

Support & Wellness

Spring 2020 • January-April

ALZHEIMER'S ASSOC. MEMORY CAFÉ

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

Fee: Free

Registration: Drop-in Only

Sponsor: Alzheimer's Association of Greater Dallas

Day	Time	Date(s)
W	10:30am-12:00pm	Jan 8
W	10:30am-12:00pm	Feb 12
W	10:30am-12:00pm	Mar 11
W	10:30am-12:00pm	Apr 8

alzheimer's  association®

Greater Dallas Chapter

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. Appointments are 30 minutes.

Fee: Free

Registration: Registration Required

Instructor: Mary Jane Frank or Jim Phelan

Sponsor: Area Agency on Aging of North Central Texas

Day	Time	Date(s)
Tu	9:30am-11:00am	Jan 14
W	9:30am-11:00am	Jan 22
Tu	9:30am-11:00am	Feb 11
W	9:30am-11:00am	Feb 26
Tu	9:30am-11:00am	Mar 10
W	9:30am-11:00am	Mar 25
Tu	9:30am-11:00am	Apr 14
W	9:30am-11:00am	Apr 22



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.

CARETAKER SUPPORT GROUP

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

Fee: Free

Registration: Drop-in Only

Instructor: Ann Chinloy, LCSW

Sponsor: Wellness Center for Older Adults

Day	Time	Date(s)
W	1:30pm-3:00pm	Jan 8
W	1:30pm-3:00pm	Feb 12
W	1:30pm-3:00pm	Mar 11
W	1:30pm-3:00pm	Apr 8



COMPUTERIZED NERVE SCREENING

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

Fee: Free

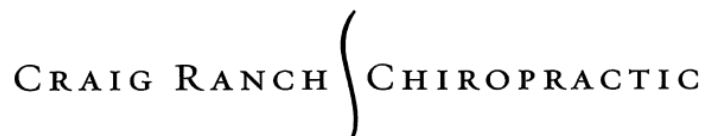
Registration: Registration Required

Instructor: Dr. Troy Allam, DC

Sponsor: Craig Ranch Chiropractic

Day	Time	Date(s)
M	12:30pm-1:30pm*	Feb 3
M	12:30pm-1:30pm*	Apr 6

*10-minute appointments



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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COUNSELING APPOINTMENTS

Appointments for individuals and caretakers are available. Register by calling 972-547-7669 and request an appointment in McKinney. Appointments are 50 minutes.

Fee: Free

Registration: Registration Required

Day	Time	Date(s)
M	2:00pm-4:50pm	Year Round



HEARING SCREENINGS

Drop in for a free hearing screening once a month with Hearing Services of McKinney.

Fee: Free

Registration: Drop-in Only

Day	Time	Date(s)
Tu	10:00am-11:00am	Jan 14
Tu	10:00am-11:00am	Feb 11
Tu	10:00am-11:00am	Mar 10
Tu	10:00am-11:00am	Apr 14



**HEARING SERVICES
OF MCKINNEY**



PREVENTATIVE HEALTH CARE CLINICS

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

Day	Time	Date(s)
W	8:30am-12:30pm	Jan 22
W	8:30am-12:30pm	Feb 26
W	8:30am-12:30pm	Mar 25
W	8:30am-12:30pm	Apr 22

Lab Work & Screening Appointments:

8:30-9:00 am, 15-minute appointments

Toe Nail/Foot Care Appointments:

9:00 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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