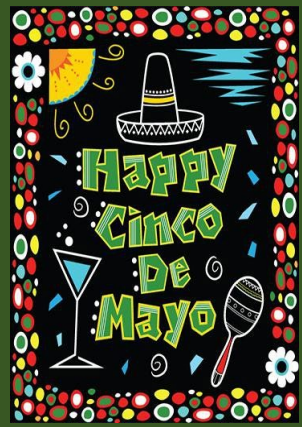




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May 2023 Newsletter



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to our newsletter



Election Day



**Election Day is May 6th
from 7AM to 7PM**

Remember that your vote is important and will make the difference. **GO OUT AND VOTE!!!**

For information regarding Election Day such as locations and sample ballots please click on the link below.

<https://www.dallascountyvotes.org/election-day/>

Kidd Springs Japanese Garden Renovations

I am very excited to share that after several years of planning by the city, organizations and a \$13,000 donation on my behalf, our beautiful Japanese Garden at Kidd Springs Park finally obtained the installation of lighting in the restored garden. A portion of that donation was also used to install trees and plants, that will be maintained by the Friends of Oak Cliff Parks.



Asian Heritage Fest



MAY 12-14, 2023

ASIAN HERITAGE FEST

In honor of Asian American and Native Hawaiian/Pacific Islander (AANHPI) Heritage Month

GRAND PRAIRIE, TX FREE 3 DAY EVENT

2625 W Pioneer Pkwy,
Grand Prairie, TX 75051



Older Americans Month

OLDER AMERICANS MONTH



AGING UNBOUND: MAY 2023

The Older Americans Act of 1965 was created to provide community-based, health and social services for populations age 60 and older. Dallas County urges all communities to take time during this month to recognize, celebrate, and support Older Adults and the people who serve them.

Emeritus Senior Center

EMERITUS SENIOR CENTER

4849 W. ILLINOIS AVE. ROOM B-137, DALLAS, TX 75211



• Exercise



• FREE Healthy Lunch



• Education on Nutrition & Health Topics



• Celebrations



• Games and Activities



• Blood Pressure Checks, Health Screenings & Immunizations

Monday - Friday
8:30 am - 1:30 pm

No cost for everyone 60+

Call today to enroll

Transportation available



CALL TODAY!

214-819-1860



DCHHS
Dallas County Health and Human Services
Healthy People. Healthy Communities.
Health and Social Equity



FGT Community Event

Join the Full Gospel Tabernacle for their 2nd Annual Community Outreach Event. The event is bringing community services to the residents of Dallas County.

Saturday, May 20, 2023

10:00 am - 2:00 pm

623 E. Woodin Blvd. Dallas, TX 75216

214-943-3760



Mental Health and Suicide Prevention Month

Each year, millions of Americans face the reality of living with mental illness. In Dallas County, many organizations such as Mental Health America of Greater Dallas, Hispanic Heritage Ambassadors DFW and Coalition on Mental Illness among others, have improved mental health through advocacy, community education and resources for children, adolescents, and adults.



Memorial Day - May 29th



We remember the many brave men and women who have given their lives through the history of our country to protect us from danger and harm. We remember all those who sustained injury in mind and/or body in the course of their service. We salute all those who served in the military.