

Stay Informed While Staying Indoors

A Newsletter in Response to the COVID-19 Pandemic

It's Time To Get Moving!

Have you noticed your body becoming a little stiff? Is your balance and strength just not what it used to be? Do not fear, you are not alone. Many people have not been as active since the stay-at-home orders were put in place in March. However, you can feel better, improve your balance and strength by adding physical activity into your weekly routine. We have many options for you ranging from exercise by yourself indoors, walking outside, or joining an online class.

- **Self-Guided Option:** Follow the exercises in our Young at Heart Strength Training 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.
- **Walk a S.T.E.P.S. Safe Walking Route**
Walking is the easiest exercise to help you start moving. S.T.E.P.S Safe Walking Routes for Modesto, Ceres, and Patterson are available complete with map and walking tips. Please call (209)525-4670 and we will mail you the map of your choice. An easy way to social distance, get fresh air and get fit!
- **Morning Group Exercise:** Healthy Aging Association is offering Young at Heart Strength Training and Tai Chi for Arthritis and Fall Prevention to keep you moving in the comfort of your home. To register for one of the classes below, email healthy.aging2000@gmail.com



- **Young at Heart Strength Training** - After 20 years of holding these classes in a group setting, these classes are now being offered online. Join us and you will improve your upper and lower body strength and flexibility. These classes have also been shown to reduce the risk of falling! Class meets on Mondays and Wednesdays at 11:00 a.m.
- **Tai Chi for Arthritis and Fall Prevention** - This class format is brand new to our online classes. This class is being offered on Tuesday and Thursday mornings at 11:00 a.m. Join to improve your balance, mind and reduce your chances of falling.

Simple Steps to Prevent You From Being Scammed

- Shred all receipts with your credit card number.
- Request direct deposit from benefit checks so they don't get stolen from your mailbox.
- Never give out credit card, banking, Social Security, Medicare number, or other personal information over the phone.
- Be skeptical of all unsolicited offers and thoroughly do your research before accepting.

For more information visit the National Council on Aging at <https://www.ncoa.org/>

Steps to Take If You're a Victim of a Scam

If you think you've been scammed, don't be afraid or embarrassed to talk about it—waiting could make it worse. If you have been a victim please take these actions immediately:

- Call your bank and/or credit card company to cancel any debit or credit cards linked to the stolen account.
- Reset any passwords or personal identification numbers.

Also if warranted, contact the Senior Law Project at (209) 577-3814 and Adult Protective Services at 1-800-336-4316 or 209 558-2637.

Join our 5-week Nutrition Series on Zoom

When: Tuesdays starting August 4th

Time: 2:00 p.m. - 2:30 p.m.

Where: In the comfort of your own home on Zoom



What you will learn

- » Learn how to plan balanced, tasty meals.
- » Get simple strategies for eating healthy.
- » Participate in fun activities and demonstrations

To register please email healthy.aging2000@gmail.com or call (209)525-4670.

Try this Sweet Corn Salad (A sample of what you could see in the nutrition series)

- 2 cups Corn Kernels
- 1 Large tomato, diced
- 1 Cucumber, diced
- ½ Red onion, sliced
- ¼ cup lime or lemon juice or 3 Tbsp wine vinegar
- Pinch of sugar or drop of honey
- 1 Tablespoon Olive Oil
- ½ Teaspoon Salt
- Black pepper to taste



For more great recipes like this join us at our 5-week Nutrition Class or visit EatFresh.org

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!



Take Action and Prevent Falls Today!

Healthy Aging Association is collaborating with the Stanislaus Area Agency on Aging (AAA) to provide you with a new available program called Dignity At Home Fall Prevention.

The Dignity At Home program provides home 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.



Dignity At Home Program Guidelines:

1. Be at least 60 years of age or disabled
2. At a risk of falling or have had a fall
3. Meet the household income guidelines
Monthly - \$3,617.00 or less
Annually - \$43,408.00 or less

What the program involves:

- Phone interview to qualify.
- In-home environmental assessment.
- Education and information on fall prevention.
- If recommended, installation of injury prevention accessories.

Potential Injury Prevention Accessories: bath bench, hand-held shower head, non-slip bath mat, shower chair, bedside pole, commode rails, grab bars, stair railings, and a home safety assessment.



To get the process started,
Call the Senior Information Line at (209)558-8698

Don't meet the guidelines above,
but are in need of Fall Prevention education and materials?
Please contact Healthy Aging Association at (209)525-4670



Be Connected While Apart

During these times of isolation, join a group that interests you! Try out Well Connected which is a free community program made up of members who value being connected. All groups and classes offer a wide range of topics, you are sure to find one that interests you. Some groups and classes they offer; nature talks, the “good ole days”, pet tales, etc. These classes and groups are accessible by phone at no cost to you. Most groups last for 30-60 minutes and all groups are small with about 12 participants.

Newcomers are always welcome! If you don't feel like talking at first, you're welcome to just listen as long as you've let the group know you're there. If you are ready to register please call (877)797-7299, email coviaconnections@covia.org or visit <https://covia.org/services/well-connected/> for more information.



How Are You Doing Mentally and Emotionally?

Stanislaus County has come up with some helpful Mental Health & Wellness Tips to remind you that asking for help is a normal part of life and there are resources available.



- Preserve your daily routine as much as possible.
- Take breaks from social media and news.
- Maintain a healthy diet, regular exercise, and get plenty of sleep.
- Take advantage of outdoor activities when weather permits, but don't forget to continue practicing social distancing.
- Add in mindful practices into your daily routine such as deep breathing and meditating.
- Do not isolate yourself, try and connect with others while social distancing or using virtual options such as FaceTime or Zoom.
- Stay informed with only reliable sources of information especially on this pandemic. Stanislaus County Health Services Agency is a great place to start, <http://schsa.org/>

Friendship Line California

If you are feeling isolated and alone give the Friendship Line California a call at 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! Pick up the phone and give it a try, 1(888)670-1360.



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