF PALM BEACH COUNTY

SCHOOL CALENDAR 2017-2018



STUDENTS AND ALL EMPLOYEES EXCEPT 12-MONTH EMPLOYEES
 12-MONTH EMPLOYEES
 ALL OTHER EMPLOYEES SEE EMPLOYEE CALENDAR NOTES
 10 HOUR DAYS FOR 12-MONTH EMPLOYEES
DUTY/PPD TEACHER WORK DAY/PROFESSIONAL DEVELOPMENT DAY

JULY 2017							AUGUST 2017							SEPTEMBER 2017						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3	4 HOLIDAY	5	6	7 District Closed			1	2	3	4									1	
10	11	12	13	14 District Closed	7 Pre-School for Teachers	8 Pre-School for Teachers	9 Pre-School for Teachers	10 Pre-School for Teachers	11 Pre-School for Teachers						4 HOLIDAY	5	6	7	8	
17	18	19	20	21 District Closed	14 First Day of School for Students	15	16	17	18						11	12	13	14	15	
24	25	26	27	28 District Closed	21	22	23	24	25						18	19	20	21 HOLIDAY	22	
31					28	29	30	31							25	26	27	28	29	
OCTOBER 2017							NOVEMBER 2017							DECEMBER 2017						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2	3	4	5	6			1	2 End 1st Elementary Trimester	3 DUTY/PPD										1	
9	10	11	12	13 End 1st Nine Weeks	6 Begin 2nd Elementary Trimester	7	8	9	10						4	5	6	7	8	
16 DUTY/PPD	17 Begin 2nd Nine Weeks	18	19	20	13	14	15	16	17						11	12	13	14	15	
23	24	25	26	27	20 HOLIDAY	21 HOLIDAY	22 HOLIDAY	23 HOLIDAY	24 HOLIDAY						18	19	20	21 End 2nd Nine Weeks	22 HOLIDAY	
30	31				27	28	29	30		25 HOLIDAY	26 HOLIDAY	27 HOLIDAY	28 HOLIDAY	29 HOLIDAY	25 HOLIDAY	26 HOLIDAY	27 HOLIDAY	28 HOLIDAY	29 HOLIDAY	
JANUARY 2018							FEBRUARY 2018							MARCH 2018						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 HOLIDAY	2 HOLIDAY	3 HOLIDAY	4 HOLIDAY	5 HOLIDAY				1	2										1	
8 DUTY/PPD	9 Begin 3rd Nine Weeks	10	11	12	5	6	7	8	9						5	6	7	8	9	
15 HOLIDAY	16	17	18	19	12	13	14	15 End 2nd Elementary Trimester	16						12	13	14	15	16 End 3rd Nine Weeks	
22	23	24	25	26	19 Begin 3rd Elementary Trimester	20	21	22	23 DUTY/PPD						19 HOLIDAY	20 HOLIDAY	21 HOLIDAY	22 HOLIDAY	23 District Closed	
29	30	31			26 FSA Writing	27 FSA Writing	28 FSA Writing			26 DUTY/PPD	27 Begin 4th Nine Weeks	28			26	27	28	29	30 HOLIDAY	

Effective June 5, 2017 thru July 28, 2017, March 19, 2018 thru March 23, 2018, the District's work schedule for 12-month employees consists of four 10-hour work days Monday thru Thursday and the District is closed on Fridays. In recognition of Independence Day, the District is closed on Tuesday, July 4, 2017.



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



Glades Central Community High School

2018 Boys' Basketball Schedule

Date	Opponent	Location	Time
Jan 5-6	BIG "O" CLASSIC	GC	6:00 p.m. & 7:30 p.m.
Jan 9	Inlet Grove	Away	6:00 p.m. & 7:30 p.m.
Jan 11	Kings Academy	Home	6:00 p.m. & 7:30 p.m.
Jan 13	Cardinal Newman	Away	6:00 p.m. & 7:30 p.m.
Jan 16	Oxbridge Academy	Home	6:00 p.m. & 7:30 p.m.
Jan 19	Cardinal Newman	Home	6:00 p.m. & 7:30 p.m.
Jan 23	Inlet Grove	Home	5:30 p.m. & 7:00 p.m.
Jan 27	Pahokee	Away	6:00 p.m. & 7:30 p.m.
Jan 30	Kings Academy	Away	6:00 p.m. & 7:30 p.m.
Feb 02	Oxbridge Academy	Away	6:00 p.m. & 7:30 p.m.
Feb 03	Clewiston	Home	6:00 p.m. & 7:30 p.m.
Feb 06	Glades Day	Away	6:00 p.m. & 7:30 p.m.
Feb 08	Park Vista	Away	6:00 p.m. & 7:30 p.m.
Feb 09	Seminole Ridge	Away	6:00 p.m. & 7:30 p.m.

2018 Girls' Basketball Schedule

Date	Opponent	Location	Time
Jan 10	Cardinal Newman**	Away	7:00 p.m.
Jan 12	Seminole Ridge	Home	6:00 p.m. & 7:30 p.m.
Jan 16	Oxbridge Academy**	Away	6:00 p.m.
Jan 18	Clewiston	Away	6:00 p.m. & 7:30 p.m.
Jan 22	Inlet Grove**	Home	
Jan 29	PB Central	Home	6:00 p.m. & 7:30 p.m.
Feb 01	Clewiston (SENIOR NIGHT)	Home	6:00 p.m. & 7:30 p.m.
Feb 02	Pahokee	Away	6:00 p.m. & 7:30 p.m.
Feb 03	Seminole Ridge	Away	6:00 p.m. & 7:30 p.m.

**District Games

PAHOKEE MIDDLE HIGH SCHOOL

Pahokee Middle High School 2017/2018 Boys Basketball Schedule

Date	Opponent	Time	Location
11/28/17	Palm Beach Central	6:00/7:30	Home
11/30/17	Clewiston	6:00/7:30	Away
12/01/17	Atlantic Christian	TBA	Away
12/07/17	Seminole Ridge	4:30/6:00/7:30	Away
12/09/17	Forest Hill	5:00/7:00	Home
12/11/17	Okeechobee	4:00/6:00/7:30	Home
12/14/17	Wellington	6:00/7:30	Home
12/16/17	Glades Central	4:30/6:00/7:30	Away
12/19/17	Treasure Coast	5:30/7:00	Away
01/12/18	Okeechobee	4:00/6:00/7:30	Away
01/16/18	Treasure Coast	5:30/7:00	Home
01/18/18	Seminole Ridge	4:30/6:00/7:30	Home
01/23/18	Clewiston	6:00/7:30	Home
01/25/18	Cardinal Newman	5:30/7:00	Away
01/27/18	Glades Central	4:30/6:00/7:30	Home
01/30/18	Royal Palm	4:30/6:00/7:30	Home
02/01/18	Atlantic Christian	TBA	Home
02/06/18	Palm Beach Central	5:30/7:00	Away
02/09/18	Boynton	TBA	Home

Pahokee Middle High School 2017/2018 Girls Basketball Schedule

Date	Opponent	Time	Location
11/27/17	Royal Palm Beach	6:00/7:30	Home
11/29/17	Glades Central	6:00/7:30	Away
12/08/17	Spanish River	6:00/7:30	Home
12/12/17	West Boca	6:00/7:30	Home
12/15/17	Park Vista	6:00/7:30	Away
01/09/18	Royal Palm Beach	6:00/7:30	Away
01/10/18	Wellington	6:00/7:30	Home
01/13/18	Okeechobee	2:00/3:30	Away
01/17/18	Palm Beach Central	6:00/7:30	Home
01/19/18	Seminole Ridge	6:00/7:30	Home
01/22/18	West Boca	6:00/7:30	Away
01/24/18	Okeechobee	6:00/7:30	Home
01/29/18	Seminole Ridge	6:00/7:30	Away
02/01/18	Atlantic Christian	6:00/7:30	Home
02/02/18	Glades Central	6:00/7:30	Home

Pahokee Middle High School 2017/2018 Freshman Girls Basketball Schedule

Date	Opponent	Time	Location
12/02/17	Dwyer High	10:30	Away
12/02/17	Boca High	12:30	Away
12/09/17	John I. Leonard	11:30	Away
12/09/17	Boca High	1:30	Away
01/13/18	Jupiter Christian	11:30	Away
01/13/18	Dwyer	12:30	Away
01/20/18	Jupiter Christian	11:30	Away
01/20/18	Boca High	12:30	Away



SPORTS SCHEDULES



Pahokee Middle High School 2017/2018 Boys and Girls Soccer Schedule

Date	Opponent	Time	Location
11/6/17 (M)	Spanish River - preseason	6:00 (B)	Away
11/8/17 (W)	Spanish River - preseason	6:00 (B)	Away
11/13/17 (M)	Dwyer	6:00 (G)/8:00 (B)	Away
11/15/17 (W)	Benjamin	5:00 (G)/7:00 (B)	Home
11/17/17 (F)	Royal Palm Beach	6:00 (G)/8:00 (B)	Away
11/28/17 (T)	Wellington	6:00 (G)/8:00 (B)	Away
12/01/17 (F)	Oxbridge	6:15 (G)/8:00 (B)	Away
12/05/17 (T)	Kings Academy	6:30 (B)	Home
12/07/17 (H)	Kings Academy	6:00 (G)	Home
12/08/17 (F)	Forest Hill	5:00 (B)/7:00 (G)	Home
12/12/17 (T)	Cardinal Newman	6:00 (G)/8:00 (B)	Away
12/14/17 (H)	American Heritage	6:15 (B)/8:00 (G)	Away
12/18/17 (M)	Lake Worth	5:00 (G)/7:00 (7)	Home
12/21/17 (H)	Glades Central	6:00 (B)/8:00 (G)	Home
01/09/18 (T)	Inlet Grove	6:00 (B)/8:00 (G)	Home
01/11/18 (H)	Palm Beach Central	6:00 (B)/8:00 (G)	Home
01/12/18 (F)	Santalucas	4:00 (G)/6:00 (B)	Home
01/17/18 (W)	Seminole Ridge	6:30 (B)/8:00 (8)	Away
01/26/18 (F)	Glades Central	6:00 (G)/8:00 (B)	Away



Pahokee Middle High School 2017/2018 Softball Schedule

Date	Opponent	Time	Location
02/19/18	Wellington at GC Double Header		Away
02/22/18	Glades Central		Home
03/08/18	Seminole Ridge		Home
03/13/18	Glades Day		Home
03/15/18	Glades Central		Home
03/28/18	Suncoast		Home
03/29/18	Royal Palm Beach		Away
04/02/18	Palm Beach Lakes		Home
04/05/18	Lake Worth		Home
04/09/18	Palm Beach Central		Away
04/17/18	Boynton Beach		Home



West County Senior Center staff would like to invite Glades area residents to attend

— *Celebrity* — **BINGO BASH 2018**

COMING SOON

West County Senior Center
2916 State Road 15
Belle Glade, FL 33430

FUN • FOOD • FELLOWSHIP • PRIZES

West County Senior Center Staff is sponsoring **FREE** dinner to all attendees. Great prizes, too.



VOLUNTEER OPPORTUNITIES

DOSS provides a wide range of programs and services to assist seniors, their families and caregivers 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 suit 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

MISSION

Division of Senior Services' (DOSS) mission is to provide accessible and high-quality services to help seniors 60 and older attain optimal independence and promote quality of life for seniors and their caregivers.

GOALS

DOSS goals are to administer to seniors a comprehensive range of programs that provide social and emotional well-being; to encourage independence; and to support seniors and their caregivers within the community with dignity and choice.

ADMINISTRATION OFFICE 810 Datura St., Ste. 300, West Palm Beach, FL 33401 | Phone: (561) 355-4746 | Fax: (561) 355-3222



**Palm Beach County
Board of County Commissioners**
Melissa McKinlay, Mayor
Mack Bernard, Vice Mayor
Hal R. Valeche
Paulette Burdick
Dave Kerner
Steven L. Abrams
Mary Lou Berger

County Administrator
Verdenia C. Baker