

Generations

*The **News** Source for the Aging Community*

Mid November 2009 - Mid December 2009

Volume 3 Issue 3

www.Generations-News.com



Neighbor Helping Neighbor Program..... pg 9

5 Star Food Drive for Seniors pg 11

Art Program & Alzheimer's..... pg 21

Holiday Craft Fair pg 35

“Light Up A Life”

Provides Hospice Care and Remembrance of Loved Ones



The Visiting Nurse Association will be displaying its annual “Light Up a Life” trees in December to honor the memory of family members and other loved ones.

“Light Up a Life” trees in Dallas, Denton, McKinney, Kaufman, and Fort Worth will be decorated with white paper doves inscribed with the names of honorees. A paper dove bearing the name of a loved one can be placed on one of the trees for a \$15 donation to the Visiting Nurse Association's Hospice program.

Funds received from “Light Up a Life” are used to provide hospice services to terminally ill patients and their families in Northeast Texas who lack resources for needed care.

Donations to “Light Up a Life” can be made by contacting the following offices of the Visiting Nurse Association:

- VNA (Dallas County) - (214) 689-2672
- Ann's Haven VNA (Denton County) - (940) 349-5900
- VNA of Collin County - (972) 562-0140
- VNA of Kaufman County - (972) 962-7500
- VNA of Tarrant County - (817) 654-4494

Left: Julie Feltner, Hospice Volunteer Manager, with one of the “Light Up a Life” trees located in branch office communities of the Visiting Nurse Association.

Medicare Costs for 2010

Original Medicare premium and deductible costs change every year, and knowing the new rates for 2010 will help you avoid surprise charges that could prevent you from getting the health care you need.

Medicare Part A (inpatient care)

Helps pay for inpatient hospital care, skilled nursing facility care, home health care and hospice care. Most people do not have to pay a Part A premium; it is free if you or your spouse worked and paid Medicare taxes for 10 years or more in the U.S. You will pay \$254 if you or your spouse worked and paid Medicare taxes between 7.5 and 10 years in the U.S., or \$461 if you or

see Medicare on page 6

Be a Santa to a Senior Holiday Gift Giveaway

Again Brings Cheer to Area Older Adults

The popular campaign that in 2008 delivered more than 2,000 of gifts to local needy seniors is being planned again this holiday season. Area retailers, along with agencies that serve older adults, have partnered with a local senior-care service to make sure that isolated seniors receive gifts and companionship through the “Be a Santa to a Senior” program.

The Central Dallas area office of Home Instead

see Santa on page 13

In This Issue:

Before you know it, it's Thanksgiving!

Mirchelle Louis, LCSW
Executive Director, Susan G.
Komen for the Cure North Texas



After a truly hectic breast
cancer awareness month of

..... page 12

Living with Alzheimer's Disease

Theresa Hocker, M.S.
Executive Director
Alzheimer's Association
North Central Texas Chapter



We have come a long way since 1906 when
German physician Alois Alzheimer presented his

..... page 10

A Season of Thanks . . .

Cindy Schneible
CEO Gilda's Club North Texas



Fall has arrived – it's such a
wonderful time of year!

..... page 14

CAREGIVER CORNER New to Caregiving?

Pam Brandon,
On behalf of Area Agencies on
Aging



“Where do I start?” These are
familiar words to a caregiver educator, and
certainly what I asked when I realized that my role

..... page 8

Do You Know The ABCs of Diabetes And Eye Health?

EyeCare America Works to Protect Seniors with Diabetes from Vision Loss during November's Diabetes Awareness Month with FREE Eye Exams

Did you know that an estimated 17.9 million Americans have been diagnosed with diabetes and another 57 million people are at risk of getting the disease?

What many of these individuals may not know is that all people with diabetes – both type 1 and type 2 – are at risk for getting diabetic retinopathy, a leading cause of vision loss among adults in the United States. In fact, people with diabetes are 25 times more likely to lose their vision than those without the disease.

November is Diabetes Awareness Month and during this month-long health observance EyeCare America is asking Americans with diabetes to know the ABCs of diabetes and eye health.

A – Alert your Eye M.D. if you have

been diagnosed with diabetes;
B – Be sure to have your eyes examined regularly; and
C – Call 1-800-272-EYES (3937), if you are 65 or older and without an ophthalmologist, to see if you qualify for a no-cost dilated eye exam through EyeCare America's Diabetes EyeCare Program.

By following these simple steps EyeCare America hopes to help protect seniors from preventable vision loss caused by diabetes.


"Diabetes causes up to 24,000 new cases of vision loss each year," said C. Pat Wilkinson, MD, ophthalmologist and chairman of EyeCare America's Diabetes EyeCare Program. "What people don't know is that early detection, timely treatment and appropriate follow-up care can reduce their risk of blindness by 95 percent even for people with established and significant diabetic retinopathy."

Diabetic retinopathy is caused by changes in the blood vessels of the

see Do You on page 6

Dallas Theater Center

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Have you considered hospice care as a healthcare option for a loved one who has Alzheimer's disease or adult dementia?

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- Compassionate care, comfort and support to our clients, their families and caregivers
- An environment that recognizes and supports our client's right to live with dignity and control those decisions that affect his/her life
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- Integrity, professionalism and excellence in all aspects of the care and services we provide

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Why are the seven people in the picture with this story smiling?

Let's first identify them from left to right: *Marylin Davis, Your reporter, Maria Sartain, Henry Tobolka, Mary Copeland and Charles Osborne, the lady sitting front is Marcia Wood*, who has, over the past sixteen weeks, taught them all how to make quilts.

The happy group of folks in the picture with this story are smiling because of at least three reasons.

- 1 - In the past four months they have developed friendships with each other when they had never met before.
- 2 - They have learned a new skill and have exhibited it at making quilts such as the ones you see behind them.
- 3 - They have proved that you CAN teach an old dog new tricks.

Each of the six saw a newspaper story-seeking volunteers for a study on the "aging" mind. There was the offer of a few bucks for being in the study and the offer to learn either quilting or digital photography. I thought that

learning how to take and manipulate pictures would serve me well in my duties at this newspaper.

I found I had no choice as to what line I would have to follow and that's why you see me standing with the other quilters.

The study is titled "Synapse: Actively engaging the aging mind." It



is run by the Center for Brain Health at the University of Texas at Dallas and funded by The National Institute on Aging. They are constantly seeking volunteers for this ongoing study and

Quilting with Alex. . . and "Conflict" a new book by Bill Sloan

YOU could be part of it all.

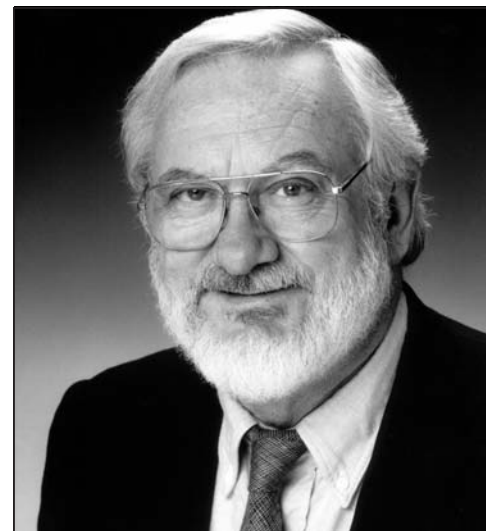
A phone call is all that's needed.

972-883-3200. Just tell them you want to have a really good time for sixteen weeks and earn while doing. If you are incredibly lucky you will wind up as student of Marcia Wood. AND you will have made some really useful items for the home.

Henry made a quilt for the crib of his great-grand child. Mary made matching quilts for her grand daughters. Maria made a quilt based on the flag of her native Columbia that she intends to hang in the entrance hall of her home. Marilyn made a nifty table runner with an autumn theme. Charlie and I made quilts that will dazzle our friends.

Mind you we all did much than that and will probably now devote our lives to the craft/art of quilting. We can talk about such things as "stitching in the ditch" or "binding" or "paper piecing." We have done all that and more.

Marcia has become a good friend to her students and is able to answer any question that comes up and to



Alex Burton

demonstrate any necessary skills. She never seems to be impatient.

This is an important study as many seem to feel that once you have passed the age when you can claim Social Security that you are set in your ways and unable to cope with modern day life. NOT So!

The next study will begin in January. Get your name in by calling "Synapse" at 972-883-3200 and do it now. There is no promise on what skill you will be chosen for. Also you should know you must commit to 15 hours a week.

Keep your eye on the quilting magazines that go out to the estimated 27 Million quilters in America. You are surely going to see some laudatory stories based on the experiences of the six people who smiled at you when you began to read this tale.

The photo with this story is the work of other Synapse students who

see Burton on page 4

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Holmes continued from page 5

Although much has been said about the senior tsunami, the 75 million men and women who will turn 65 in the next 20 years, we are only beginning to face squarely the challenges facing a society at large, and particularly the senior themselves.

Not only are millions entering the ranks of senordom, but today's seniors are living longer and have to ensure they can finance – and enjoy – those extra years.

Bert Holmes is a long-time Dallas journalist and can be reached by email at: bertholmes@sbcglobal.net.

Burton continued from page 3

did get to study and work with Digital photography.

See how we learned to support each other?

* * * *

Veterans of the war in Korea in the 1950s will want to read about the first six months of the "Conflict." Bill Sloan, a local writer who has written extensively about the war in the Pacific, has a new book out. "The Darkest Summer: Pusan and Inchon: The Battles That Saved South Korea."

The brutal truth is that the West nearly lost the whole peninsula and would have had it not been for the US Marines. America was woefully unprepared for any kind of military action at the time.

Sloan's newest book will be available at Borders Book Store, www.Amazon.com and at several of your local bookstores.

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There is good stress and bad stress. Learning how to manage both effectively will prolong your physical health as well as your mental health. Take time to relax...even if it is just a 2 minute mental vacation.

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Certified Geriatric Care Manager
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Senior citizens who are concerned about ensuring their savings last as long as their lives are likely to take great interest in the up and down movements of returns from the safest form of investment – insured certificates of deposit for designated terms.

It is educational and sometimes shocking to follow the changes in the CD market. Recently, a small 12-month CD, which had been paying 3.5 percent interest matured, and a review of national rates revealed that a similar CD would now pay an average of only 1.61 percent. That's more than a 50 percent decline in income for that timeframe.

Take a look at national and local market or CD rates and you can find returns for various time periods ranging from .5 percent to as much as 4 percent. Local banks seeking transfer deposits offer a high rate for deposits of \$35,000, \$50,000 or \$75,000. There is usually a notice that money market rates are subject at any time.

When the present recession arrived last year, millions of Americans lost

billions in the value of their stock market investments. A recovery is underway, but it will take a while for stocks and bonds to regain their former values.

Most of today's senior citizens have only limited savings with which to supplement Social Security income. Some remember when the Federal Reserve Bank declared war on inflation by pushing its overnight interest-rate target to 20 percent in 1981.

As inflation waned, the Fed cut interest rates steadily; fostering extended economic growth and stock-market gains.

At the moment, economists and stock investors do not know exactly how the market and the national economy will proceed, but seniors know that Social Security will continue to be their principal source of income.

The average Social Security recipient age 65 and over receives only \$12,437 in annual benefits. Among those who received income from savings, half received less than \$1542 last year.

The median income for those 65

Dealing With The Confusions of Interest Rates and Aging

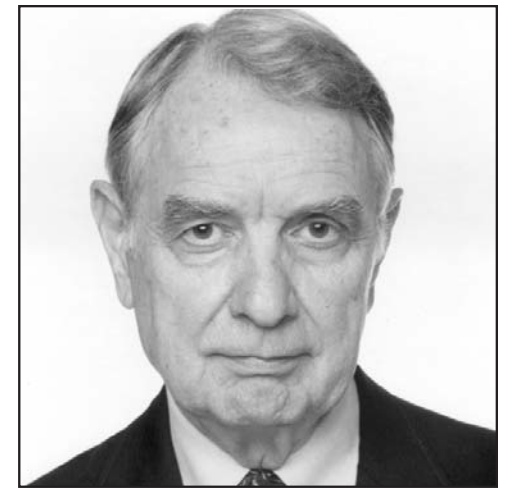
and older was just \$18,208 in 2008. A quarter of them had incomes under \$11,139, according to the Congressional Research Service.

Social Security keeps most seniors above the poverty line, but it is clear that older Americans need to have a good level of savings to be able to find a job if their health permits.

Retirement plans are not as plentiful today and many involve 401 (k)s, which pay less than former pensions. Some 6.6 million people 65 and older want to work but cannot find a job, more than 5 times the level early in this decade, according to the New York Times.

Many more people over 65 have lost their jobs as seniority protections have weakened and senior debt levels have increased. Second mortgages have increased as seniors seek funds to finance their lifestyles.

For the first time in years, senior citizens will not receive a cost of living adjustment next year, and Medicare costs will likely rise. President Obama has proposed giving Social Security recipients a special \$250 one-time



Bert Holmes
Opinion Column

payment, but that will not do very much for many seniors.

The President has talked about calling a high-level conference to discuss the financial plight of America's seniors. What would it take to increase Social Security payments? AARP recently pointed out that one in four people age 65 and older depend on Social Security for 90 percent or more of their income. Can anything be done to increase interest payments to seniors who have CD's and other investments?

Discussions are increasing about designing a better plan to finance health care and in Dallas and elsewhere more attention is being paid to the need for affordable housing for the elderly.

see Holmes on page 4

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Do You *continued from page 2*

retina. In some people with diabetic retinopathy, blood vessels may swell and leak fluid. In other people, abnormal new blood vessels grow on the surface of the retina. In its early stages, diabetic retinopathy usually has no warning signs. Over time, however, the vision blurs and everyday tasks become more difficult. Vision loss cannot usually be regained.

EyeCare America's Diabetes EyeCare Program is designed for people who:

- Are age 65 and older
- Are U.S. citizens or legal residents
- Have not seen an ophthalmologist in three or more years
- Do not have insurance through an HMO or the VA

People eligible for a referral through the program receive a comprehensive, medical eye exam and up to one year of care at no out-of-pocket cost for any disease diagnosed during the initial exam. Volunteer ophthalmologists accept Medicare and/or other insurance reimbursement as payment in full. Individuals without insurance are seen at no charge.

For a Diabetes EyeCare Program referral, those interested may call 1.800.272.EYES (3937) toll-free, 24 hours a day, every day, year round.

To learn more about diabetic retinopathy, its risk factors and treatment options; view informative videos; and to learn how your vision would be affected by diabetic retinopathy, visit www.eyecareamerica.org.

Medicare *continued from page 1*

your spouse worked and paid Medicare taxes for fewer than 7.5 years in the U.S.

For inpatient hospital care covered under Part A, the 2010 deductible is \$1,100 each benefit period. (A benefit period begins the first day you enter the hospital and ends when you have not received hospital care for 60 days in a row.) While there is no daily coinsurance for the first 60 days of your hospital stay, during days 61 to 90, you will pay \$275 per day. The daily coinsurance for lifetime reserve days will be \$550 in 2010. (If you have Part A, you are afforded 60 lifetime reserve days, which you can use to cover one or more hospital stays throughout your life.) If you receive care in a skilled nursing facility in 2010, there is no coinsurance for days 1-20. The daily coinsurance for days 21-100 is \$137.50.

Medicare Part B (outpatient care) covers doctors' services, x-rays and lab tests, durable medical equipment (such as wheelchairs), ambulance services, outpatient mental health services, outpatient physical, speech, and occupational therapy services and some preventive care and home health services. Everyone has to pay a monthly premium for their medical insurance (Part B), unless you qualify for government assistance programs (Medicare Saving Programs) that pay the premium.

For most people, the Part B premium will not increase in 2010; they will continue to pay the \$96.40 premium that they paid in 2009,

because of special protections that apply when there is no cost-of-living increase in Social Security benefits. People who are new to Medicare in 2010 will pay a higher premium. You may see an increase in your Part B premium if your annual income is above \$85,000 (if you are single) or \$170,000 (if you are married). See the table www.Medicare.gov

Although the Part B premium for most people with Medicare will not change in 2010, you may see a net reduction in your social security check if your Part D (prescription drug plan) premium increases in 2010 and you have arranged for the premiums to be deducted from your social security check.

The Part B deductible

(the amount you have to pay before Medicare will begin to cover services) will be \$155 in 2010. After you have met your deductible, you pay a Part B coinsurance for Medicare-covered services.

For doctors' visits you generally pay 20 percent of the Medicare-approved amount, but the coinsurance for mental health services is higher. Through the passage of the Medicare

Improvements for Patients and Providers Act (MIPPA), beginning in 2010, Medicare will phase down mental health coinsurance over a five-year period until it reaches 20 percent. In 2010 you will pay 45 percent of the Medicare-approved amount for mental health services.

Medicare private health plans contract with Medicare and are paid a fixed amount to provide Medicare Part A and Part B benefits. Private health plan costs usually change every year and may be different from Original Medicare's Part A and Part B costs.

If you receive your Medicare coverage from a Medicare private health plan (the most common types are Health Maintenance Organizations (HMO), Preferred Provider Organizations (PPO), and Private Fee-For-Service (PFFS) plans) call your plan to find out how costs will change for 2010. In general, you must pay the Medicare Part B premium. Some private health plans may also charge you an extra premium, while others may pay part of your Part B premium.

Private plans usually charge you a copayment—a fixed dollar amount—when you visit a doctor, instead of the

see Medicare on page 7

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Medicare continued from page 6

20 percent coinsurance you pay under Original Medicare. Consumers should check to see if their plan has an annual out-of-pocket limit that caps what they could spend on Medicare services during the year if they need extensive care. Consumers should also check to make sure their doctor and other health providers will continue to accept the plan in 2010.

Remember to call your plan to ask about next year's costs and regulations. You will have to pay more for your health services if you get care outside of the plan's network or service area or do not follow your plan's rules.

To learn more about Medicare costs and coverage, log on to Medicare Interactive Counselor at www.medicareinteractive.org. Medicare Interactive Counselor is a resource provided by the Medicare Rights Center, the largest independent source of health care information and assistance in the United States for people with Medicare.

Home Healthcare for Seniors by "angels"

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Each and every day of the year, Americans in the armed forces serve our nation. At Social Security, we honor our nation's military personnel and all of America's veterans not only on Veterans Day, but every day of the year.

In fact, military service members receive expedited processing of their disability applications from Social Security. Under an agreement initiated by Social Security, the Department of Defense transmits information that allows us to quickly identify military personnel injured in Operations Enduring Freedom and Iraqi Freedom.

The expedited process is available for any military service member who becomes disabled during active duty on or after October 1, 2001, regardless of where the disability occurs. Depending on the situation, some family members of military personnel also may be able to receive benefits, including dependent children and spouses.

If you, or someone you know, were wounded while on active duty in the military, find out more about what Social Security can do for you by visiting our website designed specifically for our wounded veterans:

www.socialsecurity.gov/woundedwarriors. There, you will find answers to a number of commonly asked questions, as well as other useful information about disability benefits and Supplemental Security Income (SSI). Please pay special attention to the fact sheets

Social Security Serves Those Who Serve America

available on that website, Disability Benefits for Wounded Warriors and Expediting Disability Applications for Wounded Warriors.

You'll also find links to useful Veterans Affairs websites. There are links to information about the "Operation Enduring Freedom / Operation Iraqi Freedom Home," information on Survivors Benefits, the Task Force on Returning Global War on Terror Heroes, a fact sheet on Veterans benefits, and the Veterans On-Line Application, known as VONAPP.

Although the expedited service is relatively new, military personnel have been covered under Social Security since 1957. Even people in the service before 1957 may receive special credit for some of their service. People in the military are covered for the same Social Security survivors, disability and retirement benefits as everyone else.

A person's Social Security benefit depends on earnings, averaged over a lifetime. Generally, the higher your earnings, the higher your Social Security benefit. Under certain circumstances, special earnings can be credited from your military pay record for Social Security purposes. The extra earnings



By Tom Clark
Social Security Public Affairs Specialist

are for periods of active duty or active duty for training. These extra earnings may help you qualify for Social Security or increase the amount of your Social Security benefit and are added to your earnings record when you apply for Social Security benefits.

To learn more about Social Security for people who have served in the military, read a copy of our publication, *Military Service and Social Security*. You can find it online at www.socialsecurity.gov/pubs/10017.html, or call us at 1-800-772-1213 (TTY 1-800-325-0778) to ask us to mail a free copy to you.

Each and every day, the brave men and women of our nation's armed forces serve us. Social Security salutes everyone who serves.

ATTENTION DENTURE Wearers: Are You Sick And Tired Of Keeping Them Up And In?" "FREE Report Reveals... The Hidden Truth About How You Can Have Stronger Teeth That Won't Move Around, Pop Up, Or Fly Out Of Your Mouth When You Eat, Sneeze, Or Cough With Quick, Easy, And Practically Pain-Free Dentistry !! Guaranteed!"

Plano, TX - It was a day I'll never forget. My name is Sandy, and have lived the last 10 years with loose, frustrating and sometimes embarrassing dentures. If you are anything like me, I'm sure your are sick of:

- Using gobs of denture adhesive
- Gagging uncontrollably
- Loss of taste and having sore spots in your mouth
- Avoiding the foods you love
- Looking older before your time
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New To continued from page 1

as a caregiver had begun. Putting the pieces of the caregiver puzzle together is not easy nor is it ever fully completed. When one challenge is solved, another seems to pop up just as quickly. If ever a life journey teaches one about perseverance, caregiving has to be at the top of the list.

Caregivers should first realize that they are not alone. Some 45 million Americans today are caring for a loved one – so consider yourself in good company. As Rosalynn Carter stated many years ago, there are only four kinds of people in this world: those who have been caregivers; those who are currently caregivers; those who will be caregivers, and those who will need caregivers.

So where does one start?

A Caregiver's Checklist may be a good beginning: Assess the situation – what are the most immediate needs?

- This might be a thorough medical examination and consultation with physician, social worker, occupational or physical therapist, home health professional or other so that you have a

solid knowledge of your loved one's physical condition and medication needs.

- Engage the care receiver so that you respect their wishes and have an open line of communication.
- Organize your important financial, legal, medication and healthcare documentation. Using a 3 ring binder is especially helpful to keep medical information centrally located and easily accessible.
- Find resources in the community that can help guide you and answer questions. The Area Agency on Aging in your county is a great place to start.
- Have a family meeting so that everyone can get on the same page, so to speak, and questions and concerns can be addressed together.
- Find a support group at your church, workplace or community center – these can be lifesavers, and remind you that you are NOT alone.
- Make a commitment to take care of yourself physically and mentally!

By talking to other caregivers, professionals and family members, you

will find that caregivers must learn to set healthy boundaries for themselves, and must absolutely learn to ask for help. Guilt is the most common feeling caregivers experience. "When parents or other loved ones reach the stage of needing care and we can't fulfill every need that have, we feel very guilty", noted Robert Butler, MD. Often caregiver expectations may exceed their available energy and abilities!

Anger, anxiety, depression, fatigue, resentment, stress, grief and loneliness are just a few of the many emotions caregivers experience. It is important to realize that although these emotions are normal, together they can lead to caregiver depression. Find help, resources and support as soon as possible!

Remember that caregivers play a critical role in their loved ones life, and if you are not healthy, you cannot be the compassionate caregiver that you want and need to be. Not only do you need the tools and knowledge about healthcare resources, medication management, legal and financial issues, you need to pass on that positive, supportive attitude that will get your

loved one through their trials and challenges.

Take life one day at a time, sometimes one moment at a time..And remember that no one is perfect!


For a schedule of support groups and caregiver education, go to <http://www.familycaregiversonline.net/schedule.html> for a schedule of sessions. We also link to the Alzheimer's Association education and support groups. The site includes education and many resources about caregiving.

Free caregiver education and support groups can be provided in churches, libraries, senior centers, companies, and civic groups. Individual caregiver counseling may also be available through your local Area Agency on Aging.

Contact Zanda Hilger at (817) 929-3535, call 2-1-1, your local Area Agency on Aging, or local Aging & Disability Resource Center (ADRC).

Adapted from the Family Caregiver Education curriculum provided on behalf of the local Area Agencies on Aging & local Aging & Disability Resource Centers (ADRC)

Edited by Zanda Hilger



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Neighbor Helping Neighbor Program Expands To All of Tarrant County

The Neighbor Helping Neighbor (NHN) program serves adults over 60 who need assistance maintaining a healthy lifestyle. NHN serves to reduce the effects of senior social and physical isolation by facilitating service delivery, building a sustainable network of volunteers and service providers and providing case management to those in need. The United Way's Area Agency on Aging and Meals on Wheels, Inc. of Tarrant County are spearheading the NHN program county-wide to assist socially isolated seniors and help them

enjoy better, safer lives while remaining in their own homes.

As it becomes more difficult for some seniors to remain active, they may become isolated from their community. This is especially true of those who have little support from family members or friends.

The United Way's Area Agency on Aging and Meals on Wheels, Inc. of Tarrant County is spearheading the Neighbor Helping Neighbor program to assist socially isolated seniors (60 and older) and help them enjoy better, safer

lives while remaining in their own homes.

Volunteers and professionals from neighborhood and church groups, city government, businesses and human service organizations are all involved in providing a variety of services, including: minor home repairs, errand assistance, wheelchair ramps, safety equipment, yard maintenance, household chores, friendly visits by phone and in person, information and referral services and meals. NHN aims to improve the quality of life for older

adults.

Initially, the NHN program was designated to only 12 neighborhoods. Within those 12 neighborhoods, in the past three years, NHN has helped almost 3,000 people. As of October 1st, United Way has decided to expand the funding to cover ALL of Tarrant County.

For more information about the Neighbor Helping Neighbor program contact Meals on Wheels, Inc. of Tarrant County at 817-336-0912 or see www.mealsonwheels.org

Q & A's FROM AND FOR FAMILY CAREGIVERS

Q - My 75-year-old mother-in-law had surgery several months ago when they removed 1/3 of her lung due to cancer. Although she did really well at home for months, she been on a decline and taken a turn for the worse, won't eat, weighs 85 pounds, and has returned to the hospital. My father in law said he can't deal with this anymore. The

siblings don't know what to do. All I can do is provide information and suggestions. What do you advice?

A - This is a complex situation with a lot of variables including how advanced her cancer is and her prognosis. The family needs to maintain ongoing communicating with one another throughout this process. It is often helpful to have one person who takes a lead in gathering information to then discuss with the family. You may find email will help keep all the family informed in addition to ongoing personal and phone conversations.

If the Medical Power of Attorney is not already executed, recommend that be taken care of immediately. She probably will want to designate your father-in-law as the primary person to make health care decisions when she

cannot and at least one other family member as a secondary 'agent.' This is different from what is commonly known as the "Living Will" which is called the Directive to Physicians and Family or Surrogates in Texas. This allows her to state what measures she wants taken to keep her alive or to withhold treatment.

Ask to speak to the doctor and encourage him or her to be candid about your mother-in-law's prognosis. Doctors will usually not address how long someone has to live unless it is eminent since it varies among patients. Ask specifically for his recommendations about when she is released from the hospital and what the options are including rehab stay, long term/skill care, home health, etc. Be persistent.

While at the hospital, ask to meet with a social worker or someone from social services as soon as possible. The person may be called a discharge



Zanda Hilger, LPC,
Family Caregiver Education,
Support Groups and Counseling,
on behalf of Area Agency on Aging

planner. Ask the social worker to clarify options and what she or he can do to help transition your mother-in-law once she is released from the

see Q & A's on page 15

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Living With *continued from page 1*
findings at a scientific meeting about a previously unknown and seemingly rare brain disorder marked by profound memory loss. We now know this perplexing condition is not only a serious, but widespread brain disease that currently affects 5.3 million Americans. More than 100 years after that ground-breaking medical report that ironically drew little attention at the time, the disease named for the German physician still has no cure.

Its symptoms far exceed memory loss and are manifested by dysfunction in many cognitive spheres. Disorientation, confusion, language deficits, changes in personality and behavior, the ability to accurately perceive surroundings or recognize loved ones - in short, these and other complex but routine cognitive processes that enable us to function independently all decline over the course of Alzheimer's disease. Age is still the greatest risk factor for the emergence of Alzheimer symptoms, yet increasingly the diagnosis is given to those still in mid-life. In the aggregate, the impact of Alzheimer's disease, that has been called the "disease of the 21st century," is arguably more far-reaching and devastating to those diagnosed, their families, our health care system and society as a whole than most any other modern health crisis. By mid-century, if we do not find a way to halt its progression, Alzheimer's disease will strike 11 to 16 million Americans. About two times as many family members will be cast into the role of caregiver over a period of many years.

Despite this bleak synopsis of the

Alzheimer's epidemic, we have reasons to hope. Strides are being made in research and medications offering temporary, symptomatic relief are available. We are bolstered by the promise that disease-altering drugs are just around the research corner. Alzheimer's is now more accurately diagnosed and at a point earlier in its progression. An accurate and earlier diagnosis means the best medical, environmental and social interventions can be employed, and those impacted can have a say in directing their lives from that point forward. A high quality of life is still available following diagnosis. Early stage patients are now among the strongest and most vocal advocates for increased federal spending for research and needed services. As the disease progresses, we know more about providing appropriate care and comfort. At no other point in the past century has the public been so familiar with, paid attention to and begun to wake up to the urgency that we must do something about Alzheimer's disease. We are making progress!

Read more about progress and local services for those with Alzheimer's disease and their families in this month's special section for National Alzheimer's Awareness Month. At any time, day or night, call the Alzheimer's Association at 1-800-272-3900 to talk with a knowledgeable and caring individual about your questions or concerns. The Alzheimer's Association wants to help those who are living with Alzheimer's disease. Please do not face this disease alone.

Alzheimer's Caregiver & Educational Opportunities November & December 2009

The Alzheimer's Association, Greater Dallas Chapter has released its updated schedule of Caregiver classes & Educational opportunities. Caregiver classes are designed to provide beneficial and crucial information in dealing with Alzheimer's, along with proper guidance and training to assist a person living with Alzheimer's disease.

Educational opportunities such as Maintain Your Brain that educates on the most up-to-date information available to help you make the best decisions concerning your health, and Keep Your Power that is a support group created for people with a family history of Alzheimer's who are concerned about developing the disease as they age.

Caregiver classes address an overview of Alzheimer's disease; meeting daily challenges, communication, safety, managing difficult behaviors, and caring for the

caregiver. The classes are free for family members.

Caregiver classes are from 9am to 3pm unless told otherwise. A \$25 fee is required for professional caregivers. Maintain Your Brain is a one-hour class and is \$5. Lunch and beverages are provided. To register please contact the Greater Dallas Chapter Helpline at 800-272-3900. Unless noted all classes are held at the Alzheimer's Association of Greater Dallas at 4144 N. Central Exp. Suite 750, Dallas 75204

Class Schedule

Cost: Free for Family Members

Foundations of Dementia Care
Topic: Understanding Wandering
Thursday, November 19th
2 to 4pm. C.C. Young, 4847 W. Lawther Drive, Dallas 75214

see Educational on page 16

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Food pantries attempt to fill in the gap with nutritious food for those who would otherwise go to bed hungry. With the economic problems of the past year donations are down and the shelves are empty.

The 5 Star groups of Dallas and Collin counties launched a three week food drive that runs from November 12th and will end on December 3rd. Food will be collected at various locations in both Dallas and Collin counties and will benefit The Senior Source and Seven Loaves food pantries. To identify a donation location, please call 214 734-7222.

Please consider a generous donation and make the upcoming winter one where no Senior goes hungry.

Ask A HoMeCare Professional

Coping With Grief During The Holidays

Q - My wife passed away more than two years ago. I feel that I've gotten better with coping with my loss, but the holidays continue to be a difficult time for me, no matter how hard I try. Is there something wrong with me?

A - It's not unusual for the holiday season to trigger feelings of sadness and loss, even years after the person you loved has died. We are reminded of happier times, but live with the everyday reality of the empty space in the center of our lives. Life has changed. Planning how to handle the holidays can be a great help in getting through the season. Here are some suggestions.

First, try to find ways to remember your loved one. If you talk about your wife and share memories freely, it gives others permission to talk about her too. Others may be afraid they will upset you by mentioning her. The opposite is

most often true. We feel less lonely and more understood when grief is shared. Sharing memories, putting pictures or mementos where you or others can see them, lighting a candle, going to the cemetery, or looking at photos or videos can be healing activities that bring family and friends closer.

Second, adjust your expectations. Simplifying holiday plans can help eliminate unnecessary stress. Think about which holiday activities are most meaningful to you, and decide what you can handle comfortably. Don't be afraid to suggest a change or to start a new tradition. Engaging in new activities is one way to build new memories.

Third, ask for help. It can be hard to ask for help or to let others know we are lonely, but many times we don't have our needs met because we don't



Sue Rafferty, LMSW
Bereavement Coordinator
Visiting Nurse Association

let them be known. Try to find ways to be with supportive, comforting people.

Healing from the loss of a spouse is a longer process than most people realize. Be patient with yourself, find ways to be with supportive people, and your grief will soften over time.

Questions and comments can be sent to Sue Rafferty at rafferts@vnatexas.org or by calling 214-689-2922.

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Before You Know *continued from page 1*
 October, it's great to be able to take a short breath and re-focus on those other things that are on our "To do" list. I'm pleased October was busy for the North Texas affiliate of Susan G. Komen for the Cure. It means that we were doing our job getting the word out, raising awareness of the importance of early detection in breast cancer, and the awareness of what Susan G. Komen for the Cure does in our local community. I know this does not mean that our work for the year is done, we know that breast cancer does not take any breaks or vacations.

I love road trips – if I'm driving alone, they give me a chance to see the local countryside, a different landscape without city buildings and houses in every direction. You see the wide-open Texas landscape, and get to see the season changing. Mostly road trips give me a chance to think without the ever present distraction of computers, email, telephones, texting or TV. I have the time to process things and get caught up with myself.

A recent trip to Houston gave me some good time to think. My thoughts turned to the very busy month just past, to planning for next October, to what's coming up next at our North Texas affiliate, to that "To Do" list, and then, inevitably, to Thanksgiving that will be here in just a few weeks. I worked through the details for the day, where it's going to be this year, who's going to be in town, and what I need to stock

up on to start cooking. Then the other thoughts started to filter through. I thought how Thanksgiving comes at just the right time of the year for me. It provides me with a definite break in routine. Thoughts of gratitude for all that I have slow me down, in a most positive way. It's a check and balance that gives me some perspective on what is really important in the grand scheme of things.

Here at Komen North Texas we are so grateful to everyone who helped us out this past month and over the past year. You shared your stories and the reasons why you so passionately support Susan G. Komen for the Cure. We had volunteers at presentations and health fairs helping us to raise awareness of the importance of early detection of breast cancer. We had volunteers in our office getting things organized and ready for our race in June and the busy breast cancer awareness month of October. Volunteers helped at fundraising events like our Promise Golf Classic, and our first ever Ride for the Cure. So many of you put on the pink as you organized all kinds of fundraising events during the year; at rodeos, retirement centers, bake sales, car washes, at football and volley ball games, jeans days at work, or tennis for the cure.

Our annual Race for the Cure would not happen without the help of our volunteers and our more than 11,000 participants. Thousands of you just completed the 3 Day Walk.

Thanks also to our board members and the staff at Komen national, who share the passion for our promise to save lives and find the cures for breast cancer. Thanks to businesses and all those out there who find ways to support us financially. Thanks to Generations for publishing our articles! Thanks to the organizations we fund who work with us to make breast health services available to women and men locally in Collin, Denton and Grayson counties. And the list goes on – so much to be grateful for! What a statement of support this makes to all those living with breast cancer in our community. We truly appreciate everyone for all you do to help us further our mission.

I encourage you to stay engaged or get engaged with us. We know that one in eight women will get a breast cancer diagnosis in her lifetime, and we all know a spouse, mother, sister, aunt, child, friend, co-worker, someone whose life has been overturned by this disease. We know the staggering financial, economic and psycho-social costs of this disease. We know that it will take all of us working together to make sure that the cures are found, and that there is help now for those who are currently battling the disease.

It is never too late to join the pink army, to get involved and make a difference. You can participate at an event; our first Rock 'n Roll Dallas

Half Marathon for the Cure will take place on Sunday, March 14th, 2010. Our 20th Anniversary North Texas Race for the Cure will be held on Saturday, June 12th, 2010. If you'd like to volunteer for us, we'd love to get you involved! If you know someone who could be a recipient of our funding, please direct them to the grants section on our website. Finally, please consider making the North Texas Affiliate of Susan G. Komen for the Cure a beneficiary of your year-end giving. More information is available at www.komennorthtexas.org.

If you or someone you know needs breast health information, needs a mammogram or other breast health related service, and you live in Collin, Denton or Grayson Counties, you can reach the North Texas affiliate directly by calling 972-378-4808. You can also call 1-877-GO-KOMEN (1-877-465-6636). Thank you for helping us to get the word out, and a very happy Thanksgiving to you all.



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Santa *continued from page 1*

Senior Care, the world's largest provider of non-medical home care and companionship for older adults, has joined Seniors Net, The Alzheimer's Association's Dallas Chapter, Buckner Retirement Village, City of Dallas Office of Senior Affairs, and Community Council of Greater Dallas, to provide presents to seniors who otherwise might not receive a gift this holiday season.

Throughout North America, this is the sixth year of the program where last year more than 28,000 volunteers distributed gifts to deserving seniors. In the past five years since introducing this "Be a Santa to a Senior" program, Home Instead Senior Care has helped provide more than one million gifts to 700,000 seniors in North America.

"Be a Santa to a Senior" is a great way to give back to the older adults in the community during the hectic holiday season when many are forgotten," said Dr. Nancy Oppenheimer-Marks, owner of the

Home Instead Senior Care office serving Dallas. "The holiday is often considered a time for children, but seniors – especially those who are isolated and lonely – need to be remembered as well. 'Be a Santa to a Senior' also is designed to help stimulate human contact and social interaction for older adults who are unlikely to have guests during the holidays."

Here's how the program, which runs from November 16th through December 11th, works: Prior to the holiday season, the participating local non-profit organizations will identify needy and isolated deserving seniors in the community and provide those names to Home Instead Senior Care for this community service program. Christmas "Be a Santa to a Senior" trees, which will go up at The Super Wal-Mart (15220 Montfort

Drive), Mari's Skin Care Salon (1450 Preston Forest Square, Suite 284), Curves for Women (11909 Preston Road, Suite 1486), Meletio Realty (Melshire Building, 1450 Preston Forest Square), and Salon 729 (729

Preston Forest Center) on November 16th will feature ornaments with the first names only of the seniors and their respective gift requests.

The city-wide gift wrapping day, when hundreds of presents will be wrapped, is scheduled for December 14th at the "Home Instead Senior Care" office, located at 1450 Preston Forest Square, Ste 212. Volunteers include cheerleaders from The Jesuit College Preparatory School of Dallas. The Container Store is donating the wrapping paper.

Holiday shoppers can pick up

select an ornament from a tree, buy the item(s) on the list and return them unwrapped to the store, along with the ornament attached. Home Instead Senior Care then enlists the volunteer help of its staff, senior-care business associates, non-profit workers and others to collect, wrap and distribute the gifts to these seniors.

"Be a Santa to a Senior" is a way to show our gratitude to those older adults who have contributed so much to our community," Oppenheimer-Marks said. "We hope to reach out to many with this gesture of holiday cheer and goodwill."

If you or someone you know is interested in volunteering to help on the citywide gift-wrapping day, contact Dr. Nancy Oppenheimer-Marks at 972-239-3934. Businesses are encouraged to contact the local Home Instead Senior Care office about adopting groups of seniors. For tree locations in your area, or for more information about the program, log on to www.beasantatoasenior.com.



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A Season *continued from page 1*

Mornings are crisp and invigorating; days are sunny and warm as they usher in the clear evening sky -that boasts a rich harvest moon. We celebrate Thanksgiving – taking time to reflect upon all that we are grateful for . . . family, friends, our community, good food, -fond memories and the opportunity we have to make a difference in the lives of others.

I recently read an article about the first Thanksgiving and was reminded of the story many learned in elementary school. In 1621, after a difficult -and devastating first year in America, the Pilgrims were able to celebrate a bountiful fall harvest. As noted by H. U. Westermeyer “The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.”

This hearty group of pioneers who shared a vision for a New World, persevered and beat the odds. There was ample food for the winter and they shared their bounty with their Native American neighbors. Through the difficulties they took time to give thanks and to gave back – -planting the seeds for an American tradition that is alive and thriving today. They left an example and legacy to those who followed.

As I think about it, I - see parallels between that first year the Pilgrims arrived in the New World and the twelve months we have recently come

through. Difficulties, challenges, changes, transitions, and adjustments but an underlying hope and sense of gratitude for the gifts we possess give us the strength - to persevere, and help us continue to move forward.

At Gilda’s Club, gratitude is abundant and evident each and every day. Individuals and families touched by cancer learn to really LIVE with the disease. A community is created, information is shared, lives are celebrated, and lasting friendships are made. It’s extraordinarily difficult when we lose a friend who has become so dear to us. But, we are grateful for the memories and the time shared together. Legacy gifts to honor the memory of a loved one – and generously support the work and the future of Gilda’s Club – are an incredible expression of gratitude and celebration of life.

Are you interested in learning more about Gilda’s Club North Texas or our free membership? If so, we invite you to come for a clubhouse tour on the third Wednesday and Thursday of every month.

Our calendar has a full listing of all Gilda’s Club events and is available on our website at www.gildasclubtx.org. You can also call us at 214.219.8877 for more information.

We wish you and yours a wonderful fall and a Happy Thanksgiving and invite you to visit the important work that is taking place at Gilda’s Club North Texas!

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Q & A's continued from page 9

hospital. Is she going to a rehab facility? How can you choose the right facility? Is she going home? Be persistent and focused on your questions. These staff members are usually working with a large number of patients so use your time wisely.

Develop some written questions that you can provide and then take notes. Being prepared will result in better help for your mother-in-law and the family.

If she is released to a rehab or skilled care facility, that facility will evaluate the level of care she needs. Her time in one of these facilities would also provide some respite or

relief for your father-in-law while other plans are being made by the family.

The cost of care in these facilities will be covered by her Medicare up to 120 days. They may recommend her staying there as a permanent placement if her health continues to decline.

Once Medicare benefits are exhausted, she or the family pays for this care using her income and assets. This is complicated so talk to someone in social services at the facility. As her Medicare and personal assets dwindle, ask someone in social services to help with the process of qualifying her for Medicaid.

Assure the father-in-law that there

is a provision that the spouse still living at home can retain monthly income and asset up to a certain amount but there are issues related to joint and individual assets. He will retain his home and a car. You can consult with the local Area Agency on Aging by calling 2-1-1 and talk to a Benefits Counselor.

It may be that by now she qualifies for hospice care. Ask the doctor about that. He has to certify/order it. Assure the family this does not mean giving up but to have access to in-home health care including palliative care for pain management and spiritual support for the family. A social worker in the hospital can help explain this to the patient and the family.

Although people are placed on hospice care when it is expected they have six months to live, many patients have lived far beyond that and they can be re-qualified.

If and when your mother-in-law returns home she would probably qualify for home health which could include medication management, assistance with bathing and changing

sheets, physical therapy, and other supports. If she is released home be sure to request that this is ordered by the physician before she leaves the hospital.

As soon as she returns home immediately contact the local Area Agency on Aging (AAA) by calling 2-1-1. In-home assessments identify needs including respite care (or relief for your father-in-law). There may be several services she and your father-in-law can receive at home. Other help including counseling and support for your father-in-law may also be available. These services are meant to be short term to provide assistance while the family makes long term plans.

There may be other services through the state available and the Area Agency on Aging can help identify those resources. Many communities also now have Aging & Disability Resource Centers (ADRC) which work closely with local AAAs to provide information about additional supports.



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Education *continued from page 10*

Caregiver Class for Families

Saturday, December 5th

9am - 3pm. Denton Regional Hospital, 6th Floor Conference Room, 3535 S. I-35E, Denton

Making Sense of Memory Loss- Part 2

Tuesday, December 8th

10am, Coppell Senior Center, 616 Coppell Rd, Coppell 75019

Professional Caregiver Class

Wednesday, December 9th

9am - 3pm. Alzheimer's Association Office, 4144 North Central Expy, Ste. 750, Dallas 75204 Cost: \$30.00 per person.

Understanding Alzheimer's Disease

Thursday, December 10th

11am, Alzheimer's Association Office, 4144 North Central Expy, Ste 750, Dallas 75204

Caregiver Class for Families

Saturday, December 12th

9am - 3pm. Alzheimer's Association

Office, 4144 North Central Expy., Ste. 750, Dallas 75204

Maintain Your Brain

Monday, December 14th

3pm. Alzheimer's Association Office, 4144 North Central Expy, Ste 750, Dallas 75204 \$5 for materials.

Caregiver Class for Families

Tuesday, December 15th

9am - 3pm. Charlton Methodist Hospital, 2nd Floor, Conf Room 7, 3500 Wheatland Rd, Dallas 75232

Caregiver Class for Families

Tuesday, January 5th

9am - 3pm. Methodist Dallas Hospital Weatherford Conference Room 1440 N. Beckley, Dallas 75203

Caregiver Class for Families

Saturday, January 9th

9am - 3pm. Alzheimer's Association Office 4144 North Central Expy., Ste. 750, Dallas 75204

Dallas Arboretum 'Rainy Day Plan'

If the rain will not go away, the Dallas Arboretum will let you come back another day! Those concerned with coming to the Dallas Arboretum, the botanic garden on White Rock Lake, when clouds appear in the sky, should fear no more. The Arboretum management has approved a 'Rainy Day Plan' guaranteeing another free entry if rain drops should occur during your next visit. The pass is valid with a fully paid admission and not to be combined with any other offers. This complimentary admission is good for three months from the original purchase date, any day from 9am to 5pm except Thanksgiving, Christmas Day and New Year's Day as the gardens are closed in observance of these holidays.

In the changing weather of North Texas, it may be raining in North Dallas but dry at White Rock Lake. Weather forecasters give predictions of what will take place somewhere in our area, but it makes a family skeptical

when making entertainment plans. This way they can take a chance, with a guarantee that they will be able to come back free of charge in admission or parking if any raindrop hits them while in the garden. "We are one of the few venues who give a 'return free of charge' guarantee for the erratic nature of weather", said Mary Brinegar, President of the Arboretum.

On your way out, stop by the ticket booth and present your receipt to pick up your complimentary pass.

Dallas Arboretum and Botanical Garden is located on the Southeastern shore of White Rock at 8525 Garland Road, Dallas, TX, 75218. The Arboretum is open daily from 9am until 5pm. General Admission is \$10 for adults, \$9 for seniors 65 and older, \$7 for children 3-12, and free for two and under. On-site parking is \$7. The Arboretum is wheelchair accessible and tram service is available for the mobility impaired. Group discounts are available with advance registration.

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or see www.alz.org

We would like to thank all of the North Texas professionals who helped us put this editorial section together for you the readers of Generations-News, The News Source for the Aging Community for without their help it would not have been possible. With a special thank you to the Dallas and North Central Texas Alzheimer's Association offices.

Diagnosing Alzheimer's Disease From the National Alzheimer's Association

Currently, there is no single diagnostic test that can detect if a person has Alzheimer's disease (AD). However, new diagnostic tools and criteria make it possible for a physician to make a positive clinical diagnosis of AD with an accuracy of 85-90%.

The diagnostic process generally takes more than one day and will involve the primary care physician and possibly other specialty physicians, such as a psychiatrist or neurologist. Here are the steps to diagnosing Alzheimer's disease:

- A complete medical history -- includes patient's current mental or physical conditions, prescription drug intake, and family history of health problems.
- A mental status evaluation -- assesses a person's sense of time and space, and his or her ability to remember, understand, talk, and do simple calculations. The person may be asked, "What year is it?" "Who is the president of the United States?" The person may also be asked to complete mental exercises, such as writing a sentence or spelling a word backwards.
- A physical examination -- includes evaluation of a person's nutritional status, blood pressure, and pulse. These tests are done to rule out other potential causes of dementia, such as cardiac, respiratory, liver, kidney, or thyroid disease, and atherosclerosis.

see Diagnosing on page 25



Gainneos Goldie, MD
Internal Medicine and Geriatrics
Parkland Health & Hospital
System Geriatric Program

By:
Sue Miller, MSN, RN, CS
Gerontological Clinical Nurse Specialist

Gainneos Goldie, MD
Internal Medicine and Geriatrics
Parkland Health & Hospital System Geriatric
Program

In today's world, we hear and tell all sorts of jokes about having "old-timers disease" or about experiencing a "senior moment." We are bombarded by advertisements for mental agility exercises and games and information regarding medications that enhance cognitive functioning.

Most of us have concerns regarding our memory from time to time throughout our adult life that can easily be attributed to fatigue, illness,

Is it Alzheimer's Disease or Another Dementia?

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medications, stress, and an "overscheduled day". We forget where we put our car keys or our check book fairly often. There is a difference, then, when we notice ongoing issues related to our own memory or that of a loved one. The worry arises when we forget why we were looking for the lost object, where we were going in the car, or why we were writing a check.

There are many causes of memory loss and it is important to share information with your medical provider. We often tend to focus on an individual's forgetfulness, but mental status is a dynamic parameter that includes many more aspects of cognitive function than just short term memory. When someone goes to their primary care provider's office with complaints of memory loss, the evaluation may take different forms but the majority of these evaluations have these common elements.

Primary Care Provider

A thorough medical history will be completed, including both recent and remote aspects of the individual's medical history. The patient and family will be asked about past surgeries, hospitalizations, accidents, chronic conditions, allergies and a current list of medications. The medication list

includes prescription, over-the-counter medications, and herbals.

The individual/family will also be questioned regarding the use of illegal drugs, past and current alcohol consumption, caffeine intake and nicotine use. Medications will be closely scrutinized for any possible drug interactions. Questions regarding medication adherence will be asked at this time: Does the person take medications as prescribed, reorder medications when needed, and are they stored safely?

Family history provides the health care professionals with the health background of the immediate family, especially in regards to significant memory loss or psychiatric illness in other relatives.

The family will be questioned as to events that have led to their present concerns regarding memory: Has the person had difficulty in driving, writing checks and paying bills, taking medications, shopping, or performing daily activities.

The physical examination of the person with memory loss will include a review of systems like any complete physical, but will concentrate more on areas of dysfunction, disability or discomfort. As part of the physical examination, there will be a review of all body systems. Laboratory tests are

performed to exclude anemia, diabetes, hypothyroidism, electrolyte imbalance, liver and renal disorder, vitamin B12 deficiency, and serological tests for venereal disease. Other laboratory tests may be obtained if the physical exam or history warrant additional tests.

A neurological examination includes testing the person's reflexes, gait and posture, sensation, and strength; observations will be made as to the presence of rigidity and tremors and of the cranial nerves and cerebellar signs.

The patient's cognitive/mental status is assessed using tests designed to evaluate orientation to self, time, place, situation, recent events, ability to calculate, recall of short- and long-term memory, naming ability, abstract reasoning, construction, planning, and executive function. Much of the mental status exam is completed with basic questions that providers are familiar with from the practice and research literature. Other aspects of the mental status exam will involve asking

see Is It on page 22

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Texas Researchers on Fast-Track to Alzheimer's Breakthroughs

Alzheimer's disease is the most common form of dementia -- and as our population ages, it translates into a major challenge for the 340,000 Texans already suffering with the disease, for the more than 750,000 family members who currently care for them, and for the nearly half a million Texans projected to develop Alzheimer by 2025.

The Alzheimer's Association estimates that caregivers in Texas now provide more than 650 million hours annually in uncompensated care for a family member with Alzheimer's disease at an estimated value of \$7.2 billion. However, the emotional and human cost is immeasurable.

Here at The University of Texas Southwestern Medical Center, we believe that research holds the key to better diagnosis, treatment and prevention of Alzheimer's. We are home to the only federally funded Alzheimer's Research Center in the state, and we are active participants in the state-funded Texas Alzheimer's Research Consortium (TARC).

As the TARC's new Scientific Coordinator and as a faculty member at UT Southwestern, I work with the state's leading Alzheimer's researchers at five major medical schools and health science centers in Texas on coordinated efforts to unlock the genetic and blood biomarker triggers linked to onset,



Robert Barber, Ph.D.

progression and, ultimately, to prevention of Alzheimer's disease. Along with Baylor College of Medicine and health science centers in Fort Worth, Lubbock and San Antonio, UT Southwestern in Dallas is currently recruiting research volunteers. Since the State provided start-up funds for the TARC in 2005, the Consortium has enrolled about 500 Alzheimer's patients and another 300 cognitively healthy adults in our research projects -- and more are needed.

As a medical professional or as a caregiver looking for resources for persons struggling with pre-dementia or more advanced cognitive decline, you should be aware of opportunities available in the Dallas-Fort Worth area through the TARC to participate in cutting-edge Alzheimer's disease research and treatment trials:

What research studies are under way?

One set of experiments seeks to identify novel genes that are related to
see Researchers on page 23

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Alzheimer's Need Not Bring Driving to an Abrupt Stop. . .

Taking the keys away from a person with Alzheimer's disease can be one of the most emotional situations a family faces.

"Driving represents independence and capability, so being asked to give it up can put the person with Alzheimer's in deep conflict with their loved ones," says Kristin Martin-Cook, clinical research coordinator and support-group facilitator of the Alzheimer's Disease Center at UT Southwestern Medical Center.

But with care, a diagnosis of Alzheimer's does not have to put a total halt on driving.

"The most important thing is to

discuss the issue soon after diagnosis, when the person can fully participate in decisions," Ms. Martin-Cook says.

Other suggestions include:

- Start with moderate restrictions – perhaps driving only during the day, or only to certain places, or only with someone else in the vehicle.
- Find other ways the patient can get around, like senior transportation services. This can maintain a sense of independence.
- Watch for physical changes that affect driving safety. These include changes in attention span, in hand-eye coordination, and in the ability to react quickly.
- Enlist your health care provider's help in talking about liability and safety. He or she can serve as the "bad guy" who's taking the keys away. This may lessen or redirect the patient's potential anger at loved ones.

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Last January, the Alzheimer's Association - North Central Texas Chapter added an art program to its already full slate of services. Alongside educational opportunities, 24-hour help line assistance, support groups, case management and more, the chapter offers Memories in the Making®, an art program that helps people with dementia express themselves creatively.

"Life is a struggle for those suffering from dementia and their families no matter what the circumstances," explains Theresa Hocker, Executive Director of the Alzheimer's Association. "Something as simple as an hour a week painting with a trained facilitator brings the joy of self-expression to those who have already lost so much."

Nationwide, some 20 chapters of the Alzheimer's Association offer Memories in the Making®, a program



developed over 20 years ago by two artists working with the Orange County Chapter of the Association. The North Central Texas Chapter hopes the program will aid communication and improve quality of life for people with dementia, many of whom are residents of area care facilities.

Twelve assisted living, nursing homes and day programs in six north central Texas counties host Memories in the Making® and more intend to offer it in the near future. "It helps bring the families together, creates opportunities for reminiscing and builds self-esteem," says Cassandra



Walker of Arden Courts Assisted Living in Arlington. Other activity directors cite reduction in agitation, positive emotional response, improved memory function and greater social engagement as benefits of the program.

Bernice, a resident at Quail Park in Granbury, is painting a Christmas tree decorated with flowers. She pauses to reminisce about her childhood on a farm in West Texas. "We didn't have paints 93 years ago," she says, "only pencils. I loved to draw with pencil. It was so much fun."

High quality watercolor paint is by far the preferred medium as it is vibrant, intuitive and yields pleasing results with the slightest physical effort. The result is often (but not always) a



By Lisa Buck, Memories in the Making Coordinator, Alzheimer's Association - North Central Texas Chapter

finished work of art that is a wholly unique expression of that person in that moment.

The paintings to emerge from Memories in the Making® are perhaps the program's most pleasant surprise. Few of the 150 artist participants in the program to date ever painted before and some struggle even to hold a brush, yet many succeed in creating enigmatic

see Art on page 30

Alzheimer's & Memory Care. . .

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Is It continued from page 18

the individual to complete brief paper and pencil exercises. Health professionals evaluate the results of these basic mental status tests in relationship to the individual's age and highest level of educational attainment, based on validated research studies with many persons.

The primary medical provider will ask for a detailed description of the behavior observed by the patient and family, and how the memory loss is impacting the ability of the person to provide daily care for him or herself. The provider will ask questions that help pinpoint when aspects of memory loss may have begun to emerge because individuals often do not notice until several concerns present. Some of the specific questions posed regarding function often include:

- Ability to manage medications
- Ability to manage checkbook and bill paying
- Change in attention to personal hygiene or nutrition
- Whether the individual has become lost in driving or walking common routes
- Change in social relationships
- Changes in behavior like irritability, withdrawal, excessive daytime pacing, nighttime wandering, losing objects, hoarding items, suspiciousness, fear or anxiety in new situations

After the primary medical provider has completed these aspects of the person's exam, a determination will be made whether to order a CT scan or MRI. The CT and MRI test cannot

usually make a definite diagnosis of dementia, but they may be used to rule out other diseases or conditions that could cause the same symptoms. Other tests/procedures may be performed for the same reason, to rule out another disease or condition and these tests may include: EEG's, Lumbar Puncture, specialized laboratory tests, SPECT, or PET Scan.

Geriatric Assessment

A multidisciplinary evaluation of cognitive changes can provide the senior and his/her loved one with diagnostic services, and treatment and resource support options. The Parkland Health & Hospital System Geriatric Clinic and the University of Texas Southwestern Medical Center, as well as several other health care facilities in the metroplex area, provide geriatric specific health services with multidisciplinary care available.

If you request an evaluation regarding symptoms of memory loss from a Geriatric Assessment Team, the patient and significant others will meet professionals representing several disciplines; each offers a specific aspect of evaluation and recommendations. This comprehensive evaluation typically takes from one to three outpatient visits to complete and may culminate in a team/patient/family conference in which all aspects of the findings and recommendations can be conveyed.

A typical geriatric assessment team is comprised of a physician or nurse practitioner, nurse, and social worker; other team members such as a dietitian,

pharmacist and/or physical therapist may be available or utilized as needed.

On most geriatric assessment teams, the primary medical provider is a physician in internal medicine or family practice, and in addition, may be a board certified geriatrician.

The primary care provider leads the team in completion of the aspects of the exam presented previously, medical and family history, physical examination, laboratory testing, neurologic and mental status exams, and diagnostics. The nurse and social worker provide additional aspects of the assessment process.

The nursing assessment will commonly focus on issues of function; what can the individual do independently, in what areas does the individual need assistance, and what current factors can be optimized to stabilize or improve function? This evaluation will include assessment of cognition/mental status, vision and hearing, gait and balance, fall risk, foot care and footwear adequacy. Subjective reports will be obtained from the patient regarding ability to

complete Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs) See Table. Actual observation of some of these living skills may be undertaken; the nurse may observe/assist as the individual walks to the restroom, undresses for a physical exam, uses assistive devices, makes change from coins provided, tells time, explains medication administration, etc.

Activities of Daily Living

- Ambulation
- Ability to transfer or move from bed to chair to toilet
- Bathing
- Using the toilet for bladder and bowel
- Dressing
- Grooming
- Feeding self

Instrumental Activities of Daily Living

- Using telephone
- Shopping
- Preparing meals
- Housekeeping

see Is It on page 24



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"How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and strong, because some day in your life you will have been all of these" - George Washington Carver

Researchers *continued from page 19* developing Alzheimer's, and at an earlier age of onset. Our researchers use a bank of DNA samples and clinical data collected from research volunteers to test their scientific assumptions about how cognitive changes surface and progress over time. We are also testing the hypothesis that patients diagnosed with Alzheimer's disease demonstrate a significantly different inflammatory profile relative to healthy controls and that inflammation is the intermediate factor that links cardiovascular disease and risk for Alzheimer's disease. These studies utilize a bank of serum and plasma proteins collected from our research volunteers. There are also ongoing efforts aimed at determining whether levels of homocysteine in the blood are associated with development and progression in Alzheimer's disease. Homocysteine is related to folic acid metabolism and is a known cardiovascular risk factor. TARC researchers are also testing the link between diabetes and Alzheimer's, since chronically high levels blood sugar and lipids in the blood are associated with

reduced cognitive performance. Finally, a major goal of the TARC is to tie all of these studies and datasets together to create a tool to diagnose Alzheimer's disease and predict rate of progression.

What is involved in volunteering for TARC Alzheimer's research?

As a participant in TARC research studies, you are eligible for a free annual clinical work-up and a \$100 stipend to defray any costs of keeping your appointment. You are also eligible for any drug trials available through Southwestern Medical Center. It is important that you repeat this examination every year. To schedule your clinical visit or to get more information, contact Kenneth (Mac) Miles, TARC Project Coordinator at UT Southwestern, at (214) 648-9338 or Kenneth.Miles@utsouthwestern.edu or Lisa Alvarez at the University of North Texas Health Science Center in Fort Worth, at (817) 735-0265 or lalvarez@hsvc.unt.edu.

With a record \$6.8 million in state funding over the next two years, the

Texas Alzheimer's Research Consortium is launching a new research focus on the impact of AD on Hispanics -- and is also enrolling persons with Mild Cognitive Impairment into TARC research studies for the first time.

What are some of the latest research developments?

TARC researchers have identified a simpler, more accurate way to measure dementia progression, which may lead to earlier Alzheimer's diagnosis and introduction of therapies to slow progression and improve quality of life. They have developed a new measure of executive functioning and are collaborating on a blood test to improve the diagnosis of Alzheimer's disease. Collaborating investigators at UT Southwestern Medical Center are conducting a number of associated studies:

- Roger Rosenberg, MD, who heads our Alzheimer's Disease Center, recently accepted the first Medal for Scientific Achievement ever awarded by the

World Federation of Neurology for his ground-breaking research into the genetics of Alzheimer's disease and the development of the DNA Abeta42 vaccine, a potential Alzheimer's therapy not yet tested in humans.

- Ramon Diaz-Arrastia, MD, PhD, an internationally recognized neurologist and expert in Alzheimer's disease as well as traumatic brain injury, is working to help identify the factors and potential therapies that promote brain health.

Alzheimer's disease presents a formidable challenge -- but the wealth of research talent in Texas, working together toward a common goal, holds the best prospect for finding important breakthroughs in our lifetime.

Dr. Barber is Assistant Professor of Psychiatry and Surgery at The University of Texas Southwestern Medical Center in Dallas. He is also Scientific Coordinator for the Texas Alzheimer's Research Consortium.

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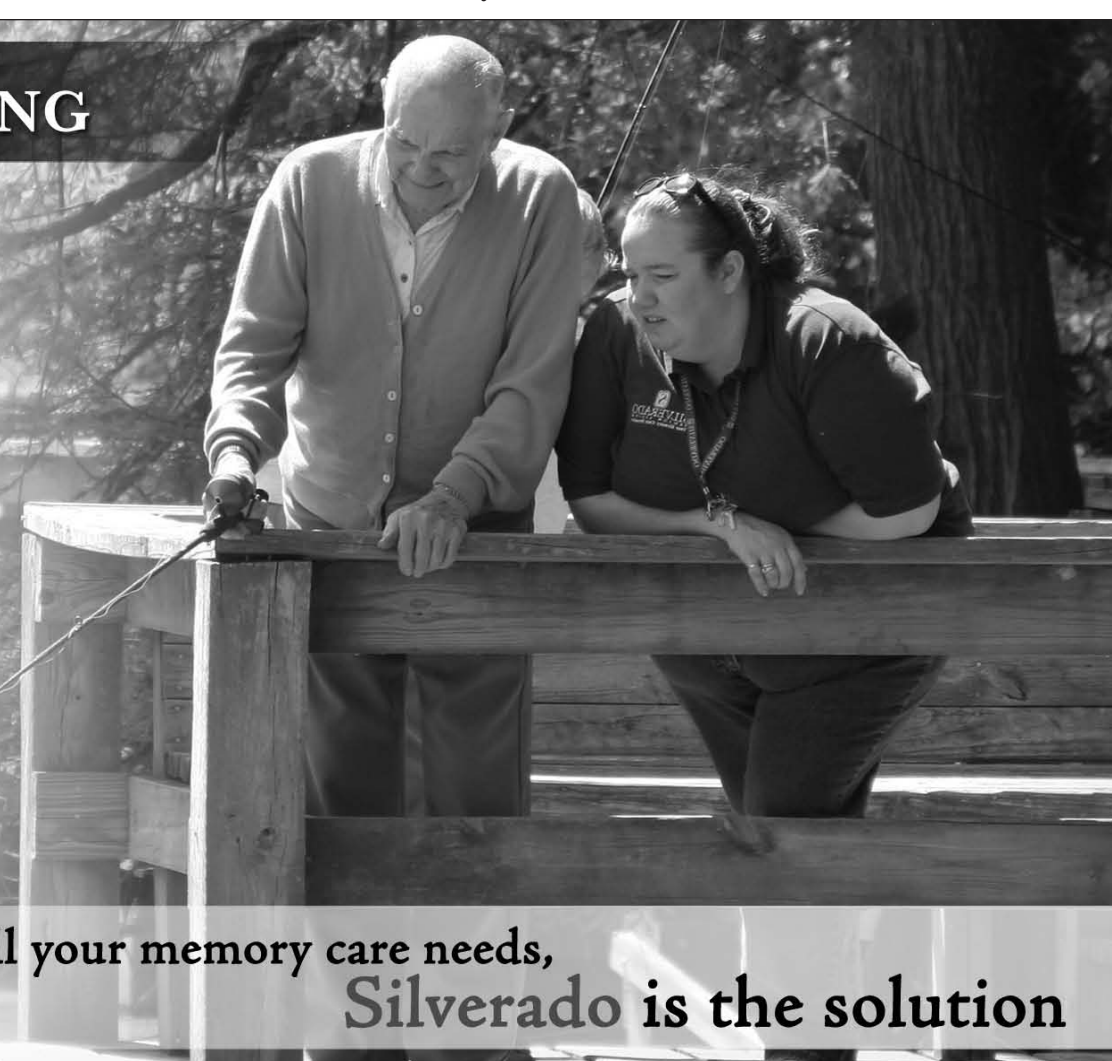
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It is continued from page 22

- Doing laundry
- Independent use of transportation
- Managing medications
- Yard work

The social work assessment will explore issues regarding the person's function within the context of the family and community. It is important to gain information regarding whether the individual lives alone or with others, whether the current situation is safe, and whether other housing options have been considered. Adequacy of income and health coverage, including ability to purchase medications is discussed.

It is determined whether legal planning has been completed and/or discussed within the family. The individual and family will be questioned as to completion of legal documents related to financial management as well as those that guide medical professionals, like the directive to physician (living will) and durable power of attorney for health care.

Support systems are evaluated, both informal support from family and friends and formal supports provided by community agencies. Family members are specifically queried regarding the person's ability to complete ADLs and IADLs (See Table) because often individuals with memory loss will overestimate their level of functional independence and safety.

Family members are also questioned regarding any specific behavioral problems that have manifested such as wandering, excessive pacing, nighttime activity,

hoarding of items, suspiciousness and paranoia, irritability, hostility, or anger, apathy or depression, shadowing of the care provider, or changes in basic personality.

Social work places special emphasis on caregiver issues; it is important to know who the primary and ancillary care providers are, what relationship the individual has with the care providers, whether the care providers receive respite or a periodic vacation from caregiving, and what is the perceived and observed level of burden from the caregiving experience.

In addition, nursing and social worker, together or separately, with the patient and family, explore the past and present activities and interests of the individual. Does the individual make regular outings outside the home? What activities does the person enjoy, initiate alone, or accomplish with success vs. frustration? It is very important to determine what meaningful and enjoyable activities the individual can pursue.

The team members will also query patient and family regarding any recent psychosocial stressors that may be impacting function, memory, or mood. The individual may have experienced significant losses due to deaths of loved ones, relocation in housing, retirement and loss of income, change in health status, change in activities or routine, or any other stressors often experienced as we age. It is common for a team member to complete a more extensive assessment for possible depression, including a brief depression scale that targets special areas of concern that support the clinical parameters for

depression.

Lastly, it is important that team members question the patient and family regarding specific items related to safety that may become a particular concern if an irreversible dementia is diagnosed. Some target safety issues include driving, wandering or becoming lost, medication management, cooking and fire prevention, safety with firearms or other hazards, ability to maintain adequate nutrition and hydration, and ability to manage personal finances.

Additional Team Members

As indicated, any primary care provider or geriatric assessment team may refer the patient and family to other professionals as needed for further specialized assessment or interventions. The professionals listed below may contribute to the diagnosis of someone with a complaint of memory loss.

Physiatrist, a specialist in rehabilitation may be consulted regarding issues with gait, balance, falls, use of extremities, problems with joints, or for rehabilitation concerns. The physiatrist may utilize a physical therapist, occupational therapist, or speech therapist to assist with rehabilitation, assistive devices, and home safety.

Dietitians assess the adequacy of a person's nutrition in relationship to the individual's age and body size. Consideration is given to daily dietary intake, special therapeutic diets and issues related to food preparation and oral/mouth status.

Geropsychiatrist is a specialist in older person's psychiatric and behavioral problems, and may be asked to consult in cases of memory loss. The geropsychiatrist will do further testing to distinguish between a dementing illness and/or depression, delirium or other mental illness. The geropsychiatrist will ask questions concerning the person's previous and present coping ability, life situations seen as a source of stress, family dynamics and, previous and present psychiatric history. They will ask about the presence of hallucinations both auditory and visual, and delusions.

The geropsychiatrist will also perform a mental status exam, similar to the one the primary care provider performs but with more emphasis on attention, planning, and abstract thinking.

Neuropsychologist may be called upon to complete an extensive battery of neuropsychological tests that can be helpful in some cases regarding diagnosis and prognosis.

see Is It on page 30



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Diagnosing *continued from page 17*

- A neurological examination -- tests the nervous system (brain and spinal cord) for evidence of other neurological disorders, such as stroke, Parkinson's disease, brain tumor, or hydrocephalus (excess fluid in the brain), that may cause dementia-like symptoms.* In this part of the exam, physicians evaluate coordination, muscle tone and strength, eye movement, speech, and sensory abilities.
- Laboratory tests - a variety of laboratory tests may be ordered to rule out other disorders that may be causing dementia. Blood and urine

tests are used to check for anemia, infections, diabetes, kidney and liver disorders, nutritional deficiencies, and abnormally high or low levels of thyroid hormone. Brain imaging techniques, such as a CT scan or MRI, may be ordered to rule out the presence of tumors, stroke, blood clots, or other factors that may be causing memory and thinking problems.

- Psychiatric, psychological, and other evaluations - designed to rule out the presence of other illnesses such as depression, which might cause symptoms similar to those seen in

AD. These evaluations test memory, reasoning, writing, vision-motor coordination, the ability to express ideas, and generally provide more in-depth information than the mental status evaluation alone.

It is important to recognize that there is no one or combination of diagnostic tests that will conclusively result in a diagnosis of AD. The tests will, however, help rule out other possible causes of the dementia-like symptoms. Once testing is completed, the diagnosing physician will review the results of the examinations, laboratory tests, and other consultations

to arrive at a diagnosis. If all test results appear to be consistent with Alzheimer's disease, the clinical diagnosis is generally "probable Alzheimer's disease," or "dementia of the Alzheimer type." If the symptoms are not typical, but no other cause is found, the diagnosis may be "possible Alzheimer's disease." A definitive diagnosis of AD can be obtained upon autopsy of the brain at death.

*Dementias are a variety of syndromes involving loss of cognitive or intellectual functioning such as thinking, remembering and reasoning, so severe that it interferes with an individual's daily functioning. Changes in personality and behavior, and motor impairment are also associated with various dementias.

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Researchers at the Institute for Exercise and Environmental Medicine at Texas Health Presbyterian Hospital Dallas are investigating the connection between exercise and brain function as people age. The goal is to find better preventions and treatments for dementia and Alzheimer's disease, the

Study Participants Needed

most common cause of dementia in the United States. Researchers are looking for subjects who are 65 years or older who have memory concerns or complaints but are generally healthy and lead sedentary lives. The project will study 72 patients with mild cognitive impairment and 30 healthy elderly subjects in the same age, sex

and education range. Thirty-six of the patients with cognitive impairment will be assigned randomly to a one year exercise program; the other 36 will be assigned to a control group performing flexibility and balance training. To learn more about participating in this study, contact Estee Brunk at 214-345-4605.

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Alzheimer's Disease and the Audacity of Hope

by **Keith Cheatham**
UT Dallas Center for BrainHealth

According to the Texas Department of State Health Services, in less than two generations 13.2 million older Americans are expected to develop Alzheimer's disease (if current trends hold and no successful preventive treatments are developed in the interim).

That is a terrifying prospect for an American society growing increasingly older by the day. The fear of an Alzheimer's diagnosis is great and is real. The disease is, according to the National Institute on Aging, is an irreversible progressive brain disease that slowly destroys memory and thinking skills, eventually destroying the ability to carry out the simplest tasks of daily living. The condition is a specter that haunts many on either side of the age of 60.

Nevertheless, the idea that life ends with an Alzheimer's diagnosis does not have to be. Just ask Audette Rackley. The UT Dallas Center for BrainHealth clinician witnessed firsthand how Alzheimer's and other dementia patients can look beyond their challenges to maintain an active life. Ms. Rackley wrote *I Can Still Laugh* along with coauthor Sophia Dembling; the book, which contains stories of inspiration and hope from individuals living with Alzheimer's, is available at amazon.com.

"So many books out there that deal

with Alzheimer's concentrate exclusively on the devastation brought by the disease," said Sandi Chapman, Ph.D., founder and chief director of the Center for BrainHealth. "But *I Can Still Laugh* is one of the very few works that shows the humanity and dignity that thrives despite the diagnosis. Each of the stories contained within its covers offers strength and inspiration."

I Can Still Laugh shares the heartfelt stories of 13 people diagnosed with dementia at relatively young ages (all before reaching the unofficial retirement age of 65). Each chapter presents the story of one courageous individual and his or her life before diagnosis, challenges during diagnosis, family and caregiver perspectives, and a lesson that emerged from the life-altering experience. For readers unfamiliar with what are often considered to be the crippling effects of Alzheimer's disease, *I Can Still Laugh* sheds a fresh new light on the true realities of the disorder. For individuals and families affected by the disease, the stories also impart an inspiring message of hope and optimism: Yes, an Alzheimer's (or related dementia) diagnosis can be an anguish-inducing pronouncement. Yes, however, hope can continue to thrive after the diagnosis has been shared by recognizing each individual's potential and promoting engagement with others.

"Hope should be the last thing to ever die," Sandi Chapman, Ph.D., founder and chief director of the Center for BrainHealth, is fond of noting. The 13 who revealed their personal struggles with Alzheimer's in *I Can*

Still Laugh learned to concentrate on their strengths, not their weaknesses, an approach they learned at the Center for BrainHealth. The Center performs cutting-edge cognitive-linguistic evaluations that assess areas of strength and weakness, providing important information into the diagnostic process, as well as assist individuals and caregivers with recommendations to enhance quality of life.

The group, dubbed the Stark Club, met regularly under Ms. Rackley's guidance to give each other encouragement and support, learned a few facts about Alzheimer's through their own experience that they wished to share with future readers of the book that would explore their stories. Hope lives was one of their greatest realizations. But they also learned (and shared) that Alzheimer's patients: should seek to maintain a sense of normalcy in their lives, no matter how difficult the process might be; should seek and accept help as early as possible, help that might be sorely needed a little further down the road; should educate as many others as possible about

opportunities within the disease; should find ways to stay truly connected; should appreciate the glories of today; and, perhaps most profoundly, should fight the unfortunate stigma attached to Alzheimer's. When most people hear "Alzheimer's disease," after all, they imagine the end stages of the condition; having someone with Alzheimer's actually express hope and optimism when discussing the disease, however, is a powerfully persuasive way to alter countervailing perceptions.

The Stark Club, named after the late Temple Stark, was first conceived by a few men who were still young and deeply involved with their careers when they were diagnosed with Alzheimer's and other dementias. Though not created as a support group in the traditional sense, the Stark Club instead was an intervention program based on research and understanding of the effects of dementia on the brain. Ms. Rackley engaged the members, helping them to focus on strengths and abilities that they still had. Their discussions and activities were forms of

see Hope on page 28

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It used to be that adult day care programs were considered to be primarily for families needing respite - a break from caregiving responsibilities - or for working family caregivers wanting to stay in the workplace. But, times have changed and so has the world of adult day services.

Now, instead of going to "day care", adults can attend "social and wellness" centers that provide a variety of therapeutic activities and programs to keep their mind and body active as well as help them function better ... longer. Although adult day services can be

beneficial to family caregivers, it is truly the program participants, those that attend these daytime programs, who derive the greatest benefits. When people with memory problems are

provided with specialized programming that creates a sense of purpose, maintains language skills and promotes wellness & independence, their quality of life is going to be enhanced. And, isn't having a good "quality of life" what is most important to all of us?

Diseases like Alzheimer's, other dementias or Parkinson's, can have a tremendous effect on peoples' day to day life. They take a physical and emotional toil on each individual, their family and friends. Memory loss, difficulty with words & language, impairment of reasoning and/ or movement disorders, can make it more than challenging to lead a life in the same way as before their diagnosis. However, it does not change one's need and desire to continue to lead an active and productive life with both dignity and respect. And, even

Individuals concerned with memory problems are being more proactive and seeking a diagnosis earlier. Physicians are explaining to them, along with their diagnosis, the benefits of attending a program for "brain therapy"

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Who Really Benefits From Adult Day Programs?

though it affects their ability to function as they once did, it does not take away their intellect or the essence of whom they really are as a person. It simply means that people just have to do things somewhat differently than they had in the past. The specially trained staff and specialized programs at an adult day center can help a person get a "life" back that is once again meaningful and fulfilling to them.

Everyone - with or without a disease - needs to feel like their life has a sense of purpose. Throughout our lifetime we all want and need to have a "role" in society and responsibilities. This is how as an adult we maintain our dignity and respect. Most of our lives we have been used to making our own plans for where we need to go and things we need to do. As people struggle to cope with memory loss they are often faced with many other devastating losses ... loss of jobs, home chores/responsibilities, and social opportunities. When the time comes that a person can no longer go to work, cook supper, manage the household, play bridge or go on a golf outing, they need something meaningful in their life to fill these voids. Some activities that can create a sense of purpose in an adult day center might include;

- Making pillows for local hospitals
- Constructing book marks for a children's library
- Working with others on mailing projects for non-profit organizations

- Arranging flowers for the dining tables
- Sharing their talents - playing the piano or guitar, singing, gardening
- Folding linen napkins, setting the table or watering plants

If anyone has ever had a word stuck on the tip of their tongue or forgot a friend's name in the middle of an introduction, they can relate to the embarrassment and frustration felt. Imagine that happening everyday! With dementia, language skills become impaired. What begins as difficulty with word finding (remembering the specific names of common things) progresses with the disease into difficulty expressing full thoughts or ideas. Because of this, people become reluctant to initiate conversations and even tend to withdraw socially. This is why it is so important for people to engage in activities, which will help maintain language skills. Some of the language activities that clients enjoy might include;

- Reading out loud or listening to poetry
- Spelling Bees
- Scrabble or Spill & Spell
- Trivia or word games
- Discussion groups

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see Benefits on page 31

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EmFinders EmSeeQ Device Provides Peace of Mind to Caregivers

Imagine, sleeping near the bedroom door of your loved one who has Alzheimer's, dementia or other cognitive impairment for fear that he/she will wake up, walk out the front door, wander and become lost.

According to the Alzheimer's Association, an estimated 5.3 million people in the U.S. have Alzheimer's disease, including 5.1 million people aged 65 and older and 200,000 individuals under age 65 who have early-onset Alzheimer's.

70% of those with Alzheimer's are likely to wander from their homes or senior care communities as the disease progresses. An Alzheimer's patient who wanders outside alone can easily become lost, confused, injured, and exposure to extreme temperatures can be fatal. If not found within a 24-hour period, up to half will suffer serious injury or death.

The EmFinders EmSeeQ device provides caregivers with peace of mind, knowing that law enforcement can quickly locate and recover their loved one should that person wander and become lost. Senior Care communities benefit because they can protect their residents and reduce their liability risks, while providing residents with maximum personal freedom.

A local company, EmFinders based in Frisco, TX, has developed an emergency location solution that is integrated nationally with current 9-1-1 systems. The EmFinders EmSeeQ is a

watch-like device without buttons or screen and is under the secure, remote control of the EmFinders operation center. When the device is activated — only law enforcement has access to the location information. The EmSeeQ device is water-resistant and is designed to be worn 24/7 by individuals with medical impairments such as Alzheimer's disease.

It's important to note that this device can only be activated at the request of the caregiver. Once activated, the device places a call and provides its location to a 911 operator via the cellular network just as a standard cell phone would. EmFinders then coordinates directly with 9-1-1 dispatchers to identify and assist in the recovery of wandering individuals.

The Solution is Fast, Accurate, reliable, Secure — and Nationwide
The EmFinders system does NOT use GPS. Instead it uses advanced triangulation through the cellular network to accurately determine a person's location, including in buildings or environments that would typically interfere with GPS locators.

reliable — The e mFinders solution works nationwide and is able to follow a moving person. Unlike GPS that can be blocked by walls, roofs and tall buildings, the EmSeeQ device provides the best chance of locating Alzheimer's wanderers indoors.

seeEmFinders on page 29

Hope continued from page 26

cognitive-communication stimulation, intended to promote engagement of their conversational and functional abilities.

"I Can Still Laugh was a way they could share their strength with others who suffered from brain disorders and the families and friends who care for them. The book is a celebration of life," the author said. She points out that the Center for BrainHealth is committed to studying the aging brain. Researchers there hope to find strategic, protective approaches to help stave off cognitive decline. In the meantime, clinicians like Ms. Rackley help people see the wealth of possibilities for leading fulfilling lives in the midst of disease. She

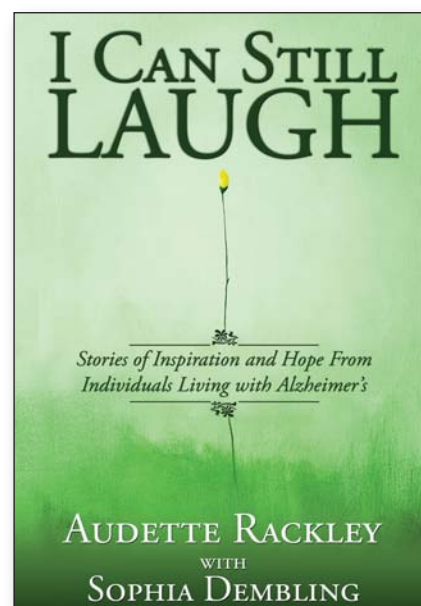
encourages patients and their families to take a proactive approach and to never let hope escape. Perhaps the seminal

achievement of I Can Still Laugh is its conclusion that Alzheimer's can coexist with hope.

"The book is truly about living with challenges. So often hope is not communicated. People lose sight of the abilities they have. It is crucial not to pull back, but to modify life, be socially engaged, and establish a support network quickly," she said.

I Can Still Laugh

chronicles the invaluable commodity of hope, regardless of circumstance and is available at www.Amazon.com for only \$13.99.



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EmFinders continued from page 28

immediate – It takes one phone call to activate the service after the wanderer has been reported missing to the police. It links directly to 911 dispatch centers, giving caregivers piece of mind during an emergency situation.

easy to Use – The EmFinders solution is affordable. The purchase of the EmSeeQ device and monthly fee are similar to a mobile phone (less than \$200 and about \$25 per month). There is no software to download and no Internet requirement. The EmSeeQ device fits comfortably, like a wrist-watch, increasing acceptance for the person with Alzheimer's disease and increasing compliance.

The EmSeeQ device has an internal battery which must be charged at least once a week. LED indicators are located on the side of the device; a green light will appear when the battery is fully charged while a red light will flash to indicate low battery level. Since the device is monitored by the EmFinders operation center, customer

service will automatically alert the caregiver via email, text messaging or phone if the battery reaches a critically low level.

The device is available now in several options — a soft, rubber like band which is latex-free, available in 8 1/2" and 9 1/2" bands. Also, a secure two-handed clasp with metal band is offered to ensure that the wearer cannot remove the device without assistance. The two-handed band can be adjusted from 6 - 10".

The EmFinders sales package includes the EmSeeQ device and everything a consumer needs to use the device — EmSeeQ device, power supply and charging stand, welcome guide with step-by-step instructions for easy setup, refrigerator magnet and wallet cards with helpful instruction to activate the device in an emergency.

To learn more or to place an order, visit www.emfinders.com or call 1-866-426-3386 Monday-Sunday, 6am to Midnight EST. For more info email: Lisa.Brodsky@emfinders.com

"Our Helpline is often the first means of contact families have with the Alzheimer's Association. They call our offices with questions about what to do or where to turn related to this terrible disease," stated Theresa Hocker, executive director of the North Central Texas Chapter. "One call to the Alzheimer's Association at 1-800-272-3900 can be the first step in helping people with Alzheimer's, their families and caregivers regain some control and confidence in their lives."

The Alzheimer's Association along with the North Central Texas Chapter provides 24/7 telephone Helpline service to assist persons with Alzheimer's disease and their caregivers with their questions or concerns related to Alzheimer's disease or caregiving issues. The telephone Helpline offers information about the disease, caregiving advice, referrals to community resources or, what is often most needed, a knowledgeable and supportive listener for those coping with the frustrations often related to caring for a person with Alzheimer's or a related condition. Through the language line translation service, the Helpline can also assist

Make the First Call 1-800-272-3900!

Spanish-speaking callers, as well as most other non-English speaking callers.

Alzheimer's is a progressive, degenerative disease that attacks the brain, causing impaired memory, thinking and behavior over a period of generally 5 to 15 years. Nationwide, about 5.3 million individuals are afflicted with this disease; over 46,000 have the disease in the 40-county service area of the North Central Texas Chapter.

Most individuals with Alzheimer's are cared for in their own home, by their own family members, though in the later stages of the disease many require placement in a care facility. As an individual progresses in the disease, the caregiving demands on family members may be overwhelming. Questions received over the chapter's Helpline might include, "My mom is standing on the front porch in her nightgown, refusing to come in...what do I do now?" or "My husband keeps getting lost driving his car, but refuses to hand

see First Call on page 31

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What if the Diagnosis is Dementia?

If, after a complete evaluation, the diagnosis of a dementia such as Alzheimer's Disease is made, all of the above professionals are able to assist with recommendations and support.

Most health care providers inform the patient of a dementia diagnosis in a very gentle, nonthreatening manner with trusted loved ones present; the patient is encouraged to participate in discussions and decision-making.

Many other important aspects of care and planning are discussed with the individual and family member:

- Basic information regarding the person's general health, sensory status, and optimization of function
- Basic information regarding the dementia diagnosis, including a discussion of the possible course of disease progression.
- Consideration on the use of medication to enhance/maintain functional status of the individual. There is no cure for Alzheimer's Disease at this time, but several medications have been approved for use with dementia. The primary care provider will evaluate and discuss the indications and contraindications to pharmacology interventions with the patient and family.
- Specific discussion regarding the recognition of acute illness in a person with a dementia
- Education regarding important aspects of care, including daily care, significance of routine and environment, and behavior management techniques
- Specific recommendations regarding any area of function involving a safety

risk, such as driving, medication, cooking, wandering, and safety in living alone.

- Discussion of anticipatory planning that include financial planning, housing and caregiver needs, and legal planning issues like advanced directives
- Education about/referral to support services and agencies in the community like the Alzheimer's Association
- Needs of the caregiver will also be addressed, including the benefits of regular respite care and support groups/counseling

The importance of the role of health care providers does not diminish after a diagnosis of dementia is made. In fact, it is particularly important after the diagnosis for persons with a dementia and their loved ones, to find and maintain relationships with supportive and trusted professionals and friends. These individuals provide ongoing assistance, education and support as new needs and concerns arise.

and poetic works of art. For people with advanced dementia who have lost so much, completing a painting brings a special sense of accomplishment.

"It makes me think about today," says Edie May of her swirling abstraction, entitled My Good Day. "Isn't it pretty? See what I made? This was the best day ever."

Edie May's painting will be included in an exhibition of work by residents of HCR Manor Care in North Richland Hills, the focus of a festive gathering for residents and their families. Other facilities, ever striving to be happier, homier places, are planning similar events.

The Alzheimer's Association also offers Memories in the Making® to people with dementia who are living at home. A group of painters and their caregivers meets every Wednesday at the Riverside Community Center in Haltom City. "Karen really looks forward to coming," says Debbie Quinn of the woman she cares for. "The painting and group interaction are really good for her. Plus, we like to get out of the house and this is something nice that we can do together." For more information about Memories in the Making, contact the North Central Texas office of the Alzheimer's Association at 817-336-4949 or visit www.alz.org/northcentraltexas.

For Support Groups Sponsored by the Alzheimer's Association in your area call:

- 1-800-272-3900 or
- Dallas 214-827-0062
- Denton 214-454-0855
- Fort Worth 817-336-4949
- North Central Texas 817-460-7001
- Texoma Area 903-813-3506 or 1-800-677-8264 ext 506

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First Call *continued from page 29*

over the keys...how can I stop him from driving?" or "She keeps accusing me of stealing ...help!" These and other issues can be now answered anytime, day or night by calling the Helpline.

The Alzheimer's Association - North Central Texas Chapter has offices in Fort Worth, Abilene, Arlington, Waco and

Wichita Falls. The mission of the North Central Texas Chapter is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. For information and assistance, please call our 24/7 Helpline at 1-800-272-3900.



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With phase one of the Green Line now open, even more holiday fun is in store, like taking our new line to the Fair Park Holiday Festival.

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214.979.1111
www.DART.org

Benefits *continued from page 27*

possible is the key to enjoying good quality of life. Family members often report that loved-ones show improved self-esteem, experience less depression, sleep better at night and engage more easily with their family when they are at home after attending adult day centers that offer a social and wellness model of care. People will almost always eat better when meals are served attractively in a nice, appropriate social setting. Exercising, dancing and walking makes anyone feel better overall and helps maintain mobility. Adult day centers provide the opportunity to socialize with peers in addition to having fun playing games like cards, Bingo, poker or Pictionary.

Today these specialized day centers are seeing an increased interest in their programs from people with early stage Alzheimer's. Individuals concerned with memory problems are being more proactive and seeking a diagnosis earlier. Physicians are explaining to them, along with their diagnosis, the benefits of attending a program for "brain therapy". Some feel like the availability of medications and benefits of keeping their mind more active helps to slow the progression of the disease. It is also one of the most common reasons that these same individuals have become interested and so actively involved in adult day centers or "social clubs", as some prefer to call them. Many come to adult day centers wanting to learn helpful memory tips and strategies and participate in cognitively stimulating activities to allow them to keep their brain alert and active. They enjoy the opportunity to

form new friendships, stay physically & mentally active, and take pleasure in the variety of interesting and meaningful activities offered.

Adult day centers can assist families in understanding dementia, coping with the challenges of caregiving and learning tips and techniques to help them with caregiving tasks and responsibilities. Staff is available to family members to make suggestions and offer guidance for specific questions and/or concerns. Some centers offer caregiver classes, educational programs, support groups, along with books, brochures and information on community agencies, organizations and resources.

These daytime programs do provide family caregivers with peace of mind and a very affordable care option. Typically the average cost of day services is about half the cost of in-home care and about one-fourth the cost of nursing home care. They enable families to maintain their jobs, give them time to run errands, visit with friends and go to medical or beauty appointments alone without worry. Some families feel like they are almost leading normal lives again.

But, there is still no question about it. When a member of a day center laughs more ... and more often ... feels like their life has been enriched, looks forward to each new day knowing they have a place to go and great things to do, wouldn't you agree that they are probably the one that benefits the most? It just goes to show that life can feel good again - for everyone!

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Helpful Resources

Alzheimers Association

Information and referral services.
Phone: 1-800-272-3900 www.alz.org

Greater Dallas Chapter

7610 Stemmons Suite 600
Dallas, TX 75247.
214-827-0062 www.alzdallas.org/

North Central Texas Chapter

101 Summit Avenue, Suite 300
Fort Worth, TX 76102. 1-800-471-4422
817-336-4949 <http://www.alz.org/north-centraltexas>

Alzheimer's Disease Education and Referral (ADEAR) Center

Phone: 1-800-438-4380. Information about Alzheimer's disease, its impact on families and healthcare providers, and research into possible causes and cures. www.alzheimers.org. Research updates; directory of National Institute on Aging Alzheimer's Disease Centers; clinical trials database; recommended reading list for caregivers; and press releases.

Texas Alzheimer's Research Consortium

Visit www.txalzresearch.org
To find out more about Consortium research opportunities, latest research news and publications, and who to contact at the five participating medical schools and health science centers for more information.

Texas Council on Alzheimer's

The Council oversees the Texas Alzheimer's Research Consortium, provides Alzheimer's news updates, and links to caregiver resources: www.dshs.state.tx.us/alzheimers/council.shtm.

MedicAlert + Safe Return

Enrolling in the Alzheimer's Association's MedicAlert + Safe Return program can provide 24-hour immediate assistance when an Alzheimer's patient wanders or has a medical emergency. There is a small charge. For more information, call toll free at 1-888-572-8566 or visit www.alz.org/safetycenter.

Legal Hotline for Texans

The Texas Legal Services Center has established a toll free telephone hotline for Medicaid-eligible persons over age 60 to receive brief legal advice and referrals. Call 1-800-622-2520 or download helpful publications on a range of legal issues at www.tlsc.org/hotline.html.

UNT Health Science Center

Scientific research and clinical trials on Alzheimer's disease and aging; patient evaluation and care through their many clinics, including a specialty Memory Clinic; and geriatric education. www.hsc.unt.edu/research/default.cfm

Alzheimer's Disease Center at UT Southwestern Medical Center

Phone: (214) 648-7444
Scientific research into the causes of Alzheimer's disease; and diagnostic evaluation of adult memory problems. Clinical research studies; patient evaluation process; newsletters; educational events; and caregiver resources.

Texas Department of State Health Services, Community Mental Health

Phone: 1-800-252-8154
Consumer services and rights protection. Community programs, services and standards; and crisis hotline numbers.

Texas Department of Aging and Disability Services / Area Agency on Aging, information and Assistance

Phone: 1-800-252-9240, Routes calls to 28 Area Agencies on Aging in Texas that provide services for persons 60 years of age and older. Services include healthcare benefits counseling; case management; nutrition services; transportation; in-home help; senior centers; and the Retired Senior Volunteer Program (RSVP). OMBUDSMAN PROGRAM Phone: 1-800-252-2412. Investigates and helps resolve nursing home complaints. Helps with choosing a nursing home



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Author to Speak at VNA Bereavement Luncheon

Thursday, November 19th

Norma Carter, author of "Without Warning," will be the featured speaker at the Thursday, November 19th bereavement luncheon hosted by the Visiting Nurse Association. Ms. Carter will speak on "Coping with the Holidays."

The luncheon is from noon to 1 p.m. at the Church of the Incarnation on 3966 McKinney Avenue in Dallas. There is no cost to attend the luncheon, but reservations are requested and can be made through November 17th by calling 214-689-2633.

VNA's bereavement luncheons offer supportive company from friendly and understanding people to individuals who have suffered the loss of a loved one.

ResCare HomeCare announced today that their ResCare HomeCare RV will be on display at Dallas County Memory Walk 2009 (Dallas Zoo, 650 SRL Thornton Freeway) on November 21st beginning at 7am. ResCare HomeCare staff will hand out coffee, bottled water and candy. Stop by to play games and a chance to win Dallas Cowboys Party Passes.

The RV showcases the latest technology designed to help the aging and/or adults with disabilities live in their homes independently and safely. The highlight of the demonstration will be ResCare HomeCare's remote

monitoring system, Rest Assured®. Combining caring people with technology, Rest Assured gives individuals access to the help they need in the comfort of their own home. It also provides loved ones the ability to check in on family members from anywhere in the world.

The RV's stop is part of a larger national tour across the United States that allows ResCare HomeCare staff to discuss customized, individualized services to enable adults to age in place as independently as possible. ResCare HomeCare offers levels of care to meet any individual's need – from just a few

ResCare HomeCare RV to stop at Dallas County Memory Walk 2009

Saturday, November 21st

hours a week to 24 hours a day.

ResCare HomeCare has three locations to serve the Dallas/Fort Worth Metroplex. For more information, please call Rhonda Vahle at 214.951.0698.

Five nationally known storytellers and spoken-word artists will make you laugh, make you think, and definitely put you into the mood for the holidays. If you love a great story, the Dallas Storytelling Guild invites you to join

them at DeSoto's Corner Theatre at 7 p.m. on Saturday, November 21st, for an evening of family-oriented stories for the holidays.

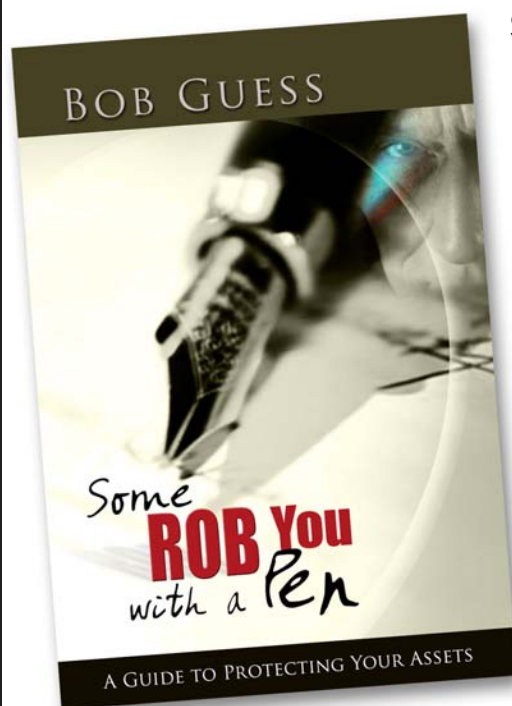
Tickets are \$7.50 for adults, and children 12 and under are \$5. To purchase advance tickets, visit the Dallas Storytelling Guild at www.DallasStorytelling.org. Tickets will also be available at the door.

This program is made possible in

Winter Jam 2009

Saturday, November 21st

part by a grant from the DeSoto Arts Commission and support of Delta Sigma Theta Sorority, Inc., Dallas Alumnae Chapter. The Corner Theatre is located in DeSoto Town Center next door to the Recreation Center at 211 E. Pleasant Run Road.



Some Rob You with a Pen: A Guide to Protecting Your Assets

by Bob Guess

Some Rob You with a Pen reveals the disinformation strategies of insurance companies, banks, brokerage firms, reverse mortgage companies, credit card companies and much more. The purpose of this book is not just to expose these strategies, but to provide you with correct information and solutions to help you "protect and preserve what you've spent a lifetime accumulating."

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Bob Guess is an author, educator and radio host of Dollars and Sense Radio on KAAM 770 AM, Sundays at 7:30 a.m.

Bob is available to speak at churches, civic organizations and corporate retirement groups, free of charge. He addresses a variety of topics concerning financial schemes targeted at senior adults. Call today for availability.

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Tri-County Democratic Women Helping Women

Saturday, November 21st

Three Democratic Women's Clubs are joining forces to present a Seminar and Fundraiser benefiting three shelters, one in each county, which serve women and children at risk from abuse at the hands of family members and others. Saturday, November 21st from 8:30am to 12:30pm at Collin College Spring Creek Campus, Plano.

The Keynote Speaker will be The Honorable Carol Kent, Texas House of Representatives, District 102. As the Chairperson of the Subcommittee on Victims' Rights and Violence Against Women, she is uniquely qualified to speak about these issues as well as about proposed legislation from the 2009 Legislature that did not get passed, and what we can expect to see in the 2011 Legislative Session.

In addition to Representative Kent, the shelters' representatives will speak about "The Signs of Abuse", "Legal Issues" and "What We Can Do To Help". The shelters benefiting will be: **Genesis Women's Shelter, Dallas County**
Hope's Door, Collin County
Friends of the Family, Denton County

Collin College Spring Creek Campus, Conference Rooms A & B, 2800 E. Spring Creek Parkway, Plano 75074. Registration fee \$10, which includes continental breakfast.

More info and online registration at www.NDDW.org.

Counselor To Speak At VNA of Collin County's Hospice Family Luncheon

Monday, November 23rd

Larry Barber, a licensed professional counselor and Director of CounselingWorks, GriefWorks, and KidWorks will speak on "Normal Versus Complicated Grief" at the Monday, November 23rd hospice family luncheon hosted by the Visiting Nurse Association of Collin County.

The luncheon is from noon to 1 p.m. at the Grand Texas Seniors Community on 2491 Country View Lane in McKinney. There is no cost to attend the luncheon, but reservations are requested and can be made by calling VNA of Collin County at 214-733-5500.

VNA's hospice family luncheons offer supportive company from friendly and understanding people to individuals who have suffered the loss of a loved one.

Garland Retired School Personnel Meeting

Tuesday, November 24th

Social hour begins at 9:30 with the meeting at 10am. The program will be brought by musician Don Shelley. The meeting is held at the First United Methodist Church located at 801 W Ave. B, 75042. For more information contact Barbara Smith, publicity chairman email: basmith55@tx.rr.com

It's That Time of Year Again! Medicare Annual Enrollment Period. . .

So that means it's time to:

- Compare Prescription Drug Plans
- Change Prescription Drug Plans
- Change Medicare Advantage Plans
- Return to Original Medicare
- Enroll in a Medicare Advantage Plan for the first time

Help is available from 9am to 3pm on: Tuesday, November 24th Thursday, December 3rd - 10th - 17th

One-on-One Counseling available through the Dallas Area Agency on Aging at Woodview Tower, 1349 Empire Central, Suite 150, Dallas, TX 75247. Call Corina Castro to set up an appointment at 214-954-4220. (Please bring a list of your prescriptions and your Medicare Card).

Counselor To Speak at VNA Bereavement Luncheon on

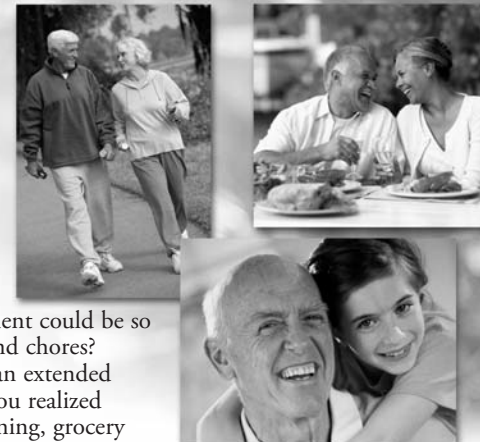
Thursday, December 3rd

Larry Barber, a licensed professional counselor and director of CounselingWorks, GriefWorks, and KidWorks, will speak on "Getting Through Special Days" at the Thursday, December 3rd bereavement luncheon hosted by the Visiting Nurse Association.

The luncheon is from noon to 1 p.m. at the Saturn Road Church of Christ on 3030 Saturn Road in Garland. There is no cost to attend the luncheon, but reservations are requested and can be made through December 1st by calling Sue Rafferty at 214-689-2922.

VNA's bereavement luncheons offer supportive company from friendly and understanding people to individuals who have suffered the loss of a loved one.

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Stages of Senior Care Book Signing

Tuesday, December 1st

From 4:30 to 6:30pm. "Stages of Senior Care" written by Paul & Lori Hogan. Dr. OZ (as seen on Oprah) exclaimed this book to be: "Informative, complete, and practical."

This book will guide family caregivers through the surprisingly complex world of senior care."

Book Release party will be held at: The Magnolia Theater, West Village, 3699 McKinney Ave., Dallas with the first 150 guest will receive a complimentary book.

For more information call: 972-239-3934 and see: www.stagesofseniorcare.com

Holiday Craft Fair

Saturday, December 5th

Plano Community Homes is hosting a Holiday Craft Fair and Quilt Raffle, on Saturday, December 5th from 11am to 2pm, in the Community Room of East Campus, at 1608 L Avenue, Plano, Texas, 75071. At 2:00 p.m. FOUR beautiful handmade quilts will be raffled. Raffle tickets will be on sale before & during the craft fair and You Need Not Be Present To Win! Contact Julie Yu, Service Coordinator, 972-312-0132 to purchase raffle tickets before the sale.

Casa Linda AARP 3880 December Meeting

Monday, December 7th at 11:30am will be our Annual Christmas Luncheon at Knights of Columbus Lodge, 10110 Shoreview Rd, Dallas. Tickets are \$10 per person. Call 214-321-1705 for more information or to purchase luncheon tickets.

Chapter meetings are the first Monday of each month, January through November at the Community Life Center at Casa Linda United Methodist Church, 1800 Barnes Bridge Rd, Dallas.

Holiday Handbell Concert

Saturday, December 5th

Ring in the holiday season with a festive concert by the Brookhaven College Handbell Ensemble.

The Handbell Ensemble and Campus Bells of Brookhaven will present their Holiday Handbell Concert Saturday, December 5th at 7:30pm in the Performance Hall at Brookhaven College.

The show will feature Christmas carols, marches, ragtime music and jazz, all performed on handbells and handchimes.

Directed by Bonnie Riddle since its inception in 1983, the ensembles boast

members of college-age through senior adult, who hail from all across Dallas-Fort Worth. Ringers perform secular, popular and original music on more than five octaves of handbells and chimes.

The Handbell Ensemble was the winner of the National Exemplary Award for Handbells/Handchimes in Music Education for the 2007-2008 school year and performs multiple concerts each semester.

Admission to the concert is free. Brookhaven College is located at 3939 Valley View Lane in Farmers Branch.

For more information, contact the Brookhaven College School of the Arts at 972-860-4730.

Life is Definitely NOT Over at 65! Spring 2010 Back-to-School Kickoff

Tuesday, December 8th from 8:30 to 11am in Fannin Performance Hall.

Life is Definitely NOT Over at 65! Engaging the "Third and Fourth Age" - Older Adults in Higher Education, Dr. Wright L. Lassiter, Jr., Chancellor, Dallas County Community College District.

The skyrocketing growth of the older adult population in the United States is forcing society to rethink this cohort's role in the nation's future. In this talk the Chancellor will remind the attendees of the four ages of our lives -

Preparation, Achievement, Fulfillment and Completion - with a focus on the ages of Fulfillment and Completion - the two ages relating to the Richland College Emeritus Program, 12800 Abrams Rd, Dallas.

This free event includes coffee, muffins, and your first opportunity to learn about and register for Spring 2010 classes and events.

Call 972-238-6972 or 972-238-6958 to reserve your space. Invite your friends to come along!

Have You Heard The Three Big Lies About Medicaid Eligibility?

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Lie #1: If you need a nursing home, Medicaid will take your home.

Truth: Not with proper planning

Lie #2: You have to give your assets away to protect them.

Truth: You don't have to give up control of your assets to protect them.

Lie #3: If you transfer assets you have to wait 60 months to qualify.

Truth: There is no such rule. You may qualify now.

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Refreshments Served

Events and Programs continued on page 47.

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Support Groups

Free listings - Fax to 972-248-5074
or email info@Generations-News.com

Alzheimer's Support Groups

The Alzheimer's Association has support groups located throughout the North Texas area. **Visit them online at www.alz.org.** For Support Groups Sponsored by the Alzheimer's Association in your area call:

Dallas 214-827-0062

Denton 214-454-0855

Fort Worth 817-336-4949

N. C. Texas 817-460-7001

Texoma Area 903-813-3506 or 1-800-677-8264 ext 506

Caregivers Support Group.

Carrollton and Farmers Branch Community. The group meets the 4th Wednesday of each month at Village Oaks at Farmers Branch, 13505 Webb Chapel Rd., from 7 – 9pm. Please call 972-241-3955.

Caregivers Support Group

3rd Tuesday of each Month. 6:30pm – 8:30pm. Plano Senior Center, 401 W. 16th Street, Plano. Call 972-941-7335.

Denton County

Caregiver Support Groups

Sponsored by SPAN and the North Texas Area Agency on Aging. For more info please call Gerry Baines at metro 940-243-8620.

Corinth- 1st & 3rd Wednesdays from 1:30 to 2:30pm at Autumn Oaks, 3440 Corinth Parkway.

Denton –

1st Monday from 2 to 3pm at Good Samaritan Village, 2500 Hinkle 1st Tuesday of the month, 12:10 – 1p.m. at Ann's Haven VNA, 216 W. Mulberry.

Lewisville-3rd Tuesday of the month, 1:30-2:30 p.m..Lewisville Estates, 800 College Pkwy

Caregiver Support Group

For those who are providing assistance for their aging parents. Meets the 2nd and 4th Monday of every month. Group meets from 7 to 9pm at the Church of the Epiphany, 421 Custer Road, Richardson (\$5 per meeting requested). For more information call 972-839-0065.

Choices -

A Caregiver Support Group

Are you the primary caregiver for your spouse, parent, adult child, or friend? Join us for fellowship and sharing, plus helpful tips and information for everyone involved. Hosted by Lisa Moore, R.N. Meets monthly at the Carrollton Senior Center, 1720 Keller Springs Rd. Carrollton. Call 972 466-4850

Caregiving Based on Biblical and Spiritual Principles

1st Tuesday of each month 6 to 7pm, DaySpring Assisted Living, 6400 Cheyenne Trail, Plano, TX. 75023 call 972-769-1109.

Caregivers Support Group

Allen/Lucas Community

This group meets the 3rd Friday of every other month - Nov, Jan, Mar, May, Jul, Sept. 7 p.m at Faith Fellowship Church 415 W. Lucas Rd Lucas Tx 75002 Facilitator Carol Johnston 972-747-1166

Young Parkinson's

Disease Support Group

Dallas

Presbyterian Hospital, Jackson Bld. Jackson Cafeteria, 8200 Walnut Hill, Dallas.

Monthly 3rd Thursday at 7pm. Jeryn Laengrich 214-345-4224.

Azle

A sharing, caring, exercise group. Meets every Wednesday at 10am. Come join with us at the Eagle Mountain United Methodist Church 721 Azle St. 75165. Call 817.221.5362

Denton

Parkinson's and Caregiver's Together (PACT). First Christian Church,1203 Fulton, Denton, TX 7620. Jean Seward (940) 566-0279 Monthly: 4th Wednesdays at 1 pm

Fort Worth

Info line 817-275-1909

Broadway Baptist Church, room301, 4th Monday, Sept thru June. Exercise class- Mon, Wed, Fri at 10:30am. Caregivers Support Group discussion: 2nd & 4th Friday at 10:30am.

Evening Parkinson's Support Group First United Methodist Church, 800 West 5th, Fort Worth, Crowell's 817-264-2605 (daytime) Semimonthly: 1st & 3rd Thursdays at 7:00 pm

Parkinson's Educational meeting 4th Monday at 1:30 p.m. 817-275-1909.

Greenville

Presbyterian Hospital of Greenville, Professional Building, 2nd Floor, Rory Stroud. (903) 408-1615. Monthly: 2nd Thursday at 6 pm

Irving

North Texas Support Group

David Henry Jr.

7 Wentworth Ct.

Trophy Club, TX 76262

cheve11e@sbcglobal.net

<http://www.ataxia.org/chapters/NorthTexas/default.aspx>

Lewisville

Meets the 1st Monday of every month at 1:30 at the Lewisville Senior Center to talk over issues and solutions and features guest speakers. The meeting is held at 1950 S. Valley Pkwy in Lewisville. Please call 972-219-5050 for more information or see our web site at www.cityoflewisville.com.

Sherman

Texoma Room, TCOG Building, 1117 Gallagher Dr., Judy Troxtell 903-813-3575.

Tyler

East Texas Medical Center Pavillion, 801 Clinic Dr. Monthly 4th Thursday at 2pm (except Nov & Dec meets 3rd Thursday). Bud Wolf 903-561-3939.

Support Groups

Parkinson's Information & Referral Center

Call 214-345-4224 or email: jerynlaengrich@texashealth.org

Diabetes Support Group

Meets the 3rd. Monday of every other month at The Diabetes Center at Doctors Hospital. The support group is for people and family members with diabetes from 6 to 8pm. Doctors Professional Bld. #2, 9323 Garland Rd., suite 101. For more information call 214-324-9290.

Diabetes Support Group

Meets the 2nd Monday of the month at 7pm in the Media Room at Evergreen at Hulen Bend, 6301 Granbury Cut-Off, Fort Worth 76132. For more information or meeting topics call 817-294-7944 or 817-292-2319

Diabetes Education

1st Tuesday of each month at 6:30 to 7:30pm at 1977 N. Collins, Richardson Cancer Survivor work shop. Call 972-498-7610 to register.

Diabetes Peer Support Group

meets the 2nd Tuesday each month, 7PM, Mesquite Community Hospital, Maternity Classroom, contact is Wanda Vigil, 972-681-0298.

Diabetes Support Group

Meets the 3rd Monday of each month at 1pm at the Geriatric Wellness Center of Collin County who hosts a Diabetic Support Group at the Plano Senior Center. Please call 972-941-7335 for more information.

Diabetes Support Group

Meets the 2nd Thursday of each month from 1 to 2pm at the Senior Activities Center located at 421 Church Stree in Grapevine. For more information 817-410-8130.

Stroke Support Group

South Central Dallas County Stroke Survivors and Caregivers group meets from 4 to 5pm on the 3rd Thursday of each month at the Charlton Methodist Hospital. For more information call Mervin Walters at 972-223-3923.

Stroke Support Group

The meetings are held in the Acute Rehabilitation Unit of Harris Methodist HEB Hospital from 4 to 5pm. Attached is the meeting list for the remainder of the year. For more information contact Sharon Peterson, 817-355-8151. Harris Methodist H•E•B Hospital is located south of Highway 183 at the Highway 121 merge. 1600 Hospital Parkway, Bedford, TX 76022.

Survivors of Suicide.

Tuesday of each month from 7 to 8:30pm. A free support group for those left behind after someone kills themselves. Meeting held at 3136 West 4th St. Fort Worth, 76107. Call 817-335-54905 for more information.

Support Groups

Ostomy Association

Dallas

The Ostomy Association of Dallas meets on the 3rd Tues. of each month (except Dec.) at 7pm in the SE Conference Room at Presbyterian Hospital, 8200 Walnut Hill Lane, Dallas, TX. Bring parking ticket for validation for free parking at the meetings.

Plano

The Plano Ostomy Support Group meets on the 2nd Tues of each month at 12noon at Medical Center of Plano in Professional Bldg. 3 room 170. Professional Bldg. 3 is located at the NW corner of Coit and 15th streets in Plano.

The Leukemia & Lymphoma Society, Blood Cancer Family Support Groups

The North Texas Chapter offers free support groups led by healthcare and oncology professionals. They are open to patients, family members, and friends and they all meet in the evening. Call Pam if you are interested at 972-354-8303.

North Texas Support Group

1st Monday of each month,6:30 to 8pm at North Central Medical Center, room 3 & 4, 4500 Medical Center Dr., McKinney 75069. Call 972-547-8057.

Fort Worth Support Group

2nd Thursday of each month 5:30 to 7pm in the Cancer Care Services Building, main floor 623 S. Henderson, Fort Worth 76104. Call 817-921-0653

Dallas Networking Group

3rd Thursday of the month at 11:30 to 1pm, Gilda's Club of North Texas, 2710 Oaklawn, Dallas 75219 Call 214-219-8877.

SW Dallas Support Group

4th Thursday of each month 4:30 to 6pm. Texas Cancer Center, 2nd floor, 3555 West Wheatland Road, Duncanville, 75237. Call 972-354-8303

Dallas Support Group

4th Wednesday of each month, 7 to 8:30 p.m. Texas Oncology at Medical City Dallas, Community Room 4th floor 7777 Forest Lane, Building D, Suite 400, Dallas, 75230 For more info call 972-354-8303

Patient & Family Support Groups for Persons With. Leukemia, Lymphoma, Myeioma1 & Hodgkin's Disease

Sponsored by CCS, Leukemia and Lymphoma Society, and American Cancer Society 3rd Tuesday of Each Month 7 to 8:30pm at 605 West Magnolia, Fort Worth 76104. Call 817- 921-0653 for more information.

North Texas Myeloma Support Group

Our mission is to create and share hope with Multiple Myeloma patients, caregivers, family and friends through education, support, and our personal experiences. Meets on the 2nd Saturday of the month from 10am to 1pm in the Truett Building of Baylor University Medical on Gaston Avenue. Parking is across the street. Contact Peter or Lucy Tischler at 972-504-6307 for information.

Support Groups

Heart Support Ministry

Third Thursday of each month at 7pm. Meetings will be conducted under the guidelines of the American Heart Association. for anyone who wants information on heart disease, wants to learn the warning signs of a heart attack or needs support for themselves or a family member that has had a heart attack. For more information, please contact Danny Boone at 972-548-7606 or email him at robboone@att.net. First Baptist Church of Allen, 201 E McDermott Dr.

Cancer Support Ministry

First Baptist Church of Allen meets the third Thursday of each month at 7pm in Room A207. Please contact Tom Hawes at 972 727-2462 or James Craver at 972 727-8241. 201 E McDermott Dr.

Weatherford Dialogue

Cancer Support Group

For patients, family members and friends with any cancer related diagnosis. Meeting is every 4th Thursday of every month at the Weatherford Regional Medical Center, Classroom 2, 713 East Anderson Street Contact person: Valerie@ 817-838-4863.

Weatherford Breast

Cancer Support Group

For women who have been diagnosed with breast cancer. Meeting is 2nd Monday of every month at the Weatherford Public Library, 1014 Charles Street, Weatherford, 6 to 7:30pm, Community Room A. Contact person: Valerie @ 817-838-4863

Cancer Support Group Dialogue

Open to all cancer patients / survivors and their family members. Our meetings are set in a casual atmosphere with featured speakers and topics each month. Meets the 2nd Tuesday each month at Patient's Comprehensive Cancer Center at 6:30pm. Meals are provided at the meetings. 4352 N. Josey Lane, Carrollton. For more info call 972-395-1010.

Cancer Friendship and Support Meeting

The Fort Worth Ovarian and All Gynecological Cancers Friendship and Support Group will meet for dinner the 2nd Wednesday of each month at 6pm. Ovarian cancer survivors are invited to come and meet with other ovarian cancer survivors for dinner, to share experiences and support each other. We do have an ACS sponsor. For information on the current month's location contact Liz at 817-478-5812 or Dianne at 817-244-4991.

S.P.O.H.N.C.

(Support for people with oral, head and neck cancer)

For the meeting location and times please call Dan Stack at 972-373-9599 or 214-497-5868.

Support Groups	Support Groups	Support Groups	Support Groups	Support Groups
<p>Breast Cancer Support Group Open to all breast cancer patients/survivors, their spouses and caregivers. Meetings will be led by an American Cancer Survivor facilitator. Meets the 3rd Thursday of each month at Patient's Comprehensive Cancer Center at 6:30pm.</p> <p>Breast Cancer Support Group 1st & 3rd Tuesday of each month at 7:30-9:30 p.m. at 1977 N. Collins, Richardson. Cancer Survivor work shop- 8 week series that meets Thursdays. Call 972-498-7610 for to register.</p> <p>Breast Cancer Support Group 4th Monday of each month from 7 to 9pm in the Medical Arts Building, classroom 3. All women diagnosed with breast cancer are encouraged to attend. A registered Nurse facilitates the group and guest speakers are provided on related topics. 475 Elm St., Lewisville. Call 972-420-1036.</p> <p>Lumpectomy Support Group For breast lumpectomy cancer patients only. Meeting is 2nd Thursday of every month at Texas Oncology, 1450 8th Avenue, Fort Worth. 6 to 7:30pm in Conference room #1 Contact person: Valerie @ 817-838-4863</p> <p>Grief Share Support Group Open to all who have lost a family member to cancer. Very caring and supportive environment that assists with the healing process. Meets the 3rd Wednesday of each month at Patient's Comprehensive Cancer Center at 12pm.</p> <p>The Dallas-Fort Worth National Ovarian Cancer Coalition Monthly member workshops. 9 to 11am first Saturday of every month at Baylor Medical Center in Grapevine. We meet in "The Vine Annex" to get updated on the latest news regarding ovarian cancer, clinical trials, the NOCC and more. For information contact Dianne at 817-244-4991.</p> <p>Brain Tumor Support Group For patients, family & friends. Meeting is 3rd Thursday of every month at Texas Oncology, 1450 8th Avenue, Fort Worth. 6:30 to 8pm in Conference room #1 Sponsored by the National Brain Tumor Foundation. Contact person: Valerie @ 817-838-4863</p> <p>Grey Matters of North Texas - Brain Tumor Support Group Meets the 2nd Tue. of each month at 7pm, Plano HealthSouth Rehabilitation Hospital 2800 W. 15th St. Plano. Dedicated to providing emotional and logistical support to brain tumor survivors and their families. For more info greymattersnorthtexas@yahoo.com & 972-867-3431.</p>	<p>Amputee Support Group Dallas - 2nd Tuesday at 6pm at various restaurants. For location contact 972-470-0505 or ellen@dallasamputeenetwork.org. Dallas Amputee Network, 1303 Green Meadow Richardson 75081. www.dallasamputeenetwork.org Fort Worth - 4th Tuesday at Harris Methodist Fort Worth in the Education Center, 1301 Pennsylvania Ave 76104. from 6:30pm - 8:00pm. This is free, refreshments are provided and there is usually a guest speaker. Call Peggy Ehrlich at 817-882-2029.</p> <p>DFW Psoriasis and Psoriatic Arthritis Support Group Arlington Meeting: Arlington Center for Dermatology First Thursday of each month in Conference Rm. #100-A. from 6:30 to 8:30pm, 711 E. Lamar Blvd. Arlington, TX 76011 Lewisville Meeting: Second Wednesday of each month at Medical Center of Lewisville Medical Arts Building - Classroom #3 from 7 to 9pm, at: Corner of West Main Street and Edna Street, Lewisville, TX 75057 For More Information Contact: David Bruce, Group Leader at 972-539-9475 or visit the group's Web site at http://www.dfwpsoriasis.org/.</p> <p>Hard of Hearing & Late-Deafened Monthly meetings with different topics each month to help hard of hearing people, their family and friends learn to live with hearing loss. Free of charge. Contact Esther Kelly for more info at 214-521-0407 V/TTY. 1st Thursday at 9:30am. Texas Council of Governments, 2nd floor, Sherman 903-813-3559.</p> <p>(SHHH) Self Help For Hard of Hearing People Meet the 3rd Thursday of each month at 7pm. Richardson Regional Medical Plaza, Campbell Road @ Canyon Creek. People with hearing loss their family and friends meet to learn ways to live with hearing loss. All meetings have captioning on a TV so that people can read what is being said. For more information contact Esther Kelly 214-521-0407.</p> <p>SAC Support Groups Meeting are from 10 to 11am., 1441 N. Beckley Ave., Dallas 75203. For more information call 214-947-4628. Chronic Pain Support Group, 2nd Mon of each month. Osteoporosis Support Group, 3rd Tue of each month Diabetes Workshop, 4th Wed of each month Free Prostate (PSA) Test, 2nd Thurs of each month 9 to 11am. Senior Access, Methodist Health System, 1441 N. Beckley, Dallas, 214-947-4628.</p>	<p>Osteoporosis Support Group Do you suffer from osteoporosis or care about someone who does? The National Osteoporosis Foundation North Dallas Support Group holds monthly meetings at the Richardson Regional Medical Plaza 1 to discuss the issues that face people living with osteoporosis. Come learn from others who have the disease and share your experiences. For more information, please call Rita, 972-241-7542 or Jennie, 972-965-1467.</p> <p>Grieving & Growing Grief and Loss Support Group Open to anyone that is experiencing a loss through death and is needing help and support going through the grief process. Meeting the 2nd. Thursday of each month from 7:30pm to 9pm at the Medical Center of Lewisville, Medical Arts Building, classroom 3, 475 Elm St. Call 972-420-1036 for more info.</p> <p>Grief Recovery Support Group Meets the 3rd Tuesday of each month. Richland Hills Church of Christ, 6300 NE Loop 820, North Richland Hills, TX at 7pm in room 205. We meet at Wendy's at Rufe Snow and 820 at 5:45 P.M. to eat before class. Please call Melissa at 817-281-0773 for more info.</p> <p>Remembering Mom Grief Support Services Providing psychological and spiritual support services to women who have experienced motherloss. This support coupled with professional guidance offers women the opportunity to move through their grief more gracefully and intentionally. Support groups are offered four times per year on a monthly basis. Participants attend three times and are encouraged to attend the annual grief seminar as well. If you are interested in the possibility of participating in one of the groups, please contact Dr. Alex Burmeister at 214-378-7260.</p> <p>Widowed Persons Service Dallas & Tarrant Counties Grief support for anyone who has been widowed, any age, men or women. No fee, Please call the WPS at 214-358-4155 or 817-551-2922 for general information or additional activities. All widowed persons are invited.</p> <p>Lewisville WIDOWED PERSONS SERVICE Lewisville WPS invites you to a lift up chapter in your life. You receive grievance support for losing your spouse. The group meets Saturday mornings at the Golden Corral at Main Street and I-35E at about 8:45; Discounted breakfast is available, a very short program, and a lot of gab, if desired. Also, a 4th-Tuesday night meeting at Solerno's in Flower Mound at about 6:20 expands the community. Many WPS participants also take in the first Friday dance at the Lewisville Senior Center at 7pm. For further information, please call Sally Greer at metro 940-321-5000.</p>	<p>National Federation Of The Blind Meetings held every month on the third Saturday from 2:00pm to 4pm at the Fox Run Estates Retirement Residence, 2315 Little Road, Arlington 76016</p> <p>Low Vision Group for Seniors Plano Senior Center, 401 W 16th, Plano, Texas, meets the 4th Thursday each month from 10am- 11:30am, call 972-941-7335</p> <p>Prevent Blindness Texas-Ft. Worth Branch hosts Arlington Low Vision Support Group Meetings held on the fourth Wednesday every other month from 11am to 12noon at the Hugh Smith Recreational Center, 1815 New York Ave. Arlington 76010. For more information call 817-332-8125.</p> <p>ALS Association, North Texas Offers two monthly support groups for patients, families and caregivers as well as anyone wanting to learn more about ALS. For more information, please contact Renee Lowery at 972.714.0088. Ft. Worth ALS Support Group 1st Monday of every month 7:00pm - 8:00pm Ridgelea Presbyterian Church 6201 Camp Bowie Blvd, Room 112 Ft. worth, TX 76116 Plano ALS Support Group 1st Thursday of each month 7:00pm - 8:00pm Grace Presbyterian Church 4300 W Park Plano, TX 75093</p> <p>Lupus Support Groups The purpose of the support groups are to encourage lupus patients and their families and friends in dealing with this chronic and baffling illness. If your area support group is not listed or you are interested in starting a support group in your area, please contact us at info@lupus-northexas.org or call 817-246-2639. Dallas meets the second Saturday of each month from 11am to 12:30pm at the Spring Valley United Methodist Church, 7700 Spring Valley Road, Dallas, TX 75240. For more information contact Tessie at 469-374-0590 at or info@lupus-northexas.org. Fort Worth meets the third Saturday of each month from 11am to 12:30pm at the Harris Methodist Fort Worth Education Center, Conference Room #3. For more information contact Janice at (817) 354-1756 or Marilyn at (817) 246-2639. McKinney meets the first Saturday of each month from 11am to 12:30pm at the Medical Center of McKinney Wysong Campus, 120 S Central Expressway, McKinney, TX 75070. For more information contact Stephanie at 972-345-4824 or email info@lupus-northexas.org.</p>	<p>Mended Hearts A support group for heart patients and their families. Monthly meetings, alternating between Presbyterian and Medical City Hospitals of Dallas. For meeting times and directions, please call 972-385-0772 or 214-350-2014. www.mendedheartstx.org</p> <p>Grandparents Raising Grandchildren Support Groups Dallas County KinCare Network The Dallas County KinCare Network offers support groups through libraries in the Dallas area. For more information call (214) 670-6446. Audelia Branch Library- 10045 Audelia Road, Dallas Meets on the 1st Thursday of each month, 11:30am-12:30pm Contact: 214-670-6446 Pleasant Grove Branch 1125 S. Buckner, Dallas, 75217 Meets on the 1st Wednesday of each month, 11:30am-12:30pm Contact: 214-670-0965 La Voz del Anciano (bi-lingual) 3316 Sylvan, Dallas, 75212 Meets on the 3rd Thursday of each month, 10:00am Contact: 214-741-5700.</p> <p>Grandparents Resource Group A support group for Grandparents who are the primary caregivers for their grandchildren. Our meetings are held monthly at the Urban League of Greater Dallas located at 4315 S. Lancaster Rd in Dallas. For more information contact Jill Payne at (214) 915-4609.</p> <p>L.I.F.T. (Living Information For Today) Monthly Luncheon Schedule All widowed persons are invited to this social event. Lunch is complimentary on your first visit. Speakers and door prizes change monthly. Luncheons begin at 11:30 a.m. Not a sales program. 2nd Tuesday - East Dallas Red Lobster / Sponsored by Grove Hill Funeral Home and Cemetery and Sparkman Crane Funeral Home. RSVP 214-388-8887 2nd Wednesday - Dallas Royal Oaks Country Club / Sponsored by Sparkman-Hillcrest Funeral Home and Cemetery and Sparkman-Richardson Funeral Home. RSVP 214-363-5401 2nd Thursday - East Fort Worth Logan's Roadhouse – NE Mall Sponsored by Shannon-Rufe Snow Funeral Chapel and Shannon-Rose Hill Funeral Chapel and Cemetery. RSVP 817-514-9100 3rd Tuesday - North Arlington Black Eyed Pea / Sponsored by Bean-Massey Burge-Funeral Home and Moore Funeral Homes and Cemetery. RSVP 972-263-7200 3rd Thursday - Plano Texas land & Cattle / Sponsored by Ted Dickey Funeral Home and Sparkman-Dickey Funeral Home. RSVP 972-424-4511</p>

Volunteers Needed

Free listings - Fax to 972-248-5074
or email info@Generations-News.com

VNA Meals on Wheels

The Visiting Nurse Association needs volunteer drivers to deliver meals to homebound elderly, sick and disabled residents in Dallas County a few days a week between 9:30 and 12:30am. A friendly face and kind words provide more than just a meal. Delivery locations are available close to your home. Call 214-689-2639 for more information.

Collin County Meals on Wheels

Collin County Committee on aging is a non profit organization dedicated to serving the Seniors of Collin County. We need volunteers for 'Meals on Wheels', where we deliver almost 500 meals a day between 11am and 1pm. We also need volunteers for our 'Silver Threads' resale shop in McKinney to price and stock the store. For more information please contact Lara Kitchens at 972-562-6996 x125.

Meals On Wheels, Inc. of Tarrant County

Needs volunteers to deliver meals to homebound residents. Help deliver meals one noontime a week, Monday through Friday in your neighborhood. Meal delivery starts between 10:30 & 11:30am and takes approximately one hour. Volunteers provide their own transportation. Call 817-336-0912, for more information.

American Cancer Society

Has a need of volunteer drivers in Dallas, Collin, Tarrant and Denton Counties. Drivers are needed to take cancer patients to and from their treatments. Anyone over the age of 21 with a valid Texas driver's license, a dependable car with auto insurance coverage and a safe, good driving record is welcome to be part of "Road to Recovery." Drivers are provided training and can volunteer as little or as often as they are able. For more information please call the ACS in Dallas at 214-819-1200 or in Fort Worth at 817-737-9990.

Alzheimer's Volunteers Needed

The Courtyard at Christian Care Center, is looking for volunteers to visit with persons who have Alzheimer's Disease and related dementias. We are looking for people who are low-keyed, not rushed, and yet do not have to spend a lot of time with any one person. Please call Carol Hall at 972-698-2626.

Christian Community Action

(CCA) was founded in 1973 and provides a wide range of services to those experiencing crisis in their lives. This assistance includes meeting immediate financial, food, health and housing needs, as well as career counseling and training. Volunteers may work with families in transition, provide training on finances or computer skills, and teach ESL classes. For more info please contact Volunteer Coordinator at 972-219-4341.

LIFT

(Literacy Instruction For Texas)

Want to make a real difference in people's lives? Teach them to read. A non-profit agency providing free reading classes for adults since 1961. We serve over 2,000 students a year when we have enough volunteers. All teachers are volunteers. No teaching experience is needed; free training provided. "Come observe a class. Morning and evening opportunities; 2 hours per week. Locations throughout the Metroplex. Please help. Please call: 214-824-2000 x237.

Goodwill Industries of Dallas

Goodwill's mission is to provide job training, employment and personal growth opportunities for people with disabilities and other barriers to employment, such as welfare dependency, illiteracy and homelessness. We need volunteers to work in our stores and at our main facility (3020 N. Westmoreland Rd.). We have opportunities for individuals and groups including sorting and pricing merchandise, painting, gardening, maintenance and clerical projects. Please contact Katie Althoff at 214-638-2800 ext 242.

Texoma Guardianship Program

Is looking for a few special people. If you have an extra hour per week, have the ability to work with people of all ages and from all walks of life, and have genuine compassion towards people who are unable to make decisions for themselves anymore, please call Donna Baugh at 903-813-3503. Training and support will be provided by program staff.

Denton County

MHMR Needs Volunteers

Denton County MHMR seeks caring volunteers to visit hospital patients with mental retardation. Also daily at DCMHMR locations for data entry, office assistance, peer volunteering and special event or fundraising assistance. Orientation and training is provided. Contact LaDawn Hale for more info at 940-565-5210.

Volunteer Guardians

You can make a difference! Assist guardianship staff by visiting and monitoring the care of incapacitated older adults. Your involvement helps prevent abuse, neglect and exploitation of an extremely vulnerable segment of our population. With the increasing aging population, we have a great need throughout Dallas and Tarrant regions. Call 8 1 7 - 9 2 1 - 0 4 9 9 (www.guardianshipservices.org) for more information in Tarrant County and in Dallas County contact 214-823-5700 (www.theseniorsource.org) Training and on-going support is provided by program staff.

Catholic Charities of Dallas

Needs volunteers to assist in different capacities. Contact Natalie Eckberg at (214) 520-6590, ext. 122.

Volunteers

Twin Creeks Hospital, (Allen, TX), specializing in Inpatient Physical Medicine and Rehabilitation, is in need of dedicated individuals to staff our recently formed Volunteer Services program. Involvement would include visiting/writing/reading with and for patients, patient transport to therapy, delivering books, games, flowers; assisting with general administrative duties, patient activities, and conducting patient surveys. Please see www.twincreekhosp.com for additional information and the volunteer application. Volunteer Services Coordinator, Linda Richardson can be reached via email: lrichardson@twincreekhosp.com.

"Off Our Rockers" Volunteers Tutor Elementary Students

Grant a child's wish to learn by joining volunteers 50 and older as they tutor K-3rd graders in reading and math. A volunteer typically works with the student for one hour a week, although flexible scheduling may be available based on needs of the school and the student. This program produces proven results - 99% of students matched with Off Our Rockers volunteers had an increase in positive attitudes toward learning in school, while 81% demonstrated improvement in academic skills, including reading, writing and verbal skills, as well as attention span. To sign up or get more details call in Dallas area 214-823-5700 or 1-800-252-9240 elsewhere in Texas.

The Long Term Care Ombudsman Program

Is seeking volunteers to advocate for residents in nursing homes and assisted living facilities. State Ombudsman Certification Training (36 hours) is free. Volunteers make a one year commitment and are assigned to a home where they visit the resident at least weekly. Services provided include providing information to help families select a nursing home or assisted living facility and assisting residents and families in resolving complaints. For more information or an application call: Tarrant County 817-335-5405 / Dallas County 214-823-5700 / North Central Texas Area Agency on Aging at 940-591-1969 or 1-800-272-3921.

RSVP (Retired and Senior Volunteer Program)

Serving North Texas is recruiting adults 55 and older to serve in non-profit agencies. Volunteers can choose from a variety of volunteer opportunities including public schools, local hospitals, public safety departments and government agencies. As an RSVP volunteer, you can make a difference in your community, attend recognition events, and have free supplemental accident and liability insurance coverage while engaged in volunteer service. For more information, call 1-800-252-9240.

Vision Screening

Prevent Blindness Texas Fort Worth and Dallas branches. Help conduct vision screenings for children and vision and glaucoma screenings for adults in the community. You can really make a difference in someone's quality of life by helping to save their sight! Call 817-332-8125 or 214-528-5521.

Volunteers

The EarthKeepers® Docents at Texas Discovery Gardens

To assist the staff educator with tours, crafts, experiments and other hands-on activities. Volunteer opportunities include school programs, scout groups, birthday parties, and outreach. We teach more than 6,000 DISD students each year, and we rely on our EarthKeepers® docents to help spread the word about butterflies, bugs and botany. Contact the Volunteer Manager at Volunteers@TexasDiscoveryGardens.org or 214-428-7476 x24.

CONTACT Crisis Line

Is looking for caring, sensitive and committed volunteers willing to share their time and abilities to help others by providing 24-hour telephone crisis intervention, services, emergency aid, and information and referrals to callers in need. Volunteer training is provided. Please contact Thomas Hutter at 972-233-0866, ext 311 or email thutter@contactcrisisline.org, for more information about this great opportunity to improve your life and help our community.

Seniors Needing Help After Hospital Discharge

The Geriatric Wellness Center of Collin County seeks volunteers to assist older adults after discharge from North Central Medical Center in McKinney, Texas. The volunteer would provide transportation and other practical, non medical support two to four hours per week for six to eight weeks during the senior's recovery. Volunteer training provided. Please call Elizabeth Kent, LMSW at 972-941-7335 for more information.

Early Riser Volunteers

Baylor Medical Center at Irving is looking for volunteers for the Early Risers group to assist in the day surgery room Monday through Friday from 6am to 10am. Volunteer duties include, welcoming arriving patients and guiding them to the day surgery nursing desk and assisting waiting visitors and family members. Call Sally Wilson at 972-579-8149 for more information.

Metrocrest Area

Senior Adult Services is a nonprofit agency established by the people of Addison, Carrollton, Coppell, and Farmers Branch to ensure that older residents receive the support needed to maintain independence and quality of life. Volunteers are needed for mobile meals delivery, information and referral specialists, case management assistants, and friendly visitors or tel-a-friends call 972-242-4464

Volunteers

Court Visitors Needed for Dallas County

The Probate Courts of Dallas County are looking for mature volunteers to be trained as Court Visitors. They will contact guardians and visit wards to obtain current information and verify that the ward is receiving good care. This assists the courts to make recommendations or orders for improvement, if necessary. Mileage for the visits is reimbursed and parking is provided at the Records Building. For more information contact Garnett Grevelle at 214-653-7316.

RHD Memorial Medical Center

Auxiliary Volunteers is looking for a few good people to help themselves help others. Four hours a week, training, uniform free lunch and other benefits provided. Call Mr. Kim Harris at 972-888-7137 for application and more information.

English Learning Project

Is looking for volunteers to teach English to adults two mornings a week during the school year. Sept. to May. You may team-teach or teach a class of your own. Training is available. There is no need to know another language. Make a difference in a family's life. Parents learning English can communicate with their child's teacher and can help with homework thereby increasing the chance the child will stay in school. Workers perform better at work when they understand the boss better. For more information, please call Louise Smith at 214-358-1361.

Methodist Medical Center and Charlton Methodist Hospital

Make a difference helping patients or visitors with just a few hours of your time. For more information Methodist Medical Center (Beckley Avenue at Colorado Boulevard) call 214-947-2975 or at Charlton Methodist Hospital (Wheatland Road at Hwy 67) call 214-947-7676.

Texas City View Care Center

We are looking for volunteers in the social service dept. at a nursing home and rehab facility. Responsibilities include: alphabetizing, filing, typing, mail-outs and assist with patients meals. Please fax your personal info and daytime phone number to 817-423-4788. No phone calls please.

Northeast Tarrant County Mid-Cities Care Corps

We are looking for volunteers to provide dependable support services for seniors such as: rides to routine medical appointments, assist with minor home repairs, create access for the handicapped, and help maintain yards. Share a little of your time. Flexibility is our motto. For more information call 817-282-0531 or e-mail admin@midcitiescarecorps.org or go to www.midcitiescarecorps.org

Hospice Volunteers

Hospice Volunteers

Hospice Volunteers

The hospice concept and movement has grown out of the commitment and vision of thousands of volunteers. From the beginning, and still today, volunteers are at the heart of hospice.

Traditionally, volunteers have been the backbone of the hospice movement and are still an indispensable part of any hospice program. Even the federal government recognizes the importance of volunteers in the delivery of hospice care by requiring that Medicare-approved hospices utilize volunteers from their community. Nationally, about 100,000 people serve as hospice volunteers and give millions of hours of their time to serve terminally ill patients and their families.

Volunteers serve as a member of the hospice team by sharing skills and interests in a manner that provides comfort and enriches the quality of life for those served. Volunteers serve on a regularly scheduled basis and provide the following:

- Support services - companionship, friendly visiting, active listening, bedside sitting, letter writing.
- Sharing hobbies and special interests -- reading, gardening, listening to music, sports, travel, crafts, etc.
- Assisting with errands - grocery shopping, picking up prescriptions and supplies, banking.
- Transport patient/family - appointments, shopping, social outings.
- Homemaking tasks - light housekeeping, dishes, laundry, meal preparation, child care.

If you would like to be a Hospice Volunteer please contact one of the Hospice Companies below or visit www.hospicenet.org for more info.

American Hospice
Contact Sherry Hawkins at 817-551-0945
www.americanhospice.org

Autumn Journey Hospice
Contact Ron Hollingsworth at 972-233-0525.
www.autumnjourneyhospice.com

Community Hospice of Texas
Contact Cynthia Baxter at 214-920-8450 or CBaxter@chot.org in Dallas or Judith Pickering at 817-878-3712 jpickering@chot.org in FW

Compassionate Hands Hospice
Contact Rhonda Wallace, 972-870-9991 compassionatehandshospice.com

Cosmos Hospice
Contact Latrell Bullock at 817-652-8011 or email: latrell.bullock@att.net

Covenant Hospice & Palliative Care
Contact Bekki Schoch at 817-735-8741.
www.covenanthospice.org

Faith Presbyterian Hospice
Contact Tracy Woodruff at 972-401-9090. email: twoodruff@prescs.org

GRACE Hospice
Contact Marilyn Massis, at 972-424-3454. www.gracehospice.org

Golden Acres Hospice
Contact Jason Stoddard at 214-327-4503 ext. 167 www.goldenacres.org

Heartland Hospice
Contact Ruth Linwood Burton at 214-630-9070.www.heartlandhospice.com

Heart To Heart Hospice
Contact Debra Wyatt, at 214-445-7719.
www.hearttohearhospice.com

Hospice Plus
Contact Eryn Bennett at 972-510-8532
www.Hospiceplus.net

IntegraCare Hospice
Contact metro 817-354-7200.
www.integracarehh.com

Odyssey Hospice Health-Care
Contact Fort Worth - 817-338-1512, Dallas 972-720-0999 - Waxahachie 972-938-9888. www.odyssey-healthcare.com

Samaritan Care Hospice
Contact Carrie Manning at 817-590-9623 or Tina Christian at 972-690-6632.www.samaritancarehospice.com

Season Hospice & Palliative Care
Sherry Ziriaux ar 817-324-6908

St.Michael's Hospice
Carol Stone at 214-866-0233
www.StMichaelshospice.net

Texas Hospice
Erica Robinson at 817-263-8808
www.TexasHospice.com

The Hospice Center of Richardson-Sherman
Contact Sandra Hitz - Volunteer Coordinator 972-664-0030 or sandyhitz@thehospicecenter.net

Universal Health Hospice
Contact Marie Tucker, Volunteer Coordinator at 817-451-1404. volunteer@universal-health.com

VistaCare Hospice
Contact Dallas Angela Campbell at 214-231-3914, Greenville 903-454-1107.
www.vistacare.com

VITAS Hospice
Contact Alex Cotton at 972-448-6540 or Kathy Campbell, 817-870-7117. www.vitas.com

VNA Hospice
Contact Julie Feltner at 214-689-2672 or feltnerj@vnatexas.org.

Community Programs

Health & Exercise

Health & Exercise

Free Aerobic and Weight Class
Every Monday from 8:30am to 9:30am at Peace Lutheran Church, 941 Bedford Euless Rd, just east of the NE Mall. Class is geared for the older adults using hand weights and bands for cardiovascular endurance and strength fitness. Call Maxine Kamp at 817 723-1806 for more information. No charge.

TOPS (taking off pounds sensibly)
New Chapter in Grapevine at Baylor Medical Center. Meetings are from 10 am to 11:30 am each Saturday morning. We are here to help, support and guide those that are looking to be healthy and fit. Dues are \$20 initial fee, and then \$10 per month. We have guest speakers from Fitness experts, to Nutritionist. 1650 W. College St., Grapevine. For more information contact: Mary Guillory at 817-683-2999 email: LadyOct@aol.com or Lyn Borst at 817-637-4695 email: PatriciaB56@aol.com. Chapers web site: www.texastops.org/chapters/NorthCentral/1839

Body Recall: Fitness for Seniors
You don't have to sweat or strain to make your body fit enough to enjoy productive independence. Discover Body Recall, a national program of fitness for seniors. For more information call 972-991-3720.

DFW Young At Heart Skiers
We meet monthly for snow skiing during the ski season and other events during the remainder of the year. If you are over 50 and are not ready to give up your snow skiing and why should you? Be a part of a group who shares your enthusiasm. We have all levels of skiers from beginners to advanced so there is always someone to ski with. Our motto is "You don't stop playing because you grow old; you grow old because you stop playing". Our other activities include socials, Dinners, bike/hikes and special events. Call Diane for information and our newsletter of times and places at 972-231-6689 or E-mail dianereed1@swbell.net

Look & Feel Like A Million Bucks
Free! Energetic, low impact Senior Exercise program that can improve your cardiovascular health and flexibility. Monday & Wednesdays from 9 to 10am. Call Handley-Meadowbrook Community Center, 817-451-0222, 601 Beaty St., Fort Worth 76112.

Free Easy Does It Chair Exercises
Every Monday from 8:45am to 9:30am at Peace Lutheran Church, 941 Bedford Euless Rd. Class is geared for those who have arthritis, joint problems or limited movement. Work on joint mobility and overall strength. Call Maxine Kamp at 817 723-1806 for more information.

Arthritis Aquatic Program
Three Classes are offered twice a week and the water is warm. Located at City View, 6701 Oakmont Blvd, Fort Worth 76132. Contact program Instructor, Donna at 817-370-4737.

P.A.C. E. Persons with Arthritis
Mondays and Thursdays 9 to 9:45am This is a slow and easy movement exercise class. Most exercises are done in the chair and some standing. This is a perfect class for those who have not exercised for a long period of time, have mobility issues and or arthritis. Come and try a class for free. Each session is 4 weeks, the cost is \$6 per session. Participants need to sign up at the beginning of the month. 200 S. Jefferson, Irving, TX 75060. For more info call Ann Gillespie at 972-721-2496.

Tai Chi for Arthritis
Tai Chi & Qigong are more than just great forms of exercise and relaxation. Research has proven that the deep breathing and concentration coupled with slow, gentle, continuous movements help reduce falls and improve the symptoms associated with many diseases and orthopedic challenges. Tai Chi & Qigong help the body stay strong, the mind stay active & the spirit stay young. Our students report improvements in balance, posture, core strength, concentration, oxygen intake, pain reduction, and a calmer mind. Trained by World renowned Tai Chi masters as well as Eastern and Western medical doctors, Chris & Fayne Bouguyon of SimplyAware are highly qualified instructors with a strong focus on the specific needs of those with physical challenges. Find the nearest class by calling Fayne at 214-476-1719 or at www.SimplyAware.com.

PILATES
Advanced Beginner/Intermediate Pilates classes Monday, Wednesday and Friday from 12:30pm to 1:30pm At the Garland Senior Activity Center. Classes designed specifically for the mature adult. Start anytime, no commitments required. \$45.00 for 10 classes. Call Cheri at 214-718-4759 or the Senior Center for information.

Free Health Screenings
First, Second, Third, & Fourth Thursday in the Pecan Creek or Stanford House Senior Centers. Free blood pressure and blood glucose screenings are available to the seniors of Cooke County. The screenings are also now available on the third Monday of each month from 9:30-10:45 a.m. at Gainesville Health & Rehabilitation Center, 1900 O'Neal, Gainsville. Call Shari Kuykendall at 940-665-2826, ext 24 if you have questions

Prevent Blindness Texas
Second fridays of each month, Prevent Blindness, Dallas branch, offers free vision screenings for adults and children as young as six months old. The screenings are by appointment only. For more info or for an appointment call 214-528-5521.

Health & Exercise

Come Walk With Us!
Tarrant County Walkers, founded in 1979, is based in Fort Worth. We sponsor non-competitive walking events (Volksmarches) throughout the year. Our club is a member of the American Volkssport Association (AVA), a national tax-exempt organization that promotes an awareness of physical fitness for people of all ages. The AVA is an affiliate of the International Volkssport Verein. Meet fascinating, wonderful people and no more boring walks! For more information call Susan Fine at 817-925-5447 or see www.walktx.org/TarrantCountyWalkers

Free Senior Ladies Fitness Class
Every Tuesday and Thursday at 8:30am. Come early to walk and warm up, fun uplifting music, cardio, weights, toning, and balance. A mind, body, and soul workout. All levels are welcome. For more information, please call 972-542-6472. First Baptist Church in McKinney (gym), 1615 W. Louisiana.

Thi Chi Fundamentals
This no-impact exercise class promotes balance, strength and well being. This eight-week course is open to adults of any age. Tailored to focus on exercises that enhance daily function and movement. Classes are held on Tuesday and Thursday. For class times and more info call 817-355-8151.

Tai Chi Continues!
Learn to "relearn" your sense of balance! Find out what all the excitement is about! Classes are 8:00 – 8:45 am. Tuesdays, Methodist Medical Center, Weiss Auditorium. Fridays, Charlton Methodist Hospital, Auditorium Outpatient Center. Ongoing classes! Call 214/947-0000 for dates, times, and locations for all classes!

Park Cities YMCA Activities for Active Older Adults
Are you wanting to improve your sprit, mind & body? Our certified instructors teach fun, safe and effective classes both on land and in the water. We also offer special speakers, luncheons and monthly trips. 6000 Preston Rd., Dallas. Call 214-526-7293 for more info.

Diabetic Management Class
Retirement Inn at Forest Lane. Every 3rd Thursday at 2pm. This class is open to the public. RSVP to 972-241-4100.

VNA Health Promotion
At a Dallas County, Senior Center near you. Free monthlyHealth Screenings, Health Education Programs. Sponsored by the Dallas Area Agency on Aging, Texas Dept. on Aging and the VNA. Call VNA Health Education for more info. at 214-689-2230.

Free Health Screening For Cooke County Seniors
1st and 3rd Thursdays at Stanford House Senior Center and 2nd and 4th Thursdays at Pecan Creek Senior Center. Come in the mornings for free health screenings. For more information call Shirley Rector at 940-665-2826 ext. 24

Health & Exercise	Education	Education & Writing	Musicians Needed	Bingo & Game Nights
<p>The Dallas Area Parkinsonism Society provides free Parkinson's Appropriate Group Exercise, Speech Therapy, and Partners-in Care sessions.</p> <p>Carrollton Trinity Rehabilitation Services Trinity Medical Center 4343 North Josey Lane Group Exercise, Thursdays at 9:45a.m. to 10:45a.m. Speech Therapy, Thursdays at 10:45a.m. to 11:30a.m.</p> <p>Dallas Baylor Institute for Rehabilitation 909 North Washington Street Water Therapy, Wednesdays at 11am. to 12noon Juanita Craft Recreation Center 4500 Spring Ave. Group Exercise, Fridays at 10 to 11am. Lakeside Baptist Church 9150 Garland Rd. Group Exercise, Wednesdays at 9:30 to 10:30am. Speech Therapy, Wednesdays at 10:30 to 11:15am. Partners-in-Care, 2nd Wed. of the month at 10:30 to 11:30am. Methodist Hospital Central 1441 North Beckley Group Exercise, Monday at 10 to 11am. Preston Hollow United Methodist Church 6315 Walnut Hill Lane Group Exercise, Tuesday, Thursday, and Friday, 10:30a.m. to 11:30a.m. Speech Therapy, Tuesday, 11:30am to 12:15pm. Partners-in-Care, Tuesday, 10:30am. to 11:30am. Skillman Church of Christ 3120 Skillman St., FLC Bldg. Group Exercise, Monday at 9:15 to 10:15am.</p> <p>Duncanville Trinity United Methodist Church 1302 S. Clark Road Group Exercise, Monday at 6:30 to 7:30pm.</p> <p>Garland South Garland Baptist Church 1330 E. Centerville Road Group Exercise, Monday and Thursday 10:30 to 11:30am. Speech Therapy, Thursday 9:30 to 10:15am. Partners-in-Care, Thursday 10:30 to 11:30am. Discussion Group for People w/PD, Monday 9:30 to 10:30am.</p> <p>Irving First United Methodist Church 211 W. Third St. Group Exercise, Tuesday and Thursday 10 to 11am.</p> <p>Plano Custer Road Methodist Church 6601 Custer Road Group Exercise, Monday and Thursday 9:45 to 10:45am. Speech Therapy, Thursday 11 to 11:45am. Partners-in-Care, Monday 9:45to 10:45am. Call Sarah Atwood, DAPS Patient Services at 972 620-7600 for additional information.</p>	<p>S.A.I.L. (Seniors In Active Life) Meets the second Monday of each month at the Lake Highlands North Recreation Center, 9940 White Rock Trail, with a catered luncheon for \$6.00. The lunch is preceded by a short business meeting and professional entertainment. 80-100 adults participate in this event each month. Other activities are available but the monthly dinner reservation must be made. Please call the Lake Highlands Recreation Center 214-670-7793.</p> <p>Tarrant County College Senior Education The Senior Education program offers educational opportunities for Tarrant County residents that are 55 years old and older. One registration fee of \$20 per semester allows a student to enroll in as many Senior Education classes as he/she chooses. Students may enroll for classes on one or all campuses for one fee. Courses are available in a variety of areas including fitness, writing, photography and computers. Classes are for continuing education, not credit hours. Contact the Office of Continuing Education on the campus of your choice for more information. N.E. Campus (817) 515-6657 N.W. Campus (817) 515-7758 South Campus (817) 515-4592 S.E. Campus (817) 515-3020</p> <p>Richland College Emeritus Program Explore life long learning with the Emeritus Seniors Program at Richland College. Keep those synapses firing with our Brain Play class. Learn about Medicare and horticulture or have fun with line dance or poetry. Call 972-238-6972 for information or visit www.richlandcollege.edu/emertitus.</p> <p>Brookhaven College Senior Adult Program Learn new things and meet new friends in classes designed for students 50 years and older. Courses are taught by experienced faculty, who has time to interact with you in small classes. Check out our computer classes, genealogy, research, conditioning exercise, tai chi, yoga and more. Learn Spanish, how to operate your digital camera and enhance your photos. Join our senior adult club for monthly meetings and travel too. Call 972-860-4698 for more information.</p> <p>Intoduction to Computer Beginning students will learn fundamentals of computers. Classes are on Tuesday and Thursday from 8:00-11:00 a.m. at the L.D. Lockett House, 315 L.D. Lockett Road in Colleyville. Cost is \$20 per session. Call Lisa Adan at the Colleyville Parks and Recreation Department at 817.656.7275</p> <p>Richland College Program for Baby Boomers! Explore our evening and weekend classes for students fifty and over. Brush up on your computer or networking skills or find an “encore career”. Call 972-238-6972 for information or visit www.richlandcollege.edu/boomers.</p>	<p>SeniorNet Computer Classes In F. W. We have small classes with personalized help from instructors and coaches who are also seniors. We are located in the Thomas Place Community Center at 4237 Lafayette Avenue, just west of Clover Lane and just South of Camp Bowie Boulevard (about 2 miles west of downtown Fort Worth and a few blocks east of Hulen). Our classes, which are for beginners and also for those who are a little more advanced, include: Fundamentals; Introduction; Internet; Word Processing; Spreadsheet; Genealogy; Exploring Windows; Useful Applications, and Digital Photo Processing. We have classes starting soon. Please call 817 738-7089 for more information.</p> <p>Computer Classes in Allen Introduction to Computer, Introduction to Word, Email, Internet, and Photo Editing classes available. An Allen Senior Recreation membership is needed to participate in classes. Please call 214-509-4820 for more information. Classes are held at the Allen Public Library computer lab.</p> <p>SeniorNet Computer Classes in Dallas You can do it, after instruction from our Senior teachers. Classes are small to give you personal attention but call TODAY to be sure to reserve your seat. Call 214-841-2818 for directions. Classes held in space donated by C C Young Retirement Center, 4829 West Lawthier by White Rock Lake. “Computer Fundamentals” new class starts soon. Learn how to “email” your grandchildren. Learn what to do with all those “digital” photos. Make the computer your friend. Call SeniorNet today 214-841-2818.</p> <p>National Association of Women Writers Writer's Group Arlington Chapter meets monthly at the Southwest Branch Arlington Public Library off of Interstate 20 and Green Oaks Blvd. in Arlington. Members participate in writing workshops /speakers, round robins, project support/critiques, etc. Call 817-289-2800 x6078 or e-mail nawww@onebox.com</p> <p>Denton Writers' League 2nd Saturday of every month. 10:30a.m., Conference room of City Hall in the Golden Triangle Mall, I-35 east, Denton. Call Oleta North at 940-458-3960.</p> <p>Irving Writer's' Connection 2nd Monday of each month, Critique Session at 7pm, Barnes and Noble, Irving Mall. Last Monday of each month at 7:00p.m. Irving Arts Center - South side entrance. Call Judy Lazarus at 972-659-1643.</p> <p>Farmers Branch Writers Organization All ages - prose or poetry - 10am the 2nd & 4th Tuesdays each month year round. Farmers Branch Library, Golfing Green at Webb Chapel. Call Katherine Fink at 972-247-0542.</p>	<p>The Big-D Barbershop Harmony Chorus is celebrating 60 years of close harmony and seeks men of all ages who like to sing. Experience is not required and there is no formal audition necessary to participate in this great hobby. Come visit and find out for yourself how much fun you are missing. Rehearsals are on Tuesday evenings at 7:30pm at Clarion Hotel Park Central 8102 LBJ Freeway Dallas. Call Barry Solomon at (469) 298-0304 for information.</p> <p>Attention Instrumentalists Of All Ages Do you play an instrument? Did you use to play in band or orchestra? If so, come join us in merry making music and have fun keeping up your skills. The Town North Concert Band, under the direction of William Geyer, rehearses every Monday, throughout the entire year, from 7:30p.m.to 9:30p.m. at Richland College Band Room in the Fine Atrs Bld. We play all styles of music and would love to have you come join us in fun and fellowship. Please call David Bellavance, president at 972/661-8411</p> <p>New Horizons Band Wants You New Horizons Band is a concert band for people over 50. The band plays concerts for senior's and children's organizations around the Metroplex. We are self-funded and our concerts are free for the enjoyment of these groups. The band practices year round at the Carrollton Senior Center at 1720 Keller Springs Rd. Call Walt Dean at 972-424-3038 or email at w-dean@verizon.net for more information.</p> <p>Calling Band Players... The Southlake Community Band welcomes all percussion, brass and reed players to our rehearsals at 7pm Monday night. We rehearse in the Carroll Junior High School Band Room, 800 White's Chapel Blvd. in Southlake. We are a 50+ pc. Concert Band under the direction of David Stone. For more information call (817) 481-3668.</p> <p>Ukulele Band The local Dallas Ukulele Headquarters is always interested in new members joining in on the fun. The ukulele is a small guitar like instrument that, because it only has four strings, is much easier to learn and to play than other similar instruments. This instrument is a natural for songs from the golden era of music. Give us a call and we will help you get started in this great instrument. We have bi-weekly jam sessions and frequently play at retirement villages and churches. Please call Mark at 214 914 7205 or via e-mail at txbookster@yahoo.com</p>	<p>Super Senior Bingo 3rd Thursday of the month from 6:30 to 9:30pm at the DeSoto Civic Center, 211 East Pleasant Run Road. Free admission and prizes. Games are open to all DeSoto area seniors. For more information call Linda at 972-283-1500.</p> <p>Senior BINGO 1st Monday of every month from 12noon to 1pm. Cost is \$1 per person. Prizes and refreshments are provided. Grauwylter Park Rec. Center, 7780 Harry Hines Blvd., Dallas 75235. For more info call Octavia at 214-670-6302.</p> <p>Super Senior BINGO Club 3rd Tuesday of each month from 10 to 11am. You are invited to come and play for Free. Prizes & refreshments are provided. Summerville at Lakeland Hills, 3305 Dilido Rd., Dallas 75228. For more info or directions call Pam Hiser at 214-321-7300.</p> <p>B-I-N-G-O Calling all BINGO players 50 years and older. Bingo is played the last Thursday of each month from 6 to 7:30pm at the McKinney Senior Center, 1400 S. College St., McKinney, Cost is \$1, prizes available. For more info call 972-547-7491.</p> <p>Free Seniors Bingo 1st Friday of each month from 2:30 to 4pm. Great prizes (no money), Refreshments and fun for all. Mansfield Nursing and Rehab Center, 1402 E. Broad St. For more info call Laurie at 817-477-2176.</p> <p>Free Bingo 3rd Friday night of each month from 7 to 9:30pm at the Dallas Lighthouse for the Blind. Free Bingo night for the Blind and Visually Impaired. Bingo Cards are available in Large Print and Braille and volunteers are on hand to help. Great Prizes, food and fun for all. 4306 Capitol, Dallas. Please call 214-821-2375 to reserve your spot.</p> <p>Game Night for Seniors (50+) in Allen Game night is a Free Community Activity at First Baptist Church of Allen. Coffee and snacks will be provided. Games will be held the 2nd and 4th Friday nights from 6:30 to 9pm (excluding Holidays) and are open to the public.The initial game will be 42, the National game of Texas, Canasta, Bridge, Hearts, Dominoes and all types of table games will be played. It's always a fun night for all. There's no gambling, so you have nothing to loose, only new friends to meet. If you need a ride, we can provide! For more information or a ride, email Eddie Huckabee @ Huckgolf@hotmail.com</p>

Community Programs

The Dallas Area

Parkinsonism Society (DAPS)

Is providing FREE physical therapy every Wednesday from 10am to 11am to those who have Parkinson’s disease. Sessions are conducted by a Licensed Physical Therapist. (Spouses/Caregivers are welcome to attend too.) At Lakeside Baptist Church 9150 Garland Rd. Dallas, 75218 in the Family Center dining room). If more information is needed, call Sarah Atwood, Facilitor 214-321-5635. Visit www.dallasareaparkinson.org for general information.

Parkinson’s Exercise Program

Every Monday 10 to 11am. In association with the Dallas Area Parkinson Society, we are glad to offer this free exercise program especially adapted to the needs?of patients with Parkinson’s disease. Methodist Dallas Medical Center, Senior Access Center, 1441 N. Beckley Ave. Dallas, TX 75203.

Parkinson’s Information & Referral Center

Provides many services to the Parkinson community including free literature, audio tapes, video tapes, support groups, exercise therapy, tai chi, referrals to neurologist, speech therapists, PTs, OTs, referrals to assisted living, respite care, referrals to prescription help, etc. We are a great resource for ANY of the needs that a Parkinsonian or their family members might need. American Parkinson Disease Association Presbyterian Hospital of Dallas, Jackson Building, Ground Floor, 8200 Walnut Hill Lane, Dallas, phone 214/345- 4224, fax 214/345-8039 or jerynlaengrich@texashealth.org

American Parkinson's Disease Information and Access Center

The American Parkinson’s Disease Association (APDA) is the nation’s largest grassroots organization serving the Parkinson’s community. The APDA information and referral center located at Baylor University Medical Center at Dallas has several referral sources, educational information, and support services available for people with Parkinson’s and their caregivers. Please call 214-820-3800 or email kokeeshp@baylorhealth.edu for more information.

Community Programs

Gilda’s Club North Texas

is the first Texas affiliate of the national program created in memory of comedienne Gilda Radner by her husband Gene Wilder and her cancer psychotherapist Joanna Bull. The mission of Gilda’s Club North Texas is to provide a nonresidential, home-like meeting place, where people with cancer and their families and friends can join with others to build social and emotional support as a supplement to medical care – free of charge. Gilda’s Club North Texas provides cancer support for the whole family, the whole time. Contact Cindy Schneible, CEO, One Works of Grace Plaza, 2710 Oak Lawn, Dallas, TX 75219, 214-219-8877. For general information on Gilda’s Club, visit www.gildasclubtx.com. Old Cell Phones and Printer Cartidges Phones and Cartridges are being collected for recycling. Proceeds will benefit the Gilda’s Club Program.

AARP Driver Safety Program Goes High Tech!

AARP has finally done what should have been done years ago. How about that you techies? The AARP Driver Safety Program Schedule of Classes can now be found on the Web. Go to or check Web Sites, www.aarp.org/driver and follow instructions. You can still call 1-888-227-7669. Or by calling a Senior Center near you. Farmers Branch-972-241-8636, Carrollton-972-446-4850, Coppell-972-462-9596, Irving-972-438-3593, Grand Prairie-972-264-4975. Call the 1-888-227-7669 for other locations.

Defensive Driving for Ticket Dismissal

Got a ticket or just want to reduce your auto insurance rates? This course is approved by the Texas Education Agency for ticket dismissal and by the State Board of Insurance for a 10 percent discount on your auto insurance. You must contact the court having jurisdiction over your ticket before you can take the class for dismissal of a traffic ticket. Cost for the class is \$25. Please call 972-231-4798 to register. Richardson Senior Center, 820 W. Arapaho Road.

Allen Community Outreach Has Several Recycling Programs

Not only computers, but old cars and cell phones mean new \$\$\$ for ACO to help families in need of emergency services. Call 972-727-9131 for details. Also, ACO’s Upscale Resale Store needs your gently used clothing, housewares, and furniture. Call our Store Manager, Marsha Anderson, at 972-727-4751. Got an ugly truck?....or even a pretty one? We’re not picky, we just need transportation to pick up furniture locally!

Free Community Mini-Seminars

Every thrid Monday from 3 to 4:15pm at the Silver Key Room, Gainesville Convalescent Center, 1900 O’Neal, Gainesville 76240. For more information or for that months topic contact Shirley Rector, Director of Community Relations at 940-665-2826 ext. 24

Community Programs

Texas Commission for the Deaf and Hard of Hearing

Provides a voucher to eligible individuals that may be exchanged for specialized telephone equipment for services. To qualify a person must be a person that finds that using a telephone is difficult or impossible without the assistance of special equipment or services and a Texas resident. Contact TCDHH for an application form and for help in determining what kind of equipment or services are available to meet your needs. PO Box 12607, Austin TX 78711, Phone: 512-407-3250, TTY: 512-407-3251.

Interfaith Coffee House

Every Tuesday Night, 7:30pm to 9:30pm. We discuss different topics each week in an effort to learn more about each others faith, reduce misconceptions and to build an interfaith community. The Interfaith Center of DFW, 17750 Preston Rd. #216, Dallas, Tx. 75252 (Between Frankford Rd and Campbell Rd in the Georgetown Office Complex). RSVP by calling 972-523-8080 or email us at interfaithdfw@aol.com Sponsored by The Interfaith Center of DFW.

White Settlement Museum

Over 1,000 artifacts of the western heritage and modern era of White Settlement and Fort Worth. Some of the highlights of the museum include things such as a large collection of farm equipment including a restored 1927 Farmall tractor. Open Tues. thru Sat. 10am - 3pm Closed on Sun. and Mon. Free admission, 8320 Hanon Drive. 817-246-9719.

History is in your own Backyard!

Discover your Community! Discover your Heritage! The National Archives and Records Administration, Southwest Region in Fort Worth is seeking volunteers to assist the public with research. If you have an interest in genealogy, history, or simply enjoy helping others, Monday through Friday from 6:30am to 4:30pm and Saturdays 8am to 4pm give us a call at 817-334-5525.

1901 Cotton Belt

Railroad Depot” Grapevine Historical Museum”. Stop by and look at the many artifacts and historic items that tell the story of Grapevine, “Oldest Settlement in Tarrant County”. Admin is Free and Donations are accepted, appreciated & needed! 707 S. Main St. Ride the Tarantula Train from the Cotton Belt Depot to the Stockyards Station in Fort Worth. For more info call 817-410-3195.

S.A.L.T. Council Meetings

The Dallas and Fort Worth Councils of S.A.L.T. (Seniors And Law Enforcement Together) holds meetings educating Seniors on how to protect themselves from Fraud and Scam artist. To find out more information contact: Tarrant County - Martha Mabry, Crime Prevention Coordinator – Fort Worth Police Department at 817-392-4125.

Community Programs

Visiting Nurse Association Hosts Bereavement Luncheon

Montly luncheon for persons who have suffered the loss of a loved one. The luncheon will be held on the last Thursday of each month at The Church of the Incarnation at 3966 McKinney Avenue in Dallas from 12 noon to 1 pm. The luncheon is intended to provide bereaved individuals with supportive company from friendly and understanding people. A catered lunch is provided at no charge. The luncheon is open to anyone who has lost a loved one during the past year. For additional information about the luncheon or to make reservations, call 214-689-2633.

The Center at Rockwall City Place

We offer a wide range of activities for the senior adult, 50 and older. Activities for every level. Classes, Games, Exercise, and lots more. Stop by for 3rd Thursday Luncheon. Health screenings! Please call or come by The Center for more information. We are located at 108 E. Washington or call 972-771-7740.

Something for Everyone!

The Farmers Branch Senior Center offers a wide variety of classes and programs for people 50 years and older. From line dancing, special events, trips and free exercise classes, to specialty groups in Cooking and Gardening, the Center strives to meet the health and recreational needs of the senior population. Be sure to come by and check us out at 14055 Dennis Lane 75234 or call:972-241-8636.

Diamond Hill Senior Center

Everyone 60 and older is invited to participate in the activities at Diamond Hill Senior Center, 8am. to 2pm. Enjoy activities, fellowship, exercise, educational classes, shopping trips, and more. Lunch is served at 12 noon, call 817-625-4721.

Bridge Playing

Every Monday 1 - 4pm at Prince of Peace Luthern Church, 941 Bedford Eules Rd., Hurst. For information call Maxine Kemp at 817-723-1806. If you do not know how to play Bridge and would like to learn, Lessons are Free.

Community Events at Handley-Meadowbrook

On going Low-Impact Exercise classes each Monday and Friday from 9 to 10am. Dominoes-Beginners are always welcome! Club 84 each Thursday from 1 to 4pm. Rotation 42 each Friday from 1 to 4pm. Also play Nello, Plunge, Regular Trumps & Moon. All classes and games are free and open to all. 6201 Beaty St., Fort Worth 76112, call 817-451-0222 for more information or for directions.

Community Programs

Colleyville Senior Center

We offer a wide variety of activities for the active adult 50 years and better. Please call, come by or visit our website at www.colleyvillepard.com for more information. We are located at 2512 Glade Road Colleyville, Texas 76034 817-283-7648. Open Tuesday - Friday

New Drama Group at Lewisville Senior Center

The Stage Hams, a drama group that writes and produces its own presentations, is starting work on its next show. “We have a lot of fun “says Freda Parker, coordinator. “No memorizing and no acting experience required, just a cooperative spirit. All seniors 50 and over are welcome.” For meeting dates and times, please call 972-219-5050.

New Class Fun with Watercolors

Wednesdays 1:30-3:30 p.m. \$10 per class. Join accomplished artist Mr. Tom Wellman for this fun, informal class. Classes are designed to help you try different ways of painting watercolor on paper. Paints, paper and brushes will be available for the first two classes. A supply list will be provided to help you purchase your own materials thereafter. (You can take 1 class or as many as you choose). You will paint wet on dry, wet on wet, and dry brush. One of the most beautiful watercolor techniques is the graded wash. You will learn several ways of doing a watercolor wash. Sign up and pay in the office. Heritage Senior Center, 200 S. Jefferson, Irving. Phone 972-721-2496.

Ándale Spanish Club Conversation for Beginners

Learn to speak and understand Spanish and have fun doing it. Learn pronunciation, vocabulary and every day phrases. Enjoy speaking the Spanish of Spain while learning in a Spanish speaking environment. Fort Worth Room # 2201 SSTU Building, TCC-South Campus. 5301 Campus Drive, Fort Worth, Texas 76119. Thursday 10am to 12noon. For more information contact: Carlos V Mercer Jr. 817 572 1108 cmercerjr68@yahoo.com

Senior Adult Services

A nonprofit agency established by the people of Addison, Carrollton, Coppell, and Farmers Branch to ensure that residents 60 and older receive the support needed to maintain independence and quality of life. We provide mobile meals, home repair and safety, medical equipment loan, case management, transportation, and information and referral. If you or someone you know needs assistance, is 60 or older, and lives in Addison, Carrollton, Coppell, or Farmers Branch, call 972-242-4464 for more information.

<div>Community & Clubs</div> <div> <p>Presby Presenter Toastmasters meets every Thursday 11:30a -12:30p at Presbyterian Hospital of Dallas, 8200 Walnut Hill Lane, Dallas. We are a non-profit public speaking club that was founded to help members overcome public speaking fears and develop and enhance their leadership skills. We always love to have new members and visitors. Contact Lynda at (214) 345-4528 or email LyndaWaters@texashealth.org</p> <p>Trinity Toastmasters Meeting Monday evenings at 6:30 to 8:00 pm at Denny's restaurant located at North Central Expressway and Meadow Road...call 214-348-6731 for more information or just show up!</p> <p>C's Toastmaster Club in Plano Meets every Wednesday evening at 7pm at the Plano Chamber of Commerce Building (1200 E 15th Street) Plano TX . Please contact Nigel Reed at 972-673-4199 for additional information.</p> <p>Adobt A Dallas Pet On-Line PETWORK Find adoptable pets, lost & found animals, shelter links, spay/neuter resources, useful links, and much more on our blog, ADOPT A DALLAS PET - ONLINE PETWORK, at http://adoptadallaspet.blogspot.com</p> <p>Pets for Seniors Sasha's Pals is a non-profit group that matches seniors with pets for the treasure of love and companionship. We help the senior find the perfect pet and facilitate and fund the adoption process. If you are interested, please contact Tracy Miller for an application at Sasha's Pals 817-329-7711 or sashas.pals@verizon.net.</p> <p>Study Piano & Build Memory The Golden Years Piano Study Program offers pirvate piano lessons for beginners through advanced players. Program aims to sharpen the memory using musical memory exercises, improve hand/eye coordination, and reduce stress levels. Degreed piano instructor. Large print books available. Monthly fee: \$60 for 4 lessons. In Allen, call 214-509-4820; in Dallas, call 214-841-2834; in Frisco, call 972-292-6550.</p> <p>Genealogy Class' Genealogy Friends of Plano Libraries [GenFriends] offers free public lectures on genealogy on the third Saturday each month at the W.O. Haggard JR. Library, 2501 Coit Road in Plano from 10:30am to 12:30pm. Additional learning opportunities are presented several times a year. Please find updated information on all GenFriends events, other educational events and our monthly newsletter at www.GenealogyFriends.org .or e-mail GenFriends@GenealogyFriends.org</p> <p>Arlington Women's Connection Meets 3rd Tuesday of each month at Cacharel restraut, 2221 E. Lamar Blvd., Arlington You are invited to hear different speakers and programs. 817-457-0533</p> </div>	<div>Clubs & Organizations</div> <div> <p>Greater Dallas Military Officers Association of America The monthly meetings for the Greater Dallas Chapter are usually held the 3rd Saturday of even numbered months (Feb / Apr / Jun / Aug / Oct) at the Crowne Plaza N. Dallas, 14315 Midway Rd. The Dec. meeting is a dinner/dance. To make resverations please call LCDR Glenn Wamble, USN/Retired at 972-437-2345.</p> <p>Disabled American Veterans Big "D" Chapter #57 Meets first Saturday at 1pm at 8630 Thurgood Lane, Dallas, for a business meeting and a covered dish lunch. Meetings include various activities and presenters. We are informed about legislative matters of interest to our group at Federal, state and local levels. All disabled veterans are welcome. For more information, call 214-343-8643 or e-mail: adjutant57@verizon.net.</p> <p>Disabled Veterans Meets the 1st Monday night of each month at 7pm. Dinner is served at 6pm with the meeting following. 600 W. Ave. A, Garland. For more info call 972-203-9318.</p> <p>Korean Veterans Meeting the 2nd Saturday of each month at 2pm. All Korean Veterans are invited. 800 W. Arapaho, Richardson. Call 972-203-9318 for more info.</p> <p>General Walton H. Walker, Chapter 215 of the Korean War Veterans meets on the 3rd Saturday of each month at 3100 Sprocket Drive, Arlington 76015 at 11:00am. All men and women honorable discharged veterans of the Korean War or those that have served in Korean since the war are invited to join. Contact Larry Kinard at 682-518-1040 for additional information.</p> <p>National Association of Retired and Veteran Railway Employees Unit 155 meets the 3rd Thursday of each month at noon at the Senior Citizens Center in Cleburne, Texas. All railway employees whether active or retired are welcome to attend. For more information call Curtis R. Autrey, Cleburne, Texas, at 817-676-5681 email: cra3609@charter.net</p> <p>National Association of Retired and Veteran Railway Employees Unit 85 meets the 2nd Friday of each month at First Christian Church at 10am. Active group of retired and veteran railway workers promoting the general welfare of retired railway workers. 800 W. Woodard, Denison. For more info call 903-465-7170.</p> <p>Retired Bankers Meetings Meets the 4th Tuesday of each month (no meetings Jun. – Aug or Dec.) Meetings held at Vickery Towers at 11:30am, 5619 Belmont 75206. For more information about the Retired Bankers Lucheon contact George Zarafonetis ,president 214-363-5050.</p> </div>	<div>Clubs & Organizations</div> <div> <p>Dallas Bar Association's Speaker's Committee If you know, or are part of, a community organization that can benefit from having an attorney speak to your group on legal topics, the Dallas Bar Association's Speaker's Committee can help. For more information, contact Teddi Rivas at TRivas@dallasbar.org or (214) 220-7400.</p> <p>Golden Corridor Republican Women Meets the 1st Thursday of each month at 7:00 p.m. at Parkway Hills Baptist Church, 2700 Dallas Parkway, Plano 75093. www.GCRW.org Visitors are always welcome. Contact Sarah Eibel at 214-498-9689 or Kathy Voigtsberger 972-234-1713.</p> <p>Plano Republican Women's Club Meets the third Tuesday of each month at 11:30 a.m. at Spaghetti Warehouse on Hwy 75. For more information, call Catherine Gibb at 972-578-0704 or visit planorepublicanwomen.org.</p> <p>Dallas Retired Teachers Assoc Meets 3rd Friday of each month at 10am. DISD Admin Bld on Ross. For more information call Mary Joe Evans at 214-376-3565</p> <p>Dallas County Retiree Club Meets on the 2nd Tuesday of each month (except July & Dec.) at the Samuel Grand Recreational Center, 6200 E. Grand Ave. A covered dish luncheon begins at 11:30 until 1:30. All former employees of Dallas County are invited. For further information, contact 214-941-7588. meemaw2@sbcglobal.net</p> <p>Senior Leadership Northeast Tarrant County Meetings are held the 3rd Tuesday of each month from 9 to 10:30am. The primary objective of the membership is to help keep seniors in their home as long as possible by studying and advocating for issues. We meet at 6700 Colleyville Boulevard, Colleyville 76034. For more information call 817-488-7148 or Ed Havran at 817-498-1420.</p> <p>Dallas Gem & Mineral Society Meets at 7pm on 3rd Tuesday of each month; 6818 Fisher, Ridgewood Recreation Center; potluck supper is followed by an educational program on lapidary arts, geology, jewelry making. For more info call Mike Russell, VP at 214-906-8834 .www.dallasgemandmineral.com</p> <p>Arlington Gem & Mineral Club Meets the 1st Tuesday of each month at 7pm at 1408 Gibbons Road off Road to Six Flags (one block from Cooper) Arlington. Monthly Program on Lapidary and Creative Arts. Visitors welcome. 817-277-2286.</p> <p>Quilters' Guild of Arlington Meets 2nd Tuesday of each month at the Bob Duncan Community Center at 2800 South Center Street, Arlington: 7pm. Guests are always welcome. We offer lectures, workshops, daytime and evening stitch groups. Please see www.QGoA.com or call 817-451-2429.</p> </div>	<div>NARFE Chapter Meetings</div> <div> <p>(National Association of Retired Federal Employees)</p> <p>Redbud Chapter #981 Meets the second Monday of each month at 10:00 a.m. at Raymond's Bar-B-Que, 10930 Garland Road, Dallas. All current and retired federal employees are invited to attend. For more info, call 214-373-1925.</p> <p>Live Oak #1222 Meets the 1st Saturday of each month at 10:30am at Highland Park Cafeteria, 300 Casa Linda Plaza (beginning August 2007). Stay abreast of the latest legislative news of concerning NARFE retirement benefits. Monthly speaker on various topics. For more info or questions, call 214-771-3462.</p> <p>Arlington Chapter #1201 Meets at the Eunice Street Senior Center, 1000 Eunice Street, Arlington, on the 3rd Monday of each month from 10am to 12pm. Membership is open to civilians in any agency of the Federal or District of Columbia governments who have a federal retirement plan. For more info call: Steve Armstrong at 817-478-7938 or email steveppa99@aol.com</p> <p>Denton Chapter #618 Meets at Golden Corral in Denton, Loop 288. The 4th Friday of each month at 11:30 a.m. Interesting and informational program at each meeting. For more information, contact Les Brown @ 940-262-0120 and cell 817/504-3023</p> <p>Fort Worth Chapter #30 Meets at Broadway Baptist Church, 305 Broadway, Fort Worth the 2nd Thurs. of each month at 10:30am. Interesting and informational program at each meeting. For more information, contact Peter Wersal at 817-457-0995.</p> <p>Garland Chapter #1454 Meets 2nd Wednesday of each month atRaymond's Bar-B-Que Cafeteria, 10920 Garland Road, Dallas, 75218. For more info contact Charles W. Gangler, 8909 Vernon Dr., Rowlett 75088 call 972-475-3650.</p> <p>Mesquite Chapter #2105 Meets the 2nd Tuesday (except Dec.) at 10:30am at Ryan's Family Steak House, 909 Tripp Rd. near Galloway. Stay informed on legislation that is important, interesting speakers and fellowship. Call Joe Williams as president phone 972-682-6214.</p> <p>Eppard/Richardson Chapter #1273 Meets every 2nd Thursday at 10am, Richardson Senior Center, 820 W. Arapaho Rd. For additional information about the meetings, contact Nathalie Propes, npropes@cmitsolutions.com or call Paul Moehring at 972-424-7128.</p> <p>S.W. Dallas Chapter #122 Kiest Park Rec. Center, 3300 Rugged, Dallas. All current and retired federal employees are welcome to attend, especially those living in Oak Cliff, DeSoto, Duncanville, Lancaster, and Cedar Hill. For more information call Fred Ratcliff, phone 972/572-0560 e-mail kk5tn@sbcglobal.net</p> <p>Ellis/Navarro Chapter #1191 Meets 2nd Tuesday @ 11:30 a.m. rotating between Golden Corral in Ennis; Sirloin Stockade in Corsicana; and Fire Mountain Grill in Waxahachie. President Dennis Armon, phone 903/872-6392.</p> <p>NE Tarrant County Chapter #1583 Meets 2nd Wednesday @ 10 a.m. at Senior Center, Boy's Ranch, 2817 R.D. Hurt Parkway, Bedford, TX. Contact Patricia (Pat) Perry, President at p1perry@airmail.net, phone 817/656-5728.</p> </div> <div>AARP Chapter Meetings</div> <div> <p>Casa Linda Chapter #3880 Meets the 1st Monday of each month. Family Life Center of Casa Linda United Methodist Church, 1800 Barnes Bridge Rd., Dallas. Join us for interesting information, fellowship and fun. Call 214-321-1705 for more info.</p> <p>Cedar Hill Chapter Monthly meetings the 2nd Tuesday of every month at 1:00 with the exception of the last meeting of each quarter (Business Luncheon) that is held at 12:00. No AARP in August! For more info call 972-291-5353.</p> <p>Cooke County Chapter #1049 Meets the 2nd Friday of each month at the Stanford House Senior Center, Garnett Street, Gainesville 76240 at 11:30am to 1pm. Persons aged 50 and over are invited to attend and are welcome to join. For more information or questions call Shirley rector at 940-665-2826 ext. 24</p> <p>Crossroads Chapter #3489 Meets the 1st. Thursday of each month at 1st United Methodist Church, Ross & Harwood, Crossroads Center West. Dallas at 9:30am with the meeting beginning at 10am. Call Ms. Edna Taylor for more info at 214-943-3652.</p> </div> <div>NARFE Chapter meetings continued on the next page.</div>
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<div data-bbox="91 78 440 121" data-label="Section-Header"> <h2>AARP Chapter</h2> </div> <div data-bbox="91 140 440 332" data-label="Text"> <p>Denton Chapter Meets the 3rd, Tuesday of the month at 10am at Autumn Oaks Retirement Community in Corinth, located on Corinth Parkway, just off I-35, next to the Corinth City Hall. For more info call 940-321-9933.</p> </div> <div data-bbox="91 358 440 663" data-label="Text"> <p>Fort Worth Chapter #14 Meets the 3rd Thursday of every month at the Haltom City Senior Center, 5000 Bernice St., at 9:30am. Guest speakers begin at 10am. Programs are of interest to seniors. We welcome all visitors. All that attend are invited to stay for lunch at the center, reservations must be made by 12 noon the day before. For more info call Fran Nalley at 817-834-6141 or the center at 817-834-5005.</p> </div> <div data-bbox="91 688 440 966" data-label="Text"> <p>Southwest Fort Worth Chapter #4116 Meetings are on the 3rd Wed. of each month and are held at Arborlawn United Methodist Church, 5001 Briarhaven Rd., Fort Worth. Social time 10am, program and business meeting at 10:30am. Everyone over 50 is invited to join. New members and guests are always welcome. For more information call at 817-294-2111.</p> </div> <div data-bbox="91 991 440 1324" data-label="Text"> <p>Fort Worth Chapter # 5129 The Highland Hills Chapter welcomes and invites you to attend our monthly meetings, the 1st Wednesday of each month, 10:30 am., at the Highland Hills. Multipurpose Center, 1600 Glasgow Rd. 76134. The meetings are both informative and fun. After business, we enjoy a covered dish lunch and we play games. Please join us. For more information, call Gladys Flake, at 817-293-6664.</p> </div> <div data-bbox="91 1350 440 1572" data-label="Text"> <p>Hurst-Bedford Chapter #1251 Meets the 2nd Monday with social time at 9:30 and Business Meeting at 10am. Persons 50 and over are invited to attend and are welcome to join. Meeting at Bedford Boys Ranch Senior Center, 2817 Forest Ridge Dr., Bedford. Call 817-952-2326 for more information.</p> </div> <div data-bbox="91 1598 440 1763" data-label="Text"> <p>Lakehighlands Chapter #3881 Meets 4th Monday at Lake Highlands Methodist Church on Plano Rd. between McCree and NW Hwy. Coffee & conversation at 9:30am. Call Pat McPherson 972-475-8080.</p> </div>	<div data-bbox="468 78 842 121" data-label="Section-Header"> <h2>AARP Chapter</h2> </div> <div data-bbox="468 140 842 385" data-label="Text"> <p>Lewisville Chapter # 950 Meets the 2nd Friday of each month at 1:30 at the Lewisville Senior Center, 1950A South Valley Parkway. We have guest speakers or entertainment; visitors are welcome and refreshments are provided at each meeting. For information call 972-315-9710.</p> </div> <div data-bbox="468 410 842 603" data-label="Text"> <p>Plano Chapter #2304 Meets the 4th Wed. at 1pm at the Plano Senior Center. Please call to verify dates of meeting. 972-964-8951. Plano Senior Center, 601 W. 16th. Street. Guests and new members are always welcome.</p> </div> <div data-bbox="468 629 842 978" data-label="Text"> <p>Richardson Chapter # 1651 Meets the 3rd Monday of each month at 1:00pm at the Richardson Senior Center, 820 W. Arapaho Road, Richardson. Seniors 50 and over attend our meetings and programs, refreshments and great fellowship. Programs will be about Alzheimer's, identity theft, senior discount programs, etc. Please come and bring a friend. For information contact Jim Guliani at 972-234-2815</p> </div> <div data-bbox="468 1003 842 1288" data-label="Text"> <p>Richland Hills Chapter #1526 Meets the 2nd Thursday of each month at 4pm for a catered dinner at the Richland Hills Community Center, 3204 Diana Dr., 76118. We also meet the on the 4th Thursday of each month for a business meeting, program and covered dish lunch. For reservations or for more info call 817-483-2735.</p> </div> <div data-bbox="468 1313 842 1538" data-label="Text"> <p>Stevens Park Chapter # 2032 Meets every 3rd Tuesday at Kiest Park Recreation Center, 3030 S. Hampton Rd. Meeting and program from 11am to 1pm, bring a covered dish for lunch. New members welcome, call President Leroy Finley at 214 215-8796 for more info.</p> </div> <div data-bbox="468 1563 842 1756" data-label="Text"> <p>Westside Chapter #1266 Meets the 2nd Friday of the month at 10am at Broadway Plaza, 6201 Plaza Parkway, Forth Worth. Vistors are always welcome. For more info call Dorothy Holcome 817-246-3405.</p> </div>	<div data-bbox="863 78 1251 121" data-label="Section-Header"> <h2>TCC Computer Programs</h2> </div> <div data-bbox="863 140 1251 500" data-label="Text"> <p>TCC Computer User Group A student organization sponsored by Tarrant County College and open to credit or non-credit students of any age. Monthly Meetings are held at one of the TCC campus'. TCCUG web site http://tccug.apcug.org <ul style="list-style-type: none"> • South Campus 5301 Campus Drive, Fort Worth 76119 • Northwest Campus, 4801 Marine Creek Pkwy, Fort Worth 76179 For questions, call Vida Little, 817-801-8888.</p> </div> <div data-bbox="863 525 1251 640" data-label="Text"> <p>Tuesday, October 27th GENEALOGY SPECIAL INTEREST GROUP, South Campus, Student Center, Texas Room, 9 to 11am</p> </div> <div data-bbox="863 665 1251 863" data-label="Text"> <p>Wednesday, November 11th HOW-TO SPECIAL INTEREST GROUP, South Campus, Student Center, Living Room, 1 to 3:30pm, Please send your computer questions you would like answered to Thomas Simon, thomas.simon@my.tccd.edu</p> </div> <div data-bbox="863 888 1251 1030" data-label="Text"> <p>Wednesday, November 18th GENERAL MEETING, Northeast Campus, Student Center, Galley, 1 to 4pm Program: Jerry Zumwalt, "Advances in Cameras & Camcorders"</p> </div> <div data-bbox="863 1056 1251 1168" data-label="Text"> <p>Wednesday, December 9th Christmas Party Northeast Campus, Student Center, Center Corner Room, 1 to 4pm</p> </div> <div data-bbox="863 1193 1251 1251" data-label="Text"> <p>For more information call, Vida Little, 817-801-8888</p> </div> <div data-bbox="863 1262 1251 1315" data-label="Section-Header"> <h2>Widowed Luncheons</h2> </div> <div data-bbox="863 1329 1251 2089" data-label="Text"> <p>L.I.F.T. (Living Information For Today) Monthly Luncheon Schedule All widowed persons are invited to this social event. Lunch is complimentary on your first visit. Speakers and door prizes change monthly. Luncheons begin at 11:30 a.m. Not a sales program. 2nd Tuesday - East Dallas Red Lobster / Sponsored by Grove Hill Funeral Home and Cemetery and Sparkman Crane Funeral Home. RSVP 214-388-8887 2nd Wednesday - Dallas Bugatti's RSVP 214.363.5401 Sponsored by Sparkman-Hillcrest Funeral Home and Cemetery and Sparkman-Richardson Funeral Home. 2nd Thursday - East Fort Worth Logan's Roadhouse – NE Mall Sponsored by Shannon-Rufe Snow Funeral Chapel and Shannon-Rose Hill Funeral Chapel and Cemetery. RSVP 817-514-9100 3rd Tuesday - North Arlington Black Eyed Pea / Sponsored by Bean-Massey Burge-Funeral Home and Moore Funeral Homes and Cemetery. RSVP 972-263-7200 3rd Thursday - Plano Texas land & Cattle / Sponsored by Ted Dickey Funeral Home and Sparkman-Dickey Funeral Home. RSVP 972-424-4511</p> </div>	<div data-bbox="1272 78 1647 121" data-label="Section-Header"> <h2>Events & Programs</h2> </div> <div data-bbox="1272 140 1647 564" data-label="Text"> <p>Candles of Care Ceremony Sunday, November 15th at 5:30pm. Arden Courts of Arlington will be hosting an inspirational Candle Lighting Ceremony. It will include a candle lighting ceremony, sharing of fond memories and a recital of names in memory and recognition. The ceremony is part of National Commemorative Candle Lighting, an annual event initiated by the Alzheimer's Foundation of America in recognition of National Alzheimer's Disease Awareness Month. Arden Courts of Arlington at 1501 NE Green Oaks Blvd., Arlington. For more information or directions, please call 817-795-1700.</p> </div> <div data-bbox="1272 590 1647 1019" data-label="Text"> <p>VNA to Host Memorial Service Sunday, November 15 from 2 to 3pm. The Visiting Nurse Association will be hosting a Service of Remembrance to honor the memory of loved ones at a memorial service being held at the Preston Hollow United Methodist Church on 6315 Walnut Hill Lane in Dallas. The event is open to the public and will feature special music, readings, and the lighting of memorial candles. Attendees of all faiths are welcome. Additional information about the Service of Remembrance can be obtained by calling Sue Rafferty, a licensed social worker with the Visiting Nurse Association, at 214-689-2922.</p> </div> <div data-bbox="1272 1044 1647 1795" data-label="Text"> <p>Chile Pepperama Festival At Old Town Celebrates 13th Year Sunday, November 15th from 11am until 6pm. The event is open to the public with free admission and parking. Chili tasting cups are just \$5. The festival, which salutes the spicy impact of the chile pepper and other hot and fiery ingredients on Texas cuisine, will take place at Old Town Shopping Center (East Side of Greenville Avenue between Southwestern and Lovers Lane). In addition to food sampling, live entertainment, craft vendors and children's activities, main attractions will include the "Chili Confrontation" a people's choice where the public votes for their favorites. There are four categories: spicy, traditional, vegetarian and new wave. In addition, a prize is awarded for best booth and the decor is an attraction in itself. The Chili tasting is from 12 noon to 5 PM. The monies raised goes to the many programs offered by the TCA and their scholarship fund. For more information call the Chile Pepperama Public Information Hotline at 972.943.4624 or visit their website at www.chilepepperama.net.</p> </div> <div data-bbox="1272 1820 1647 2114" data-label="Text"> <p>Republican Women's November General Meeting Wednesday, November 18th. Lunch will be served at 11:30am and the program will begin at 12noon. The meeting is open to the public and guests are welcome. Luncheon held at the Republican Headquarters located at 10100 N Central Expwy, Suite 175. For additional information, contact Jane Howell at rosotrellis@sbcglobal.net. Further</p> </div> <div data-bbox="1423 2121 1647 2149" data-label="Text"> <p><i>continued on next column</i></p> </div>	<div data-bbox="1668 78 2042 121" data-label="Section-Header"> <h2>Events & Programs</h2> </div> <div data-bbox="1668 140 2042 192" data-label="Text"> <p>information can be found at www.lakehighlandsrw.org.</p> </div> <div data-bbox="1668 218 2042 617" data-label="Text"> <p>Author to Speak at VNA Bereavement Luncheon Thursday, November 19th from noon to 1pm. at the Church of the Incarnation. Norma Carter, author of "Without Warning," will be the featured speaker at the bereavement luncheon hosted by the Visiting Nurse Association. Ms. Carter will speak on "Coping with the Holidays." There is no cost to attend the luncheon, but reservations are requested and can be made through November 17th by calling 214-689-2633. Church of the Incarnation on 3966 McKinney Avenue in Dallas.</p> </div> <div data-bbox="1668 642 2042 991" data-label="Text"> <p>ResCare HomeCare RV to stop at Dallas County Memory Walk Saturday, November 21st beginning at 7am. ResCare HomeCare staff will hand out coffee, bottled water and candy. Stop by to play games and a chance to win Dallas Cowboys Party Passes at Dallas County Memory Walk 2009 (Dallas Zoo, 650 SRL Thornton Freeway). ResCare HomeCare has three locations to serve the Dallas/Fort Worth Metroplex. For more information, please call Rhonda Vahle at 214-951-0698.</p> </div> <div data-bbox="1668 1017 2042 1685" data-label="Text"> <p>Tri-County Democratic Women Helping Women Saturday, November 21st, 8:30am to 12:30pm at Collin College Spring Creek Campus, Plano. Three Democratic Women's Clubs are joining forces to present a Seminar and Fundraiser benefiting three shelters, one in each county, which serve women and children at risk from abuse at the hands of family members and others. Keynote Speaker will be The Honorable Carol Kent, Texas House of Representatives, District 102. In addition to Representative Kent, the shelters' representatives will speak about "The Signs of Abuse", "Legal Issues" and "What We Can Do To Help". Collin College Spring Creek Campus, Conference Rooms A & B, 2800 E. Spring Creek Parkway, Plano, TX 75074. Registration fee \$10, which includes continental breakfast. You can register on _____ line at: www.NDDW.org/women_helping_women.html</p> </div> <div data-bbox="1668 1710 2042 2114" data-label="Text"> <p>Winter Jam 2009 Saturday, November 21st at 7pm. An evening of family-oriented stories for the holidays. Five nationally known storytellers and spoken-word artists will make you laugh, make you think, and definitely put you into the mood for the holidays. If you love a great story, the Dallas Storytelling Guild invites you to join them at DeSoto's Corner Theatre. Tickets are \$7.50 for adults, and children 12 and under are \$5. To purchase advance tickets, visit the Dallas Storytelling Guild at www.DallasStorytelling.org. Tickets will</p> </div> <div data-bbox="1838 2121 2042 2149" data-label="Text"> <p><i>continued on page 44</i></p> </div>
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Events & Programs

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also be available at the door. The Corner Theatre is located in DeSoto Town Center next door to the Recreation Center at 211 E. Pleasant Run Road.

Counselor To Speak At VNA of Collin County's Hospice Family Luncheon Monday, November 23rd from noon to 1pm. Larry Barber, a licensed professional counselor and Director of CounselingWorks, GriefWorks, and KidWorks will speak on "Normal Versus Complicated Grief" at the Monday, November 23rd hospice family luncheon hosted by the Visiting Nurse Association of Collin County. Hosted at Grand Texas Seniors Community on 2491 Country View Lane in McKinney. There is no cost to attend the luncheon, but reservations are requested and can be made by calling VNA of Collin County at 214-733-5500.

Stages of Senior Care Book Signing Tuesday, December 1st from 4:30 to 6:30pm. "Stages of Senior Care" written by Paul & Lori Hogan. Dr. OZ (as seen on Oprah) exclaimed this book to be: "Informative, complete, and practical. This book will guide family caregivers through the surprisingly complex world of senior care." Book Release party will be held at: The Magnolia Theater, West Village, 3699 McKinney Ave., Dallas with the first 150 guest will receive a complimentary book. For more information call: 972-239-3934 and see: www.stagesofseniorcare.com
Counselor To Speak at VNA Bereavement Luncheon
Thursday, December 3rd from noon to 1 p.m. Larry Barber, a licensed professional counselor and director of CounselingWorks, GriefWorks, and KidWorks, will speak on "Getting Through Special Days". The luncheon is at the Saturn Road Church of Christ on 3030 Saturn Road in Garland. There is no cost to attend the luncheon, but reservations are requested and can be made through December 1st by calling Sue Rafferty at 214-689-2922.

Holiday Craft Fair
Saturday, December 5th from 11am to 2pm. Plano Community Homes is hosting a Holiday Craft Fair and Quilt Raffle. At 2pm FOUR beautiful handmade quilts will be raffled. Raffle tickets will be on sale before & during the craft fair and You Need Not Be Present To Win! Community Room of East Campus, at 1608 L Avenue, Plano, Texas, 75071. Contact Julie Yu, Service Coordinator, 972-312-0132 to purchase raffle tickets before the sale.

Holiday Handbell Concert
Saturday, December 5th at 7:30pm. The Handbell Ensemble and Campus Bells of Brookhaven will present their Holiday Handbell Concert in the

continued on next column

Events & Programs

Performance Hall at Brookhaven College. Directed by Bonnie Riddle since its inception in 1983, the ensembles boast members of college-age through senior adult, who hail from all across Dallas-Fort Worth. Ringers perform secular, popular and original music on more than five octaves of handbells and chimes. Admission to the concert is free. Brookhaven College is located at 3939 Valley View Lane in Farmers Branch. For more information, contact the Brookhaven College School of the Arts at 972-860-4730.

Casa Linda
AARP 3880 December Meeting Monday, December 7th at 11:30am will be our Annual Christmas Luncheon at Knights of Columbus Lodge, 10110 Shoreview Rd, Dallas. Tickets are \$10 per person. Call 214-321-1705 for more information or to purchase luncheon tickets.

Life is Definitely NOT Over at 65! Tuesday, December 8th from 8:30 to 11am in Fannin Performance Hall. Engaging the "Third and Fourth Age" - Older Adults in Higher Education, Dr. Wright L. Lassiter, Jr., Chancellor, Dallas County Community College District. The skyrocketing growth of the older adult population in the United States is forcing society to rethink this cohort's role in the nation's future. In this talk the Chancellor will remind the attendees of the four ages of our lives - Preparation, Achievement, Fulfillment and Completion - with a focus on the ages of Fulfillment and Completion - the two ages relating to the Richland College Emeritus Program, 12800 Abrams Rd, Dallas. This free event includes coffee, muffins, and your first opportunity to learn about and register for Spring 2010 classes and events. Call 972-238-6972 or 972-238-6958 to reserve your space. Invite your friends to come along!

VNA Hospice Family Luncheon to Feature "Songs of The Season" Tuesday, December 8th from noon to 1pm. "Songs of the Season" featuring traditional Christmas Carols will be the program for the Tuesday, December 8th hospice family luncheon hosted by Ann's Haven VNA at the Denton Elks Lodge on 228 East Oak Street in Denton. There is no cost to attend the luncheon, but reservations are requested and can be made by calling Molly Harrison, Ann's Haven VNA bereavement coordinator, at 940-349-5900.

Celebrate Hanukkah at the J Thursday, December 10th from 6:30 to 8:30pm. The Jewish Community Center of Dallas is eagerly anticipating the arrival of a gang of "dummies" assisted by world famous ventriloquist Jonathan Geffner. These madcap puppets will perform their highly acclaimed Hanukkah show, Maccabee Mishegoss! in the Zale Auditorium at the Jewish Community

continued on next column

Events & Programs

Center of Dallas. Audience members are forewarned that fantastic fun awaits them as Jonathan and his wacky sidekicks perform the story of Hanukkah as never before heard in this exciting, side-splittingly funny show. Dinner is included. Tickets are: \$14 for age 13 to adult; \$12 for ages 6 to 12; \$8 for ages 2 through 5. Advance registration required. To register call Laura Seymour at 214-239-7110 or Judy Cohn at 214-239-7115. Or on line www.jddcallas.org Jewish Community Center of Dallas, 7900 Northaven Road, Dallas 75230.

The 30th Annual JCC/Network Matzoh Ball Thursday, December 24th from 8pm to 2am!!! The Jewish Community Center of Dallas presents the 2009 Matzoh Ball. This is the biggest Jewish Singles party of the year! Don't miss the 30th Annual Original Matzoh Ball! It will be the place to see and be seen! All Ages 21 and over welcome!!! The event will take place at AURA LOUNGE, a hip, chic uptown bar located at 2912 McKinney Avenue. There will be a hundreds of Jewish singles, a cash bar with special discounted drink prices, music, valet parking and kosher food. The dress for the evening is Dressy Casual! The cost for Admission is \$25 for JCC Members (membership card required) and \$30 for non-JCC members. You may pay at the door or pre-register at jccdallas.org. So come early and party all night! If you would like to arrange for bottle service at Aura Lounge please contact Veronica at 214-762-2872. For more information please contact the JCC at 214-739-2737 or go to jccdallas.org.

DAPS December Meeting Monday, December 14th at 12:30pm. The Dallas Area Parkinsonism Society will meet at the University Park United Methodist Church at 4024 Caruth at Preston for our Annual Holiday Luncheon. Entertainment will be provided by the Sorta Sisters. The cost is \$10.00 and reservations are required. For further information, please call the DAPS office at 972-620-7600.

Garland Retired School Personnel Christmas Luncheon Tuesday, Dec. 15th. It begins at 11:30am. Garland Retired School Personnel will hold their annual Christmas luncheon at the McDonald Activity Center at First Baptist Church of Garland. The program will be performed by Blake Davidson a well known area singer. Reservations must be made for this event. Tickets are \$15.00 and can be purchased from Deanna and Van Venable or at the November meeting. The contact information for this luncheon is 972-278-8460.

Heard Holiday Trail of Lights December 18th & 19th, 6:30 to 9:30pm. From the moment guests enter the Heard Natural Science Museum & Wildlife

continued on next column

Professional CEU's and Education

Dallas First Friday CEU and Lunch for Social Workers

December 4th at Golden Acres, 2525 Centerville Rd., Dallas - 11:30 am - 1pm / lunch. First Friday programs are sponsored by the hosting locations and request that you RSVP to ensure plenty of food and space. CEU's provided Free of Charge for Social Workers. Questions please call Kathy Key at 214-381-2171 or Merry Bailey at 214-734-7222.

Dennis Hines Presents

"Do The Right Thing: An Ethics CEU"

Free Social Work CEU & Free Lunch - Thurs., Dec 10th at Reachout Home Care. Lunch is provided by Faith Presbyterian Hospice. Lunch & Sign-in begin at 11:30am. CEU begins at 12 noon. Please RSVP for lunch to Dennis Hines, MS, LPC, CMC at 214-695-9356 or dhines@reachouthomecare.com by Monday, Dec 7. Location: Reachout Home Care, 100 N. Central Expressway (4th floor conference room), Richardson, Tx 75080. (Chase Bank Building on the northeast corner of Beltline and 75).

Join us for "Fourth Friday" At Mayhill Hospital, Denton

Registration and lunch from 11:30 to Noon. CEU lecture from Noon to 1pm. (1hour CEU credit will be provided for SWs, but all disciplines are welcome) Please RSVP to Ami Reeder at 940-224-4384 or email: amireeder.mayhill@yahoo.com. Space is limited to 30 guests so RSVP early. For more information, call Mayhill Hospital at 940-239-3000. **Mayhill Hospital, 2809 S Mayhill Road, Denton**

Professional Caregiver Class

4th Wednesday of Each Month Presented

by the Dallas Chapter of the Alzheimer's Association

Provides the professional caregiver with the specialized training and skills to care for persons with Alzheimer's disease and other related dementias. This six-hour class will cover the following topics: • *About Dementia* • *Communication* • *Meeting Daily Challenges* • *Managing Difficult Behaviors* • *Making Connections*. The classes will be on the 4th Wednesday of each month from 9am to 3pm (lunch provided) at the Dallas Alzheimer's Association Office at 4144 N. Central Exp. Ste 750, Dallas, TX 75204. For more info or to register please call 1-800-272-3900 or 214-827-0062. Cost is \$25.

List you Professional CEU & Marketing Programs Free of Charge.

Email to: info@Generations-News.com or fax to 972-248-5074

Sanctuary's native plant garden, they will enjoy thousands of holiday lights and displays, including a walk along a specially lit trail that will commence with a hayride and caroling. Enjoy festive activities such as a Christmas tree lighting, live entertainment in the Heard's outdoor amphitheater, and complimentary hot beverages (courtesy of Preservation Tree Service). Tickets available November 27th online, in store, or at the door Admission: \$5 adults, \$3 kids (ages 3-12), and free for kids ages 2 and under. Group rate available see website for details. Holiday Trail of Lights tickets make a thoughtful, unique, inexpensive gift for family, friends, or co-workers! <http://www.heardmuseum.org/attractions/HeardHolidays.asp> for more details.

**Visit us on-line @
Generations-News.com**

continued on next column

"Nell's Charity Ball" New Year's Luncheon/Tea Dance Thursday, December 31, 11:30am to 3pm dance to "Jack Melick's Big Band" with the net proceeds to go to "The Children's Advocacy of Plano" and "Komen Breast Cancer Center". Sterling Hotel-1055 Regal Row at Hwy 183. Price: \$44 [advanced tickets only] Tables for 10 available early only-singles or couples, Luncheon---Cash bar---Silent Auction plus there will be 20 Dance Hosts Available. Silent Auction [Bring checkbook for Silent Auction]. Dress Code: Semi-Formal/Formal--Please No Casuals For TV (the Dance is to be televised). Deadline for reservations--DEC 26- [get paid tickets @ Will Call]. Make checks payable to "New Year's Dance" and mail to Nell Coleman 5940 Charlestown, Dallas, TX 75230. Coordinator: Nell Coleman 972-239-3342 nellofdallas@hotmail.com / Co-Chair: Jan Jolly 214-927-6928 or Betty Oliver 972-248-0315.

Marketing Meetings for Interested Professionals in Aging and Healthcare

Please Call To RSVP (call to confirm location as they are subject to change)

Marketing Over Breakfast meeting
More info at www.MatureAdvantages.com

Fort Worth Marketing Over Breakfast
1st Tuesday at 8:30am.

Dec 1 - Encompass Home Health / 817-737-4300
Jan 5 - TBA

Irving & Grand Prairie Marketing Over Breakfast
2nd Tuesday at 8:30am

Dec 8 - Avente' Rehab Center, Irving / 972-253-4173 (3 to 5pm gift exchange)
Jan 12 - TBA

Arlington Marketing Over Breakfast
3rd. Tuesday at 8:30am

Nov 17 - Broadway Plaza at Pecan Park / 877-291-9452
Dac 15 - Happy Hour - TBA

Mansfield MOB

1st Thursday at 10:30

See www.MatureAdvantages.com for location

Tarrant Area Gerontological Society Meetings (TAGS)
www.tagstarrant.org / 817-531-8890

Quarterly meetings are from 11:30am to 1pm (except for the Forum) at Broadway Baptist Church, 305 W. Broadway, Room 302, Fort Worth 76104.

Collin County Aging Network Meetings / 2nd Tuesday of the Month at 9am. Contact Sharon Morris at SHARONMORRIS98@MSN.COM

Nov 10 - Twin Creeks Hospital, Allen / 972-908-2000
Dec 8 - Rambling Oaks Frisco / 469-362-7408

Mid Cities Networking / 2nd Wednesday of each month at 12noon. Contact Mark Shommer 817-807-2648 or email schommer.mark@yahoo.com

Dec 10 - Texas Land & Cattle (Hwy 183 & 121 from 5 - 8 pm)
Jan 13 - TBA

Dallas Senior Health Circuit / 2nd Wednesday for Lunch, Networking and Speaker / 12noon to 1:30pm

For more info contact Rhonda Vahle at Rhonda Vahle RdVahle@rescare.com

Dec 9 - ResCare, 1349 Empire Central, Dallas / 214-755-4310
Jan 13 - TBA

Senior Circuit Networking Luncheon / 3rd Wednesday of each month 12noon to 1:30pm

For more info and RSVP contact: Arlene Hunsworth-Fox / 817-975-0497

Nov 18 - Broadway Plaza at Westover Hills, Fort Worth / 817-989-1174

Dec 16 - Hill Villa Retirement, Fort Worth / 817-560-0346

Business Over Lunch - 3 Corners / 1st Thursday of each month 11:45am to 1pm.

Lewisville Estates 3rd Floor Community Room, 800 College Pkwy. Box lunch \$6 per person. RSVP to michelleappling@aplaceformom.com

Continuity of Care: Fort Worth / 2nd Thurs of each month 8:30 to 10am

Trinity Lutheran Church at 3621 Tulsa Way, Fort Worth.

Dallas Area Gerontological Society Meetings / 3rd Thursday's from 3 to 5pm /

www.dags.org / SW CEU's Issued

September 17 - Emeritus at Lake Highlands, Dallas / 214-343-7445

Nov 19 - Esparanza of Carrollton - Ira Silverman, Death, Taxes, and Dysfunctional Families / 972-395-3553

Dec 17 - Signature Pointe, Dallas - Virgil Heidbrink. Polishing the Gold of the Senior Years" / 972-726-7575

Business Over Lunch North /

4th Thursday / 12 to 1:30pm, Call Trisha for info and RSVP at 682-554-2443

Nov 19 - Meadow Lakes, NRH / 817-581-4554

Dec 17 - Manor Care NRH / 817-284-1427

Elderly Service Providers of Denton County / Meets the 3rd Friday of Every Month

Good Samaritan Village, 2500 Hinkle Drive in Denton.

Breakfast at 8:30am and Program at 9am. For more info call Bonnie Resnick-Destruel 972-668-8242.

Tarrant County Business Development Last Friday of the Month - Meeting 8:30 to 10am

Nov 20 - Central Market Community Room, West Freeway, Fort Worth / 972-809-0247

Dec 18 - Broadway Plaza City View, Bryant Irvin Rd., Fort Worth / 817-294-2280

Marketing Plus Meetings

Please Call To RSVP

Marketing Plus West

1st Wednesday of the Month at 9am

Dec 2 - The Forum at Park Lane, Dallas / 972-960-6666

Jan 6 - Colonial Lodge, Plano / 972-735-0306

Marketing Plus North

2nd Wednesday of the Month at 9am

Dec 9 - Marquis at Vista Ridge, Lewisville / 469-549-1818

Jan 13 - Corinthians Retirement, Carrollton / 972-395-0363

Marketing Plus South

3rd Wednesday of the Month at 9am

Nov 18 - Charlton Methodist Hospital ReHab, Dallas / 972-708-8616

Dec 16 - Trinity Home Health / 214-941-4900

Marketing Plus North East

Last Tuesday of the Month at 9am

Nov 24 - Preston Place, Plano / 972-931-1123

Dec - No Meeting

Marketing Plus East

Last Wednesday of the Month at 9am

Nov 25 - NO MEETING...

Dec 9 - Arbor House, Rockwall / 469-338-0204



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<div>Dances</div> <p>Square Dance Clubs in Dallas – Ft.Worth area: see www.Nortex.org for list of clubs, their dance dates, and locations.</p> <p>Farmers Branch Senior Center Monday Evening Dancing 7:00 - 9:30pm, every Monday on a 5,000 sq ft wood floor except when Center is closed. Country on 1st & 3rd ; Ballroom 2nd & 4th, 5th Monday varies. Free dance lessons at 6pm with \$5 paid admission. Free refreshments. For more info. 972-241-8636.</p> <p>Bedford - Hurst Senior Center Dancing Monday night from 7 to 9:30pm. Cost of admission is only \$4 per person. Big Band 1st, 2nd and 4th Mondays with Country & Western played on the 3rd Monday night. Light snacks, call 817-952-2325 for more info. 1st Mon - Charlie Patteson 2nd Mon - Chuck Arlington 3rd Mon - Classic Country 4th Mon - Gary Lee 5th Mon - Varies</p> <p>Half Century Dance Club Monday Nights Every Monday from 7 to 9:30 pm. Live bands every week. Bring a covered dish for snacks at 8pm. For info call 817-478-4058. 6013 Craig St.. at the Lions Club, Fort Worth. 76112.</p> <p>Mansfield Senior Center Back to Dancing Monday Nights First Tuesday of every month from 7 to 9:30pm. Cost is \$4 per person. 106 S. Wisteria St. For more information call 817-453-5420.</p> <p>Irving Heritage Senior Center Tuesday nights, 7:00 – 9:30pm at Heritage Senior Center, 200 S. Jefferson in Irving. Admission is \$5. Dance lessons prior to the main dance from 6 to 7pm. Lessons \$5 per person. For more information call the events line at 972-721-7318</p> <p>Benbrook C & W Dances Tuesday Evening Dancing 1st - 3rd & 5th Tuesdays from 7 to 9:30pm. \$3 per person. Bill Robinson Trio is the Band. Located at the Senior Citizens Center, 1010 Mercedes St.</p>	<div>Dances</div> <p>Plano Senior Center Tuesday Nights Dances Live ballroom dance music. Dance time is from 7 to 9:15 p.m. Summer Dress Cose is in effect: dressy casual for ladies and gents (coat & tie optional). Entrance fee is \$5 per person. Refreshments served at break. Dance hosts to dance with unescorted ladies. 401 W. 16th St. 972-941-7155 Nov 17 - Doc Gibbs Nov 24 - Mike Drake Band Dec 1 - Charlie Patteson Dec 8 - Russ Dorsey Musicmakers Dec 15 - High Caliber Dec 22 - Jack Melick Dec 29 - Russ Dorsey</p> <p>White Settlement Tuesday Nights Dancing All band dances are on the 2nd and 4th Tuesday night of each month at 7pm, admission is \$5. Record Hops are the 1st Monday night of each month admin. \$1. Dancing for Fun is Free every Friday Mornings at 10am. Dances are located at the Senior Services Bld., 8211 White Settlement Rd., White Settlement, TX 76108. 817-246-6619. 2nd Tue - Gary Lee 4th Tue - Open Range Band</p> <p>Line Dancing 101 Wednesdays from 10 am- 11 am Thurgood Marshall Recreation Center 5150 Mark Trail Way, Dallas, Texas Please call Sharon at 214-753-3616 for more info. \$4 per person. No PARTNER needed.</p> <p>Garland Thurs Night Dancing Garland Senior Activity Center. Every Thursday night, 7 - 9:30 pm for only \$5. 600 West Ave. A. We also have Dance Hosts.... For more info call 972-205-2769</p> <p>Grand Prairie Senior Citizen Thursday Night Dances located at 925 Conover Dr., Grand Prairie, TX 75051, and are from 7:00pm – 9:30pm. For more information call 972-264-4975.</p> <p>Carrollton Senior Center Dances Thursdays from 7 – 9:30pm. 1720 Keller Springs Rd. \$5 per person. Please call 972-466-4850 for more info. (Free Dance Class 6 - 6:50pm). Nov 19 - Ronnie Martin Nov 26 - Closed for Thanksgiving Dec 3 - Gary lee Dec 10 - Southern Pride Dec 17 - Brazos Valley Boys Dec 24 - Clsoed / No Dance</p> <p>Palestine Senior Dances 2nd. & 4th. Thursdays of the month from 7 to 10pm. Admission \$5 per person. Dance the 1st. Saturday of each month for Free. Call 903-729-0255 for more info.</p>	<div>Dances</div> <p>Springtown Senior Center First Thursday Night Dances Dances are from 7 to 10pm and are \$5 per person. 1070 N. Main (Hwy 51). Call 817-523-6133. 1st Thur - Chappatells 2ns Thur - Cowboy Country 3rd Thurs - Steel Country 4th Thurs - Ace of Diamonds 5th Thurs - Steel Country</p> <p>Arlington Eunice Street Friday Night Dancing Friday Night Dances 7 - 9:30pm. \$5 at the door. Light refreshments served. 1000 Eunice Street, Arlington. Call for more info 817-277-8091 Nov 20 - Southern Pride Nov 27 - No Dance Dec 4 - Last Call Dec 11 - Gary Lee Dec 18 - High Caliber Dec 25 - No Dance Dec 31 - Last Call</p> <p>First Friday Dances Lewisville Senior Activity Center Dance from 7pm to 9:30pm at a cost of \$5 per person. 1950A S. Valley Parkway. For more information, call 972-219-5050. Dec 4 – Gary Lee</p> <p>McKinney Seniors Country & Western Dances 1st Friday of each month at the Senior Recreation Center, 1400 S. College from 7 to 10pm. \$4, Seniors 50+. Call 972-547-7491.</p> <p>Swingin’ Saints Square Dance 1st & 3rd Fridays Round Square Dancing. \$5 per person. Summer hours Grand March at 8pm. Midway Hills Christian Church, 11001 Midway Rd., Dallas. Call 972-578-1457</p> <p>Sherman Dance Night 2nd. Friday Night of each month, 7pm, Municipal Ballroom. Enjoy this dance every month. 405 N. Rusk. Call 903-892-7205 for more information.</p> <p>Burleson Senior Dance 2nd Friday night of each month from 7 to 9:30pm at the Burleson Senior Center. \$3 per person. Door prizes & snacks.</p> <p>Cliff Dwellers Square Dance Club 2nd Friday with the Cliff Dwellers Square Dance Club at Hopkins Senior Center, 206 James Collins, Duncanville. Workshop begins at 7:30, Grand March at 8pm. Early Rounds at 7pm.</p> <p>Dancing Denton 2nd & 4th Friday night 7-9:30pm. Singles and couples are welcome. Dance hosts present to dance with unaccompanied ladies. Cost is \$5/per person with free refreshments at intermission. Comfortable dress. Call 940-349-8280 for more info. Denton Senior Center, 509 N. Bell.</p>	<div>Dances</div> <p>Mesquite Senior Dances Evens Community Gym Friday Night Dancing (2nd-4th & 5th) RELOCATED TO: Rutherford Senior Center, 900 Rutherford Drive Mesquite. From 7 to 9:30pm, admission is \$5 per person. Info call 972-285-6761. Dce 11 - Jimmy Gomez & Outlaws</p> <p>Whitesboro Senior Dances Dances are held on Friday Nights. Cost is \$5 per person. 400 Wilson St. 3rd Friday - Texoma Express 4th Friday - Country Wranglers 5th Friday - Gary Lee</p> <p>DeSoto Senior Center 4th Saturday of each month from 7 to 9:30pm. Everyone is invited to come dance and enjoy the music. Only \$4 per person. 204 Lion St., 75115. Call Betty for more info at 972-230-5825.</p> <p>Grapevine Sr. Center Dances 1st Saturday of the month from 7pm – 9:30pm, at 421 Church St. in Grapevine. For more information call 817-410-8130. Refreshments are served during intermission. Admission \$5 per person.</p> <p>Denison Sr. Center Dances 2nd Saturday Night from 7pm – 10pm, Music by the Melody Makers. 531 W. Chestnut. \$3. Light snacks served. Call 903-463-5116 for more info.</p> <p>Springtown Senior Center First Saturday Night Dances Dances are from 7 to 10pm and are \$5 per person. 1070 N. Main (Hwy 51). Call 817-523-6133. 1st Sat - Texas Express 2ns Sat - Ace of Diamonds 3rd Sat - Cowboy Country 4th Sat - Chapparells 5th Sat - Guest Bands</p> <p>Levis & Lace Square & Round Dance Club 1st Saturday of each month. Early rounds 7:30 / Grand March at 8. Senior Rec Center. 1000 Eunice St., Arlington. Call 817-275-0878 for more info.</p> <p>Richardson Sat. Nights Saturday Night Dancing, 7 to 9:30 pm. 820 W. Arapaho. Every Saturday Night. Refreshments are served, admission \$5. 972-744-7800. Nov 21 - Gary Lee Nov 28 - Ronnie Martin Dec 5 - Chuck Arlington Dec 12 - Ronnie Martin Dec 19 - Gary lee Dec 26 - Charile Patteson</p>	<div>Dances</div> <p>Watauga Sat. Night Dancing 3rd. Saturday night at the Community Center. Come check out the new dance floor. Dance from 7 to 9:30pm for \$4 per person. 7901 Indian Springs Road. Bring a covered dish for snacks. Call 817-514-5892 for more info.</p> <p>Dancing in Gainesville Stanford House Senior Activity Center Dance 3rd Saturday of each month. \$5 per person-Seniors 50+ 401 West Garnett Street Gainesville, Texas 76240 / 940-668-1452</p> <p>Marilyn Meyers Dance Connection Club Every 3rd and 5th Saturday of the month. Ballroom dances with live bands 8 to 11pm. Sokol Hall located behind the Texaco Station and can be accessed from Greenville Ave. and Walnut Hill Dress code: Coat and tie for gentlemen “After Five” for ladies Price of admission for most dances: \$11 for members and \$15 – guests (There are some variations in prices.) For info: call Jean Sutton @ 903-433-3165. Reservations for 6 or more: call Jan Covey at 972-238-0564. www.DanceConnectionsClub.com Nov 21 - Charlie Patteson Dec 19 – Jack Melick</p> <p>Tanglefoot Dance Club Dances held at Fort Worth Elks Lodge 123, 3233 White Settlement Road, Fort Worth or National Hall, 3316 Roberts Cut-Off, Fort Worth. Dance hosts for unescorted ladies. For more information, call Vada Nelson, 817-332-2123 or 817-923-9910, or visit website: www.tanglefootdanceclub.org</p>
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Luncheon to Feature “Songs of The Season”

Tuesday, December 8th

“Songs of the Season” featuring traditional Christmas Carols will be the program for the Tuesday, December 8th hospice family luncheon hosted by Ann's Haven VNA.

The luncheon is from noon to 1

p.m. at the Denton Elks Lodge on 228 East Oak Street in Denton. There is no cost to attend the luncheon, but reservations are requested and can be made by calling Molly Harrison, Ann's Haven VNA bereavement coordinator, at 940-349-5900.

Ann's Haven VNA hospice family luncheons offer supportive company from friendly and understanding people to individuals who have suffered the loss of a loved one.

DAPS December Meeting

Monday, December 14th

The Dallas Area Parkinsonism Society will meet at 12:30pm at the University Park United Methodist Church at 4024 Caruth at Preston for our Annual Holiday Luncheon.

Entertainment will be provided by the Sorta Sisters. The cost is \$10.00 and reservations are required. For further information, please call the DAPS office at 972-620-7600.

Retired School Personnel Christmas Luncheon

Tuesday, Dec. 15th

Garland Retired School Personnel's annual Christmas luncheon begins at 11:30 am and will be held at the McDonald Activity Center at First Baptist Church of Garland.

The program will be performed by Blake Davidson a well known area singer. Reservations must be made for this event. Tickets are \$15.00 and can be purchased from Deanna and Van Venable at 972-278-8460.

Dallas Lawyers Answer Legal Questions – FREE

Wednesday, December 16th

Volunteer attorneys will answer legal questions at no cost from 5:30 to 8pm on Wednesday, December 16th via LegalLine, a call in program sponsored by the Dallas Bar Association, which can be reached at 214-220-7476.

LegalLine is a community service for Dallas County Residents on the 2nd

and 3rd Wednesdays of each month. On these designated nights, anonymous lawyers are available to questions in many law-related areas ranging from divorce and child support matters, to wills, insurance, employment and criminal law matters.

Individuals may also receive referrals to local, legal or social service agencies. LegalLine volunteer attorneys typically answer between 50 and 90 calls each night and can be reached by calling 214-220-7476.

“Nell’s Charity Ball”

New Year’s Luncheon/Tea Dance

Thursday, December 31st

Dance beginning at 11:30am to 3pm to the “Jack Melick’s Big Band” with the net proceeds to go to “The Children’s Advocacy of Plano” and “Komen Breast Cancer Center”.

Sterling Hotel—1055 Regal Row at Hwy 183. Price: \$44 [advanced tickets only] Tables for 10 available early only—singles or couples, Luncheon---Cash bar—Silent Auction plus there

will be 20 Dance Hosts Available. Silent Auction [Bring checkbook for Silent Auction]

Dress Code: Semi-Formal/Formal--Please No Casuals For TV (the Dance is to be televised).

Deadline for reservations—DEC 26- [get paid tickets @ Will Call]. Make checks payable to “New Year’s Dance” and mail to Nell Coleman 5940 Charlestown, Dallas, TX 75230. Coordinator: Nell Coleman 972-239-3342 nellofdallas@hotmail.com Co-Chair: Jan Jolly 214-927-6928 or Betty Oliver 972-248-0315.

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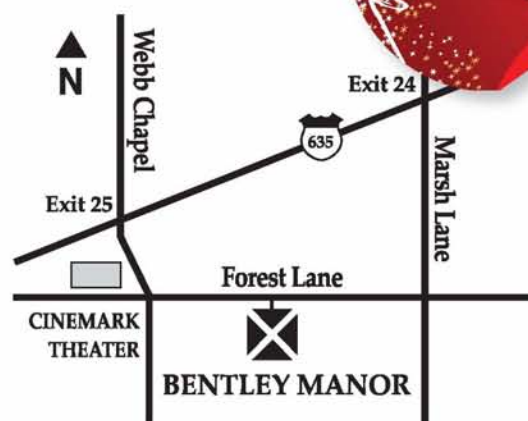
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