



Claire's Corner

January 2021

Dear Friends,

Happy New Year to you all, your families and friends. 2020 was quite a year but we were still able to meet, do some projects and keep connected. Our club will progress in 2021 as we are a great team of loving, caring, and giving woman always. Please be sure to keep in mind our club for rentals always. Please work with our members' companies and our advertiser's. Also, consider reaching out to our community to help increase our membership!

Thank you to all our members for the donations for food, clothing, Christmas toys, glasses, and toiletries. These organizations are always in need.

My New Year wish for all, is thank you for your support and health to all. Attached as your wellness and health chair, you will see important, notices, departments and telephone numbers for our local community and neighbors. See you soon, be safe be blessed and stay healthy, prayers always, love, unity kindness and understanding for all, respectfully.

Your President,

Claire Riccardi

MARK THIS ON YOUR CALENDAR

Club Meetings
at the Club House

2nd Tuesday of every month Sept. - May 1 p.m.
3rd Wednesday of the month, All Year, 7 p.m.

We are in the last day
of the year,
I Just felt I should
thank everyone
who made me
Smile
this year.
You are one of
them, so
here's a big
**THANK
YOU.**

Fb/HugsandKissess

Your Clubhouse News

January Clubhouse Update



Dear Members:

Things are pretty quiet on the Homefront! Rentals consist of only regular meetings of the AA organizations and a couple of others. The club's income is down but managing to pay the regular expenses.

1. The Club's Annual Tax Return for 2019 were completed and filed.
2. Carolyn McNamara, our Recording Secretary, made arrangements for our windows to be cleaned inside and out. Thanks Carolyn, for ALL you do! Keeping up appearances are paramount to making our clubhouse a desirable place for the public to meet and have special events! REMINDER: Rentals are our major source of income!
3. Other expenses for cleaning, monthly expenses and purchasing supplies have been paid.
4. Quarterly AC maintenance was completed, and rodent control is on a regular monthly basis.
5. On the horizon, Property and liability insurances are due mid-January.
6. Other expenses for cleaning, monthly expenses and purchasing supplies have been paid.

Don't forget how you can help any Saturday morning. Volunteer as part of the **Garden Ladies' Day!** There is always something to spruce up! Just contact, Conservation Chair, Elise Plotkin (emplrnc@aol.com), to let her know you can help. Bring gloves, garden tools and a rake to volunteer and get your daily exercise and Sunshine Vitamin D from Nature's Own. Fertilizer and Grub control were spread last week.

Many clubs throughout our District, state and country that have Clubhouses to maintain are finding difficulty meeting financial obligations because of inability to rent and have major fundraising activities. Covid 19 restrictions and decrease in membership are major contributing factors. The club needs to concentrate on replacing the roof so If you have any ideas for a fundraising, please contact Claire Riccardi.

EVERY LITTLE BIT HELPS!

Suggestion: If you buy and place orders through **Smile.Amazon.com** you can designate our club as the Charitable Organization to receive \$. Any personal donations to our club are tax deductible.

Thanks for all you do!

Friends in Federation,

Marti Mc Geary, 2nd V.P.

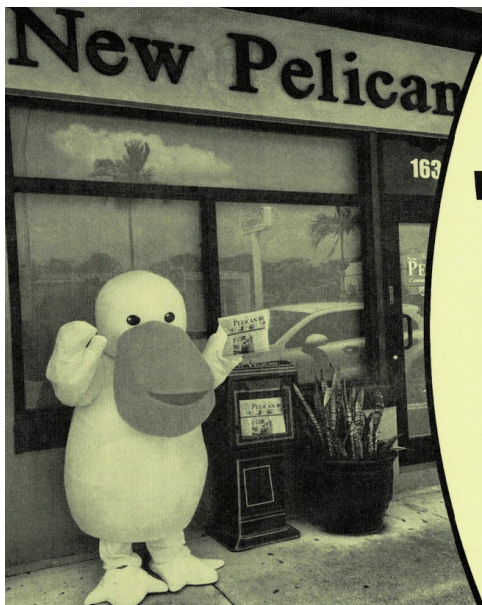




from the Evening Division

Mark your calendar for **WEDNESDAY, JANUARY 16 AT 7:00 PM** – we will host another **ROB YOUR NEIGHBOR** at the Evening meeting. As we did not do this in December, we will have this fun evening in January of the new year. We hope many of our members will attend. Bring a special gift (\$10.00 to \$20.00) that someone will ROB from you and remember you will also ROB YOUR NEIGHBOR. Watch your email for a message and asking you to RSVP.

Members supported the Holiday Toy and Book Drive for Deerfield Beach Children and Katy Freitag and Denise Bogner donated \$350 worth of toys and Marti volunteered hours and hours serving the families at Gateway Community Outreach Center.



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It's that easy!



NewPelican.com



Do you get the **NEW PELICAN**? It is available places around town including Publix (there is a charge of 10 cents per issue) or you can get a free subscription on line. This is a great way for our members who are not here in Deerfield to stay on top of things happening in our area.

I hope 2021 brings joy and good things to all.

Denise Bogner

Director Evening Division





Vivian Jeffers 1/5 Pam Militello 1/11

Melissa Armstrong 1/13 Pauline Di Noto 1/13

Alice Kelly 1/17 Sharon Thompson 1/18

Adrienne Shaw 1/27 Alice Frankenthor 1/31



**Hello,
neighbor!**

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Please join us

23rd Annual Fashion Show

The Auxiliary of the
N.E. Focal Point CASA*, Inc.
Invites you and your friends to
join us for a Virtual Fashion Show
"Winter Wonderland"



Thursday, January 14, 2021

6:30 – 8:00 pm

\$25.00 Donation

N.E. Focal Point CASA, Inc. is a 501C3 charitable organization supporting the Programs & Services offered at the Center for Active Aging

Fashions by Audrey's Dream at Sondro in the Cove Shopping Center

Sponsorships Available - Donations Accepted

Raffle Tickets \$5 each or 3 for \$10

<https://winterwonderlandfashionshow.eventbrite.com>

Upon registration, you will receive an emailed confirmation with the Link to the virtual Fashion Show to be held on Zoom.

Center for Active Aging - 227 N.W. 2 Street, Deerfield Beach, FL 33441
Phone 954-480-4460 or email rwilliams@deerfield-beach.com

Deerfield Beach, Florida
NEWS RELEASE



Public Affairs & Marketing
web.publicaffairsmarketing@dfb.city

FOR IMMEDIATE RELEASE – December 30, 2020

**FLORIDA DEPARTMENT OF HEALTH IN BROWARD COUNTY
ANNOUNCES VACCINATION FOR SENIORS 65 AND OVER**

DEERFIELD BEACH, FL – The Florida Department of Health in Broward County announces the beginning of COVID-19 vaccination opportunities for seniors ages 65 and over. Vaccinations will be available at no cost, by appointment only, beginning **Sunday, January 3, 2021**. Appointments for drive-thru vaccination sites can be made at <https://browardcovidvaccine.com>. Appointments are limited at this time. More appointments will be made available as vaccine supply increases and additional sites open.

“We are excited about the opportunity to begin vaccinating our senior population, who are disproportionately affected by COVID-19, as we continue to work every day to protect our community during this pandemic.” says Dr. Paula Thaqi, Director of the Florida Department of Health in Broward County.

Individuals who receive a first dose of the COVID-19 vaccine will need to be in Broward County to receive the second dose of the same vaccine, 21 days later.

For more information visit <http://broward.floridahealth.gov/>.



COVID-19

Protection, Planning & Care for Older Adults

Florida Department of Health • FloridaHealth.gov

According to the Centers for Disease Control and Prevention, older adults may have a greater chance for serious illness from COVID-19—especially people with weak immune systems or underlying chronic medical conditions like heart, lung, diabetes or kidney disease.

- Symptoms include: fever, coughing, and shortness of breath. If you develop symptoms, stay home and call your health care provider. You may be able to recover at home.
- You need emergency help if symptoms become more severe, there is chronic chest pain, breathing is difficult or your lips turn bluish.



Protection

Wash your hands often with soap and water for at least 20 seconds. Wash after blowing your nose, coughing or sneezing. Wash after spending time in a public place. Wash before and after touching people you're caring for. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

Cover your coughs and sneezes. Use a tissue or your sleeve when coughing.

Practice Social Distancing:

- Avoid crowds and large gatherings, especially in venues with poor ventilation.
- Don't shake hands with people.
- Keep at least 6 feet between you and other people.
- Stay away from people who may be sick.
- Try shopping during off-hours—later on weeknights or earlier on weekends—when crowds at stores are lower.
- Avoid touching "high-touch" surfaces: elevator buttons, door handles, handrails, etc.
- Find out if family or friends have been sick in the past two weeks BEFORE they visit. If they have been sick, reschedule at least two weeks out.

Planning

Get a flu shot if you are showing no symptoms of illness.

If you depend on regular medical treatment like dialysis, wound care, etc., talk to your health care provider about special arrangements.

Create a contact list of family, friends, neighbors, health care providers, community assistance programs and drivers. Make sure phone numbers are up-to-date.

Stay in touch with the people on your list and let them know you may need them for help if you become sick.



Have a two–three week supply of the following:

- Non-perishable food
- Medical and health care supplies
- Prescriptions: make sure they are up-to-date



Care

Caregivers, help prevent the spread of COVID-19.

If the person you're caring for lives in a facility:

- Know the facility's outbreak protocol.
- Ask daily about the health of the other residents.
- Monitor visitors. Ask if they've been ill over the past two weeks or if they currently have a fever. A "yes" answer means the visit needs to be postponed for at least two weeks.

If you're caring for someone at home, you'll need to prepare a separate bedroom and bathroom for them. Learn more about this type of at-home care: [CDC.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html)

HYGIENE IS IMPORTANT. FOLLOW PROTECTION GUIDANCE ABOVE.

The Florida Department of Elder Affairs is holding multiple weekly calls with the Area Agencies on Aging and the Aging Network lead and local service providers. The Comprehensive Assessment and Review for Long-Term Care Services is providing evaluations, 24-hour notices of appointments and remote medical files for individuals in homes, nursing facilities and assisted-living facilities.

Florida Department of Health • FloridaHealth.gov



Broward Health Offers **FREE** Moderna Vaccine*

▶ **OPEN MONDAY-FRIDAY, BY APPOINTMENT ONLY**

Vaccine available to healthcare providers and patients 65+ that meet criteria.

To help ensure the health of our community during the COVID-19 pandemic, Broward Health is providing **FREE** Moderna Vaccinations.

Please see instructions below.

TO RECEIVE THE VACCINE, INDIVIDUALS MUST BE:

Pre-screened and pre-registered through our call center

Visit [BrowardHealth.org/Vaccine](https://www.browardhealth.org/Vaccine) for criteria. Photo ID required.

*While Supplies Last

BY APPOINTMENT ONLY.

CALL 954.759.7500

M6130 12-20

[BrowardHealth.org/Vaccine](https://www.browardhealth.org/Vaccine)



BROWARD HEALTH
— A Passion for Caring

Household Products



- Never mix cleaning products or chemicals.
- Do not store medicines, cleaning products, and chemicals in the same cabinet as food products.
- Avoid the use of products with food imagery on the label if anyone in the home has dementia.

Food Poisoning



- Wash hands, utensils, and food prep surfaces regularly with hot, soapy water.
- Prepare raw foods separately from ready-to-eat foods.
- Cook foods to a safe temperature; use a food safety chart and food thermometer.
- "When in doubt, throw it out!" If leftovers are still around after 3 days, toss them.



Medication & Poison Safety Tips for Older Adults



How the Poison Control Center Can Help:

- Fast, free hotline, 24 hours a day at 1-800-222-1222 (VTTY)
- Speak to doctors, nurses and pharmacists right away for any type of poisoning or medication error – even for emergencies!
- Order free poison prevention materials to share with family and friends. Visit FloridaPoisonControl.org or call 1-800-222-1222 to order.

- FloridaPoisonControl.org
- Florida's Poison Control Centers
- @FloridaPoison

Sponsored by Florida's Poison Control Centers and the State of Florida, Department of Health

Fast, Free Hotline,
24 Hours a Day



Prevention Tips for Older Adults

For poisoning emergencies or questions,
call 1-800-222-1222

Senior Statistics



Nearly 1,000 people over the age of 65 died from poisoning between 2016 and 2018 in Florida. More than 80% of those deaths involved a drug or medication.

The most common substances reported in calls to poison control for older adults included cardiovascular drugs, pain medications, sedatives, hormones, and antidepressants.

Medication Errors



- Most common medication mistakes include:
 - Taking the wrong dose
 - Forgetting or mixing up medications
 - Failing to recall indications
 - Expired or incorrectly stored drugs
- Forty percent of all adverse medication reactions happen to seniors.
- Up to 60% of people over the age of 65 have no plan in place for remembering to take their medications.

FloridaPoisonControl.org



Drug Disposal



When you no longer need a medication:

- Remove labels from prescription bottles
- Spoil medication by mixing it with coffee grounds or kitty litter
- Dispose in household trash

Your local sheriff's office may have a "drug take-back" program where you can drop off old products for safe (and environmentally-friendly) disposal.

Herbal Products and Supplements



Many herbal products and supplements have serious interactions with prescription medications. These may cause bleeding, dizziness, or other serious problems.

Consult your healthcare provider before taking herbal products, supplements, medicinal teas, or tinctures.

Medication Safety Tips



- Always turn on lights, and put glasses on before taking or giving medication.
- Read labels on medications before use.
- Follow the instructions for safest use and correct storage method.
- Do not store medications in areas with extreme heat (outdoors or in a vehicle).
- Keep a medication list handy, and include the following:
 - Current prescription medications, including strength and dosage
 - Non-prescription medications, as well as vitamins, supplements, and herbal products. Include strength and dosage
 - Allergies
 - Healthcare providers' names and phone numbers
 - Emergency contact(s)
- Use a consistent method to take medications on a regular schedule.
- People with memory problems or memory loss need extra help taking medications to avoid overdose or mistakes.





Center for Active Aging has suspended its on-site services as of Monday, March 16, 2020. Although the majority of programs and activities are suspended until further notice, innovative virtual programming has been and will continue to be developed. Transportation, Counseling, Telephone Reassurance, Wellness Checks, and Food Deliveries are continuing to occur.

Please call 954-480-4449 for information or assistance.

Virtual Programming

www.dfb.city

Departments
Parks & Recreation
Virtual Recreation

This project is administered by the City of Deerfield Beach/Department of Active Aging/N.E. Focal Point with Federal Older Americans Act Funds and State General Revenue Funds through the State of Florida, Department of Elder Affairs, Aging and Disability Resource Center of Broward County, N.E. Focal Point CASA, Inc., and City of Deerfield Beach General Fund.



Transportation Services

Transportation Manager: Luis Marmol and Bus Coordinator: Byron Moore (954) 480-4442 for information on services listed below:

Center for Active Aging Transportation Program offers the following:
-Local medical appointments, social service agency, and shopping trips

Services are for seniors over 60 years of age & are registered members of the Center for Active Aging.

Riders may enter and exit the vehicles using assistive devices such as canes or walkers with minimum assistance from the driver. Individuals in wheelchairs will receive assistance to enter the wheelchair lift that will be secured by the driver. Electric wheelchairs or carts can be accommodated. Shoppers are limited to two bundles each, excluding a carry-on. Drivers are not responsible for items left on bus.

Grocery shopping trips to Publix at Deerfield Mall are scheduled every other Thursday and as needed. Shoppers are picked up between 9:00 am and 9:30 am.

Medical Appointments are scheduled Monday, Tuesday, Wednesday & Thursday between 10:15 and 11:00 am in Deerfield Beach, Lighthouse Point and Pompano Beach.

We cannot pinpoint the exact times of pick-up and drop-off; therefore, we will inform you of the approximate time. Please be patient waiting for the bus. If there are any undue delays, you will be notified.

Bus Drivers are not responsible for scheduling. To ensure proper service, contact the Transportation Office, 954-480-4442. Please do NOT make reservations or cancellations with the drivers.

Community Bus Shuttle - Deerfield Beach Express I and Express II routes run throughout Deerfield Beach Monday thru Friday, 8 am - 4 pm, every 60 minutes, with assigned stops. No registration required. Complimentary for all ages. Destinations include Broward Health North, Century Plaza, Cove Shopping Center, Center for Active Aging, Publix, Ross, Target, Walmart and Winn Dixie. A Saturday Express I Shuttle will operate from 8 am to 4pm. A printed schedule is available.

Community Development Block Grant Shuttle (CDBG) - For Deerfield Beach residents, ages 62 & older, M-F, 10-3 PM. CDBG transportation services are provided hourly to and from the Center for Active Aging, the Palms, B'nai B'rith, Praxis, and Highland Gardens. We make stops to the Festival Flea Market & Deerfield Mall on Mondays, Wal-Mart on Tuesdays, Winn Dixie and Aldi on Wednesdays, Bravo Supermarket on Thursdays, and DFB Beach and Pier & Bazaar International Supermarket on Fridays. Call 954-449-4442 to register.

DONATIONS for transportation services and other services are encouraged and welcomed. Thank you!

Florida (DOH) Broward County Vaccination Registration Website is Back Up for Appointments

The Florida Department of Health in Broward County COVID-19 vaccination registration website is up and running again. We thank you for your patience during this time. If you have previously registered you should have received an email confirmation, please check your spam or junk email folders. For all future appointments, a confirmation email will be sent within 48 hours of the registration. If you are trying to register and find that appointments are not available, please check back often as we are increasing the number of vaccination sites for Seniors in Broward County in the coming weeks. Vaccinations will be available at no cost, by appointment only. Appointments for drive-thru vaccination sites can be made at <https://browardcovidvaccine.com>. Appointments cannot be made by telephone at this time. Individuals who receive a first dose of the COVID-19 vaccine will automatically be given an appointment for the second dose 21 days later. For more information visit www.FloridaHealth.gov. Your health, as well as the health of your family is of utmost importance to us. Please continue to follow guidance from the CDC to limit your chance of exposure. In addition, take additional steps in self-care, stay well rested and continue to practice good hygiene. Websites where additional information can be found: www.CDC.gov (Centers for Disease Control and Prevention) www.Broward.org/coronavirus (Broward)



January 2021





Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
						
3	4	5	6	7	8	9
10	11	12	13	14	15	16
		WC Day Meeting 1 pm		NE Focal Point Virtual Fashion Show		
17	18	19	20	21	22	23
			WC Evening Meeting 7 pm			
24	25	26	27	29	30	30
		WC Ex. Board Meeting 7 pm				



February 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1/31	1	2	3	4	5	6
7	8	9	0	11	12	13
		WC Day Meeting 1 pm				
14	15	16	17	18	19	20
			WC Evening Meeting 7 pm			
21	22	23	24	25	26	27
		WC Ex. Board Meeting 7 pm				
28						



The Deerfield Beach Café
 Open daily, 7 AM to 8 PM
 202 NE 21st Avenue
 Deerfield Beach, FL, 33441
 954-426-0500



Flashback Diner Boca Raton
 Open daily, 7am-11pm
 1424-1450 N. Federal Hwy
 Boca Raton, FL 33432
 561-750-2120



Flashback Diner Davie
 Open daily 7am-11pm
 4125 Davie Road
 Davie, FL 33314
 954-321-3400

Flashback Diner Hallandale
 Open daily 7am-11pm
 220 S Federal Highway
 Hallandale Beach, FL 33009
 954-454-8300



Sweet Alchemy Confection
 Bakery & Ice Cream Parlor
 4101 Davie Road
 Davie, FL 33314
 954-533-5833