



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

## CENTER FOR GERIATRICS

COVID-19 Special Edition:  
*Weekly Updates & Resources | April 29, 2020*

*Get the latest updates from HSC's Coronavirus (COVID-19) response at [unthsc.edu/coronavirus](https://unthsc.edu/coronavirus).*

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## TEXERCISE:

*Start looking and feeling your best in Texas!*

While Americans continue to stay home during to the COVID-19 pandemic, it is possible that maintaining a healthy lifestyle is not a priority. If you are looking for a fun, practical way to start feeling your best without the fancy gear and health membership dues - Texercise is for you! [Texercise](#) is a statewide health and wellness initiative of the Texas Health and Human Services Commission (HHSC) that encourages individuals and communities to adopt healthy lifestyle habits such as regular physical activity and good nutrition. To start Texercising and order your FREE Texercise Handbook, visit [hhs.texas.gov/services/health/wellness/texercise](https://hhs.texas.gov/services/health/wellness/texercise).

### **BENEFITS OF EXERCISE:**

Physical activity can be done in a number of ways, at little to no cost to you. Below are a few benefits to exercising, no matter where you are.

- Boost your metabolism and calorie-burning
- Feel better
- Sense of achievement
- Increase self-confidence
- Improve general sense of well-being
- Look good by toning your body

### **TIPS FOR SUCCESS:**

Texercise was created to help older Texans improve their health and stay active. Here are some tips for having a successful Texercise experience

- **Have a routine.** Try exercising on the same day and time each week.

- **Consistency is key.** Exercise 3 - 5 times per week for at least 30 minutes.
  - **Have an accountability buddy.** Workout with a friend and include activities you both enjoy.
  - **Dress appropriately.** Wear loose-fitting clothing, and comfortable shoes that offer plenty of support.
  - **Practice your form.** Learn how to do the exercises correctly and safely to avoid injury.
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# OLDER AMERICANS MONTH



## MAKE YOUR MARK: MAY 2020

Around the nation, older adults make their marks every day as volunteers, employees, employers, parents, grandparents, mentors, and advocates. They offer their time, talents, and experience to the benefit of our communities. This year's Older Americans Month theme, *Make Your Mark*, highlights older adults' unique and lasting contributions to their communities—everything from sharing a story with grandchildren to leaving a legacy of community action.

While we continue to make a conscious effort to stay healthy during the COVID-19 outbreak, here are a few safe ways to make your mark this May and all year long:

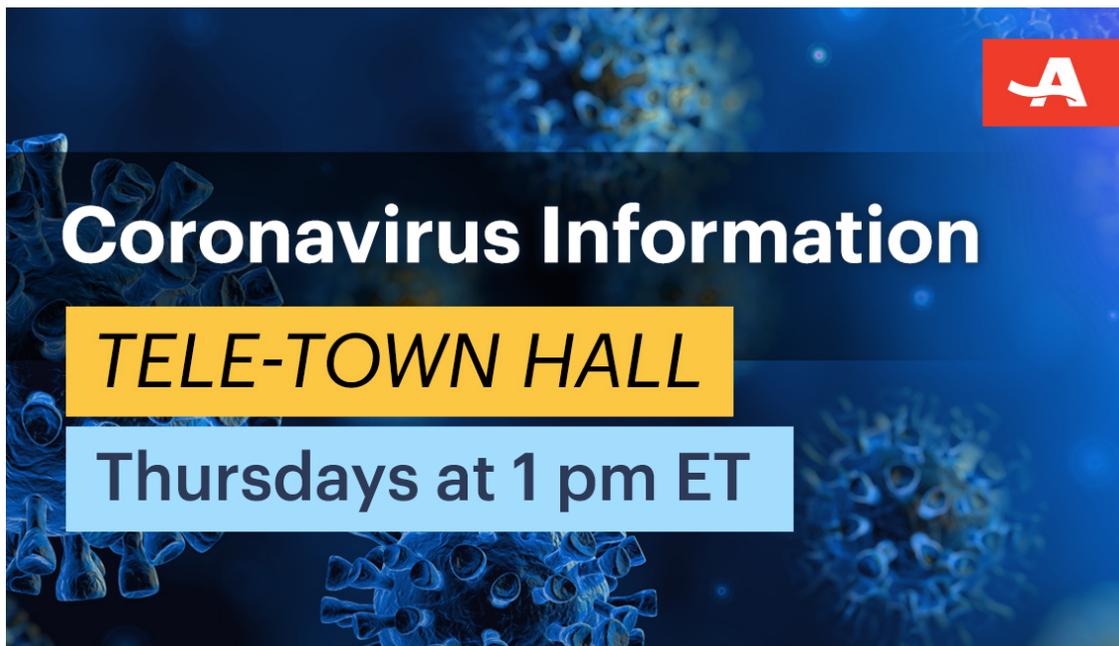
- **Volunteer your time.** Local schools, shelters, food kitchens, and hospitals always need support. Donate hand-made cloth masks to those in need. Or, take time to pass on your knowledge. Why not tutor a student online who could use extra help in math, music, or science?
- **Share your story.** There are so many ways to do this, from speaking to your grandkids about your life to writing a book. Take an online class and learn how to express yourself with the arts! Or, assemble a photo album of important moments in your life.

- **Get involved in your neighborhood.** Join a homeowner or resident association, or sign up for a book club or other social group that can meet virtually. Have a green thumb? Small projects like planting flowers in your yard or cleaning up the community park have a big impact.

Communities that support and include all their members are stronger! Please join HSC in strengthening our community – volunteer, share your story, and get involved!

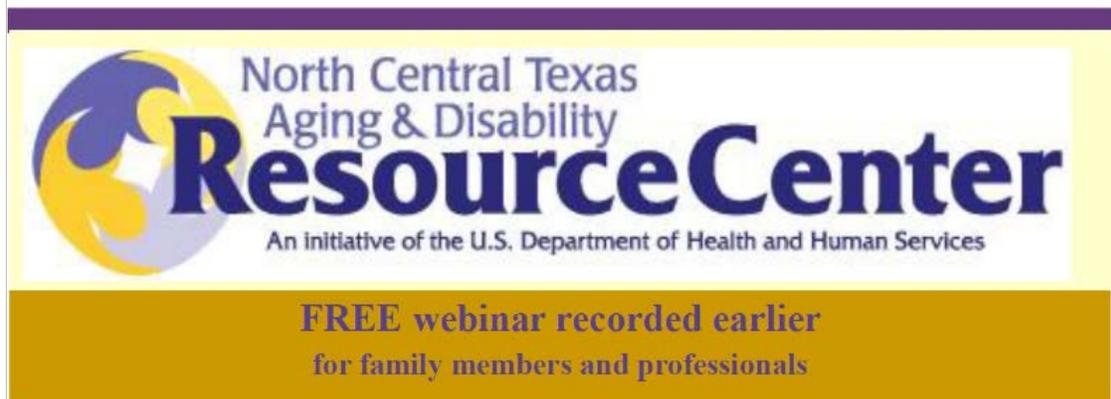
Need OAM resources or want to learn more? Visit the official website, [acl.gov/oam](https://acl.gov/oam), and follow ACL on [Twitter](#) and [Facebook](#).

## TELE-TOWN HALLS & WEBINARS



April 30th Tele-Town Hall Coronavirus:  
***Caring for Parents, Kids & Grandkids***

Experts at this live Q&A event will share tips for balancing work and self-care, and address the challenges of caring for older loved ones while engaging children. They'll also identify both online and community resources to help you find the health and monetary support you need -- telehealth, unemployment benefits, and stimulus payments. Listen to the Tele-Town Hall at [www.AARP.org/coronavirus](https://www.AARP.org/coronavirus).



***Bringing a Loved One Home from a Nursing Facility:  
Processes, Risks, and Resources***

Hear from guest speakers Dr. Janice Knebl, Dr. Sarah Ross, Caren Zysk, RN, Ruby Silva, RN, and Lisa Rascoe, JD, as they discuss processes, risks, and resources for bringing a loved one home from a nursing facility in this two-part, pre-recorded webinar.

**PART I:** <https://youtu.be/DCPJONpbhWE>

Medical Considerations, Discharge Planning, and Resources for Non-Medical Residents

**PART II:** <https://youtu.be/nSgQGP1Cmcl>

Resources for Medicaid Residents, Getting Paid as a Caregiver, and Family Medical Leave

For questions, please contact **NCT AAA: Marty Mascari:** [Marty@NTADS.net](mailto:Marty@NTADS.net) or call (940) 202-4500 ext 101

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## MAKE A DIFFERENCE

*Here are some ways YOU can make a difference during the COVID-19 outbreak.*

### Volunteer Opportunities:

Visit [voly.org](http://voly.org) and click on the [Urgent Needs page](#) to locate COVID-19 volunteer efforts across DFW. The listings on this page are slowly growing, and it is the best way to stay up-to-date on the most current needs and getting signed up.

[Meals on Wheels](#) volunteers are needed. The UNTHSC Center for Geriatrics has adopted a daily Meals on Wheels route for meal delivery to homebound Fort Worth seniors. Please

contact [Sarah@mealsonwheels.org](mailto:Sarah@mealsonwheels.org) to sign up for the 'UNTHSC Center for Geriatrics' route.

The **CHEER OVER FEAR** initiative was created by the [HSC - Center for Geriatrics](#) Social Work Team to help support our patient's emotional well-being during this challenging time. Please join us in providing some encouragement through letters, cards, children's drawings, or any other way you can to spread **CHEER**! Our Social Workers will be mailing these items directly to patients that we believe could use a little extra **CHEER**! Contact us for more information:

[Natasha.Gordon@unthsc.edu](mailto:Natasha.Gordon@unthsc.edu)

## HSC COVID Relief Fund

Through the **HSC COVID Relief Fund**, you can help HSC students facing personal hardships, inspire the work of HSC researchers, or supply front line health care workers with the personal protective equipment (PPE) they so desperately need. Visit [unthsc.edu/covidrelief](http://unthsc.edu/covidrelief) for more information.

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## IN THE NEWS



[HHS Announces CARES Act Funding Distribution to States and Localities in Support of COVID-19 Response](#)

Read the Article Here:

[www.cdc.gov/media/releases/2020/p0423-CARES-act.html](http://www.cdc.gov/media/releases/2020/p0423-CARES-act.html)



[New Tarrant County Pilot Program Will Screen, Schedule COVID-19 Tests](#)

Visit [TarrantCounty.com](http://TarrantCounty.com) to read the article.



[How To Eat Safely - And Stay Socially Distant - At Restaurants](#)

Visit [Forbes.com](http://Forbes.com) to read the article.