

HighLights

A newsletter designed with seniors' interests in mind

Of Special Interest:

- The City of Dallas Senior Services Office will be closed Friday, July 3rd and Monday, July 6th, 2009.
- Have a great Fourth of July!

Inside this issue:

City of Dallas Contact Numbers

Other Important Contact Numbers and Web Addresses

Meeting Dates

Age Well, Live Well Program a huge success

Partnerships prove to be successful for senior fitness program

Seniors Services and Dallas Park and Recreation Department partnered to design and implement a free fitness program for persons 60 and older. The 12-week program, "Age Well, Live Well," designed to improve physical health and promote healthy aging through exercise and proper nutrition, ran February through April.

2 "A Matter of Balance: Managing Concerns about Falls," an award winning program designed to reduce the fear of falling and increase the ac-

tivity levels among older adults, was also included in the fitness program at some of the recreation centers

Two hundred twenty-five seniors completed the exercise program that was held at 16 Park and Recreation centers. Most of the participants were in their seventies and eighties. But one participant from Ridgewood Recreation Center was 101 years old. All Age Well, Live Well participants received a t-shirt, certificate of completion, a one-year membership to

Dallas Park and Recreation center, and a month of free use of their fitness equipment.

On May 8, exercise program participants attended the kickoff of the Dallas Area Senior Games at Dallas Fair Park to celebrate the completion of the program. A hundred participants walked a route around the Cotton Bowl that ended at the Embarcadero Building. Festivities included entertainment, exhibitors, lunch, and door prizes.

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4 City of Dallas Housing Repair Program Information

The City of Dallas Housing Department provides loan assistance to low-income homeowners located in the Dallas city limits.

The Major Systems Repair Program provides assistance for a maximum of two major system repairs for: **roof; electrical; plumbing/gas; heating and air conditioning, and lead-based paint hazards** (when applicable).

To inquire about the application process, income guidelines, and eligibility for home repair assistance, call **214-670-3644**.



City of Dallas Resources for Seniors

Environmental and Health Department—Senior Services, Adult Health Services, Senior Centers

Wheelchair ramp assistance and referrals for aging resources	214-670-5227
Grandparents Raising Grandchildren	214-670-7882
Senior Medical Transportation Program	214-670-0199
Community outreach and special events coordination	214-670-4894
Adult Health Services (300 N. Ewing)	214-670-0521
Martin Luther King, Jr. Senior Center (2901 Pennsylvania)	214-670-8169
West Dallas Senior Center (2828 Fish trap Road)	214-670-6350

Other City Departments

Housing Department Home Repair Program	214-670-3644
Housing Department People Helping People Program	214-670-7320
Sanitation Department garbage collection for physically impaired	3-1-1
Water Department deposits waived for aged 65 and over	214-651-1441
Dallas Park and Recreation Senior Coordinator	214-670-6266
Fire Department home inspections for fire safety	214-670-4100
Police Department emergency services (Police, fire, ambulance)	9-1-1
Police Department (<i>non-emergency</i>)	
Central Station 334 S. Hall Street	214-670-4413
Southeast Station 725 N. Jim Miller Road	214-670-8600
Southwest Station 4230 W. Illinois Ave.	214-670-6792
South Central Station 1999 E. Camp Wisdom Road	214-671-4500
Northeast Station 9915 East Northeast Highway	214-670-7768
Northwest Station 9801 Harry Hines Blvd.	214-670-6206
North Central Station 6969 McCallum Blvd.	214-670-7247

If you would like to receive our monthly newsletter or information on other Senior Services' programs, please contact Vicki D. Smith at 214-670-4894.

Resources, continued

Other Helpful Numbers (Non-City of Dallas)

Adult Protective Services Hotline		800-252-5400
Community Council of Greater Dallas		2-1-1
The Senior Source		214-823-5700
LaVoz del Anciano		214-741-5700
Attorney General of Texas		214-969-5310
Consumer Protection Hot Line		800-621-0508
Dallas Central Appraisal District	2949 N. Stemmons Freeway	214-631-0310
Property Tax Office	500 W. Elm Street, 1st Floor	214-653-7811
Dallas County Health & Human Services (energy assistance/weatherization)		214-819-2000

Age Well, Live Well

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Three City of Dallas Senior Affairs Commissioners received special recognition for their participation and support of the “Age Well, Live Well” program: Betty Hooey, Jearldine McDaniel, and Barbara Pope.

“The program will be adding features throughout the year such as nutrition seminars and mini-walks,” says Vicki Smith, “Age Well, Live Well” coordinator. Due to popular demand recreation centers have the option to continue the exercise classes. However, official program exercise classes will begin again in January 2010.

For information about upcoming senior fitness and nutrition programs, call Pam at **214-670-6266**.

Helpful Web Sites for Seniors and Caregivers

City of Dallas Senior Services

www.dallascityhall.com/ehs/senior_services.html

Social Security Administration

www.ssa.gov

Texas Dept. of Aging and Disability Services

www.dads.state.tx.us

Medicare

www.medicare.gov

Administration on Aging

www.aoa.dhhs.gov

The Senior Source

www.theseniorsource.org/

Dallas Area Agency on Aging

www.ccgd.org/daaa/daaa.html

Older Women’s League

www.owldallas.org/

National Family Caregivers Association

www.nfcacares.org



City of Dallas Office of Senior Affairs
1500 Marilla, Room 2 DN
Dallas, Texas 75204

We're on the web!

http://www.dallascityhall.com/ehs/human_services.html

June and August 2009 Meeting Dates *(There are no meetings scheduled in July)*

June

Senior Affairs Commission

Monday, August 17 – 12:30 p.m.

Dallas City Hall, 1500 Marilla, Room 4EN

Senior Employment Council

Older Workers' Job Fair Planning Committee

Tuesday, June 2 – 9 a.m.

The Senior Source

August

Senior Affairs Commission

Monday, June 15– 12:30 p.m.

Dallas City Hall, 1500 Marilla, Room 4EN

