

From the desk of Vice Mayor Weinroth

Hope is on the horizon with the COVID-19 vaccines expected to be available soon. However, we must remain vigilant while we continue to mitigate the virus' spread and follow the recommendations of the medical professionals:

- *Avoid the three Cs: crowded places, close-contact settings and confined/enclosed places*
- *Frequent handwashing*
- *Facial coverings*

One advantage of living in Palm Beach County is our wonderful sunny weather. Seeking enjoyable outdoor activities may be even more important now.

Unfortunately, with the holidays coming and the pandemic still upon us, many of us are experiencing pandemic fatigue, depression and isolation. Being outdoors can offer an emotional boost and help you feel less tense, stressed, angry or depressed.*

Moreover, by allowing plenty of space between you and others, outdoor activities pose a lower risk of spreading the COVID-19 virus than indoor activities.

Palm Beach County offers over 8,000 acres of parks and 31,000 acres of natural areas with lots of amenities that feature mostly free or low-cost getaways right in our own backyard!

From our pristine eastern beaches to the western Everglades region, there are wonderful and unique options worth exploring. Activities include canoeing/kayaking, nature trails, fishing, exercise courses/stations, disc golf, pickleball courts, skate parks, water skiing, walking trails and so much more.

The county's Environmental Resources Management Department manages over 31,000 acres of conservation lands, the county's last wild places, that are open from sunrise to sunset. The natural areas

offer passive, nature-based activities such as hiking, bird watching and environmental education.

There are also volunteer opportunities in the county's parks and natural areas. More details can be found at:

- [Parks and Recreation](#)
- [Environmental Resources Department](#)

Reach out to someone you know who may need some company and explore the beauty of nature that abounds in our area.

211 Palm Beach

While it may be a difficult time, we will get through this together. If you or someone you know is in need of assistance concerning mental issues such as depression, [211 Palm Beach](#) is a valuable local resource. It's a confidential community helpline and crisis hotline providing immediate guidance and support.

[211 Palm Beach](#) offers an array of support and assistance including information, assessment, advocacy, referral and linkage to appropriate community agencies. They also provide telephone counseling, crisis intervention, and suicide prevention. As the central gateway to health and human services, 211 collects, maintains and provides up-to-date resource information via phone, text, email, website, printed guides and directories.

Please have a safe and wonderful Thanksgiving, and feel free to contact my office if you require assistance at rweinroth@pbcgov.org or 561-355-2204.

Source: www.mayoclinic.org.