

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

Stay Healthy By Reducing Stressors








1. **Take Breaks** - Take breaks from reading, watching and listening to the news. Being informed about what is going on during this COVID-19 pandemic is important, however too much information could be unsettling and cause unnecessary stress. Try to only check the news and social media a couple times a day to reduce stress.
2. **Be Kind to Your Body**- Help your body be the healthiest it can be by eating nutritious food, getting adequate sleep, limiting tobacco and alcohol and exercising. Even just getting up to stretch or take a quick walk can help relax your body and mind. Stay up on regular preventative measures and get the COVID-19 vaccine.
3. **Take Time to Unwind** - Do something you enjoy today and every day.
4. **Connect with Others** - Connect with friends and family. Share your concerns and how you are feeling with others you trust.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html#everyone>

If You've Been Fully Vaccinated

“COVID-19 vaccines are effective at protecting you from getting sick. People who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic. Fully vaccinated people should still keep taking precautions - like wearing a mask, staying 6 feet apart from others, and avoid crowds and poorly ventilated spaces in public places until we know more.”

The following table is adapted from www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html

<u>Activity</u>	
Visit inside a home or private setting without a mask with other <u>fully vaccinated</u> people of any age.	
Visit inside a home or private setting without a mask with <u>one household</u> of unvaccinated people who are not at risk for severe illness.	
Travel domestically without a pre- or post-travel test.	
Travel domestically without quarantining after travel.	
Travel internationally without quarantining after travel.	
Visit indoors, without a mask, with people at <u>increased risk for severe illness from COVID-19.</u>	
Attend medium or large gatherings.	

For more information visit cdc.gov/coronavirus

Post-Vaccine Survey Scam

There is a new scam targeting individuals with the promise of gifts and cash for taking a fraudulent post vaccine survey. These scammers contact you by email, call, or text message enticing you to provide personal information with the promise of a prize or cash reward at the conclusion of the survey. The scammer gets your credit card information by claiming that you only have to pay for shipping and handling fees to receive the prize.

To avoid being victimized - there are currently no post-vaccine surveys from Pfizer, Moderna, or Johnson and Johnson. Any emails or texts that have been sent on behalf of these companies seeking personal information is a SCAM.

If you have been a victim of these scams, report the incident to your bank and or financial institution. If you receive an email or text regarding this type of scam, please report to the IRP Center at IPRCenter.Gov.

Source: U.S. Immigration and Customs Enforcement,
<https://www.ice.gov/news/releases/hsi-partners-warn-consumers-covid-19-post-vaccine-survey-scam>.

COVID-19 vs. Allergies

Springtime is upon us! Not only are we experiencing beautiful spring weather, but allergy season is in full swing for many people. COVID-19 and seasonal allergies have many of the same symptoms, but there are differences between the two. For example, COVID-19 can cause fever, body aches, and loss of taste and smell which is not a common symptom of seasonal allergies. If you are unsure if you are experiencing seasonal allergies or COVID-19 symptoms considered getting tested for COVID-19.

Here are some County COVID-19 testing sites: Call **1(888)634-1123** to make an appointment.

Testing Sites (subject to change).


Rube Boesch Center - Turlock Sunday-Friday, 7am-7pm
Salida Library (Drive-Thru) Monday-Friday, 7am-7pm
County Center III - Modesto Sunday-Thursday, 7am-7pm

Other Testing Providers: Curative
Visit <https://curative.com/> to find a location

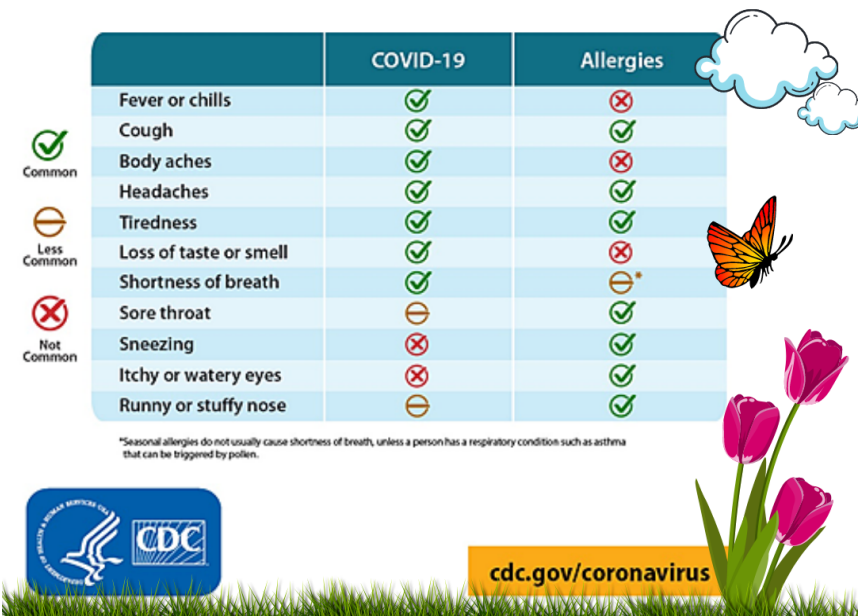
	COVID-19	Allergies
Fever or chills	✓	✗
Cough	✓	✓
Body aches	✓	✗
Headaches	✓	✓
Tiredness	✓	✓
Loss of taste or smell	✓	✗
Shortness of breath	✓	⊖*
Sore throat	⊖	✓
Sneezing	✗	✓
Itchy or watery eyes	✗	✓
Runny or stuffy nose	⊖	✓

✓ Common
⊖ Less Common
✗ Not Common

*Seasonal allergies do not usually cause shortness of breath, unless a person has a respiratory condition such as asthma that can be triggered by pollen.



cdc.gov/coronavirus



*Source: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#People-with-Seasonal-Allergies>
<http://www.schsa.org/coronavirus/testing/>*

Senior Meals Available

The Stanislaus County Area Agency on Aging is helping those in need of receiving nutritious meals. Seniors 60 or older that are interested in the Senior Meals Program may call for more information or register to pick-up a weekly box of 5 frozen meals at a distribution center located in Riverbank, Grayson, Oakdale, Hughson, Modesto, Patterson, Newman, or Turlock by calling the Senior Information Line at (209)558-8698. Eating healthy food leads to a healthier body and mind!



Food and Nutrition

Are you looking to learn how to plan well balanced meals, learn simple strategies for eating healthy, and a place to participate in fun activities like food demonstrations? We have the perfect workshop for you! Join our Leah's Pantry Food Smarts class, offered on Zoom from the comfort of your own home! Join us May 27st - July 1st, for 6 Thursdays from 2:00 p.m. - 2:45 p.m.

Cauliflower Tacos (Serving size for four)

- 1 ½ head Cauliflower cut into small pieces
- 2 ⅔ cloves Garlic unpeeled
- 2 ⅔ teaspoons Olive Oil
- 1 ⅓ teaspoon Paprika
- 2/3 teaspoon Cayenne Pepper
- 1/3 cup Cheese grated
- 2/3 cup Salsa
- Salt and pepper to taste
- 8 Tortillas



Directions:

1. Preheat the oven to 400 F.
2. In a medium-sized roasting pan, arrange the cauliflower pieces and the unpeeled cloves of garlic. Pour the olive oil over the cauliflower and then sprinkle the spices ovetop. Use your hands to thoroughly coat the cauliflower with oil and spices.
3. Bake for 45 minutes to 1 hour, depending on how crispy you like the florets. Mince garlic.
4. Once the cauliflower is done, warm up the tortillas in the microwave for 20 to 30 seconds, or put them in a warmed oven covered with a towel while you prepare everything else.
5. Place two tortillas on each plate and fill with a generous serving of cauliflower.
6. Sprinkle the grated cheese ovetop and drizzle with salsa or sauce of your choice. Enjoy!

To learn more about this recipe please visit www.eatfresh.org

Three Steps To Prevent Falls!

1. **Maintain your balance** - Use an assistive device such as a cane or walker to feel stable.
2. **Stay active** - Try our Young at Heart Strength Training or Tai Chi for Arthritis and Fall Prevention classes held on Zoom weekly.
3. **Modify your home** - Add adequate lighting, grab bars in the bathroom, and remove clutter. Call (209)558-8698 for more information on assessing your home for fall hazards.

Older American's Month

Older Americans are celebrated nationally each May. The theme for 2021 is “Communities of Strength.” The power of connection and engagement in building strong communities is so important, especially during these challenging times. Connecting with others and sharing our stories improves our overall health and well-being. Join us and the community as we celebrate older adults who have displayed strength throughout their lives by accomplishing success, overcoming difficulties, and remembering joys. #OlderAmericansMonth

- 1) **May 18th at 6:30 p.m.** - 2021 Senior Award winners will be broadcasted at the Board of Supervisors meeting: <http://www.stancounty.com/board/broadcasting-schedule.shtm>
Congratulations to the following winners: Diane Talbert, John & Michaelen Klarich, Charles Holmberg, Merlin (Mel) Nomann, and Ron Swift.
- 2) **May 21st at 9:30 a.m.** - Age with Movement Celebration. Join a morning of movement and feeling Young at Heart from the comfort of your own home. This Virtual Event will include fitness demonstrations in Young at Heart Strength Training, Tai Chi, and Pilates. For more information see the box below.
- 3) **CA Phones Smartphone training** - These FREE smartphone trainings are now being offered, twice a week on consecutive days for 1-hour each day. For more information please call 1-866-271-1540 or email smartphonetraining@ddtp.org for the next online training date.

Source: <https://acl.gov/oam/2021/older-americans-month-2021>



Attendee Bag Distributions:

May 18th - Healthy Aging Association office 1:00 - 4:00 pm

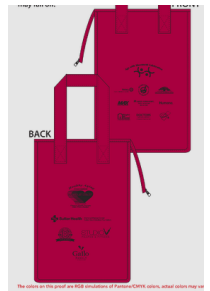
May 19th - Drive thru behind our office 2:00 - 4:00 pm

Virtual Event with Fitness Demonstrations:

May 21st from 9:30 a.m. - 11:30 a.m.

To Register Visit: <https://www.healthyagingassociation.org>
or Call (209)525-4670 to receive a Registration form in the mail.

Registration is **FREE**. If you would like the exclusive Red Healthy Aging - Young at Heart shirt and tote bag, we ask for a minimum donation of \$15.00.



Created and Edited by: Healthy Aging Association

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En español por favor llame (209)558-8698

For Senior Information and Assistance contact (209)558-8698



“Newsletter funding is provided by Together Toward Health, a program of the Public Health Institute, through funding from a group of philanthropic organizations in California who have contributed to a pool of funds to support and enhance local COVID-19 response efforts in communities disproportionately impacted by the pandemic.”