

# Stay Informed While Staying Indoors

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

## Healthy, Strong, and Feeling Young at Heart

According to Kaiser Permanente, “By age 75 only 1 in 3 seniors take part in regular physical activity.” This statistic stands to encourage us all to be more physically active as we age. Physical activity helps to maintain strength, stamina, and overall good health. Personal health and well-being depend on us being physically active and eating right, especially during these challenging times. Find an activity you enjoy and can make part of your daily routine to help you live a healthier lifestyle.



**Young at Heart Strength Training Classes on Zoom** - Classes meet virtually via Zoom on Monday and Wednesday mornings. This program focuses on the full body and works on strength, balance, and flexibility to keep participants active and independent. The class utilizes resistance tubes instead of free weights to reduce injury, and could be used by even the most arthritic hands. To join visit our website at [www.healthyagingassociation.org](http://www.healthyagingassociation.org) or email us at [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com).

Don't have time to schedule in an exercise class? Try our mini routines by visiting our [YouTube channel](#) at [YouTube.com](https://www.youtube.com) and searching for Healthy Aging Association.

**Tai Chi for Arthritis and Fall Prevention** - These classes meet virtually via Zoom on Tuesdays and Thursdays from 11:00 a.m. to noon. Try this effective program for preventing falls. This class works on improving balance, confidence, and muscular strength. To join visit our website at [www.healthyagingassociation.org](http://www.healthyagingassociation.org), email us at [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com), or call (209)525-4670.

## Make Small Changes for a Healthy Holiday

As the holidays approach keep in mind these tips from MyPlate Holiday Makeover to practice good nutrition and make healthy choices:

<b>Tweak the Sweet</b> - Fruits make delicious desserts.	<b>Cheers to Good Health</b> - Drink water instead of sugary beverages.
<b>Bake Healthier</b> - Use recipes with pureed fruits instead of butter or oil.	<b>Spice It Up</b> - Use spices and herbs instead of sugar and salt.
<b>Brighten Your Meal</b> - Fill half your plate with fruits and vegetables.	<b>Skim the Fat</b> - Try skim evaporated milk instead of heavy cream.
<b>Swap the Grains</b> - Choose whole wheat flour instead of white flour.	<b>Go Easy on the Gravy</b> - A little bit of gravy goes a long way.

For more healthy holiday tips see the USDA's nutrition blog at [www.usda.gov/media/blog](http://www.usda.gov/media/blog)

## Take Action to Take Care of Yourself

The COVID-19 pandemic is not going away quickly. During the last month, did you notice these changes:

- Differences in sleep or eating patterns
- Difficulty in sleeping or concentrating
- Fear and worry about your health
- Fear and worry about loss of support services you rely on



If so, pick up the phone and call:

Call the Friendship Line California, if you are feeling isolated, 1(888)670-24-hour, toll free.

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If you have extreme hopeless feelings call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish.

If you need physical activity or nutrition virtual classes call the Healthy Aging Association (209)-525-4670.

If you need any other help, please call the Senior Information Line (209) 558-8698.

You may be a phone call away from a smile.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

## Senior Meals Available



Area Agency on Aging

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!

## Nutrition Workshops

- Learn how to plan balanced meals.
- Get simple strategies for eating healthy.
- Participate in fun activities and demonstrations.
- 5-week series on Zoom beginning in November.

**For more information or to sign-up contact Healthy Aging Association [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com) or Call (209)525-4670.**

Funded by USDA SNAP-Ed, an equal opportunity provider & employer.

## HELP FOR PEOPLE WITH MEDICARE

### TIME FOR A MEDICARE CHECK UP

It's time to check and compare Medicare HMOs available for 2021!

HICAP provides unbiased information so you can make informed decisions about your health and Rx plan choices.

### MEDICARE Open Enrollment is

**October 15th - December 7th**

Learn more at [www.agingervices.info](http://www.agingervices.info)

Call HICAP to make a free phone or in-person appointment.

**Stanislaus County HICAP (209) 558-4540**



## Preventing Falls is a Team Effort

When it comes to preventing falls, know that you are alone! Being vocal with your loved ones and medical professionals about fall hazards and your risk of falling can help you view falls as manageable. Ask help when it is needed. Preventing falls before they happen is the best way to live a healthier, more independent life. Pick up the phone today and take action.



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One way to take action and be assertive is through the Dignity At Home Program. This program allows Healthy Aging Association (HAA) to come into your home to assess potential fall hazards that you may not be aware of. HAA will also provide a variety of fall prevention resources that are specific for Stanislaus County. With results from the in-home assessment and your qualifications, HAA may be able to provide injury prevention accessories such as grab bars, shower seats, etc.

Pick up the phone and see if you qualify by calling (209)558-8698! Basic qualifications include, being at least 60 years of age or disabled, live in Stanislaus County and be at a risk for falling or have had a fall and meet the monthly income guidelines (1 person - \$3,263 or less).

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

## Smoke Detectors Save Lives

With the upcoming holiday celebrations approaching, this means fire-side chats, lighted scented candles, comfort food cooking, and heaters blazing. These are potential conditions for fire hazards. Is your smoke detector working properly? Do you have enough smoke detectors installed in your house? The current recommendations from the Stanislaus Office of Emergency Services state:

“Every home should have a smoke detector in the hallway outside each sleeping area, inside each bedroom, at the top of the stairs in two story houses, and in the basement. On floors without bedrooms, detectors should be installed in or near living areas, such as dens, living rooms, or family rooms.”

Smoke detectors are now manufactured with a 10-year battery life. Some smoke detectors include a carbon monoxide detector. If you are unsure of your smoke detector needs please call your local fire department or Healthy Aging Association at (209)525-4670 for a Dignity At Home In-Home Fall Prevention Assessment.

The life you save may be your own.

Source: <http://www.stanoes.com/safety>

## Staying Optimistic & Contented During Trying Times

*Article provided by: Dr. Robert McGrew, M.D.*

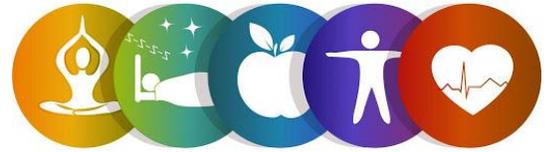
How do we cope with all of the problems affecting both us and our loved ones during these prolonged, tough times with Covid? The anxiety, disruption of our daily routines, and isolation from others can



bring down our emotional and social health. For me, keeping healthy starts with concentrating on the basic things of life.

This includes

- Being optimistic about today and the future
- Having good energy
- Sleeping well
- Living an intentional life that brings contentment



I think the first step is to **stop and assess how you are feeling now.** If you do feel more worried than you want, or more sad,

then it is important to think about why this may be. A few

years ago, I found myself staying more anxious and discontent than I wanted to be. Reflecting on this, I realized that I was paying too much attention to news of current events--from TV, the internet and the newspaper. All of them seemed to emphasize alarming events, yet gave me no new information that I needed to live my daily life. Therefore, I decided to avoid TV and internet news (even Facebook posts about current events). Instead, I just read a trusted news source a couple times a week to stay up with the information I really needed. With the time that I saved, I turn my attention towards entertaining, educational and spiritual content.

**Thankfulness** is another new emphasis. On my daily walk, I always find several things to be thankful for. Other people find writing things for which they are grateful down in a journal and reviewing those things often greatly improves their optimism. For me, prayer and other spiritual practices seem to flow out of thankfulness, and boost my happiness.

**Staying connected to others** is much tougher now for many of us. Calling other people to say 'hi' and catch up comes easily for some of us, yet very hard for others. However, having a good talk with another person for just 10 minutes daily is enough to maintain our sense of optimism and well being!

**If our emotional health is good, then everything else seems to fall into place.** We'll have the motivation to get some regular exercise, which will help us to have more energy, less worry and better physical health. We can plan for a well-balanced diet, and make sure to get 7 or more hours of quality sleep. Finally, we'll have the energy to find ways to make the world a better place for others, which is a great source of contentment!

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**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**