



THE UNIVERSITY *of* NORTH TEXAS  
HEALTH SCIENCE CENTER *at* FORT WORTH

## CENTER FOR GERIATRICS

COVID-19 Special Edition:  
*Updates, Resources, & Tips to Stay Well*

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### Caregiver Health: *Staying Well While Staying Home*

#### Manage Anxiety and Stress

As local governments increase coronavirus recommendations regarding sheltering in place, it is more important than ever to find ways for caregivers to manage anxiety and stress during this critical time.

The [Alzheimer's Association](#) continues to offer care and support services that can help caregivers connect with communities, reduce feelings of isolation, and learn tools to manage care during the current crisis.

- **Call the HelpLine at 1-800-272-3900 for 24/7 for around-the-clock care and support.**
- Connect with virtual **support groups and education programs** at [communityresourcefinder.org](https://www.communityresourcefinder.org)

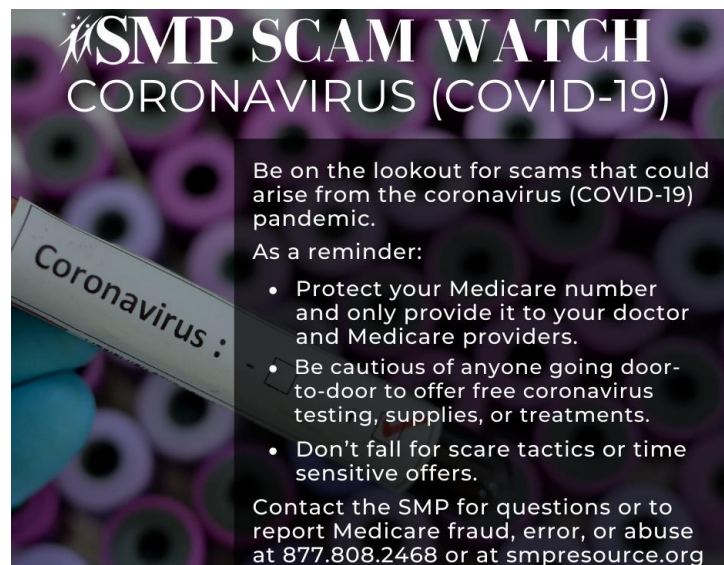
Additional help and support are always available at the **Caregiver Center** at [alz.org/care](https://alz.org/care).

## Make a Plan and Prepare the Home

Make a plan for sheltering in place by having adequate food, household, and pet supplies; monitoring medications and medical supplies; and communicating needs with providers, including pharmacies. If you or someone you know is providing care for a loved one, refer to the **CDC's guidance for preparing the home** at [cdc.gov/coronavirus/2019-ncov/community/home/index.html](https://cdc.gov/coronavirus/2019-ncov/community/home/index.html).

## Protect Yourself and Loved Ones from Medicare Fraud

The U.S. Administration of Community Living and the Senior Medicare Patrol (SMP) are alerting older adults to increased scams during the coronavirus. Scammers use fear and feelings of vulnerability during this current crisis time to target older adults. Contact the SMP for questions or to report Medicare fraud, error, or abuse at 877-808-2468 or at [smpresource.org](https://smpresource.org).



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## Senior Shopping Hours

*These businesses are providing specific hours for older adults to shop.*



**WALMART:** Tuesdays 6:00 a.m. - 7:00 a.m. (60+)



**TARGET:** Wednesdays 7:00 a.m. - 8:00 a.m. (65+)



**SAMS CLUB:** No special hours, however, you can order online and pick-up between 7:00 a.m. - 9:00 a.m.



**COSTCO:** Mon. - Fri. 8:00 a.m. - 9:00 a.m. (60+)



**DOLLAR GENERAL:** Everyday 8:00 a.m. - 9:00 a.m. (60+)



**ALBERTSONS:** Tues. & Thurs. 7:00 a.m. - 9:00 a.m. (60+)



**TOM THUMB:** Tues. & Thurs. 7:00 a.m. - 9:00 a.m. (60+)



**WHOLE FOODS:** Everyday 7:00 a.m. - 8:00 a.m. (60+)



**H-E-B:** Free grocery delivery for ages 60+. Orders can be placed over the phone or online from 11 a.m. to 3 p.m., seven days a week. To order, call [1-833-397-0080](tel:1-833-397-0080) or visit online at [favordelivery.com/seniors](https://favordelivery.com/seniors).

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# COVID-19 Basic Necessities

*Contact these resources if you or someone you know needs special assistance.*

## **EMERGENCY FOOD**

Tarrant Area Foodbank  
817-332-9177

Community Crossroads  
817-921-3995

First Street Mission  
817-335-6080

Mission Arlington  
817-277-6620

Community Link Mission  
817-847-4554

Helping Hands Ministry  
817-624-3918

## **MEDICAL ASSISTANCE**

Texas Health Mobile Unit  
817-568-3253

JPS Clinic  
817-702-3567

Open Arms Health Clinic  
817-496-1919

Tarrant County Public Health  
817-321-4808

Community Eye Clinic  
817-289-6800

## **FINANCIAL ASSISTANCE**

City of Fort Worth Action Partners  
817-392-5780

Tarrant County Human Services  
817-531-5620

## **EMPLOYMENT ASSISTANCE**

Texas Workforce Solutions  
817-531-5670

Texas Workforce Commission  
800-628-5115

Goodwill Job Center  
817-332-7866

## **OTHER INFORMATION**

File for Unemployment at:

[twc.texas.gov/jobseekers/unemployment-benefits](https://twc.texas.gov/jobseekers/unemployment-benefits)

Ask your utility, rent, and bill companies for optional payment plans or delays.

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## Provider Spotlight



*Kate Taylor, DNP, FNP-C is an experienced board-certified family nurse practitioner with 22 years in health care. Her experience ranges from serving as an active duty Army Nurse Corps officer practicing in critical care to the hospitalist role, and now the outpatient care environment. Kate currently works in various roles to include the GAPP clinic, house calls program, clinical education of UNTHSC health profession students, and clinical executive of SaferCare Texas improving the safety in care delivery.*

### ***From the desk of* Kate Taylor, DNP, FNP-C**

As the geriatric population grows with more patients to serve, healthcare professionals need to get creative with meeting the needs of older adults. Our HSC Geriatric Clinic has the unique capability to not only help patients in the clinic, but also in numerous environments including long term care, assisted living, retirement communities and even in the home through our house calls program. The goal of the house calls program aligns with our clinic goal, which is to improve functionality of our patients. Our house calls program consists of geriatricians and nurse practitioners who have the added capability to consult with social workers and pharmacists to better serve our patients.

Through our house calls programs we offer a number of services including primary care in the home, annual Medicare wellness visits, acute visits for urgent medical problems, transitional care or post hospitalization visits, immunizations, supportive palliative care, cognitive impairment assessments/capacity evaluations, advanced care planning, x-rays, lab work, wound care and medication administration. This program also allows us to evaluate the home environment, barriers to functionality, caregiver support or possible burnout, and potential elder abuse which makes this delivery of care truly patient centered. If you or someone you know may be interested in receiving house calls, please contact our Geriatrics Clinic at **817-725-2200** and ask for NP Kate Taylor to see if you qualify for the house calls program.

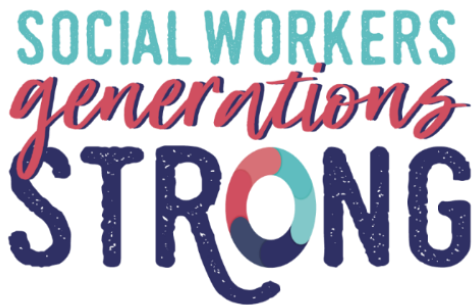
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**Special congratulations** to Dr. Janice Knebl for being named **Regents Professor** by the UNT System Board of Regents in recognition of her tireless advocacy for older adults and her significant impact on the Texas College of Osteopathic Medicine! Dr. Knebl was also recently inducted into the Gold Humanism Honor Society. We are so very proud to have her on our team!



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## March is Social Work Month!



Social Work Month in March is a time to celebrate the great profession of social work. The theme for Social Work Month 2020 is **Social Workers: Generations Strong**. As we enter a new decade it is important to look back and honor the powerful, positive impact the social work profession has had on our society for generations. We appreciate our HSC Geriatrics Social Work Team and all that they do for our patients!

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# Announcements

- **WE'VE RE-BRANDED!** Visit [unthsc.edu/newsroom/story/unt-health-science-center-reveals-new-brand-identity/](https://unthsc.edu/newsroom/story/unt-health-science-center-reveals-new-brand-identity/) to learn more about our new brand identity and how it aligns with our vision for the future of healthcare in North Texas.
  - **STAY UP TO DATE** with HSC's Coronavirus (COVID-19) response. Visit [unthsc.edu/coronavirus](https://unthsc.edu/coronavirus) for the latest information.
  - **CONGRATS** to this years Top Docs representing the Department of Internal Medicine and Geriatrics at UNTHSC!
    - **360 West Top Docs:** Drs. Monte Troutman, Long Hoang, Lesca Hadley, Sarah Ross, Janice Knebl, Stephen Weis, and Sandra Davis
    - **Fort Worth Magazine Top Docs:** Drs. Geffrey Kline, Stephen Weis, Monte Troutman, Janice Knebl, Sarah Ross, John Orr, Sandra Davis, and Scott Winter
  - **UNTHSC is Celebrating its 50th Anniversary!** Save the date for our Department of Internal Medicine and Geriatrics faculty reunion on October 2nd to celebrate. Details coming soon!
  - **CONGRATS** to our 2020 UNTHSC graduates - we wish them all the best in their future careers!
  - **SPECIAL SHOUT-OUT** to the following students for acceptance of research abstracts for presentations!
    - Roslin Jose, MPH Intern - *Symposium at Texas Public Health Association Annual conference and UNTHSC Research Appreciation Day*
    - Kimberlee Parker, DO-MPH Intern- *UNTHSC Research Appreciation Day and Presidential Poster at American Geriatrics Society annual meeting*
    - Emily Johnson, TCOM MSTAR - *American Geriatrics Society and UNTHSC Research Appreciation Day*
    - Sarah Bourgin, TCOM MSTAR - *American Geriatrics Society and UNTHSC Research Appreciation Day*
    - Nancy Sang, TCOM MSTAR - *American Geriatrics Society*
  - **DEMENTIA C.A.R.E.S.** is looking for caregivers to participate in the next 6-week session. Contact [Jane.Oderberg@unthsc.edu](mailto:Jane.Oderberg@unthsc.edu) for more information or to register.
  - **2020 CENSUS is here!** Visit [2020Census.gov](https://2020Census.gov) for more information about how to respond.
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