

**October 2009 thru September 2010**

**ALL SERVICES ARE FREE**



COMMUNITY RESOURCES, OFFICE OF THE MAYOR, CITY OF WEST PALM BEACH

**RESOURCE CENTER HOURS/CONTACT NUMBERS:**

**Office Hours:** 8:00 a.m. - 4:30 p.m., Monday - Friday. We are open during lunch and special event times, as scheduled.

**Vickers House Main Tel.:** (561) 804-4970.

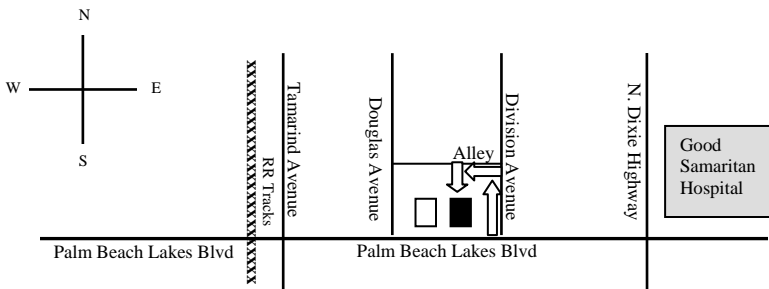
**Fax:** (561) 835-7150.

**Physical Address:** 811 Palm Beach Lakes Blvd., West Palm Beach, Florida, 33401.

**Mailing Address:** P.O. Box 3366, W. Palm Beach, FL 33402

**DIRECTIONS:**

The Vickers House is located at 811 Palm Beach Lakes Blvd. From Good Samaritan Hospital, go west on Palm Beach Lakes Blvd. Turn north onto Division Avenue, then west onto alley. Proceed down the alley to the parking lot. The Vickers House is a 2-story white house with teal shutters and shares a parking lot with the Jenkins House.



**SOUTHRIDGE EDUCATION & TRAINING CENTER**

COMMUNITY RESOURCES, OFFICE OF THE MAYOR, CITY OF WEST PALM BEACH

**RESOURCE CENTER HOURS/CONTACT NUMBERS:**

**Office Hours:** 8:00 a.m. - 4:30 p.m., Monday - Friday. We are open during lunch and special event times, as scheduled.

**Vickers House South Main Tel.:** (561) 804-4975.

**Fax:** (561) 835-7183.

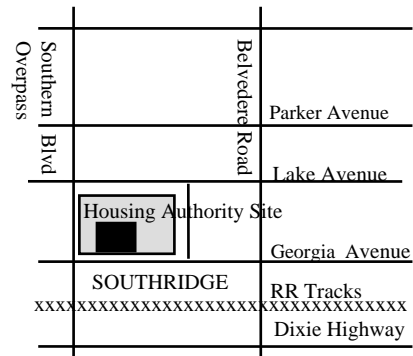
**Latino Outreach Office:** (561) 804-4978.

**Physical Address:** 3801 Georgia Avenue, West Palm Beach, Florida, 33405.

**Mailing Address:** P.O. Box 3366, W. Palm Beach, FL 33402

**DIRECTIONS:**

The Vickers House South - Southridge Education & Training Center is located at 3801 Georgia Avenue. From I-95, go east on Belvedere Road. Turn right (south) on Georgia Avenue. Follow Georgia and proceed to our facility on the right. Located at 3801 Georgia Avenue (west side of street) just before the Southern Blvd overpass - Parking is available on the street.



**Services Offered at Both Locations**

**What's Inside. . . . .**

- **Wish to Become a Citizen? Take this Important Course Before you Apply!**
- **Want to Learn English? We have Classes for you and your children!**
- **Want to Gain Experience on how to use a Computer? We have it here!**
- **Are you Homeless and want to go Home to Family? Call about our Homeward Bound Program!**
- **Do you need a Resume. . . Looking for a job. . . .We can Help!**
- **Are you Elderly, No Family, Low-Income. . .Have a Code Violation . . .We May be able to Help!**
- **Need Information on Low-Cost Housing, Shelters, Food Pantries, We Have it all Here!**
- **What about your Taxes, We offer Free Tax Help, Find out More. . . .**
- **Make an appointment for Assistance with Medicaid, and Food Stamps Applications!**
- **Flu Shot, HIV-STD Testing, Hepatitis and Tetanus Vaccinations, Get them Here!**
- **Need Community Service Hours for School, or Court Ordered—Do it Here!**
- **Many Volunteer Opportunities for All ages and abilities!**
- **Like to Paint Houses, Conduct Food Drives, or Donate your Time and Money! We Need You!**



# VICKERS HOUSE NORTH – SOUTH LOCATIONS

**MENU OF SERVICES** All Services we offer are FREE, call for more information:

**- Latino Outreach Office** -assist with information and referrals-available Monday through Friday 8:30 am to 4:00 pm.

**-Hurricane Shelter Applications—People Pet Shelters, Special Needs Shelter, Applications for Transport to Shelters**-available year round.

**-Assistance with filling out Palm Tran Paratransit Applications.**

**-Homeward Bound Program** (Assists homeless to reunite with their families within the United States, Greyhound ticket Paid through donations) Come to the office or call for more information.

**-Free Service to develop your Resume / Free copying and faxing of Resumes.**

**-Free Job Fair-Fill out applications / meet employers, interviews are conducted** –Every Thursday 10:00 am to 11:30 am -Call for schedule or refer to the newsletter.

**-Job Boards available Daily** -job postings from throughout the county in a wide range of fields.

**-Assistance with filling out various public benefit applications such as: Medicaid, Food Stamps, Health Care District-** (by appointment only).

**-Special Health Services** provided year round as advertised such as: Flu shots, HIV/STD Testing, Hepatitis Vaccinations, etc. Call for schedule.

**-Special programs** offered throughout the year such as: Immigration training, domestic violence, hurricane preparedness, various health topics, safety presentations, nutrition education, and other educational programs as scheduled. Call for details.

**-Blood Pressure Checks** -Vickers House South Only.

**-Assisting the Elderly with reading Mail.**

**-Updated informational flyers** created and provided such as: community resources, rental and utility assistance, educational and program information on a variety of services offered throughout Palm Beach County addressing topics which impact every walk of life low cost housing availability, food programs, shelters for the homeless, health care information.

**-Community Organizations Outreach programs:** Healthy Mothers/Healthy Babies, Alzheimer's Association, Palm Beach County Co-Op, Legal Aid, West Palm Beach Fire Rescue, Palm Beach County School District., Palm Beach County Health Dept., CAP, Division of Senior Services, West Palm Beach Book Mobile, etc.- Call for a schedule of activities or refer to the newsletter.

**-Information, Referrals, Counseling for people in Crisis,** such as the homeless, domestic violence victims, elderly in need of services, teens in trouble.

**-FREE Tax Preparation for those who made less than \$49,000 per year** - begins January through April Call for details.

**-Community service opportunities** offered to fulfill court ordered sentence - Call for details.

**-Volunteer opportunities** for the young and old, working at either center, or out in the community serving the poor, homeless, or elderly community by providing food, clothing, house repairs, painting or neighborhood clean ups. Youth groups or other organizations are welcome. Call for details.

**-Non paid internships** available for College Students Call for details.

**-English as a Second Language** (Vickers House South Only - Pre-registration required).

**-Ellis Classes – Learn to speak English through the use of a computer-** (Vickers House South Only – Pre-registration required).

**-Citizenship classes to help people prepare for their United States Citizenship exam** – (Vickers House South Only – Pre-registration required).

**-Family Literacy Program** – Mothers can learn how to speak English with their children (Vickers House South Only – Pre-registration required).

**-Assistance for Elderly** with code violations provided by volunteers and donations.

**-Elders on the Edge** is a program designed to prevent seniors in crisis from losing their homes.

**-Elders on the Edge Pet Fund** –emergency assistance for pets of low income elderly.

## Vickers House . . . .our history, from the Director

Youth and Family Services Division, was created in 1997, over ten years ago-- at that time, as a Division of one person, I was told to go forth, see what the needs are in the community, pull together resources to address those needs or create new resources to find solutions. Thus the Path was set.

After conducting an extensive study over 6 months, the issues I would strive to address presented themselves: Homelessness, Critical unmet daily living needs for elderly including housing repair, food, healthcare; the increasing needs of the immigrants moving to the area; low income families struggling for self-sufficiency including lack of jobs, and education, Healthcare for those without documentation including addressing the lack of assistance for people with special needs such as mental illness; yes, these were just a few of the needs that were to become the focus for the Youth and Families Division.

To address these needs, in 1999 I was offered the opportunity to rehab a dilapidated structure which I envisioned would be a place where I could help people who needed it most. By June of 2000, the Vickers House at 811 Palm Beach Lakes was restored --with the help of volunteers (mainly teens) and donations, this center was to become the First Community Resource Center—a center where people can walk-in—no appointment needed---for whatever kind of help they need—Free of charge. Over the years we have developed community partnerships with other agencies, non-profits, faith-based groups, health care providers, and volunteer groups, both young and old to respond to our residents who need help.

If there were gaps in services—the Vickers House created services and programs to address those gaps, such as our Homeward Bound program, which was started in 2002-- By 2009 we had sent over 650 people back home to family with all donations from the community, over \$70,000 --all for bus tickets! Because the low income residents living in our Vickers House Neighborhood needed help, we created Job Fairs, assistance with Resume development, help with obtaining Public Benefits and Healthcare, and more, plus we became one of the First VITA sites in the County offering Free Help with Tax Preparation, leading the County each year in numbers of clients assisted.

When the Second Vickers House at 3801 Georgia Ave was opened in 2004, due to the generosity of the West Palm Beach Housing Authority (allowing us to use their building), we began addressing the needs of the Hispanic community, thus we began a partnership with the Palm Beach County School District and created classes in Citizenship, Family Literacy, ESOL and Computers.

But it is our Vickers House Assistance Programs for those who are in Crisis where we really excelled! Besides helping the Homeless find their way back home, we also provide assistance to law enforcement, code enforcement, schools, businesses, faith-based groups and neighborhoods all with calls concerning homeless, elderly in distress, families in crisis--often pulling together donations from Vickers House Friends in order to offer some resolution to the problem—being creative tailoring the solution to the case at hand. Unlike many organizations in the community, the Vickers House has no eligibility requirements, we help everyone, with anything, “we just get it done”—help those who need it, anyway we can!

In 2006, because of the demand for more assistance with the elderly we began the “Elders on the Edge” program, in partnership with Legal Aid—collecting donations which have been used mainly to relocate elderly losing their homes! By 2009, we had helped over 80 elderly homeowners with code violations --making repairs and painting with the help of volunteer youth groups, such as M-Fuge. Since 1997 this division in partnership with youth groups and faith-based groups has repaired and painted over 300 homes in the City.

Yes---the work we do could not be done without the support of the community and our volunteers --our youngest volunteers has been 10 years old and our oldest 96! And your donations have included equipment, and furniture for use at both Vickers House locations—yard tools, paint, clothes, disaster supplies, food, toys, diapers, etc . . . all these donations have been directly donated back to the community we serve! With our small staff of 4 full-time employees, and 2 part-time interns we could not do so much, for so many, without the help of our community and for that we thank you again!

From all those we have helped over the last 10+ years --we Thank you! And we hope you will continue supporting us in the future! Please know how much we thank all our friends in the community who not only help the Vickers House, but who also do their own good deeds in the community, which most often, go totally unnoticed--- but those who are homeless, hapless and helpless know who you are---and so do I!

*From my heart, Thank you, Lela Jordan*

Are **YOU** struggling with addictions?

Would **YOU** like to be clean and sober?

*FREE OF CHARGE and CONFIDENTIAL!*

**HELP WITH DRUG OR ALCOHOL ADDICTIONS**  
(Counseling and Placement in Treatment Facilities)

And

**HIV TEST**

No appointment necessary!!!

In two locations:

**Second Wednesday of the**  
**month**

10:00 AM to 12 Noon

**VICKERS HOUSE SOUTH**

3801 Georgia Avenue

West Palm Beach, 33405

Tel. (561) 804-4975

**Every Wednesday**

8:30 AM to 11:30 AM

**VICKERS HOUSE NORTH**

811 Palm Beach Lakes Blvd.

West Palm Beach, 33401

Tel. (561) 804-4970

This is a service provided by CAP  
(Comprehensive Aids Program) of Palm Beach County, Inc.

After your visit, you will receive from CAP a \$5.00 coupon to use at  
**PUBLIX**

# Taxes Done Free at Both Vickers House Locations!

**Free VITA tax preparation service is only available if you earned less than \$49,000 in 2009. You may be able to get Earned Income Tax Credit.**

**Free Tax Preparation for those earning under \$49,000 per year. Beginning January 20, 2010 thru April 15<sup>th</sup>, 2010. Please call to make an appointment. (Spanish Translation Assistance available at both locations)**

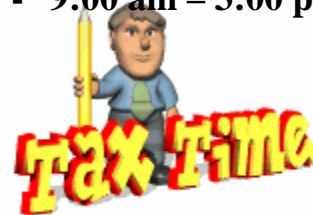
## **Schedule for Both Vickers House Locations:**

### **Vickers House South (561) 804-4975**

Monday- 1:00 pm - 5:00 pm  
Tuesday - 1:00 pm - 5:00 pm  
Wednesday - 1:00 pm - 5:00 pm  
Thursday - 1:00 pm - 5:00 pm  
Saturday - 9:00 am - 12:00 noon

### **Vickers House North (561) 804-4970**

Monday - 9:00 am - 3:00 pm  
Tuesday - 9:00 am - 3:00 pm



## **Please Bring:**

- **Photo ID's (you and your spouse if filing jointly - Joint returns require both filers to be present to sign return),**
- **W2's and all form 1099's for 2009,**
- **Social Security Cards for All family members,**
- **Correct Birth dates for all family members,**
- **Voided check or savings account number for direct deposit of your refund (optional but gets your refund to you the fastest).**

# VICKERS HOUSE SOUTH

## SOUTHRIDGE EDUCATION & TRAINING CENTER

COMMUNITY RESOURCES, OFFICE OF THE MAYOR, CITY OF WEST PALM BEACH

### LEARN TO SPEAK ENGLISH THROUGH THE USE OF COMPUTERS!



COME TO VICKERS HOUSE TO  
IMPROVE YOUR ENGLISH SKILLS THROUGH THE  
ELLIS PROGRAM!

Registration and Testing is required—then students are placed in appropriate levels for learning! Students must attend class twice weekly- Monday – Thursday mornings! Registered Students will be allowed to use Computer Lab to Practice their skills!

**ELLIS is a program designed to help students write, read and speak English efficiently. It combines the technology of computer-assisted training with audio, video, grammar, listening, vocabulary, pronunciation and more!!!**

**Class Instruction Provided by:  
The Adult Education Department  
Palm Beach County School District**

**CALL OR VISIT THE VICKERS  
HOUSE SOUTH FOR MORE  
INFORMATION  
3801 Georgia Avenue  
West Palm Beach, FL 33405  
561 804-4975**

#### **LEVELS ARE AS FOLLOW:**

- 1. BEGINNER:** Students will learn basic vocabulary and communication skills.
- 2. INTERMEDIATE:** Students will re-enforce their communication, grammar, listening and vocabulary skills.
- 3. ADVANCED:** The activities in this level are designed to strengthen the students skills in communication, culture & pronunciation.
- 4. SENIOR (Upper Level):** This program allows students to improve fluency and skills in preparation for higher education and the work force.
- 5. MASTER PRONUNCIATION:** This is a complement for every level. It is designed for learners of all ages and levels to help reduce the accent.
- 6. ELLIS BUSINESS:** This is designed for students that have completed their Senior Level. In this level students will practice realistic situations and will have the opportunity to role play in business situations, acquiring strong skills to communicate at a professional level.

# VICKERS HOUSE SOUTH

SOUTHRIDGE EDUCATION & TRAINING CENTER

COMMUNITY RESOURCES, OFFICE OF THE MAYOR, CITY OF WEST PALM BEACH

**LEARN TO SPEAK ENGLISH FREE!!**

**Vickers House South**

**English as a Second Language (ESOL)**

**3801 Georgia Ave.**

**Call (561) 804-4975 For Information**

**West Palm Beach, FL 33405**

## **Beginning ESOL**

Monday and Friday 9:00-11:30

Students in this Class Must be tested and Score Levels 1, 2 or 3

( Family Literacy Program Available for Parents with Children ages 2-4 years old who attend this class--  
Parents and children must register and be tested for this service and must meet all criteria)

In Addition, **Learning Labs** will be announced by the Instructor to assist those students with learning challenges! Those Days and Times will be announced by the Instructor!

## **Intermediate ESOL**

Tuesday, Wednesday and Thursday— 8:30 - 11:30

Students in this Class Must be tested and Score Level 4

( Family Literacy Program Available for Parents with Children ages 2-4 years old who attend this class--  
Parents and children must register and be tested for this service and must meet all criteria)

**Course Study: 8:30-9:30 Listening and Conversation**

**9:30-11:30 Reading, Writing & Arithmetic**

## **Advanced ESOL**

Tuesday, Wednesday and Thursday----11:30-2:30

Students in this Class Must be tested and Score Level 5 or 6

(No Childcare Program Available during this class time)

**Course Study: 11:30-12:30 Lunch & Learn**

**12:30-2:30 Cultural Competence & Citizenship Civics – This class will prepare you:**

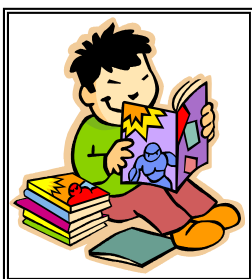
- How to “Live in America” (understanding the Language and Culture)**
- How to Properly fill out the Application for Citizenship Exam**
- How to Prepare for taking, and passing the New Citizenship Exam.**

**This class is for Advanced ESOL Students and those who are preparing to become Citizens!**

**If you want to learn more about America than just English then this course is for you!**

**This Class is a MUST --Do not Apply for Citizenship till you have taken this class!**

## **FAMILY LITERACY AT VICKERS HOUSE SOUTH**



This is an opportunity for children ages 2 to 4 years old to come to school with their parents, while parents are in the ESOL Class the children are in the next room improving their English skills and developmental skills.

Enhance parenting skills through planned, regular time together & promote parental involvement in their child's education.



## Job Day Vickers House North & South

Every Thursday from 10:00 to 11:30 different businesses are at The Vickers House offering jobs, be prepared to fill out applications. You may wish to call to confirm who will be coming on the day of Your choice. Come prepared for an interview. Telephone: (561) 804-4975 or (561) 804-4970

### *Self Improvement Programs and Help with your Job Search!*

FREE JOB SEARCH THROUGH INTERNET (conduct your own job search)

JOB BOARDS (job postings from throughout the county in a wide range of fields (updated weekly)

FREE RESUME DEVELOPMENT / COPYING AND FAXING OF RESUMES- Staff helps you develop your resume

### **Parenting Classes—“Winning Ways to Talk with Young Children”**

#### **Especially designed for the parents of toddlers and pre-school children!**

How to Win! Learn the Importance of Good Communication! Some of the tips you will learn in this class: Talk with (not at) Children, Get the Child's attention before speaking to him, make important requests firmly, Communicate at Eye Level, Say "Please", "Thank You", and "You're Welcome" to Children, Try not to interrupt and Scold Children when they are telling you their stories, Use kind words to encourage and build up the child, listen attentively, always use more "do's" than "don'ts", and Learn what to expect from your child at his age –This class will help any parent keep their cool and not lose patience! Presented in English with Spanish Translation.

Presented by Palm Beach County Cooperative Extension, University of Florida,—One hour class, at Vickers House South, 10-11:00, Each Tuesday, October 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>. For Future Classes Call Vickers House at 804-4975.

Palm Beach County Cooperative Extension/University of Florida offers

#### **FREE Food and Nutrition Education Program**

**Vickers House South 3801 Georgia Avenue, West Palm Beach Call (561)804-4975**

**Mondays at 11:30-1:30 / Fall Semester Begins September 21, 2009 (Call for Spring and Summer Schedule)**

#### Topics include:

*Make healthy food choices for the whole family by:*

- Choosing healthy foods Preparing nutritious snacks
- Choosing foods for healthy pregnancy and Make healthy food choices for infant and child development

*Prepare delicious and safe food by:*

- Preparing new recipes and Tasting new foods
- Acquiring cooking skills and Learn about food safety and storage
- Achieve good personal hygiene

*Make money and food stamps go further by:*

- Planning meals, Making grocery lists, and- Shopping wisely for groceries
- Budgeting food, dollars and food stamps, Using food labels to choose best buys



## **Vickers House North and South can now assist with Applications for Food Stamps, Medicaid and Cash Assistance as a Community Partner in the Department of Children and Families Project Access Network!**

- This can be new applications, as well as re-certifications.
- We have a dedicated computer at each center to assist people with filing on-line, as well as faxing needed items to DCF and acting as a liaison for the clients with the Change Call Center located in Lake Worth.
- Translation assistance at both centers is available in Spanish

### **Call for an appointment or for more information:**

#### Vickers House North

811 Palm Beach Lakes Blvd.  
West Palm Beach, FL 33401  
Telephone: (561) 804-4970

#### Vickers House South

3801 Georgia Avenue  
West Palm Beach, FL 33405  
Telephone: (561) 804-4975

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## **REGISTER NOW FOR HURRICANE SHELTERS FOR YOU AND YOUR PET**

Residents living in a Hurricane Evacuation Zone, Mobile Home or Manufactured Home should evacuate during severe tropical storms and ALL Hurricanes. If you require transportation to a Hurricane Evacuation Shelter call (561) 649-9838 or 1(877) 870-9849 toll-free to request an application.

To find out if you reside in a Hurricane Evacuation Zone, you may contact the Palm Beach County Division of Emergency Management at (561) 712-6400.

### **Special Needs Shelters for the Elderly and others with Special Medical Needs or Dementia**

If you require special care or have special needs, you are urged to pre-register for the Special Care Unit (SCU or Special Needs Unit SNU) with the Palm Beach County Division of Emergency Management at (561) 712-6400

### **People/Pet Shelters**

To pre-register for the Pet Friendly Shelter (disaster shelter for pets and people) call PBC Animal Care and Control (561) 233-1266 for more information. The Pet Friendly Shelter is for pets and people living in mandatory evacuation zones or in mobile homes.

### **Some of the requirements:**

Pet owners are required to bring a kennel, cage or carrier, food for two to three days, bedding, bowls, toys, and any special medications for their pets – Birds must have a health certificate and a carrier cage with cover – No livestock or reptiles will be accepted – All dogs and cats must have a current rabies vaccination and license, tag, or microchip, and provide date of last application of flea and tick preventative medication – You can apply on-line at [www.pbcgov.com/publicsafety/animal/PetShelter.htm](http://www.pbcgov.com/publicsafety/animal/PetShelter.htm)

For people who do not have access to computers we have all 3 applications: Hurricane Evacuation Transportation Reservations, Special Needs/Special Care Unit Shelter Reservations, and Pet Friendly Shelter Reservations. These can be found at both Vickers House Locations (3801 Georgia Avenue & 811 Palm Beach Lakes Blvd.) At the Vickers House we also have flyers we have developed on related hurricane topics such as: Preparations for Elderly, preparing your pet for the storm, lists of all the hotels/motels in Palm beach County which will take animals, kennels and veterinarians who will house pets during the storm, applications for pet reservations at Peggy Adams Animal Rescue Shelter, food safety for power outages, important brochures on FEMA, and other related topics. Feel free to come by and pick up any of this important information. For further information you can call Lela Jordan 561 / 804-4975



We would like to thank our many partners who give special presentations at the Vickers House year round, who offer special one on one assistance to our clients and offer support for our programs and services so the Vickers House can continue to serve the community!

**THANK YOU**

Peggy Adams Animal Rescue League Thrift Shop  
John Cleary Law Office  
Legal Aid Society of the Palm Beaches  
West Palm Beach Housing Authority

Friends of the Needy  
Berwind Corporation  
Publix  
Temple Judea



PB County School Teachers on Assignment at Vickers House  
Palm Beach County School District Office of Adult and Community Education  
PB County School District Family Literacy Program & Project Transition  
The Episcopal Church of Bethesda -By-the Sea  
United Methodist Church of the Palm Beaches



Healthy Mothers/Healthy Babies  
Oakwood Center of the Palm Beaches & PATH Team  
Florida Resource Center for Women & Children  
Union Congregational Church  
United Way of Palm Beach County & Vita Volunteers  
Internal Revenue Service  
Palm Beach County Health Department  
University of Florida/PB County Co-Op  
Families First/TOPWA  
Palm Beach Post

Mt. Olive Baptist Church  
Association of Retarded Citizens  
Quantum House  
El Cid Animal Hospital  
Cole Animal Hospital  
Drowning Prevention Coalition

Seagull Industries  
Area Agency on Aging  
Galloway Farms  
Susan G. Komen Foundation  
Christ Fellowship  
Palm Beach Zoo  
Union Missionary Baptist Church  
Solid Waste Authority  
Brad Aldridge Contracting



Indiantown Non-Profit Housing, Inc  
Workshop-Palm Beach Atlantic University  
Downtown Development Authority  
City of West Palm Beach Community Redevelopment Agency  
City of West Palm Beach Parking Department & WPB Sanitation  
City of West Palm Beach Fire Rescue  
City of West Palm Beach MIS Department & WPB Employee Choir  
City of West Palm Beach Housing & Community Development Department  
City of West Palm Beach Channel 18 & WPB Library Bookmobile  
City of West Palm Beach Mayor's Office & WPB Print Shop



Safety Net-DOVE Program  
Comprehensive Aids Program  
Roosevelt Middle School  
Genesis Community Health  
Home Depot  
Greyhound Bus Lines  
Volk Restoration  
Alzheimer's Association  
Division of Senior Services  
Chick-Fil-A  
BRIC  
La Palma  
El Latino

PIPE  
Nozzle Nolan  
Miami Rescue Mission  
Southridge Resident Council  
Mad Hatter Bar & Grill  
Department of Children & Families Economic Self Sufficiency  
WPBPD Graffiti Eradicator  
The Church of Jesus Christ of Latter-Day Saints  
PB County Library – Children Services  
City of West Palm Beach Mail Service



And all our Individual Volunteers and Donors!



# ESPECIALLY FOR SENIORS~

## **ALZHEIMER'S ASSOCIATION** at Vickers House South

Second Tuesday of Every Month 9:00- 12:00

- Help for Alzheimer's patients, their relatives and caretakers.
- Information, referrals, educational resources, and registration for the ID bracelet Medic Alert and Safe Return.

Alzheimer's Association - 24-HOUR HELP LINE: 800-272-3900 Visit the website [www.alz.org/seflorida](http://www.alz.org/seflorida)

## **DIVISION OF SENIOR SERVICES** Offers Outreach at both Vickers House Locations:

Beginning at 9:00a.m. at Both locations-Outreach Worker to Assist with Utility Bills, and other Programs to assist our Elderly allowing them to stay happy and healthy in their home!

Vickers House North every Tuesday & Vickers House South every Wednesday

Call Division of Senior Services for further program information- (561)355-4746

## **AMERICORP: CARING CONNECTION – SPONSORED BY THE Area Agency on Aging**

**Elderly Volunteers** Meet once a month at Vickers House South, Last Friday of each month 2- 4:00, these volunteers Assist other elderly individuals in Palm Beach County in tasks such as:

Providing Companionship ; Escorts to Doctors appointments, Medical Treatments, etc.

Pick up medicines at the pharmacy ; Escorts to the Bank or places where they need assistance

During the monthly meetings they train new volunteers, share ideas, discuss how to resolve issues to meet their clients needs. For More Information Call Caring Connections: Area Aging Resource Center (561) 684-5885

## **INDIANTOWN NON-PROFIT HOUSING, INC. OFFERS ASSISTANCE WITH WEATHERIZATION FOR YOU HOME—Applications are available at either Vickers House location!**

The programs mission is to reduce heating and cooling costs by improving the energy efficiency of the home. This enables low-income families to permanently reduce their energy bills and liberates these funds for spending on more pressing family issues. On average, weatherization reduces heating bills by 31% and overall energy bills by \$274 per year. To qualify you must own and occupy the home to be repaired, family must meet eligibility requirements. Preference is given to single-family detached homes, elderly (60 years-plus) or physically disabled residents, families with children under 12 and households with a high energy burden (repeatedly high utility bills).

Priority List of possible weatherization activities and or repairs: Air Sealing to prevent waste, Weather Stripping, Caulking, Thresholds, Water Heater Tank Wrap, Water Pipe Insulation, Faucet Aerators, Low Flow Shower Heads, HVAC Filters, Attic Insulation, Dense Pack Sidewall Insulation, Solar Window Screens, Installation of Smart Thermostat, Compact Fluorescent lamps, Seal and Insulate Ducts, Refrigerator Replacement, Repair or upgrade Heating and Cooling systems. Applications are available at both Vickers House locations— for further questions the toll free number is (877)212-0309! Check with the Vickers House for future Seminar dates to Learn More!

### **PLEASE HELP OUR FRAIL LOW-INCOME ELDERLY. . . . .**

If you have a Youth Group, Civic Club, Faith-Based Organization or Neighborhood Group who would like to paint houses, cut lawns, or do minor repairs for Frail low-income elderly, who have no family to help them-----  
Call the Vickers House!!!!!!

We have many elderly who cannot afford to pay someone, and have no family to help take care of their homes – and often these Elderly are cited by Code Enforcement. If no one helps these Elderly Homeowners they could be fined for the Violations! We Need Your Help!!!! If you or your group would like to do a good deed or if you need to earn community service hours for school! Please Call Lela Jordan at the Vickers House 804-4975.

# HEALTHY MIND AND HEALTHY BODY

***Relieve stress and Read a Book! West Palm Beach Bookmobile at Vickers House South 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month at 10:30-11:30 Many Books, movies, and music that you can borrow and enjoy with your family!***

## ***Health Services at the Vickers House***

***Translation Assistance Available!***

***Free Blood Pressure Screenings Daily at Vickers House South!***

### ***Free Hepatitis Vaccine***

**First Wednesday of every other Month, from 10:00 am to 2:00 pm. (October, December, February, April, June, August). No appointments necessary. If you are at high risk for this disease you should be vaccinated. Palm Beach County Health Department will administer the series of injections. Free Service- Vickers House South!**

### ***Free and Confidential HIV and Syphilis Testing***

**First Wednesday of every Month 10:00 am -12:00 pm at Vickers House South - Translation Assistance available. Palm Beach County Health Department will administer test and contact individual in two weeks if positive results! Confidential & Safe! Free Service - No appointments needed!**

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**FREE!**

**Flu Shots for everyone: 50 years of age and older, people with chronic health problems or caregivers for elderly or infants**

**WHERE:** Vickers House North & South Locations

**WHEN:** Call for schedule of dates & times



**CALL THE VICKERS HOUSE FOR MORE INFORMATION: 561 804-4975 or 561 804-4970**

Sponsored by:

Palm Beach County Health Department / Area Agency on Aging / West Palm Beach Fire Rescue

# *“Elders on the Edge”*

Elders on the Edge is a program designed to give people in the community an opportunity to sponsor a Senior in need of assistance (such as assistance with utility payments, rental payments, relocation payments for those who are losing their homes, sponsorship for adult day care, assistance with household repairs, building of wheelchair ramps, homemaker assistance, assistance with the purchase of medical devices or medications, and assistance with legal costs and other unmet needs. If you would like to donate to this program, Any amount is appreciated.

Please designate check: **“Elders on the Edge Program”** and mail to **Legal Aid Society!**

**All donated funds are used for the direct purchase of the needed service for the senior in crisis!**

These donations will be accepted and disbursed by the Legal Aid Society(our Partner and Fiscal Agent). The maximum allowance per family is \$1,000 per annum. Funds will be paid directly to the Service Provider. Senior recipients will be screened by Vickers House, then once accepted placed on a waiting list until funds are donated.

Seniors must be age 60 years or over, indigent or low income (must be able to provide proof of income), without family support or other financial resources (Social Security, SSI, or Pension—only available income) referred to or client of Vickers House or Legal Aid Society. The senior must be willing to receive services provided for by this program and follow guidelines for our services. Legal Aid Society and Vickers House will partner to insure our seniors receive all possible care and compassion through their crisis situation.



“Gabby, Honey Bun, Porkchop, Moachie, Little Bit . . . . . not the names of clients you expect to hear at the Vickers House, but these are our most loved clients. Of Course all these clients are four-legged and all are the beloved pets of our Elders on the Edge!” **Thus, we have now created a New Program-**

## **“Elders on the Edge Pet Fund”-**

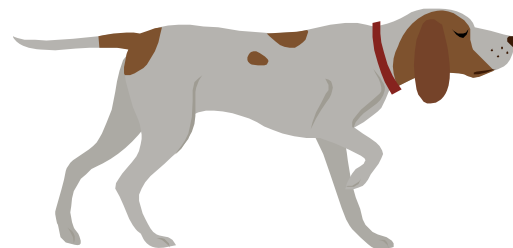
This fund helps our low income elderly by providing for emergency veterinary care for their beloved pets---so no longer will these pets suffer in pain or be euthanized needlessly, because of lack of funds.

If you would like to donate to this special program, please mail to Legal Aid Society’s address, but specify check to-**“Elders on the Edge Pet Fund”!**

**For more information on how you can donate or how a Low Income Senior in crisis can receive help, please call Lela Jordan at either Vickers House Location (561) 804- 4970 OR (561) 804-4975.**

Make all Checks Payable to:

**Legal Aid Society of Palm Beach County, Inc.  
423 Fern Street  
West Palm Beach, FL 33401**



Attn: Elder Law Office

Designate: Elders on the Edge or  
Elders on the Edge Pet Fund

**Thank You for your support!**

## *Domestic Staff Training*

**Instructor: Kim Kepler “The Palm Beach Housekeeper”**

**Every Thursday, Beginning September 17<sup>th</sup>, thru Nov. 19<sup>th</sup>, 10:30 – 12:30— Students Bring Notebook & Pen!  
This Course will teach how to be Professional working in a wealthy home/ how to interview for the job/ how to provide better service which can lead to better pay. Look for this course again during our Spring Semester.**

Explaining the many things you need to know to be working as a: Housekeeper, Maid, Houseman, Cook, Chef, Butler, House Manager, Social Assistant, Ladies Maid, Valet, Laundress or any Position in a Wealthy Household. Instruction in detail- Table side Serving / Table Setting / Informal Serving / Formal Serving. Other Course Topics: How to interview for the job / What to look for in an employer / Your appearance on the job / Greeting guests / Housekeeping / Packing / Laundry & Linens / Answering the Telephone / Household Directory / Flowers / China & Silver Care / House Calendar / House Security / Assisting a Chef / Candles / Table Linens / Trays / Cutlery / Fine China / Pouring Drinks / Serving Coffee & Tea / Party Check List / 44 Things to Never Do!

## “HOME REPAIR for the Ladies”

Palm Beach County Cooperative Extension, University of Florida presents a fun course to help our Ladies with Making Simple Home Repairs! This course includes: Purchasing the Most needed Tools for your toolbox, Repairing Holes in the Wall, Repairing Shower Cracks, Using a Plunger to Unstop a Toilet, Clearing Clogged Drains, Taking care of Door and Lock problems, Addressing Home Security Issues, Repairing Drawers, Screens and Light Fixtures. This course is designed to introduce basic home maintenance to the Female head of Household.

Two day class, Wednesday, September 23<sup>rd</sup> and 30<sup>th</sup> from 9-11:00 held at Vickers House South! Registration is required-- class size is limited to first 20 female students! This will be a hands-on course so class size is small!

Call Now to Register---Classes will be held each month so call for Monthly Calendar- (561) 804-4975.



## Managing in Tough Times

Organization is a crucial part of preventing and solving financial problems. When organization isn't enough, here are tips to help you reduce stress by saving money and achieving the balance you need for a happy healthy life. This course includes: Knowing your Net Worth, Create a Spending Plan, Building an Emergency Fund, Identifying your Resources, Debt Management in Tough times, Freeing up Money from Services, Saving Money at the Gas Pump, Stretching your Dollars, Doing things for Less, Keep lines of Communication open, Working Teens as Contributors, and Adult Children moving home. This course will be 5 sessions, held 11:30-12:30 each Friday in October (2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup>) at Vickers House South. Call Vickers House South for future dates. Presented by Palm Beach County Cooperative Extension/ University of Florida.

## Homeward Bound Program

This program offers homeless the opportunity to reunite with their families back home. Verification of acceptance by a relative is mandatory. If homeless are eligible then a non-refundable / non-transferable bus ticket is purchased through donations, each ticket costs approximately \$150.00 If you would like to donate to this program, make checks payable to our fiscal agent:

**Friends of the Needy, Inc.  
Post Office Box 6506  
West Palm Beach, FL 33405**

**Please designate the check for the Homeward Bound Program. All donated funds are used for the purchase of the Greyhound ticket!**

Some of the journeys for the homeless are across the country therefore take several days on the bus! At the Vickers House we strive to give them some food they can eat on the bus during their trip home. We need your donations of snacks such as: Cheese n crackers, peanut butter and crackers, cookies, dried fruit, nuts, beef or turkey jerky, candy bars, chips and juice drink boxes.

**PLEASE TELL PEOPLE WHO ARE HOMELESS IN OUR COMMUNITY ABOUT OUR PROGRAM!**

# Vickers House Wish List



- ❑ Family Literacy Program “Wish List”- Tempera paint: Non-toxic; Water color sets: Not the paste type; Elmer’s glue: Non toxic ; Glue sticks; Water color crayons: Non toxic; Stickers; Note books; Regular Crayons; Educational toys & books for ages 2 – 4; Small paper plates and cups; White construction paper; Kodak – color cartridge & photo paper kit (office depot item #cat 1231349) **The families participating in the program are low income therefore they are not able to bring snacks for the children, we are always in great need of: gold fish, chezz its, juice boxes (Please No Snacks that contain peanuts because of allergies)**
- ❑ Volunteers for our Family Literacy Program—working with our Teacher to offer children ages 2-4 years of age, their first educational experience. Volunteers will be assisting in art activities-drawing, coloring and finger painting; teaching the alphabet and colors; reading books to children, playing games; indoor and outdoor activities; holiday parties, sing-a-longs and music time; Must Love Kids!!
- ❑ Volunteers for our Vita Site Program who have computer and math skills, be trained as a tax preparers, also greeters, working January thru April 15<sup>th</sup>, Bilingual Help needed. All those signing up will be trained by the IRS! Call now for information. Adults and College Students Needed. Work available- Days, Nights, and Saturdays.
- ❑ Volunteer Groups, Youth Groups, Civic Groups, Faith-Based Organizations, to Paint Houses and make small repairs for low-income elderly who have no resources or family support. Call year round for opportunities! Community Service Hours for School can be earned! Work based on your availability!
- ❑ Volunteer Youth needed to cut grass year round for elderly who have no means to pay! Community Service Hours for School can be earned. Work based on your schedule.
- ❑ Volunteers for helping elderly prepare for Hurricanes- Assistance for putting shutters up and down, clean-up after a storm, etc. On Call as needed. Adults or College Students needed.
- ❑ Volunteers who have computer skills and are bilingual, to assist clients in filing for Food Stamps and Medicaid. Requires working with clients to explain process, identify documents needed from client, fill out applications on-line for clients, faxing documents, and making phone calls for clients to complete the process. These appointments are scheduled Monday- Friday 8- 3:00p.m. –we can only offer this service if we have volunteers who can fulfill any of those time slots-- call for more information.
- ❑ Apartments for low-income elderly needed. Please send fax of your apartments with rent required to Vickers House 835-7183, include all contact information and specifics about your apartments. We are in need of Low Cost housing for Elderly who are being displaced—rent less than \$400 a month. Please Safe Areas Only!

If you would like to help with any of these services please contact Lela Jordan at 804-4975.



COMMUNITY RESOURCES, OFFICE OF THE MAYOR, CITY OF WEST PALM BEACH

**Community Resources Center**  
Youth, Family & Community Services  
City of West Palm Beach  
Office of the Mayor  
P.O. Box 3366  
West Palm Beach, FL 33402



COMMUNITY RESOURCES, OFFICE OF THE MAYOR, CITY OF WEST PALM BEACH

### About the Vickers House

This Resource Center offers the Community a compassionate place to receive information, referrals, counseling, translation assistance, and aid with problems and crises; a place where community resources are brought together to offer a "one-stop" assistance center.

The Vickers House provides partnerships with colleges for Student Internships, Volunteer Opportunities, and Community Service hours.

This center offers a variety of services for veterans, homeless, women in crises, youth, elderly, and families, as well as information and referrals for jobs, training, housing, shelters, child care, food programs, emergency assistance, literacy, and transportation. There are also services for special populations, such as people with Disabilities.

We have also established an outreach program for the Guatemalan and Latino community, as well as referrals and assistance for any member of our Latino Community. (For the Spanish-Speaking community, Please Call 561 804-4978). If you would like to receive this publication via e-mail, please contact us via e-mail [dyeakel@wpb.org](mailto:dyeakel@wpb.org) or [mdynes@wpb.org](mailto:mdynes@wpb.org)

All of these programs are developed to initiate community partnerships and act as a matchmaker to link and coordinate services in the community. For further information, or for the Vickers House service schedule, please contact:

Lela Jordan  
Youth, Family & Community Resources,  
Office of the Mayor  
City of West Palm Beach  
(561) 804-4970 or (561) 804-4975