

Stay Informed While Staying Indoors

Stay Engaged and Moving!

Well another month has gone by and we at Healthy Aging Association are hoping you are staying as active as can be. Remember while circumstances have certainly changed, your physical and mental health needs have not. Now, more than ever, we all must be sure to take care of ourselves.

Here are four simple tips to stay active and relieve stress while at home in self-quarantine:

1. Practice the **Young at Heart Participant Routine**. Need a copy? Call Healthy Aging Association (HAA) at (209)525-4670 to request a copy.
2. Walk in place or go out for a walk around the block.
3. Stand up frequently, try not to sit too long.
 - a. Set aside some time to take deep breaths and relax.



Get the Brain Engaged

Keeping the brain active can help prevent cognitive decline and improve memory. Try to add in a new activity from the list below to help keep your brain active and sharp.

- Mental exercises - reading, word puzzles, cards, or board games.
- Learn a new skill - drawing, painting, gardening, or model building.
- Pursue a hobby - quilting, writing, photography or genealogy.

Be Social, While Self-Isolating

Sometimes the road to happiness begins by simply saying hello to someone who cares.

- You can pick up your phone and call a friend.
- You can try Well Connected, a free community program made up of participants, staff, facilitators, presenters and other volunteers who care about you and who value being connected. All groups and classes offer a wide range of topics (e.g. nature talks, the “good ole days”, pet tales) which are accessible by phone at no cost to you. Most groups last for 30 minutes with around 12 participants. If you don’t feel like talking at first, you are welcome to just listen as long as you’ve let the group know you are there. Ready to get involved? If you are ready to register, please call 877.797.7299 or visit <https://covia.org/services/well-connected/>
- You can try the Friendship Line California. The phone line is staffed with specialists who provide emotional support, grief support, active suicide intervention, information and referrals. If you, or a loved one, could benefit from a friendly conversation, dial 1-888-670-1360. The Friendship Line California is sponsored by the California Department of Aging and The Institute of Aging. Happy talking!



News Release: Social Security

On April 15th the Social Security Administration announced that Supplemental Security Income (SSI) recipients will receive automatic COVID-19 Economic Impact Payments directly from the Treasury Department. The Treasury anticipates these automatic payments of \$1,200 to be delivered no later than early May.

Social Security retirement, survivors, and disability insurance beneficiaries (who don't normally file taxes) will also qualify for automatic payments of \$1,200 from the Treasury. These payments will be issued by direct deposit, Direct Express debit card, or paper check around the end of April.

SSI recipients with no qualifying children do not need to take any action in order to receive their \$1,200 economic impact payment. The payments will be automatic.

Please note that the agency will not consider COVID-19 Economic Impact Payments as income for SSI recipients and payments are excluded from resources for 12 months.

For more information on the Economic Impact Payment please visit socialsecurity.gov/coronavirus/

Senior Meals Available

The Stanislaus County Area Agency on Aging is helping those in need of receiving Senior Meals. Seniors 60 or older that want to go to one of the following locations listed below, may register to pick-up frozen meals by calling the Senior Information Line at (209)558-8698. *Supplies are limited.*

Pick-Up Days and Locations - Call (209)558-8698 to Register:

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



Need Food for your Furry Companion?

Are you in need of food for your cat or dog? Please call the Senior Information line at (209) 558-8698 and the food will be delivered to your home. Sponsored by the Stanislaus Animal Services Agency and the Stanislaus County Area Agency on Aging.





Grocery Stores

The Stanislaus County Area Agency on Aging and the Senior Coalition of Stanislaus County have compiled a list of grocery stores and their designated hours for Seniors and those who are most vulnerable during the COVID-19 outbreak, please contact Healthy Aging Association for a copy of the list, (209)525-4670.

Be Smart and Don't be Fooled

Scammers are fast to take advantage of older adults at home. Here are four tips from The National Council on Aging www.ncoa.org to keep you from being cheated and/or fooled:

1. **Hang up** on phony callers pretending to be a government agency. Government agencies never threaten legal action or suspension of benefits.
2. **Hang up** on scammers products proclaiming a miracle cure. If you come across any coronavirus scams or other healthcare scams, please report to the California Services Medicare Patrol (SMP) at 855-613-7080.
3. **Hang up** on scammers who want you to donate to charities you don't know.
4. **Hang up** on fraudsters that ask for personal information needed to receive your stimulus check. The government will not call and ask for information for you to receive your stimulus check. They will be automatically mailed or deposited in your bank account.

The bottom line and best defense is to say no or hang up if anyone contacts you and asks for your Social Security number, bank account, credit card, Medicare ID number, or any other personally identifiable information by phone, in person, by text message or by email. The IRS will almost never call you and the government will never call to ask for any personally identifiable information. Anyone who does is a scammer!

If you do wish to receive your COVID-19 stimulus check via direct deposit to your bank account, the only safe method to do so is to apply on the official IRS website via this link:

<https://www.irs.gov/coronavirus/economic-impact-payments>

Home Safety

During this unique time, you may be spending a lot of time in your home. Take a look around, are there some items or things that could cause you to have a fall? If you would like your very own copy of our "Home Safety Checklist" please contact HAA at (209)525-4670 and we will mail you a copy. You can also download it from our website www.healthyagingassociation.org.

Here are three things that could help reduce falls within your home;

5. **Slip Resistant Rugs** - Any rug inside your home should have a non-skid backing to help prevent the rug from moving and to help prevent you from tripping on the corners.
6. **Night Lights** - The goal is to be able to walk freely without walking into a dark room.
7. **Remove Clutter** - Make sure all walkways are open and clutterfree to reduce your chance of having a fall.

How to Protect Yourself

While health experts are still learning the details about how COVID-19 spreads, here are some tips to help decrease your chances of getting sick:

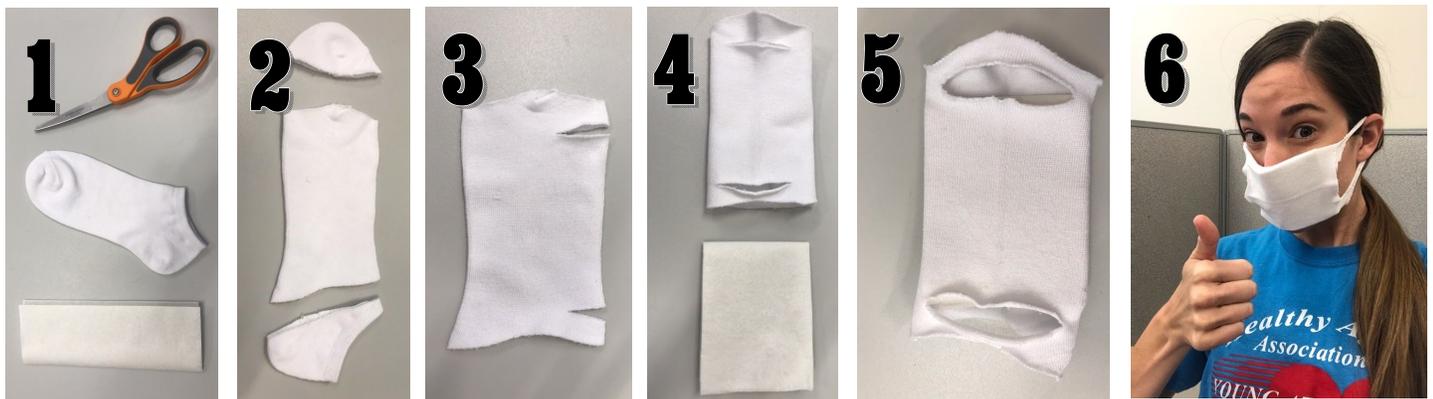
- Wash your hands with soap and water for at least 20 seconds especially after visiting a public place, or after blowing your nose, coughing, or sneezing
 - If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a cloth face cover when around others.
- Keep distance between yourself and others (at least 6 feet).



DIY Mask Using Items Around Your Home

Join our Program Coordinator, Jessica as she shows you how to make a simple face covering using items from around your home. Please note you should not be able to blow out a candle while wearing the mask, thus providing protection to you and those around you.

1. Retrieve the following items from around your home: Scissors, a sock, one paper towel.
2. Cut the ends of the sock as shown in the second picture.
3. Add two small slits by cutting the sock, these do not need to be perfect.
4. Fold the paper towel three times and insert into the sock.
5. The finished product should look like this, the part facing down goes over your mouth (the portion shown up will be the outside of the mask).
6. Now slide the slits over your ears and you have a mask, make sure it covers your nose and mouth.



En español por favor llame (209)558-8698

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