Dominoes

Come out Monday through Friday from 9:00 am to 11:00 am for games of Spinners Dominoes. Every Wednesday from 9:30 am to 11:00 am we have an active group that plays 42 Dominoes.

Senior Dance Night

The first Saturday of each month, the SNAP Center and Parks and Recreation invite all seniors 55+ to come out for a night of dancing, food, and live entertainment.

The dance will begin at 6:00 pm and last until 9:00 pm. Cost is $3/person if you bring a food item or $5/person if you do not bring food.

So guys and gals put on your dancing shoes and come join us for a night of fun!

Jazzercise

What is Jazzercise?

We develop and market fun and effective fitness programs and products that enhance the well-being of people of all ages.

Choreographed to today’s hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today!

Monday through Friday at 5:30 pm
Call for pricing 903.821.5135
Email: denisonjazzercise@cableone.net

Senior Fit - Waterloo Pool

The class is designed to support older adults in their pursuit of healthy living and happy lives. It is designed to increase muscular strength, range of coordination, agility, and balance to improve the participants daily living.

Have fun and move to the music using an assortment of free weights, exercise bars and hand towels for seated and standing exercises with a trained instructor.

Rusty Hinges - Waterloo Pool

Back by popular demand is the Rusty Hinges Class now on Tuesday and Thursday Morning from 9-10 AM taught by Karon Northington. All of our Fitness Classes are taught by Certified Instructors and are modifiable for anyone. But on Tuesday and Thursday the focus is off the Aerobic side and more on the Stretching and Strengthening side.

Monday through Friday at 5:30 pm
Call for pricing 903.821.5135
Email: denisonjazzercise@cableone.net

The Senior Center is closed and all programs and classes have been canceled.

Meals on Wheels is continuing deliveries to our seniors. For any questions, please contact 903-463-1711.

Denison Seniors Newsletter Issue 14 APRIL 2020

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Egg-cellent Recipe

Coconut Macaroon Nests

**Ingredients**
- 4 egg whites
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 package (14 ounces) sweetened flaked coconut
- 1/2 cup white chocolate chips, melted
- 70-90 mini candy eggs

**STEPS**
1. Begin by preheating your oven to 300 degrees F. Coat the cups in a mini muffin pan with cooking spray and set the pan aside.

2. In a large bowl, lightly whisk together the egg whites, salt, and sugar to combine. Then, with a fork, mix in the coconut.

3. Drop 2 tablespoons of the coconut mixture into each prepared mini muffin cup.

4. Lightly press the mixture into the bottom and up the sides of each cup. (Use your thumb or a wine cork.) Bake for 28 to 30 minutes, until lightly golden on top. (Loosely place a piece of aluminum foil over the top of the pan if the coconut starts to brown too quickly.)

5. Let the nests cool in the tins on a wire rack for about 10 minutes. Then run a spatula around the edges of the muffin cups to loosen the nests. Carefully lift out the nests and allow them to cool completely.

6. With the melted chocolate in a piping bag (or plastic baggie with a corner cut off), pipe a small amount of chocolate into each nest. Add 2 or 3 candy eggs and press them gently to secure.

Pack and store in an air-tight container.
How older people can use tech to stay healthy and connected while avoiding coronavirus

Keeping in touch
Communication is perhaps the most important thing for older people to do during these isolated times. This is not only essential for their physical health — if older people start exhibiting symptoms, they should contact a doctor or go to the hospital — but it’s also essential for their mental health to keep in touch with loved ones.

“At this moment in time, we’re not just combating the coronavirus, but we’re combating fear and anxiety and social isolation as well,” Bill Walsh, vice president of communications at AARP, told Recode. “So it’s important to stay in touch with your loved ones and let them know that they haven’t been cut off or somehow marginalized.”

Amie Clark, co-founder of TheSeniorList.com, told Recode that she recommends devices that are specifically geared to older people to lower their barrier to entry. For example, a tablet like GrandPad should make the process of video calling and sharing photos as easy as it can possibly be. For seniors who can navigate a smartphone, Clark recommends apps like Facebook Messenger, Skype, and WhatsApp.

Walsh, from AARP, says apps that let loved ones to see as well as hear each other, like FaceTime or Skype, have the added bonus of letting you see how stressed your loved one looks and if they’re keeping up their home “which is often an indication of their health,” Walsh said. “We can get a lot of insight that way.”

Shopping for food and supplies
“Food delivery services and mail order pharmacies are a really good idea these days,” Walsh said.

Websites like Amazon Fresh, Instacart, Fresh Direct, and Peapod are all good ways to order food. Meanwhile, Amazon is prioritizing essential items like household goods and medical supplies to make sure they stay in stock and ship quickly. Most stores have online ordering options these days, too.

“The user experience for these services has gotten much better in recent years, even for the technology-challenged,” Clark said. Just remember that these services are especially strained at the moment and orders may take longer than usual to arrive — if they can be fulfilled at all.

With restaurants completely shutting down their dining rooms in favor of takeout or delivery options in many areas, restaurant delivery apps and websites may be an appealing option for hungry seniors. There are also meal kit delivery services, like Blue Apron as well as some that are geared to seniors and specialized diet needs. But these can be more expensive than ordering and preparing the raw materials, which could be a significant consideration for people on a fixed income. Of course, Meals on Wheels is always an option.

Walmart also has a food pick up option and special hours for Seniors—check out their website at Walmart.com for the latest updates on services.

Staying active
Being cooped up inside the house may be especially difficult for seniors who are used to going out to stay active. With senior centers that offer exercise classes and equipment shuttered, regular gyms closed, and other group exercise activities like mall walks called off for the foreseeable future, seniors can turn to technology to stay moving. Clark recommends searching YouTube for senior-focused exercise videos. The National Institute on Aging has a series called Go4Life, and the AARP offers fitness videos, too.

How Corona Virus Affects Older Adults
Health.USNews.com
EVERYONE IS CONCERNED about possible infection with the coronavirus, but the health stakes are highest for older adults. Normal aging of the immune system and underlying medical conditions make people 60 and up more vulnerable to severe respiratory illness from COVID-19. Although most people who are infected with the coronavirus only have a mild case that feels like a common cold, others can become very sick.

“The elderly are going to be the ones who become symptomatic,” says Karen Hoffmann, an infection preventionist and immediate past president of the Association for Professionals in Infection Control and Epidemiology, or APIC. In particular, she says, older adults who also have existing conditions including lung disease, cardiovascular disease, cancer, diabetes or a transplant history are most likely to experience severe COVID-19 symptoms such as shortness of breath and fever.

“When they get an infection, any respiratory infection — but particularly this new coronavirus, probably because they haven’t seen this strain before — they’re going to have more severe disease, as they would with influenza,” says Hoffmann, who is also a clinical instructor in the division of infectious diseases at the University of North Carolina School of Medicine at Chapel Hill.

“That’s what we’re seeing so far.”

Public Precautions
Last week, the Centers for Disease Control and Prevention updated its traveler guidance in light of the increased risk of person-to-person spread of infectious diseases including COVID-19.

Older adults and those with underlying health issues are explicitly advised to avoid crowded places, nonessential travel like long plane trips and especially embarking on cruise ships.

“I would echo what has come out from both the CDC and Dr. (Anthony) Fauci at the National Institute of Allergy and Infectious Diseases, which is older adults — and I think most of us — should probably avoid areas where there are many, many people in extremely close contact,” says Dr. R. Sean Morrison, a professor of geriatrics and palliative medicine at Mount Sinai Health System in New York City. “And the model for that is a large cruise ship.”

If you’re an older adult living within the community, extra vigilance and commonsense precautions help reduce your risk of being exposed to the coronavirus. This is the latest advice from health experts on how to protect yourself (and others) in public:

- Hand-wash, hand-wash, hand-wash. Wash your hands frequently and rigorously. It takes at least 20 seconds to thoroughly wash your hands, ideally with soap and tap water. “If soap is not available, then (use) hand sanitizer with 60% alcohol,” Morrison says.

- Stay away from large gatherings. Avoiding mass gatherings and crowded settings, such as concerts, conferences and parades, is not only a self-precaution for older adults, but also a proactive measure that many locales and organizations are now taking by canceling or postponing planned events. Some workplaces and schools are temporarily turning to virtual classes and more telecommuting options to keep workers and students healthy.

Avoid sick people. If someone has symptoms such as sneezing, coughing or a fever, don’t put yourself in the line of airborne droplets. “We are obviously telling older adults to stay away from people who have respiratory illnesses, even if it looks to be a minor cold or a seasonal upper respiratory infection,” Morrison says.

Observe social distance. If you go out, maintain at least a 3-to-6-foot distance between yourself and others, particularly if someone seems sick. That’s how far the coronavirus appears to spread when someone is coughing or sneezing, Hoffmann explains.

Use a barrier on public surfaces. That door handle or shopping cart bar has already been touched by countless strangers. Before you grab that surface, use a clean tissue as a barrier, Hoffmann suggests, and throw it away afterward. Or some grocery stores provide disinfecting wipes at the entrance, so wipe down the bar before grabbing your cart.

Practice respiratory etiquette. Cover your mouth when you cough or sneeze, either with a tissue or your inner elbow (not your hand). If you sneeze, sheriff or wear a mask in public settings like waiting rooms to protect those around you. (Handwashing is also a respiratory etiquette mainstay.) This isn’t new, but standard for preventing the spread of infectious diseases including common colds, flu, pneumonia and now COVID-19.

CONTINUED ON PAGE 4...
Don’t touch certain areas of your face. Your hands come into contact with many surfaces carrying thousands of germs throughout the day. While you’re in public spaces, avoid touching the “T-zone” of your face – your mouth, eyes and nose, which are mucous membranes where viruses can thrive, Hoffmann says. (However, it’s OK to scratch your ear, touch your hair or rub your chin.)

Avoid any air travel if you can. “I’m recommending to my patients that if they don’t have necessary air travel, to avoid it if at all possible until we know a little more about this,” Morrison says. “You have a lot of people in confined spaces and you don’t know how many people have sat and touched the seat that you’re getting into.”

If you must travel, go prepared. Morrison recommends taking alcohol wipes along, wiping down areas of the seat you’ll be touching and leaving those sections wet for up to 30 seconds. Also, wash your hands carefully and routinely hand-sanitize. When you’re in airport lounges or waiting areas, sit off by yourself rather than mingling with large groups of people.

Look at the situation where you live. Keep up to date on how the coronavirus is affecting your area. Take extra care everywhere, but be particularly mindful where current conditions indicate the infection is spreading. In addition to local media, you can check the CDC page on COVID-19, updated daily at noon with the latest case information.

Stock up on supplies and medications. Make sure you have everyday household items, groceries including non-perishable food and medical supplies hand in case you need to stay home for a prolonged period. Ask your health care provider about getting extra prescription medications to tide you over.

Wearing a mask if you’re sick may keep you from spreading infected droplets when you cough or sneeze. However, although masks are getting a lot of attention as potential preventive options, they’re not particularly useful for healthy people.

“Wearing a mask, if you don’t have symptoms, is not likely to protect you from getting ill,” Morrison says. “Because, unless you’ve been well-fitted for one, there are enough gaps that the virus gets in.”

If anything, wearing a mask as prevention could be counterproductive. “Every time you touch your mask with your hands, you’re potentially transferring virus to a surface that is right up against your nose and mouth,” Morrison says. “And it’s staying there.”

Sudoku

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5 3 7
6 1 9 5
9 8 6
8 6 3
4 8 3 1
7 2 6
6 4 1 9 5
8 7 9
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