

INTER-AGENCY NETWORK OF PALM BEACH COUNTY

"Together...making a world of difference!"



All Are Welcome!

Thank you for your participation in one of Palm Beach County's oldest
"community-wide" networking groups!

**Tuesday December 2nd, 2025
9:00 am Meeting**

Meetings run the First
Tuesday of each month August-June
(we are off July) Guest Speakers Listed Below Picture

Physical Location:

Nonprofits First Inc.
1818 S Australian Ave #450, West Palm Beach, FL 33409

Virtual Option: Join Zoom Meeting

ALERT NEW LINK:

<https://us02web.zoom.us/j/88245756794?pwd=YzVHKwZVnmgRzygmftwJk8lmlK1G6a.1>

Meeting ID: 882 4575 6794
Passcode: 104447

Add to calendar or for mobile instructions etc.



December Guest Speaker

FAITH IN ACTION

Janet Kranich Chair

Janet will discuss initiatives and outside projects that Faith in Action has been involved with to help move the needle on housing. Palm Beach County's 2025 Point in Time Count identified 1,520 unhoused individuals (believed to be an under representation). Spring of 2025 the Palm Beach County School District identified over 4,200 homeless students- though reports from August 2024 stated over 6,000. Note: the School District includes doubled-up in their county while HUD does not. FIA initiatives include:

YIGBY Yes In God's Back Yard

Congregations Developing Affordable Housing On Church Property

Safe Parking

PadSplit- Airbnb Style Room Share (just now entering PBC)

Janet Kranich

Faith In Action Zoom Meeting:

9:00 am First Wednesday of Each Month

Email: faithinactionpbc@gmail.com



Oct Meeting Chat Notes

CHAT from the November IAN Meeting

PDF of United Way's Hunger Relief Overview

- [Palm Beach County Food Finder Map \(powered by United Way Palm Beach County\)](#)
- [Treasure Coast Food Bank Agency Locator \(serving Indian River, Martin, Okeechobee & St. Lucie Counties\)](#)

Those who are unable to access the internet or would prefer to speak with someone about getting food assistance and other services or resources can Dial 2-1-1... 24/7.

Gulfstream Goodwill- Senior Homeless Prevention

[Click here to get monthly meeting invites](#)

Community Activities

Note: some items are time sensitive & may not be in chronological order- so scan all for timeliness

[Continue to scroll to bottom to catch all of the updates.](#)

Please reach out to the agencies themselves for any additional information- as I am merely the messenger!



Please email details on any additional December events to:

Patrice@211pbtc.org

Palm Beach County Department of Housing and Economic Development ARPA-RF Owner-Occupied Housing Rehabilitation Program **AMENDED NOTICE OF FUNDING AVAILABILITY (NOFA)**

Palm Beach County Department of Housing and Economic Development announces availability of **\$2,300,000** in ARPA-RF funds for the Owner-Occupied Housing Rehabilitation Program. Funding will provide up to **\$100,000** to income-eligible homeowners for substantial rehabilitation to correct code violations or items that will become a code violation. Eligible homeowners must reside in an **unincorporated area of Palm Beach County** (Parcel Control Numbers that begin with "00"). If there is "unpermitted work" on the property, the property may be ineligible to receive assistance. The property's appraised value cannot exceed \$434,000.

Eligible residents may visit the website at <https://pbcgov.com/HED> to complete the pre-application to enter the **random lottery selection process for 30 applications**. The online pre-application portal opens on Monday, December 1, 2025, at 12:00 p.m. and closes on Friday, December 19, 2025, at 11:59 p.m. **NOTE:** Additional program information and required documents needed are also located on the website.

Eligible residents may visit the website at <https://pbcgov.com/HED> to complete the pre-application to enter the **random lottery selection process for 30 applications**. The online pre-application portal opens on Monday, December 1, 2025, at 12:00 p.m. and closes on Friday, December 19, 2025, at 11:59 p.m. **NOTE:** Additional program information and required documents needed are also located on the website.



Palm Beach County
Youth Services Department
Residential Treatment and Family Counseling Division
Education & Training Center



Corporal Punishment

Presented by Allie Picardi, Psy.D.

Wednesday, December 3, 2025

9:30 am - 11:30 am

***Location: Zoom Remote Video Conference ***

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

2 CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/JY75D57>

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on December 2, 2025

In order to receive a certificate you must be present for the entire training. Zoom monitors attendance from the time each participant logs in and out of the training. Exceptions will not be granted.

Description:

This presentation aims to define and discuss corporal punishment by exploring the history and controversy related to corporal punishment. Current policies and opinions about using corporal punishment will be explored. The research surrounding corporal punishment will be reported, as well as parents' reported reasons for using corporal punishment. Attendees will learn and discuss the difference between corporal punishment and abuse, as well as learn how to make an abuse report if needed. Treatment interventions, including alternative discipline techniques, geared toward parents and caregivers who use corporal punishment, and individuals who work with these families, will also be discussed.

Learning Objectives:

1. Define corporal punishment.
2. Explore history, current policies, and controversy related to corporal punishment.
3. Discuss treatment interventions and implications.



LIGHT UP CASON !!

**Come and experience Christmas at
Cason United Methodist Church like you have not seen for
over twenty-five years.**

**On November 30th at dusk we will hit the “ON” switch and
LIGHT UP CASON !!**

**There will be Christmas Caroling, photo opportunities, a
holiday spirit that only comes once a year.**

**Invite your friends, your neighbors and anyone else who
“needs a little Christmas” to join in the fun.**

**The lights will sparkle from November 30th thru January
6th, with Special Nights for Caroling on November 30th,
December 7th, December 14th and December 21st.**

We are excited and hope you will join us in celebrating

Christmas with Cason

**Cason United Methodist Church
342 N. Swinton Ave., Delray Beach, FL**



Jesus Loves the Little Children

FREE TOY GIVE AWAY & FIELD DAY EVENT

Sponsored by: Taking the Nations for Jesus Ministry a not-for-profit organization

Who: All are invited

When: Saturday December 6, 2025

Time: 10:00am-2:00pm

Where: John Prince Park 4749 South Congress Avenue, Lake Worth, FL 33461 on the field at (Eric Call pavilion)

Fun for the whole family!

Come out and join us for a fun day of activities, bounce houses, cotton candy, free food, goody bags, toys, and more.

Register at: www.takingthenations.org

For more information

www.takingthenations.org

(561) 237-5610

admin@takingthenations.org



Note: reach out to organizers if you would like to donate toys etc- so they can serve more children. They would be grateful!

Join us to learn how to manage holiday stress and prioritize self-care for a healthier season.

Mental health stigma continues to be a major societal challenge, preventing individuals from seeking care and making many hesitant to share their struggles. This can exacerbate symptoms and diminish overall quality of life; let's focus on achieving stigma-free mental well-being in our community.



In partnership with



**Wednesday, December 17, 2025
2pm via Zoom**

Featured Speaker:



Katherine Murphy, CEO
NAMI Palm Beach County



**Register online by Monday, December 15, at www.AlpertJFS.org/LifePlanning
For more information:**

Contact Tami Lustig, MSW | Tami.Lustig@AlpertJFS.org | (561) 713-1917

This program is in alliance with Ruth & Norman Rales JFS, Goodman JFS Joshua's Path, and Miami Jewish Abilities Alliance.



If reasonable accommodations for disability are required, please contact Tami Lustig a minimum of five (5) working days prior to a program.



New Ground: Transforming Faith-based Land into Affordable Housing

Learn more about YIGBY legislation (“Yes In God’s Backyard”) and discover how faith-based organizations can play a vital role in breaking the cycle of homelessness by developing affordable housing on their property.

**17
DECEMBER
2025**

04.00 PM - 6.00 PM

**MAYME FREDERICK
BUILDING**

1440 MLK BLVD
RIVIERA BEACH, FL 33404



**SCAN
ME!**





Mandel Public Library- West Palm Beach

Financial Literacy

Rebuild Your Financial Freedom, Wednesday, December 3, 6:30 – 7:30 p.m.

<https://wpbcitylibrary.libcal.com/event/15643870>

Budget-Friendly Grocery Shopping and Meal Planning for the Holidays, Saturday, December 6, 2 – 3 p.m. <https://wpbcitylibrary.libcal.com/event/15702294>

ARTIFICIAL INTELLIGENCE

Computer Basics & AI, Monday, December 1, 6 – 8 p.m.

<https://wpbcitylibrary.libcal.com/event/15583887>

AI in Action: Tools that Work for You, Monday, December 15, 6 – 8 p.m.

<https://wpbcitylibrary.libcal.com/event/15583891>

To book an appointment for resume and job assistance, please visit our job help page: <https://www.wpb.org/Departments/Mandel-Public-Library-of-West-Palm-Beach/Services/Job-Help-Resources>

Thank you again to all our community partners for all that you do!

Happy Thanksgiving!

To book an appointment for resume and job assistance, please visit our job help

page: <https://www.wpb.org/Departments/Mandel-Public-Library-of-West-Palm-Beach/Services/Job-Help-Resources>

Alyssa Rudinsky
Associate Librarian
Mandel Public Library of West Palm Beach
411 Clematis Street
West Palm Beach, FL 33401
561-868-7755
TTY: 1-800-955-8771
ARudinsky@wpbcitylibrary.org
wpbcitylibrary.org

Recourses from the Refugee Task Force Meeting in PBC

- **Family Action Network Movement, Inc.** - Camille Lewis Henry, Director of Programs. Referrals accepted via info@fanm.org or chenry@fanm.org
- **Restoring Family Links Program, American Red Cross South Florida Region** Stephanie Wesseling - Director, International Services - American Red Cross South Florida Region
Stephanie.wesseling@redcross.org , www.redcross.org/SouthFlorida

Restoring Family Links HELPLINE: 844-782-9441
Restoring Family Links Web Form:
<https://www.redcross.org/contact-us/international-reconnecting-families-inquiry-form.html>

- **2-1-1** Patrice Schroeder Email: patrice.schroeder@211pbtc.org. Holiday meal sites list for Thanksgiving and Christmas at 211palmbeach.org. and 211treasurecoast.org. If you know of any orgs doing these meals/events for the public that are not listed- forward details to Patrice Schroeder.
- **Adult Ed** classes in Palm Beach County will conclude the Fall Term on 12/4/25. Registration for Winter Term starts 1/6/2025. Winter Term starts 1/12/2025 until 4/10/2025. You can contact sherrie.bedwell@palmbeachschools.org if you have any questions.
- **Church World Service**, continue providing services such as, educational training, housing assistance, mentoring , youth , RHP, walk in legal services on Tuesdays and Thursdays. Resettlement program, expecting to receive some Afrikaners between November and December. Matching Grant and PC program continue enrolling clients.

If you are interested in attending this meeting, email:

Chorlango Quinga, Janeth

Janeth Chorlango, MSc.

Refugee Services Program Specialist Southeast Region

Office of Economic Self Sufficiency

Florida Department of Children and Families

Office: 561.227.6722 Cell: 561.459.6098 Fax: 562.837.5506

www.MyFLFamilies.com

No insurance? *No problem!*

Our No-Cost Care Program provides short-term therapy for those without insurance.

Availability is limited. Restrictions apply.

Contact us at 561-728-6843 or

ellieFL19202@elliementalhealth.com to learn more.



Do you know anyone in need of Health Insurance? If so, call the Covering Florida Navigator Program at the Health Council of Southeast Florida at 561-440-0164 or 561-844-4220 ext.1800.

Their licensed Navigators will provide you with FREE, unbiased, accurate information and assistance. Open Enrollment starts on **November 1st**. This is the time to enroll or renew for 2026 health insurance health plans.

GET COVERED FOR HEALTH INSURANCE FOR 2026!

HEALTHCARE.GOV OPEN ENROLLMENT
ENROLL BY DECEMBER 15TH
FOR HEALTH PLANS TO START JANUARY 1ST

**DON'T
WAIT
ACT
NOW**

Meet with a Licensed Navigator with the Covering Florida Navigator Program at the Health Council of Southeast Florida for **FREE**, unbiased, accurate information and help.



**CALL/TEXT (561) 440-0164 OR
CALL (561) 844-4220 EXT: 1800
WALK-INS WELCOME**

SE HABLA ESPANOL | NOU PALE KREYOL

Disclaimer: This program is supported by the Centers for Medicare & Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,379,250, with 100 percent funded by CMS/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CMS/HHS, or the U.S. Government.



MEET WITH OUR TEAM TO ENROLL IN HEALTH INSURANCE

COMMUNITY EVENT LOCATIONS



10:00 AM - 1:00 PM
PALM BEACH COUNTY LIBRARY- LANTANA BRANCH
4020 LANTANA ROAD, LAKE WORTH CORRIDOR, FL 33462



9:00 AM- 5:00 PM
PALM BEACH GARDENS MEDICAL CENTER
3360 BURNS RD, PALM BEACH GARDENS, FL 33410



10:00 AM - 1:00 PM
COMPASS COMMUNITY CENTER
201 N DIXIE HIGHWAY, LAKE WORTH, FL 33460



11:30 AM - 1:30 PM
MARTIN COUNTY LIBRARY- BLAKE TRUSTEES CONFERENCE ROOM
2351 SE MONTEREY ROAD, STUART, FL 34996



2:00 PM - 4:00 PM
HEALTHYME
411 WEST INDIANTOWN ROAD, JUPITER, FL 33458



10:30 AM - 2:30 PM
MARTIN COUNTY LIBRARY- BLAKE TRUSTEES CONFERENCE ROOM
2351 SE MONTEREY ROAD, STUART, FL 34996



10:00 AM - 2:00 PM
RIVIERA BEACH LIBRARY
2129 NORTH CONGRESS AVENUE, RIVIERA BEACH, FL 33404



10:00 AM - 1:00 PM
PALM BEACH COUNTY LIBRARY - BELLE GLADE CONFERENCE ROOM
725 NW 4TH STREET, BELLE GLADE, FL 33430

WALK-INS WELCOME!



COVERING FLORIDA
COMMITTED TO COVERAGE

HEALTH COUNCIL
OF SOUTHEAST FLORIDA



CALL/TEXT 561-440-0164 OR
CALL (561) 844-4220 EXT: 1800
HCSEF.ORG
SE HABLA ESPANOL | NOU PALE KREYOL

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**Florida Community
Health Centers, Inc.**

Primary & Specialty Care Since 1976
"Before Birth & Beyond, Let Our Family Take Care of Yours"

Apply for Health Insurance Through Marketplace

OPEN ENROLLMENT DATES:
NOVEMBER 1- JANUARY 15

Call us for more information:
(561) 844-9027

Solicita Seguro de Salud A través del Mercado

FECHAS DE INSCRIPCIÓN ABIERTA:
1 DE NOVIEMBRE - 15 DE ENERO

Llámenos para más información:
(561) 844-9027

Aplike pou Asirans Sante Atravè Marketplace la

DAT ENSKRIPSYON OUVÈ:
1YE NOVANM - 15 JANVYE

Rele nou pou plis enfòmasyon:
(561) 844-9027

WWW.HEALTHCARE.GOV



Adolescent Intensive Outpatient Program (AIOP)

The AIOP at HCA Florida JFK North Hospital provides an intermediate level of care for adolescents experiencing a wide array of behavioral health and emotional issues. The group therapy format fosters interactions with others who share similar experiences and provides a supportive setting to practice new skills within the group. This program includes a family/caregiver component to facilitate understanding and integration of newly acquired coping skills. Length of participation varies on an individual basis from 4-12 weeks on average, depending upon individual progress and insurance authorization.

Patients who benefit most from AIOP:

- Youth ages 13-17 who are able to participate in and benefit from Group Therapy
- Including but not limited to mental health diagnosis or symptoms that impact in the areas of: anxiety, depression, impact from trauma, impact from family dynamics, low self-esteem, difficulty connecting with others
- Must be medically stable

Potential barriers to AIOP participation include:

- Current suicidal/homicidal ideation
- Current substance use or active psychosis
- Occurrences of externalizing behaviors may impede participation

Program Details:

- 3 evenings per week, 5:00pm-8:00pm
- Located at JFK North Hospital: Mental Health & Wellness Entrance (formerly Pavilion)
2201 45th St., West Palm Beach, FL 33407
- Transportation provided by parent/guardian
- Dinner provided
- Participation and attendance should be prioritized
- Most insurances accepted

Therapeutic Services include:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Stress Reduction Skills Training
- Coping Skills Processing
- Trauma Informed practices
- Mindfulness
- Conflict Resolution
- Interpersonal effectiveness skill building
- Impulse Control Techniques

Program Services Include:

- 9 hours per week of structured group therapy
- Discharge aftercare continuum of care planning
- Parent/Caregiver engagement session 1 hour per week

Referral Information:

- Referrals can be made by parent/guardian or provider
- Screening and assessment by phone or QR Code:
 - **561-881-2622**
8am-4pm,
Monday-Friday
 - Select "Schedule a Consultation"





Adolescent Partial Hospitalization Program (APHP)

The APHP at HCA Florida JFK North Hospital is an outpatient short-term treatment program for adolescents with a school component, in collaboration with the School District of Palm Beach County. The primary goal of the program is to optimize outcomes through individualized treatment in a caring and therapeutic environment. Treatment is provided in a group therapy setting. Length of participation varies on an individual basis from 3-4 weeks on average, depending upon individual progress and insurance authorization.

Patients who benefit most from APHP:

- Youth ages 11-17 (middle and high school) who are able to participate in and benefit from Group Therapy
- Including but not limited to mental health diagnosis or symptoms that impact in the areas of: anxiety, depression, mood disorders, cognitive distortions, impulse control, or impact from traumatic events
- Must be medically stable

Potential barriers to APHP participation include:

- Current suicidal/homicidal ideation
- Current substance use or active psychosis
- Occurrences of externalizing behaviors may impede participation

Program Details:

- Monday-Friday 8:00am-3:30pm
- Located at JFK North Hospital: Mental Health & Wellness Entrance (formerly Pavilion)
2201 45th St., West Palm Beach, FL 33407
- Transportation provided daily by parent/guardian
- Breakfast and Lunch provided
- School District Calendar/closure schedule followed
- Participation and attendance should be prioritized
- Most insurances accepted

Therapeutic Services include:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Problem Solving and Coping Skills processing
- Grief and Loss
- Relapse Prevention
- Emotional Regulation and Stress Reduction Techniques

Program Services Include:

- 20 hours per week of group therapy
- 15 hours per week of school facilitation of assignments in collaboration with the enrolled school
- Medication Management, if needed
- Discharge aftercare continuum of care planning
- School re-entry planning

Referral Information:

- Referrals can be made by parent/guardian or provider
- Screening and assessment by phone or QR Code:
 - **561-881-2622**
8am-4pm,
Monday-Friday
 - Select "Schedule a Consultation"



Family Self-Sufficiency & Vocational Training Opportunity

Take the first step toward a brighter future with free vocational training designed to prepare you for in-demand careers.

Palm Beach County residents can receive hands-on training, career readiness support, and help with job placement—all at no cost.

Training Courses Available

<input checked="" type="checkbox"/> Commercial Driver's License (CDL)	<input checked="" type="checkbox"/> Cosmetology
<input checked="" type="checkbox"/> Entrepreneurship	<input checked="" type="checkbox"/> Diesel Systems Technician
<input checked="" type="checkbox"/> Phlebotomy	<input checked="" type="checkbox"/> Networking Support Technician
<input checked="" type="checkbox"/> Home Health Aide (HHA)	<input checked="" type="checkbox"/> Network Security
<input checked="" type="checkbox"/> Patient Care Assistant (PCA)	<input checked="" type="checkbox"/> Welding
<input checked="" type="checkbox"/> Patient Care Technician (PCT)	<input checked="" type="checkbox"/> Technology
<input checked="" type="checkbox"/> Electrocardiograph Technician (EKG)	<input checked="" type="checkbox"/> Financial Management
<input checked="" type="checkbox"/> Barbering	<input checked="" type="checkbox"/> Work Readiness
<input checked="" type="checkbox"/> Certified Nursing Assistant	<input checked="" type="checkbox"/> GED Prep & ESOL Classes (CNA)
<input checked="" type="checkbox"/> Forklift	

Self-Sufficiency Services

- Case Management
- Financial Management
- Job Readiness Skills
- Employment Services
- VITA Tax Services
- Referrals

FOR MORE INFORMATION, CALL (561) 355-4792



Vocational Training Orientation

REGISTER NOW



UPCOMING TRAININGS



JUNE 17 | 10 AM



AUGUST 19 | 10 AM



OCTOBER 21 | 10 AM



DECEMBER 16 | 10 AM

SCAN ME



For more information call: (561) 355-4792



PIT Count 2026



T-Shirt Design Contest



**Help us design a T-shirt for the
2026 PIT Count**

1. Create a fun & exciting T-Shirt using up to 3 colors
2. Pick a T-Shirt color
3. Submit your design to GRodrigu@pbc.gov

A panel will select the winning design

Deadline will be C.O.B. – Friday, November 14, 2025



We need your help to be the best we can be!

Please check to see if you have completed an update with 211.

Any additional changes throughout the year, let us know.

You can also contact Jennifer Harris to verify.

Tel: 561-231-7220 ext. 1510

Email: jennifer.harris@211pbtc.org

or visit <https://211palmbeach.org/partners>

CHURCH WORLD SERVICE LEGAL IMMIGRATION SERVICES

CWS attorneys and U.S. Department of Justice accredited representatives can help you with the following services:

- ATTORNEY REPRESENTATION IN IMMIGRATION COURT & USCIS
- RESIDENCY APPLICATIONS
- ASYLUM APPLICATIONS
- WORK AUTHORIZATIONS
- CITIZENSHIP APPLICATIONS
- DEPORTATION DEFENSE
- U VISAS (Victims of Crime)
- FEE WAIVERS
- FAMILY PETITION
- WAIVERS
- CUBAN ADJUSTMENT
- LEGAL CONSULTATION
- K VISAS (Fiance Petition)
- VAWA APPLICATIONS (Domestic Violence)
- TPS (Temporary Protected Status)
- DACA (Deferred Action for Childhood Arrivals)

CWS is accredited and recognized by the Department of Justice to provide Legal and Immigration services.

YOU MAY QUALIFY FOR FREE LEGAL SERVICES OR SERVICES FOR A NOMINAL FEE

CWS

www.CWSSouthEast.org





Palm Beach County Youth Services Department

FREE Therapy Services

Trauma-Informed Care



In-person and Virtual

Youth and Family Counseling

Outpatient Services

West Palm Beach - (561) 242-5714

Delray Beach - (561) 276-1340

Belle Glade - (561) 992-1233

Palm Beach Gardens - (561) 242-5714

Highridge Family Center

Residential Program

(561) 625-2540

Education & Training Center

Outpatient Services

Parent-Child Interaction Therapy

(561) 233-4460

Issues Addressed

- Bullying
- Self Esteem
- Communication
- School Concerns
- Behavioral Problems
- Separation and Divorce
- Social Skills
- Family Violence
- Grief Counseling
- Emotion Regulation
- Traumatic Experiences
- Parent/Child Relationships



COALITION FOR INDEPENDENT LIVING OPTIONS

=\$ SENIOR FIND =

Unlock financial relief and reclaim peace of mind!

Now Accepting
Applications!

Eligibility

- ✓ Aged 60 Years Or Older With A Disability
- ✓ Resident Of Palm Beach County
- ✓ Experienced An Unexpected Financial Expense Keeping You From Paying Rent Or Utility Bills?
- ✓ Do You Have A 3-Day Notice, Eviction, Lease, Moving Quote, Utility Shut-Off Notice, Or Need Help With Move-In Expenses?

We Help With:

- Past-Due Mortgage Payments ♦.(NEW) ♦.
- HOA Fees ♦.(NEW) ♦.
- Medically Necessary Expenses Not Covered By Insurance, Or With Copay/Deductible Causing Financial Hardship ♦.(NEW) ♦.
- Move-In Costs
- Past-Due Rent & Utilities

For more information or to see if you qualify, please email

Financialassistance@ciло.org



Additional Resources for Our Seniors

Services being offered to senior (60+) adults, individuals with disabilities, and their caregivers in our community, as well as to explain how to make a referral.
Area Agency on Aging - Services

Your local Area Agency on Aging, they are committed to supporting independence, dignity, and quality of life. They provide a range of services and supports, including:

- Information and Assistance: Guidance on available programs, services, and community resources.
- Care Coordination: Assessments and care plans tailored to meet individual needs.
- In-Home Services: Personal care, homemaker assistance, and respite care.
- Nutrition Programs: Home-delivered meals and congregate dining.
- Transportation Services: For medical appointments, errands, and other essential trips.
- Caregiver Support: Resources, counseling, and training for family caregivers.
- Health and Wellness Programs: Fall prevention, chronic disease self-management, and other evidence-based workshops.
- Advocacy Services: Including long-term care ombudsman and assistance with benefits and legal support.

Making a Referral

If you know someone who may benefit from their services, referrals are easy to make. Here's how:

1. Call Us: Reach out to their main line at 866-684-5885 and ask to speak with an Intake Specialist.
2. Online Referral: Complete the secure referral form at
<https://www.aaapbtc.org/form/contact-us>
3. Fax: Referrals can also be submitted via fax to 561-214-8678.

Once they receive a referral, their team will reach out directly to the individual (or their caregiver) to assess their needs and connect them with appropriate services. They welcome referrals from healthcare providers, community partners, family members, and individuals themselves. If you have questions about their programs or the referral process, please don't hesitate to contact them directly.

Thank you for helping us support the aging population in our community.

Health Council of Southeast Florida

Do you know anyone in need of Health Insurance? If so, call the Covering Florida Navigator Program at the Health Council of Southeast Florida at 561-844-4220. Their licensed Navigators will provide you with FREE, impartial assistance. Special Enrollment Period is now. You may be able to enroll if you have had certain life events such as losing health coverage, getting married, having a baby, moving, etc. If your income is between 100 % - 150% FPL (1person -

\$15,560 - \$23,475) you can also enroll during this time.

Simple Ideas & Mindfulness

Make Time For Self-Care

- Learn something new
- Laugh often- watch comedies
- Find a way to "connect" each day
- Turn off the news!
- Make sure information you find is from a reliable source
- Learn how to boost your immune system.
- Get enough quality sleep and rest
- Take the time to exercise
- Don't deprive yourself of a little comfort food- but lean towards fresh fruits & vegetables
- Simply breath! Breath work can reduce anxiety while enhancing the health of your lungs.



A nice cup of hot tea & a good read...can be enhanced by nature. Patio, porch or park- nature can uplift your spirits while providing a sense of grounding.

Other Resources

[Building Resiliency- click here](#)

Also let someone you trust know how they can best support you...

[Vibrant Emotional Health-Safe](#)

[Space](#)-for available coping tools & strategies

"We are in this together!"



Get "grounded" in nature. Whether in meditation or for exercise- this may lift your mood and help you to sleep better.



See you at the next meeting!

211 Palm Beach/Treasure Coast | PO Box 3588 | Lantana, FL 33465 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



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