



SACHS SENTINEL

★ Maria Sachs ★

PALM BEACH COUNTY VICE MAYOR
DISTRICT 5



I Stand With Israel

All people should have the right to live in peace and to raise their families without the threat of war. The unprecedented and unprovoked attack on the people of Israel is shocking and tragic. The taking of women and children as hostages is terrorism and must not be tolerated.

I deplore the attack against the people of Israel and any acts of antisemitism anywhere in the world. I am heartbroken over the loss of lives, the destruction and the fear of the people in the Middle East. I stand with the people of Israel and support their right to defend themselves.

Maria Sachs
Vice Mayor



Floridians Rescued

On Sunday, Oct. 15, more than 270 Americans stranded in Israel landed safely in Tampa. The mission was a joint effort through the Florida Emergency Operations Center and several nonprofits, including the Tampa-based nonprofit Project DYNAMO.

Project DYNAMO is a U.S. veteran international rescue that conducts global and domestic operations in "The Grey Space," where the U.S. government lacks access or a presence to rescue the most vulnerable populations, including hostages and detained Americans.

For more information, visit projectdynamo.org.

Valencia Reserve Current Events Club

Lyons Road Update



It was my pleasure to speak at the Valencia Reserve Current Events Club meeting with Palm Beach County Deputy County Engineer Joanne Keller. Together, we updated the residents on the Lyons Road project. As promised, the contractor has completed grading for the missing section south of the bridge and is still on schedule to complete the project before the holidays.

Special thanks to David Schulson and Dan Goldstein for organizing this informative event.

Caridad Center Tour



Pictured (l to r): Vice Mayor Maria Sachs, Co-founder Connie Berry, Dr. Martin Schneier



Pictured (l to r): Chief Development Officer Lisa Kronhaus, Vice Mayor Maria Sachs, Co-founder Connie Berry

As Vice Mayor of Palm Beach County, I had the privilege of touring the Caridad Center in Boynton Beach, the largest free clinic in Florida. Co-founder Connie Berry and Chief Development Officer Lisa Kronhaus led the tour.

In 2005, the Migrant Association of South Florida changed its name to Caridad Center in honor of Caridad Asensio, one of the two women who founded the Migrant Association of South Florida in 1989, and also to reflect the changes in the client population and to be more inclusive of the agency's three-fold mission of health, education and outreach.

The center provides medical, dental and vision care for the uninsured and underserved children and families of Palm Beach County. In addition to the on-site services, a mobile vision van is now being used to offer access to those who cannot afford transportation to the center.

Caridad Center relies on volunteers to help its mission of serving and helping the uninsured and underserved in Palm Beach County. They have needs for psychiatrists, podiatrists, rheumatologists and Creole-speaking interpreters. If you are interested in volunteering, call 561-853-1621.

For more information about the Caridad Center, visit caridad.org.

Protecting Our Seniors



Falls are the leading cause of injury in seniors. This is why working on balance is essential for our continued health. Through the advocacy of Congresswoman Lois Frankel, our district received a \$1 million grant to improve balance.

At the Healthcare District of Palm Beach County's inaugural Tai Ji Quan: Moving for Better Balance® class, I joined Congresswoman Lois Frankel, Healthcare District of

Palm Beach County CEO Darcy Davis and community members for Tai Ji Quan to help us all achieve balance.

Tai chi, also known as Tai Ji Quan, is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements while connecting the mind and body.

Originally developed in ancient China for self-defense, tai chi evolved into a graceful exercise for stress reduction and helps with various other health conditions.

Tai chi has many different styles. Each style has its subtle emphasis on various tai chi principles and methods. As a result, there are more than 100 possible movements and positions with tai chi. Regardless of the variation, all tai chi forms include rhythmic patterns of movement coordinated with breathing to help you achieve a sense of inner calm.



 Health Care District
PALM BEACH COUNTY

Want to improve your balance?

Let us help you stay on your feet with **FREE**
seated and chair-assisted balance classes!

Join our Tai Ji Quan: Moving for Better Balance® classes



Weekdays 8:30AM-9:30AM



Outdoors beneath the pavilion

SOUTH COUNTY CIVIC CENTER

16700 Jog Rd. Delray Beach, FL 33446

CALL (561) 804-5700 (for more information)

Get a **FREE** plug-in night light while supplies last

PreventFallsPBC.org



Moving for Better Balance® is presented by
Congresswoman Lois Frankel and Vice Mayor Maria Sachs.

Proclamations

Rabbi Barry Silver Day



Rabbi Barry Silver is a distinguished figure in Palm Beach County, serving as a rabbi, public interest attorney, singer/songwriter and dedicated activist. He holds the unique distinction of being the only rabbi to have served in the Florida House of Representatives. He was elected to represent District 89 from 1996 to 1998 and was named "most effective environmental legislator" by the Sierra Club. Since 1996, Rabbi Silver has been the spiritual leader of Congregation L'Dor Va-Dor, located in Boynton Beach, where Judaism is treasured, reason is cherished, interfaith harmony abounds, science is honored and all are welcome. We honor the passion and advocacy of Rabbi Barry Silver.

Feeding South Florida Hunger Action Month®



Feeding South Florida Assistant Vice President of Philanthropy Allyson Vaulx is honored with this proclamation. Since 1981, Feeding South Florida has worked to end hunger in Palm Beach County by providing our communities in need with access to nutritious food. Hunger does not discriminate. It knows no race, religion or age. In South Florida, approximately one million individuals face hunger every day. Every family deserves a nutritious meal. Thank you, Feeding South Florida, for all you do.

Committee Reports

Vice Mayor Sachs: Chair of the Tourist Development Council

Key Lodging Performance Trends for July

- The Palm Beaches ranked 1st in room nights sold growth at 3.1%, one of three markets with positive growth.

Occupancy and Demand

- Hotel occupancy for July increased by 0.9% to 62.4%, selling 3.1% more hotel rooms than last year.

Visitation



- 2.3 million visitors, up by 4.5% from last year, visited Palm Beach County. International visitation in the county increased by 8% to 168,600.

Vice Mayor Sachs: Chair of the Solid Waste Authority Committee



Information on Holiday Waste Collection in Unincorporated Palm Beach County

There are only two observed holidays during which residents in unincorporated Palm Beach County will not receive garbage service:

- Thanksgiving Day: Thursday, Nov. 23, 2023
- Christmas Day: Monday, Dec. 25, 2023

There will be normal scheduled collection services for unincorporated residents on the following holidays:

- Veteran's Day: Saturday, Nov. 11, 2023
- Christmas Eve: Sunday, Dec. 24, 2023
- New Year's Eve: Sunday, Dec. 31, 2023
- New Year's Day: Monday, Jan. 1, 2024

If you live in one of Palm Beach County's 39 municipalities, contact your municipality directly for their holiday collection schedule. A [list of municipal contacts](#) can be found online.

If residents in unincorporated Palm Beach County have any garbage or recyclable collection questions or concerns, they should contact SWA Customer Service at 561-697-2700, 866-792-4636 or contactcis@swa.org. Residents in unincorporated Palm Beach County can always see their collection schedule, set reminders and sign up for collection information through the ["My Pick-Up Days" tool](#) on the SWA website.

More information on [holiday collection](#) can be found online, along with additional information about SWA [facilities and hours](#).

Community Events



Legends on the Lawn - Sour Mash Band

Saturday, Oct. 21, 7 p.m.

A free live music event series. Lawn chairs and blankets welcome! The event is free to the public. [Legends FAQs](#).

Canyon Amphitheater at Canyon Town Center
8802 Boynton Beach Blvd.
Boynton Beach, 33472

Night Stalkers

Wednesday, Oct. 25, 6:45 p.m.

Ages 9+, \$5/participant (reservations required, limit 20).

Join a naturalist on a nighttime boardwalk tour looking at nature from the point of view of its nocturnal residents. Flashlights are recommended, but not required.

Green Cay Nature Center
12800 Hagen Ranch Road
Boynton Beach, 33437

Family Fun Day

Saturday, Oct. 28, 10 a.m.

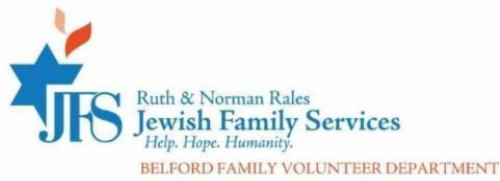
All ages are free with paid museum admission.

Make your own spooky mask for Halloween based on spirits and creatures from Japanese folklore. Activities will be held in the Kamiya Room (classroom A).

Morikami Museum & Japanese Gardens
4000 Morikami Park Road
Delray Beach, 33446

Volunteer Opportunities

Ruth & Norman Rales Jewish Family Services



Volunteer Opportunity Legend ☀ Day ☾ Evening 🗓 Weekend 👤 Individual 👤 Family 👤 Groups 🧑 Teen (Community Service Hours Provided) 🚗 Motor vehicle check required 🚫 Level II background check required

Ruth & Norman Rales Jewish Family Services Inc. (JFS) is seeking volunteers to help with holiday greeting cards, meal deliveries, telephone reassurance and volunteering with children with disabilities. Volunteer opportunities are available on weekdays, weekends, evenings and holidays.

Are you interested in volunteering with JFS? Visit ralesjfs.galaxydigital.com and select "Volunteer Now." You can also contact Kim Edelberg by phone at 561-852-3178 or by email at kime@ralesjfs.org.

211 Palm Beach and Treasure Coast

VOLUNTEERS WANTED

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Palm Beach and
Treasure Coast



Make a difference...

JOIN OUR 211 TEAM!



211 Palm Beach and Treasure Coast is seeking volunteers to assist with telephone reassurance to seniors and housebound individuals, community awareness to help with community outreach events and help to grow the volunteer program by making phone calls and doing intakes with families.

For more information or to fill out a volunteer contact form, visit 211palmbeach.org/volunteer or email volunteer@211pbtc.org.



Help Brighten A Senior's Day!

With Life-Saving Sunshine Calls



"When I fell, the doctor said that my Sunshine call not only saved my life, but saved my injured leg! I will always be grateful."

-Client from Greenacres

YOU CAN MAKE A DIFFERENCE...

By providing caring calls to check on the well-being of seniors and isolated caregivers- you change their lives!

Animal Care and Control Spotlight

Meet Cookie



A2156442

My name is Cookie, and I weigh just over 9 pounds. If you are looking for a small dog to cuddle with, I'm your gal.

Adoption fees are \$60 for adult dogs, \$75 for puppies and \$50 for cats and kittens. Residents of Palm Beach County, 55 years and older, are offered a discounted adoption fee. There will be no fees during the 'Adopt Your Boo' pet adoption event on Saturday, Oct. 28.

All adopted animals will be spayed/neutered, current on vaccinations, protected against fleas and ticks, microchipped and more.

If you are interested in adopting Cookie or for more information, call 561-233-1272 and reference [A2156442](#).

ADOPT YOUR BOO



PET ADOPTION EVENT
\$0 ADOPTION FEES

OCT
28

PALM BEACH COUNTY
ANIMAL CARE & CONTROL
7100 BELVEDERE RD WEST PALM BEACH 33411
FROM 12 TO 5 P.M

FIRST 5 ADOPTERS RECEIVE A GIFT BASKET WITH PET GOODIES AND A FREE TRAINING SESSION!



 Palm Beach County
Department of Public Safety
Division of Animal Care & Control

NO PERSONAL PETS ALLOWED

Dear Commissioner



My family and I are new to the area. Where can I take my kids for a family-friendly, safe Halloween event?

Daggerwing Nature Center is hosting Halloween Hoot & Howl on Friday, Oct. 27, from 6-8 p.m. Bring the kids in costume and enjoy family-friendly Halloween games and crafts while learning about nocturnal creatures such as owls, toads, snakes and spiders. Activities will promote awareness of environmental protection, earth and conversation.

Remember to bring a flashlight and bug spray to continue the adventure outside along the boardwalk at night. For more information, visit pbcparks.com.

Daggerwing Nature Center is located at the Burt Aaronson South County Regional Park, 11435 Park Access Road, Boca Raton, 33498.

Vice Mayor Maria Sachs

Please contact us with any questions or concerns!

561-355-2205

MSachs@pbcgov.org

301 N. Olive Ave., Suite 1201
West Palm Beach, FL 33401

[*Visit our website*](#)

Vice Mayor Maria Sachs | Palm Beach County Board of County Commissioners | District 5