

IAN: Next Meeting-March 1st, 2022-9:00 am

## INTER-AGENCY NETWORK OF PALM BEACH COUNTY

**"Together...making a world of difference!"**



***All Are Welcome!***

Thank you for your participation in one of Palm Beach County's  
oldest "community-wide" networking groups!

***Next Meeting:***

# Tuesday, March 1st, 2022

(First Tuesday of each month Sept-June)

***Start time 9:00 am***

**held via ZOOM until further notice.**

scroll down for Zoom login info

(Meeting time: 1.5 hour- participants can leave as needed)

## Guest Speaker



**Amanda Kulics**  
Outreach Manager

**Clinics Can Help**

- History of Clinics Can Help.
- Why access to Medical Equipment is a “tipping point” in health care access.

2560 Westgate Avenue  
West Palm Beach, FL 33409  
561.640.2995 x106 (office)  
561.640.1881 (fax)

[Amanda@clinicscanhelp.org](mailto:Amanda@clinicscanhelp.org)  
[www.Clinicscanhelp.org](http://www.Clinicscanhelp.org)

- How access our equipment- and then how to pay it forward!

- “We love to Move it, Move it”  
(using our Mobile Unit)



# Other Resources

## FREE TAX PREPARATION

if you earned \$68,000 or less in 2021.



United Way  
of Palm Beach County

**FILED FOR YOU OR YOURSELF**  
Virtual or socially distanced assistance

To make an appointment,  
visit [TaxesFiledFree.org](https://www.TaxesFiledFree.org) or call 2-1-1.

Share this with friends, family, coworkers, and people you serve.

[Click Here](#)

Mandel Public Library of West Palm Beach

## COMMUNITY ID OF THE PALM BEACHES

### Get your Community ID card!



#### Useful for:

- law enforcement
- health centers
- schools
- and more!

#### 10:00 AM – 4:00 PM :

- February 3 and 17
- March 3 and 17

#### What to bring:

- proof of ID (passport, etc.)
- proof of residency (bill, etc.)
- \$20 fee

**Call to make an appointment: 561-655-8944, ext. 146**



411 Clematis Street  
West Palm Beach, FL 33401  
561-868-7701  
[wpbcitylibrary.org](http://wpbcitylibrary.org)  
City of West Palm Beach TTY: 800-955-8771





13<sup>th</sup> AllPeoplesDay.org

**ALL PEOPLE'S DAY**  
DIVERSITY FESTIVAL

Food & Admission  
**FREE**

Presented by  
ALL PEOPLE'S DAY, INC  
DELRAY - PARKS & REC  
LAKE WORTH INTERFAITH NETWORK

**SAT. MARCH 19, 2022**

POMPEY PARK, 1101 NW 2<sup>nd</sup> St at NW 10<sup>th</sup> Ave, Delray Beach

DISCOVERING OUR CONNECTIONS

**All People's Day® Diversity Festival**  
Saturday, March 19, 2022

Indoors at  
**POMPEY PARK**  
1101 NW 2<sup>nd</sup> St at NW 10<sup>th</sup> Ave  
Delray Beach, FL  
[www.AllPeoplesDay.org](http://www.AllPeoplesDay.org)

11am-3pm  
15 Performances  
50 Booth

9:30am-11am  
Kids workshops  
Sign-up at  
561-495-9818

**Sponsors:**

- Lake Worth Interfaith Network
- Esterman Eye Institute
- Haitian American Cultural Day
- Ben Greenberg Elder Law
- Ocean Breeze Prosthodontics
- HealThePlanet.com
- Humana
- A & H Automotive
- Wise Tribe

**Special thanks:**

- Delray Beach Parks & Recreation
- Morikami Museum
- Sunflower Creative Arts
- Rich Pollack Communications

**Food partners:**

- Agliolio Italian
- Bud's Chicken & Seafood
- Chef Dana Paella
- Goldstein's Haitian Cafe
- Warlike Peruvian Bistro
- Zirree Thai & Sushi

**FREE**  
food  
admission  
entertainment

Susan Berkowitz-Schwartz,  
Founder / President of All People's Day  
(561) 495-9818  
[www.allpeoplesday.org](http://www.allpeoplesday.org)

Zoom Log-in



Topic: IAN- Interagency Network of PBC

### Join Zoom Meeting

<https://uso2web.zoom.us/j/85363156852?pwd=SHlHMVpXTzZobEVZdlFjRTFYNnlhZz09>

Meeting ID: **853 6315 6852**  
Passcode: **951670**

Every month on the First Tue, 10 occurrence(s)

Jan 4, 2022 09:00 AM  
Feb 1, 2022 09:00 AM  
Mar 1, 2022 09:00 AM  
Apr 5, 2022 09:00 AM  
May 3, 2022 09:00 AM  
Jun 7, 2022 09:00 AM

#### **Option to place on your calendar:**

Please download and import the following iCalendar (.ics) files to your calendar system-

**Monthly:** <https://uso2web.zoom.us/meeting/tZEuceqpqzoiH9ZBzupPp377UxTT->

[J3o8WjE/ics?icsToken=98tyKuGtrTopG9GTuByFRpwMA4\\_obvwmCFHgvpnvGxwExBDMVShA\\_p2Bv9VQ9eI](https://us02web.zoom.us/j/85363156852?pwd=J3o8WjE/ics?icsToken=98tyKuGtrTopG9GTuByFRpwMA4_obvwmCFHgvpnvGxwExBDMVShA_p2Bv9VQ9eI)

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One tap mobile

+19292056099,,85363156852#,,,,\*951670# US (New York)  
+13017158592,,85363156852#,,,,\*951670# US (Washington DC)

Dial by your location

+1 929 205 6099 US (New York)  
+1 301 715 8592 US (Washington DC)  
+1 312 626 6799 US (Chicago)  
+1 669 900 6833 US (San Jose)  
+1 253 215 8782 US (Tacoma)  
+1 346 248 7799 US (Houston)

Meeting ID: **853 6315 6852**

Passcode: **951670**

Find your local number: [https://us02web.zoom.us/j/85363156852?pwd=J3o8WjE/ics?icsToken=98tyKuGtrTopG9GTuByFRpwMA4\\_obvwmCFHgvpnvGxwExBDMVShA\\_p2Bv9VQ9eI](https://us02web.zoom.us/j/85363156852?pwd=J3o8WjE/ics?icsToken=98tyKuGtrTopG9GTuByFRpwMA4_obvwmCFHgvpnvGxwExBDMVShA_p2Bv9VQ9eI)

**Simple Ideas & Mindfulness**



## Make Time For Self-Care

- Learn something new
- Laugh often- watch comedies
- Find a way to "connect" each day
- Turn off the news!
- Make sure information you find is from a reliable source
- Learn how to boost your immune system.
- Get enough quality sleep and rest
- Take the time to exercise
- Don't deprive yourself of a little comfort food- but lean towards fresh fruits & vegetables
- Simply breath! Breath work can reduce anxiety while enhancing the health of your lungs.



Get "grounded" in nature. Whether in meditation or for exercise- this may lift your mood and help you to sleep better.



*A nice cup of hot tea & a good read...can be enhanced by nature. Patio, porch or park-nature can uplift your spirits while providing a sense of grounding.*

**Other Resources**

**Building Resilience-**

[click  
here](#)

*Also let  
someone  
you trust  
know  
how they  
can best  
support  
you...*

**Vibrant  
Emotional  
Health  
-Safe  
Space-**

for  
available  
coping  
tools &  
strategies

*"We  
are in  
this  
together!"*

**Special Thanks**

*Thank you in advance  
for your patience!*

*Hopefully this meeting  
will go smoothly...*

*With all of the technical  
challenges we are  
facing- we are in this  
together too!*



[Click here to get monthly invites](#)

See you at the next meeting!