A word from Xiomara ...

Just because an idea or way of doing things is popular it doesn't mean it's right for everyone. However, part of the way that something becomes popular is that many of us don't take the time to determine what's right for us; we simply do what most of the people we know are doing. Most of our decisions about life are made by default and not by conscious decisions. We don't always take the time to explore other options, possibly from fear or pressured by family, peers, and humanity at large, to do things their way, the way things have always been done. Regardless of the cause, it is important that, as often as we can, we decide for ourselves what to do with our lives rather than just drift along on the current of popular opinion.

It is not always easy to make decisions that go against the grain or what is perceived as popular. Many people feel threatened when those close to them make choices divergent from the ones they are making. Parents and grandparents may be confused and defensive when we choose to raise our children differently from the way they raised us. Friends may feel abandoned if we decide to change our habits or behavior. It's easy to feel frustrated and defensive when we feel unsupported and misunderstood simply because we are thinking for ourselves. It can be exhausting to have to explain and re-explain our points of view and our reasons.

This is where openness, and tolerance come into play. It helps if we are calmly persistent, consistent, and clear as we communicate to those around us why we are making the choices we are making. At the same time, we have the right to say that we are tired of talking about it and simply need our choices to be respected. Our lives belong to us and so do our decisions. Those who truly love us will stand by us and support our choices, never mind what's popular. Dare to be different, in a good way!
Weekly Activities — All activities and events are subject to change and take place in the community Room, unless otherwise noted.

Mondays
10 am—11 am - Exercise, Wellness and Nutrition - volunteers
1 pm—3 pm - Game Day - Volunteers
7 pm—10 pm - Monday Night at the Movies - FACT Fundraiser

Tuesdays
10 am—12 pm - Technology - Volunteers
6 pm—7 pm - Spiritual Activity — Cathedral Church of God

Wednesdays
10 am—11 am - Exercise, Wellness and Nutrition — volunteers
10:30 am—11:30 am - Financial literacy with Betty — 2nd Wednesday of the month
1 pm — 3 pm - Arts & Craft
6 pm — 7 pm - Spiritual Activity — Lighthouse Church of God

Thursdays
9 am — 1 pm - Market Day—Wayne Barton Food Distribution
6 pm — 8 pm - Spiritual Activity in Spanish — Centro Christiano

Fridays
10 am—11 am - Exercise, Wellness and Nutrition - volunteers
11 am — 2 pm - Brain Games - Volunteers
6 pm — 7 pm - Spiritual Activity — Bethlehem Missionary Baptist Church

Saturdays
9 am—11 am - Gardening all residents invited
2 pm—6 pm - Bingo — 2nd and 4th Saturday of the month

Sunday
Open Social Activities — Get to know your neighbors and enjoy companionship and interesting conversation.

Be the change you want to see,
it all starts with you.
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### February 2014 Calendar of Events

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I asked God to give me happiness.
God said, no.
I give you blessings; Happiness is up to you.

I asked God to spare me pain.
God said, No.
Suffering draws you away from worldly cares
and brings you closer to me.

I asked God to make my spirit grow.
God said, No!
You must grow on your own!,
but I will prune you to make you fruitful.

I asked God for all things that I might enjoy life.
God said, No.
I will give you life, so that you may enjoy all things.

I asked God to help me LOVE others, as much as He loves me.
God said....Ahhhh, finally you have the idea.

THIS DAY IS YOURS DON'T THROW IT AWAY

May God Bless You,

"To the world you might be one person, but to one person
You just might be the world"

Arnold Green
Recipe
Asian Beef with Snow Peas

Prep Time: 5 Minutes
Ready in: 15 Minutes
Servings: 4

INGREDIENTS

- 3 tablespoons soy sauce
- 2 tablespoons rice wine
- 1 tablespoon brown sugar
- 1/2 teaspoon cornstarch
- 1 tablespoon minced fresh ginger root
- 1 tablespoon minced garlic
- 1 pound beef round steak, cut into strips
- 8 ounces snow peas
- 1 tablespoon vegetable oil

DIRECTIONS

1—In a small bowl, combine the soy sauce, rice wine, brown sugar and cornstarch. Set aside.

2—Heat oil in a wok or skillet over medium high heat. Stir-fry ginger and garlic for 30 seconds. Add the steak and stir-fry for 2 minutes or until evenly browned. Add the snow peas and stir-fry for an additional 3 minutes. Add the soy sauce mixture, bring to a boil, stirring constantly. Lower heat and simmer until the sauce is thick and smooth. Serve immediately.
PALMS NEWS—READ ALL ABOUT IT
SENORS ON A MISSION TO HAVE FUN!

Members of FACT, the Palms resident council coordinated a fund day field trip to Golden Corral where the participants enjoyed delicious food and great company. See a member of FACT for more details in joining and being part of the resident council and save the day, to vote during the April 15, 2014 FACT election.

Welcome to the Palms
Mr. Larry Dean
Mr. Cemerant Sainthomas
Ms. Caroll Oatts

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9. solution on page 8.
COMMUNITY PRIDE

Congratulations are in order to one of our residents, Mr. Ernest Chandler for another successful New Year’s Eve party hosted on December 31, 2013. This is the 5th New Year’s Eve party Ernie, has coordinated. Ernie, our community thanks you for your support and enthusiasm in bringing the residents together. Keep up the good work and we are all looking forward to the next party.

Life has no limitations, except the ones you make.”
Less Brown.

WORDS OF WISDOM

“It is better to remain silent at the risk of being thought a fool, than to talk and remove all doubt of it.” — Maurice Switzer

“No one can make you feel inferior without your consent.” — Eleanor Roosevelt

“Whenever you find yourself on the side of the majority, it is time to pause and reflect.” — Mark Twain

“The only true wisdom is in knowing you know nothing.” — Socrates

“The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom.” — Isaac Asimov

COMMUNITY SUPPORT

Ernesto Rodriguez
Lillie Scott
Beverly Copeland
Nivaldo Basallo
Islah & John Hardy
Roque & Maria Garcia
Arlena McCall
VOLUNTEER APPRECIATION CELEBRATION

From: Deerfield Beach High Volunteers / DBHA and FACT working together

Party at the Palms! Join us on April 11, 2014 to celebrate the great accomplishments of our volunteers who soon will be graduating and sad to say leaving us. Let’s join them in our community room to thank them and wish them good luck. We are so proud of you and will truly miss you. Christina Loredo, Anjelica Wright, and Amy Ferreras have been my stars. You have brought joy to the Palms and enriched our lives with your smiles and fun games. Thank you for the amazing job. You leave big shoes to fill.

PAST EVENTS

New Year’s Eve Party December 31, 2013.
Bingo Jan 25, 2014
Yard Sale Jan 11, 2014
Raffle Feb 3, 2014
Valentines Day Gala Celebration Feb 13, 2014
Birthday Celebration Mar 14, 2014
Housekeeping raffle and Presentation Mar 13, 2014
Old Fashion Fair and TV Raffle Mar 15, 2014
Palms Garden Clean Up

Join the Fun

SUDOKU GAME #043—SOLUTION

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WORD SEARCH - FRIENDSHIP

Find and circle all of the words that are hidden in the grid. The remaining letters spell a secret message related to friendship.— Solution at bottom.

ACQUAINTANCE  COMPANION  HONESTY
AFFECTION  COMRADE  KINSHIP
AFFINITY  CONFIDE  LEND
ALLY  EMPATHY  LOYALTY
AMIGO  FAVOR  PAL
AMITY  FONDNESS  ROOMMATE
BOYFRIEND  FRIENDLINES  SHARE
BUDDY  FUN  SUPPORTIVE
CHUM  GIRLFRIEND  SYMPATHY
CLOSENES  GOOD TIMES  TRUST

Solution to word search: The hidden message is: CAMARADERIE
SENIOR BULLYING...

The word bullying usually conjures images of mean-spirited adolescents cornering another child in the school corridor, but bullying is not limited to children. It can be a concern for seniors as well, especially those living in senior communities. According to a researcher who studies issues related to aging, senior-to-senior bullying tends to take place in senior centers, nursing homes or assisted living facilities. These are places where seniors spend a lot of time together and need to share resources, whether it's chairs, tables, TV stations or the staff's attention. It is estimated that 10-20% of seniors have experienced some type of senior-to-senior aggression in an institutional setting, much of it verbal abuse.

Men and women are equally likely to be the victim and the aggressor. Women tend towards passive-aggressive behavior like gossiping and whispering about people when they enter a room, while men are more direct and “in your face”. Bullying behavior can range from verbal intimidation all the way to physical violence. Features to be alert to include the following: - Repetitive, negative behavior towards another person which violates standards of appropriate conduct -Negative behavior occurring over a period of time, typically becoming more extreme - Behavior which may be consciously or unconsciously committed by the bully -Behavior which is unsolicited by the victim.

The effects on the victim are lasting and harmful. The causes of bullying vary. Dementia can sometimes be the cause of violence since someone with dementia may wrongly perceive things as threatening so they resort to a more primitive response. Alternatively, a person with dementia can be the victim who is picked on. Bullying can also be a result of the human phenomenon of the strong picking on the weak, and not a function of aging at all.

Alternatively, some people don’t adjust well to aging and can become disruptive and abusive, pushing others away from group activities, social gatherings or meal time. Bullying impacts both the victim and the bystanders. The impact for the victim can be cognitive, physical, and psychological. Take the case of Mary, who had never experienced bullying until she moved in to a building for seniors. Since moving in, a number of residents who make up a “controlling group” have conspired to isolate her. They’ve spread false rumors, including one that she’d been evicted from her previous home. As a result, she curtails her activity in the building, avoids the laundry room if others are present and stays out of the recreation room. She’s been having a hard time sleeping and is often fatigued. She says, “It’s hard because I’ve never had to deal with it before.

See more on this article at: http://www.retirement-living.com/senior-bullying/

#sthash.ibjtlwH5.dpuf - THE MEDICAL TEAM
HAPPY BIRTHDAY AND HAPPY BELATED BIRTHDAY TO MY AWESOME RESIDENTS AT THE PALMS.

January 2014
David Johnson—3
Dorothy Miller—6
Leona Walker—9
Janira Fabrini—9
Marion Law—12
Omar Goni—13
Freddie Hall Jr.—16
Zachary Scott—19
Reynaldo Marquez—20
Larry Dean—25
Madone Bertrand—24
Luigi Fornaro—31

February 2014
Arnold Green—3
Jose Luis Arteaga—6
Mary Wright—9
James Cooper—12
Lillie Scott—15
Khalilah Camacho Ali—17
Therese Desamours—18
Ernesto Rodriguez—20
Beulah Thomas—22
Gloria Oatts—28

March 2014
Maria Caraballo—2
Robert Howard—2
Yvonne Dezeme—3
Ernest Chandler—4
Francois Dezeme—6
Gustavo Camilo—22
James Burton—25
Linda Ruise—28

If anyone’s birthday was missed, please bring it to Xiomara’s attention in the leasing office for correction on next newsletter—Thank you
Useful Resources ...


www.myflorida.com—Child Support/ Food Stamps PH 954-467-4298
ACCESS—Food Stamps 1-866-762-2237

SafeLink Wireless—1-800-723-3546 / 1-800-Safelink

www.legalaid.org—Legal aid—PH 954-831-8920—Legal Aid—491 North State Road 7—Plantation, FL 33317

www.cilbroward.org—Center for Independent Living of Broward—954-722-6400 / TTY 954-735-0963—4800 N. State Road 7—Suite 102—Fort Lauderdale, FL 33319

www.elderlyandveterans@broward.org—954-357-6622— Center to empower elders, veterans and families to improve their quality of life.

Housing Options Program—954-357-5099—Edgar P. Mills Multi-Purpose Center—900 NW 31st Avenue—Ste 2100—Fort Lauderdale, FL 33311—Homeless Services and Prevention

www.fpl.com—(Electric Service)-954-797-5000—FPL—General Mail Facility—Miami, FL 33188 to report power outages: 1-899-468-8243 (1-800-4OUTAGE)

www.att.com—(Telephone Service)888-757-6500

www.comcast.net—(Cables Service)-1866-920-6359 / 954-252-1937

www.annualcreditreport.com—The only valid site for free credit report.

www.ftc.gov—Access to Do Not Call registry and credit repair information.

www.kbb.com—Research value of cars - buying/selling
Imagine a world in which we all shared our gifts and bounty with each other rather than focusing on self-preservation.

There are many variations on the story of stone soup, but they all involve a traveler coming into a town beset by famine. The inhabitants try to discourage the traveler from staying, fearing he wants them to give him food. They tell him in no uncertain terms that there's no food anywhere to be found. The traveler explains that he doesn't need any food and that, in fact, he was planning to make a soup to share with all of them. The villagers watch suspiciously as he builds a fire and fills a cauldron with water. With great ceremony, he pulls a stone from a bag, dropping the stone into the pot of water. He sniffs the brew extravagantly and exclaims how delicious stone soup is. As the villagers begin to show interest, he mentions how good the soup would be with just a little cabbage in it. A villager brings out a cabbage to share. This episode repeats itself until the soup has cabbage, carrots, onions, and beets—indeed, a substantial soup that feeds everyone in the village.

This story addresses the human tendency to hoard in times of deprivation. When resources are scarce, we pull back and put all of our energy into self-preservation. We isolate ourselves and shut out others. As the story of stone soup reveals, in doing so, we often deprive ourselves and everyone else of a feast. This metaphor plays out beyond the realm of food. We hoard ideas, love, and energy, thinking we will be richer if we keep them to ourselves, when in truth we make the world, and ourselves, poorer whenever we greedily stockpile our reserves. The traveler was able to see that the villagers were holding back, and he had the genius to draw them out and inspire them to give, thus creating a spread that none of them could have created alone.

Are you like one of the villagers, holding back? If you come forward and share your gifts, you will inspire others to do the same. The reward is a banquet that can nourish many.

by Madisyn Taylor
Suggestions, They Help Us All!

Suggestion Box In The Community Room

Thank you for your suggestions.

DBHA Staff in partnership with our residents and members of F.A.C.T, the Palms Resident Council Organization, strives to make your stay at the Palms pleasant, enjoyable and long. Your cooperation and suggestions to improve our community are greatly appreciated. All suggestions placed in the community room suggestion box or in the leasing office suggestion box are considered and implemented accordingly.

Deerfield Beach Housing Authority continues to be a high performer Housing Authority as graded by HUD’s standards. Our residents’ health, safety, and peaceful enjoyment of the facilities is taken with the utmost importance. Therefore, all residents are encouraged to seek, as necessary, full understanding of their leasing agreement. We expect all residents to comply with the terms of their leasing agreement and to conduct themselves in a manner that reflects our high standards. As an independent living facility, it is highly recommended that all residents take a proactive role in their independent living. Enjoy our newsletter intended to always keep you informed of events and activities.

Thank you for your cooperation—Management

Our Thoughts and Prayers are with the friends and families or our departed friend

Mr. Arnold Green

Goodbyes are not forever. Goodbyes are not the end. They simply mean I’ll miss you until we meet again.
CFR 24. § 964.100

The role of a resident council is to improve the quality of life and resident satisfaction and participate in self-help initiatives to enable residents to create a positive living environment for families living in public housing. Resident councils may actively participate through a working partnership with the HA to advise and assist in all aspects of public housing operations.

On September 30, 2013 members of F.A.C.T., the current resident council completed R.A.D.A.R. training. R.A.D.A.R. stands for Realistic Approaches to Developing Active Residents and is the premier resident development training choice focused solely on the needs and challenges of resident councils and associations within Public Housing Authorities and other communities.

Training topics included, Roles and Responsibility, Leadership Skills, Election Process, Partnerships, Conflict Resolution, Effective Meeting Techniques, Money Matters and other important aspects to effectively, professionally and successful manage a transparent and efficient resident council organization.

Residents are encouraged to participate in activities and support their Resident Council. If you are not happy with your current Board, you’ll have an opportunity to voice your choice at the April 15, 2014 elections. Elected members serve for a three year term. Residents interested are encourage to contact a F.A.C.T. board member for additional information or the leasing office for details.

PALMS RESIDENT COUNCIL, F.A.C.T., EXECUTIVE BOARD

President—Dorothy Gregory
Treasurer—Georgia Thompson and Yvonne Patterson
V- President—Arlena McCall
Secretary—Johnnie Mae Copeland
Fund Raising—Comm. Annette Woods
Board Member—Lillie Scott Board Member—Linda Ruise Board Member—Aida Rivera
Happy St. Patrick's Day!

Make a difference in your community and report all suspicious or criminal activities

Dial 911 for Emergencies Only
To report a crime: (954) 493-TIPS (8477)
General Information: (954) 831-8900
To report abuse: (800) 96-ABUSE (22873)
Non-Emergencies: (954) 765-4321

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