

# Support & Wellness

## Summer 2019 • May-August

### Memory Café

A socialization program led by the Alzheimer's Association of Greater Dallas for individuals with Alzheimer's disease or dementia and their care givers.

**Fee:** No Fee

**Registration:** Drop-in Only

**Instructor:** Connie Peters

**Sponsor:** Alzheimer's Association of Greater Dallas

Day	Date	Time
Wednesday	May 8	10:30 am-12:00 pm
Wednesday	June 12	10:30 am-12:00 pm
Wednesday	July 10	10:30 am-12:00 pm
Wednesday	August 14	10:30 am-12:00 pm

### Memories in the Making

A unique fine arts program for individuals with Alzheimer's disease or other dementia.

**Fee:** No Fee

**Registration:** Drop-in Only

**Sponsor:** Alzheimer's Association of Greater Dallas

Day	Date	Time
Wednesday	May 8	1:30-3:00 pm
Wednesday	June 12	1:30-3:00 pm
Wednesday	July 10	1:30-3:00 pm
Wednesday	August 14	1:30-3:00 pm

### Care Taker Support Group

Fellowship, socialization, education and support for those who are caring for an individual with an impairment or disability.

**Fee:** No Fee

**Registration:** Drop-in Only

**Instructor:** Ann Chinloy, LCSW

**Sponsor:** Wellness Center for Older Adults

Day	Date	Time
Wednesday	May 8	1:30-3:00 pm
Wednesday	June 12	1:30-3:00 pm
Wednesday	July 10	1:30-3:00 pm
Wednesday	August 14	1:30-3:00 pm



### Hearing Screenings

Drop by for a free hearing screening once a month.

**Fee:** No Fee

**Registration:** Drop-in Only

Day	Date	Time
Tuesday	May 14	10:00-11:00 am
Tuesday	June 11	10:00-11:00 am
Tuesday	July 9	10:00-11:00 am
Tuesday	August 13	10:00-11:00 am

### Computerized Nerve Screenings

This test will give you information about your nervous system and muscles.

**Fee:** No Fee

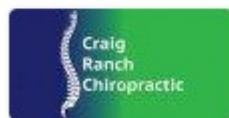
**Registration:** Registration Required

**Instructor:** Dr. Troy Allam, DC

**Sponsor:** Craig Ranch Chiropractic

Day	Date	Time
Monday	June 3	12:30-1:30 pm*
Monday	August 5	12:30-1:30 pm*

\*10-minute appointments



Craig Ranch Chiropractic

### Counseling Appointments

Counseling appointments for individuals and care takers are available at the McKinney Senior Recreation Center.

**Fee:** No Fee

**Registration:** Register by Calling (972)953-7669\*

\*Request an appointment in McKinney

Day	Time
Mondays	1:00-4:50 pm*

\*50-minute appointments

There will be no Counseling Appointments on Monday, May 13 or Monday, July 1.

McKinney Senior Recreation Center

1400 S. College St. • (972)547-7491

Offering recreation opportunities to adults 50 and over  
www.McKinneyParks.org

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### Benefits Counseling

Get one-on-one help with your questions about Medicare, Medicaid, Social Security, Medigap insurance, Medicaid Nursing Home Care and other types of benefits.

**Fee:** No Fee

**Registration:** Registration Required

**Instructor:** Mary Jane Frank

**Sponsor:** Area Agency on Aging of North Central Texas

Day	Date	Time
Tuesday	May 14	9:30-11:00 am*
Wednesday	May 15	9:30-11:00 am*
Tuesday	June 11	9:30-11:00 am*
Wednesday	June 19	9:30-11:00 am*
Tuesday	July 9	9:30-11:00 am*
Wednesday	July 17	9:30-11:00 am*
Tuesday	August 13	9:30-11:00 am*
Wednesday	August 21	9:30-11:00 am*

\*30-minute appointments



### Blood Pressure Machine & Scale

A weight scale and an electronic blood pressure machine are located near the fitness center for members to use for free during hours of operation.

### Preventative Health Care Clinics

Various lab work, screenings, health education and other services provided by the Wellness Center for Older Adults.

#### Appointment dates:

Wednesday, May 22

Wednesday, June 26

Wednesday, July 24

Wednesday, August 28

#### Lab Work & Screening Appointments:

8:30-9:30 am, 15-minute appointments

#### Toe Nail/Foot Care Appointments:

9:30 am-12:30 pm, 30-minute appointments

- Registration Required
- Must be an MSRC member
- Fees must be paid with exact cash or check, payable to the nurse on the day of your appointment.
- Medicare & Medicaid are not accepted.

#### Lab Work Fee Chart

**\$10 LAB FEE** for each appointment, plus the fee for each of these services you request:

*Hemoglobin A1c (Diabetics)	\$32
*Comprehensive Metabolic Panel	\$10
*Lipid Panel (Cholesterol)	\$14
Thyroid (TSH)	\$12
CBC & DIFF	\$7
Prostate Specific AG (PSA)	\$23
Liver Panel	\$8

**NO LAB FEE** required for these services:

*Glucose Check	Free
Blood Pressure	Free

\*Fasting Required

#### Toe Nail/Foot Care Fee Chart

Toe Nail & Foot Care Clinic	\$15
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