

# senioraffairsdallas

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



# Letter from the Senior Services Team

Winter has arrived, and with it, the weather turns chilly and the Holidays make their appearances. Right after the Holidays, yet another year comes to an end. For this New Year it's important to reflect on all that we've accomplished and experienced, as well as celebrate ourselves, who we are and those who share our lives with us. It's also a time to remember those who live in our hearts and memories.

Sometimes the Holidays can be a bit emotionally draining, which is why self-care and mental health is an important topic to discuss with our loved ones, as well as with our doctor. In this issue, our partners at Mental Health America of Greater Dallas give our readers a little insight on the importance of mental health and why we need to fight the stigma that surrounds it.

Texas weather is ever changing, especially during the winter months. Just as we must take special precautions to stay safe and warm during the season, we can't forget about our pets!! Luckily, in this issue we receive great tips from DPD on how to stay safe, as well as a wonderful article written by Dallas Animal Services, PIO & Deme Jackson that offers readers tips on things to consider during the cold days of winter.

So, read on and enjoy the Holidays!!

The OCC Senior Services also wishes everyone a wonderful New Year, filled with joy, peace and warmth in your hearts.

*Senior Services Team*

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# Mental Health America of Greater Dallas

Office of Emergency Management

*Submitted by: Bonnie Cook, Executive Director, Mental Health America of Greater Dallas*



Mental Health America of Greater Dallas is working to promote mental wellness throughout Dallas. We serve as a catalyst to identify, assess and respond to mental health needs in the community. In addition to

our efforts to supply information, education and advocacy related to mental health issues, we also provide preventive programs designed to equip people with information and skills to combat stress and adversity.

Catching mental health conditions early is important to everyone's overall health.

However, many times people may not realize that their symptoms are being caused by a mental health condition or feel ashamed to pursue help because of the stigma associated with mental illness. It's up to all of us to know the signs and take action so that mental illnesses can be caught early and treated, and we can live up to our full potential.

One way to see if you may be experiencing symptoms of a mental health condition is to take a screening. Visit [www.mhascreening.org](http://www.mhascreening.org) to take a quick, confidential screening for a variety of mental health conditions including anxiety, depression, mood disorders or Post-Traumatic Stress Disorder. Use your screening results to start a conversation with your primary care provider, or a trusted friend or family member and begin to plan a course of action for addressing your mental health.

Remember, mental health conditions are not only common, they are treatable. There is a wide variety of treatment options for mental illnesses ranging from talk therapy to medication to peer support, and it may take some time for a person to find the right treatment or combination of treatments that works best for them. But when they do, the results can be truly amazing and life changing.

If you think you need support, don't hesitate to contact our office at 214-871-2420.

# Speak Up for Safety

Submitted by: Felecia P. Foster, Community Outreach Representative, DPD



Happy New Year! We want to remind you that SAFETY is everyone's business. If you see something, say something. If you are the victim of a crime, it is very important to report it. Below are a few winter safety tips and ways you can report a crime or anything suspicious.

## Safety Tips:

- As a reminder, always lock your car doors. Never leave valuables in your car.
- If someone tries to grab your purse or wallet, GIVE IT TO THEM. You can also yell Stop! Do anything to draw attention to yourself.
- Do not carry large amounts of cash. Take only what you need when shopping.
- Never leave your car running. It only takes a moment for someone to get in and drive away (Never leave a child in the car alone).
- Stay alert and be aware of your surroundings at all times. Trust your instincts. If you feel uncomfortable, leave.

## Reporting a Crime

- If you are a victim of a crime or you see something suspicious, **CALL 911**.
- If it is not an emergency it doesn't mean reporting it is less important. **CALL 311**.
- To also report non-emergency crimes, go to [dallaspolice.net](https://dallaspolice.net). Click on FILE A POLICE REPORT ONLINE, Dallas Online Report System (DORS).
- Download the iWatchDallas app. You can send online tips from your mobile phone, tablet, or laptop anonymously, anytime and anywhere.
- Dallas Police Department has joined Neighbors by RING! If you have a Ring Camera we can now have access to that camera activity. Download the Neighbors app today.



# Prepping Your Pet for Winter Weather

Dallas Animal Services PIO and Deme Jackson

As temperatures plummet to below freezing and North Texas begins to face winter weather advisories, it is critical that pet owners prioritize the safety of their pets. The City requires that all pets have access to warm and dry shelter once the actual or effective temperature reaches 32 degrees.

“What is adequate during our typical 50-degree winter days is not adequate during the freezing weather we are beginning to face now,” said Ed Jamison, director of Dallas Animal Services. “The safest option is to bring your pets indoors when the temperatures drop like this.”

Dallas Animal Services (DAS) suggests that if it’s too cold for you, it’s probably too cold for your pet. All pets are at risk during this weather, regardless of size or breed.

“Don’t be fooled by your pet’s fur coat,” continues Jamison, “even winter breeds with thick coats are at risk when temperatures reach freezing, particularly here in Texas where pets are not used to this type of weather.”

If you see a pet that you believe is in distress or is left outdoors in freezing temperatures without shelter, please call 3-1-1 to make a report.

“We take the safety of pets in Dallas very seriously,” said DAS Field & Medical Services Manager, Ann Barnes. However, don’t assume that any pet outside is in danger or without shelter. We ask that residents do their best to determine whether other pet owners have set up adequate outdoor shelter prior to calling to 3-1-1, which allows officers to focus attention on pets in dire need.”



Shelter isn’t the only important consideration during cold spells. To keep your pets healthy and happy during cold weather, the ASPCA recommends:

1. Towel dry your pet as soon as you come inside to keep them comfortable and avoid skin issues.
2. Avoid shaving your pet’s fur short in winter.
3. Keep walks short during wet or icy days and consider massaging petroleum jelly into their paws before leaving the house to provide extra protection. Booties are another great option!
4. Pavement and cement are very cold in the winter, so walking on grass may be a more comfortable option.
5. Remember that antifreeze and many chemicals used to melt ice are toxic to pets and should be avoided when possible or kept out of reach.
6. Never leave a pet in a car during cold spells. Cars can act as refrigerators and can cause pets to freeze to death or experience hypothermia.

# Senior

Career Transition Training



# FORCE

Job Placement Assistance



**FREE TRAINING | SENIORS AGE 60+ | CUSTOMER SERVICE-ORIENTED JOBS**



## PROGRAM HIGHLIGHTS:

- learn Microsoft Office and basic computer skills
- create or update your résumé for today's jobs
- prepare a career social media profile
- practice how to interview and get the job offer
- earn a customer service skills certificate
- engage in one-on-one career counseling
- receive job placement support

## CLASS INFORMATION:

**FREE** 5-week course  
 Monday-Thursday  
 8:30 a.m.-3 p.m.  
 Mountain View College | B Building

## PROGRAM REQUIREMENTS:

- reside in the city of Dallas
- age 60 or older
- have a high school diploma or GED
- meet low-to-moderate income requirements
- have an I.D. or driver license for proof of residency

## ONE-HOUR INFORMATION SESSION HELD:

2nd **OR** 4th Tuesday each month  
 10 a.m.  
 Mountain View College | B Building | Room B148

## TO RSVP, PLEASE CALL OR EMAIL:

214-810-5516 | [seniorforce@dcccd.edu](mailto:seniorforce@dcccd.edu)



**Mountain View College**  
 DALLAS COUNTY COMMUNITY COLLEGE DISTRICT

**Education That Works.**

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[mountainviewcollege.edu](http://mountainviewcollege.edu)

# Winter Event Participation



## Eating Well is a SNAP! (EWS!)

We continue our partnership with the Dallas Coalition for Hunger Solutions and their Eating Well is a SNAP! Program. The Senior Services program has done various outreach to seniors. On December 3, the Senior Services team was part of the EWS! Program that took place at Arlington Park. Here we see staff with Kyra Effen and the winner of the raffle basket (blue shirt).

## Thanksgiving Event

On November 26, Senior Services staff provided assistance at the OCC Social Services Program's Thanksgiving Event. Katie Adama and her team did a wonderful job organizing and executing the event.



## Grandparents Raising Grandchildren Event

The Senior Services Program participated in this event, which took place at the Martin Luther King Recreation Center on December 19. Mayor Johnson, as well as Council Members Narvaez and Baldazua were in attendance.

## East Dallas Seniors Coalition/District 7 Senior Affairs Commission Event

On December 12, this Coalition discussed multiple topics that affect the senior population, including but not limited to, transportation, neighborhood crime, housing and food deserts. Senior Affairs Commissioner Flowers and Council Member Baldazua



were in attendance. Senior Services staff were there to provide support, answer questions and inform attendees of available services from the Program.

# Special Thanks

T.C. Broadnax  
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