

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

The Importance of Getting Tested in Your County

It is still very important to get tested for COVID-19 if you have any of the following symptoms; fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea.

If you need to get tested, it is especially important that you get tested in the county that you live in. Our County cannot move to a better tier if the number of people getting tested is not in proportion with the number of cases of COVID-19.

There are multiple testing sites available across the valley in various parking lots. Stanislaus County has 4 locations for you to choose from;

Modesto, 95351 - Neighborhood Center at Marshall Park - 420 Chicago Ave., Ste. A

Modesto, 95355 - County Center III - Learning Institute - 917 Oakdale Road

Salida, 95368 - Salida Library (Drive Thru) - 4835 Sisk Road

Turlock, 95382 - Rube Boesch Center -275 North Orange Street

For testing information call (888)634-1123, to pre-register visit www.schsa.org/coronavirus/testing

Additional Testing Locations (Curative)

Mondays - Patterson at the Hammon Senior Center, 1033 West Las Palmas, 95363

Tuesdays - Riverbank at the Riverbank Community Center, 3600 Santa Fe St., 95367

Thursdays - Oakdale at the Family Resource Center, 631 West F St., 95361

Fridays - Ceres at CVOC Ceres, 3860 Brickit Ct. Suite A, Ceres 95307

Saturdays - Modesto at the King Kennedy Center, 601 Martin Luther King Dr., 95355

The Curative Process:

- 1) Set up an appointment by going to www.Curative.com/CA10 this will help the process to be contactless. You will select your testing site, enter your personal information, insurance information, and select the symptoms you are feeling. *Appointments are only available 4 days in advance.*
- 2) Arrive during your 30-minute appointment window. You will receive your Collection Kit from the Mobile Van.
- 3) The administrator of the test will ask you to cough 3 times into your arm, and then pull out a swab from your collection kit and swab in your mouth at each area they mention.
- 4) Put the swab in the collection bag and drop your bag in the bin.
- 5) A text message and an email will be sent to you as soon as the results are available.

Source: www.curative.com/ca10

COVID-19 Vaccines

Receiving a safe and effective vaccine is the most important tool to help end the COVID-19 pandemic. To keep everyone safe and healthy, the Stanislaus County Health Services Agency is using the most relevant science and data available to address COVID-19's threat to our health and economic well-being, including providing the COVID-19 vaccines. By getting vaccinated, we can slow the surge and help our community, including our healthcare system, schools, fellow community members, and businesses, recover.

MYTH: COVID-19 Vaccines can make me sick with COVID-19. According to the Centers for Disease Control and Prevention (CDC), none of the COVID-19 vaccines contain the live virus that causes COVID-19, therefore the COVID-19 vaccine cannot make you sick with COVID-19.

Where to Get Vaccinated in Stanislaus County

The COVID-19 vaccine is available for older adults aged 65 and older. Clinic locations and hours are updated weekly and subject to change. Here are a few ways on how you can get your vaccine. There is also a new Vaccine Clinic Information Line you can call to receive information on Vaccine Clinic locations and hours. Call 1-833-954-3566 for the Vaccine Clinic Information Line.

Option 1: Ask your healthcare provider (appointment based)

Option 2: Ask your pharmacy

Option 3: Public Health Vaccination Clinics - "First Come, First Served"

Must live in Stanislaus County and bring proof of residence

- Modesto Centre Plaza - 1000 L Street, Modesto, 95354
- California State University, Stanislaus - Fitzpatrick Arena - 1 University Circle, Turlock 95382
- Gladys L. Lemmons Senior Center - 450 East A Street, Oakdale 95361
- New location in Patterson to be announced.

For the most updated vaccine information:

Coronavirus Vaccine Homepage: www.schsa.org/coronavirus/vaccine

StanEmergency Facebook: www.facebook.com/StanEmergency

Vaccine Clinic Information Line: 1 (833) 954-3566

Steps to Take After You Receive Your COVID-19 Vaccine?

To improve the effectiveness of the vaccine, please remember the following public health measures:

- Wear a mask over your nose and mouth.
- Stay 6-feet apart from others.
- Avoid crowds.
- Wash your hands for at least 20 seconds with soap and water, or use hand sanitizer.
- Stay home when sick or not feeling well.



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!



3 Ways to Reduce Stress

Many older adults are especially stressed and anxious during this time because of the COVID-19 pandemic. We encourage you to try to find joy each day, even in the smallest moments. Here are some simple tips to help reduce stress during these tough times.

- **Keep moving.** Aim to get your heart rate up for at least 30 minutes every day, as exercise is a known mood-booster. Healthy Aging Association has two virtual options; Tai Chi for Arthritis and Fall Prevention and Young at Heart Strength Training. Call (209)525-4670 to get started or for more information.
- **Take a break from the norm.** Try something new! Enjoy a morning walk with a friend, experiment with a new recipe, or take up an interesting hobby. Sometimes, simply switching up your daily routine may help with stress management.
- **Laugh daily.** One of the easiest ways to manage stress is enjoying a belly laugh! Watch a comedy movie, or pick up the phone and call a friend or family member, as they say, laughter is the best medicine!

Source: <https://silvermaples.org/stress-reduction-tips-seniors/>

Stay on Your Feet and Prevent Falls

Falls are the leading cause of injury in adults 65 and older. According to the Centers for Disease Control and Prevention (CDC), every second of every day, an older adult (age 65+) suffers a fall in the United States. Falls are not a part of aging, and they can be prevented!

Tips to prevent falls:

- 1) **Speak up** - Share with your doctor and loved ones your concerns about falling.
- 2) **Review your medication** - Review all your medications with your doctor or pharmacist to discuss potential side effects of your medications.
- 3) **Have your eyes checked** - It is recommended to have your eyes checked annually.
- 4) **Stay active** - Find a fitness activity that brings you joy and schedule it in each week.
- 5) **Make your home safe** - Add grab bars in your bathroom, get rid of any trip hazards and clutter, and have sufficient lighting throughout your home.

Nutrition and Oral Health

Did you know your oral health can affect your whole body? Having healthy teeth and gums is key to experiencing good total health and well-being.

Here are some facts to keep in mind when maintaining good oral health:

- Tooth decay can lead to infections, painful surgeries, and tooth loss.
- Tooth loss makes it harder to speak, eat, and chew.
- Gum disease may increase the risk for heart disease.
- Gum disease can also be an early sign of diabetes.

How can you keep your teeth and gums healthy?

- Brush twice a day.
- Floss daily with regular floss or a floss pick if you find it easier.
- Some medications can cause dry mouth, ask your doctor for a different medication that may not cause this condition.
 - If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco.
- See your dentist for regular cleanings and checkups.
- Eat a healthy diet.

Healthy Aging Association's "Go Green for Seniors" Green Bag Program provides individuals who are at least 60 years old and/or disabled and income eligible with fruits and vegetables and nutrition education once a month. For more information please call (209)525-4670.

Source: Kaiser Permanente and www.cdc.gov/oralhealth/basics/adult-oral-health/adult_older

Created and Edited by: Healthy Aging Association

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En español por favor llame (209)558-8698

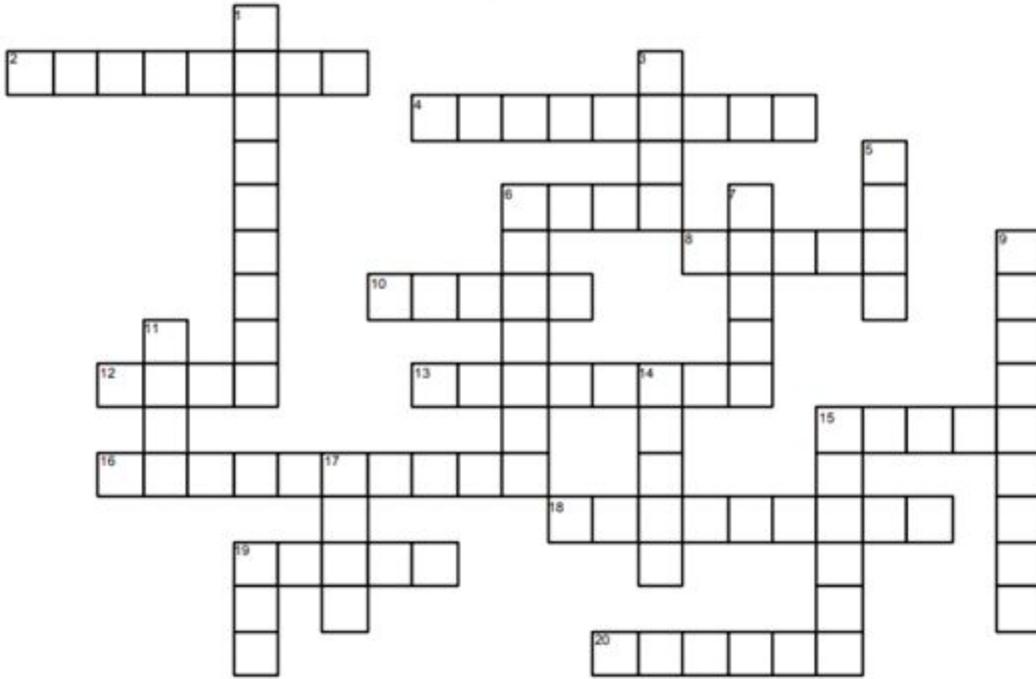
For Senior Information and Assistance contact (209)558-8698



"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."

Please enjoy the following insert of our February Edition of *Stay Informed While Staying Safe* Newsletter

Valentine's Day Crossword Fun



ACROSS

- 2 A piece of jewelry worn around one's neck.
- 4 _____ and girlfriend.
- 6 "Be _____."
- 8 School children often exchange these on Valentine's Day.
- 10 He shoots invisible arrows to make people fall in love.
- 12 The most popular flower for Valentine's Day.
- 13 Valentine's Day falls on _____ 14.
- 15 "_____ Valentine's Day!"
- 16 A safe place to store jewelry. (Two words.)
- 18 My friend gave me heart-shaped box full of _____.
- 19 Bees make this substance, which is also a nickname for someone who is loved.
- 20 St. Valentine is known as the patron saint of _____.

DOWN

- 1 "Will you be my _____?"
- 3 Husband and _____.
- 5 In "XOXOXO," an X represents this action.
- 6 Did the mail carrier leave any Valentines in your _____?
- 7 School children sometimes celebrate with a Valentine's Day _____.
- 9 A stuffed animal often given as a Valentine's gift. (Two words.)
- 11 "I _____ you."
- 14 Bow and _____.
- 15 Children may read and eat candy _____.
- 17 A man usually gives a woman a _____ when he asks her to marry him.
- 19 In "XOXOXO," an O represents this action.

February Word Scramble

SRNTIPDSE _____

URHDGONOG _____

HWONSANIGT _____

CNLLINO _____

ETNAVIELN _____

LKIHRSCAOTY (two words) _____

NETIWR _____

OASHCLCOTE _____

VLEONEEP _____

RWELSOE _____

ALEPAREY (two words) _____

TEWRATHSEE _____

ERASCTOF _____

HETWARE _____

DHREPFINSI _____



For the answer key, please visit: www.healthyagingassociation.org/newsletter-answer-key