Update

Senior Communications

Primary Objectives

- Create newsletter
- Update senior resource guide
- Simplify website resources
- Communicate in print

Secondary Action Items

- Direct mail pieces
- Advertising strategy
- Wellness Center for Older Adults website
- Audit internal City senior resources

Create Newsletter

SAGE

News and information for Plano's Senior Community

Visit the Senior Resources page on the City of Plano's website where you will find programs and services specifically for our senior community.

Explore the Senior Resource Guide.

Get Out There! Socialization is Key to a Healthy Lifestyle



How important is socialization as a person ages? Very important! According to a study by the Proceedings of the National Academy of Sciences, social isolation and loneliness are associated with a higher risk of mortality in adults 52 and older. Thankfully, there are effective ways to combat both. Healthy, fulfilling activities can take many forms, from continuing education classes to group exercise. Here are a few ways to improve your overall quality of life while reducing the risks associated with social isolation:

Join a group: Having a variety of positive social outlets contributes to one's psychological and physical wellness. These outlets reduce stress, increase physical health and defeat psychological problems, such as depression and anxiety. Because of this, community-based services for older adults are more important now than ever. Recreation centers, meet-up groups and nonprofit organizations are extremely useful for the 50-plus population. These resources provide positive social supports and avenues for learning and personal growth through affordable, quality activities.

Challenge: Learn about the benefits of Tai Chi and sign up for a class offered through Plano's Parks and Recreation Department. Check out the senior membership discounts while you're there!

Volunteer: Volunteerism allows older adults to use their unique skill sets and oodles of life experience to contribute to the world around them. It also boosts longevity and contributes to mental health and well-being, not to mention it ensures a sense of social connection. You could even make a friend or two along the way, and friends are good for the brain, according to AARP.

Challenge: Visit the Volunteers in Plano webpage to learn about all the ways you can help the neighbors in your community.

Get out with a group: In addition to its classes and programs, Plano Parks and Recreation offers group outings specifically designed for active adults. You're never too old to travel or learn new things. The department's 2018 lineup features trips to many unique and affordable venues. Tickets include transportation, so kick back and enjoy the ride! Summer trips depart from Oak Point Park Nature & Retreat Center, 5901 Los Rios Blvd. For more information or to register for a trip, visit Plano Parks and Recreation's online registration portal or call 972-941-7250.

Make Your Way to the Wellness Center for Older Adults

The Wellness Center for Older Adults, normally housed within the Plano Senior Recreation Center, has moved. We are on the same site, within a trailer and our services continue. Many of our programs meet in new and different locations. Find the updated schedule on the events page. Please come join us!

Caregiver Support Group - March 20th
Monthly meeting for caregivers of loved ones age 60 or older. It includes those with dementia and other chronic diseases and provides a safe place to visit with others facing similar situations. Join us at St. Mark's Parish Center, 1105 W. 15th St, Plano, TX 75075, on the third Tuesday of each month, 6:30-8:30 p.m. No registration needed. All caregivers are welcome.

Mental Aerobics - Every Thursday
Enjoy stimulating and fun mental exercise every Thursday 12-1 p.m. at Christ United Methodist Church, 3101 Coit Road, Plano on Thursdays at Noon. No registration needed.

Watch City Council Meetings From Your Couch

Did you know you can watch City Council and Planning & Zoning meetings from the comfort of your home? Watch live meetings on the City of Plano Facebook page or on Plano TV. City Council meetings occur on the second and fourth Mondays of each month, and Planning & Zoning meetings occur on the first and third Mondays of each month. City Council and Planning & Zoning meetings begin at 7 p.m.



Please keep in mind, during the construction, we have no interruption in our Health and Counseling Services. As always, please contact our office to schedule an appointment at 972-953-7669 or info@wellctr.org.

Community Events:
We're excited to join the "Hope for the Caregiver" conference April 14, 9 a.m.-3:30 p.m. at Prestonwood Baptist Church. We'll be speaking on "The Caregivers Dilemma." Join us at the conference.



Check Out the Library for Help With Technology



Google is a useful research tool, but like the scarecrow in *The Wizard of Oz*, it doesn't have a brain. Plano Public Library employs thoughtful, intelligent and friendly information professionals, also known as librarians, who are available to answer your questions and guide you to useful resources. Librarian Laura Hargrove grew up in Plano and still remembers attending storytime at Plano Public Library. At the age of two, she was already "playing library" with friends. In high school, Laura was selected for the library's initial Teen Advisory Board. Having come full circle, she earned her Master of Library Science degree and works helping people at Davis Library. For Laura and other librarians, interactions with people are the best part of the job.

Librarians are available to answer questions and connect you to resources. Asking questions of the library staff is not an interruption; librarians are there to help! Find help with resources and information at any stage of life. Book a Librarian is a service providing one-on-one assistance from a professional librarian. Schedule an appointment in advance and tailor your time to specific requests such as computer assistance, reading suggestions, help with eReaders or other new technology.

Call the Plano library of your choice or book an appointment online today!

Did you know you can learn about your Medicare options with the library? Are you eligible for Medicare and confused about options for coverage? Are you or a loved one having a hard time affording your Medicare costs? Mary Jane Douglas, Benefits Counselor for Area Agency on Aging of North Central Texas, covers the basics of Medicare and government programs to help with the costs at Medicare 101 on Tuesday, April 24, 6:30 p.m. at Parr Library.

Utilize the Day Labor Center for Household Projects



Are you in need of some help for projects at your home? The Day Labor Center serves the community by providing an organized, safe venue for contractors, including home and business owners, to engage in the temporary labor placement process. The Day Labor Center provides a safe environment for homeowners to hire temporary assistance.

The Center has between 150 and 350 workers seeking work each day, with availability ranging from unskilled manual labor to specialties such as landscaping, restaurant work, cleaning and construction trades.

The Center is a safe place where customers and Day Laborers come together and exchange work for daily pay in a well-organized and supervised environment.

Hourly rates, job specific requirements and transportation arrangements are negotiated between the Contractor and Laborer prior to leaving the Center.

Be sure to call the Center at 972-941-7060 or go by the entrance on Archerwood Street to inquire about a Laborer. Please do not ever hire people off the street or approach Laborers directly.

Prepare Before Severe Weather Strikes With These Tips



1. Develop a disaster plan for you and your family. The American Red Cross offers planning tips on their website.
2. Identify a safe place to take shelter.
3. Know which county you live in. Plano residents either live in Collin County or Denton County.
4. If you hear outdoor warning sirens, go inside and find more information.

The National Weather Service provides many specific tips for tornados, lightning, flooding and hail.

Sign up for Plano City Call. You'll receive notifications from the City of Plano emergency response team in the event of emergency situations or critical community alerts.



The City is beginning the process of updating the Preservation Plan. Please help us shape the plan by sharing your thoughts in this brief survey. Thank you!



Adopt a senior pet from the Plano Animal Shelter! The adoption fee for a dog or cat is generally $80, however, most senior pets are listed as VIPs and their fee is only $40.

Share Sage with a friend and encourage them to sign up!

Update Senior Resource Guide

Health and Wellness Promotion is the process of improving people's understanding, attitudes, and conduct regarding individual and community health. The purpose of this brochure is to offer the mature citizens of Plano a concise listing of resources available to optimize their quality of life within the community. Information is included on healthcare, housing, transportation and other relevant services.

This can be printed from **planoseniorcenter.org**.

PROFESSIONAL SERVICES

IDENTITY THEFT INFORMATION
consumer.ftc.gov

INCOME TAXES
The IRS Volunteer Income Tax Assistance (VITA) and the Tax Counseling for the Elderly (TCE) programs offer free tax help for taxpayers who qualify.

Assistance Center of Collin County
972.422.1125
assistancecenter.org

AARP Foundation Tax Aid
888.687.2277
aarp.org/money/taxes/aarp_taxaide

LEGAL
An elder law attorney can help you make the right decisions including transactions involving elder care, social security disability, Medicare, retirement planning, assisted living arrangements, and estate planning, or with disputes like elder abuse and scams that target elderly victims.

PROPERTY TAXES
Every homeowner is eligible to file a homestead exemption. This reduces your home's taxable value by 20%.

Plano homeowners 65 and older can file an additional homestead exemption, which reduces their home's taxable value by another $40,000. Plano homeowners 65 and older can also freeze their property taxes.

Collin County Appraisal District
469.742.9200
collincad.org

Produced by City of Plano, Senior Advisory Board



Community and Wellness

RESOURCES FOR SENIORS
PLANO TEXAS









...SELING

...as Chapter
...dallas
...th Central Texas
...aging
...County
...er.org
...man Services
...dicare.gov
...d Disability
...vices
...services/aging
...772.1213 ssa.gov
...827.1000 va.gov

...LLNESS

...arp.org/plano-tx/
...e Clinic
...e Clinic
...Collin County
...lder Adults
...Living Well
...lasses)
...Catalog
...ter
...ter.org
...no
...k.com
...ces
...ults
...online.org

HOTLINES

Texas Adult Protective Service Hotline
800.252.5400

Veteran's Crisis Hotline 800.273.8255

24 Hour Mobile Crisis Hotline 877.422.5939

HOUSING/REPAIRS

Plain-O Helpers
469.366.4286 plain-o-helpers.org

Plano Community Homes
972.423.6058 planocommunityhome.org

Plano Housing Authority
972.423.4928 planoha.org

Plano Housing & Rehabilitation
972.208.8150 planorehab.org

Plano Senior Retirement & Living Communities
planotexas.org/467/Senior-Housing

Plano Universal Design (Accessibility Program)
plano.gov/universaldesign

Texas Dept. of Aging & Disability Svc
800.458.9858 dads.state.tx.us

MEAL ASSISTANCE

God's Food Pantry
972.633.9777 godspantryplano.org

His Extended Hands
972.423.6695 smbcplano.org

Life Source Food Bank
469.814.0114 lifesourceonline.org

Meals on Wheels of Collin County
972.562.6996 mowcc.com/contact

Minnie's Food Pantry
972.596.0253 minniesfoodpantry.org/need-food

The Salvation Army Plano Corps
972.423.8254
salvationarmyplano.wixsite.com/website/services

Seven Loaves Food Pantry
469.385.1813 thestorehousecc.org

St. Vincent de Paul Society at St. Mark Church
972.423.1877 stmarkplano.org/svdp

PLANO HOSPITALS

Baylor Scott & White Medical Center
469.814.2000 bswhealth.com/locations/plano

Medical City Plano
972.596.6800 medicalcityplano.com

Texas Health Presbyterian Hospital Plano
972.981.8000 texashealth.org/plano

The Heart Hospital Baylor Plano
469.256.6521 thehearthospitalbaylor.com

TRANSPORTATION

Plano Rides (DART)
972.728.6760 dart.org

VOLUNTEER OPPORTUNITIES

City of Plano Boards & Commissions
plano.gov/154/Boards-Commissions

City of Plano Opportunities
plano.gov/213/Volunteers-In-Plano

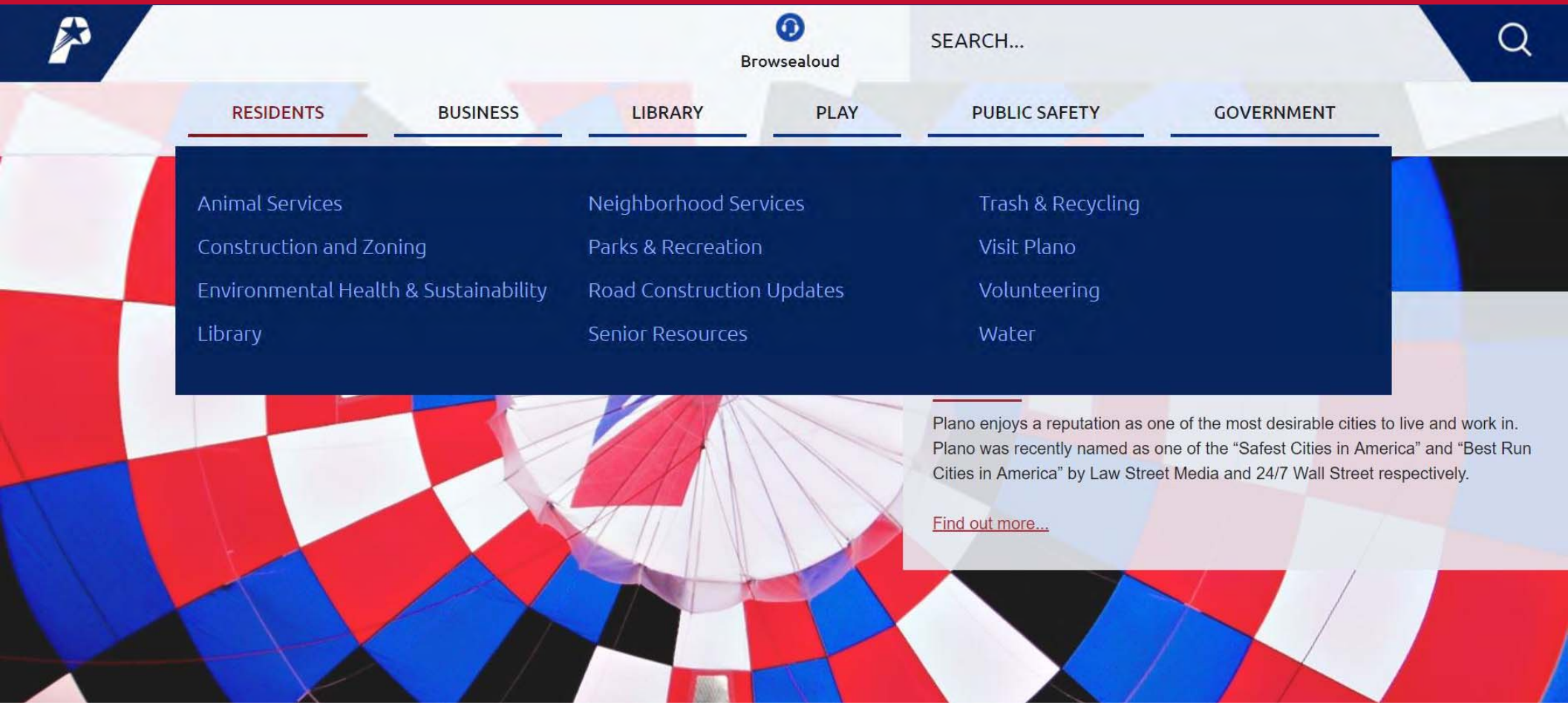
Plano Animal Shelter
plano.gov/869/Volunteer-Opportunities

Plano Independent School District
pisd.edu/about_us/partners_volunteers

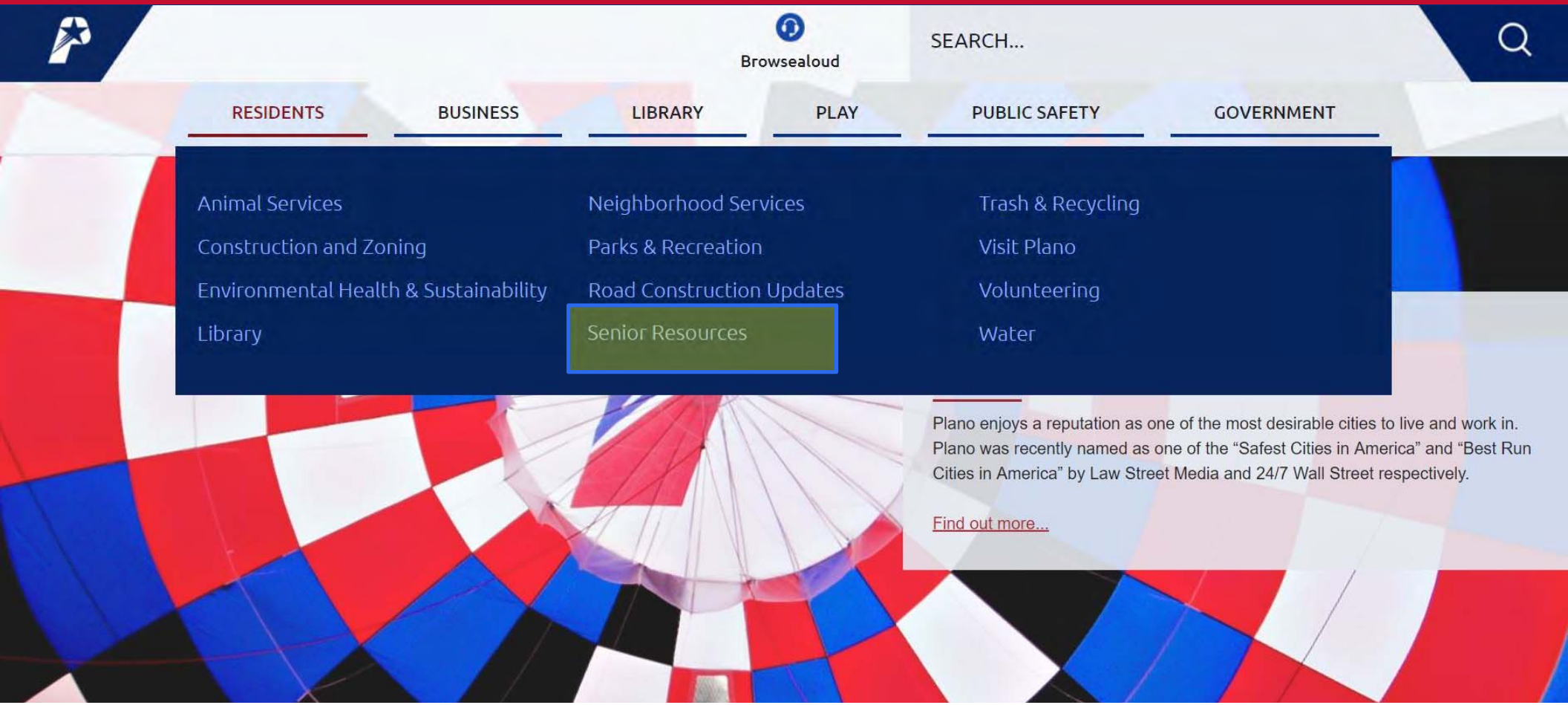
Wellness Center for Older Adults
972.941.7335 wellnesscenteronline.org

This resource guide has been compiled by the Senior Advisory Board, and is not a complete list of available resources in Plano. Inclusion in the guide does not constitute nor imply an endorsement by the Senior Advisory Board or the City of Plano.

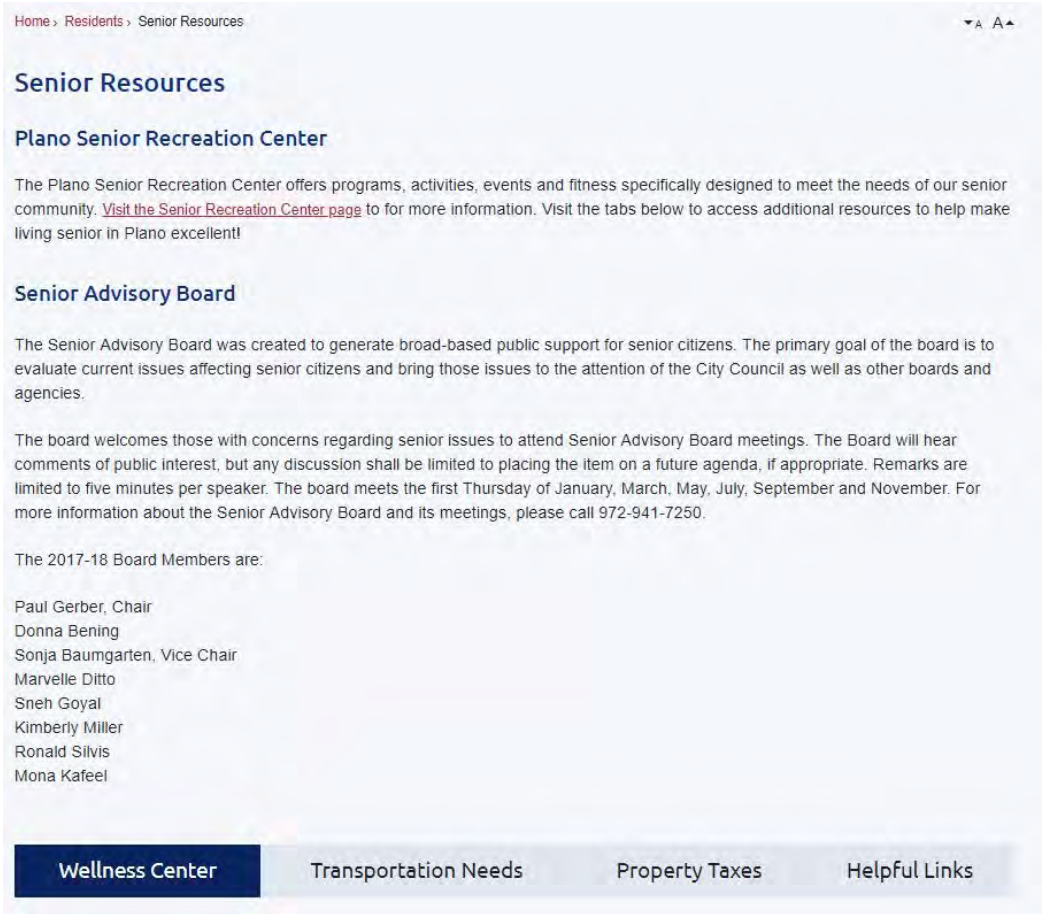
Simplify Website Resources



Simplify Website Resources



Simplify Website Resources



Home › Residents › Senior Resources

A A

Senior Resources

Plano Senior Recreation Center

The Plano Senior Recreation Center offers programs, activities, events and fitness specifically designed to meet the needs of our senior community. Visit the Senior Recreation Center page to for more information. Visit the tabs below to access additional resources to help make living senior in Plano excellent!

Senior Advisory Board

The Senior Advisory Board was created to generate broad-based public support for senior citizens. The primary goal of the board is to evaluate current issues affecting senior citizens and bring those issues to the attention of the City Council as well as other boards and agencies.

The board welcomes those with concerns regarding senior issues to attend Senior Advisory Board meetings. The Board will hear comments of public interest, but any discussion shall be limited to placing the item on a future agenda, if appropriate. Remarks are limited to five minutes per speaker. The board meets the first Thursday of January, March, May, July, September and November. For more information about the Senior Advisory Board and its meetings, please call 972-941-7250.

The 2017-18 Board Members are:

Paul Gerber, Chair
Donna Bening
Sonja Baumgarten, Vice Chair
Marvelle Ditto
Sneh Goyal
Kimberly Miller
Ronald Silvis
Mona Kafeel

Wellness Center | Transportation Needs | Property Taxes | Helpful Links

Communicate in Print

InsidePlano

SENIOR SERVICE Guide

HEALTH

AARP Plano Chapter
local.aarp.org/planotx

Alzheimer's Association
214.540.2400

Baylor Scott & White Plano
469.814.2000

Collin County Adult Clinic
972.964.3888 Plano West Side Clinic
972.423.4941 Plano East Side Clinic

Jewish Family Services for Older Adults
972.437.9950

Medical City Plano
972.596.6800

Texas Health Presbyterian Hospital
972.981.8000

Seniors BlueBook (Free resource book)
972.382.9900

North Central Texas Aging and Disability
855.937.2372

Wellness Center for Older Adults
972.941.7335

Medicare
800.633.4227

Veterans' Administration
800.827.1000

TRANSPORTATION

Plano Rides (DART)
972.728.6760

Numerous cab and town car companies operate in Plano

ASSISTANCE

HOUSING

Texas Department of Aging and Disability Services
800.458.9858

Plano Community Homes
972.423.6058

Plain-O Helpers
469.366.4286

Plano Housing Authority
972.423.4928

Neighborhood Services
972.208.8150

MEAL ASSISTANCE

Minnie's Food Pantry
972.596.0253

God's Food Pantry
972.633.9777

St Vincent de Paul Society
972.423.1877

Seven Loaves
469.385.1813

Salvation Army
972.423.8254

Life Source Ministries
972.814.0114

His Extended Hands
972.423.6695

Meals on Wheels
972.562.6996

RECREATION

Carpenter Park Recreation Center
972.208.8087

Harry Rowlinson Community Natatorium
972.941.7670

Liberty Recreation Center
972.769.4234

Oak Point Recreation Center and Pool
972.941.7540

Plano Aquatic Center
972.769.4232

Plano Senior Recreation Center
972.941.7155

Tom Muehlenbeck Recreation Center and Pool
972.769.4404

INVOLVEMENT

Senior Citizen Advisory Board
plano.gov/175/Senior

City of Plano Boards and Commissions
plano.gov/154/Boards

Volunteers in Plano
972.941.7517

Additional details about Plano's Senior Services can be found by visiting plano.gov/seniorresources



SENIOR RECREATION CENTER EXPANSION

Construction has finally started on a $7.5 million expansion of Plano's Senior Recreation Center.

Voters approved the project in a 2009 bond election, but an economic recession delayed the sale of bonds for the center's expansion. With an improving economy in the last three years, Plano Parks and Recreation is moving forward with most of the remaining projects from that bond election, including the center's expansion.

Center expansion will include a new 2,800 square foot fitness room with cardio and strength equipment, two new fitness classrooms, additional dining space in the center's Gazebo Café with an expanded and more functional kitchen, additional classroom space for seminars and meetings, additional parking, additional restrooms and updates to existing restrooms, an expanded area for the Wellness Center for Older Adults and an overall update of the facility.

"We recognize the value of this recreation center for our adult population 50 and up," said City of Plano Recreation Services Superintendent Susie Hergenrader. "This recreation center has become a popular spot for many older adults to socialize, play bingo or dominoes, take educational classes, exercise, attend art classes, take day trips with friends, receive health and wellness information, and even enjoy an inexpensive and delicious lunch. We look forward to being able to update, expand and improve the Senior Recreation Center's ability to meet the needs of our growing senior population."

The City of Plano plans to keep the center open throughout the expansion, but there may be times when portions of the center will have to be closed for construction.

"It is expected that as each area is completed, it will be reopened for our seniors to enjoy," said Hergenrader. The project is expected to be completed at the end of 2018 or in early 2019.

The Senior Recreation Center, located at 401 West 16th Street, is open from 8 a.m. to 5 p.m. Monday, Wednesday and Friday, from 8 a.m. to 9 p.m. Tuesday and Thursday and from 8 a.m. to noon on Saturday. The center is closed on Sunday.

This is a paid advertisement.

PLANO RIDES

Changes Coming to Plano Senior Rides Program

Beginning January 1, 2018, Plano's Wellness Center for Older Adults will no longer be administering the Plano Senior Rides taxi program. The service will now be administered by DART (Dallas Area Rapid Transit) and will be referred to as Plano Rides.

The program serves registered residents of Plano who have qualifying disabilities or are age 65 or older. Persons interested in applying for the service must complete an application that is used to determine eligibility. Applications can be completed online, via phone or submitted to DART via mail.

Plano Rides is intended for travel in Plano, but users may travel outside the city limits. Users schedule trips via a phone reservation line.

The transition to DART administration of the program will be seamless for users and offer improvements that will make the program easier to use.

DART®

"There is very little change to the customer," said Kendra Bullard, DART Senior Manager Mobility Management and Planning. "Customers will experience the same quality of service they have always received."

Users will now have the ability to load funds onto their taxi debit card and check their balances through a secured website. Those who want to add funds to their debit card via check or money order may still do so through regular mail. All costs associated with taxi rides will remain the same.

"The City of Plano is so very appreciative to the Wellness Center for Older Adults for administering the program for all these years and to DART for continuing to keep the senior citizens of Plano mobile," said City of Plano Recreation Services Manager Colette Hall.

For more information about Plano Rides, please call 214.828.6717 or visit **dart.org/rides**.

PLANO 55+ SURVEY

More than 1300 Plano residents aged 55 and older participated in a survey developed by the Senior Advisory Board and City of Plano staff. Visit **plano.gov/seniorsurvey** for results.

Plano

Next Steps – Ongoing Process

- Continue to grow newsletter subscribers
- Explore advertising opportunities
- Leverage free listings in senior publications
- Complete Wellness Center for Older Adults website redesign
- Communicate available City resources