

# Stay Informed While Staying Safe

*A Newsletter in Response to the COVID-19 Pandemic*

## Set Goals to Move in 2021

What better time to be physically active than TODAY! It is never too late to set personal goals for yourself to improve your health and well-being. Being physically active not only makes you feel better, but helps prevent falls. You can be active in your home, in your yard, or around your neighborhood. We have options to help you get moving and decrease your chances of falling:

- 1. Young at Heart Strength Training** is designed to help build strength, flexibility and improve balance. Currently classes are being offered online twice a week in the morning with a day of rest in between. 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.
  - Mondays and Wednesdays from 11:00 a.m. - noon OR
  - Tuesdays and Thursdays from 9:30 a.m. - 10:30 a.m.
- 2. Tai Chi for Arthritis and Fall Prevention** is still 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.
- 3. A Matter of Balance** is coming soon to Zoom! Healthy Aging Association is currently training to bring this Evidence Based Program to a virtual platform. A Matter of Balance is designed to reduce the fear of falling, reduce fall risk factors, and promote exercise to increase strength and balance. Classes meet in small groups and sessions include brainstorming, discussion, and light exercise. If you are interested in this program, call Healthy Aging Association at (209)525-4670 to be added to the waitlist.

To join any of the following options, call the Healthy Aging Association at (209)525-4670, email [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com) or visit [www.healthyagingassociation.org](http://www.healthyagingassociation.org). In this new year let's stay healthy, active, and moving!

## 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!



**HAPPY NEW YEAR!**

*From Healthy Aging Association - Dianna, Samantha, Erlinda, Jessica, & Kylie*

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

Ryan Kegley, Manager | Stanislaus County Veterans Services Officer

The mission of the Stanislaus County Veterans Services Office (CVSO) is to assist Veterans and their families in applying for and qualifying for the federal, state and local benefits they deserve and have earned by their service. CVSOs spend the majority of their time filing claims for VA monetary benefits for service-connected disability compensation and non-service connected pension benefits for wartime era Veterans and their widows.



In addition to benefit claims management, the CVSO provides resources and referrals to help connect Veterans with other community-based programs dealing with homelessness, mental health, employment and education as well as providing advocacy on many issues facing the Veterans community.

In this new year we want to take an opportunity to remind our Veterans to be aware of scams targeting Veterans and seniors. “Operation Protect Veterans” is an initiative that alerts Veterans about scams targeting them and their families. It also supports VA’s More Than a Number campaign, an identity protection program that provides information to educate Veterans and their beneficiaries on protecting themselves from identity theft.

**Scams targeting Veterans range from the subtle to the audacious and may include:**

- **Benefits buyout scams:** Scammers take advantage of Veterans’ needs by offering a quick, upfront buyout of future disability or pension payments at a fraction of the value.
- **VA phishing scamming:** Fraudsters posing as VA employees, call Veterans to “phish” for Social Security numbers and personal financial information, which they use to access bank accounts or open fake credit card accounts.
- **Bogus employment offers:** Scammers post fake job descriptions to collect personal information from Veterans’ job applications and often also charge an employment fee.
- **Fake charitable-giving requests:** Scammers make fraudulent claims about collecting charitable donations that do not actually benefit Veterans or wounded service members.
- **Fraudulent records promotions:** Scammers try to charge Veterans fees to access military records or government forms – information that is available for free through the National Archives (for military records) and [VA.gov](https://www.va.gov) for local VA offices (for forms).

With their continued partnership, VA Privacy Service and United States Postal Inspection Service (USPIS) share a common goal: **educating Veterans and their families on simple precautions they can take to protect their identity.** Whether it’s mail fraud, bank fraud, or some other type of scheme, both the United States Postal Inspection Service and VA want to help Veterans and their dependents avoid becoming victims.

## Five Steps to Prevent Falls

1. Make sure you have sufficient lighting throughout your home.
2. Wear adequate and supportive shoes.
3. Talk with your doctor or pharmacist to review your medications.
4. Have your vision and hearing checked regularly.
5. Do an in-home environmental assessment.

Are you looking for an expert to complete an in-home assessment for you? 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.

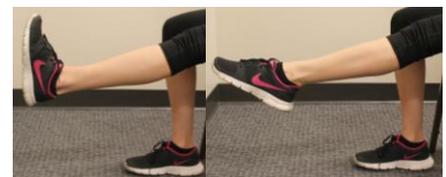
If guidelines are met, the potential injury prevention accessories available are bath benches, shower chairs, hand-held shower heads, grab bars, and non-slip bath mats. Make the call today to the Senior Information Line (209)558-8698 to get pre-screened for this amazing program!



## Three Stretches to Help Reduce Stress

Stretching is a great way to remedy stress and anxiety. As we age we are more likely to develop tight muscles which pull on our bones and other skeletal structures. This makes us feel stiff and uncomfortable. Try these exercises daily to help reduce your stress levels and increase your flexibility.

1. **Wrist Flexion and Extension** - *How to do it:* Start by having both arms straight out in front of you with palms facing the floor. Only move the wrist joint and point your fingers to the floor, hold for 3 seconds. Now point your fingers to the ceiling, hold for 3 seconds. Repeat this 3-4 times.
2. **Arm Across the Chest** - *How to do it:* Take one arm and extend it across your chest. With the opposite hand, gently grab the upper arm (of the extended arm) and gently pull in, toward your body. Hold for 6 seconds. Then, repeat on the other arm.
3. **Stretch the Ankles - Flex and Point** - *How to do it:* Start by sitting in good posture. Flex by lifting one leg off the ground and point your toes towards the ceiling, hold for 6 seconds. Then point your toes away from you, hold for 6 seconds. Repeat 3 times, then, repeat on the other leg.



For more stretches and exercises to reduce stress and increase flexibility and balance please call Healthy Aging Association at 209-525-4670 to receive our 12-page participant routine via USPS or by visiting our website at [www.healthyagingassociation.org](http://www.healthyagingassociation.org). (Source: 2020 YAH Participant Routine)

## COVID-19 Vaccine Facts to Know

Vaccine distribution is here. These are a few facts to be aware of and to assure you that getting the vaccine is the right thing to do.



1. The COVID-19 Vaccine does not expose you to COVID-19.
2. Once you receive the COVID-19 Vaccine, if you are tested for COVID-19 it will be negative.
3. With the vaccination you stand a greater chance of only a mild illness.
4. Everyone who receives the COVID-19 Vaccine will benefit, even those who formerly contracted it. Those who already had COVID-19 and received the vaccine are not likely to get re-infected.

For more answers and to stay informed check the webpage <https://covid19.ca.gov/vaccines/> or call Stanislaus County Public Health at 209-558-7000.

## Three Ways to Avoid COVID-19 Vaccine Scams

1. You can't pay to put your name on a list to get the vaccine. **That's a scam.**
2. You can't pay to get early access to the vaccine. **That's a scam.**
3. Nobody legit will call about the vaccine and ask for your social security, bank account, or credit card number. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information. Learn more at: [www.ftc.gov/coronavirus/scams](http://www.ftc.gov/coronavirus/scams) or at [www.consumerresources.org/beware-coronavirus-scams](http://www.consumerresources.org/beware-coronavirus-scams)



## Continue Following the 3W's

“Vaccines, along with prevention, are key to stopping the COVID-19 pandemic. When combined with other public health prevention practices, vaccines will protect you and others and help stop COVID-19 from spreading. Even as we begin vaccinating people, we'll all need to continue following the 3W's for some time -

**Wear a Mask**  
**Watch Your Distance from Others**  
**Wash Your Hands Often”**

For additional information visit: <https://www.cdc.gov/coronavirus/2019-nCoV>

Source: Kaiser Permanente, retrieved on December 15, 2020.

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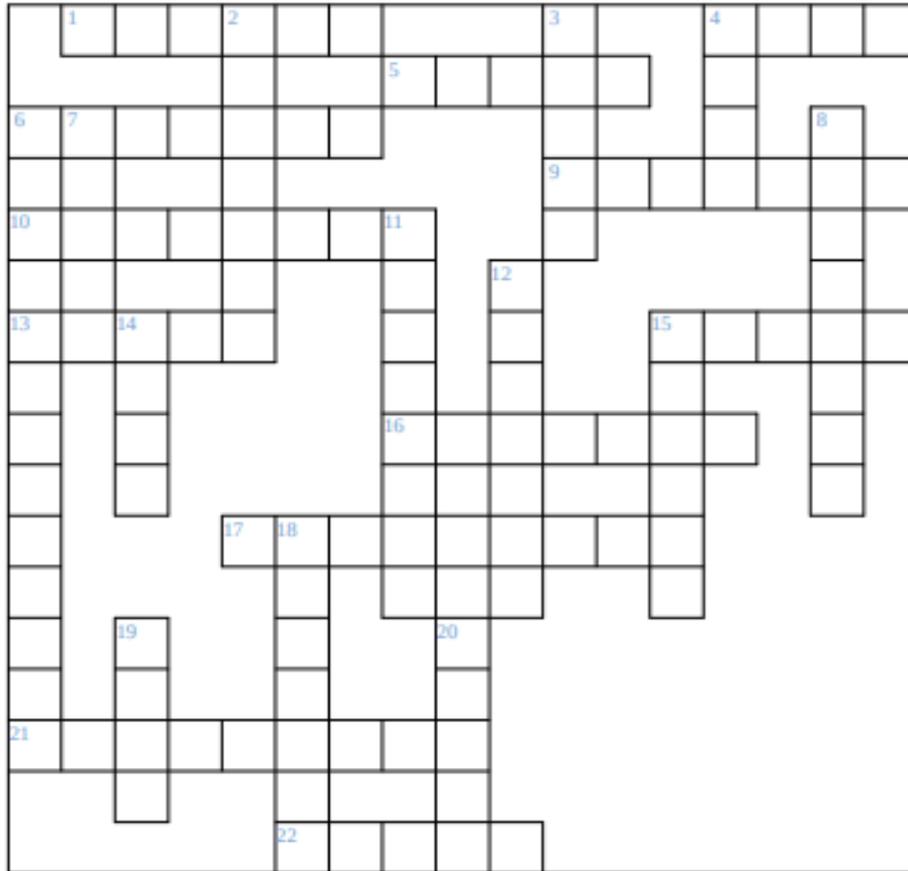
*En español por favor llame (209)558-8698*

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

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

For the answer key, please visit: [www.healthyagingassociation.org/newsletter-answer-key](http://www.healthyagingassociation.org/newsletter-answer-key)

# Winter



### Across

- 1 Ice sport played with a puck
- 4 Fun ride down a snowy hill
- 5 Neck warmer
- 6 Change habitat seasonally
- 9 Sometimes has a carrot nose
- 10 Snowstorm
- 13 Hot sweet drink
- 15 The color of snow
- 16 Keeps your hands warm
- 17 Sleep through the winter
- 21 A unique crystal of ice
- 22 Direction birds fly for the Winter

### Down

- 2 African American holiday
- 3 Jack \_\_\_\_\_
- 4 Frozen rain
- 7 House made of ice
- 8 Time off from school or work
- 11 Christmas month
- 12 Gliding on ice
- 13 Holiday of giving
- 14 Opposite of hot
- 15 The coldest season
- 18 Frozen spikes
- 19 Vehicle that clears snow from streets
- 20 Mix of snow and rain

Can you find 10 differences between the two pictures?

