

**DESOTO  
SENIOR ACTIVITY  
CENTER  
MAY 2021  
EDITION**

**204 LION STREET.  
DESOTO, TEXAS  
75115**

Office: 972-230-5825  
or-5826  
Fax: 972-230-5827

Hours of Operation:  
Monday-Friday  
8am-4pm

**THANK YOU!!!  
Proud Supporting  
Sponsors**

Superior HealthPlan  
United Healthcare  
Cigna  
Tom Thumb  
DeSoto Library

**Inside this issue:**

HELLO MAY!	1
TRIVIA	2
UPCOMING ACTIVITIES	3
MENU	4



Volume 1, Issue 1

Newsletter Date: May 1-31

It is our top priority to keep seniors healthy and safe! In order to keep the members of our senior center safe we will continue our temporary closure.

Staff will answer phones should you have any questions/or suggestions.

Call 972-230-5825

**Although we are still closed to the public, we are hoping everyone is safe and staying active.**

**We are definitely looking forward to seeing you and enjoying your company soon!**

## DIETS & HOLIDAYS

An amusing website I discovered lists **OBSCURE** holidays - days, weeks &/or months in honor or remembrance of **SOMETHING**. My Mom would have loved it - she was always going to go on a diet "after the holidays".

Speaking of **DIETS** - which we Americans tend to think of with distaste as something we have to do that is seldom tasty. The actual primary definition of **DIET** is **WHAT WE EAT** as an individual or group. Notice it says "WHAT WE EAT" not "WHAT WE CAN'T EAT".

**MAY** is the month that recognizes **NO DIET** on the 6<sup>th</sup> & **EAT WHAT YOU WANT** on the 11<sup>th</sup>.

Drop me a line & tell me what that would be?

I'll write about that in a future newsletter.

For your dining pleasure it also recognizes the following: Herbs, Truffles, Raspberry Popovers, Crepe Suzettes, Leg of Lamb, Coconut Cream Pie, Butterscotch Brownies, Shrimp, Nutty Fudge, Croutons, Apple Pie, Buttermilk Biscuits, Chocolate Chips, Cherry Cobbler, Cheese Soufflé (What ambitious eggs want to be.), Devil's Food Cake, Quiche Lorraine, Vanilla Pudding, Escargot, Blueberry Cheesecake, Grape Popsicles, Hamburgers, Brisket, & Coq Auvin (Thank you Julia Child.).

-Marlice Peabody

**BRAINTEASERS ON BACK**

## TRIVIA

### History & Entertainment

1. What year did the Beatles officially disband?
2. Which president resigned in 1974 over the Watergate scandal?
3. Which rising young star from the movie *Rebel Without a Cause* died in an automobile accident in 1955?
4. What is the National Dish of America?
5. What are the names of the Three Stooges?
6. What was the name of Elvis Presley's infamous estate located in Memphis, TN?
7. What is the Aloha State?
8. In which film did Humphrey Bogart say, "We'll always have Paris?"
9. Who was the first woman to make a solo flight across the Atlantic Ocean?
10. Tony Bennett had a 1951 Number 1 hit with the song "Cold, cold \_\_\_\_"?

### What two words match by association?

1. Daffodil, Sugar, Tulip
2. Columbus, Ohio, Seattle
3. Garlic, Flower, Pepper
4. Yell, Speaker, Whisper

### Last Month's Trivia answers

Chef  
Architect  
Stonemason  
Florist  
Meteorologist  
Accountant  
Fisherman  
Musician  
Greenkeeper  
optometrist

**Water, Pond**  
**Green, Yellow**  
**Drum, Snare**  
**Almond, Peanut**  
**Ball, puck**

April  
SHOWERS  
BRING  
May  
FLOWERS

Roses are red  
April is grey  
But in a few days



We are going virtual for BINGO! Join us every other Friday for virtual bingo on a zoom call. Video is optional. Bingo cards can be emailed or picked up at the center on the Thursday before Friday's Bingo. Call the center for more info if interested. 972-230-5825  
May 7th, and 21st @ 10am



**DALLAS COUNTY HEALTH AND HUMAN SERVICES (DCHHS) COVID-19 VACCINATION  
REGISTRATION HOTLINE # (855-466-8639)  
<https://www.dallascounty.org/covid-19/covid-19-vaccination.php>**



NEWS Seniors Can Use – May 2021  
Prescription Drug Coverage



Medicare Part D is your Prescription Drug Plan. There are **FOUR STAGES** to the Part D coverage. This means your cost for prescriptions might change throughout the year.

**1. DEDUCTIBLE STAGE:** The amount you pay out of pocket before the plan pays anything on your prescriptions that are affected by deductible. Some plans have a deductible on all Tiers while some have it on certain Tiers. Tiers are determined by the cost of the drug. Usually, the higher the cost, the higher the Tier.

**2. INITIAL STAGE:** This stage begins after you meet the deductible (if there is a deductible). During this time, you pay copays for your prescriptions. This depends upon the medication and whether you use the pharmacy or mail order.

**3. COVERAGE GAP STAGE:** This stage begins when you and your plan have paid a total of \$4,130. This does not include premium. If you reach this stage, you will pay 25% of the cost of your prescriptions and your plan will pay 75% of the cost. Some people do not reach the Coverage Gap Stage.

**4. CATASTROPHIC STAGE:** You reach this stage once you and the company and any discounts you received reach a total of \$6,550 during the year. You will then pay 5%, Medicare will pay 80%, the plan will pay 15% of each of your drugs or you will pay \$3.70 for generics and \$9.20 for brand-named (whichever is greater). Your prescription drug cost also depends upon which pharmacy you use. They do not all charge the same for the equivalent medication. Try to use your plan's "Preferred Pharmacy" for lower out of pocket for you.

**Information provided by Carolyn Ann Walker (972)333-4230. Licensed Insurance Broker**



Fall Prevention Starting May 2021 please call to register 214-954-4247. (A Matter of Balance (60 and older, 8 week program 2hours each week only virtual available)

Be sure to check out all of DeSoto's media platforms for news and events around the city.

[www.desototexas.gov](http://www.desototexas.gov)  
[www.youtube.com/desotocity](http://www.youtube.com/desotocity)  
[www.facebook.com/desotorec](http://www.facebook.com/desotorec)  
Spectrum channel 16  
AT&T channel 99