



April 2018

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.

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HOWARD UNIVERSITY

ALTERNATIVE SPRING BREAK



Howard University students visited West County Senior Center where they engaged with the seniors in the hope that both generations learned from each other.

See Pages 10-11.

HOWARD UNIVERSITY
— BISON —

VISION Howard University Alternative Spring Break aims to expose students to concepts of social justice, urban education, and community development; to cultivate ethically responsible, socially-aware leaders; to integrate vocational discernment and interfaith spiritual exploration into the development process; and to improve communities through direct outreach and long-term impact.



April Highlights

in addition to our regularly scheduled events

APRIL 4 | 11:00 A.M.-12:00 P.M.
CarePlus Easter Celebration

SPECIAL ANNOUNCEMENT

The West County Senior Center will be closed on **Friday, May 25, 2018.**

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
Melinda Estime Asst. Manager

Operating Hours

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

WEST COUNTY STAFF



Willie Miller, II Manager
(561) 996-4808



Melinda Estime Asst Mgr
(561) 996-4809

SERVICES

Services include:

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

MEDICAL SCREENINGS

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	2 Meatloaf Mashed Potatoes & Gravy Green Beans Almondine Whole Grain Bread & Marg Pears	3 Chicken Parmesan Pasta Marinara Spinach Whole Grain Roll Applesauce	4 Turkey Sausage in Gravy Cheese Grits Stewed Tomatoes (2) Biscuits Fresh Fruit	5 Sheppard's Pie (ground beef & mashed potato casserole) Tossed Salad Whole Grain Bread	6 Chef Salad Whole Grain Bread & Margarine Graham Crackers
2	9 Hamburger Ketchup & Mustard Baked Beans Potato Wedges Pineapple	10 Chicken Provencal Brown Rice Peas & Carrots Whole Grain Bread & Margarine Citrus Fruit Salad	11 Pasta & Meatballs Marinara Zucchini Casserole Whole Grain Bread & Margarine Mixed Fruit	12 BBQ Pork Riblet on a bun Pinto Beans Tossed Salad Applesauce	13 Baked Chicken Thigh Yellow Rice Black Beans Grain Roll and Margarine 100% Juice Cup
3	16 SPRING CELEBRATION Grape Juice Ham with Fruit Sauce Mashed Sweet Potatoes California Blend Veg Roll & Margarine Special Dessert	17 Lemon Chicken Thigh Cauliflower Spinach Grain Bread & Margarine Mixed Fruit	18 Charbroiled Beef Patty Potatoes Au Gratin Broccoli Grain Bread & Margarine Pineapple	19 Egg Salad Sandwich Lettuce & Tomato Salad Gm Pea & Cheese Salad Whole Grain Bread Fresh Fruit	20 Sliced Roast Pork Succotash Black-eyed Peas Roll & Margarine Mandarin Oranges
4	23 Sloppy Joe on a Bun Macaroni & Cheese Green Beans Raisins	24 Chicken Cordon Bleu (chicken, turkey ham & cheese) Mashed Potatoes Tuscan Veg Grain Roll	25 Red Beans & Smoked Sausage Brown Rice Corn Garlic Roll Peaches	26 BBQ Chicken Thigh Sweet Potatoes Collards w/ Turkey Ham Corn Muffin Pears	27 Teriyaki Meatballs Brown Rice Oriental Blend Veg Whole Grain Roll Pineapple
1	30 Meatloaf Mashed Potatoes & Gravy Green Beans Almondine Whole Grain Bread & Marg Pears				

APRIL
2018
SENIOR CONGREGATE
MEAL PROGRAM



Each congregare 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 3-1-2018

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





**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



APRIL 2018

DAILY ACTIVITIES CALENDAR



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

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

3

8a Chat & Chew over Coffee
10a Coloring/Bingo/Arts & Crafts
11a Exploring the Word
12p Congregate Meal
1p Afternoon Roundup
1p Spades/Scrabble/Arts & Crafts/
TV Time

4

8a Chat & Chew over Coffee
9:30a Exploring the Word
10a Coloring/Bingo/Arts & Crafts
12p Congregate Meal
1p Afternoon Roundup
1p Spades/Scrabble/Arts & Crafts/
TV Time

5

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

6

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

9

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

10

8a Chat & Chew over Coffee
10a Coloring/Bingo/Arts & Crafts
11a Exploring the Word
12p Congregate Meal
1p Afternoon Roundup
1p Spades/Scrabble/Arts & Crafts/
TV Time

11

8a Chat & Chew over Coffee
9:30a Exploring the Word
10a Coloring/Bingo/Arts & Crafts
12p Congregate Meal
1p Afternoon Roundup
1p Spades/Scrabble/Arts & Crafts/
TV Time

12

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

13

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

16

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

17

8a Chat & Chew over Coffee
10a Coloring/Bingo/Arts & Crafts
11a Exploring the Word
12p Congregate Meal
1p Afternoon Roundup
1p Spades/Scrabble/Arts & Crafts/
TV Time

18

8a Chat & Chew over Coffee
9:30a Exploring the Word
10a Coloring/Bingo/Arts & Crafts
12p Congregate Meal
1p Afternoon Roundup
1p Spades/Scrabble/Arts & Crafts/
TV Time

19

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

20

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

23

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

24

8a Chat & Chew over Coffee
10a Coloring/Bingo/Arts & Crafts
11a Exploring the Word
12p Congregate Meal
1p Afternoon Roundup
1p Spades/Scrabble/Arts & Crafts/
TV Time

25

8a Chat & Chew over Coffee
9:30a Exploring the Word
10a Coloring/Bingo/Arts & Crafts
12p Congregate Meal
1p Afternoon Roundup
1p Spades/Scrabble/Arts & Crafts/
TV Time

26

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

27

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

30

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



SHOPPING EXCURSION

WEDNESDAY, APRIL 25

8:00 a.m.–5:00 p.m.

Join us for an outing in Okeechobee, FL with lunch at Golden Corral!

For departure time from West County Senior Center and information about **FREE** transportation, please contact center manager Willie Miller at **(561) 996-4808** or assistant center manager Melinda Estime at **(561) 996-4809**.

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

WEST COUNTY SENIOR CENTER

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



**Palm Beach County
Board of County Commissioners**

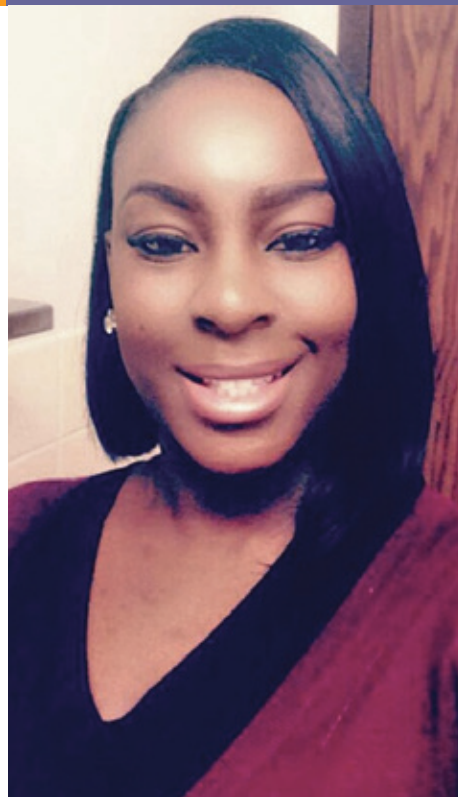
Melissa McKinlay, Mayor
Mack Bernard, Vice Mayor
Hal R. Valeche
Paulette Burdick
Dave Kerner
Steven L. Abrams
Mary Lou Berger

County Administrator
Verdenia C. Baker

www.pbcgov.com/communityservices/seniorservices

Meet **MELINDA ESTIME**

Hi, my name is Melinda Estime, and I am the West County Senior Center Assistant Manager. I am from West Palm Beach. I am trying to revamp the WCSC with fun activities and events for the seniors, their guests, and the community here in Belle Glade. Please feel free to stop by WCSC to say hello, if you have any suggestions, or would like to know dates of activities/events that will be taking place. I look forward in meeting everyone.



PALM BEACH COUNTY COMMUNITY SERVICES DEPARTMENT
DIVISION OF SENIOR SERVICES

cordially invites you to attend our annual

VOLUNTEER APPRECIATION BREAKFAST

THURSDAY, APRIL 19, 2018 | 9:30 A.M.

at

Mid-County Senior Center

3600 Lake Worth Road, Lake Worth, FL 33461

.....

➤ Please RSVP by Thursday, April 5th ➤

To RSVP, please contact Tina Austin at (561) 357-7156 or Jaque Uceda at (561) 357-7109.

— This event is for Division of Senior Services Volunteers —

HOWARD UNIVERSITY **ALTERNATIVE SPRING BREAK**



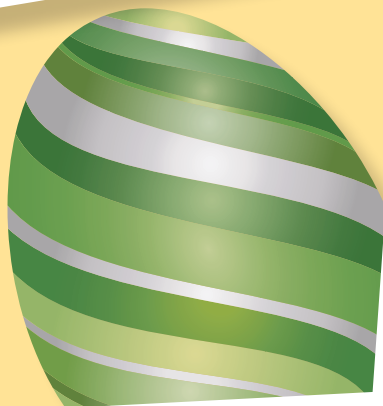


A 'spring break' special for seniors

By CHRIS FELKER
The Sun Reporter

Around 100 students from the Washington, D.C., university visited Glades schools and other community institutions in small groups all last week, interacting with children and seniors alike as part of their "Alternative Spring Break." Tania Bridges of Long Beach, CA, a Howard sophomore student studying business management, was leading the 15 who participated in activities with WCSC clients. She said, "I printed out some

plays and had my participants act them out and they (the senior citizens) wanted to know more about our school, so we did a little skit about our school, too. They really liked it." WCSC Director Willie A. Miller thanked the youths and treated them to pizza for lunch. "The students had a strong desire to help out, and their visit gave them a concrete way to do so," he said. "Servant leadership is an ingredient in the development of young people, and Howard University students certainly have demonstrated this value."





GELS celebrate Easter at West County Senior Center

A full day of service for **The Glades Ebonique Ladies (GELS)**. First stop, the West County Senior Center, where we worked hand in hand with the students from Howard University. We celebrated Easter with the students, making personal Easter cards for the Seniors. The seniors had an Easter Egg coloring contest, and they played bingo and received personal items to include cleaning supplies, scarves, Fabuloso, dish cloths and detergent.

The Howard students assisted us in showing much LOVE to the seniors! One of the students suggested that middle and high school students should volunteer with the seniors as a part of their volunteer requirements.

One of the sweetest moments was to hear one of the students admit that this was the first time she had ever colored eggs for Easter.



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



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

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

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

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

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

Things we can help with:

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



Healthy Joints

By **DARRYL T. LINDER, D.C.**

Guest Writer

Lack of exercise is one reason that osteoarthritis is becoming so common in society. When I was a child, we did not have PlayStation, Internet access, or DVD players. We could not wait to be done with dinner and homework to get outside and play—no matter the weather. The children of today (as well as adults) spend more time at home sitting than ever before; this contributes to the increase of obesity, type 2 diabetes, and, yes, osteoarthritis.

In an unhealthy joint, as with osteoarthritis, the cartilage has become rough and pitted. Calcium deposits also build up, and that restricts movement and causes pain.

As we age past puberty, any time the ligaments in the joints are damaged, they are replaced by scar tissue. The problem with scar tissue is that it is weaker, less flexible and more pain-sensitive than the ligament it replaces. People can sometimes predict weather patterns with changes in barometric pressure because of the scar tissue. Chiropractic helps by getting the joint into motion (an adjustment). An adjustment moves the scar tissue and increases blood flow to the joint. That movement brings in nutrients that are in the blood to aid the joint in healing. The chiropractic adjustment also decreases the inflammation in the joint. As a chiropractor, I use the patient's history, an extensive physical exam and x-rays to develop a care plan that starts my patients on the road to better health.

**FREE
WORKSHOPS**

Take Charge of Your Health!



present

YOUR HEALTH MATTERS

Held each week for five weeks:

March 29 | April 5, 12, 19, 26 | May 3
12:30 p.m.–2:00 p.m.

FREE Educational Workshops in Glades, Hendry, Okeechobee and Palm Beach Counties

Learn more about:

- **Local health care resources and services**
- **Health insurance**
- **Staying healthy**
- **Getting the most out of your doctor visits**
- **Safe use of medications**
- **Good nutrition**

**ALL ARE
WELCOME**

Each workshop consists of 4-6 sessions with up to 15 participants. Healthy snacks, giveaways and *Certificates of Completion* included. Participants can expect a lively, practical and content-rich workshop to help make informed health-related decisions. For dates, times and locations, call 561-844-4220 ext. 1600 or 863-532-3099.

Attendees should commit and plan to attend all the sessions!

For more information, contact Nicola Chung at nchung@hcsef.org or call **(561) 844-4220 ext. 2600** or Willie Miller at **(561) 996-4808**.

OTHER MEDICAL WORKSHOPS

Chronic Disease Self-Management Workshop (CDSMP)

May 10, 17, 24, 31 | June 7 & 14
11:15 a.m.–2:00 p.m.



Diabetes Self-Management Workshop (DSMP)

June 21 & 28
July 12, 19 & 26
August 2

11:15 a.m.–2:00 p.m.

For more information,
contact
Willie Miller
at **(561) 996-4808.**



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

OFFICIAL USE ONLY
 Check all that apply:
 Copy of ID on File
 Palm Tran Connection
 Congregate Meal Program

SENIOR CENTER REGISTRATION FORM

Please check appropriate location below:

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

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

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

PARTICIPANT DEMOGRAPHICS

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

EMERGENCY CONTACTS

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

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

 Signature

 Date



Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in any way in Senior Services Programs, hereinafter called "The Activity", I, _____ for myself, my heirs, personal representatives or assigns, or I, _____ signed as a guardian and/or caregiver for the participant, **do hereby release, waive, discharge, and covenant not to sue** the Palm Beach County Board of County Commissioners, Department of Community Services, Senior Services Division, North County Senior Center and Adult Day Program, West County Senior Center and/or Mid-County Senior Center and Adult Day Program, and their officers, employees, and agents from liability **from any and all claims including the negligence of the Palm Beach County Board of County Commissioners, Department of Community Services, Senior Services Division, North County Senior Center and Adult Day Care Program, West County Senior Center and/or Mid-County Senior Center and Adult Day Care Program, their officers, employees and agents**, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activity.

Assumption of Risks: Participation in The Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

Indemnification and Hold Harmless: I also agree to IMDEMNIFY AND HOLD HARMLESS, the Palm Beach County Board of County Commissioners, Department of Community Services, Senior Services Division, North County Senior Center and Adult Day Program, West County Senior Center and/or Mid-County Senior Center and Adult Day Program their officers, employees, and agents, from and against any and all claims, liability, expense, loss, cost, damages or causes of action of every kind or character, including but not limited to attorney's fees and costs, whether at trial or appellate levels or otherwise, arising as a result of my involvement in The Activity and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver, assumption of risks and indemnification agreement is intended to be as broad and inclusive as is permitted by law, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue**. I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Participant's Signature

Date

Caregiver's Signature

Date

(Only has the ability to sign on behalf of the participant if a power of attorney or has been designated by a court as guardian)

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 aide. 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.

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/PDD TEACHER WORK DAY/PROFESSIONAL DEVELOPMENT DAY

APRIL 2018							MAY 2018							JUNE 2018						
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	3	4										1	
	FSA	FSA	FSA	FSA		FSA	FSA	FSA	FSA										Last Day of School for Students	
9	10	11	12	13	7	8	9	10	11	4	5	6	7	8						
	FSA	FSA	FSA	FSA	FSA	FSA	FSA	FSA	FSA	Post-School for Teachers									District Closed	
16	17	18	19	20	14	15	16	17	18	11	12	13	14	15						
	FSA	FSA	FSA	FSA	FSA	FSA	FSA	FSA	FSA										District Closed	
23	24	25	26	27	21	22	23	24	25	18	19	20	21	22						
	FSA	FSA	FSA	FSA	FSA	FSA	FSA	FSA	FSA										District Closed	
30					28	29	30	31							25	26	27	28	29	
					HOLIDAY														District Closed	

HOLIDAYS

DATE	HOLIDAY	# DAYS	# DAYS
Jul 4, 2017	Independence Day	X	X
Sep 4, 2017	Labor Day	X	X
Sep 21, 2017	Fall Holiday	X	X
Nov 20-24, 2017	Thanksgiving Holidays	X	X
Dec 22, 2017	Winter Break	X	X
Dec 25-Jan 3, 2018	Winter Break	X	X
Jan 4-5, 2018	Winter Break	X	X
Jan 15, 2018	M. L. King's Birthday	X	X
Mar 19-23, 2018	Spring Break	X	X
Mar 30, 2018	Spring Holiday	X	X
May 28, 2018	Memorial Day	X	X

EMERGENCY MAKE-UP DAYS (EMD) PRIORITY ORDER

Jun 4, 2018	Jun 8, 2018
Jun 5, 2018	Jun 11, 2018
Jun 6, 2018	Jun 12, 2018
Jun 7, 2018	Jun 13, 2018

TEACHER WORK DAYS/ALL-DAY IN-SERVICE

Additional EMDs subject to Superintendent's approval	
NO SCHOOL FOR STUDENTS	
SECONDARY	ELEMENTARY
DUTY	PDD
PDD	DUTY
DUTY	PDD
PDD	DUTY
DUTY	PDD
PDD	DUTY
DUTY	PDD

ELEMENTARY SCHOOLS STUDENTS' ATTENDANCE DAYS		SECONDARY SCHOOLS STUDENTS' ATTENDANCE DAYS	
PERIOD	BEGIN	END	# DAYS
1 st Trimester	Aug 14, 2017	Nov 2, 2017	56
2 nd Trimester	Nov 6, 2017	Feb 15, 2018	56
3 rd Trimester	Feb 19, 2018	Jun 1, 2018	67

ELEMENTARY SCHOOLS REPORT CARD DISTRIBUTION DATES		SECONDARY SCHOOLS REPORT CARD DISTRIBUTION DATES	
PERIOD	BEGIN	END	# DAYS
1 st Trimester	Nov 28, 2017	Nov 1, 2017	43
2 nd Trimester	Mar 6, 2018	Dec 21, 2017	42
3 rd Trimester	June 1, 2018	Mar 16, 2018	47

TEACHERS' & ASST. PRINCIPALS' PAID HOLIDAYS		SECONDARY SEMESTERS	
PERIOD	BEGIN	END	# DAYS
Sep 4, 2017	Jan 1, 2018	Dec 21, 2017	85
Nov 23, 2017	Jan 15, 2018	Jun 1, 2018	94
Dec 25, 2017	May 28, 2018		

Pursuant to S. 1011.60(3)(d) FS, the following six legal holidays are paid holidays for all regular full-time 12-month employees not represented by CTA; Independence Day, Labor Day, Thanksgiving Day, New Year's Day, Martin Luther King, Jr. Birthday and Memorial Day. In addition, some employees may have other paid holidays that are considered not to be legal holidays, as provided in their Labor Agreements and this School Calendar.

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