

# Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

## Wandering with Alzheimer’s Disease

One of the most troubling aspects of Alzheimer’s (AD) is the person’s tendency to wander away from home. There is no way to predict who will wander or when it might happen. However, some of the reasons can be pain or restlessness, side effects of medication, a noisy or stressful environment, an attempt to meet basic needs (finding the toilet) or trying to meet former obligations to job or family.

Wandering may also be a natural release for boredom or agitation. If this is the reason, wandering within a safe confined space may be encouraged. When faced with episodes of wandering, try to find their cause.

### Reduce the Chance of Wandering

You cannot always prevent wandering, but you can do many things to reduce the chances it will happen.

- Provide opportunities for **exercise**. Exercise might include singing, rhythmic movements, walking at an indoor mall, or dancing. Develop areas indoors and outdoors where the person can explore and wander independently and safely.
- **Reduce noise** and confusion, particularly at mealtimes.
- **Clearly label** bathrooms, living rooms, and bedrooms with large letters or pictures. Try attaching a yellow strip of plastic, symbolizing

caution, across doors to prevent wanderers from entering or leaving the room. Place a large NO on doors.

- **Camouflage doors** by painting exit doors the same color as the walls or cover doors with curtains. Place a full-length mirror on doors to the outside. Some people will turn around when they see the image, not recognizing themselves.
- **Install electronic alarms** or chimes on windows and doors.
- **Monitor medication** for changes, especially anti-depressants or anti-anxiety drugs.
- Determine whether wandering is related to previous lifestyles. Find out how the person coped with change and stress and **learn about patterns** of physical exercise and lifetime habits, both at home and at work. (Did the person always react to an argument by going out and walking for an hour? Did he always jog in the afternoon?) Have a plan of action if wandering occurs.



## Safe Return Program

If you are the authorized caregiver or a family member, you can register the person in your care with the Alzheimer's Association's Safe Return Program. The Alzheimer's Association, in collaboration with MedicAlert® Foundation, provides membership plans with 24/7 Wandering Support. Call 800-432-5378 or visit [www.alz.org/safereturn](http://www.alz.org/safereturn) for details.

**Getting started is easy:** Choose your medical ID and engrave it with the most critical info and select a membership plan that best suits your needs. Enjoy peace of mind knowing you or your loved one are protected with MedicAlert. Products are mailed in six to eight weeks. Having the identifying information and a picture stored in a national database will increase chances of finding someone even if they refuse to wear the bracelet.

Call the Safe Return Hotline at 800-572-1122 as soon as possible when the registrant moves or goes on vacation so Safe Return always has up-to-date information.



## Preparing for a Safe Return

Prevention is the best cure, but if you can't prevent your loved one from wandering, here is a checklist of things that will make it easier for them to be found.

- Note what the person is wearing each day.
- Have photos available to give to the police and searchers.
- Have information on age, height, weight, hair and eye color, physical disabilities, and other identifying features.
- Know if the person has any medical problems or takes medication.
- Note the person's favorite places to go, "hang outs" and familiar sites.
- Put bells on the doors to alert you when they are opened.
- Be aware of nearby hazards such as bodies of water, dense foliage, construction sites, high cliffs, steep stairways, high balconies, busy roads, fences, and gates.
- Know if the person can use a bus or a taxi.
- Keep unwashed clothing or wipe clean cotton balls on the person's face or arm. Put the balls in individual Ziploc bags, and store them in the freezer. Tracking dogs can use them to pick up a scent.

When the missing person is found, call the police and the Safe Return program (800-572-1122).

Source: Alzheimer's Association

## Taking Care of Yourself—Hobbies are Good for You

Research suggests that how you spend leisure time matters to your health, and that your hobbies are good for you in many ways. People who scored higher on the enjoyable activities test had lower body mass index, smaller waists, lower blood pressure, lower stress hormones and better overall physical function. Between caregiving and work, you may have little time or energy left for hobbies. But without them, life feels mundane. Squeeze them in, even if it's for just a few minutes at a time, because those moments improve your mood and your mind-set. When you're really engaged in a hobby you love, you lose sense of time and enter what's called a flow state—and that restores your mind and energy. Making time for enjoyable activities stimulates parts of the brain associated with creative and positive thinking. Spending more time on hobbies associated with having a larger and more diverse social network is a key factor in healthy aging.



## Live Life Laughing!

Wait, wait, what's your password!?



### Inspiration

*I personally think we developed language because of our deep inner need to complain.*

— Lily Tomlin

### Memory Care - Be Patient

Your schedule may be overwhelming, but the person in your care is on her own schedule. Allow more time than usual for simple tasks. Too many activities at once can provoke a negative reaction because the person feels overwhelmed.

## Caregiving in The Comfort of Home®

### Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride, and competence.

### Ordering Info

From the publishers of

*Caregiving in  
The Comfort of Home®*

*Caregiver Series*

#### available from...

CareTrust Publications LLC  
PO Box 10283, Portland, OR 97296  
800-565-1533  
or [www.comfortofhome.com](http://www.comfortofhome.com)

Comments and suggestions welcome.

©2020 CareTrust Publications LLC.  
All rights reserved. Reproduction of any component of this publication is forbidden without a license from the publisher.

Some content in this publication is excerpted from *The Comfort of Home: Caregivers Series*. It is for informational use and not health advice. It is not meant to replace medical care but to supplement it. The publisher assumes no liability with respect to the accuracy, completeness or application of information presented or the reader's misunderstanding of the text.

## SAFETY TIPS— What Happens When People with AD Wander

- ➔ Of those with Alzheimer's or a related dementia, 59% will get lost, usually while doing normal activities.
- ➔ Of those not located within 24 hours of the last time seen, 46% may die, usually succumbing to cold and thirst.
- ➔ Individuals with Alzheimer's usually do not cry out for help or respond to shouts; they leave few physical clues.
- ➔ They usually travel less than one-tenth of a mile.
- ➔ They may try to travel to a former residence, work place, or city.
- ➔ They are usually found a short distance from a road or an open field; 63% are found in a creek or drainage area or caught in briars or bushes.
- ➔ Most wandering incidents occur during normal daily activities (while trying to locate a restroom, gift shop, recreation room, etc.).

NEXT ISSUE... NUTRITION / FOOD SAFETY

# Caregiver Assistance News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

## Q U I C K Q U I Z

Wandering is a common behavioral effect of dementia. According to the Alzheimer's Association, an estimated 60 percent of people with the condition will wander at some point. Answer True or False to the questions below.

1. Reducing noise and confusion, particularly at mealtimes, will not reduce the chance of wandering.  
T F
2. One of the most troubling aspects of Alzheimer's (AD) is the person's tendency to wander away from home.  
T F
3. Finding out how the person with AD coped with change and stress and learning about patterns of physical exercise and lifetime habits, both at home and at work will help you reduce the chance of wandering.  
T F
4. Some people with AD will turn around when they see their image in a mirror, not recognizing themselves.  
T F
5. If you can't prevent the person in your care from wandering, there are things that will make it easier for them to be found.  
T F
6. It will not make it any easier to find the missing person if you have saved unwashed clothing.  
T F
7. Spending more time on hobbies with a strong social network is a key factor in healthy aging.  
T F
8. Wandering may also be a natural release for boredom or agitation.  
T F
9. You cannot always prevent wandering, but you can do many things to reduce the chances it will happen.  
T F
10. If you are the authorized caregiver or a family member, you can register the person in your care with the Alzheimer's Association's Safe Return Program.  
T F

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# APRIL 2020 EVENTS

**DUE TO THE COVID -19 VIRUS ALL SUPPORT GROUPS ARE TEMPORARILY CANCELLED**

## ALZHEIMER'S & GENERAL SUPPORT GROUPS

**WHEN: MONDAY, temporarily cancelled**

**TIME:** 1:00 p.m.

**WHERE:** Brookdale Northshore

**ADDR:** 401 Northshore Blvd. Portland

**WHEN: TUESDAY, temporarily cancelled**

**TIME:** 10:00 a.m. - 11:00 a.m.

**WHERE:** St. Gabriel of Corpus Christi

**ADDR:** 7245 McArdle Rd., Corpus Christi

**WHEN: TUESDAY, temporarily cancelled**

**TIME:** 6:00 p.m.

**WHERE:** Elan Assisted Living & Memory Care

**ADDR:** 5441 Lipes Blvd., Corpus Christi

**WHEN: WEDNESDAY, temporarily cancelled**

**TIME:** 10:30 a.m.

**WHERE:** Touchstone River Ridge Nursing Rehab. Center

**ADDR:** 3922 W. River Dr. (Off FM 624), Corpus Christi

**WHEN: THURSDAY, temporarily cancelled**

**TIME:** 10:30 p.m.

**WHERE:** Rockport Nursing & Rehab. Care

**ADDR:** 1912 FM 3036, Rockport

**WHEN: THURSDAY, temporarily cancelled**

**TIME:** 5:30 p.m.

**WHERE:** The Viera Senior Living

**ADDR:** 3010 Airline Rd. (Airline/Saratoga) Corpus Christi

**WHEN: FRIDAY, temporarily cancelled**

**TIME:** 10:00 a.m.—11:00 a.m.

**WHERE:** Lindale Senior Center— Dementia Spotlight Memory Café for those living with Dementia

**ADDR:** 3135 Swantner St, Corpus Christi

**WHEN: THURSDAY, temporarily cancelled**

**TIME:** 5:30 p.m.

**WHERE:** The Viera Senior Living

**ADDR.:** 3010 Airline Rd. (Airline/Saratoga) Corpus Christi

**WHEN: WEDNESDAY, temporarily cancelled**

**TIME:** 12:00 p.m.

**WHERE:** Lindale Senior Center / Caregiver S.O.S.

**ADDR:** 3135 Swantner St., Corpus Christi

**WHEN: WEDNESDAY, temporarily cancelled**

**TIME:** 10:30 a.m.

**WHERE:** Arden Place of Beeville

(Previously Woodridge Nursing Facility)

**ADDR:** 600 So. Hillside Dr., Beeville

**WHEN: THURSDAY, temporarily cancelled**

**TIME:** 3:00 p.m.

**WHERE:** Mirador Plaza (Back Entrance)

**ADDR:** 5857 Timbergate Dr., Corpus Christi

**WHEN: TUESDAY, (Grief Reflections) temporarily cancelled**

**TIME:** 10:00a.m.

**WHERE:** Brookdale Senior Living

**ADDR:** 6410 Meadow Vista, Corpus Christi

## ALZHEIMER'S & GENERAL SUPPORT GROUPS

**WHEN: TUESDAY, temporarily cancelled**

**TIME:** 4:00 p.m.

**WHERE:** Meridian Care Nursing Home (The Drake Bldg)

**ADDR:** 219 N. King St., Alice

## Monthly Face to Face Dementia Educational Session

**WHEN: WEDNESDAY, temporarily cancelled**

**TIME:** 6:15 p.m.

**WHERE:** Doctors Regional Medical Center-Conference Center  
by Dr. N. Proderio

**ADDR:** 3420 Ft. Worth St., Corpus Christi

## GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

**WHEN: TUESDAY, temporarily cancelled**

**TIME:** 10:00 a.m.- 11:00a.m.

**WHERE:** Greenwood Senior Center

**ADDR:** 4040 Greenwood Drive, Corpus Christi

**WHAT: (\*)EVENING GRRC SUPPORT GROUP**

**WHEN: THURSDAY, temporarily cancelled**

**TIME:** 6:00 p.m. - 7:00 p.m.

**WHERE:** First United Methodist Church

**ADDR:** 900 South Shoreline Blvd. ,Corpus Christi  
(2nd floor-Rm. #216 / parking & entrance)

For Additional Information contact:

Felipa Lopez Wilmot

Family Caregiver Program Specialist

OR

Sally Edsill

NFCSP Administrative Assistant

Office: (361) 883-3935 (Felipa: Ext-5153)

(Sally:Ext-5156)



Facilitations are provided by:  
**THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**  
a program of  
Texas Health and Human Services

FOR THE SAFETY OF OUR CONSUMERS AND STAFF

DUE TO COVID -19

THE COASTAL BEND COUNCIL OF GOVERNMENTS

OFFICE WILL BE CLOSED MARCH 27, 2020 – APRIL 8, 2020

HOWEVER, MOST STAFF WILL BE OFFICING FROM HOME

SHOULD YOU NEED OUR ASSISTANCE DURING THIS TIME.

YOU MAY STILL CALL 361-883-3935 AND SOMEONE WILL ASSIST YOU

AND/OR HAVE SOMEONE CALL YOU BACK FOR ASSISTANCE.

WE APPRECIATE YOUR UNDERSTANDING DURING THIS TIME.


**Date Time Topic A LEADING VOICE FOR CAREGIVERS**

**Thursday, April 2nd**      **11:00 am Eastern**  
**10:00 am Central**  
**9:00 am Mountain**  
**8:00 am Pacific**

**The Pride of Caring: Issues for LGBT Caregivers with Dr. Elliot Montgomery Sklar and Lucy Barylak, MSW** *Nationally, greater attention is being paid to the concerns facing caregivers. While many issues are the same for all adults and those who care for someone, some unique considerations arise for lesbian, gay, bisexual, and trans gender (LGBT) people dealing with their caregiving roles. This session will discuss some of these issues, and will provide an open forum and safe space for asking questions and discussing concerns.*

**Tuesday, April 7th**      **12:00 pm Eastern**  
**11:00 am Central**  
**10:00 am Mountain**  
**9:00 am Pacific**

**Caregivers and Coronavirus: Dealing with forced Isolation with Barry Jacobs, PsyD** *The pandemic has affected the lives of all Americans, including family caregivers. Many of them are more isolated and unsupported than ever before. During this session, clinical psychologist and author (AARP Meditations for Caregivers) Barry J. Jacobs, Psy.D. will share ideas for maintaining connections with others while also gaining greater self-confidence and self-reliance. He will also discuss techniques for reducing fears and anxiety about the virus.*

**Thursday, April 9th**      **11:00 am Eastern**  
**10:00 am Central**  
**9:00 am Mountain**  
**8:00 am Pacific**

**How to Manage Being Sheltered at Home with Your Loved One Who Suffers from Dementia with Lucy Barylak, MSW** *Please join Dear Lucy in an interactive discussion about being sheltered in place with a loved one who has dementia. She will discuss how to organize a daily routine, and how to take care of yourself as well by maintaining your physical and mental well-being.*

**Monday, April 13th**      **1:00 pm Eastern**  
**12:00 pm Central**  
**11:00 am Mountain**  
**10:00 am Pacific**

**Frequently Asked Legal Questions with Martin Rechinizer** *Learn answers to the most frequent legal issues which face family caregivers and older adults, including powers or attorney, "living wills," guardianship, and other legal concerns. Also, how does a caregiver talk to aging relatives about legal issues? **\*\*Sponsored by the North Central Texas Caregiver Teleconnection\*\****

**Tuesday, April 14th**      **11:00 am Eastern**  
**Thursday, April 23rd**      **10:00 am Central**  
**9:00 am Mountain**  
**8:00 am Pacific**

**Enfrentando el COVID-19, Consejos y Recomendaciones para Cuidadores de Familia con Letty Guzman-Sanchez** *Acompáñenos abordaremos el tema del Coronavirus y tomaremos sus preguntas é inquietudes: Mantener una sensación de control, No dejar que el miedo se apodere de usted, Cómo hacer frente a la cuarentena en casa, y cómo prepararse, Recomendaciones de seguridad para sus enfermos en casa Cómo controlar su estrés y mantenerse saludable física y mocionalmente Mantenerse positivo*

**Tuesday, April 21st**      **12:00 pm Eastern**  
**11:00 am Central**  
**10:00 am Mountain**  
**9:00 am Pacific**

**Staging the Person with Dementia with Tam Cummings, PhD** *Understanding how dementias move through the brain and cause changes in behavior allows families and professionals to determine how much damage the brain has suffered. Identifying your loved one's stage of dementia means knowing what behaviors or declines will follow, the time a Person With Dementia is expected to be in each stage, how much brain tissue is remaining, and how much time is left for your loved one. **\*\*Sponsored by VITAS Healthcare\*\****

**Tuesday, April 28th**      **12:00 pm Eastern**  
**11:00 am Central**  
**10:00 am Mountain**  
**9:00 am Pacific**

**Mindfulness for Stress Reduction with Cynthia Hazel M.A.** *Research shows that mindfulness, the practice of accepting what is without judgment can lower psychological stress. Jon Kabat-Zinn, founder of the Stress Reduction Clinic in a Massachusetts Medical School reminds us that in Asian languages, the word for mind and heart are the same. In this talk, you will learn practice solutions that will help you let go and make heartfelt connections.*



[www.caregiverteleconnection.org](http://www.caregiverteleconnection.org)



A LEADING VOICE FOR CAREGIVERS

## PRESENTS

**Coping with the Coronavirus Outbreak While Caregiving**

**Special guest speaker**

**Dr. Elliot Montgomery Sklar  
Lucy Barylack, MSW**



**Wednesday, April 1st & 8th  
Eastern Time 11:00 am  
Central Time 10:00 am  
Mountain Time 9:00 am  
Pacific Time 8:00 am**

Joins us as we take your questions and discuss  
Coronavirus: We'll Address:

- Feeling a sense of control
- Not letting fear take over
- How to cope with being quarantined, at home, and how to prepare
- How to manage your stress and stay healthy
- Staying positive and seeing a light at the end of the tunnel.



**To register please call:  
(866) 390-6491 Toll Free or go to  
[www.caregiverteleconnection.org](http://www.caregiverteleconnection.org)**



FOR IMMEDIATE RELEASE

Contact Information

Jennifer Salazar  
Program Director of the Texas Senior Medicare Patrol  
The Better Business Bureau Education Foundation  
1333 West Loop South, Suite 1200  
Houston, Texas 77027  
Tel: 713-341-6184  
Email: [jsalazar@bbbhou.org](mailto:jsalazar@bbbhou.org)

**Fraud Surrounding COVID-19 is Increasing**

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults are at greater risk for serious illness from COVID-19, they may target older populations.

“There is currently no FDA-approved vaccine for COVID-19 and although there may be treatments for symptoms, there is no ‘cure.’ However, scammers often use fear-based tactics to convince people that a vaccine or cure is now being offered,” said Jennifer Salazar, Program Director of the Texas Senior Medicare Patrol.

It’s also important to remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

The Senior Medicare Patrol (SMP) recommends that Medicare beneficiaries:

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits, or booths at health fairs and other public venues. If your personal information is compromised, it may be used in other fraud schemes as well.

- Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, or treatments.
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.
- Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19.
- Contact your local SMP for help. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations. To locate the local Senior Medicare Patrol, contact Jennifer Salazar at 888-341-6187.

It is important to stay connected during this time of social distancing, so our Caregiver Specialists are available if you need to talk to someone.

Taking care of someone else can be stressful, under 'normal circumstances'.

Please let us know how we can help.



## We are here for you!

- Talk to a Caregiver Specialist over the phone
- Telephone Support Groups
- Online Stress-Busting Programs
- Caregiver Teleconnection sessions

### Contact us:

P: 1-866-390-6491

E: [caregiversos@wellmed.net](mailto:caregiversos@wellmed.net)

W: [www.caregiversos.org](http://www.caregiversos.org)



# **COMMUNITY RESOURCES RESEARCHED DURING COVID-19**

**Updated Friday, 03/20/2020**

## **Governor Abbott Issues Executive Orders In Accordance With Federal Guidelines To Mitigate Spread Of COVID-19 In Texas**

The following orders have been issued by Governor Abbott:

- **Order No. 1:** In accordance with the Guidelines from the President and the CDC, every person in Texas shall avoid social gatherings in groups of more than 10 people.
- **Order No. 2:** In accordance with the Guidelines from the President and the CDC, people shall avoid eating or drinking at bars, restaurants, and food courts, or visiting gyms or massage parlors; provided, however, that the use of drive-thru, pickup, or delivery options is allowed and highly encouraged throughout the limited duration of this executive order.
- **Order No. 3:** In accordance with the Guidelines from the President and the CDC, people shall not visit nursing homes or retirement or long-term care facilities unless to provide critical assistance.
- **Order No. 4:** In accordance with the Guidelines from the President and the CDC, schools shall temporarily close.

These orders will be effective on a statewide basis starting at 11:59 PM on March 20, 2020 and will end at 11:59 PM on April 3, 2020, subject to extension thereafter based on the status of COVID-19 in Texas and the recommendations of the CDC.

This executive order does not prohibit people from visiting a variety of places, including grocery stores, gas stations, parks, and banks, so long as the necessary precautions are maintained to reduce the transmission of COVID-19. This executive order does not mandate sheltering in place. All critical infrastructure will remain operational, domestic travel will remain unrestricted, and government entities and businesses will continue providing essential services.

For offices and workplaces that remain open, employees should practice good hygiene and, where feasible, work from home in order to achieve optimum isolation from COVID-19. The more that people reduce their public contact, the sooner COVID-19 will be contained and the sooner this executive order will expire.

Under Chapter 81 of the Health and Safety Code, Commissioner Hellerstedt's Public Health Disaster Declaration triggers a number of important tools for state and local officials to respond to COVID-19:

- Texas and local health authorities can more easily require property owners to disinfect, decontaminate, and seal off property that might be contaminated.
- It authorizes health authorities to take additional control measures that they see fit to control and eradicate the threat to public health.
- It streamlines the process for state and local health authorities to invoke the courts to enforce quarantines of individuals.
- Activates enhanced tools for DSHS to collect disease and health information and to share that information with law enforcement personnel and first responders as appropriate

## **The Coastal Bend Center for Independent Living (CBCIL)**

Closure of **all office locations** beginning Monday, March 23<sup>rd</sup> through Friday, April 3<sup>rd</sup>. 2020.

Staff will be working to provide services by phone and email.

Office Number: 361-883-8461 Relay Texas-Dial 711 or Dial 1-800-735-2988 for Relay Texas Operator

## **Coastal Bend Blood Center**

Nicole Peters MT(ASCP)SBB

In need of everyone to donate and spread the word to get more donors out, press release.

1. The blood supply & blood donation is safe.
2. It's the blood on the shelf that saves lives.
3. Blood is short dated & must be constantly replenished.
4. We need healthy individuals to donate blood to assure blood is available for patients that need it.
5. Please make & keep appointments & drive commitments to ensure an adequate supply.

To view the blood drive schedule and to make an appointment, visit [www.coastalbendbloodcenter.org](http://www.coastalbendbloodcenter.org). If you are interested in hosting a blood drive please contact us at 361-855-4943 or [info@coastalbendbloodcenter.org](mailto:info@coastalbendbloodcenter.org).

## **Methodist Healthcare Ministries -361-444-9793**

Lisa Pantoja, Community Health Worker (works with Wesley Nurses)

All including nurses working from home, telephone contact being made for services.

(if no answer-please leave a message- Lisa will return call/text)

## **2-1-1 - Texas Social Services Hotline For COVID-19 Information and Referrals**

Texas Health and Human Services encourages all Texans in need of COVID-19 information and referrals to community resources to call the 2-1-1 Texas hotline 24 hours a day, 7 days a week.

Texans, no matter where they live, can dial 2-1-1 or (877) 541-7905 and select option 6 to get information and referrals to COVID-19 social services, including testing, community clinics, unemployment benefits and more.

For general health-related information and precautions on COVID-19, visit the [DSHS website](#) and the [CDC page](#).

Stay up-to-date on the latest news and updates impacting HHS services and regulated providers by visiting the HHS [COVID-19 page](#).

For more information on the state hotline, visit [211texas.org](http://211texas.org).

**IRS-** Treasury Sec. Steve Mnuchin said Friday that the IRS is moving the tax filing deadline from April 15 **to July 15**, saying the move came at the direction of President Donald Trump.

"All taxpayers and businesses will have this additional time to file and make payments **without interest or penalties**," Mnuchin said

**H-E-B** - Beginning on Friday, March 20, seniors across Texas, **age 60 and older** call **Senior Support Line, 1-833-397-0080- from 9 a.m. to 1 p.m., seven days a week.** same-day service -seniors will be able to place orders with Favor using a **curated list** of products available from H-E-B in partnership with [Favor Delivery](#), simple, low-cost solution that gives seniors access to their very own personal shopper by phone, allowing them to get essential food and supplies delivered to them, while remaining in the comfort and safety of their home. “To further promote social distancing, Runners **will leave all orders placed through the Senior Support Line at the customer’s doorstep**, eliminating close personal interaction.”

**All delivery and service fees are waived for the first 30 days of the program.** Further helping Texans, **orders will include a \$10 tip**, which goes entirely to the Favor Runner, who will personally shop and deliver items.

H-E-B and Favor will staff its Senior Support phone line with volunteers from both companies to accept and process orders over the phone . Built by the Favor engineering team, this system allows our company volunteers to process orders remotely from across the state. Seniors can also place their orders on [Favor’s website](#), or by downloading the [Favor app](#) and searching for “H-E-B”.

To start, the Senior Shopping Support Line will be available from more than 240 H-E-B locations where Favor operates, with plans to quickly expand this service.

To find out more about the program, visit [favordelivery.com/senior](http://favordelivery.com/senior).

#### **VETERAN SERVICES- RE: Food Items for Homebound Veterans**

J.J. De La Cerda

Sgt., USMC

Director of Veterans Services / Veterans Service Officer

602 N. Staples, Suite 180

Corpus Christi, Texas 78401

Phone: (361) 888-0820

Fax: (361) 888-0818

[Juan.DeLaCerde@nuecesco.com](mailto:Juan.DeLaCerde@nuecesco.com)

If you have a homebound veteran in your organization that needs help with food, kindly send me their Name, Address, and Phone number. I will compile a list and submit it to the food bank to get them help ASAP. At this time, this is **only for Homebound Coastal Bend veterans**. The faster I get this information, the faster we can get the food to the veteran.

#### **CORPUS CHRISTI, TX- MARCH 19, 2020**

**All eight Senior Centers -ONLY serving curbside meals** to registered participants for pick up **at all eight** of their senior centers- **Monday- Friday, 11:30 am to 12:30 pm.**

These temporary closures will be reviewed weekly to ensure compliance with safety guidelines.

For more information, call (361) 826-3460 or visit [www.ccparkandrec.com](http://www.ccparkandrec.com)

**RE: Reassurance for seniors-** Telephone reassurance is being done for our current clients at senior centers and we are continuing the home delivered meal program.

We had a donation from a group Kids VFit (Victor Betancourt) for personal hygiene products “goody bags” for the home delivered meal clients.

**Coastal Bend Food Bank**- 361-887-6291

- Distribution points determined by consumer's zip code
- Some distribution sites closed due to COVID-19

**Catholic Charities** – 361-884-0654 615 Oliver Ct, Corpus Christi, TX 78408

Hours: 7:30 AM-5:00 PM Monday-Thursday

- Consumer calls to schedule an appointment - food pantry

**Adult Protective Services** – Silver Room

- Available only to individuals with an open APS case

**Social Security offices-** As of Tuesday, March 17, all Social Security offices are closed to the public for in-person service until further notice. However, Social Security is still able to provide critical services that are listed at the following website:

<https://www.ssa.gov/coronavirus/>. Secure and convenient online services remain available at <https://www.ssa.gov/>. Local offices will also continue to provide critical services over the phone.

Please stay safe and healthy and contact the Ticket to Work Help Line with any questions at 1-866-968-7842 or 1-866-833-2967 (TTY). Hours: Monday – Friday, 8 a.m. - 8 p.m. ET.

Email: [support@choosework.ssa.gov](mailto:support@choosework.ssa.gov).



Caring for a loved one during the COVID-19 (coronavirus) outbreak can add stress for dementia caregivers. We are here if you need us. Call our free, 24/7 Helpline at 800.272.3900 and visit [alz.org/COVID19](https://alz.org/COVID19) to learn how you and your loved one with dementia can stay healthy.



**Alzheimer's Association 24/7 Helpline (800.272.3900):** The Helpline is answered day or night by trained dementia specialists. We can offer support, information, referrals, or care consultations. We are able to speak with constituents in more than 200 different languages.



**Support Groups:** The Alzheimer's Association has a network of more than 200 caregiver or early-stage support groups statewide. This network is a lifeline and source of support plus education for many.

We have provided each Alzheimer's Association support group facilitator with a unique, confidential conference call line specifically assigned to their group. To find a new support group to join, please call our 24/7 Helpline at 800.272.3900 for options and to obtain calling information.



**ALZConnected:** This online support group is available 24/7 at [alzconnected.org](https://alzconnected.org).

**Community Resource Finder:** Register for one of our free upcoming virtual educational webinars through the Community Resource Finder [alz.org/crf](https://alz.org/crf).

**On Demand Training:** You can start and stop our on demand training. They are available in English and Spanish at [training.alz.org](https://training.alz.org).



**Staff Training:** If your company is looking for staff training on Alzheimer's, please contact our 24/7 Helpline at 800.272.3900.



*The Alzheimer's Association leads the way to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.*