

Stay Informed While Staying Indoors

A Newsletter in Response to the COVID-19 Pandemic

Healthy Aging Association, Kaiser Permanente and Stanislaus Area Agency on Aging
present the

Healthy Aging and Fall Prevention Virtual Summit

October 12—16, 2020

Virtually and Drive Thru Distributions in Modesto, Ceres, Grayson/Patterson, Oakdale & Riverbank.

To view the Virtual Healthy Aging and Fall Prevention Summit

Follow us on Facebook or visit our website to join in the week long event with videos and clips featuring the following Senior topics:

Monday—Memory Care | Tuesday—Social Isolation | Wednesday—Preventative Care
Thursday—Diabetes & Oral Health | Friday—Fall Prevention

For event information call (209) 525-4670 or visit

www.facebook.com/4HealthyAging | www.healthyagingassociation.org/healthy-aging-summit

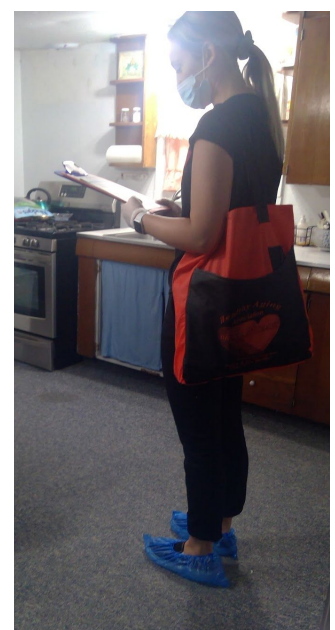


Many Older Adults Have a Fear of Falling

The fear of falling becomes more common as you age, even if you have never experienced a fall before. But, do not let the fear of falling hold you back from living your life. There are many different ways to prevent falls.

One way to prevent falls is through our new Dignity At Home, Fall Prevention Program. This 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. 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 pre-screened today.

COVID-19 Update: For the safety of staff and clients, we will continue to operate following a stringent safety protocol, and maintaining a social distance of at least 6 feet.



Get Your Flu Shot TODAY!

According to the CDC, “Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself and the people around you from flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic.” Many individuals choose to not get the flu vaccine, however flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and even death.



Here are some locations to get your flu shot:

Stanislaus Public Health Immunization Clinic	820 Scenic Drive, Modesto	Walk-In Services (No Charge) Monday-Friday 8am - 5pm
Kaiser Permanente Hospital (Members Only)	460 Dale Road, Modesto	Drive thru Flu Shot Clinic

The following have flu shots available (low or no cost with most insurances);

- CVS Pharmacies
- Costco Pharmacies
- Raley’s Pharmacies
- Rite Aid Pharmacies
- Save Mart Pharmacies
- Safeway Pharmacies
- Walgreens Pharmacies
- Walmart Pharmacies
- Target Pharmacies
- Your Healthcare Provider

Is Gambling Affecting You or Someone You Care About?

What is Problem Gambling? Gambling addiction is a devastating yet **treatable** disease which manifests as the inability to control one’s gambling. Problem Gamblers (and the people around them) experience harmful consequences that can include irreparable harm to their finances, relationships, and mental and physical health.

Do You Ever:

- Lose track of time while gambling?
- Spend more than you intend to on gambling?
- Become irritable if your gambling is interrupted?
- Borrow or cash advance money to gamble?
- Gamble to escape stressful situations?

Have You Ever:

- Covered up or hidden your gambling activity?
- Neglected friends, family, or work to gamble?
- Gambled money needed for bills?
- Written a bad check to keep gambling?
- Lied about how much you lost?

Gambling is Treatable!

No-cost help and prevention services are available for problem gamblers and those adversely affected by problem gambling behavior.

Call 1-800-GAMBLER (426-2537)

Text “SUPPORT” to 53342, or

Chat at www.800gambler.chat

Make Your Voice Heard

California registered voters will be sent a mail-in ballot that must be postmarked by Election Day-November 3 to be counted. The option to vote in-person will still be available. If you vote-by-mail you can track your ballot to see if it has arrived at the county elections office by going to the webpage sos.ca.gov/elections/ballot-status. Questions by phone, please call the toll-free voter hotline: 800-345-VOTE (8683).

Mark Your Calendar

October 5 - Voting begins in some counties

October 19 - Last day to register by mail or online

October 27 - Last day to apply for absentee ballot by mail

November 2 - Completed ballot should be mailed to ensure it will be counted

November 3- Election Day – In-person polling are open 7 am – 8 pm

Source: 2020 September, AARP Bulletin. p. 6



Senior Meals Available

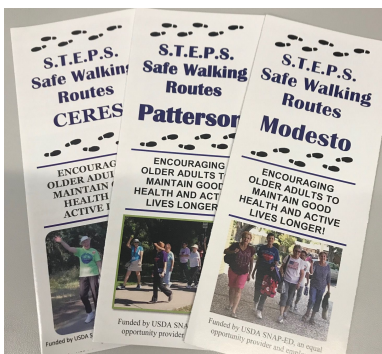
The Stanislaus County Area Agency on Aging is helping those in need of receiving nutritious meals. Seniors 60 or older that are interested in the Senior Meals Program may call for more information or register to pick-up food at a distribution center located in Riverbank, Grayson, Oakdale, Modesto, Patterson or Turlock (upon request) by calling the Senior Information Line at (209)558-8698. Eating healthy food leads to a healthier body and mind!



Leah's Pantry - Food Smarts Course

This 5-week online nutrition course is specifically designed for older adults. Participants will learn how to plan balanced and tasty meals, learn simple strategies to eat healthy, and will be able to participate in discussion and activities from the comfort of your own home. Classes meet virtually, sessions starting on or after October 23. To join the class visit our website at www.healthyagingassociation.org/health--fitness or email healthy.aging2000@gmail.com

Let's Get Walking!



Walking 30 minutes everyday has many physical benefits such as increasing heart and lung function, reducing the risk of heart disease and stroke, and improving balance to name a few. Try breaking up the 30 minutes of walking throughout the day to 10 minute increments to make this goal achievable. For those in our S.T.E.P.S. Fall Walking Challenge and those wanting to get a few more steps in your day check out one of the S.T.E.P.S. Safe Walking routes in downtown Modesto, Patterson or Ceres. Contact 209-525-4670 for a tri-fold of your choice to be mailed to you.

