

# Stay Informed While Staying Indoors

*A Newsletter in Response to the COVID-19 Pandemic*

Healthy Aging Association, Kaiser Permanente and Stanislaus Area Agency on Aging  
present the

## Healthy Aging and Fall Prevention Virtual Summit

October 12—16, 2020

Virtually and Drive Thru Distributions in Modesto, Ceres, Grayson/Patterson, Oakdale & Riverbank.

**To view the Virtual Healthy Aging and Fall Prevention Summit**

**Follow us on Facebook or visit our website to join in the week long event with videos and clips featuring the following Senior topics:**

Monday—Memory Care | Tuesday—Social Isolation | Wednesday—Preventative Care  
Thursday—Diabetes & Oral Health | Friday—Fall Prevention

For event information call (209) 525-4670 or visit

[www.facebook.com/4HealthyAging](https://www.facebook.com/4HealthyAging) | [www.healthyagingassociation.org/healthy-aging-summit](http://www.healthyagingassociation.org/healthy-aging-summit)

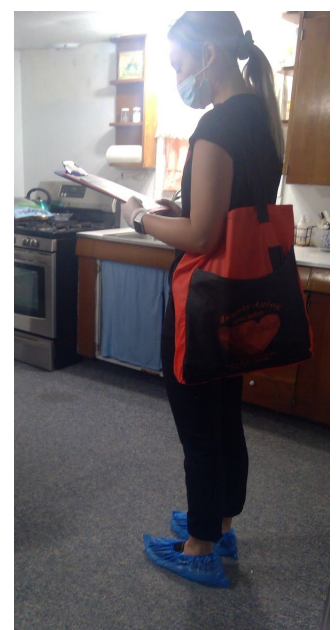


## Many Older Adults Have a Fear of Falling

The fear of falling becomes more common as you age, even if you have never experienced a fall before. But, do not let the fear of falling hold you back from living your life. There are many different ways to prevent falls.

One way to prevent falls is through our new Dignity At Home, Fall Prevention Program. This program provides in-home environmental assessments, fall prevention education, and injury prevention accessories to qualifying individuals 60 and older or persons with disabilities who are at risk of falling in Stanislaus County. If you qualify for an in-home assessment, it could include installation of injury prevention accessories to help keep you safe and reduce your risk of falling in your home. Please call the Senior Information Line at (209)558-8698 to get pre-screened today.

COVID-19 Update: For the safety of staff and clients, we will continue to operate following a stringent safety protocol, and maintaining a social distance of at least 6 feet.



## Get Your Flu Shot TODAY!

According to the CDC, “Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself and the people around you from flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic.” Many individuals choose to not get the flu vaccine, however flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and even death.



### Here are some locations to get your flu shot:

Stanislaus Public Health Immunization Clinic	820 Scenic Drive, Modesto	Walk-In Services (No Charge) Monday-Friday 8am - 5pm
Kaiser Permanente Hospital (Members Only)	460 Dale Road, Modesto	Drive thru Flu Shot Clinic

The following have flu shots available (low or no cost with most insurances);

- CVS Pharmacies
- Costco Pharmacies
- Raley’s Pharmacies
- Rite Aid Pharmacies
- Save Mart Pharmacies
- Safeway Pharmacies
- Walgreens Pharmacies
- Walmart Pharmacies
- Target Pharmacies
- Your Healthcare Provider

## Is Gambling Affecting You or Someone You Care About?

What is Problem Gambling? Gambling addiction is a devastating yet **treatable** disease which manifests as the inability to control one’s gambling. Problem Gamblers (and the people around them) experience harmful consequences that can include irreparable harm to their finances, relationships, and mental and physical health.

### Do You Ever:

- Lose track of time while gambling?
- Spend more than you intend to on gambling?
- Become irritable if your gambling is interrupted?
- Borrow or cash advance money to gamble?
- Gamble to escape stressful situations?

### Have You Ever:

- Covered up or hidden your gambling activity?
- Neglected friends, family, or work to gamble?
- Gambled money needed for bills?
- Written a bad check to keep gambling?
- Lied about how much you lost?

### Gambling is Treatable!

No-cost help and prevention services are available for problem gamblers and those adversely affected by problem gambling behavior.

Call 1-800-GAMBLER (426-2537)

Text “SUPPORT” to 53342, or

Chat at [www.800gambler.chat](http://www.800gambler.chat)

## Make Your Voice Heard

California registered voters will be sent a mail-in ballot that must be postmarked by Election Day-November 3 to be counted. The option to vote in-person will still be available. If you vote-by-mail you can track your ballot to see if it has arrived at the county elections office by going to the webpage [sos.ca.gov/elections/ballot-status](https://sos.ca.gov/elections/ballot-status). Questions by phone, please call the toll-free voter hotline: 800-345-VOTE (8683).

### Mark Your Calendar

**October 5** - Voting begins in some counties

**October 19** - Last day to register by mail or online

**October 27** - Last day to apply for absentee ballot by mail

**November 2** - Completed ballot should be mailed to ensure it will be counted

**November 3**- Election Day – In-person polling are open 7 am – 8 pm

Source: 2020 September, AARP Bulletin. p. 6



## Senior Meals Available

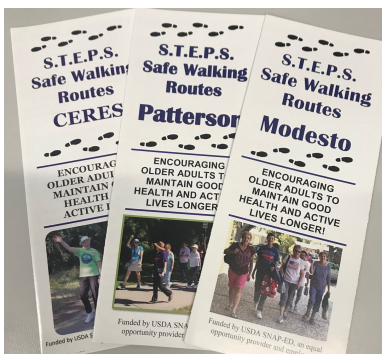
The Stanislaus County Area Agency on Aging is helping those in need of receiving nutritious meals. Seniors 60 or older that are interested in the Senior Meals Program may call for more information or register to pick-up food at a distribution center located in Riverbank, Grayson, Oakdale, Modesto, Patterson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



## Leah's Pantry - Food Smarts Course

This 5-week online nutrition course is specifically designed for older adults. Participants will learn how to plan balanced and tasty meals, learn simple strategies to eat healthy, and will be able to participate in discussion and activities from the comfort of your own home. Classes meet virtually, sessions starting on or after October 23. To join the class visit our website at [www.healthyagingassociation.org/health--fitness](http://www.healthyagingassociation.org/health--fitness) or email [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com)

## Let's Get Walking!



Walking 30 minutes everyday has many physical benefits such as increasing heart and lung function, reducing the risk of heart disease and stroke, and improving balance to name a few. Try breaking up the 30 minutes of walking throughout the day to 10 minute increments to make this goal achievable. For those in our S.T.E.P.S. Fall Walking Challenge and those wanting to get a few more steps in your day check out one of the S.T.E.P.S. Safe Walking routes in downtown Modesto, Patterson or Ceres. Contact 209-525-4670 for a tri-fold of your choice to be mailed to you.



## Healthy Aging Association continues to offer programs during the COVID pandemic to continue to help older adults live longer, healthier, and independent lives.

### Go Green for Seniors - Green Bag Program

This program offers 10-pounds of fruits and vegetables to income qualifying individuals over the age of 60 once a month. At each distribution, participants gain useful nutrition information and tips to be healthier. The program typically consists of a 30-minute nutrition presentation followed by the distribution of fruits and vegetables provided in partnership with Second Harvest Food Bank. If you are at least 60 years of age and/or disabled and meet the monthly household income of \$1,926 or less for one-person or \$2,607 or less for two-people. Call (209)525-4670 for more information.



### Young at Heart Strength Training

The Young at Heart Strength Training program is a practice tested intervention that has been shown to reduce the risk of falling. This program focuses on the full body and works on strength, balance, and flexibility to keep participants functioning as they age. The class utilizes resistance tubes instead of free weights to reduce injury, and could be used by even the most arthritic hands. Classes meet virtually via Zoom on Monday and Wednesday mornings. To join visit our website at [www.healthyagingassociation.org](http://www.healthyagingassociation.org) or email us at [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com)



Don't have time to schedule in an exercise class? Try our mini routines by visiting our [YouTube channel](#) at [YouTube.com](https://www.youtube.com) and searching for Healthy Aging Association.

### Tai Chi for Arthritis and Fall Prevention

This is now being offered virtually. Try this effective program for preventing falls. This class works on improving balance, confidence, and muscular strength. Classes meet virtually via Zoom on Tuesdays and Thursdays from 11:00 a.m. to noon. To join visit our website at [www.healthyagingassociation.org](http://www.healthyagingassociation.org) or email us at [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com)

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*En español por favor llame (209)558-8698*

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