



Connecting with Friends and Family

- Stay connected by writing letters or email.
- Try a virtual game night, like Yahtzee, Charades, or Pictionary.
- Share meals virtually. Use video chat to exchange your favorite recipes, then prepare and enjoy together, in your separate homes.
- Call or FaceTime three to five friends and/or family members each day.

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 by calling the Senior Information Line at (209)558-8698. Eating healthy food leads to a healthier body and mind!

Mondays	-	Riverbank Community Center Grayson United Community Center
Tuesdays	-	Oakdale Gladys L. Lemmons Senior Center Mancini Hall on Tuolumne, Modesto
Wednesdays	-	Modesto Senior Center Hughson Community Center
Thursdays	-	Patterson (call for new location)
Fridays	-	Stanislaus Veterans Center on Coffee Road, Modesto United Samaritan Foundation, Turlock (upon request)



Anthem Blue Cross is Helping its Members

During this difficult time, Anthem Blue Cross is helping its Medicare Advantage members connect with resources that address whole-person health, such as food, medications, medical needs, and telehealth. For more information about this, call Sandra Holt with Anthem Blue Cross at 209-380-4964.



Fitness & Health Word Search - Let's Get Moving!

Q U K S A G Z H S H O J U Z G O D T X R Y O H P U U P Z O K
 N R Q X C G S K D K A L F U L D F Q L K E A B I L I T Y U U
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 R P A A A J H O F P T J L P L V H H R R T Z R Q I Q L R G Z
 E R D E Y F K X X E C I E A X A I S K V N J Q A Z X C Z G J
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 E S W O R D U U D X O T C E K C U E Z U S Y W K F N F L D R
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EXERCISE
 EQUIPMENT
 AEROBIC
 PREVENTION
 DAILY
 CARDIOVASCULAR
 TRANSFORMATION
 TEAMWORK
 STRETCHING

FITNESS
 MOVEMENT
 FLEXIBILITY
 STRENGTH
 BICYCLE
 WELLNESS
 ENERGY
 DANCING
 PHYSICAL

LIFESTYLE
 MUSCLES
 BALANCE
 TRAINING
 ABILITY
 HAPPINESS
 SNEAKERS
 SWIMMING

ACTIVE
 WALKING
 NUTRITION
 SWEAT
 ENDURANCE
 MOTIVATION
 OUTSIDE
 INSTRUCTOR

The Answer Key can be found at <https://www.healthygagingassociation.org/june-2020-answer-key.html>

Still Feeling Down or Cranky?

Call the Friendship Line California 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!



When To Wear Gloves



CDC recommends wearing gloves when you are **cleaning** or **caring for someone who is sick**. In other situations, like running errands, wearing gloves is not necessary. When you have to go out into the public, practice these preventive actions like keep a minimum of 6 feet distance from others, wash your hands with soap and water for 20 seconds (or use a hand sanitizer if soap and water is unavailable), and wear a cloth face cover that covers your mouth and nose.

Overall, gloves may not protect you from getting COVID-19 and wearing gloves may still lead to the spread of germs onto your personal items. The best way to protect yourself from germs in and out of your house is to wash your hands frequently with soap and water for at least 20 seconds and/or use hand sanitizer.

Visit the [cdc.gov](https://www.cdc.gov) for more information on preventing the spread of COVID-19 and ways to protect yourself and your family.

En español por favor llame (209)558-8698

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