



# SACHS SENTINEL

★ Maria Sachs ★

PALM BEACH COUNTY COMMISSIONER  
DISTRICT 5



March 2020, Issue Seven



## Sweet Pesach



*"Wishing you peace, good times, and good health during Passover and always."*

*- Maria Sachs*

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### American Rescue Plan

### Federal Funds for Palm Beach County



Recently, President Biden signed the \$1.9 trillion stimulus plan into law, which means great things for our state and county. The State of Florida is getting a total of \$17.6 billion, with \$10 billion of that being kept for the state and the rest going to various cities and counties.

**Palm Beach County** is set to receive **\$290.2 million**.

## CELEBRATING WOMEN'S HISTORY MONTH

The women showcased in this Sachs Sentinel are not all cut from the same cloth. Some are business moguls, some are Moms, some are community leaders, some are not. What they all have in common is a certain moral leadership, doing the hard things, the right things against all odds. They have a style, a certain savoir-faire, that says, I will speak my mind, I will fight for my mission regardless of the costs. I will bear it. I will do it!

Their inner power is like a magnet, drawing people toward possibilities they might otherwise never have imagined or dared to do. The women profiled here enlarged their world and explored new ones. Breaking free of convention and constraint they opened up the impossible and made it not just possible but probable.

**BECAUSE SHE DID, WE ALL CAN....**Fight for equal pay, climb the corporate ladder, shatter the glass ceiling, *Change the World!*

### One of Palm Beach County's Notable Women in Sports and Olympic Gold Champion Serena Williams



***"The success of every woman should be the inspiration to another. We should raise each other up. Make sure you're very courageous: be strong, be extremely kind, and above all be humble".***

Shanna Frerichs

United States  
Army Veteran

Mother of Five



**Education/Life Experience:** I attribute much of my success to having served this great nation as a former Army Officer. While my education and pedigree are well rounded, I always come back to my original roots in the Army. I developed grit and intestinal fortitude. I think it's important to develop exemplary attributes, not just highly specific skill sets, but be more of a well-rounded individual. Finally, understanding the importance of discipline and finding the courage to do things that you didn't think you were able to.

**Greatest Fear:** My greatest fear.... losing my spouse in war. Because my husband served as a Navy SEAL, there was plenty of opportunity for this to happen. We knew that in that job it could happen at any time. I remained strong and steadfast in my belief that he and his teammates were the best in the world. We lost dozens of friends, several we were really close with so I always knew it could happen during any deployment.

**Mentor/Inspiration:** I've been very fortunate to have several mentors in my life. I believe you shouldn't idolize the people who assisted you during your journey but be able to apply what they taught you. My mentors have given me the tools to help inspire other women to be bold, strong, and positive forces of energy. You can't live in this world without motivation and inspiration. When you get a group of strong and intelligent women together the sky is the limit.

**Transportation:** Hands down road trips are my jam. It allows me to enjoy my children on a deeper level - meaning I'm able to enjoy all the little things without the hassle of our everyday life of dishes, cleaning, mom taxi trips, and sports engagements.

**Biggest Dream:** I don't have a failure type mindset but if I were to go back in time I'd choose to go to medical school and still commission in the military.



"Things all work out in the end. Give yourself grace. Enjoy the moments that are right in front of you!"



Connie Hoke

Operations & Fiscal  
Coordinator  
Literacy Coalition

Mother of Two

**Education/Life Experience:** Reflecting on the challenges that the women before us faced and their determination and perseverance to concur the hurdles that pushed women's equality forward motivates me to push myself.

**Greatest Fear:** Not making a difference in this wonderful world we live in.

**Mentor/Inspiration:** Aurora Garcia, my grandmother, who always cheered me on and told me that everything was possible.

**Transportation:** Airplanes and trains. Airplanes are quick and trains have great views.

**Biggest Dream:** Write a few books about my children's special moments growing up.

"You have plenty of time to live your life, there are no wrong choices. Always do what is right."

Pamela Higer-Polani

Attorney, PHP, LLC.

Founder

Boca Walk to End Alzheimer's  
& Brain Bowl Events, Inc.

Mother of Two



**Education/Life Experience:** I credit strong personal connections for any success with both my career and philanthropic endeavors. By providing clients the option and courtesy of traveling to them, it is not only often appreciated but sometimes necessary for individuals with young children, infirmed or incapable of driving to my office. This action also often reduces anxieties and helps clients reject the stereotypical image of lawyers that they may hold otherwise and instead see me as the trusted advisor I aim to be.

**Greatest Fear:** The inability to continue dedicating my life to helping others for any possible reason would be one of my greatest fears. Another is not seeing my children married with children of their own – I definitely look forward to being a grandmother one day!

**Mentor/Inspiration:** Tel Aviv attorney, Dan Offer, who very patiently taught me legal and vernacular Hebrew, as well as many life lessons. Dan's approach to the law encompassed a sense of wit, confidence, and composure that I often attempt to emulate. His approach to life and the law continues to inspire me!

**Transportation:** I love being on the water and grateful to have always lived near a beach. Boating remains one of my favorite pastime and my preferred way to travel, whether locally or abroad.

**Biggest Dream:** I am already doing it! When discouraged or presented with obstacles, I remind myself that I was granted another day not for myself, but to help others and I become re-energized. Muhammad Ali said, "Service to Others is the Rent You Pay for your Room Here on Earth".

"Live life to your fullest, help others do the same and never accept no from someone who cannot say yes!"

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Ana Machado-Rosacker  
Vice President/Administrator  
Baptist Health South Florida  
Bethesda Hospital West

Mother of One

**Education/Life Experience:** I attended local schools and began a career in nursing at age 20. Through a large portion of my career I balanced being a single mom, working at two different hospitals and attended graduate school at night. I feel that the drive to provide a better opportunity for my son, now a first year law student, was very motivating - quitting was not an option.

**Greatest Fear:** I am slightly claustrophobic when it comes to elevators and heights. From a career stand-point, however, my biggest fear would be to disappoint people I lead or not leading my team effectively.

**Mentor/Inspiration:** My mother inspired me the most. She was a very hard working mom who always taught me the value of family and how to balance that with work. That said, while working for the Healthcare District hospital in the Glades there was a Director of Nursing who hired me as a new graduate. This was the mentor that really saw the characteristics of leadership within me. The passion that she had towards her team is one that is not often seen on the front lines. It molded how I operate and manage my team.

**Transportation:** I love cruising because my whole family could have something to do and see while traveling the world. That said, I still like long car trips. You can enjoy the scenery and the company. Indulging in the sights and little towns. My favorite part is finding the spots that the locals like to frequent – especially local foods!

**Biggest Dream:** I would find the courage to explore new hobbies and activities that I wouldn't have even attempted to try before; such as snowboarding. I have also daydreamed with the thought of opening a center for young women for life skills, coaching, and guidance.

*"Enjoy the journey. Stop and take time to pause.  
Live each day to its fullest as tomorrow is not promised.  
And, most importantly, always remember you are stronger than you  
think and braver than you know."*

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Kelly Smallridge

President & CEO  
Business Development Board of  
Palm Beach County



Mother of Three

**Education/Life Experience:** I graduated from the University of Florida and was raised by two wonderful parents who clearly shaped my future and served as great business leaders. My father had a 35 year career with Pratt & Whitney, one of Palm Beach County's top employers and my mother worked her way from a pre-school teacher to the owner of a private pre-school. I am proud to say that I am a graduate of our public schools and grew up in Palm Beach County.

**Greatest Fear:** At my core, I am exceptionally private, so putting myself out there in so many public circles is a fear I continue to overcome. The best way I know to handle this fear is to just be myself and remember that I worked long and hard to get to where I am today.

**Mentor/Inspiration:** My late mother was my greatest inspiration. Growing up in Palm Springs, FL in the 1970's and 80's, she always encouraged me to be bold, not to accept mediocrity but instead shoot for solid excellence. She also encouraged me to be a leader and instilled great confidence in me by showing me the ropes of her business at a very young age.

**Transportation:** An airplane – quick and easy.

**Biggest Dream:** To live a long and healthy life surrounded by my children and hopefully, grandchildren one day.

"Take care of you first – eat healthy, exercise, live in  
balance. Schedule rest and recreation regularly.  
The older you get, the more you understand why."

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Diane Taylor

Mortgage Broker  
Mortgage Biz of Florida

Mother of Two

**Education/Life Experience:** Every bit of college helps, however, I credit tenacity for making it through undergrad school. I had and still have the work ethic of my parents.

**Greatest Fear:** Iguanas! Fear is something I try to push away. I do not have one in particular.

**Mentor/Inspiration:** Both my parents. I am from the Caribbean. The work ethic that my parents have – it's embedded in me and as I grow older I admire it more and more. Working hard, reading everything and making good financial decisions help.

**Transportation:** I like to walk when I am abroad.

**Biggest Dream:** I would open an all-encompassing wellness center to include everybody in wellness. The mental. The physical. The nutrition. I believe we as a society fall short in wellness. We are thought to look for instant gratification. There is no such thing. We fall short on that because not everyone is taught *how* to be well.

"All that glitters is not gold."

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Rita Thrasher

President & CEO  
Boca Raton Promise

Mother of Three



**Education/Life Experience:** The life challenges of caring for three daughters while teaching, two with mental illnesses, provided me with understanding and determination beyond belief. After the deaths of two daughters I established a network of mental health advocates with support from my third daughter. A major gift of \$250,000 helped us Break the Silence in Palm Beach County and create an Action Alliance to educate and deliver resources.

**Greatest Fear:** I fear for the planet and its inhabitants. Overpopulation and climate change are here.

**Mentor/Inspiration:** The person most influential in keeping me focused during the care-giving years was our family therapist. She attended our funerals and my living daughter and I attended her funeral. She always told me, "There is nothing you can't do if you don't care who gets the credit." I feel her encouragement in every challenge I encounter.

**Transportation:** I truly enjoyed traveling with my daughter on The World, a Residence at Sea. I'll be glad when it floats again.

**Biggest Dream:** I would continue on my quest to establish a (mentally) healthy prototype community in Southeast Florida. I will start by igniting the determination of 100 daring women in Boca Raton!

*"Don't hold yourself responsible for everything that goes wrong in your life. Be willing to share the responsibility with others ..... even if you don't understand what went wrong."*



### **West Atlantic Business Plaza**

A development plan has been filed for a site located on the southeast corner of Atlantic Avenue and State Road 7. The agent is Jennifer Morton and the property owner is West Atlantic Business Plaza, LLC.

The proposal will add warehouse footage and office uses and will delete a proposed self-storage and gas station. This petition is scheduled to come before the Board of County Commissioners on April 22, 2021.

For more information, visit [HERE](#).

Please feel free to email me at [MSachs@pbcgov.org](mailto:MSachs@pbcgov.org) to voice your opinion about this application.



## BOARD BRIEFS



### Board of County Commission Meeting Update

Commissioner Maria Sachs requested a list of all vaccine locations within Palm Beach County that are sponsored by the State and Federal government for your convenience.

[All Vaccination Sites in PBC, Click here](#)

Contact us on Any Matter of Interest or Concern

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**FIGHTING FOR YOU!**

A handwritten signature in blue ink that reads "Maria Sachs". The signature is fluid and cursive.



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