

# senioraffairsdallas

A newsletter by the City of Dallas Office of Community Care, Senior Services



# Letter from the Senior Services Team

What a year this has been – and it’s only Spring! Our resiliency has gotten us through COVID-19 and a record-breaking Winter. But Texans’ ability to move forward and come together as a community to help each other has helped us stay strong.

COVID-19 continues to be an important part of our everyday lives. The CDC COVID-19 Guidance for Older Adults continues to be a good resource and can be found here: <https://www.cdc.gov/aging/covid19-guidance.html>

If you or someone you know needs assistance due to COVID-19 related hardships, please visit the City’s Coronavirus (COVID-19): Resources page: <https://dallascityhall.com/Pages/Coronavirus-Resources.aspx>

For more information about the COVID-19 vaccine, please visit the Dallas County website: <https://www.dallascounty.org/covid-19/covid-19-vaccination.php>

This Spring issue includes wonderful resources, like Adult Protective Services (APS), the Dallas Area Agency on Aging and the St. Vincent de Paul Pharmacy. It also provides lots of City of Dallas Program information, like the COD Housing and Revitalization Department’s Tangled Title Program/NAPA, and a Senior Services Program update. We also continue to partner with the Dallas Police Department and Mental Health America, always promoting quality of life for seniors, family members and caregivers.

So, stay strong, stay safe and stay warm, Dallas!

*Senior Services Team*

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# COD OCC Senior Services Update



COMMUNITIES OF STRENGTH: MAY 2021

May is **Older Americans Month** and the theme for 2021 is "Communities of Strength." To celebrate our resilient and strong seniors, the COD OCC Senior Services Program has partnered with DART, Parks and Recreation, the Dallas Police Department, The Senior Source, and the Dallas Area Agency

on Aging, among others, for a drive-thru event. For the event flyer, as well as other resources for seniors: <https://dallascityhall.com/departments/community-care/Pages/seniorservices.aspx>

For more information about the Senior Services Program, please call: 214-670-5227

## May is Elder Abuse Prevention Month

The COD Senior Services Program has partnered with The Senior Source/Elder Financial Safety Center and Adult Protective Services to create a Placemat for seniors filled with resources and information that you can find here: <https://dallascityhall.com/departments/community-care/DCH%20Documents/Placemat%20for%20Seniors%202020%20.pdf>

## DART Rides Rider Assistance Program (RAP)

DART Rides is a rider assistance program for registered residents of qualified cities or ZIP codes who are age 65 or over OR have a certified disability. The qualifying criteria are:

- Be age 65 or older OR have a certified disability, but not eligible for DART Paratransit Services and
- Present proof of residency (such as a government ID, a recent utility bill or other documentation to verify residency) and
- Have NO other means of transportation available to you (for example DART Paratransit Services)



For more information and/or to register for this program, please contact DART's Rider Assistance Program at [www.DART.org](http://www.DART.org) or call 214-828-6717.

## Senior Affairs Commission (SAC) Update

The Senior Affairs Commission (SAC) adopted their Annual report during their January meeting and continue to work with multiple City Departments, as well as other senior-related organizations, to ensure the provision of services to the elderly, advise the City Council on elderly issues, assist in the identification of programs for the elderly that are needed in the community, and advocate for the seniors of the City of Dallas. For more information about the Senior Affairs Commission, meeting dates and times, please call (214) 670-5227 or visit:

<https://dallascityhall.com/government/meetings/Pages/senior-affairs-commission.aspx>

# St. Vincent de Paul Pharmacy: Supporting Sustainable Health



The Society of St. Vincent de Paul (SVdP) is a faith-based organization that offers direct aid to those in need across nine counties in North Texas. The Society provides short-term financial, material and emotional support. In addition to short-term aid,

SVdP also operates a charitable pharmacy which provides free prescription medications to those who qualify.

Prior to the pandemic, 1 in 7 North Texans lived in poverty, and nearly 20% lacked health insurance. With COVID-related job losses, the situation has worsened. Despite rising diagnoses of diabetes, heart disease and other chronic conditions, many people are unable to afford prescribed medication like insulin, blood pressure medication or asthma inhalers without insurance coverage. Many of those served by the Society have previously sacrificed their necessary drug therapy in order to cover other expenses like rent or food.



Access to prescription medication means sustainable health. Sustainable health means a wage earner can keep working and not risk losing their jobs. Reliable income means families have food on the table, can stay in their homes and keep the lights on.

No family should have to choose between feeding their families and sustaining their health. That's why SVdP Pharmacy exists: in its fiscal year 2020, the pharmacy filled over 17,000 prescriptions for nearly 1,000 uninsured patients, making a \$3.6 million impact on the community. The pharmacy can serve qualified Texas residents who meet the following criteria:

1. Have no health insurance (including Medicare and Medicaid),
2. Have an annual household income under 300% of the Federal Poverty Level for their family's size, and
3. Have a valid prescription.

After applying for service, patients can get their prescriptions filled at no cost and either pick them up at the pharmacy's Vickery Meadow location, or request mail delivery to their homes. If you or someone you know may qualify for no-cost prescription medication with SVdP Pharmacy, please visit our website to apply for service: <https://svdpdallas.org/pharmacy/> or call us at **469-232-9902**.

# DALLAS POLICE DEPARTMENT: SPRING INTO SAFETY



Keeping communities safe is one of our top priorities. We strive to do everything we can to educate and empower communities about crime prevention, but it will take all of us doing our part. Prevention starts with reminding everyone that personal safety should always be a priority. You are less likely to become a victim or target of a crime when you are alert and aware of your surroundings. Our communities face many threats daily that impact safety for us all such as robberies, burglaries, and family violence. You can help to reduce these threats by reporting when you see anything that does not feel right. **IF YOU SEE SOMETHING, SAY SOMETHING.**

Some of the questions we get asked involving safety are, “What is something I can do to prevent becoming a victim of a crime?” Or “What should I do if I witness a crime or when someone’s behavior seems suspicious?” Below are some tips or steps you can take to help keep you and your community safer:

- Reporting - Always report from a safe place. Make sure that you give distinct characteristics of an individual or specific detail of a situation you may have witnessed. State clearly what you see and what the person may look like, wearing, and what they are doing. However, never make assumptions. State the facts only. Being detailed includes features such as race, age, height, eye color, clothing, height, any identifying markings like tattoos etc.
- Safety First – We live in a time where everyone wants to record a video of something happening. This can be dangerous. We recommend that videoing should only be done when there is no threat to your safety. If you witness a crime taking place, get to a safe location immediately, especially if you are in an isolated area. Then immediately call 911.
- Confronted or Confronting- If you are confronted by someone demanding your possessions, give them what they ask for. Make mental notes so that you can recall exactly what happened. Never confront a person or situation that you think may be a threat to your safety. Always do everything you can to remove yourself out of harm’s way.
- Prevention – It is common for people to walk around with phones in hand, sit in the back of a coffee shop with a computer, or carry large bags when out. We want to remind you that less is more. Secure all electronic devices so they are not readily visible. Never have both hands full. Do not walk away from your devices leaving them where you are sitting when dining. If you are approached by someone demanding your possessions, follow their directions. Do not offer more than what they asked for. Do not argue or move to reach into your pockets to give them what they want unless told.

For more info: Contact Dallas Police Department Office of Community Affairs **214-671-4045**

# Mental Health America of Greater Dallas



## Eating Disorder Awareness

Mental Health America of Greater Dallas is driven in our commitment to promote mental health as a critical piece to your overall wellness. Eating disorders are often ignored or overlooked in many adults because of stigma or lack of awareness. Eating disorders or disordered eating can be identified early and treated by a dietitian and mental health professional. Eating disorders are known to be co-occurring with medical conditions and/or mental health conditions.

**30 million adults in the U.S. suffer from a clinically significant eating disorder at some time in their life.**

Eating disorders can develop in individuals regardless of age, race, gender, ethnicity, size, socioeconomic status or sexual orientation. It is often overlooked that if someone is “skinny”, “fit” or “well formed” that the individual maybe experiencing an eating disorder.

### Know the Signs of Eating Disorders:

#### ***Binge Eating Disorder***

- Eating more rapidly than normal
- Eating until uncomfortably full
- Eating alone because of feeling embarrassed by how much one is eating
- Feeling disgusted with oneself, depressed or very guilty afterwards

#### ***Bulimia Nervosa***

- Eating in a discrete period of food, an amount of food that is larger than what most would eat in a similar time
- A lack of control during eating episode
- Recurrent inappropriate compensatory behaviors in order to prevent weight gain, such as fasting, self-induced vomiting, misuse of laxatives, diuretics, or other medications.

#### ***Anorexia Nervosa***

- Restriction of energy intake relative to requirements, leading to a significantly low body weight in the context of age, sex, developmental trajectory, and physical health.
- Intense fear of gaining weight or becoming fat, or persistent behavior that interferes with weight gain, even though at a significantly low weight.
- Disturbance in the way in which one 's body weight or shape is experienced, undue influences of body weight or shape on self-evaluation, or persistent lack of recognition of the seriousness of the current low body weight.

## Maintain Healthy Eating Habits

- Hydrate! Drinking plenty of water allows a balance within the body to properly digest food. If you take medications, it is best to pair it with plenty of water to stay hydrated.
- Plenty of green leafy vegetables provide nutrients like calcium, Vitamin A, fiber, magnesium, iron, and potassium.
- Some medications and health conditions limit your appetite. Log your food daily to ensure you are maintaining the nutrition you need to remain healthy!
- Fast food slowing you down? Use a planner to ensure you eat the foods that give you the most nutrition.

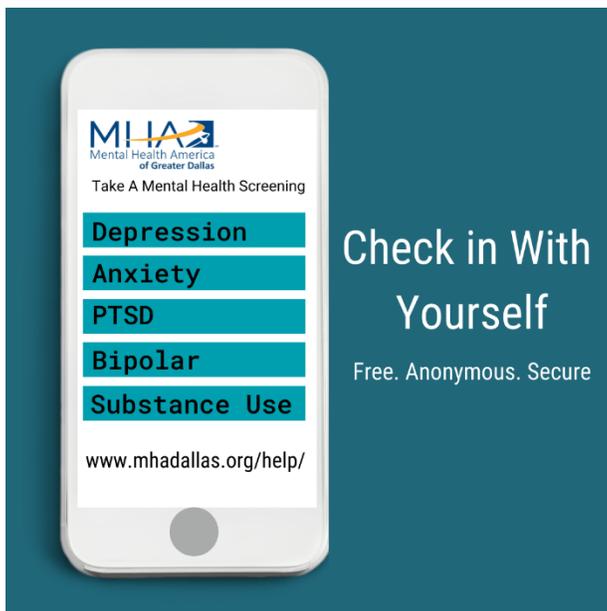
If you feel that you may have an eating disorder, speak to your health care or mental health care provider immediately.

## Bring awareness to Eating Disorders!

Bring Awareness to Mental Health with us on social media - @mha\_dallas

If you or someone you love is experiencing any of the listed signs or identifies with the risk factors it may be a great time for a depression screening. Mental Health America of Greater Dallas offers access to a free screening tool that can help you identify whether it is time to seek help or not.

Visit: [www.MHADallas.org/help](http://www.MHADallas.org/help) to take advantage of our free, confidential screening tools TODAY!



## Resources

### Free Online Screening Tools

Are you experiencing symptoms of mental illness, substance use or disordered eating? Do you have questions about what certain behaviors may mean in terms of diagnosis? Screening tools are one way to gauge what the underlying issue(s) may be, and they can be helpful when seeking resources and help.

[www.mhadallas.org/help](http://www.mhadallas.org/help)

### Not sure of the next steps to reach a provider?

Call MHA-Greater Dallas to speak with a team member who can help you find resources in our community:

**(214) 871- 2420**  
**Monday – Friday**  
**9:30\_a.m. to 5 p.m.**

**Mental Health America of Greater Dallas**  
**624 N. Good Latimer Expy, #200**  
**Dallas, Texas 75204**  
**(214) 871-2420**  
[www.mhadallas.org](http://www.mhadallas.org)

# Dallas Title and Property Assistance (TAPA) Pilot Program

The Dallas Title and Property Assistance (TAPA) pilot program provides legal assistance to low-to-moderate income families on a variety of title and property issues. The goal is to clarify title ownership to encourage neighborhood stability and help homeowners become eligible for various funding programs to invest in their homes. The Program provides legal aid to residents to prevent foreclosures & tax penalties by subsidizing legal costs. Some of the services provided by TAPA include:

- Affidavit of Heirships
- Disclaimer Deeds
- Warranty Deeds
- Muniment of Title (evidence of ownership)
- Small Estate Affidavit
- Mediation between heirs to a property

Examples of an unclear title may include, but are not limited to:

- If you don't know if your name is on the deed to your house
- Utility company refuses to discuss unpaid bills with you because your name is not on the deed
- A relative that owned the home in which you live passed away and had their name on the deed

For additional information about the program, visit: [https://www.texastapa.com/contact\\_us](https://www.texastapa.com/contact_us)

The program is open to people with an assumed or possible ownership interest in real property located within eligible geographic areas. The pilot program will focus on property in specific areas in Southern Dallas and will provide help to applicants with a household income less than or equal to 120 percent of the Dallas Area Median Income and who are not represented by counsel. Preference will go to people who have been denied funding for Dallas' housing programs due to lack of ownership clarity.

The TAPA program launched in June 2020 and is available to City of Dallas residents on a first-come, first-served basis until allocated funds are depleted.

To apply, please visit the TAPA: <https://www.texastapa.com/>



# Dallas Area Agency on Aging Benefits Counseling Program

As the COVID-19 Crisis continues to affect older adults while practicing "SOCIAL DISTANCING" the Benefits Counseling Program remains committed to providing TRUSTED, UNBIASED, ONE-ON-ONE COUNSELING AND ASSISTANCE.

While face-to-face counseling has been suspended, the Benefits Counselors are easily accessible for information and application assistance by telephone.

## INFORMATION AND/OR APPLICATION ASSISTANCE

Medicare

Medicaid

Social Security

SSI

Medicare Savings Program

Extra Help/Low Income Subsidy

Advance Directives

Medical Power of Attorney

Legal Assistance

WILLS

SNAP

For assistance call: 214-871-5065 or 1-800-252-9240

Website: [www.ccadvance.org/seniors](http://www.ccadvance.org/seniors)



The Dallas Area Agency on Aging is a program of the Community Council, funded in part by the Texas Health and Human Services Commission

# OLDER AMERICANS MONTH CELEBRATION

A SPECIAL DRIVE-THRU ENGAGEMENT!

FRIDAY, MAY 21  
9 – 11 A.M.

FREE GOODIE BAGS WHILE SUPPLIES LAST!

FUN PHOTO OPPORTUNITIES

ON-SITE DJ



## OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

Experience it all from the safety of your car. Social distancing and safety protocols will be observed.

It's the same great event, on the same date and time – at three convenient locations!

**Singing Hills Recreation Center**  
6805 Patrol Way  
Dallas, TX 75241

**Samuell-Grand Recreation Center**  
6200 E. Grand Ave.  
Dallas, TX 75223

**Campbell Green Recreation Center**  
16600 Park Hill Dr.  
Dallas, TX 75248

### COMMUNITY PARTNERS

### MEDIA PARTNERS

### PRESENTED BY



[DART.org/seniors](http://DART.org/seniors)

Questions? Contact us at [TransitEducation@DART.org](mailto:TransitEducation@DART.org) or 214-749-3494.

# May is Elder Abuse Prevention Month

## Elder Abuse Prevention is EVERYONE'S Business!!

### Adult Protective Services

Adult Protective Services (APS) is a program of the Texas Department of Family and Protective Services (DFPS). APS protects people in Texas who are age 65 or older and adults with disabilities from abuse, neglect, and financial exploitation investigating and providing, or arranging for, services necessary to alleviate or prevent further maltreatment. APS also:

- Provides preventive and supportive services that come from community involvement in the protection of persons age 65 or older and adults with disabilities.
- Develops resources and agreements to help families before abuse, neglect, or financial exploitation occurs.
- Works cooperatively with other DFPS programs, other state and local government agencies, and the private and volunteer sectors.

### Signs of Abuse of the Elderly or People with Disabilities:

**Abuse** may cause various injuries such as scratches, cuts, bruises, burns, broken bones, or bedsores. It can also result in confinement, rape or sexual misconduct, and verbal or psychological abuse.

**Neglect** may cause starvation, dehydration, over- or under-medication, unsanitary living conditions, lack of personal hygiene. Neglected adults may also not have heat, running water, electricity, medical care.

**Exploitation** is the misuse of an elderly or disabled person's resources for personal or monetary benefit, and may result in loss of property, money, or income.

Sometimes, adults who are 65 years old or older or those who have disabilities may become isolated or ill and not have someone who is willing and able to help meet their basic needs.

**To report abuse or neglect, please call: 800-252-5400**



**May is  
Elder Abuse  
Prevention Month**

**800-252-5400**  
**TxAbuseHotline.org**

TEXAS  
Department of Family  
and Protective Services

- If you suspect an adult with a disability, or who is 65 or older, is being abused, neglected, financially exploited, or is in a state of self-neglect.
- Report online, or call toll-free 24/7/365, nationwide.
- If someone is in immediate danger, call 911 or local police and then call the Texas Abuse Hotline.

# Special Thanks



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Office of Community Care

Candy Coblyn, Manager  
Office of Community Care

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