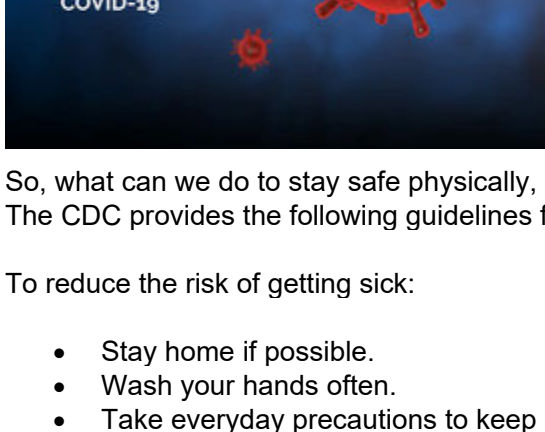


In this Issue: What Can I Do to Stay Safe? • Caregiving During a Global Pandemic • COVID-19 Older Adult Food Resources • Friendly Fork Summer Evening Meals • 70 Ranch Donates to Kersey Senior Nutrition Program • Wellness Opportunities from Weld Aging Well

What Can I Do to Stay Safe?



According to the Centers for Disease Control (CDC), people aged 65 and over and with underlying health conditions are at higher risk for severe illness from the Coronavirus. In fact, the CDC reports that eight out of 10 reported deaths in the United States have been in adults aged 65 years and older. Colorado has been hit hard by the Coronavirus, ranking 17 for the highest number of confirmed cases. As of May 25, Weld County reports 2,556 cases and 126 deaths.

So, what can we do to stay safe physically, mentally and emotionally in this time of unknown? The CDC provides the following guidelines for older adults and those with underlying conditions.

To reduce the risk of getting sick:

- Stay home if possible.
- Wash your hands often.
- Take everyday precautions to keep space between yourself and others (stay six feet away, which is about two arms' lengths).
- Keep away from people who are sick.
- Stock up on supplies.
- Clean and disinfect frequently touched services.
- Avoid all cruise travel and non-essential air travel.
- Call your healthcare professional if you have concerns about COVID-19 and your underlying conditions or if you are sick.

To cope with stress:

- Take breaks from watching, reading or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- If you or someone you care about are feeling overwhelmed with emotions like sadness, depression or anxiety or feel like you want to harm yourself or others, call 911 or the 24/7 Crisis Line: 844-493-8255.

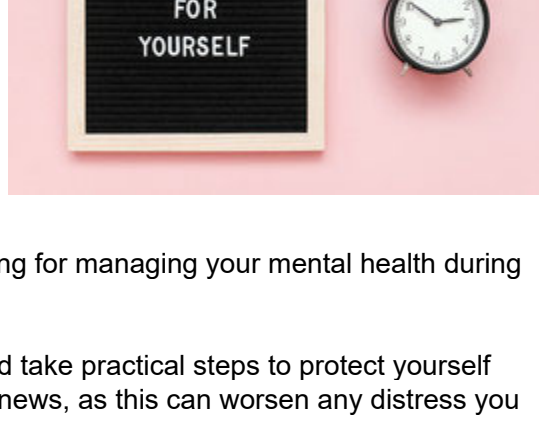
Here are some other helpful resources from the CDC about [Daily Life & Coping](#), [People Who Need to Take Extra Precautions](#) and other [Frequently Asked Questions](#).

Here is some more information from the Colorado COVID-19 response team about [Reducing Fear and Taking Care of Yourself](#), [Safer at Home](#) and [Resources for Older Adults and Their Families](#).

Finally, here is information from the Weld County Public Health Department with [Physical Distancing Guidelines](#), [Reopening Guidelines](#) and [Weld County Case Data](#). If you have questions, please call the hotline at (970) 400-2111.

Caregiving During a Global Pandemic

Since the onset of the coronavirus pandemic, we've been inundated with frightening news stories and have been forced to make changes in our lives. Some of the necessary extreme measures like physical distancing and isolation can cause our mental health to suffer. While many understand this is necessary, especially with vulnerable populations, to curb the spread of the virus, it can be overwhelming and difficult to deal with at times. The already overworked, overburdened caregiver may find it almost impossible to handle.

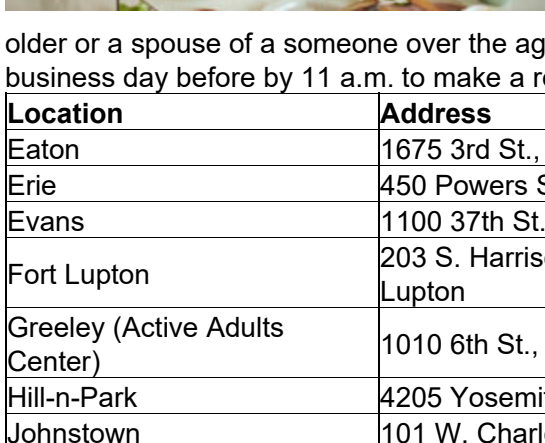


Here are seven tips from the National Council on Aging for managing your mental health during the coronavirus pandemic.

1. Stay informed from a trusted news source and take practical steps to protect yourself and your loved one. Do not stay glued to the news, as this can worsen any distress you may be feeling.
2. Engage in healthy activities. Get seven to nine hours of sleep each night if possible, eat a healthy diet, limit consumption of alcohol and exercise your body and mind.
3. Make sure to have at least a one-month supply of prescriptions and over the counter medications. Go to [BenefitsCheckUp.org](#) if you need assistance paying for medication.
4. Stick to regular routines as much as possible. Integrate old and new hobbies into your routine, especially those that might help other members in your community, like sewing masks or baking.
5. Stay connected to family and friends. Consider learning and using telephone and video platforms such as Zoom or Facetime. Many support networks offer information on moving to digital platforms and sometimes offer short learning sessions if this is unfamiliar.
6. Try as much as possible to remain positive. Focus on what you can control and limit the "what if" thinking that will only increase stress. Let go of the things you have no control over.
7. Take mini breaks throughout the day. Take a few moments to refocus on things in your life that you are grateful for. Most importantly, find something that will bring joy to your day, no matter how small!

Learn more about the [Family Caregiver Support Program](#) and other [AAA internal services](#).

COVID-19 Older Adult Food Resources



Please note that this information is subject to change. The most up-to-date information can be found on the [Weld County Area Agency on Aging website](#).

For other resource options, please call the Weld County Area Agency on Aging for Information and Assistance at (970) 400-6952 or email AAAinfo@weldgov.com.

Friendly Fork Meals: Must be 60 years of age or older or a spouse of a someone over the age of 60. Must call the listed phone number the business day before by 11 a.m. to make a reservation.

Location	Address	Day	Time	Phone Number
Eaton	1675 3rd St., Eaton	W	12:00	(970) 454-1070
Erie	450 Powers St., Erie	T, Th	12:30	(303) 926-2795
Evans	1100 37th St., Evans	T, F	11:15	(970) 475-1132
Fort Lupton	203 S. Harrison Ave., Fort Lupton	M	12:00	(303) 857-4200 x6166
Greeley (Active Adults Center)	1010 6th St., Greeley	MWF	11:30	(970) 400-6955
Hill-n-Park	4205 Yosemite Dr., Greeley	W	11:30	(970) 400-6955
Johnstown	101 W. Charlotte St., Johnstown	W	12:00	(970) 587-5251
Kersey	215 2nd St., Kersey	T, Th	11:30	(970) 352-8394
Mead	441 3rd St., Mead	Th	11:45	(970) 535-4477
Milliken	1101 Broad St., Milliken	M, F	11:30	(970) 660-5040
Nunn	775 3rd St., Nunn	Th	11:45	(970) 897-2459
Platteville	508 Reynolds Ave., Platteville	M, F	12:00	(970) 785-2245 x1106
Windsor	250 N. 11th St., Windsor	M-F	11:15	(970) 674-3500
*Southwest Weld Complex	4208 WCR 24 1/2, Firestone	T, Th	11:30	(970) 400-6955

Meals on Wheels: Specially prepared, nutritious meals are delivered to the home. For more information, contact Meals on Wheels. In Greeley, please call (970) 353-9738. For Carbon Valley and Fort Lupton, please call (303) 833-3021.

Carbon Valley Help Center: Will remain open Tuesday and Thursday from 9 a.m.–3 p.m. They are meeting clients at the front of the office to fill out the intake form. They have perishable food and toiletries for any clients needing them currently. They are currently interviewing people by phone and email for financial assistance. They are only offering limited help utilities. For questions, please call (303) 833-6626.

Weld Food Bank Older Adult Program: The Older Adult Program is for adults over 60 years of age. Older adults can either come to the Food Bank or delivery may be an option for homebound older adults. Complete the application online or call (970) 356-2199 ext. 311

Food Resource Hotline: Helps anyone needing help to find food, keeps information confidential, has bilingual staff and helps in applying to federal nutrition programs such as SNAP. Please call (855) 855-4626.

60+ Food Delivery Program: 60+ Ride, in partnership with the Area Agency on Aging/State Unit on Aging, United Way, Weld Community Foundation, King Soopers, Walmart and Weld Food Bank, has started a grocery delivery program in response to the COVID-19 outbreak. If you are 60 or older and in need of grocery delivery, please call (970) 702-6413 9 a.m.–4 p.m. Monday through Friday.

The Older Adult Shopping Hours are reserved for older adults and/or vulnerable adults at the stores and times listed below:

	Older Adult Shopping Hours							General Public Hours
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	(M-F)
Dollar General	8am-9am	8am-9am	8am-9am	8am-9am	8am-9am	8am-9am	8am-9am	9am- 8pm
Whole Foods Market	8am-9am	8am-9am	8am-9am	8am-9am	8am-9am	8am-9am	8am-9am	9am-6pm
Trader Joe's	9am-10am	9am-10am	9am-10am	9am-10am	9am-10am	9am-10am	9am-10am	10am-7pm
Target			8am-9am	8am-9am				8am-9pm
Safeway			7am-9am		7am-9am			7am-8pm
King Soopers		7am-8am		7am-8am		7am-8am		7am-8pm
Wal-Mart			6am-7am					7am-8:30pm
Sam's Club			7am-9am		7am-9am			9am-8pm
Walgreens			8am-9am					9am-9pm
Costco			8am-9am		8am-9am			10am-8:30pm
Hay's Market			6am-7am			6am-7am		7am-8pm
Sprouts								7am-8pm
Natural Grocers								8am-7:35pm
Food King								7am- 10pm
Los Comales								9am-9pm

Friendly Fork Summer Evening Meals

May 19 – August 11

Friendly Fork Summer Evening Meals

Curbside pickup!
Come enjoy a delicious dinner every Tuesday. Offered at two Friendly Fork Meal Sites.

Reservations and cancellations are required and must be made by 11:00 a.m. on Monday to the designated site or by calling the Friendly Fork hotline (970) 400-6955 or FriendlyFork@weldgov.com

Greeley
Active Adult Center
at 5:30 p.m.
1010 6th St., Greeley
(970) 400-6955

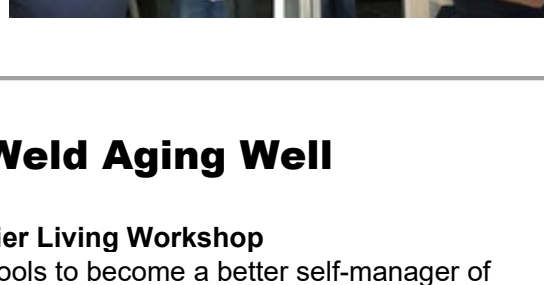
Platteville
Senior Center
at 5:30 p.m.
508 Reynolds, Platteville
(970) 785-2245 x1101

suggested donation
\$4
non-eligible guests
\$14
If you have any questions, please call AAA at (970) 346-6950

Learn more about Friendly Fork, the Weld County Senior Nutrition Program.

70 Ranch Donates to Kersey Senior Nutrition Program

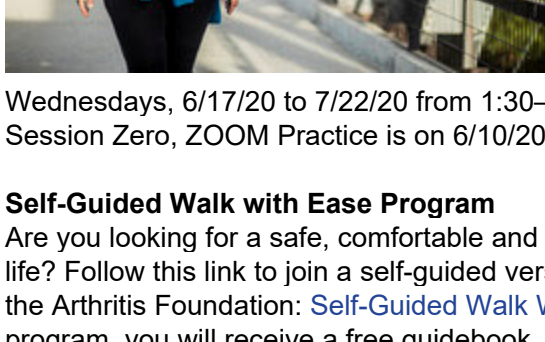
The 70 Ranch recently donated \$5,000 to the Kersey Senior Nutrition Program. The money will help fund the Tuesday and Thursday meals at the Kersey Community Center.



Thank you, 70 Ranch, for making a difference in the lives of Kersey older adults!

Learn more by reading the [United Water and Sanitation District's full article](#).

Wellness Opportunities from Weld Aging Well



Healthier Living Workshop
Learn tools to become a better self-manager of your chronic condition(s) like heart disease, diabetes, arthritis, COPD, etc. Learn to apply the knowledge you already know such as proper nutrition, developing an exercise program, problem-solving and setting achievable goals. Meet once a week for six weeks. FREE for those 60 years or older, but registration is required by emailing wjanzen-pankratzt@weldgov.com.

Wednesdays, 6/17/20 to 7/22/20 from 1:30–4:00 p.m.: Online ZOOM Meetings
Session Zero, ZOOM Practice is on 6/10/20: 1:30 p.m.

Self-Guided Walk with Ease Program

Are you looking for a safe, comfortable and effective way to make walking a routine part of your life? Follow this link to join a self-guided version of the Walk with Ease Program developed by the Arthritis Foundation: [Self-Guided Walk With Ease](#). As a participant in the self-guided program, you will receive a free guidebook. Also, check out this link to videos of exercises from the program: [Arthritis Foundation - Walk with Ease Exercises](#). If you join the self-guided program, please contact Whitney at wjanzen-pankratzt@weldgov.com for additional support, or call (970) 400-6117.

Go4Life Workout Videos

Looking for a free way to do guided workouts from home? Check out this YouTube Playlist from Go4Life: <https://www.youtube.com/playlist?list=PLmk21KJuZUM7kDgg7EOsXqPKAoOnD5Q8N>

Online Classes from the Alzheimer's Association

Join the Alzheimer's Association's online education. Follow this link to view class schedules, topics and to register: [Alzheimer's Association live online classes](#)

Learn more about the [Weld Aging Well Program](#).

To learn more, visit our [website](#).

