



COUNTY OF SAN LUIS OBISPO
HEALTH AGENCY

PUBLIC HEALTH DEPARTMENT
HEALTH PROMOTION

fall prevention program

Fall Prevention Program

November 2020 Newsletter

Gobble up gratitude!

The fall season has officially begun on the central coast with cooler weather, daylight savings, and thanksgiving around the corner.

As I was contemplating topics to highlight in this letter, I decided to explore the various national celebration days.



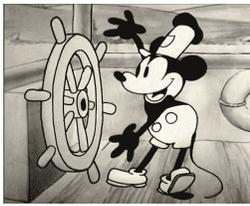
11/11 Veterans Day

A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

Thank you for your service!

11/13 World kindness

The purpose of World Kindness Day as outlined by the World Kindness Movement is “to highlight good deeds in the community focusing on the positive power and the common thread of kindness which binds us.”



11/18 Mickey Mouse Day

Mickey Mouse first appeared publicly in the short film “Steamboat Willy” on November 18, 1928, the day fans officially recognize as Mickey Mouse’s Birthday. It must be fun to celebrate your birthday when you never age! Mickey reminds us of the magic of childhood — a time when dreams had wings, and our imagination made everything possible.



11/26 Thanksgiving

In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn’t until 1863, amid the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

I was amazed to find so many celebration days, most notable- **National carbonated beverage with caffeine day**. Craving a Coca-Cola? Go ahead and indulge on Nov 19. :)

Please scroll down for updates and upcoming events!

You will not want to miss the **SLOCO Seniors meeting on Nov 16!**

Sincerely,

-Michelle

mzulimclark@co.slo.ca.us

805-781-1561

SLOCO Seniors Monthly Meetings

November 16th- 10:30a- 11:30a

SLOCO Seniors

- Come join me via ZOOM on November 16 **at 10:30 am**
 - We will discuss what stress does to the body, ways to reduce stress, and tips on how to stay positive.
 - Haven't tried Zoom yet?
 - Here is a great resource to help you learn about Zoom
 - https://seniorplanet.org/wp-content/uploads/2020/06/Zoom_TM.pdf
 - I am also happy to help you, so please let me know! We can do a Zoom practice lesson.
 - Please RSVP to me via email mzulimclark@co.slo.ca.us
 - or phone: 805 781-1561
 - I will send a ZOOM invitation and instructions 3 days prior.
-

Fall Prevention Program Fitness Classes

Online and outdoor meeting options

Morro Bay: Strength and Balance class

- Morro Bay Community Center
 - Tuesdays: 10:30a- 11:30a
 - Beginning October 20th!
 - Please RSVP to me, mzulimclark@co.slo.ca.us or call 805 781-1561 as class size will be limited, and social distance rules will be strictly enforced.

Also available:

Click on the link below for the Fall Prevention exercise videos on the County of SLO Public Health Department YouTube channel. Please, feel free to share the link with anyone you think may be interested! (This is not a public link, so you will not be able to search for it.)

- <https://www.youtube.com/playlist?list=PLz780jS-ET02ijoA0sCljskxhgl4j4QFh>

2 new videos since last month:

- 1) desk stretches and
 - 2) strength and balance
-

Updates from our Community Partners

From SLOVillage:

Plan to Age Better: Life Choices to Make NOW

November 23, 2020 at 1:30 pm via Zoom

How can older adults best plan for serious medical conditions and decision making? What are the different types of powers of attorney and when are they needed? How to best prepare an Advanced Health Care Directive while adhering to COVID-19 restrictions?

Angie King, retired attorney, and former director of San Luis Obispo Senior Legal Services Project, now part of the SLO Legal Assistance Foundation, will share this information with you and provide practical solutions to help answer these difficult questions.

Click here to [RSVP](#) or call 805-242-6440.

From Home Instead:

Choose a senior in need and send a gift, or write a letter!

BeaSantatoaSenior.com

From the Alzheimer's Association

For support groups, dementia caregiver education classes & resources, respite grant funds

805-342-0956

Laura Deloye Ladeloye@alz.org

alz.org/cacentralcoast

From HASLO (Housing Authority San Luis Obispo)

The waitlist for Affordable Apartments in SLO is opening on Nov 17-Nov 19.

On line Application at haslo.org

From Wilshire

Laura DeHaven

Wilshire Hospice Center for Grief Education & Healing -- ldehaven@wilshirehcs.org **-(805) 269-0141**

Bereavement Counseling, Support Groups, Grief & the Holidays.

In addition, Wilshire Community Services offers Caring Callers, Senior Peer Counseling and Good Neighbor Program.

From Homefree Solutions

www.homefreeesolutions.org

Michele Duero and Sara Messer

Sara and I are occupational therapists who specialize in home modifications and accessibility. We are doing home and environmental modification consulting for folks in our county.

michele@homefreeesolutions.org

sara@homefreeesolutions.org

From Coast Caregiver Resource Center

Kiersten Arnaudin, karnaudi@sbch.org **805-451-2450**

coastcrc.org, www.caregivercalifornia.org/

From the HICAP program for San Luis Obispo and Santa Barbara County residents.

The statewide 800 number that leads a person to the correct HICAP is 1-800-434-0222. This is necessary because each County has different Part D and MA plans available.

Ride On-access program

<http://www.ride-on.org/ride-on-access.php>

Additional fitness videos and resources

Exercise Videos on YouTube

National Institute on Aging

- <https://www.youtube.com/channel/UCF4jdnof7ZnydEgUfmoxvSg>

Elder-gym

- <https://www.youtube.com/channel/UCLd9o3reTnn2O2u0elzjiCA>

Human Good

- https://www.youtube.com/playlist?list=PLaGHKFz7NUNxt_wzxUrzB0YLeYhGWOUwA

Silver Sneakers

- <https://www.youtube.com/channel/UCRp-32Yi0KC2YMgHlg6mTag>

Ballet and Chair Yoga on YouTube

Ballet Based Movement for Beyond 50 and Beginners- this is a great Mother-daughter duo.

- http://www.balletbasedmovement.com/?page_id=869

Chair Yoga with Adriene

- <https://www.youtube.com/watch?v=-Ts01MC2mlo>

Chair Yoga with Sherry Zac Morris

- https://www.youtube.com/playlist?list=PLonNhQi8W22kcu_tNXDAsh07sQ5lVe53B

I have exercise booklets and can craft printed copies of any type of exercise you need. I am happy to mail resources to anyone in our community, please not hesitate to reach out!

Home Assessments

Half of all falls occur in the home!

Home Assessments are FREE and designed for individual education and personal recommendations to make your home safer to prevent falls.

[Interested in a FREE Home Assessment? Click here to send an email or call Michelle at 805-781-1561](#)

COVID-19 Resources

COVID-19 continues to live in SLO County, with limited treatment options and with no available vaccine. If you're 65 years old or older, or have a chronic medical condition, you may be more at risk for serious illness from COVID-19 and are still safer at home. As our community begins to reopen, remember, the best way to prevent illness is to avoid being exposed to this virus. Avoid getting sick by staying home as much as possible. If you do go out, keep at least 6 feet from others who don't live with you. Instead of dining in at a restaurant, order curbside service, takeout or delivery.

It's also a good idea to have a plan in place in case you become sick. Know the symptoms of COVID-19 and get tested even if you experience mild symptoms. Stay home from school, work and other activities if you're sick. Continue taking your medications. Plan now for someone to care for you, as well as how you would stay in touch with loved ones and who would look after your pets if you become sick.

Continue to do your part to limit the spread of COVID-19 to protect yourself and loved ones. Your vigilance and proactive measures have contributed to the low transmission rate in SLO County. Let's keep it that way.

Check [ReadySLO.org](https://www.ready slo.org) for COVID-19 symptoms, testing, how to make a plan and more.

Helpful links and phone numbers

SLO County updates

Use the ReadySLO website for what to know about COVID-19 (Coronavirus) in San Luis Obispo County and Shelter at Home for SLO County, including lists of essential and non-essential businesses.

- [ReadySLO.org](https://www.ready slo.org) (County website- continuously updated)
- **The County Office of Emergency Services**

- [805-781-5011](tel:805-781-5011)
- Email: oes@co.slo.ca.us
- **Facebook** for live daily updates on the state of our county:
 - <https://www.facebook.com/SLOpublichealth.org/>

- **HOW TO REPORT A COVID-19 SAFETY COMPLAINT**

SLO County's COVID-19 enforcement line for residents to report coronavirus-related orders is (805) 788-2222, Monday through Friday from 8 a.m. to 5 p.m. Report violations by email at Covid-Compliance@co.slo.ca.us.

The following contact information is for complaints to individual SLO County city jurisdictions:

- Arroyo Grande 805-473-5404 or shelterathome@arroyogrande.org
- Atascadero 805-470-3191 or codeenforcement@atascadero.org
- Grover Beach: 805-473-4523 or codecompliance@groverbeach.org
- Morro Bay: 805-772-2223
- Paso Robles: 805-237-6464 or CodeE@prcity.com
- San Luis Obispo: 805-783-7835

California Coronavirus Response

- <https://covid19.ca.gov/>
- **Friendship Line:** Call [1-888-670-1360](tel:1-888-670-1360) for 24/7 support if you are 60 years or older, or an adult living with disabilities.
- **California Aging and Adult Information Line:** Call [1-800-510-2020](tel:1-800-510-2020) for help finding local assistance.

CDC (Center for Disease Control)

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **CDC Guidance for Older Adults:**
 - <https://www.cdc.gov/aging/covid19-guidance.html>
- **Stress and Coping with COVID:**
 - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

General COVID "do's and don'ts"

Do:

- Stay home
- Avoid people outside your household
- Wash hands with soap and water for at least 20 seconds
- Cover your cough or sneeze with a tissue
- Clean and disinfect frequently touched objects and surfaces
- Maintain a safe social distance of 6 feet whenever outside
- Wear a cloth face covering if you go outside

Do Not:

- Leave the house except for essential activities
- Shake hands
- Touch your face
- Go to the doctor unless you call first

- Stockpile masks or gloves

If you would like any resource printed and mailed, please let me know.

Michelle Zulim-Clark

mzulimclark@co.slo.ca.us

805-781-1561

Fall Prevention 2020 Schedule

On HOLD until further notice



Copyright © 2020 Public Health, All rights reserved.

Our mailing address is:
Public Health
2180 Johnson Ave- Annex
San Luis Obispo, California 93401