

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

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

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

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/>

