Recurring Events

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
903.621.5135
Email: denisonjazzercise@cableone.net

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.

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.

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.

The Senior Center is closed and all programs and classes have been cancelled.
Meals on Wheels is continuing deliveries to our seniors. For any questions, please contact 903-463-1711.
Show Your Colors
Red, White, and Blue Strawberry Shortcake

Ingredients
1 Package Yellow Cake Mix (Plus ingredients it calls for)
1 (8oz.) Container frozen whipped topping, thawed
1 pint blueberries, rinsed and drained
2 pints fresh strawberries, rinsed and sliced

STEPS
1. Prepare cake according to package directions and bake in a 9x13 pan. Cool completely.
2. Frost cake with whipped topping. Place blueberries in a square in the corner, and arrange sliced strawberries as stripes to make an American flag. Chill until serving. Enjoy!
How Caregivers Can Feel Calm and Competent During the Pandemic

Become the master of acceptance

There is a reason why plaques with the Serenity Prayer — which implores us to “Accept the things we cannot change” — hang in many hospital rooms and health care facilities. They are reminders to individuals suffering illness and their family members that medical science may be limited in producing a cure. Health care providers, too, need to be reminded that their healing powers are formidable but have bounds.

As the front-line care providers for millions of Americans with serious and chronic illnesses, family caregivers must also remember the admonitions of the Serenity Prayer. Tender loving care, painstakingly organized and devotedly practiced, matters greatly to their loved ones’ comfort and quality of lives but may not change their medical outcomes. This is especially so when conditions get worse and support services are harder to come by. Like the finest physicians and nurses who provide the best care they can even without proper equipment, family caregivers must strive courageously but accept that the best they can do during this pandemic may be to muddle through.

Relax standards and improvise

Frequent change is unsettling to anyone. But the most capable caregivers are generally those who are creative problem-solvers in the face of change — that is, they don’t depend so much on the care regimens they’ve carefully devised as on their capabilities to adapt and readapt to meet new challenges. As this national health crisis unfolds, caregivers should lower the standards for timeliness (say, having your loved one dressed by 10 a.m. instead of 8 a.m.) and meticulousness of care (teeth brushed after every meal) that they may have carefully crafted over time and, like a jazz musician who uses a familiar melody as a jumping-off point for artistic exploration, improvise something fresh and new.

Counter worrying with meditating

Meditation comes in many types but has three common elements — deep breathing, focused concentration, and an increased, not decreased, awareness of what is going on inside and outside of us at any given moment. It has been shown to ground the family caregivers who regularly practice it in the present — rather than worrying about the future or regretting the past — and create a greater sense of calm.

In a paradoxical way, meditation is a way to regain a feeling of control. Feeling calmer and more fully aware of the present creates greater acceptance of its current circumstances. That greater acceptance creates a different sense of control, one that’s based on handling what is, and not fretting about what isn’t. Caregivers who can endure this pandemic and trust that they are doing their utmost — with its limitations — will be more clear-headed, content and effective.

Barry J. Jacobs, a clinical psychologist, family therapist and healthcare consultant, is the co-author of the book AARP Meditations for Caregivers (Da Capo, 2016).

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How much does it cost?

As with in-person doctor visits, the cost of telehealth services varies based on a variety of factors such as insurance coverage and the type and length of your visit. A 2017 study published in the journal *Health Affairs* found that, on average, a telehealth visit cost about $79, compared with about $146 for an office visit.

Will insurance pay?

It depends. In 32 states and the District of Columbia, health insurance plans are required to cover telehealth visits at the same rate they cover in-person services. According to the American Telemedicine Association (ATA), most private insurers cover at least some telehealth services. But before scheduling a televisit, it’s a good idea to contact your health insurer to double-check your coverage.

Will Medicare pay for my visit?

Medicare has temporarily expanded coverage of telehealth services in response to the coronavirus outbreak, allowing beneficiaries of original Medicare to have virtual visits with their doctor (on a smartphone or other device) and without a copay for routine visits, mental health counseling and preventive health screenings. Providers are also able to reduce or waive cost sharing for these appointments. Medicare Advantage plans may offer additional telehealth benefits; check with your plan provider for details.

Check out AARP.org for more information.