

# GOLDEN GAZETTE

April 2020



Senior Center will remain closed until further notice.  
Drive through meal service will continue.  
To reserve a meal or fill out a new meal application please call the center 2 days in advance.  
Stay safe and practice social distancing!

## Duncanville D.L. Hopkins Jr. Senior Center

206 James Collins Blvd.  
Duncanville, TX 75116  
(972) 707-3864  
www.duncanville.com

Lunch reservations and  
cancellations: 972-707-3843

**Center Hours**  
Monday - Thursday  
8 am to 3 pm  
Friday  
9 am to 3 pm

### STAFF

**Noel Garcia**

Superintendent

**Jeanette Rodriguez**

Senior Center Coordinator

**Caitlin Sansom**

Administrative Assistant

**Ryan Young**

Office Assistant

**Cecilia Rodriguez**

Kitchen Coordinator

**Tim Davis**

Lead Building Attendant

**Mary Lou Braun**

Bus Driver/Field Trip Coord.

**Yasmin Thomas**

**Sport Jackson**

**Raymond Johnson**

Building Attendants



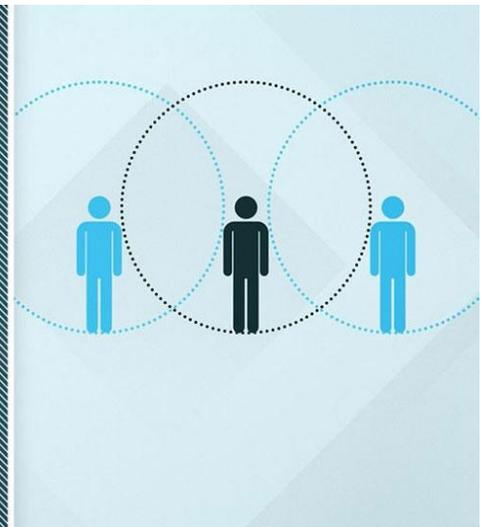
### Our Mission:

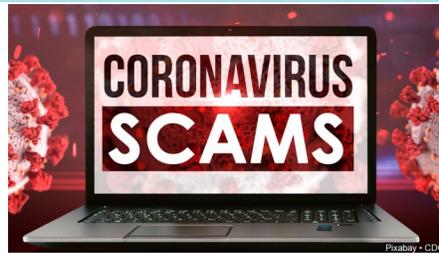
*“Providing opportunities for citizens to engage in physical and social activities in an inclusive environment.”*

### SOCIAL DISTANCING

SOURCE: CDC

remaining out of  
congregate settings,  
avoiding mass gatherings  
and maintaining distance  
(approximately 6 feet)  
from others when possible





### BEWARE OF RED FLAGS

- **Urgency** – scammers will apply pressure or use fear to get you to act.
- **Scarcity** – scammers will claim there is a limited supply, so you must “buy now.”
- **Social Consensus** – scammers want you to think everyone else is doing it too, and you don’t want to be left behind!
- **Credible Sources** – scammers will claim they are with a reputable business or organization.
- **TIP:** Do NOT click on links from sources you do not know, and only call known phone numbers.

## Scammers follow the headlines

### TOP SCAM: Fake Stimulus Check

**Phishing Scam** – scammers are sending emails posing as health officials, including the World Health Organization and the Centers for Disease Control and Prevention. They want to trick you into downloading malware or providing personal identification and financial information.

**App Scam** – scammers are creating and controlling mobile apps used to track the spread of COVID-19. If used, these apps insert malware on your device that steals your personal and financial information.

**Compassion & Romance Scams** – scammers will use this opportunity to prey on your vulnerability while you are contained and isolated to your home, developing a friendship or romantic relationship with you to gain your trust and obtain your personal and financial information.

**Robocalls** – **HANG UP!** Scammers or scammy companies use illegal robocalls to profit from Coronavirus -related fears – posing as the IRS or Medicare. Visit the Federal Trade Commission’s website to hear scam calls: [ftc.gov/coronavirus](https://ftc.gov/coronavirus).

**Testing Scam** – scammers are calling or knocking on doors in white lab coats or hazmat gear claiming to be with the Center for Disease Control and Prevention selling fake at-home Coronavirus tests.

**Treatment Scam** – scammers are calling or knocking on doors in white lab coats or hazmat gear claiming to be with the Center for Disease Control and Prevention selling fake cures, vaccines, and medical advice on unproven treatments.

**Supply Scam** – scammers are creating fake shops, websites, social media accounts, and email addresses to sell medical supplies in high demand, like surgical masks. When you try to purchase supplies, they pocket the money.

**Provider Scam** – scammers are contacting people by phone and email, pretending to be doctors and hospitals that have treated a friend or family member for COVID-19 and demanding payment.

**Charity Scam** – scammers are soliciting donations for individuals, groups, and areas impacted by coronavirus.

## Virtual Activities

### Texas Winds Performances

<https://www.youtube.com/watch?v=yz3JSwP-m-A>

<https://www.youtube.com/watch?v=TAeGrm3UVsw>

<https://www.youtube.com/watch?v=YnniWk7TPKc>

### Exercise Video

**Judy Sides - B.L.E.S.S.E.D Barre**  
[https://www.youtube.com/watch?v=2hvrr1pSsQg&feature=emb\\_title](https://www.youtube.com/watch?v=2hvrr1pSsQg&feature=emb_title)

**Easy Chair Exercise's**  
[https://www.youtube.com/watch?v=SaYDK\\_LH\\_uk](https://www.youtube.com/watch?v=SaYDK_LH_uk)

### Craft Video

**Plastic Canvassing**  
<https://www.youtube.com/watch?v=jZIPXc1M2-c>

**Egg Carton Flowers DIY**  
<https://www.youtube.com/watch?v=OgHFQmtUFus&list=PL0uOFI6gLf6ZPGXxBlj4CxtNzwmKAHIWe&index=1>

## Resources

### 2-1-1

Texans can dial 2-1-1 (option 6) for information on COVID-19 and local community resources on health care, utilities, food, housing and more. Wait times are currently higher than normal.

### Alzheimer's Association Tips for dementia caregivers

[https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

### Centers for Disease Control and Prevention

[https://www.cdc.gov/aging/covid19-guidance.html?deliveryName=USCDC\\_944\\_DM22705](https://www.cdc.gov/aging/covid19-guidance.html?deliveryName=USCDC_944_DM22705)

### US Administration for Community Living – Coronavirus (COVID-19)

<https://acl.gov/COVID-19>

### Texas Department of State Health Services

<https://dshs.texas.gov/coronavirus/>

### Alzheimer's Texas (central Texas)

<http://www.txalz.org/>  
512-241-0420 or 1-800-367-2132

### Texas Health and Human Services Coronavirus (COVID-19) Information for People Receiving Services

<https://hhs.texas.gov/services/health/coronavirus-covid-19/coronavirus-covid-19-information-people-receiving-services>

<https://hhs.texas.gov/services/aging/long-term-care/aging-disability-resourcecenter>

<https://hhs.texas.gov/services/health/coronavirus-covid-19>

COVID-19 Mental Health Support line, 24 hours a day, 7 days a week, toll-free at **833-986-1919**

### Area Agencies on Aging (AAA) 1-800-252-9240

<https://www.dads.state.tx.us/contact/aaa.cfm>

### US Administration for Community Living – Coronavirus (COVID-19)

<https://acl.gov/COVID-19>

**\* CENTER WILL BE CLOSED APRIL 10. HAVE A HAPPY EASTER. \***

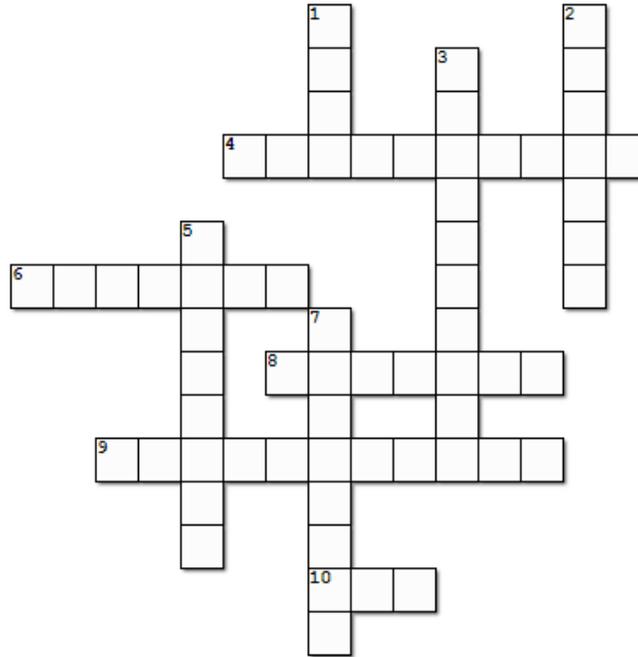


## Daily Lunch Program | Monday through Friday

We serve lunch daily. Our lunch program targets older adults and provides 1/3 of the daily dietary requirements. Reservations for lunch must be made two days in advance. You must fill out an intake registration form before you start the lunch program. **Reservations may be made by calling (972) 780-5073 or (972) 707-3843.** There are no fees for meals; however, we do recommend a donation of \$1.00 for each meal. Come and join us for lunch. **Our nutrition program is funded in part by the Dallas Area Agency on Aging and the Texas Dept. of Aging and Disability Department.**

## D.L. Hopkins Jr. Senior Center Crossword Puzzle

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

**Across**

- 4. What type of meal program do we offer?
- 6. What day is game night's held on?
- 8. Who is the kitchen coordinator?
- 9. What is our choir's name?
- 10. How many days in advance do you have to reserve a meal?

**Down**

- 1. Who is the office assistant?
- 2. Who is the administrative assistant?
- 3. What is the suggested donation amount?
- 5. Who is the trip coordinator?
- 7. Who is the current Senior Center Coordinator?

Crossword Puzzle answers  
 1. Ryan  
 2. Catlin  
 3. One Dollar  
 4. Congregate  
 5. Mary Lou  
 6. Mondays  
 7. Jeanette  
 8. Cecilia  
 9. Goldenaires  
 10. Two