



**Like Ripples In A Pond**

We thank you for all the great things you do. Large and small, they all have meaning to the families you help and to us.

One act can make all the difference.

Like ripples in a pond kindness spreads outward, reaching and touching others and can change a life forever. The smiling faces we see say it all Thank you, you are our Sunshine!

**H1N1 Still Going Strong**

**It's Not Too Late to get Your Vaccination!**

**West Palm Beach Health Center**

1150 45th Street, WPB  
Monday - Friday • 8 a.m. to 5 p.m.

**Lantana/Lake Worth Health Center**

1250 Southwinds Dr., Lantana  
Tuesday - Friday • 2 p.m. to 5 p.m.

***Congratulations!***

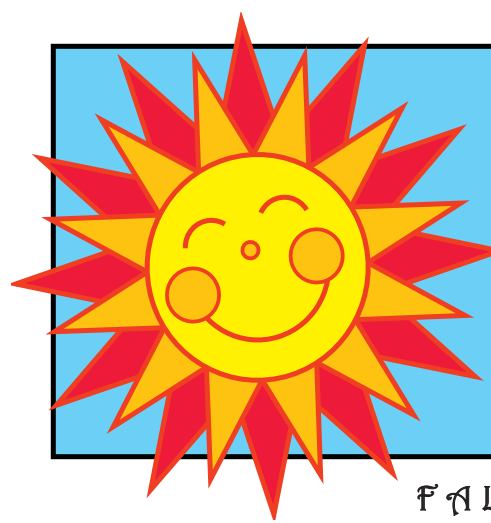
*Audrey Azan, Brian Washington*

*& Lourdes Ludwig, W.P.B.*

*Tom Walczak, Lantana*

*All three started as volunteers, then were hired for the H1N1 Program. Now they have become permanent employees with the Palm Beach Health Department.*

***It Pays to Volunteer!***



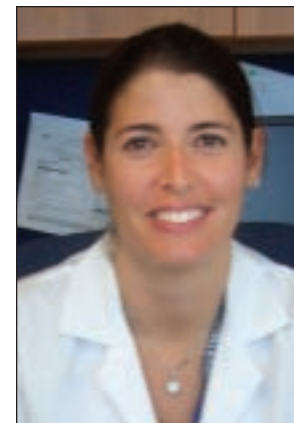
**The Volunteer**

**"VOLUNTEERS MAKE US SHINE"**

FALL/WINTER EDITION 2009/2010

**Congratulations to Dr. Joanna Drowos**

**"Our New Center Director for Riviera Beach"**



Born in Toronto, Canada, Dr. Drowos has lived in South Florida for the last 16 years. Dr. Drowos earned her Doctor of Osteopathic Medicine (DO) and Master of Public Health (MPH) Degrees at Nova Southeastern University College of Osteopathic Medicine. She completed a Pediatrics tracked Internship at Palms West Hospital followed by a Preventive Medicine Residency with the Palm Beach County Health Department and a Family Practice Residency at Broward General Medical Center. She is board certified in Preventive Medicine, Family Medicine and Medical Quality. She earned her Master of Business Administration (MBA) in Healthcare Administration from Florida Atlantic University in 2008.

County and South Palm Beach County. This year she has become a Provisional Member of the Junior League of Boca Raton. She is the founder and past President of a Hadassah chapter for young professional women (a Jewish women's group dedicated to education, progressive healthcare and youth institutions), and was honored as a Hadassah Woman of Valor in 2007. She is a graduate of the Anti Defamation League's Glass Leadership Institute and is currently a Florida Region Board Member. The ADL's mission is to "stop defamation and secure justice and fair treatment for all." In March, Dr. Drowos and her husband will be honored by the Florida Region ADL as this year's "Next Generation Leadership Award" recipients. Her charitable efforts do not stop with humans, however. She and her husband are avid supporters of the Tri-County Humane Society as well as a no-kill animal rescue shelter called Animal Aid. They have adopted a dog from each of these two shelters.

Professionally, she has been honored as the American Osteopathic Foundation's Merck 2008 Outstanding Resident of the Year, and the American Medical Association's Outstanding Resident - Excellence in Medicine 2008 Award Recipient.

Joanna and her husband, Bryan, live in Boca Raton with their two dogs, Cali and Coco. In her spare time she enjoys reading, travel and Pilates. If she could live anywhere in the world she would want to live in Israel, her favorite place.

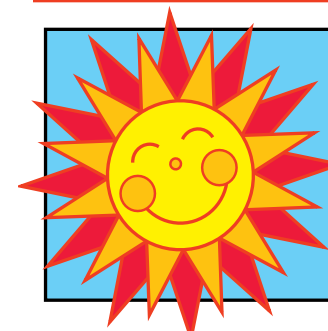
Charitably, Dr. Drowos has been involved as a Young Leadership Division Board Member of both the Jewish Federations of Broward



**Volunteer Services**

Palm Beach County Health Department  
P.O. Box 29  
West Palm Beach, FL 33402-0029

*Those who bring sunshine to the lives of others cannot keep it from themselves.*



**The Volunteer Newsletter**

Editor..... Norma Williams

Contributing Writers.....Norma Williams

Shirley Rose, Brian Stanton & Barbara Purr

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- Jupiter Health Center: 561.746.6751
- Delray Beach Health Center: 561.274.3122
- C. L. Brumback Health Center: 561.992.1218
- Pahokee Community Clinic: 561.992.1218

**Volunteers Make Us Shine!**

**www.pbchd.com**

★ ★ ★ **Lantana/Lake Worth** ★ ★ ★



Above L-R: Loel Parkes, Anita Shangvi, Lindy Kone, Sandra Munn and Ruth Netzer. Sitting in center Event Committee Chair, Jodie Vargas.

**Jump Start's - Read For The Record**

Jodie Vargas and three of her antennae wearing pals, taste some of the food the Hungry Caterpillar ate. The yummy, leaves were the caterpillar's favorite!



On October the 8th, Volunteer Service's hosted the Annual Jump Start's "Read for the Record" event. Children all across America read the book "The Hungry Caterpillar" on the same day. The event was chaired by, Jodi Vargas who read to the children in English and Spanish. The affair featured activities such as, making caterpillars into butterflies, coloring and tasting food the caterpillar ate; cup cakes, apples, oranges and yes, leaves! We used fresh spinach leaves.

Thank you volunteers, Jodie Vargas, Anita Shangvi, Ruth Netzer, Loel Parkes, Sandra Munn and Lindy Kone, for another great event!



**Ladies Oriental Shrine Of N.A. / Zem-Zem Court #85 Bring Holiday Joy To Lantana Health Center's Children**

The Ladies Oriental Shrine hosted a fabulous holiday party for fifty of our children. They came prepared to bring smiles and joy to our clients. They even bought their own Santa! The children's names were selected by medical professionals, who know the families needs best. The ladies invited six clowns from their famous "Shrine Circus" to entertain the children with magic tricks and balloon sculpting. They provided Santa with a wrapped toy, new outfit and hand knitted blanket and hat, for each child. Every family was given a \$50.00 Publix gift certificate, a can of their delicious homemade cookies and a tote bag full of goodies. The children also received new pajamas and books from the Pajama Program. Corn, papaya and watermelons were donated by Food Alliance.

We can never thank the Ladies Oriental Shrine Of N.A. enough for such a wonderful holiday party. Their hard work and generosity made 50 children and their families very happy. Volunteer Services and the Lantana/Lake Worth Health Center extends a heartfelt "Thank You" to Zem Zem Court # 85, for sponsoring our center.

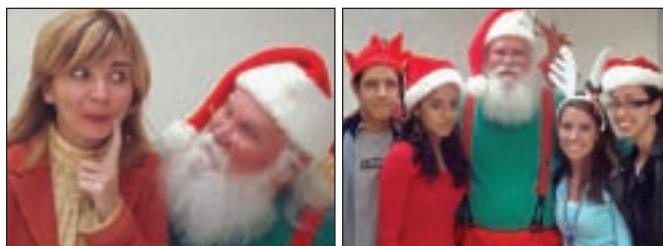


**Lantana's Spooktacular Halloween!**



With the help of our Volunteers, The Literacy Collation and Ameri Core, Halloween was a "High Spirited" event. An employee "Halloween Parade" lead the way to a fun filled day. Face painting, arts and crafts and the reading of "Where The Wild Things Are" were enjoyed by all the children. A big "Thank You" to Field Auction Services for donating 700 costumes to our clients.

**A Christmas Full Of Gratitude...**



Dr. Andric contemplates Santa's question, "Where you naughty or nice" ???



Just a few of Santa's helpers...who also brought 24 new toys for the children.



Volunteer, John Potter (on right) watches as the Marines load toys into his truck.

**Community Partners Make it Happen!**

For three years, we have been very fortunate to have Ben Keatts as our volunteer Santa. Each year, Ben and his wife Judy give us toys and help to get toys donated for our holiday event. This year they solicited "Towing for Tots" and they donated three large bags of toys. Thank you, Ben and Judy and thank you, Towing for Tots!

We would also like to thank our other holiday partners; Palm Beach Golf Civic Association, Mr. Robert Palin, The Benjamin School, The Governor's Council, Lake Worth Kiwanis Club, Jeanette Hartzell, Shared Solutions, Judy Vercher, Betty Moore, School Health Nurses and the P.B.C.H.D. employees and volunteers.

**Thank You Toys For Tots!**

This year we were one of the recipients of the "Toy for Tots" toy drive. They donated 400 toys for our holiday event.

Thank you, to our volunteer, John Potter! Who with just a call, hops into his big truck and picks up all our donations. What would we do without him!

**Thanksgiving '09**



Thanks to WPTV Channel 5 "Our Truck Runneth Over" with 1250 LBS of food they donated for our clients.



Back at the center, volunteers made Thanksgiving boxes to be distributed to the clients..



Guess who lurks beneath this bewitching mask?

Shirley Rose Lantana

Thank You Kohl's



**Kids Go "APE" On Valentine's Day!**

Kohl's Department Store donated stuffed toy gorillas to give to our clients at our Valentines event. Thank you, KOHL'S - Boynton Beach.

**In Fond Memory Of Shirley & Paul Melcher**



Shirley and Paul Melcher were a couple in love. The two had such a fabulous sense of humor. Shirley was the Delray Beach Auxiliary Recording Secretary for over twenty years! She was one of the gang in Medical Records and she knew her way around!

Shirley was very witty and full of laughter. She was always determined to move on and was willing to take on tasks that others would

shy away from. She was very confident and enjoyed the many roles she played at the health center. Shirley and Paul's love was unique and they cherished each other immensely.

Paul was surrounded by his loving children, when he passed two weeks after Shirley. He followed Shirley to continue their journey with one another last October. Shirley volunteered at the DBHC for 25 years!

**W.P.B.H.C. Participates In "Read Across America"**



Volunteers Maria Thirbenny and Rosa Rivas, pause with the children for a photo opportunity.



Lourdes Ludwig reads to the children in Spanish "The Hungry Caterpillar".

**West Palm Beach & Jupiter Health Centers Give Thanks..**

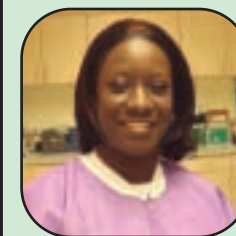
58 boxes of food and a \$20 gift card was given to needy families by Volunteer Services at the health center. In Jupiter, food and \$20.00 gift cards were given to 25 families.

Thank you volunteers for sorting food and filling the boxes.



A picture says it all!!

**A Note Of Thanks**



Dear Norma,  
I'd like to tell you what a wonderful experience it is to have your Volunteer, Elaine Moran working with us. Elaine is so enthusiastic, dependable, and a joy to have around. She is so dedicated to her volunteerism that she has even volunteered to help with our Sealant project. Elaine has an attitude that is marvelous. She sees what needs to be done and jumps in and does what's what she can. She also has the desire to learn. Elaine is the best.

Thank you. Patty Caroscio, RDH.

## In Memory of Joseph C. Bregar



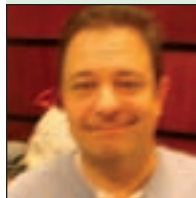
Joseph and Patricia Bregar were very kindly known as the "couple in the garage". Mr. Bregar was sitting quietly in his garage with his dog, Fluffy when we first met. The garage was filled with fabulous items for Easter and so much more; as was their tradition for years! He smiled with gleaming blue eyes and stated that Patricia would be home any minute from mass. He projected

such kindness and wisdom with his quiet manner. It was an honor and a pleasure to have met Joseph Bregar. His life's journey was chocked full of technological accomplishments that impacted many of us...and still do!

Joseph and Patricia Bregar held wonderful fun filled Halloween events in their garage for years! Many families will always remember the events with delight and pleasure.

Joseph's contributions did not end with his retirement; he continued to acknowledge and encourage others to be all they can be with great kindness and assurance. May Joseph's legacy of being a true gentleman, continue to inspire others!

## Meet New Volunteers At WPBHC



**Paul Sworbuk, RN** works in our medical clinic Niki Gripkoff, stated that he is a tremendous help to her and is a pleasure to work with.



**Beverly Brown** volunteers 3 days a week in Medical Records. She is pleasant & professional says, Gloria Underwood. She is a native of Jamaica.



**Nancy Bisquerra** volunteers 2 days a week compiling medical charts. A native of Venesuela who felt the need to give back and help others.



## Meet DBHC Andrea Cosma

Ms. Cosma began with DBVS in February 2010. Andrea moved from Romania to the Florida in June 2006 and now attends FAU. She is in her 2nd year as a biology major and is taking her pre-requisites for dental school.

She currently reads to the children in the lobbies and hopes to volunteer in the dental clinic. Andrea shadows Dr. Rolfe and other dentists. She also volunteers at the Caridad Dental Clinic.

She expressed "she is very fortunate to have the opportunity to help others and work with such wonderful people". We are fortunate to have Andrea as our volunteer!



## Welcome Leonilda Sivo (Nina)

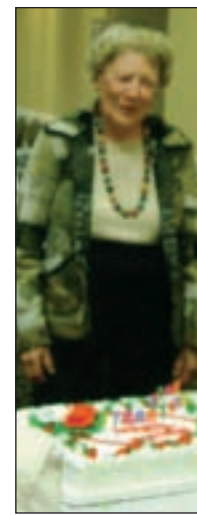
Nina is an AARP volunteer who has already positioned herself in several areas of the DBHC. She has been and sits in for the telephone operator; she assists with coding tasks, medical records and recording donations. She is very flexible, well traveled and is a great baker. She has supplied staff with some fabulous goodies! Thank you, Nina.

*A real friend believes in the real you, even when you doubt yourself.*



## Fond Memories

Arthur Rosenfeld was a volunteer for over 15 years at the DBHC. He was the husband of Etta Rosenfeld the Auxiliary's President for over 10 years. He was a friend to many here at the center. He was Santa one year, helped with events and always had laughter in his heart. He moved with his daughter, Heidi Baron, to NY after Etta made her passage and lived in a managed care center for a little over a year. Arthur and Etta were always ready to ensure the client's comfort and the center's well being. You can hear others say, "Etta would have done it that way." They will be missed but will continue to live in our hearts.



## Let's Brag!

Violet Goldman was surprised with her first birthday party at the age of 85! It was fabulously given by her very special friend and companion, Rosalie Bagoo.

The event was held at The Pines of Delray. Violet was surrounded by her many friends. It was a perfect party for a perfect lady!

*A friend is a present you give to yourself.*



## Celebrate, Celebrate! Guess who turned 88?

It was Delray Beach Health Center's own Dora Sherman. Dora is a former employee, former AARP volunteer and a current volunteer in our Coding Department. The staff surprised her with a party. She said, it was so unexpected but, so very nice. Dora, we all wish you a fabulous year!



## Check It Out!

Who is this crowd? Whoa, super heroes, a mouse, baseball players—all showing their true spirit! A "Reading Halloween" took place with the help of Ameri Corp volunteers, organized by Molly Williams of the PBC Literacy Coalition. Molly has actively recruited three volunteers to read to the children in DBHC. Way to go Molly!

## ☆☆☆ West Palm Beach Beach ☆☆☆



Back L- R Donn Addison, Gloria Underwood. L -R Faye McRay, Theresa Thirbenny, Norma Hines, and Judith Stephens.



A moment with Santa before going into toy land. Santa was played by: "Dr. McNeil".



We were fortunate to receive an abundance of toys so every child received a gift this year.

## Ho! Ho! Ho! Merry Christmas at 45th Street

655 children were given new toys, fruit, books and new pajamas. The pajamas were a huge success! The children were excited to receive them. The books and pajamas were donated by the Pajama Program. The oranges were donated by Cushman Fruit Company, 50 bears were donated by Evelyn Hopkins, 1000 toys donated by Rosarian Academy, First Christian Club and WIC staff donated toys also. There were also 50 treasure boxes donated to the children this year by Treasure Box Project, Inc.

What a Wonderful World, People Are Good! Because of all the fabulous donors, our Christmas party for the children was very successful...There were countless smiles on the children faces, as well as the parents. Kudos to our volunteers; Theresa Thirbenny, Marie Thirbenny, Faye McCray, Judith Stephens, and Beverly Brown. Thanks to our friends and support staff of volunteer services: Gloria Underwood, Carole Christie, Usleur Cook, Donna Addison, and Norma Hines. We extend a deep appreciation to our wonderful Santa,

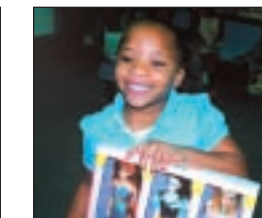
Dr. McNeil. A SPECIAL thank you to Brian Fearon who is always willing and ready to support our program. We thank him for being such an enormous help for coordinating the toy collection at the various locations. He never refuses to drive the "Silver Bullet" when the need arises.

We look forward with great anticipation each year to see the excitement and joy on the children's faces when they receive their gifts.

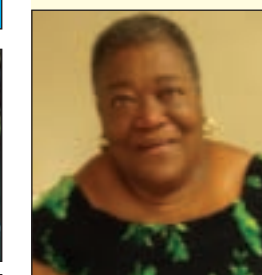
## ☆☆☆ Riviera Beach Beach ☆☆☆

This year over 750 books, games, and toys were distributed during the 7th Annual Holiday Toy Giveaway at the Riviera Beach Health Center. The children visiting Santa and his elves were also treated to snacks from Volunteer Services.

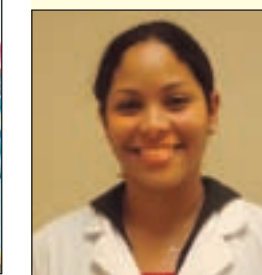
Toys are collected throughout the year and donated by the United States Marine Corps "Toys for Tots", Chef David's Kids and local businesses. Any remaining toys are donated to the Riviera Beach Fire Department. They take Santa on a fire truck "sleigh" through neighborhoods and reach children unable to make it into our center! A good time was had by all and to all a good night!



## Welcome New Comers



**Jeanette Ingraham** Is an AARP volunteer who works as a Receptionist at RBHC. She is a native of WPB. who worked for CARP, Inc. for 27 years.



**Lauren John-Rivera** Is bi-lingual and works in our STD. Clinic. She is looking forward to attending medical school in August.



**Dave Roseman** Is an AARP Volunteer. He works diligently in our Medical Records Dept. He puts together charts, Dave is a pleasure to work with.

## Halloween Costumes Donated To WPBHC Health Centers

500 Halloween costumes were donated to WPBHC by Field Auction Services. The children had a good time picking through them and getting the one they wanted. They were very happy to get the costumes.



# ★ ★ ★ Delray Beach ★ ★ ★

## Greenacres WIC Joys Of The Holidays!

The Greenacres WIC event demonstrated the true joy of the season. The WIC staff did a marvelous job decorating and setting up the lobby for Santa's arrival. There was an assembly line of elf's (staff: Jenny Arauz, Jennifer Bountin, and Manuela Diaz; volunteer: Patricia Seaman) who assisted Santa (Derek Purr) with assuring the children received the age appropriate gift.

There were bikes for children of all ages, compliments of the Smith Farm neighborhood. Toys for the children from Toys for Tots and individual donations were given with joy and laughter. Some were very happy to see Santa


and others thought it was grand if they didn't have to get too close. It truly was a very magical morning for everyone! Volunteer Services wishes to extend a very appreciative, Thank You, to everyone for their contributions, support and assistance for making this event so wonderful!



## Circle Of Giving Expands!



It is our pleasure to add Kelly Horner and Samantha Klasfeld to our honor roll of community partners. Kelley held a party a few months back encouraging her friends to gather items they no longer used to create gift bags for girls. Samantha was also a part of that event. Together they held a second party preparing another 40 gift bags. This time they expanded their party to include, the guys, who also brought and prepared gifts. Samantha shared, "It is fun, she enjoyed the activity and it was a great way to use her free time during the winter break". Both are continuing their studies in Science and on their way to very bright futures. We salute Samantha and Kelly for their community mindedness. Way to go girls!



**Welcome Robert Apatow!**

Mr. Robert Apatow (Bob) is a new member to the DBHC Volunteer Auxiliary. Bob was referred, by Molly Williams of the Literacy Coalition, to come and read at the health center. Mr. Apatow is kind and very patient with the children. He is extremely creative too! Bob designed his own sign, "Story Time", to display in the waiting areas. He feels, this will get the attention of the parents and children who would like to participate. Way to go, Bob!

We won't stop there, oh no, Mr. Apatow also played the roll of Santa at the Delray Health Center's Holiday this past holiday season. He was a hit and everyone is pleased Bob has joined the team.

## Blue Angels!

Oh yes, indeed! Unity of Delray Beach School's Care and Support Team brought miles of smiles and joy for many families this holiday season. It is an amazing site to see, all the families who selected an angel and purchased gifts and gift cards for our client's children.

There were a total of 119 angels identified to participate in the Angel Tree program. The Care and Support Team lead by the parent community coordinator, Leslie Geller, created organized magic and total delight. The volunteers at the Delray Beach Health Center have the opportunity to see and share in the

joy of giving to the recipients.

The gift cards are an additional item of generosity that enables Volunteer Services to give a needy family the ability to purchase holiday foods and a demonstration that others do care.

The staff is excited and astonished to see the clients receive gifts from others who take the time to care and give. This is a tremendous undertaking and the Delray Beach Staff, Volunteers and Angel Tree recipients are most thankful for being the receiver of this outreach's effort of greatest!



L to R: Patricia Bregar, Heidi Baron, Bob Benker & Nina Sivo Bregar's Annual Halloween Event 2009.

## Pat & Joe Two Key Players!

The selfless acts, of those who signify greatness with firm kindness and integrity is a description of Joseph and Patricia Bregar of the Smith Farms Community. This couple has single handedly spread the word throughout their community and other communities. From Boca Raton to Northern Florida. They collect and store donations in their garage. Joseph is not ambulatory, Pat makes every effort to keep him involved and sharing all her activities.

They give from their hearts and their kindness over flows to others. For years, Pat and Joe call once a week, sometimes more, for a pickup of donations generously donated from the Smith Farms community!

Their tradition of giving and filling everyone's heart with cheer will be this couple's legacy. their annual Halloween event was filled with goblin, ghouls and was spooktacular as ever! Pat and Joe, Thank you, for mastering the art of caring and teaching others one of the greatest gifts received is from giving!



Delray Beach Unity School Care & Support Angel's are surrounded by an ocean of blue bags filled with holiday gifts for Delray Health Center families.

# ★ ★ ★ Belle Glade ★ ★ ★



Proudly displaying the artistic talent of Nurse Helen.



Our special girl discovering the horn on her new tricycle.



A very overjoyed family!



Volunteers at the ice cave entrance.



Volunteer, Mike Bessette, an excellent and experienced Santa Clause.



Our regular volunteers - Are The Best!!



Molly Williams leads our volunteers for Read for the Record, reading "The Hungry Caterpillar" to 23 children.



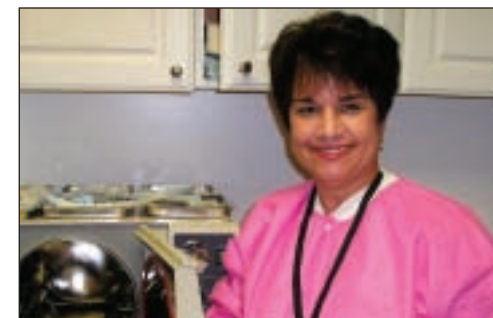
Molly & Alvitta providing story time & activities designed by volunteer Shalanda O'Neal.



Marilyn Francisco-Mendez reads to a child in Pediatrics as Jeanette Jean-fills watches on.



Lateefah, Vanessa, & Norma (not shown), led by Nutritionist Donna Ward, prep the food for our families.



Mario Recio, Dental Hygiene Assistant & our '08 Rookie of the Year, cheerfully sterilizing for our Pahokee Dental Clinic.



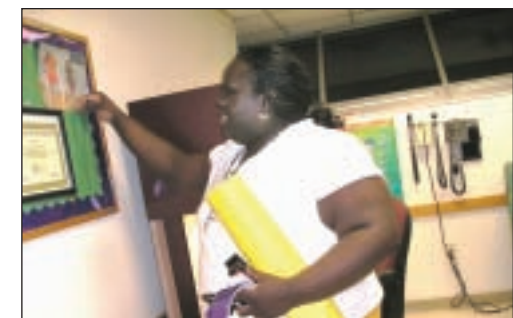
Volunteers (L to R) Norma, Andrese, Clarence, & Marcendya assist Nurse Helen (our extraordinarily talented decorator).



Vanessa Small (L) & Lateefah Noel (R), our dynamic duo, decorate our Thanksgiving board.



Volunteer Services revamped the Belle Glade Pediatrics waiting room.



Vanessa (above) and Lateefa (not shown) restored and brighten three clinic room bulletin boards.