

Hi \_\_\_\_\_ (name),

I am following up on our phone conversation earlier today regarding the \_\_\_\_\_ workshop you will be attending. We are so excited that you will be joining us and think you will find it well worth your time.

Listed below is all the necessary information for your workshop as well as some helpful and free resources that may be useful to you or your family members.

\_\_\_\_\_ workshop:

- Day/times
- Dates
- Facilitator name(s)
- Confirmation that materials will be mailed to you
- Reminder that we will reach out next week to complete a pre-program survey
- The number we can reach you at is \_\_\_\_\_

Stay well!

\_\_\_\_\_ (sender name)

## **RESOURCES TO STAY HEALTHY AND WELL**

### **Statewide hotline for services and help for older adults**

Created by Governor Newsom

Call: (833) 544-2374

## **LA Community Resources Guide**

Established and updated by the Department of Public Works

Link:

[https://docs.google.com/document/d/1mnpkgJRf4q0ZG3f2V9UoHXSZJP84Ot\\_GdOxCo0A9E2g/mobilebasic?urp=gmail\\_link#id.bl1t6upb7lal](https://docs.google.com/document/d/1mnpkgJRf4q0ZG3f2V9UoHXSZJP84Ot_GdOxCo0A9E2g/mobilebasic?urp=gmail_link#id.bl1t6upb7lal)

## **OneDegree Resource Guide for LA County**

Link: <https://about.1degree.org/covid-19-la-en>

## **Free Delivery for Older Adults in LA County**

Up to 4 times per month or 40 miles per month. Items must be paid for.

Call: 1-888-863-7411 between 8:00 am and 5:00 pm

## **PHYSICAL HEALTH**

### **Find a food pantry near you**

Link: <https://www.lafoodbank.org/find-food/pantry-locator/>

### **Meals for pick-up**

Send a family member or friend under the age of 65 to pick up meals at sites around Los Angeles County

Link: <https://wdacs.lacounty.gov/covid-19/> or call 1-800-510-2020

### **Accessing Needed Medications**

Recommendations from the National Council on Aging

Link: <https://www.ncoa.org/blog/ensuring-access-to-needed-medications-during-the-covid-19-pandemic/>

### **Workout To Go Booklet (PDF)**

Go 4 Life from the National Institute of Health

Link: [https://order.nia.nih.gov/sites/default/files/2017-07/workout-to-go\\_508.pdf](https://order.nia.nih.gov/sites/default/files/2017-07/workout-to-go_508.pdf)

### **Workout Videos for Older Adults**

Go 4 Life from the National Institute of Health

Link:

<https://www.youtube.com/playlist?list=PLmk21KJuZUM7kDgg7EOsXqPKAoOnD5Q8N>

### **How to Exercise from Your Couch**

A 30-minute workout article from the Arthritis Foundation

Link: <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/how-to-exercise-from-your-couch>

### **Sit and Be Fit**

A variety of exercise videos for seated exercise that can be done at home

Link: <https://www.youtube.com/user/SitandBeFitTVSHOW/videos>

### **YMCA food and essentials distribution, plus online exercise resources**

Link: <https://www.ymcala.org/keeping-our-community-together>

## **SOCIAL CONNECTION AND MENTAL HEALTH**

### **Department of Mental Health Resources**

Link: <https://dmh.lacounty.gov/covid-19-information/> or call 1-800-854-7771

### **Warm Line, LA Department of Mental Health**

Get support and learn about available mental health and recovery resources relevant to you or your loved ones. Available 10 p.m. to 6 a.m. daily.

English: (855) 952-9276

Spanish: (888) 448-4055

### **Disaster Distress Hotline**

A 24/7, 365-day-a-year, hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any disaster.

Call: 1-800-985-5990 (For Spanish, press 2)

### **Live Yes! Arthritis Network**

Find people who understand the challenges and triumphs of living with arthritis, share information and support one another.

Link: <https://www.arthritis.org/liveyes>

### **Mental Health Apps to Consider**

The LA Department of Mental Health

Link:

[http://file.lacounty.gov/SDSInter/dmh/1069954\\_DMH\\_Wellbeing\\_Apps\\_Brochure\\_03172020.pdf](http://file.lacounty.gov/SDSInter/dmh/1069954_DMH_Wellbeing_Apps_Brochure_03172020.pdf)

## **RELIABLE INFORMATION**

### **National Council on Aging**

COVID-19 Resources for Older Adults and Caregivers

Link: <https://www.ncoa.org/covid-19-resources-for-older-adults/>

## **Los Angeles Department of Aging**

COVID-19 Resources and Grocery Store Hours for Older Adults

Link: <https://aging.lacity.org/blog/coronavirus-covid-19>

## **Food Safety and Preparation Recommendations**

Harvard University

Link: <https://www.hsph.harvard.edu/nutritionsource/2020/03/25/food-safety-nutrition-and-wellness-during-covid-19/>

## **Testing for COVID-19**

If you think you may need to be tested for COVID-19 there may be free testing available

Link: <https://lacovidprod.service-now.com/rrs>

## **Coronavirus Scams to Avoid**

Recommendations from the National Council on Aging

Link: <https://www.ncoa.org/blog/4-coronavirus-scams-to-avoid/>