

senioraffairsdallas 2019

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

Issue: Summer 2019

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In this issue:

Letter from the Team	1
Partnership Highlights: Dallas Public Library	2
Aging in Place Event	3
Dallas Adops Age-Friendly Plan for Seniors	4
Hot Weather Safety for Older Adults	5 & 8
DPD Safety Corner	5
Age Friendly Dallas Expo	6-7
OCC/SS Summer Event Participation	9-10
Senior Safety Summit	11
Special Thanks	12

Letter from the Senior Services Team

Welcome, summer!! Where days are long, sunny and bright! The skies are blue, the iced tea is cool, and we try to enjoy every minute of outdoor activities. But, this beautiful weather can cause heat exhaustion, which can progress to heat stroke. Because heat exhaustion and heat stroke are no laughing matter, we've included some useful information on these topics. We also mention a few tips to lower your risk of heat-related illnesses.

One way to stay cool this summer is to stay indoors and visit your local library. Our Partnership Highlights Section, written by our friends at the Dallas Public Library, will provide some insight about the fun and interesting options they provide.

We're also very excited to announce that The City of Dallas has adopted the Age-Friendly Dallas Plan. The Senior Services Program is aligning all its work to this plan and its domains of livability, which includes supporting aging in place. In this issue you'll find information about the Age-Friendly Dallas Plan.

Our staff has been out and about this summer, so be sure to check out our Summer Event Participation Section.

We hope you enjoy reading this issue as much as we've enjoyed working with the community this summer.

Stay cool!

Senior Services Team



Partnership Highlights

Dallas Public Library



Dallas Public Library welcomes our senior neighbors; providing specialized programs to address their interests in four areas of focus: volunteering, coming together, connecting with technology, and experiencing the arts.



The Dallas Public Library recently created a new position for Senior Services Coordinator, Keyania Campbell, who works with library branches and City organizations to expand services. In addition to Campbell, we have a large staff of adult services librarians, some of whom comprise an older adult working group tasked with sharing resources and ideas for engaging potential and current patrons.

We recognize the needs of this population and provide opportunities for cultural enrichment, such as book clubs and art classes. Recently, we received a MetLife grant to develop an Inspired Aging program, consisting of six weeks of senior-targeted programs at several branches. We asked the community about their interests and planned jewelry making classes, choirs, and many other activities.

Each each of our 29 branches offers opportunities for older adults to volunteer in varying capacities, weekly social activities, theater performances and visiting artists, and classes designed to aid beginners in using technology, such as our e-services and online applications.

The Library collaborates with public and private organizations; like our Tax Help program, presented by AARP volunteers, and Medicare seminars with a local advisor during the open enrollment season. We frequently collaborate with the City of Dallas to host programs and assist varying departments with meeting seniors' needs. Currently, we're creating an online calendar platform featuring all senior-focused programs throughout the library system, so that all patrons and administrators can view our efforts for a three-month window with a single click.

We hope to continue partnering with the Senior Action Committee and other groups, organizations, and citizens who share our mission and goals. Please stop by the central library, your local branch, or our website to see what we offer and give feedback.

By: Keyania Campbell, Senior Services Coordinator
Heather Lowe, Adult Services Administrator

Office of Community Care Senior Services

Seniors Aging in Place Resource Fair

On Wednesday, August 21, 2019 the City of Dallas Office of Community Care/Senior Services Program, in collaboration with the Senior Affairs Commission (SAC) Housing Committee, held the 1st Annual Senior Aging in Place Resources Fair. The event provided resources to help seniors age in their homes and counted with 26 vendors.



Mrs. Virginia Hammerle, Elder Law Attorney, (left & below) was the closing speaker and provided information on Living Wills, Estate Planning and End of Life Documents. The following Senior Affairs Commissioners were present during the event: SAC Housing Committee Chair Bill Gart (District 11), Commissioner Sarah Wick (District 14) and Commissioner Deloris J. King (District 7). The event was very successful and had 96 attendees.



City of Dallas Senior Affairs Commission

Dallas Adopts Age-Friendly Plan for Seniors

Original article published on May 22, courtesy of Dallas City News



The City of Dallas is making it possible for all generations to thrive with the adoption of the Age-Friendly Dallas Plan. The plan is developed by citizens, community organizations and is in partnership with the Senior Affairs Commission (SAC) and City leadership and staff. The plan serves as a road map for making Dallas into a place that is livable and where all generations can thrive.

"The Office of Community Care is excited city council has chosen to adopt the Age-Friendly Dallas Plan," said Jessica Galleshaw, Office of Community Care Director. "This will help Dallas be better prepared for increasing population of older adults and make the City an enjoyable place to live for those of all ages"

Dallas' population consists of 1.3 million people, and it is ranked the ninth-fastest growing community of people age 65 and older in the country. Nearly 24% of the city's population today is over age 50.

The Age Friendly Dallas Plan was developed with the input of 40+ community partners and include 7 domains of livability, as well as recommended strategies within each domain. Additionally, the plan highlights which local organizations and partners are actively engaged and involved in each of the identified domains. The domains are: Outdoor Spaces and Buildings, Transportation, Housing, Social Participation/Inclusion, Civic Participation and Employment, Communication Information, and Community Support & Services.

The SAC will now work to align its sub-committee work, advocacy efforts and recommendations with the Plan. Additionally, SAC members will serve as stewards and volunteers to support efforts that help Dallas to be an Age-Friendly Community. For information on the Senior Affairs Committee Meetings, please contact: (214) 670-5227.

City of Dallas Senior Affairs Commission

Hot Weather Safety for Older Adults

By: Sarah Wick, Senior Affairs Commissioner, District

As an ICU nurse at Parkland Hospital, I witnessed the devastating effects of heat stroke and heat exhaustion. Too much heat is not safe for anyone. It's even riskier if you're older or have health problems. I would like to share the following advice from the National Institute on Aging to keep you cool this summer.

Normal aging can affect how your body reacts to excessive heat. Diseases affecting your heart, kidneys, circulation will affect your ability to tolerate excessive heat. Certain drugs, such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines may make it harder for your body to cool itself.

Heat exhaustion is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy. Some people with heat exhaustion have a rapid pulse. It's important to get relief from the heat quickly. If not, you might begin to feel confused or faint and your heart could become stressed and stop beating. If you think you may have heat exhaustion, rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Heat exhaustion can progress to heat stroke. Heat Stroke is a "Medical Emergency". Signs of heat stroke are fainting (possibly the first sign) or becoming unconscious, behavior changes (confusion, agitation, staggering, being grouchy, or acting strangely), body temperature over 104°F (40°C), dry, flushed skin and strong, rapid pulse or a slow, weak pulse, NOT sweating even if it is hot.

(CONTINUED ON PAGE 8)

Dallas Police Department Safety Corner



Senior Safety Tips – 911 Calls

What to know:

1. Where you are calling from (Address/Phone Number)
2. What type of emergency it is
3. Who needs help
4. If the person is awake and breathing

Office of Community Care Senior Services

Age Friendly Dallas Expo 2019



The City of Dallas Office of Community Care/Senior Services Program hosted its 1st Age Friendly Expo on September 10, 2019 at the Convention Center, in its efforts to align its services and outreach with the recently adopted Age Friendly Dallas Plan. The event had more than 33 vendors providing resources and included BMI and Blood Pressure screenings. More than 650 seniors attended the event. Also in attendance were Council Members Narvaez (District 6) and Mendelsohn (District 12).



The event had 4 stages: A Main Stage, with 3 wonderful groups provided by the Office of Cultural Affairs: The Flame Foundation's Dallas Flamenco, Mitotiliztli Yaoyollohtli (Aztec Dance) and Ballet Folklórico; a Wellness Stage, that included Salsa, Zumba, QiGong and Moving to Heal, among other fun activities; a Nutrition Stage, where presenters provided information on nutrition, My Plate and cooking and storing food; and an Educational Stage, which included information from The Conversation Project, Senior Financial Planning, and resources on storage and disposal of medications, to name a few. It was an educational and fun event that promoted socialization and general well-being for the senior population.





Commissioner Johnson (D3) tends the Senior Services table.



Mitotiliztli Yaoyollohtli performing on the Main Stage.



Ballet Folkórico (left) performing on the Main Stage.

Next page:
The Flame Foundation's Dallas Flamenco (top).

Ana Camacho, Senior Services Manager, and Sharyn Fein, Senior Affairs Commission Charir (bottom left).



Wyonella Henderson-Green with the Eating Well is a SNAP! Program on the Nutrition Stage.



Brenda Golderos facilitating Yoga on the Wellness Stage.

City of Dallas Senior Affairs Commission

Hot Weather Safety for Older Adults Continued from Page 5

Older people with chronic diseases or alcoholism, as well as those who live without air conditioning or fans, are at most risk. The following are things you can do to lower your risk of heat-related illness:

1. Drink plenty of liquids and stay away from drinks containing alcohol or caffeine.
2. Try to keep your house as cool as possible: limit oven use, keep your shades, blinds, or curtains closed, open your windows at night if it's safe to do so.
3. Try to spend time at places that have air conditioning; like the mall, movies, library, senior center, or a friend's house.
4. If you need help getting to a cool place, ask a friend or relative. Some religious groups, senior centers, and Area Agencies on Aging provide this service. Try taking a taxi or call for senior transportation. Don't stand in the heat waiting for a bus.
5. Dress for the weather. Natural fabrics, such as cotton, can be cooler than synthetic fibers.
6. Don't try to exercise or do a lot of activities outdoors when it's hot.
7. Avoid crowded places. Plan trips during non-rush-hour times.
8. Listen to Weather Reports

If you have an older relative or neighbor, think about making daily visits to check on them. Remind them to drink lots of water or juice if medically permitted. If there is a heat wave, bring them a fan or a prepared meal, offer to help them go someplace cool, such as air-conditioned malls, libraries, or senior centers.



Office of Community Care/Senior Services

Summer Event Participation

Mobility Advisory Committee Kick-off Meeting for the Dallas Strategic Mobility Plan

On May 30, 2019, the Office of Community Care Senior Services Program attended the Department of Transportation's Mobility Advisory Committee Kick-Off Meeting for the Dallas Mobility Plan. Members of this committee will be asked to share their insights on the mobility challenges facing the City, assist with public outreach activities, and provide critical feedback on policies, programs, and project recommendations for the Plan. Membership is primarily comprised of neighborhood/community representatives identified by Councilmembers. Their second meeting took place July 25th, where members discussed the survey that will be distributed throughout the City. The Transportation Department will be discussing their Mobility Plan at the Age Friendly Expo on Sept 10, 2019. Their 3rd meeting will take place September 26.

Parks & Recreation Mother's Day Luncheon

On May 3, 2019 the Office of Community Care Senior Services Program participated as vendors at Parks & Recs Mother's Day Luncheon (below).



Office of Community Care/Senior Services

Summer Events (Continued)

Senior Services Program's Partnership with Parks & Recreation at WellMed

During the months of June and July, the Senior Services Program has partnered with Parks & Recreation during their Senior Summer Camp at WellMed Charitable Foundation Senior Activity Center. Staff visits WellMed once a week to provide social services, referrals and information, as well as educational programming. In June, Senior Services staff collaborated with Legal Aid of Northwest Texas, educating seniors on Estate Planning.



Dallas Coalition for Hunger Solutions - Eating Well is a SNAP! (EWS!) Program

The Senior Services Program continues to collaborate with the Dallas Coalition for Hunger Solutions - Eating Well is a SNAP (EWS!) Program. In June 20, 2019, staff participated in a EWS! presentation at the Forest Dale Senior Living Community. Here we see Myckycle explaining City of Dallas senior programming (left).

DART's Older Americans Month Event

Staff was part of the wonderful planning committee for the DART's Older Americans Month Event, and participated as vendors the day of. The event had 1,500 seniors attend, with a whopping 87 total exhibitors (below)!



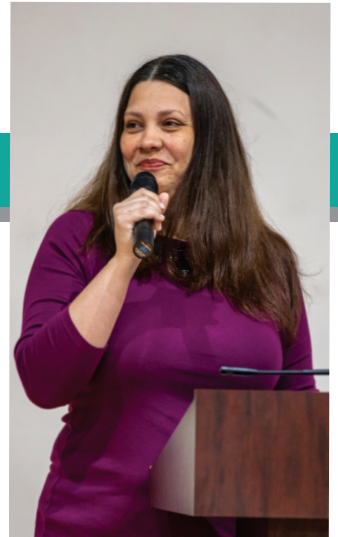
Office of Community Care Senior Services

Senior Safety Summit 2019

The Office of Community Care/Senior Services Program partnered with the Dallas Police Department and AARP for the 2019 Senior Safety Summit. The presentations covered important topics related to Personal Safety, Hoarding, and Fraud. The Speakers included Officer Oh and Abigail Tarlo, Community Outreach Representative, from DPD; Bonnie Cook, MAS, Executive Director of Mental Health America of Greater Dallas and Lynda Ender, AGE Director, with The Senior Source.

The event also included an impressive panel of professionals in the field, including Donna Alexander, Manager of Care Coordinator & Caregiver Services with the Dallas Area Agency on Aging; Amanda Sutherland, Program Administrator for Dallas County, Adult Protective Services (APS); Detective Jerry Monreal, Financial Crimes (DPD), Lynda Ender, AGE Director (The Senior Source) and Ana Camacho, Manager, Office of Community Care/Senior Services Program, as the moderator.

The event was held at the Lakewest YMCA and included a light breakfast and lunch. A wonderful group of 142 seniors were in attendance.



Special Thanks

T.C. Broadnax, City Manager
Jessica Galleshaw, Director, Office of Community Care
Abby Tarlo, DPD Community Outreach Representative
Keyania Campbell, Senior Services Coordinator
Heather Lowe, Adult Services Administrator
Wyonella-Henderson Greene, Coalition Coordinator, Dallas
Coalition for Hunger Solutions
Sarah Wick, Senior Affairs Commissioner, District 14

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