

**DESOTO
SENIOR ACTIVITY
CENTER
January 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

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Inside this issue:

HELLO JANUARY	1
BRAINTEASERS COMICS	2
UPCOMING ACTIVITIES	3
MENU	4



Volume 1, Issue 1

Newsletter Date: January 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



Set a goal to increase your exercise in the new year. This can be as simple as purchasing a pedometer and vowing to walk a certain number of steps each day. Include your loved ones in your efforts by asking them to join you on walks around the neighborhood.

Do you have some family recipes that you have been keeping to yourself? Now is the time to share! Recipes which have been passed down from one generation to the next provide families with happy times gathered around the kitchen table and help keep the memories of those no longer with you alive.

Learn more about the technology even if you are unfamiliar with these technologies, you can learn them.

Reconsider an old hobby you may have given up if your health allows.

If this activity made you happy in the past, it can certainly brighten up your current life.

Rekindle a past friendship with someone you've lost touch with. Perhaps, they are wishing to do the same.

Make healthier food decisions. It's never too late to make smart food decisions.

Brain teasers

Billy's mother had five children. The first was named Lala, the second was named Lele, the third was named Lili, the fourth was named Lolo. What was the fifth child named?

You're driving a city bus. At the first stop, three women get on. At the second stop, one woman gets off and a man gets on. At the third stop, two children get on. The bus is blue and it's raining outside in December. What color is the bus driver's hair?

TRIVIA

January has 31 days. How many other months also have 31 days?

Who is often credited with creating the world's first car?

Parkers, trenches, bombers and peas are types of what winter outerwear?

Trivia answers

An old silk hat
James Stewart
Hansel and Gretel
Jingle Bells
Ebenezer
Stink, stank, stunk!

Thanks to the DeSoto Library and their youth program for handwriting Christmas cards to our seniors!

SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



"My teacher says little girls can grow up to be anything they choose! Why did you choose to be an old lady?"



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. 972-230-5826

January 8th, and 22nd @ 10am



DALLAS COUNTY HEALTH AND HUMAN SERVICES (DCHHS) OPENED UP A COVID-19 VACCINATION REGISTRATION AND PRE-SCREENING SITE FOR DALLAS County residents in phase 1A or 1B, as outlined by the Texas Department of State Health Services (DSHS). While vaccine supply is extremely limited, DCHHS anticipates receiving additional supply in the coming weeks and months. The registration website is for vaccination eligibility only at DCHHS, and not for all providers within Dallas County

Dallas County residents can go to:

<https://www.dallascounty.org/covid-19/covid-19-vaccination.php>

to register, be pre-screened and received additional information on the COVID-19 vaccine.

Registrants will be notified of next steps as additional vaccine becomes available.

The registration is for Dallas County residents only who are in phase 1A or phase 1B as defined by DSHS.

If you need help registering please call the DeSoto Senior Activity Center at 972-230-5825



Happy New Year Seniors!

Although our Medicare Annual Enrollment Period has ended for 2020, there are other Enrollment Periods that might be options for you. If you are considering a change in your insurance coverage for 2021, I will be happy to help you determine if you qualify. You want to make sure you are getting the maximum benefits available to you. Remember, there is never a charge for my services. If you are on Medicare and Medicaid, you can still make a change and possibly get additional benefits. Even if you are not on Medicaid and have very low income, there might be ways you can get more help.

The COVID-19 virus is still lurking among us. Please take maximum precautions and wear face masks covering your mouth and nose; wash your hands often; accept as few visitors into your home as possible; spray your environment with disinfectant; wipe down areas with anti-bacterial wipes and pray often. Through all of this, know that God is in control and cares for us.

Carolyn Ann Walker (972)333-4230

Medicare 2021



- 📖 People with End Stage Renal Disease can now enroll in a Medicare Advantage Plan.
- 📖 Medicare plans will offer Select Insulin drugs with a co-pay of not more than \$35 for a 30/day supply.
- 📖 There are "Medicare Savings Programs" and "Extra Help" to assist with the cost of prescriptions for individuals with limited income.
- 📖 Insurance companies are required to spend 80% of every dollar on benefits or they must rebate that money back to the clients.
- 📖 People who become eligible for Medicare beginning January 1, 2021 will not be able to get Medicare Supplement Plans C or F. Those who were eligible for Medicare as of December 31, 2020 can still get Plans C or F if they choose to do so.
- 📖 Medicare Part B monthly premium will be \$148.50 beginning January 2021.
- 📖 Social Security and Supplemental Security Income beneficiaries will receive 1.3% Cost-of-Living Adjustment.

Information provided by Carolyn Ann Walker (972)333-4230

Licensed Insurance Broker

Please feel free to give me a call if you have questions about Medicare coverage.