

# Stay Informed While Staying Indoors

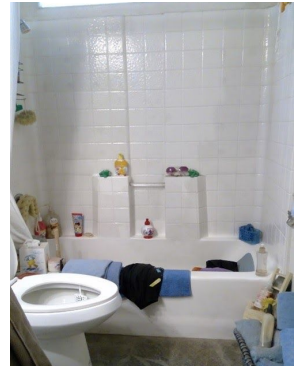
*A Newsletter in Response to the COVID-19 Pandemic*

## Dignity at Home is Making a Difference

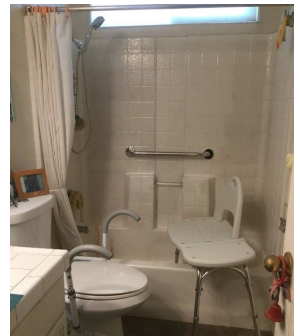
Since the implementation of the fall prevention Dignity At Home (DAH) Program in August, the program is giving older adults a better quality of life at home. The no-cost Dignity at Home Program provides in-home assessments regarding fall risks, home modifications (if eligible) and fall prevention resources.

For instance, this program was able to provide 78 year old John with two grab bars for his shower to provide stability, a hand-held shower head so he can reach the shower handle easily, a toilet seat riser to assist in standing, and a bath bench to help him wash with ease. These injury prevention accessories enabled him to be independent and confident.

### Before



### After



During your at-home COVID-19 pandemic time, if you feel you can benefit from the Dignity At Home Program, please call (209) 558-8698. The telephone call can result in a happier life!

## 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!



## Utility Scam Awareness

PG&E urges customers to protect themselves against scammers. Here are 3 signs of a potential scam.

- **Threat to disconnect:** Scammers may request immediate payment for an alleged past due bill.
- **Request for immediate payment:** They may instruct you to purchase a prepaid card then call them back to make a bill payment. When the customer calls back, the caller asks for the prepaid card's number, which grants the scammer instant access to the card's funds.
- **Refund or rebate offers:** Scammers may say that your utility company overbilled you and owes you a refund, or that you are entitled to a rebate.
- **Don't give out personal information:** Never give out your social security number, credit card number, or any other personal identification numbers.

For more information on potential utility scams, visit [www.PGE.com](http://www.PGE.com)

## CDC Recommendations for the Holidays

To minimize the spread of COVID-19 please consider the following when deciding how to spend your holidays:

- Check COVID-19 infection rates, from our local health department website at <http://www.schsa.org/>, when considering if it is safe to gather with others.
- Have a virtual dinner and share recipes with friends and family.
- If you decide to gather with others outside your household here are some recommendations.
  - Limit the number of people you come in contact with from different households. Continue to practice social distance guidelines and avoid handshakes and hugs.
  - Attend or host outdoor gatherings instead of indoors, to allow for adequate ventilation. Even when outdoors, wear a mask when not eating or drinking.
  - Remember those handwashing guidelines. Clean your hands frequently.
  - Try not to share! Use single use containers and utensils to limit shared contact.
  - Clean and disinfect commonly touched surfaces often.

For more detailed information regarding the risk levels of holiday activities and alternatives to holiday plans please visit <https://www.cdc.gov/coronavirus>

## Love Our Neighbors - Food Delivery Program

***No transportation? No problem!***

***Volunteers will be dispatched to deliver to your door!***

Seniors 55+ or if you are at increased risk of severe illness from COVID-19 and you are in need of food, please call **211**. Yes! Just dial 211!



*This program is in partnership with 211 a program of United Way of Stanislaus County*

## Put a Freeze on Fires

- More than half of the home fires in December start by candles, keep candles at least 12 inches away from anything that burns (this goes for space heaters as well).
- Keep sleeves and loose clothing away from cooktops. All clothing burns.
- Get rid of your Christmas tree when it's dry or by the end of the year, whichever comes first.



For more information visit [www.usfa.fema.gov/winter](http://www.usfa.fema.gov/winter)

## Make Healthy Holiday Plates

Here are five healthy plate tips for holiday survival:

1. Fill the appetizer table with healthy snacks and vegetables.
2. Skip pie for dessert and choose fruit instead.
3. Make a healthy plate for lunch and dinner.
4. Make exercise part of the fun by taking a walk after dinner.
5. Create delicious new meals with your leftovers.



For more information visit [www.choosemyplate.gov](http://www.choosemyplate.gov)

## Benefits and Challenges of Telehealth

Telehealth means being able to see the doctor from the safety of your home whenever you need it. Telehealth services include office visits, psychotherapy, consultations, and certain other medical or health services by eligible providers using audio and video communications.

Some **benefits** of telehealth services for patients include:

- Virtual healthcare from the comfort of your own home.
- Convenience for those who have mobility issues or need to arrange transportation.
- Smaller time commitments (travel time, waiting room, transportation).
- No need to wear a mask! Allows face-to-face interactions over the screen.

While there are benefits to telehealth services, **challenges** that may be present could include:

- Concerns of security and patient privacy.
- Limitations of physical examinations during a telehealth visit.
- Access to internet and/or electronic devices to use telehealth services.

Telehealth services do not fit the needs for everyone, talk with your healthcare provider when you have health concerns and the best way to receive treatment. Medicare Part B covers certain telehealth services. Check with your plan to see what additional telehealth benefits are offered.

*Source: Medicare.gov*

## Holiday Sweet Potatoes

Eating healthy for the holidays does not mean that you have to give up the delicious food. There are plenty of enjoyable recipes for the holiday season. This year try the Holiday Sweet Potatoes!

### **Ingredients:**

1½ tbsp unsalted butter, 3lbs sweet potatoes, 3tbsp brown sugar, ¼ tsp salt, 1 tsp vanilla, ¼ cup water, ¾ tsp nutmeg, 1 tsp cinnamon, and 1 tbsp lemon juice

### **Directions:**

1. In a saucepan, melt butter over medium heat. Add the sweet potatoes, sugar, salt, vanilla, and water.
2. Reduce heat to medium-low. Cover and simmer for 20 minutes or until tender.
3. Add the nutmeg, cinnamon, and lemon juice. Cook uncovered for 5 more minutes.
4. Serve immediately.



[For the full recipe please visit www.eatfresh.org/recipe/side-dish/holiday-sweet-potatoes](http://www.eatfresh.org/recipe/side-dish/holiday-sweet-potatoes)

For more recipes like this and to start your New Year off right, join our Food Smarts Workshop from the comfort of your own home via phone or computer. Register by emailing [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com) or call (209)525-4670.



## HEALTHY AGING ASSOCIATION

501(c)(3) nonprofit organization  
3500 Coffee Road, Suite 19, Modesto, CA 95355  
(209)525-4670 | [www.healthyagingassociation.org](http://www.healthyagingassociation.org)

Dear Healthy Aging Association Supporter,

Due to the COVID-19 pandemic our challenges and our needs are bigger than ever. Eight months ago, we had to close our 33 Young at Heart class locations that were meeting two to three times a week and had over 1,300 older adults participating in exercise. We are not only feeling the impact, but many of our older adults are noticing a difference. Many older adults are feeling the loss of connectedness to the world they once knew, they are missing camaraderie with those they saw on a regular basis.

*“I can't begin to tell you how much I miss leading our exercise classes. Three times a week my day started off with class and set a pattern of normalcy. I enjoyed the exercise, felt better, and enjoyed the camaraderie of others. I do not have that routine anymore. I do my exercises three times a week alone, but it is not the same.” – Nora*

*“Prior to the pandemic I was very active and now I feel stuck at home, only going out when necessary. Mentally and emotionally I have experienced depression. The Young at Heart classes on Zoom have given my day purpose and made me feel better mentally and physically.” – Joanne*

Nora, Joanne, and other older adults throughout the community look forward to the day when we all can be together again, exercising, gathering, and feeling the positivity of their group. While we await the day to resume our in-person classes, Healthy Aging Association will continue to adapt and respond to the pandemic.

In the past, Healthy Aging has relied on the monthly contributions from the donation boxes in our Young at Heart classes. Typically, these donations brought in over \$4,200 a month for the continued sustainability and growth of our programs and services.

We are asking you to please consider being part of the ongoing solution to host virtual Young at Heart Exercise classes, virtual Food Smarts classes, and the modified delivery of the “Go Green for Seniors” Green Bag Program to drive thru distributions. Please help us as we actively reach our older adults through our *Stay at Home, While Staying Indoors*, monthly newsletter with vital information pertaining to the pandemic.

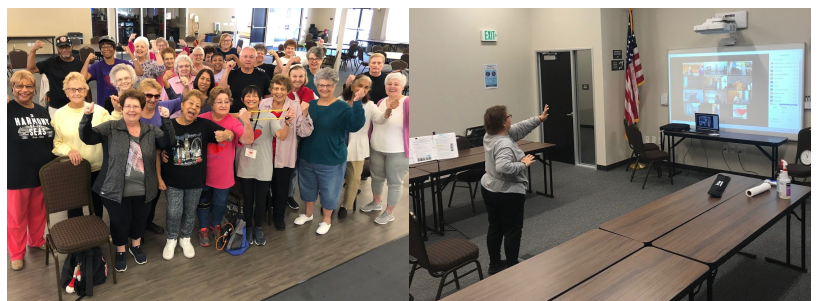
### Help us continue our mission by making a difference today!

1. Become a monthly giver by donating at [ww.paypal.com/donate?hosted\\_button\\_id=SXJXTAJA7WC7N](http://ww.paypal.com/donate?hosted_button_id=SXJXTAJA7WC7N)
2. Make a one-time donation by mail or on our website at [www.healthyagingassociation.org](http://www.healthyagingassociation.org)

Thank you for helping us as we enter this difficult year, please know that we remain focused on continuing to look for ways to support and strengthen our country's greatest asset... its older adults. Our goal is simple: Healthy Aging Association wants to help older adults live independently in their homes and community. Be safe!

Sincerely,

Dianna L. Olsen, Executive Director





**Keep Your Brain "WARM" With This Winter Word Scramble**



|           |       |          |       |
|-----------|-------|----------|-------|
| ZAILDBZR  | _____ | TSINTME  | _____ |
| ERTWASE   | _____ | CCILISE  | _____ |
| EBRECDME  | _____ | WIOTUNSS | _____ |
| RCELAFPIE | _____ | ANTLKBE  | _____ |
| IDSOLHYA  | _____ | OSMWNAN  | _____ |
| ZREOFN    | _____ | MMSEIROE | _____ |

**Sudoku #687 (Medium)**

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   | 6 |   | 5 |   | 2 |
|   |   |   |   |   |   |   | 9 |   |
| 2 |   |   |   |   |   |   | 6 | 8 |
|   | 4 |   |   |   | 1 |   |   |   |
| 5 |   |   | 2 |   |   |   |   |   |
| 9 |   | 7 |   |   | 4 |   | 2 | 3 |
|   | 5 |   |   |   |   |   |   |   |
|   | 1 |   |   | 2 |   |   |   |   |
|   |   | 3 |   | 5 | 9 |   | 4 |   |

**Tips for Sudoku Beginners:** Use only numbers 1-9. Each row, column and square of 9 (3x3) need to be filled with numbers 1-9. Do not repeat numbers and use the process of elimination.



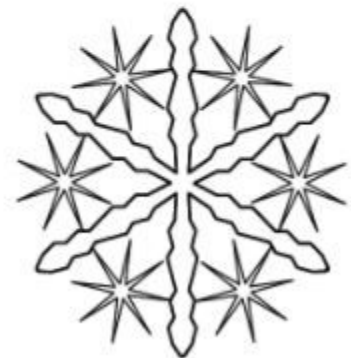
# Winter Word Search

**Instructions:** Try to find all of the hidden Winter words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



## Word List

|           |           |              |
|-----------|-----------|--------------|
| BOBSLEDS  | GLOVES    | SLIDE        |
| CARNIVALS | HIBERNATE | SNOWBOARDING |
| CHILLY    | HOCKEY    | SWEATER      |
| COLD      | SKATING   | WEATHER      |
| FROST     | SLEET     | WINTER       |



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For the answers visit:

<https://www.healthyagingassociation.org/december-2020-answer-key.html>