

Stay Informed While Staying Indoors

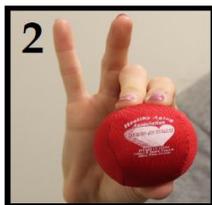
A Newsletter in Response to the COVID-19 Pandemic



Move Your Way

Physical activity can come in all different shapes and forms. You can be active in your home, in your yard, or around your neighborhood. We have THREE options for you to get moving today. To join any of the following options, call the Healthy Aging Association at (209)525-4670, email healthy.aging2000@gmail.com or visit www.healthyagingassociation.org.

- 1. S.T.E.P.S. Walking Challenge** (ending November 8, 2020). Join in our challenge to help increase your physical activity level. Walk around your neighborhood, at a park, or at one of the S.T.E.P.S. Safe Walking routes in downtown Modesto, Patterson or Ceres (contact our office for the tri-fold). Join the challenge for weekly motivational emails, and monthly accountability phone calls.
- 2. Young at Heart Strength Training** is designed to help build strength, flexibility and improve balance. Currently classes are being offered online on Monday and Wednesday mornings. If you need assistance getting online to join the Zoom class, our staff will be available via phone to help you get into the class. Not ready to add a structured class into your weekly schedule? Call our office to receive our 12-page participant routine via USPS or by visiting our [website listed above](#).
- 3. Tai Chi for Arthritis and Fall Prevention** is now offered online. Try this effective exercise program for preventing falls. Tai Chi for Arthritis and Fall Prevention works through improving balance, confidence and muscular strength. This class is offered on Tuesday and Thursday mornings from 11:00 a.m. - noon.



Squeeze Your Stress Away

Do you find yourself dropping things lately? Do you have varied squeeze balls you accumulated from attending older adult events in the past? The squeeze balls or stress balls are a simple way to exercise anytime. Plus, good grip strength is a precursor to good upper body strength.

Benefits of stress ball exercises include:

Reduced injury, increased flexibility, strengthened muscles in your hands, fingers and wrist, reduced stress and give you something easy to do while you watch television or talk on the phone.

Here are a few exercises you can practice:

- Squeeze the ball with all your fingers, squeeze 3-6 times.
- Squeeze with only two fingers at a time, squeeze 3-6 times.
- Finally, in between each finger, squeeze 3-6 times.

<https://jamanetwork.com/journals/jama/fullarticle/188748>

Falls Are Preventable!

Now is the perfect time to get a head start on preventing falls because Falls Prevention Awareness week is this month on September 21 - 25. Many older adults think that falls are a normal part of aging, but in reality most falls are preventable! One simple way to prevent falls is to fall-proof your home by using a Fall Prevention Checklist or by scheduling an in-home assessment through the Dignity At Home, Fall Prevention Program.



The Dignity At Home, Fall Prevention 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.

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.

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 qualified today.

In need of information and resources to keep you safe and reduce your chances of falling? The Healthy Aging Association has resources and programs to help you reduce your chances of falling, improve your balance, and to help overcome your fears of falling.

For more information call (209)525-4670 or visit www.healthyagingassociation.org/preventfalls

Laughter Can be Great Medicine During Stressful Times

Did you know that laughter can improve the quality of life both mentally and physically for older adults? Laughter helps to circulate oxygen throughout the body, relieve stress and tension, improve memory, and increase feelings of happiness. It also helps to reduce blood pressure and cholesterol which can positively impact seniors who suffer from high cholesterol and heart disease.



Use a little humor to overcome the challenges you are currently facing. Here are some ways to add some laughter to your day:

- Watch a funny movie or TV show.
- Read the funny pages or comic strips.
- Play with your pet and/or grandchild.

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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!



The Department of Aging & Veteran Services is Here and Ready to Serve

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There is alarming evidence that the risk of severe illness from COVID-19 increases with the older adult population. Although taking precautions for safety is necessary to reduce the spread of the virus, these very practices are also causing an increase in isolation, depression and anxiety.

EMC Health Foundation polled older adult residents 65 and over in Stanislaus and Merced county regarding COVID-19 concerns. According to their survey, 84% of older adults report concerns about COVID-19, 60% of older adults reported feeling “entirely alone” and 30% of seniors said the virus has had a considerable impact on their overall mental health.

Other valid concerns mentioned were related to access to food, medical care, fear of leaving the home, and concerns of losing independence. As a Stanislaus County employee, I cannot speak for Merced County however, I encourage those in that area to contact Merced County Human Services Area Agency on Aging at (209) 385-7550 and Merced Adult and Aging Services at (209) 385-3000.

For Stanislaus County, The Department of Aging and Veteran Services mission is to “Help Seniors and Veterans obtain services and benefits they need to live secure, healthy, independent lives”. We have a multitude of free in-home services to assist those who are 60 years of age and over and that can address the specific needs expressed by the older adults interviewed in this survey.

Older adults can access food by way of the **Congregate Meal** sites or **Home Delivered Meals Program**. **Project Hope** provides short-term counseling, socialization options and system navigation for those who are experiencing difficult emotions and situations. For In-home support, medical equipment, case management and medication management, **MSSP** (Multipurpose Senior Services Program) and **Family Caregiver Support Program** are available. These are just a few of the many resources we have available through the department. For more information please visit our website at <http://www.agingservices.info> or call our main line at (209) 558-8698 to speak with a senior information specialist who's available Monday-Friday from 8:00 am -4:30 pm.

