

THE HERITAGE HERALD

MARCH 2021



HAPPENING THIS MONTH:

Mar. 5
PAN Program
Mar. 14
Daylight Saving Time Begins
Mar. 16
St. Patrick's Day

WHAT IS INSIDE

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SENIOR CENTER INFORMATION

200 S. Jefferson St., Irving, TX 75060

Phone: (972) 721-2496 | Fax: (972) 721-3744 | Website: CityOfIrving.org/Heritage

The Heritage Senior Center and the adjoining Heritage Aquatic Center are both closed until further notice.

STAFF

ANN GILLESPIE Supervisor	MAKENZIE ROMERO Staff Assistant	KEITH GRIFFIS Part-time Driver
MARIA ROJAS Senior Recreation Specialist	JAMIE DRAPER Senior Office Assistant	KAY TOMPKINS Part-time Kitchen Aide
PAT DAVENPORT Recreation Specialist	CECIELE RODRIGUES Part-time Office Assistant	SONIA CAMARENA Part-time Kitchen Aide
ANDREA DIAZ Recreation Specialist	CAMIE ROCK Part-time Office Assistant	MIKE CASTILLO Custodian
T.J. FRIEDEL Recreation Specialist	RAY WEBB Part-time Driver	EVELIA GONZALES Part-time Custodian
KIARA BROWN Part-time Recreation Specialist	CAROLINA RAMIREZ Part-time Driver	FRANK WILLIAMS Part-time Custodian

2021 ADVISORY COUNCIL

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N/A Secretary	OLIVIA NOVELO ABREU Alternate Director
N/A Director	JANET WALL Advisor to the Council
JOSIE HUSTED Director	TIM FORKS Park Board

The Advisory council meets the second Monday of the month from 1 to 2:30 p.m. in the ballroom. Guests may attend the Heritage Senior Center meetings under these guidelines: Any discussion by a guest must be placed on the agenda at least one week prior to the meeting, unless otherwise authorized. Any open discussion by a guest shall not exceed six minutes. Also as this council is not subject to the State of Texas Open Meetings Act, the council reserves the right to close a portion, or all, of any meeting from the general membership population to discuss matters of a sensitive or private nature.



Announcement

This newsletters activities are subject to HSC opening date. As of this printing, the official date of opening is to be announced depending on the Dallas County Health & Human Services and City of Irving's directives. Visit cityofirving.org or the Irving Parks and Recreation Facebook page for updates.

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Heritage Senior Center, Irving, TX

A 4C 05-1177

BECOME A MEMBER

In order to become a member* of the Heritage Senior Center and take advantage of the wonderful events and classes, one must be 50 and older and provide two proofs of residency. (Current State Issued DL or ID and one other item with name and address such as a utility bill, car insurance, voter registration, or a current piece of business mail.) For corporate memberships proof of work residency through address on paystub and a photo ID.

*Dedicated Caregivers and/or guardians (under 50) who are assisting in the care of an HSC member are welcome and may accompany the member as their helper, but they cannot participate in activities and classes/fitness, billiards room or trips. Basic information and emergency information will be required from the caregiver.

***** Members will be credited back all membership time missed out due to COVID-19.*****

MEMBERSHIP PLANS

Irving Resident: \$10 annually

Non resident: \$30 annually

Corporate membership:

\$25 annually for those 50-up and working within Irving city limits.

Under 50 Pass: \$5 annually to participate in eligible classes and registration form.

Member-for-a-Day Pass: \$3 per day

Fitness Room Day Pass: \$8 per day

DALLAS AREA AGENCY ON AGING

LUNCH PROGRAM

For seniors 60-up suggested donations of \$1 or more are appreciated. For seniors under 60, lunch is \$6.25. Lunch is served at 11:30 a.m. Monday through Friday. Tickets are available from 9:10 a.m. to 11:25 a.m. or until gone. Membership is not required to take part in the lunch program, but participants will be required to fill out an intake form at the front desk in order to be eligible. The lunch program is sponsored by the City of Irving, Dallas Area Agency on Aging and the Texas Department of Health and Human Services.

AQUATIC CENTER

The Heritage Aquatic Center is open to the public and membership is not required. Anyone 50-up may swim for free and participate during all senior and public swim hours. See schedule or call (972) 721-7310.

TRANSPORTATION

The Heritage Senior Center offers morning transportation to and from qualifying members homes, Monday through Friday, free of charge. Must be 60-up without any means of transportation including DART. Complete an application form at the front desk. Availability is limited.



Facility Use Card Ordinance 25-1.4 requires all patrons, 12 and older who attend any recreation facility, to purchase a photo ID card. This is included in the membership application.

Sunday, Mar. 14



+1h

**Spring
Forward**

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Heritage Senior Center, Irving, TX

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TAX PREPARATION FREE FOR LOW TO MODERATE INCOME

Prepared by volunteers trained by the IRS and AARP.

Due to COVID-19, there will be several changes on how tax preparations will be handled this year. Heritage Sr. Center front office will be scheduling all tax prep appointments.

- By appointment only. No walk-ins.
- Main entry doors will remain closed to the public.
 - Enter/Exit through solid red doors only.
 - Masks required at all times while in building.
 - Temperature checks before entering the facility.
- Packets must be picked up and filled out prior to appointment.

To schedule your appointment, call (972) 721-2496 between 8 a.m. and 5 p.m. Monday-Friday. Appointments will be scheduled up to one week in advance; voicemails are not accepted as valid appointment times.

For tax related questions, call Grace Beckner (214) 770-5599

Envelopes with forms to be filled out before your appointment time will be available for pick up outside of the front door of HSC between the hours of 8 a.m. and 5 p.m., Mon-Fri. The mission of this program is to provide free basic tax return preparation for low-to-moderate income (Below Annual Income of \$60,000) and elderly taxpayers. This also includes taxpayers with disabilities, limited English proficiency and the Military.

Dates: Mondays and Thursdays

February 15 through April 15

Appointment Times: 8 a.m., 9 a.m. 10 a.m., & 11 a.m.



**Women's History Month
Observance
Thursday March 4
9:30 a.m.**

In honor of all the contributions women have made to our history, we welcome special guest Susie Hubbard of the Daughters of the American Revolution. She will highlight ways women have helped build our country from the beginning. This Zoom meeting will be enlightening and fun, let's celebrate women!



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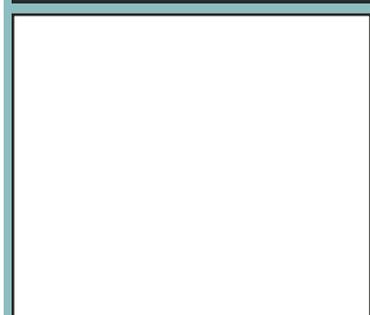
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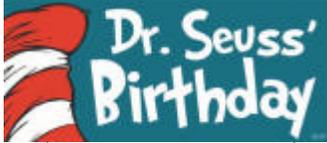
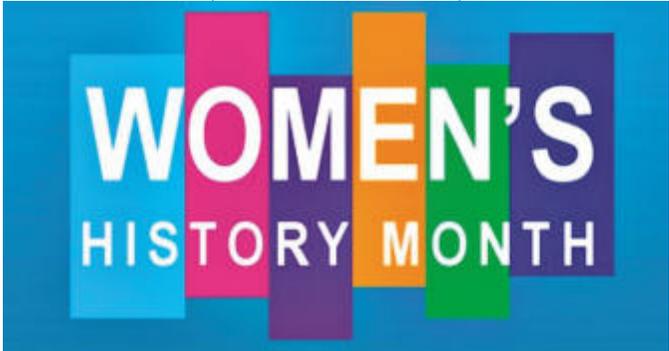
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MARCH CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Dr. Seuss' Birthday 	3	4 Women's History Month Observance 9:30 a.m. Free	5 Pan Program 8:30 to 10:30 a.m.	6
8	9	10	11	12 National Girl Scout Day 	13
15	16	17 	18	19	20 First Day of Spring 
22	23 National Puppy Day 	24	25	26	27
29	30 National Take a Walk in the Park Day 	31			

MARCH LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Lemon Caper Chicken Parmesan Penne Pasta # Lemon Zest Broccoli Wheat Bread Fresh Apple Milk</p>	<p>2</p> <p>Beef with Rosemary Gravy Black-Eyed Peas Dilled Carrots Wheat Bread Oatmeal Cream Cookie  Milk</p>	<p>3</p> <p>Lemon Pepper Fish Whipped Potatoes Italian Green Beans Dinner Roll Strawberry Cereal Bar Milk</p>	<p>4</p> <p>Pork Carnitas * Yellow Rice Cheesy Mexican Tomatoes # Flour Tortilla Lime Gelatin w/Pineapple Milk Taco Sauce</p>	<p>5</p> <p>Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Oranges and Pineapple Milk Mustard and Ketchup</p>
<p>8</p> <p>Meatloaf Tomato Gravy Delmonico Potatoes Spring Vegetables Dinner Roll Cherry Gelatin with Peaches Milk</p>	<p>9</p> <p>Chicken Alfredo Brussels Sprouts Parslied Carrots Texas Bread Gingerbread Cookie Milk</p>	<p>10</p> <p>Shredded BBQ Pork * Whipped Potatoes Spinach Hamburger Bun Zee Zee Birthday Bar Milk</p>	<p>11</p> <p>Country Fried Steak Country Gravy Parslied Rice Mixed Vegetables Wheat Bread Cinnamon Crisp Bar Milk</p>	<p>12</p> <p>Cheesy Beef Macaroni Green Beans Stewed Tomatoes Multi Grain Bread Lemon Berry Pudding Milk</p>
<p>15</p> <p>Swedish Chicken Meatballs Parsley Penne Pasta Braised Carrots Texas Bread Oatmeal Raisin Cookie Milk</p>	<p>16</p> <p>Turkey Cannelloni Casserole # Broccoli Cauliflower Wheat Bread Chocolate Pudding Milk</p>	<p>17</p> <p>St. Patrick's Day Smoked Sausage * Parslied Potatoes Medley Cabbage Hot Dog Bun Lime Whip Milk</p>	<p>18</p> <p>Coconut Chicken # Jasmine Rice Japanese Vegetables Multi Grain Bread Lemon Gelatin w/ Mixed Fruit Milk</p>	<p>19</p> <p>Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Mustard and Ketchup</p>
<p>22</p> <p>Special Event Turkey Pastrami Swiss Cheese Three Bean Salad Cold Pickled Beets Rye Bread (2) Fudge Cream Cookie  Milk Mustard</p>	<p>23</p> <p>BBQ Pork Rib Patty * Whipped Potatoes Lemon Brussels Sprouts Wheat Bread Creamsicle Pudding Milk</p>	<p>24</p> <p>Baked Chicken Gravy Macaroni and Cheese Catalina Vegetables Dinner Roll Orange Gelatin w/ Mixed Fruit Milk</p>	<p>25</p> <p>Beef Chili with Beans Parslied Rice Spinach Corn Muffin Fresh Orange Milk Margarine</p>	<p>26</p> <p>Beef Spanish Rice Whole Kernel Corn Green Beans Wheat Bread Nutty Buddy Bar  Milk</p>
<p>29</p> <p>Breaded Chicken Patty Mashed Spiced Yams California Vegetables Dinner Roll Cherry Gelatin with Peaches Milk</p>	<p>30</p> <p>Salisbury Beef Brown Gravy Twice Whipped Potatoes Herbed Green Beans Wheat Bread Chocolate Chip Cookie Milk</p>	<p>31</p> <p>Turkey Taco Pinto Beans Cilantro Lime Corn Flour Tortilla Pia Colada Pudding # Milk Taco Sauce</p>	<p>* - Contains Pork</p> <p># - New Menu Item</p> <p>~ - Entrée Contains Soy</p> <p> - Contains Peanuts</p>	

SKIN CANCER SAFETY FOR ANY AGE

While it's true that much of the ultraviolet (UV) damage to the skin happens during childhood and adolescence, that doesn't mean your skin should be unprotected in adulthood. Every new sunburn you experience — at any age — increases your risk of developing skin cancer.

As we head in to the hottest months of the year, it's important to take a few minutes to learn more about skin safety. That's because non-melanoma skin cancer continues to be the most commonly diagnosed type of cancer in the U.S. Adults with compromised immune systems can be at especially high risk.

Here's what you should know about skin cancer prevention:

Use Sunscreen

It might seem too easy, but applying sunscreen is one of the best steps you can take to protect yourself from skin cancer. Don't forget to cover the backs of your ears, the tops of your feet, and the back of your neck. These are areas people often forget about.

Apply and Reapply

Most people fail to apply enough sunscreen and to apply it often enough. In general, you should apply one full ounce every two to four hours. If you are swimming or sweating, you might need to apply it even more often.

Avoid Peak Sun

The sun's rays are typically strongest between the hours of 10 a.m. and 4 p.m. If you can avoid being outside during these hours, you can lower your risk of skin cancer. Try to run errands, take your daily walk, and do other outdoor tasks around peak sun times.

Wear Quality Sunglasses

Don't forget to protect your eyes from the sun's rays, too. Like your skin, they are susceptible to UV damage. Opt for sunglasses that are more protective than decorative. Choose those with a label showing they meet UVA/UVB standards. In addition to preventing sun damage, wearing sunglasses can help lower your risk for developing cataracts.

Wear Protective Clothing

While it might not sound all that comfortable on a hot day, wearing lightweight long pants, a long-sleeved shirt, and a hat that shields your face also helps protect skin. Some fabrics even have a sun protection factor (SPF) built in.

Car Sun Safety

Don't forget to wear sunscreen and sunglasses when you are riding in a car. It's easy to think you are safe, but sunburn can easily occur if you are a driver or passenger in a car.

Scan for Growths

Make a habit of checking your skin head-to-toe once a month for new growths or changes to old ones. Growths that have irregular borders, varying colors, or have increased in size should all be shared with your doctor.

See the Doctor

The Skin Cancer Foundation recommends seeing a dermatologist once a year for a skin cancer check. Catching potential problems early gives your physician an opportunity to intervene before the cancer is too advanced. One final tip for remaining safe in the summer sun is to stay hydrated. Adults are often at greater risk for dehydration for a variety of reasons including medication side effects. Keep water with you when you are outdoors and sip from it continuously.

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Join us on ZOOM!

1. View the zoom schedule using one of the following options:

—>Irving Parks and Recreation Facebook Page

—>CityofIrving.org/ParksandRecreation

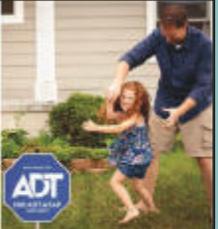
Scroll down to the bottom of the page to view the calendar which contains each class description and links to join

2. Go to zoom.us/join using our meeting ID and password:

Meeting ID: 810 594 9842

Password: 200HSC



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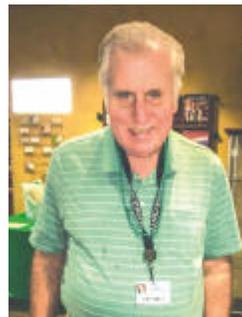
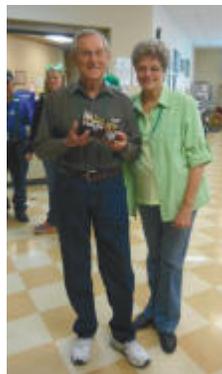
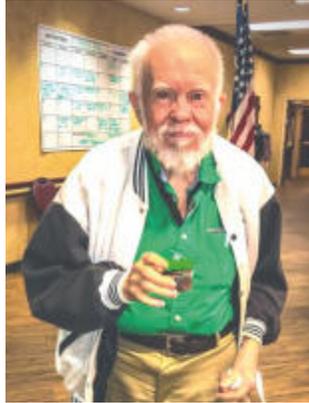


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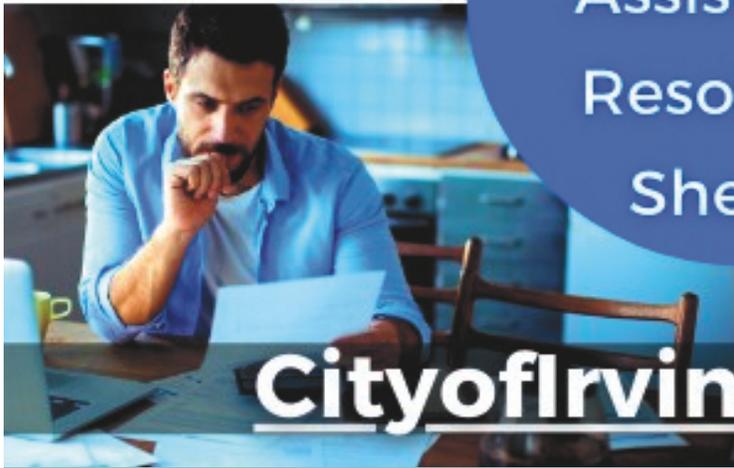


PAST ST. PATRICK'S SHENANGIANS

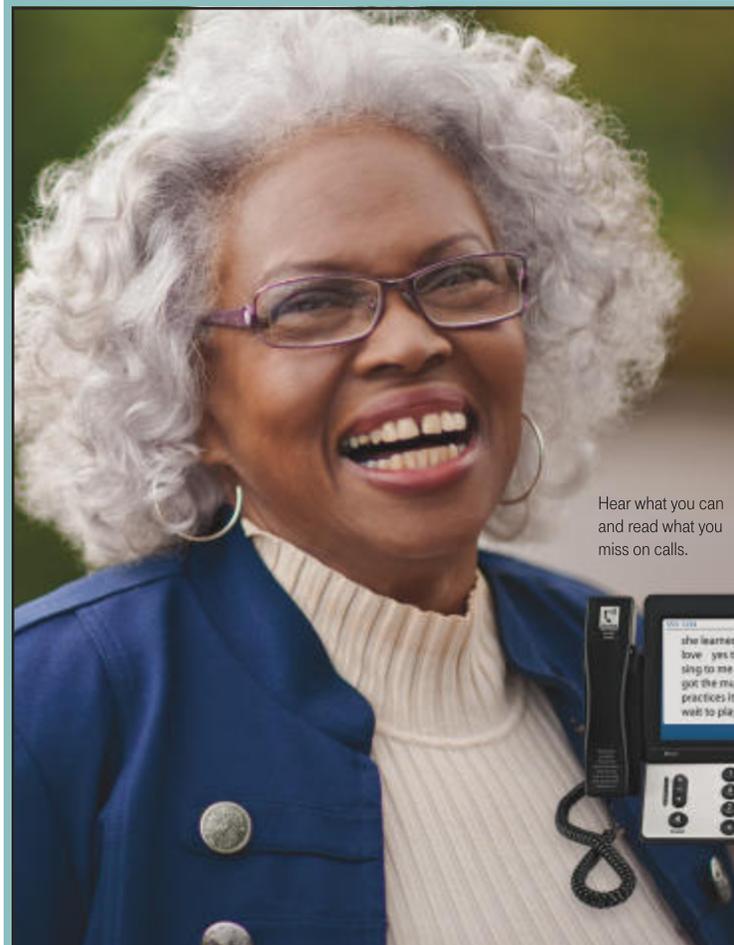




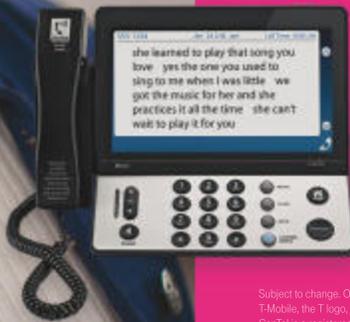
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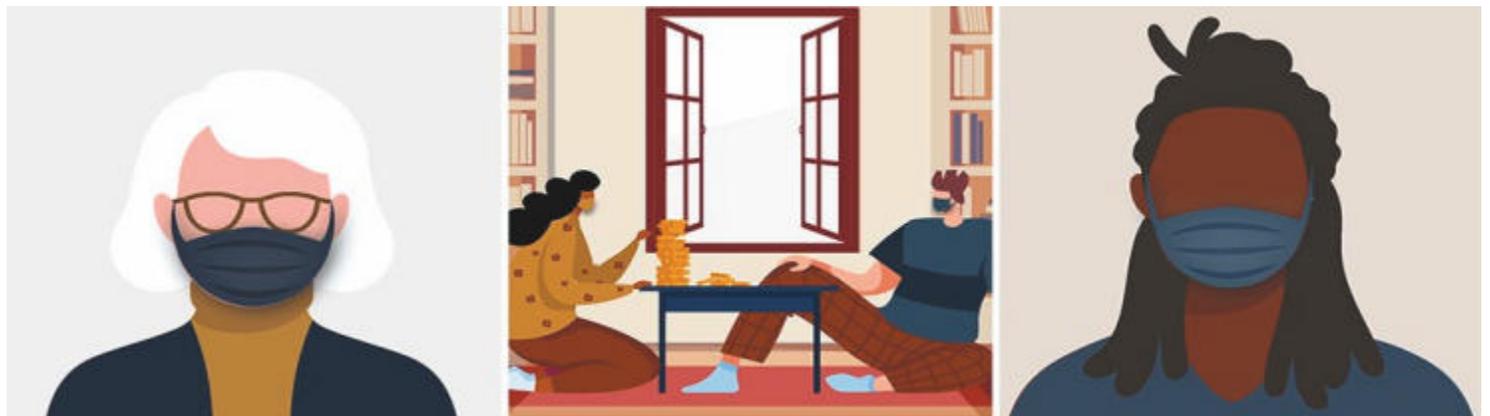
Masks are an additional step to help prevent people from getting and spreading COVID-19. They provide a barrier that keeps respiratory droplets from spreading. Wear a mask and take every day preventive actions in public settings.



Masks are a two-way street. Masks protect you and me.



When we all wear masks, we take care of each other and everyone is protected.



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COVID-19 VACCINE INFORMATION

Who is eligible to get the vaccine now?

Phase 1A: Front-line healthcare workers and residents at long-term care facilities

Phase 1B: People 65+ or people 16+ with a health condition that increases risk of severe COVID-19 illness, including but not limited to:

- Cancer
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Down Syndrome
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Organ transplantation
- Obesity
- Pregnancy
- Sickle cell disease
- Type 2 diabetes

If you have a medical condition not listed above, you may still qualify for the vaccine. Talk to your provider to confirm.

Where can I get vaccinated?

At a Vaccine Hub.

County	Location	Information/Registration
Dallas	Baylor University Medical Center	1 (844) 279-8222; Bswhealth.com/covidvaccine
Dallas	Kay Bailey Hutchinson Center	Dallascityhall.com/pages/coronavirusvaccineinformation.aspx
Dallas	City of Garland Health Department	(972) 205-3900; Garlandtx.gov
Dallas	Dallas County Health and Human Services	(469) 749-9900; Dallascounty.org/covid-19/covid-19vaccination.php
Dallas	Parkland Hospital	dallascounty.org/covid-19/covid-19-vaccination.php
Dallas	UT Southwestern Medical Center	(214) 633-2021; utswmed.org/covid-19/covid-19-vaccination/

If you live in a different Texas county, find your Vaccine Hub here:

<https://www.dshs.texas.gov/coronavirus/immunize/vaccine-hubs.aspx>

*Please note – some of the hospitals listed have an internal registration for their patients. If you are not a patient at that hospital, go to the website in the chart listed above to register for the vaccine. If you are a patient at one of the above hospitals and they are registering patients, you will be contacted by the hospital about an appointment. You can still register at one of the above sites. It is also okay to register on more than one website.

At a Community Vaccine Provider

Local vaccine providers, like pharmacies, may have vaccine available. Use the Texas COVID 19 Vaccine Availability map to find a provider near you with vaccine available. Check the provider's website for how to best sign up for a vaccine. Call only if the provider's website doesn't answer your question.

Important to Know

Moderna and Pfizer COVID-19 vaccines both require two doses. It's best if you get your second dose from the same brand as your first dose. For example, if you got a Moderna first dose, it's best to get Moderna for your second dose.

The timing between your first and second dose depends on which vaccine you received:

*Moderna: 4 to 6 weeks after your first dose

*Pfizer: 3 to 6 weeks after your first dose

*The above information was taken from the Texas Department of State Health Services website:

<https://www.dshs.state.tx.us/covidvaccine/>

COVID-19 VACCINE INFORMATION CONTINUED

Why do I Need to Have a Second Dose?

The first vaccines will be two-dose vaccines. Getting both doses is very important. The first dose is a “priming” dose giving you about 50% immunity while the second dose sets in immunity to around 95%. You will not develop sufficient immunity to COVID-19 without both doses.

How Soon Will I Become Immune to COVID-19?

You will start to have some immunity seven days after your first dose. Your immunity will continue to build and will reach a peak about two weeks after the second dose.

Can I Get Other Vaccines, Like a Flu or Shingles Shot?

You should wait at least 14 days before getting a different vaccine.

Should I Still Get the Flu Shot?

Yes. The COVID-19 vaccine will not protect you from getting the flu. Like COVID-19, influenza can result in serious complications and lost time from work.

I Got the COVID-19 Vaccine – Now What?

It's still unknown how long immunity lasts after getting the vaccine. Future findings will show us whether or not people will need booster shots at a later date.

Will It Be Safe For Me To Gather With Friends and Family Again?

After you, your family members and friends are vaccinated, it will be much safer to gather together. However, it's important to remember that children won't be protected until a vaccine is approved for them. It will still be important to take precautions and keep watching for updates from the Centers for Disease Control and Prevention (CDC).

Do I Still Need to Wear a Mask and Social Distance?

We are counting on the COVID-19 vaccine to be the most effective measure against the spread of the virus. Different populations are being vaccinated at a time — starting with long-term care staff and residents, frontline health care workers and those with compromised immune systems, such as cancer patients. Although the vaccine does a good job giving you personal immunity, it is unclear whether you might still be able to pass on COVID-19 to others.

Even as more populations becomes vaccinated, it's important to remain vigilant with the preventive measures you've incorporated into your life:

- Wear your mask
- Practice social distancing
- Maintain good hand hygiene

You can expect hospitals and clinics to continue to follow these guidelines, too. Staff will still wear personal protective equipment (PPE) and visitation will be limited in some health care facilities.

*The above information was taken from the Avera website:

<https://www.avera.org/balance/infectious-disease/i-got-the-covid-vaccine/>

For more information on the COVID-19 vaccine, please visit the following websites:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

<https://www.dshs.texas.gov/coronavirus/tools/vaccine-comm.aspx>

<https://www.dshs.state.tx.us/coronavirus/immunize/vaccine-faqs.aspx#effective>

INFORMACIÓN SOBRE LA VACUNA COVID-19

¿Quién es elegible para recibir la vacuna ahora?

Fase 1A: trabajadores de la salud de primera línea y residentes en centros de atención a largo plazo

Fase 1B: Personas mayores de 65 años o personas mayores de 16 años con una condición de salud que aumenta el riesgo de enfermedad grave por COVID-19, que incluye, entre otros:

- Cáncer
- Enfermedad renal crónica
- EPOC (enfermedad pulmonar obstructiva crónica)
- Síndrome de Down
- Afecciones cardíacas, como insuficiencia cardíaca, enfermedad de las arterias coronarias o cardiomiopatías
- Transplante de órgano
- Obesidad
- El embarazo
- Enfermedad de célula falciforme
- Diabetes tipo 2

Si tiene una afección médica que no se menciona arriba, aún puede calificar para la vacuna. Hable con su proveedor para confirmar.

¿Dónde puedo vacunarme?

En un Centro de Vacuna

Condado	Ubicación	Información/Registro
Dallas	Baylor University Medical Center	1 (844) 279-8222; Bswhealth.com/covidvaccine
Dallas	Kay Bailey Hutchinson Center	Dallascityhall.com/pages/coronavirusvaccineinformation.aspx
Dallas	City of Garland Health Department	(972) 205-3900; Garlandtx.gov
Dallas	Dallas County Health & Human Services	(469) 749-9900; Dallascounty.org/covid-19/covid-19vaccination.php
Dallas	Parkland Hospital	dallascounty.org/covid-19/covid-19-vaccination.php
Dallas	UT Southwestern Medical Center	(214) 633-2021; utswmed.org/covid-19/covid-19-vaccination/

*Si vive en otro condado de Tejas, encuentre su Centro de vacunas aquí:

<https://www.dshs.texas.gov/coronavirus/immunize/vaccine-hubs.aspx>

* Tenga en cuenta que algunos de los hospitales enumerados tienen un registro interno para sus pacientes. Si no es un paciente de ese hospital, visite el sitio web en la tabla que se indica arriba para registrarse para la vacuna. Si usted es un paciente de uno de los hospitales anteriores y están registrando pacientes, el hospital se comunicará con usted para concertar una cita. Aún puede registrarse en uno de los sitios anteriores. También está bien registrarse en más de un sitio web.

En un Proveedor de Vacunas de la Comunidad

Los proveedores de vacunas locales, como las farmacias, pueden tener vacunas disponibles. Utilice el Mapa de Disponibilidad de Vacunas COVID 19 de Tejas para encontrar un proveedor cerca de usted con vacunas disponibles. Visite el sitio web del proveedor para saber cuál es la mejor forma de registrarse para recibir una vacuna. Llame solo si el sitio web del proveedor no responde a su pregunta.

Importante Saber

Las vacunas Moderna y Pfizer COVID-19 requieren dos dosis. Es mejor si obtiene su segunda dosis de la misma marca que su primera dosis. Por ejemplo, si recibió una primera dosis de Moderna, es mejor obtener Moderna para su segunda dosis. El tiempo entre su primera y segunda dosis depende de la vacuna que recibió:

*Moderna: 4 a 6 semanas después de su primera dosis

*Pfizer: de 3 a 6 semanas después de su primera dosis

* La información anterior fue tomada del sitio web del Departamento de Servicios de Salud del Estado de Tejas:

<https://www.dshs.state.tx.us/covidvaccine/>

INFORMACIÓN SOBRE LA VACUNA COVID-19

¿Por qué necesito una segunda dosis?

Las primeras vacunas serán vacunas de dos dosis. Es muy importante recibir ambas dosis. La primera dosis es una dosis de "preparación" que le brinda aproximadamente un 50% de inmunidad, mientras que la segunda dosis establece una inmunidad de alrededor del 95%. No desarrollará suficiente inmunidad al COVID-19 sin ambas dosis.

¿Qué tan pronto me volveré inmune al COVID-19?

Comenzará a tener algo de inmunidad siete días después de su primera dosis. Su inmunidad continuará desarrollándose y alcanzará un pico aproximadamente dos semanas después de la segunda dosis.

¿Puedo recibir otras vacunas, como la vacuna contra la gripe o la culebrilla?

Debe esperar al menos 14 días antes de recibir una vacuna diferente.

¿Debería recibir la vacuna contra la gripe?

Si. La vacuna COVID-19 no lo protegerá de contraer la gripe. Al igual que COVID-19, la influenza puede provocar complicaciones graves y pérdida de tiempo de trabajo.

Recibí la vacuna COVID-19, ¿y ahora qué?

Aún se desconoce cuánto tiempo dura la inmunidad después de recibir la vacuna. Los resultados futuros nos mostrarán si las personas necesitarán o no vacunas de refuerzo en una fecha posterior.

¿Será seguro para mí reunirme con amigos y familiares nuevamente?

Después de que usted, sus familiares y amigos estén vacunados, será mucho más seguro reunirse. Sin embargo, es importante recordar que los niños no estarán protegidos hasta que se apruebe una vacuna para ellos. Aún será importante tomar precauciones y estar atento a las actualizaciones de los Centros para el Control y la Prevención de Enfermedades (CDC).

¿Todavía necesito usar una máscara y distancia social?

Contamos con que la vacuna COVID-19 sea la medida más eficaz contra la propagación del virus. Se están vacunando diferentes poblaciones a la vez, comenzando por el personal y los residentes de atención a largo plazo, los trabajadores de atención médica de primera línea y aquellos con sistemas inmunitarios comprometidos, como los pacientes con cáncer. Aunque la vacuna hace un buen trabajo al brindarle inmunidad personal, no está claro si aún podría transmitir COVID-19 a otras personas.

Incluso a medida que más poblaciones se vacunan, es importante estar atento a las medidas preventivas que ha incorporado a su vida:

- Use su máscara
- Practica el distanciamiento social
- Mantenga una buena higiene de manos
- Puede esperar que los hospitales y las clínicas también sigan estas pautas. El personal seguirá usando equipo de protección personal (PPE) y las visitas serán limitadas en algunas instalaciones de atención médica.

* La información anterior fue tomada del sitio web de Avera:

<https://www.avera.org/balance/infectious-disease/i-got-the-covid-vaccine/>

Para obtener más información sobre la vacuna COVID-19, visite los siguientes sitios web:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

<https://www.dshs.texas.gov/coronavirus/tools/vaccine-comm.aspx>

<https://www.dshs.state.tx.us/coronavirus/immunize/vaccine-faqs.aspx#effective>

12 Habits that Make ANXIETY WORSE



DRINKING CAFFEINE LACK OF SLEEP

Caffeine is an “anxiety amplifier” that often affects anxiety hours later, making it difficult to realize the connection between the two.

Getting less than eight hours of sleep can increase repetitive negative thoughts, and make it harder to let go of negative stuff— symptoms that are characteristic of anxiety.



SKIPPING MEALS

Skipping meals causes hypoglycemia that can lead to symptoms such as irritability, nervousness, dizziness, light-headedness, and weakness.

POOR EATING HABITS

Poor eating habits can affect your intake of essential nutrients necessary for mental health and the functioning of the nervous system.



NOT GETTING ENOUGH FLUIDS

Dehydration causes stress to your body, and when your body is stressed, you can experience common anxiety symptoms.

WATCHING THE NEWS

Anxiety is characterized by excessive worry and fear, and watching the news can exacerbate that problem, leaving you feeling moody and anxious afterward.



REACHING FOR SUGAR

Sugar has the ability to temporarily suppress anxiety and tension but studies show that it increases the risk of anxiety and depression as well as other health problems and diseases, likely to make anxiety worse over time.

CONSUMING ALCOHOL

While alcohol temporarily provide anxiety relief, making you feel happier and less anxious, it can also raise your anxiety levels within just a few hours after consuming, and make you more anxious overtime.



EATING PROCESSED FOODS

Processed foods contain additives, and according to research these ingredients can promote anxiety, while reduce mood and social behavior.



NOT EXERCISING

Your body is designed to move, and if you sit down all day, and never exercise, your anxiety is likely to suffer as a result.

IGNORING YOUR ANXIETY

Anxiety is a signal that is trying to indicate you that you need to change something. Ignoring your anxiety will make it worse.



COMPARING YOURSELF TO OTHERS

Comparing yourself to others can cause unhappiness, low mood, and negative thoughts, that lead to anxiety.



Celebrate St. Paddy's Day!

P E D A R A P G R E E N B E E R N I O
E R P O T O F G O L D E R E E U H I Y
E A N E R B S R T M R M C X A E T O E
T A T E I N I S H I T N A H E N N E N
E O E C I R A R N G A O C R N O E G R
E H P O L C S G E D R E P O C B E A A
C R C O C O O H E L R E I H L H T B L
F R N E F B V P A P A T E E A S N B B
O I I L R T I E E M I N S N E T E A G
L I N A P P H L R D R S D K K A V C N
K O G L G M O E A H I O A Z C D E C I
L H S A U H W R M N S N C J I C S E K
O P B S A O T J G O S I I K R H R L N
R O I R B D I S G H R A R Q E A I E I
E C P N U G W I S H B N W I M R S B R
K C I R T A P T N I A S I D I M S R D
T A C O R N E D B E E F K N L R I A N
R B Y A D I L O H G F Y V E G A K T R
E T S K C U L P C E L T I C A L I E G

Word List:

BAGPIPE
CASTLE
CHEER
DANCE
GREEN
IRELAND
LEPRECHAUN
MUSIC
SAINTPATRICK
TOPHAT

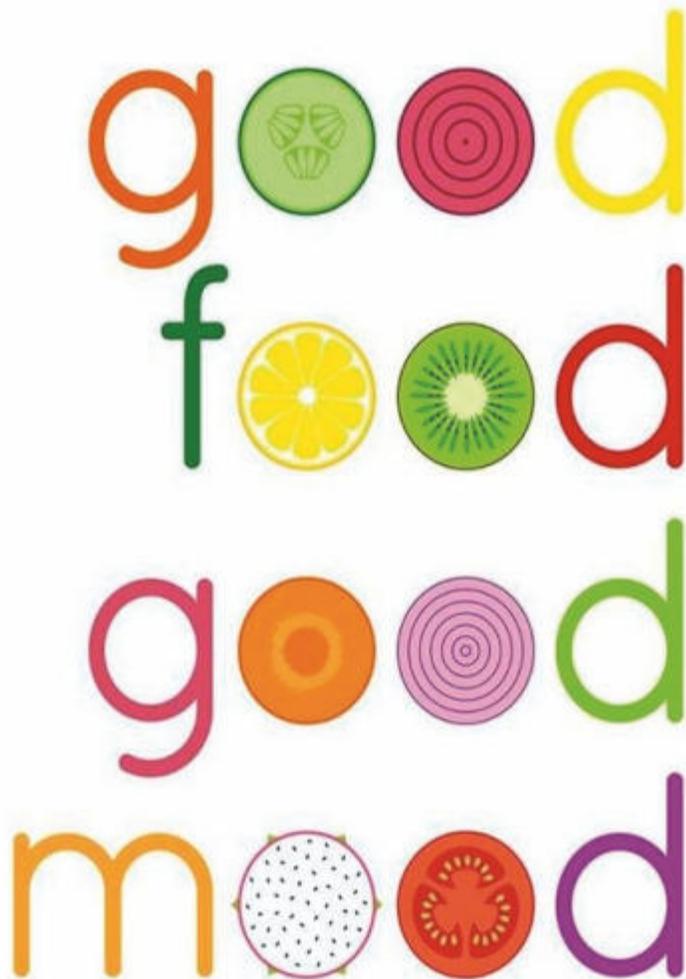
BLARNEY
CELEBRATE
CLOVER
DRINKING
GREENBEER
IRISH
LIMERICK
PARADE
SEVENTEENTH
TOPOFTHEMORNING

BLESSINGS
CELTIC
COINS
ERINGOBRAH
HARP
JIG
LUCK
POTOFGOLD
SHAMROCK
TRADITION

CABBAGE
CHARM
CORNEDBEEF
FOLKLORE
HOLIDAY
KISS
MARCH
RAINBOW
SNAKES
WISH



Health is much more dependent on our habits and nutrition than on medicine.
-John Lubbock



EXTRA INFORMATION AND RESOURCES

PAN (PEOPLE AND NUTRITION) PROGRAM

Friday, Mar. 5

8:30 to 10:30 a.m.

Distribution is the first Friday of each month. Must be at least 60 years of age and provide proof of income, age and residency. Drive-up to get your box. For more information, call (214) 367-3123.

Meal Drive Thru Pick-up Service

Monday - Friday
10:30 a.m. to Noon
Suggest \$1 donation.

While the senior center is closed, we are still providing seniors 60 years and older with daily meals. Seniors may drive up to the front door and a staff member will place the meal in the front passenger seat. Masks are strongly encouraged while picking up meals. Annual paperwork required.

AARP OFFICE (TOLL FREE)
(866) 554-5377

AGING INFORMATION HOTLINE
211

BAYLOR SENIOR HEALTH CENTER
(972) 487-5444

BETTER BUSINESS BUREAU
(214) 220-2000

DALLAS AREA AGENCY ON AGING
(214) 871-5065

DART PARATRANSIT
(214) 515-7272

FOOD STAMPS
(800) 500-4266

LEGAL AID OF NORTHWEST TEXAS
(888) 529-5277

MEALS ON WHEELS
(214) 689-2639

MEDICARE
(800) 633-4227

MENTAL HEALTH HOTLINE
(866) 615-8700

NURSING HOME OMBUDSMAN
(214) 823-5700

OFFICE OF SENIOR AFFAIRS
(214) 670-5227

PEOPLE AND NUTRITION PROGRAM (PAN)
(214) 358-8700

PARKLAND HEALTH CENTER
(214) 266-0700

SENIOR SOURCE IN DFW AREA
(214) 823-5700

SOCIAL SECURITY ADMINISTRATION
(800) 772-1213

VETERANS SERVICE OFFICER
(214) 819-1886

WIDOWED PERSONS SERVICE
(214) 358-4155

TEXAS HEALTH AND HUMAN AGING SERVICES
(800) 889-8595

DrugWatch.com/Seniors/

DrugWatch.com/Vaccines/Flu/

DealHack.com/Blog/Senior-Discounts-Guide

MemoryCare.Com

[www.MesotheliomaHub.com/Mesothelioma/
Risk-Factors/Mesothelioma-and-Seniors/](http://www.MesotheliomaHub.com/Mesothelioma/Risk-Factors/Mesothelioma-and-Seniors/)

