

# Stay Informed While Staying Indoors

## Stay Engaged and Moving!

Exercise not only contributes to good overall health, but it has been shown to help prevent falls. During this time of isolation any movement is good! However if you can find the motivation to do a 20-30 minute work-out a couple times a week, that will help keep you strong and reduce your likelihood of having a fall.

### **Get your copy of the Young at Heart Participant Routine!**

- While our office and programs are closed, you can download the Participant Routine from [www.healthyagingassociation.org](http://www.healthyagingassociation.org) to practice exercises, with or without equipment at home. If you don't have access to the internet, please call Healthy Aging Association at (209)525-4670 to request a hardcopy of the Routine.
- Keep an eye on the facebook page, [www.facebook.com/4healthyaging](https://www.facebook.com/4healthyaging) to follow along with simple exercise videos that can be done in the comfort of your home.



### **Here are some extra tips to help you be as active as possible during this time:**

- Move while reading a book by slow marching while seated.
- Do arm movements like shoulder rolls or arm presses throughout the day.
- Set a timer a few times throughout the day to remind you to stretch.
- Take time to deep breath, pause and take a few deep breaths throughout your day.
- Move your toes and fingers, or wrists and ankles, up and down during commercials.

## Drink Water and Stay Hydrated



- Water hydrates, especially when you are sick or ill.
- Water helps to keep our temperature in normal range.
- Water helps lubricate and cushion joints.
- It protects your spinal cord and other sensitive tissues.
- Water gets rid of wastes.
- Not a fan of water? Try adding fruit to add flavor.

## Eat Nutritious Food

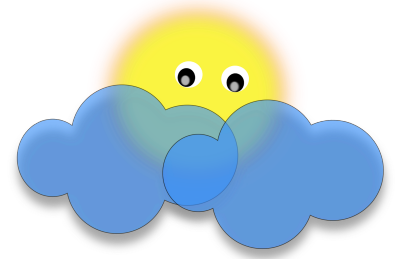
Eating meals at home is typically healthier than eating out and saves money. If you are self-isolating take this opportunity to try new recipes and make new habits of eating healthier.

- Search for healthy, easy to make recipes online or in your recipe book.
- Resist the urge to snack numerous times during the day.
- If you need a snack try fresh fruit or mixed nuts.
- Try and portion out your snacks for the week by putting single servings in baggies.



## Lonely, Anxious, or Depressed?

If you or someone you know is experiencing feelings of depression, loneliness, or anxiety you are not alone. Now is a crucial time to nurture your emotional and mental health. Staying positive makes you feel better and can protect your overall health and well-being.



### **Here are some ways to lighten your mood and brighten your day:**

- Spend time with family and friends through phone calls, text, or video calling.
- Send emails or write letters to friends and find ways to laugh!
- Go outside when you can.
- Try eating nutritious foods and exercising daily (10 minute increments are okay).
- Get plenty of sleep and try activities that help you relax, such as reading.
- Try a new hobby - knitting, painting, journaling, or try doing a puzzle.

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support contact the 24/7 Suicide Prevention Help Line (800)273-8255.

## 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 a 5-pack box of frozen meals by calling the Senior Information Line at (209)558-8698. *Uwrrrkgu'ct g'hko kxf.*



### **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, 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)

## **Senior Resources during COVID-19 Pandemic**

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.

<b>NAME OF FACILITY</b>	<b>HOURS</b>	<b>DAYS</b>	<b>DESIGNATED POPULATION AND CONTACT NUMBER</b>
99 Cent Store	7-8 am	T and Th	65+ and one companion, disabled, immune compromised. 209-577-2763
Costco	8-9 am	T and Th	60+ and others at risk. 209-342-4903
Dollar General	Varies	Daily	60+ during the first hour of open. 209-718-5585
FoodMaxx	6-9 am	T and Th	55+ 209-530-9677
La Perla Tapatia	7-8 am	Daily	65+ and persons with Disabilities. 209-531-9210
O'Briens Market	7-8 am	Daily	65+ (be prepared to show ID). 209-545-8100
Raleys	ALL	Daily	65+ can get essential bags at a discounted price. Two options at \$20.00 bag or \$35.00. One per family, pick up only. First come, first serve. 209-527-2201.
Safeway	6-9 am	T and Th	65+ and one companion, Disabled, immune compromised. 209-571-6280
SaveMart	6-9 am	T and Th	55+ on Tuesdays Seniors can receive 5% off, remind the cashier. 209-577-0545
Smart and Final	7:30-8 am	Daily	65+ (be prepared to show ID) 209-525-9357
Target	8-9 am	T and W	55+ and those with underlying conditions 209-543-9561
Walgreens	ALL	First Tuesday	55+ can enjoy 20% off all day during Senior Day. 209-527-5416
Walmart	6-7 am	Tuesdays	60+. 209-524-4733

