YOUNG AT HEAR

# Stay Informed While Staying Indoors

# **Stay Engaged and Moving!**

We are offering multiple ways to keep you active! Try out a walking route, or venture into the unknown with an online class.

#### Walking Route Maps Available



As guidelines loosen up to venture outside, walking is the best exercise to start moving. S.T.E.P.S Safe Walking Routes for Modesto, Ceres, and Patterson complete with map and walking tips are available for you. Please call (209)525-4670 for the trifold and we will mail you the map of your choice. What a way to enjoy the pleasant weather!

#### Young at Heart Strength Training

While our fitness classes are temporarily closed, we strongly encourage you to continue practicing the exercises at home to stay limber and strong. We have two ways to motivate you!

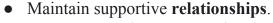
- **Self-Guided Option:** Follow the exercises in our Young at Heart Participant Routine. This is a 12 page document that is easy to follow and is sure to keep your strength up. Download a copy from healthyagingassociation.org or call us to request a copy to be mailed to you by dialing (209)525-4670.
- Online Option: Join our live Young at Heart Strength Training classes via Zoom. Please email healthy.aging2000@gmail.com for class times, details and to get registered.

#### **Virtual Recreation Center**

The Modesto Parks & Recreation Virtual Recreation Center is open! They are committed to providing resources to keep you active, healthy and connected during this unprecedented time. Visit <a href="https://www.modestogov.com/2517/Virtual-Recreation-Center">https://www.modestogov.com/2517/Virtual-Recreation-Center</a> to see what the center has to offer.

#### **Self-Care at Home**

Here are some tips to help manage stress and keep you in good health, mentally and physically:



- Exercise 60 minutes every day, it does not have to be done all at once.
- Get good quality **sleep**.
- Ensure you are getting proper **nutrition** to help combat stress.
- Practice **mindfulness** meditation, yoga, or prayer for 20 minutes.





# **Connecting with Friends and Family**

- Stay connected by writing letters or email.
- Try a virtual game night, like Yahtzee, Charades, or Pictionary.
- Share meals virtually. Use video chat to exchange your favorite recipes, then prepare and enjoy together, in your separate homes.
- Call or FaceTime three to five friends and/or family members each day.

#### 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 by calling the Senior Information Line at (209)558-8698. Eating healthy food leads to a healthier body and mind!

**Mondays** - Riverbank Community Center

Grayson United Community Center

Tuesdays - Oakdale Gladys L. Lemmons Senior Center

Mancini Hall on Tuolumne, Modesto

Wednesdays - Modesto Senior Center

**Hughson Community Center** 

**Thursdays** - Patterson (call for new location)

Fridays - Stanislaus Veterans Center on Coffee Road, Modesto

United Samaritan Foundation, Turlock (upon request)

### **Anthem Blue Cross is Helping its Members**

During this difficult time, Anthem Blue Cross is helping its Medicare Advantage members connect with resources that address whole-person health, such as food, medications, medical needs, and telehealth. For more information about this, call Sandra Holt with Anthem Blue Cross at 209-380-4964.



# Fitness & Health Word Search - Let's Get Moving!

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QUKSAGZHSHOJUZGODTXRYOHPUUPZOK
NRQXCGSKDKALFULDFQLKEABILITYUU
FLEXIBILITYRXDRDMWEWNPREXLKITA
SYPLGCBNEBAQZET | MMDAUHLBGUYEST
BOIOINSTRUCTORONUMBLTQAEVRXNIY
X O D S S U R W Y G K V Y H S M S | R K R Z | P R R | E D P
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A P Z C D V U E I N E D N T Q C E J M G I K N M I H N X B V
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OKFXSYTRANSFORMATIONUCVOMRNACE
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FRMOTIVATIONPHYWYXHTUYNSLINHSP
X S X M B N T N P | T B | A H D Q Z P X B Q A B E K W G Z S
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EXERCISE	FITNESS	LIFESTYLE	ACTIVE
EQUIPMENT	MOVEMENT	MUSCLES	WALKING
AEROBIC	FLEXIBILITY	BALANCE	NUTRITION
PREVENTION	STRENGTH	TRAINING	SWEAT
DAILY	BICYCLE	ABILITY	ENDURANCE
CARDIOVASCULAR	WELLNESS	HAPPINESS	MOTIVATION
TRANSFORMATION	ENERGY	SNEAKERS	OUTSIDE
TEAMWORK	DANCING	SWIMMING	INSTRUCTOR
STRETCHING	PHYSICAL		

The Answer Key can be found at <a href="https://www.healthyagingassociation.org/june-2020-answer-key.html">https://www.healthyagingassociation.org/june-2020-answer-key.html</a>

# **Still Feeling Down or Cranky?**

Call the Friendship Line California 1-888-670-1360. The Friendship Line California is a 24-hour, toll-free life line dedicated to Californians over 60 years.

The Friendship Line acts as a crisis intervention hotline and "warm-line" for non- emergency emotional support calls. The phone line is staffed by friendly



specialists who provide emotional support, grief support, and active suicide intervention. Just a telephone call can help you feel better!

#### When To Wear Gloves



CDC recommends wearing gloves when you are **cleaning** or **caring for someone who is sick**. In other situations, like running errands, wearing gloves is not necessary. When you have to go out into the public, practice these preventive actions like keep a minimum of 6 feet distance from others, wash your hands with soap and water for 20 seconds (or use a hand sanitizer if soap and water is unavailable), and wear a cloth face cover that covers your mouth and nose.

Overall, gloves may not protect you from getting COVID-19 and wearing gloves may still lead to the spread of germs onto your personal items. The best way to protect yourself from germs in and out of your house is to wash your hands frequently with soap and water for at least 20 seconds and/or use hand sanitizer

Visit the <u>cdc.gov</u> for more information on preventing the spread of COVID-19 and ways to protect yourself and your family.

En español por favor llame (209)558-8698

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