

NEWS

Caribbean-American For Community Involvement in Florida, Inc.

Our mission is to enhance, maintain and sustain the quality of life for the community consistent with the culture and traditions of our diverse ancestral heritage.

November 2021



BOARD OF DIRECTORS OFFICERS

DIRECTORS

Winsom Genus-Martin ★ Marjorie Mendez Barry Martin

NEWSLETTER COMMITTEE

Marcia Hayden ★ Lawrence Logan Shirley Morrison ★ Junette Powell Barbara Walker ★ Thalia White Lauren

COMMITTEE CHAIRPERSONS

AllianceGenieve White
Annual Friendship Ball Dennis Wright
BudgetRadcliffe Brown
Bylaws Barbara Walker
CAFCI HomeRadcliffe Brown
CulturalElet Cyris
FinanceGenieve White
GrantsShirley Morrison
Historian/Protocol . Rhonda Ferrin-Davis
Newsletter Junette Powell
& Thalia White Lauren
ParliamentarianNadine White-Boyd
PicnicDiane Bishop-McIntosh
ProgramRhonda Ferrin-Davis
Relay for Life Nova Brown
Student Assistance Fund Junette Powell
& Nadine White-Boyd
SunshineElet Cyris
Talent Show Junette Powell
& Nadine White-Boyd
Toys for Tots Lauriston Simms
Venue/Reservations Lawrence Logan
Ferrin Memorial Scholarship Fund
Genieve White
WebsiteRadcliffe Brown
YouthRhonda Ferrin-Davis

CONTACT US

Caribbean-American For Community
Involvement
675 Royal Palm Beach Boulevard
Suite #134
Royal Palm Beach, FL 33411
561.790.4002
cafci@bellsouth.net * www.cafcipbc.org

www.facebook.com/cafcipbc

Board meetings - 4th Thursday of the month See back page for calendar of events.

PRESIDENT'S MESSAGE

BOARD OF DIRECTORS ELECTION: The board has decided to suspend board elections for this year and will seek individuals to appoint to the board for a period of one year to fill vacant seats. This suspension of elections was made due to the continued impact of the COVID-19 Delta variant. As you know, we have not been able to meet in person for the last year and a half and the task of conducting elections virtually is not practical at this time. We will reach out to various individuals to see if they are willing to serve on the board. We will also temporarily be relaxing some of the requirements for serving on the board. Please let me know if you are willing to serve on the board or know of a member who will be a good choice to serve.

ANNUAL FRIENDSHIP BALL AND NEW YEAR'S EVE CELEBRATION: Tickets are now available for the Ball scheduled for Friday, December 31, 2021 at the West Palm Beach Marriott. The venue is quite large, and we will be limiting the number of tickets for the event so we can have a safe and fun event. We will follow the hotel's COVID-19 protocol.

TOYS FOR TOTS: Please remember to pick up a toy for our Toys for Tots program when you are out doing your Christmas shopping. See enclosed flyer for more details.

Dennis Wright, President





NOVEMBER 16 - 30

Junette Powell 21 Dr. Elaine Ealy 22			
	Junette Powell		21
Ludda Obadada	Dr. Elaine Ealy		22
Lukie Christie 24	Lukie Christie		24
Kanetia Clarke 26	Kanetia Clarke		26
Andrea D. McMillan 30	Andrea D. McM	illan	30

DECEMBER 1 - 15

Caswell M. Brown	03
Beverly McKenzie	03
Hazel Harris	05
Kilon Rhoden	09
Yvonne Gray	10
Ernie Garvey	11

If you are a CAFCI member and notice that your birthday or the birthday of another member has not been acknowledged, please send us an email to CAFCI (cafci@bellsouth.net) and we will update the birthday list! We apologize for any oversight.

GET WELL WISHES TO:

Jeffrey Hmara Prudel Belle

CONDOLENCES TO:

Ernie Garvey
on the loss of his nephew
Winsom Genus Martin
on the loss of her uncle
Hazel and Lascelles Harris
on the loss of their daughter
Shama and Kilon Rhoden
on the loss of her cousin

Genieve White, Thalia White Lauren and Nadine White-Boyd on the loss of their cousin

Please Let Us Know...

Please contact (or ask someone else to contact) one of our Sunshine Committee members if you are ill, know of anyone who is ill or would like to share any condolences and would like it to be announced in the newsletter. If no one tells us, we cannot share it.

Elet Cyris, Chair	561.791.9087
Paul Baker	
Samuel Baxter	561.798.2864

GENERAL MEMBERSHIP MEETING

Saturday, November 13, 2021 at 7 pm VIA ZOOM

Join us for our General Membership meeting on Saturday, November 13th. We are conducting our monthly membership meetings via Zoom until further notice. You will need a mobile device (smart phone/tablet) or a computer/laptop with a microphone to participate in the meeting. You may also call in. See instructions below.

Click on link or copy and paste link in your browser: https://us02web.zoom.us/j/85318987422?pwd=dllLNER0a2J uNlhtYUZIVkZzYmRSdz09 OR

Visit website: www.cafcipbc.org

Select "Click to Access Zoom General Meeting"

OR

Download the ZOOM App: www.zoom.com

Select "Join A Meeting" Meeting ID: 853 1898 7422

Password: 478705

OR

Call-In:

+1 646 558 8656

Meeting ID: 853 1898 7422

Password: 478705

CAFCI'S VALUES STATEMENT:

Caribbean American for Community Involvement acknowledges and honors the fundamental value and dignity of all individuals and pledges itself to creating and maintaining an environment that respects diverse traditions, heritages, and experiences. We believe in giving a voice to all people and respecting all people regardless of ethnicity or socioeconomic background.

We support the participation in and promotion of events that lead to respect and mutual understanding among the various cultural, ethnic and socioeconomic groups in our community. We believe in promoting honesty and integrity by being transparent in all our dealings, having fun and fellowship with each other while volunteering and caring for the young and elderly and helping those in need.

DISCLAIMER: The views and opinions expressed in this newsletter are not necessarily the views and opinions of CAFCI's members and/or the Newsletter Committee members.

CAFCI MEMBERS....... If you would like to share any accomplishments of close relatives (eg. child, grandchild, niece and/or nephew) with your CAFCI Family in the "Our Children Are Our Future" section of the NEWS, please provide the information to Paul Baker (email: ujama4@aol.com or phone 784-0067). If there is any other information you would like to be included in the NEWS, please submit information to Junette Powell (junettep56@gmail.com).

IMPORTANT: Include "CAFCI NEWS" in the subject line when sending e-mails. Inclusion of articles submitted will be at the discretion of the Newsletter Committee and based on space availability.

CAFCI'S 31ST ANNUAL FRIENDSHIP BALL and New Year's Eve Celebration

Friday, December 31, 2021 at 8 pm West Palm Beach Marriott

CAFCI's 31st Annual Friendship Ball will be held on Friday, December 31, 2021 at the West Palm Beach Marriott, 1001 Okeechobee Boulevard, West Palm Beach. Entertainment will be provided by DJ TD's Unlimited, aka DJ Donovan, and a special performance by Steve Higgins. Please see the flyer on the cover of this newsletter and the CAFCI website for more information.

All COVID-19 precautions will be in place. When making your ticket reservation, please be sure to provide your meal preferences (chicken, snapper or vegetarian).

We look forward to coming back together and celebrating a special evening with you.

Message from the CAFCI BALL Journal Committee

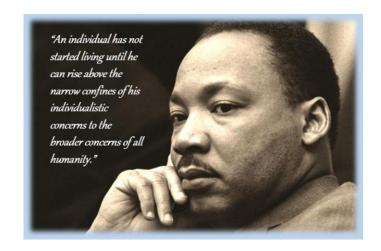
Thanks to all our supporters, members and friends for the sponsorships, advertisements and member messages we have received so far. See the thank you flyer elsewhere in this newsletter. The Ball Journal showcasing our sponsors, advertisers and supporters will be published and distributed at the Ball on December 31, 2021.

Genieve White, Journal Committee Chair

MARTIN LUTHER KING, JR. DAY CELEBRATION

Monday, January 17, 2022 at 10 am Royal Palm Beach Cultural Center

The Cultural Committee and the Village of Royal Palm Beach are in the process of planning an exciting 20th Annual MLK program which will be on Monday, January 17, 2022, beginning at 10 am. For additional information, visit CAFCI's website at www.cafcipbc.org.



OUR CHILDREN ARE OUR FUTURE

CAFCI and the Student Assistance Fund (SAF) Committee are honored to recognize its members and their relatives for their accomplishments, so please share your good news with us, and we will publish as space permits.

CAFCI Student Assistance Fund

Empowering Youth & Investing In Our Future

For more information, visit the Student Assistance Program section on CAFCI's website https://www.cafcipbc.org/studentassistanceprogram or contact Nadine White-Boyd at 561.351.6895 or Junette Powell at 561.346.2353.

COLLEGE STUDENT ASSISTANCE APPLICATION

The application is available on the Student Assistance Program section on CAFCI's website (https://www.cafcipbc.org/studentassistanceprogram)

Please encourage Palm Beach County graduating high school seniors who have been accepted into an accredited institution of higher learning to apply for the award.

STUDENT ASSISTANCE AWARDS CEREMONY

Date: Saturday, May 7, 2022 at 6 pm

Venue: To be determined

We need your help. There are several ways you can help raise the funds needed:

To donate to the Student Assistance Fund and/or sponsor an award recipient, you can use one of the methods listed below:

- 1. Mail check payable to CAFCI, Attention: SAF, 675 Royal Palm Beach Blvd, Royal Palm Beach, FL 33411.
- 2. CAFCI's website at https://www.cafcipbc.org/donation-center and select the Student Assistance option.
- 3. SAF GO FUND ME: Visit https://charity.gofundme.com/o/en/campaign/student-assistance-fund-for-2020-graduates/cloverhenry-gilroy?utm campaign=ocdonate&utm medium=email&utm source=crowdrise.
- 4. SAF Golden Krust Dining to Donate: Patronize Golden Krust between November 15 and December 20 and 10% of your purchase will be donated to SAF upon presentation of the coupon. See coupon elsewhere in this newsletter for more details. VERY IMPORTANT: Coupon must be presented at time of purchase.

A donation of any amount will help CAFCI's Student Assistance Fund Committee reach its fundraising goal. Please also share the fundraiser link to help spread the word to family, friends and social media contacts.

A big thank you to everyone who has already donated and thank you for your continued support. The list of 2021 Donors and Sponsors is posted on CAFCI's website at www.cafcipbc.org/studentassistanceprogram.

MESSAGE FROM PAST SAF RECIPIENT Daniele Nelson

2021 SAF Award Recipient

October 7, 2021

Hi Junette,

Sorry it's been so long since you've heard from me, I've been a little distracted with homework and just getting used to college life. Classes are going well so far and I'm actually considering changing my major from marketing to just advertising and maybe a minor in some other aspect of business. My goal is to have fun this year with my extra curriculars so I've joined the quidditch team (it's more intense than it sounds; like dodgeball mixed with football). At some point I want to try joining the marketing club and I'm trying to get into the theater club right now. Anyway, I hope you're all doing well and I'll try my best to keep up with emailing.

Thank you.

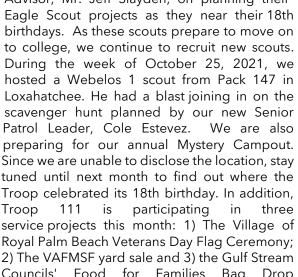




What's new in CAFCI Scouts BSA Troop 111? We have had an amazing start to the fall season! Our recent campout to Fish Eating Creek in Palmdale was thoroughly enjoyed by all. Scouts were able to work on advancements, merit badges and take a relaxing canoe trip down the river. In fact, they had such a good time that we are looking into an all-day canoeing trip at our Council Campground, Tanah Keeta. Our

older Scouts are working with former Scoutmaster, Mr. Harold Williams, and Eagle Advisor, Mr. Jeff Slayden, on planning their Troop 111 is participating in Councils' Food for Families Bag Drop Off. Helping the community through acts of service is an important aspect of Scouting. Many thanks to our Charter Representative, Mrs.





Rhonda Davis, and CAFCI members for

their continued support, encouragement and guidance.



Jackson Eubanks, Luke Estevez



Harold Williams, Sam Johnson



Deven Martinez (Webelos Scout), Keenan Stack

By Lorianne Cabrera

A TIME IN HISTORY 19th Century Black Wall Streets

Black Wall Street in the Greenwood District of Tulsa, Oklahoma, is only one of several "Black Wall Streets" that existed throughout the United States. While most writings focus on the violence that befell them, the history of the successes and fortunes of these towns and cities is equally important. In each such community, a few Black entrepreneurs came together and built successful self-reliant Black communities that thrived and paralleled America's successful White communities. Parrish Street and the adjoining community of Hayti - named after Haiti – (the business district and residential community respectively) in Durham, NC is featured here. See links at the end of this article to learn more about this community.

Black Wall Street Durham, North Carolina



Memorial sign of Black Wall Street in Durham Downtown

The development of the Parrish Street district has been attributed to three Black men: John Merrick, owner of several barber shops; Aaron M. Moore, a practicing physician; and Charles Clinton "C.C." Spalding, general manager of a grocery store. In 1898, Moore and Merrick formed an insurance company and in 1899 they hired Spalding who quickly became the general manager. Moore died in 1923 and Spalding became president of the company where he served until 1952. The company, North Carolina Mutual and Provident Association (now North Carolina Mutual Life Insurance Company), specialized in "industrial" or burial insurance. Within a few years it was known as the world's largest Black-owned business. Following that initial investment in the community, other businesses were started and flourished, growing the district into a "Black Wall Street." After a visit to Durham, W.E.B. DuBois published an essay, *The Upbuilding of Black Durham. The Success of the Negroes and Their Value to a Tolerant and Helpful*

Southern City, about the economic and social progress of the Black Community:

"...Three men began the economic building of black Durham: a minister with college training, a physician with professional training, and a barber who saved his money. These three called to their aid a bright hustling young graduate of the public schools, and with these four, representing vision, knowledge, thrift and efficiency, the development began. The college man planned the insurance society, but it took the young hustler to put it through. The barber put his savings into the young businessman's hands, the physician gave his time and general intelligence. Others were drawn in -- the brickmaker, several teachers, a few college-bred men, and a number of mechanics. As the group began to make money, it expanded and reached out...

"Quite a number of the colored people have built themselves pretty and well-equipped homes... they are rebuilding their churches on a scale almost luxurious, and they are deeply interested in their new training school...

"But let the future lay its own ghosts; today there is a singular group in Durham where a black man may get up in the morning from a mattress made by black men, in a house which a black man built out of lumber which black men cut and planed; he may put on a suit which he bought at a colored haberdashery and socks knit at a colored mill; he may cook victuals from a colored grocery on a stove which black men fashioned; he may earn his living working for colored men, be sick in a colored hospital, and buried from a colored church; and the Negro insurance society will pay his widow enough to keep his children in a colored school. This is surely progress."

Sources: https://docsouth.unc.edu/nc/dubois/dubois.html

https://www.ncdcr.gov/blog/2012/10/20/n-c-mutual-and-providence-association-organized

https://en.wikipedia.org/wiki/North Carolina Mutual Life Insurance Company

Barbara Walker, Newsletter Committee member

COVID-19

For the most up-to-date and accurate information about COVID-19 and vaccinations visit the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/covid-19

For the latest COVID-19 vaccine updates in Florida visit https://floridahealthcovid19.gov/vaccines/ The Florida Health COVID-19 24-hour hotline is available to answer general vaccine questions: 866.779.6121 Senior Hotline: 866.201.6754 - Appointment line for seniors over 65 who do not have access to a computer.

IN THE NEWS ...

CDC EXPANDS ELIGIBILITY FOR COVID-19 BOOSTER SHOTS

For individuals who received a Pfizer-BioNTech or Moderna COVID-19 vaccine, the following groups are eligible for a booster shot at 6 months or more after their initial series:

- 65 years and older
- Age 18+ who live in long-term care settings
- Age 18+ who have underlying medical conditions
- Age 18+ who work or live in high-risk settings

For the nearly 15 million people who got the Johnson & Johnson COVID-19 vaccine, booster shots are also recommended for those who are 18 and older and who were vaccinated two or more months ago.

There are now booster recommendations for all three available COVID-19 vaccines in the United States. Eligible individuals may choose which vaccine they receive as a booster dose. Some people may have a preference for the vaccine type that they originally received, and others may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots.

Source: Excerpt from https://www.cdc.gov/media/releases/2021/p1021-covid-booster.html

MOST CHILDREN AND ALL TEENS CAN GET COVID-19 VACCINES

CDC recommends everyone ages 5 and older get a COVID-19 vaccine to help protect against COVID-19.

Widespread vaccination for COVID-19 is a critical tool to best protect everyone, especially those at highest risk, from severe illness and death. People who are fully vaccinated can safely resume many activities that they did prior to the pandemic. **Children ages 5 years and older are able to get an age-appropriate dose of** <u>Pfizer-BioNTech COVID-19 vaccine</u>.

Source: Excerpt from https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html

FREE VACCINATIONS (1st shot, 2nd shot & booster)

YWCA & FAU North West Community Alliance on Friday, November 12th, 9 am to 4 pm UB Kinsey Center, 720 8th Street, West Palm Beach; Appointment necessary, contact Karen Chambers at 561.543.9445.

Hurricane Season Is Here!

Atlantic Hurricane Season
June 1 - November 30



FOR TIPS ON

- Preparing for hurricanes
- Staying safe during a hurricane
- Returning home after a hurricane

visit CAFCI website

June 2021 NEWS (page 14-15) at

https://0408a0bb-9863-4244-9589-

a83455fb583.filesusr.com/ugd/8ea0b3 f5db1aaf78c54bb0 aa9400d8ede4ecbe.pdf

For complete information, visit https://www.ready.gov/hurricanes.



CAFCI's

31st Annual Friendship Ball

and New Year's Eve Celebration

Friday, December 31, 2021

CAFCI extends special thanks to our generous supporters of the 31st Annual Friendship Ball.

We sincerely appreciate your commitment to our fundraising efforts as you adapt with us to the changing environment. Our Resilience Is Our Strength!!!

SILVER SPONSOR

Truist Bank

BRONZE SPONSORS

Bodden and Bennett Law Group • Golden Krust • Lakeside Funeral Home and Cremation Care

Lewis Longman & Walker • Royal Inn Hotel Resort

Steve Higgins Productions • City of West Palm Beach

ADVERTISERS

Baird Private Wealth Management • Balmore House - Assisted Living Facility
B & B Realty and Property Management • Dawn Blake Haynes, RN BSN MS • Cassie's Castle
Clinics Can Help, Inc. • Complete Healthcare for Women - Obstetrics & Gynecology
Converge & Associates Consulting • Creative Vision Events & Décor
Cruise Planners Total Travel Service, Audrey Campbell • Davis & Associates, P.A.

Durrant Air Conditioning, Inc. • Mark Escoffery, CPA, CVA
Family Care Nurses Registry, LLC / Family Care Training Center

Brian I. Haft, M.D., Ophthalmologist • Frank and Marcia Hayden • Robert C. Hayden MD, MBA, MPH
Keller Williams Preferred Partner, Doreen Grayson • Keller Williams Realty, Winston Crosby, PA

Keller Williams Reserve Palm Beach, Joan M. Folkes, PA • Raymond F. Kravis Center for the Performing Arts
McDonald Hopkins, LLC • Law Offices of Andrea D. McMillan, PA • Nutinfits

Palms West Funeral Home & Crematory • Mark Parks • Rich Photo Works • Port of Palm Beach
Riviera Dental • United Healthcare, Barry Martin • White-Boyd Law, P.A.

And to our wonderful members and friends for their member messages of encouragement and support, THANK YOU.

Join us as we ring in the New Year!!!

Caribbean-American for Community Involvement in Florida, Inc. (CAFCI)



Who We Are

CAFCI was founded by a group of residents in an effort to enhance, maintain and sustain the quality of life for the community, consistent with the culture and tradition of our ancestral origins. The organization was incorporated as a non-profit corporation under the provisions of Chapter 617 of Florida Statutes on August 13, 1999.

CAFCI is a 501(c)(3) organization committed to volunteerism and social activities, with special emphasis on our youths and senior citizens. Our annual affairs continue to serve and help the social, educational and health needs of the community.

Our Mission

Caribbean-American for Community Involvement's mission is to maintain and sustain the quality of life for the community, consistent with the culture and tradition of our diverse ancestral heritage.

Student Assistance Fund Award Recipients – 2019

A sample of some of our star students from the Class of 2019.



How YOU Can Help Our Students

- Make check or money order payable to: C.A.F.C.I. (Note for Student Assistance Fund)
- Donate by going to CAFCI's website www.cafcipbc.org and clicking on Donate to Student Assistance Fund.
- It is preferred that your generous donation be received on or before April 22, 2022, in preparation for our virtual Award Ceremony on Saturday, May 7, 2022.

No contribution is too small and on behalf of the students and families, we *Thank You Very Much*!

Contact Us

Caribbean-American for Community Involvement, Inc. (CAFCI) 675 Royal Palm Beach Blvd., Suite 134

Royal Palm Beach, FL 33411 Phone: 561.790.4002

Web Site: www.cafcipbc.org E-mail address: <u>cafci@bellsouth.net</u>



Search: CAFCI

Student Assistance Fund Award Program

Each year we offer deserving local high school graduates the opportunity to apply for a monetary "Student Assistance Award" from our organization.

Past student awards ranged from \$500 - \$1,500 per student.



Student Eligibility Requirements

- Students applying must have at least a cumulative 3.0 GPA and demonstrate continuous academic success in their high school tenure to be eligible.
- Applicants must show that they have participated in school and community activities.
- Applicants must show interest in the Caribbean community.
- The monetary assistance is awarded to students who are going on to a college, university, or other accredited institution of higher learning.
- If selected, the student must provide proof of acceptance from the school before receiving the award.

Award Ceremonies

Each year in May CAFCI holds an award ceremony for students, their families, members and friends of CAFCI.

We invite community leaders, guest speakers, Student Assistance Fund Committee members past and present, the general public and friends of CAFCI to attend and participate in the event.



Use of the images, photos, and likeness of persons contained in this material does not constitute their endorsement of CAFCI or its activities.

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Caribbean-American For Community Involvement, in Florida, Inc.

A 501(c)(3) Organization - (EIN #65-0965408)

675 Royal Palm Beach Boulevard • Suite #134 • Royal Palm Beach, FL 33411 www.cafcipbc.org • E-mail: cafci@bellsouth.net • Phone: 561.790.4002

November 1, 2021

Dear Prospective Student Assistance Fund Donor:

Caribbean-American For Community Involvement in Florida, Inc. (CAFCI) continues its more than 31 years of service to the community. CAFCI, a (501)(c)(3) organization, functions due to 100% of dedicated volunteers and is committed to advancing our youths' higher education. For the past 29 years, CAFCI has raised funds to assist well deserving college-bound high school students in our communities to achieve their educational goals. Your financial donation and dedication to helping CAFCI advance our youth's higher education will help to open college doors to students. With your financial support, CAFCI will be able to award between \$500 to \$1,500 to each deserving student.

Many ambitious students are denied access to a college education due to financial constraints. This year, because of COVID-19 resulting in the loss of jobs and loss of family members, there is an overwhelming number of students facing financial challenges in achieving their college goals. As you can imagine, many high school students may hold the key to a cure for a disease but may never have the opportunity to maximize their potential. Many have innovative ideas for probable solutions to social problems, yet may never have a chance to expand on them. Others are discouraged simply because the first step to higher education may seem financially impossible.

CAFCI's Student Assistance Fund Committee is requesting your financial help. We invite you to partner with CAFCI in financially assisting our youths to make their educational goals a reality. Your contribution will make a difference in the lives of our youth as your donation will not only provide hope to more students but will also help to ease their financial burden. Please find accompanying information about our organization and past recipients.

We look forward to receiving your life-changing contribution to help with assisting students as they embark on one of their lifelong endeavors to begin college. We will publicly acknowledge you on our Donors' List. You may make your donation online by going to www.cafcipbc.org/donation-center and select Student Assistance or by mailing your donation to:

CAFCI

Attn: Student Assistance 675 Royal Palm Beach Boulevard, Suite 134 Royal Palm Beach, FL 33411

Thank you in advance for your donation. Should you have any questions, please do not hesitate to contact us at 561-790-4002.

Respectfully,

Nadine White-Boyd Nadine White-Boyd Co-Chair, Student Asst. Committee

Junette Powell Junette Powell Co-Chair, Student Asst. Committee President

Dennis Wright **Dennis Wright**

Stroke Risk Scorecard

Are You At Risk?





At Poinciana Medical Center, we know that the best weapons against stroke are knowledge and treatment. So we recommend this simple risk assessment.

First, complete the evaluation below. Answer each question honestly and refer to the key below to rate your score. Ask your physician for a thorough examination.

Each box that applies to you equals 1 point. Total your score at the bottom of each column and compare with the stroke risk levels at the bottom.

Risk Factor	High Risk	Caution	Low Risk
Blood Pressure	> 140/90 or I don't know	120-139/80-89	<120/80
Cholesterol	>240 or I don't know	200-239	<200
Diabetes	Yes	Borderline	No
Smoking	I still smoke	I'm trying to quit	l am a non-smoker
Atrial Fibrillation	l have an irregular heartbeat	I don't know	My heartbeat is not irregular
Diet	I am overweight	l am slightly overweight	My weight is healthy
Exercise	I am a couch potato	l exercise sometimes	l exercise regularly
I have stroke in my family	Yes	Not sure	No
Score: (each box = 1)			

- If your RED score is 3 or more, ask your doctor about stroke prevention right away
- If your yellow score is 4-6, you're off to a good start
- If your green score is 6-8, you're controlling your risk for stroke!



DONATE TO "CLINIC\$ CAN HELP":

DO YOU HAVE MEDICAL EQUIPMENT OR UNOPENED MEDICAL SUPPLIES YOU NO LONGER NEED, OR ARE YOU IN NEED OF MEDICAL EQUIPMENT OR SUPPLIES? If so, check out "Clinics Can Help," a local nonprofit organization that accepts gently used durable medical equipment (e.g. wheelchairs, hospital beds, walkers, shower chairs. commodes, nebulizers, oxygen concentrators, etc.) and unused medical supplies (adult diapers, wound care materials, etc.) donated by the community. "Clinics Can Help" cleans and refurbishes the equipment it receives, and redistributes it, along with donated medical supplies, to Palm Beach County residents who need it. "Clinics Can Help" stores the equipment and supplies at its warehouse at 2560 Westgate Avenue in West Palm Beach, Last year it provided over 3,000 children and adults in Palm Beach County with equipment and supplies. CAFCI members can donate medical equipment or unused medical supplies to "Clinics Can Help," or seek needed medical equipment and supplies. To learn more, click on this link: https://www.clinicscanhelp.org/. You can also call "Clinics Can Help" at 561.640.2995 to see if it has the equipment or supplies you need.



2022 MEMBERSHIP DUES

(Single - \$60 * Couple - \$100)

Submit your membership dues online at www.cafcipbc.org OR

Mail to CAFCI Attention: Lawrence Logan, 675 Royal Palm Beach Boulevard, Suite #134, Royal Palm Beach, FL 33411

MARK YOUR CALENDAR CAFCI'S EVENTS

Dates are subject to change. Please check the current issue of the NEWS and the website.

Saturday, November 13: General Membership Meeting, 7 pm, Via Zoom Video Conferencing Saturday, December 11: General Membership Meeting ~ Toys for Tots, 7 pm, Via Zoom Video Conferencing

FRIDAY, DECEMBER 31, 2021 AT 8 PM

31st Annual Friendship Ball & New Year's Eve Celebration

West Palm Beach Marriott

Saturday, January 8, 2022: General Membership Meeting, 7 pm, Via Zoom Video Conferencing Monday, January 17: Martin Luther King, Jr. Celebration, 10am, Royal Palm Beach Cultural Center Saturday, February 12: General Membership Meeting, 7 pm, Via Zoom Video Conferencing Saturday, March 12: General Membership Meeting, 7 pm, Via Zoom Video Conferencing Saturday, April 9: General Membership Meeting, 7 pm, Via Zoom Video Conferencing

AROUND TOWN

- Visit Cultural Council for Palm Beach County at https://events.palmbeachculture.com/ for upcoming events and activities.
- Visit the Kravis Center at https://www.kravis.org/ for upcoming events.
- The Norton is open with free admission on select days to City of West Palm Beach residents, Healthcare Professionals and First Responders, Florida Educators and Bank of America Cardholders. Visit the Norton's website for advance, timed-ticket reservations and additional information at https://www.norton.org.
- Friday, November 12th at 9 am to 4 pm: YWCA & FAU North West Community Alliance Free Vaccinations (1st shot, 2nd shot & booster) at UB Kinsey Center, 720 8th Street, West Palm Beach; Appointment necessary, contact Karen Chambers at 561.543.9445.
- Saturday, December 18th, 5:30 pm to 10:00 pm: United Sports and Social Club Christmas Dinner, Olympia Clubhouse, 9100 Fatio Blvd., Wellington; \$40 per person; For tickets or more information, email <u>unitedsportsclub@gmail.com</u>
- Monday, January 17, 2022 at 8 am: Martin Luther King, Jr. Coordinating Committee of Palm Beach County presents their 41st Annual Scholarship Breakfast at Palm Beach County Convention Center, 650 Okeechobee Boulevard, West Palm Beach, FL 33401. For information and tickets, please call 561.832.4682 or go to www.mlkccpbc.org.

A tor C.A.F.C.I.

There was no significant *Home Of Our Own* activity this past month. We continue to search for that ideal gem both in and outside our preferred search area. Our preferred search area is bounded on the north by Orange Boulevard, Jog Road to the east, Lake Worth Road to the south and Seminole Pratt Whitney Road to the west.

You can assist in the effort to find a home for CAFCI by putting on an event or promoting an activity to raise funds. To share your ideas or provide information regarding available property, or if you have a question, please send an email to cafci@bellsouth.net, radcliffewoody@aol.com or call 561.791.4002 and leave a message.



Participation in the **Home Of Our Own** project is available through the Buy-A-Brick program. Visit the web page at



<u>www.cafcipbc.org</u> and click on the "Home Of Our Own" tab or call Radcliffe "Woody" Brown at 561.791.3344 for more information. We have made it easier to participate in the program by facilitating monthly payments to purchase a brick. Monthly payments of \$50 for a \$1,000 brick and \$150 for a \$3,000 brick are available.

Submitted by Radcliff "Woody" Brown, CAFCI Home Of Our Own Chair

CAFCI 675 Royal Palm Beach Boulevard Suite #134 Royal Palm Beach, FL 33411

May we who gather always be grateful for our lives.
May we appreciate our parents, our children, our husbands, and our wives.
May we give thanks for livelihoods that provide for all our needs.
May we be gracious to our fellow man in all our words and deeds.

May we know that life is a breath and a legacy we must leave.

May we enjoy our time on earth and may we dare to believe.

May faith and hope and love be ours as we do our very best.

May plenty our provision be whether we work or rest.

May we go safely to and from the places we must go. May we give thanks to one another and kindness always show.