



# Project Hope News

Fall 2020

## Need in Time of Crisis -Resuming Home visits

For our Friendly Visitor volunteers, if you feel at all concerned about being exposed to illnesses during your volunteer visits, I understand if you want to postpone for a period of time. We will ask for substitutes or pause your visits/calls as needed, as my priority is keeping everyone healthy. If you are displaying any symptoms of being ill, please contact me to postpone your visits.

We will be planning our Annual Training in October, dates and times will be announced soon. We will use precautions as needed, to remain safe while meeting in accordance with the County Health Department and CDC. We will be going over in-home visit protocols, for both participants and volunteers, that need to be followed when resuming in person home visits.

On behalf of the Area Agency on Aging, thank you.

Arthur Ramirez, Director of Volunteer Services

**Need to talk , to have someone listen...**

**Friendship Line  
1(800) 971-0016**

**Well Connected  
Phone activities  
(877) 797-7299**

**Warm Line:  
(Peer Support)  
(209) 558-4600**

**National Suicide  
Prevention Lifeline  
1 (800) 273-8255**

### **Know before you go!**

Ask: Have you or someone else been exposed?

Ask: Have you or someone else had COVID

Symptoms in the last 14 days?

## **What to think about when visiting friends**

- Can you keep 6ft of space between you?
- Will you be indoors or outdoors?
- Don't shake hands or hug, elbow bump instead.
- Masks should be worn over the nose and mouth. Especially indoors.
- Wash your hands often with soap and water.



# Meet a WWII Veteran



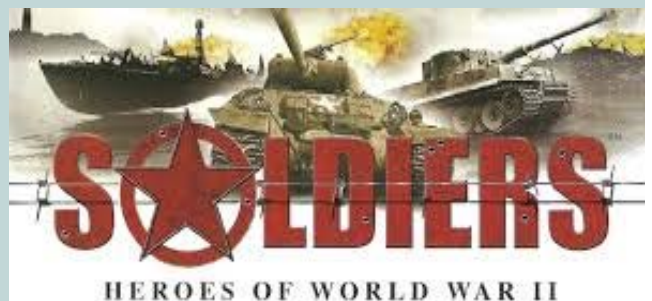
Meet John Chiesa a 96 year old World War II Veteran. He moved to Modesto when he was 12 years old. He was born in San Francisco and has memories of growing up there. He remembers riding the trollies and selling newspapers on the trollies because he could ride for free, or going with his father to Napa to buy grapes and taking the ferry back to San Francisco to make home made wine. He also would share about going down to the bay to watch them build the Bay Bridge. He's always delighted to share these stories.

John went to Modesto High School, when World War II started he joined the military and was in the Airborne Unit of the Army and was sent to the South Pacific area of the war. **He received a Bronze Star during his service.** After returning to Modesto he married and went to work for a beverage distributor delivering beer and soft drinks to stores and restaurants.

John's Friendly Visitor Fernando likes to take John for drives and they always stop for lunch. In these drives John would see places that bring back memories and tell Fernando more stories about the places and people. One specific drive Fernando and John went to LaGrange and stopped at a very old Saloon/Restaurant and he was telling stories of delivering beer there, the manager overheard them and came over to meet them. John then told the manager the story of the original owner and his wife. The manager had heard some of these stories before but enjoyed hearing them from someone that had firsthand knowledge.

Currently John lives in Dale Commons and calls Fernando and asks him if he can "spring him out of jail for a little while". I'm sure many of us feel locked up with Coronavirus around, We are all looking forward to getting to resume safe visits.

John is always telling Fernando that he feels very lucky to have met him . He tells Fernando when he gets to heaven he is going to tell God what a blessing it has been to be part of Project HOPE and having Fernando as a friend. John believes that the Friendly Visitors Program has been a very special program for both of them. We couldn't agree more.



# New Program - Dignity at Home

The Area Agency on Aging is enlisting help from the Healthy Aging Association to bring the “Dignity at Home” program to Stanislaus County. The program provides free in-home fall risk assessments, education and fall prevention accessories to eligible adults 60 or older who are at greatest risk of falls. This may include grab bars, hand held shower heads, shower chairs etc... This is a free service for those who meet income limits of \$3,617/month or less. Call the Senior Information Line to learn more: 209 558-8698



## Spotlight on Stanislaus County Library

### Library Home Delivery Service

Home delivery service is available for Library customers who are unable to come to the library due to advanced age, injury or illness. It is a once a month service with materials delivered by volunteers. **Call (209) 558-7817** for more information.

**Did you know?** Most public Libraries are also **Cooling Zones** when heat warnings are in effect. If you can't keep your home cool go to a library during the day!

### Senior Meals Program Update:

Just a reminder, the Senior Meals box of 5 frozen meals has been extended through December 2020. This is a weekly distribution at the congregate lunch sites (Senior & community centers) and our own Veterans Center. We now have new vendor "Traditions" brand meals from Trio Community Meals. This is a one day a week pick-up of 5 frozen meals for seniors 60 or older.

**In Turlock**, United Samaritans offers fresh made meals "to go" weekdays at the Salvation Army on Lander Ave, and in **Newman**, seniors can also get fresh made meals at the McConnell Education Center.

Lastly -don't forget we have a **Home Delivered Meals** program, the weekly delivery of a box of GA Foods frozen meals for seniors 60 or older that are truly homebound, all members of the household must be homebound & unable to drive. Voluntary contributions accepted but not required. Call the **Senior Information line 558-8698** to learn more.



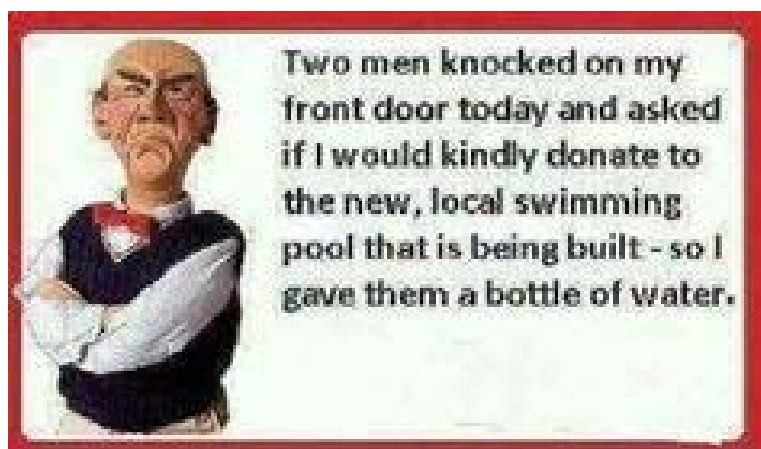
# Be Resilient Part 2! Emotional Resilience

In addition to planning the day, week, month, etc..., taking part in activities that help you to create, practicing mindfulness and gratitude and reflection on the beauty of nature can have a positive effect on your emotions. Reminiscing about pleasant memories and experiences has the ability to put a smile on your face and improve your mood significantly. Take a moment to look at old photos with your loved ones, or converse about proud moments of your life. Feel free to use some of the questions below provided by Marlo Sollitto of Aging Care, to either reflect on privately or share and use to initiate dialogue with others. Your stories should be heard or revisited.

- Do you remember any fads from your youth? Popular hair styles? Clothing?
- What was the happiest moment of your life?
- Do you have a lost love?
- What was some of your favorite things to do for fun?
- Who were your friends growing up?
- What new technology have you found most helpful in your life? Which do you find to be the most annoying?
- What are the most important lessons you've learned in life?



## Laughter is good medicine



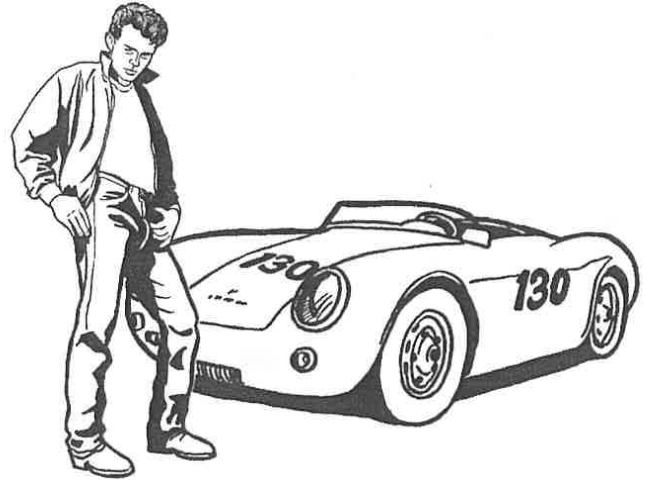
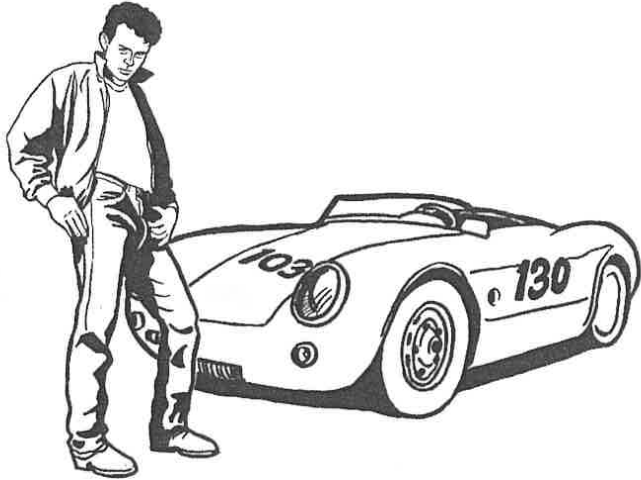
### Project Hope

Older Adult Prevention & Early Intervention programs  
Stanislaus County Aging & Veterans Services

# Just for Fun

## Senior Smart Puzzles

Find 6 Differences between the two James Dean pictures



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## Favorite Inspirations:



*“Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present.” - Bill Keane*

*“Courage is not having the strength to go on; it is going on when you don’t have the strength”. - Teddy Roosevelt*

*“In the midst of movement and chaos, keep stillness in side you.”-Deepak Chopra*

*“Drag your thoughts away from your troubles... by the ears, by the heels, or any other way you can manage it.” - Mark Twain*

Online? Want more quotes? <https://www.brainyquote.com/>

Need to relax?

- Listen to the waves on the beach

[Donothingfor2minutes.com](http://Donothingfor2minutes.com)

- 5 Minute Guided Mindfulness Meditation

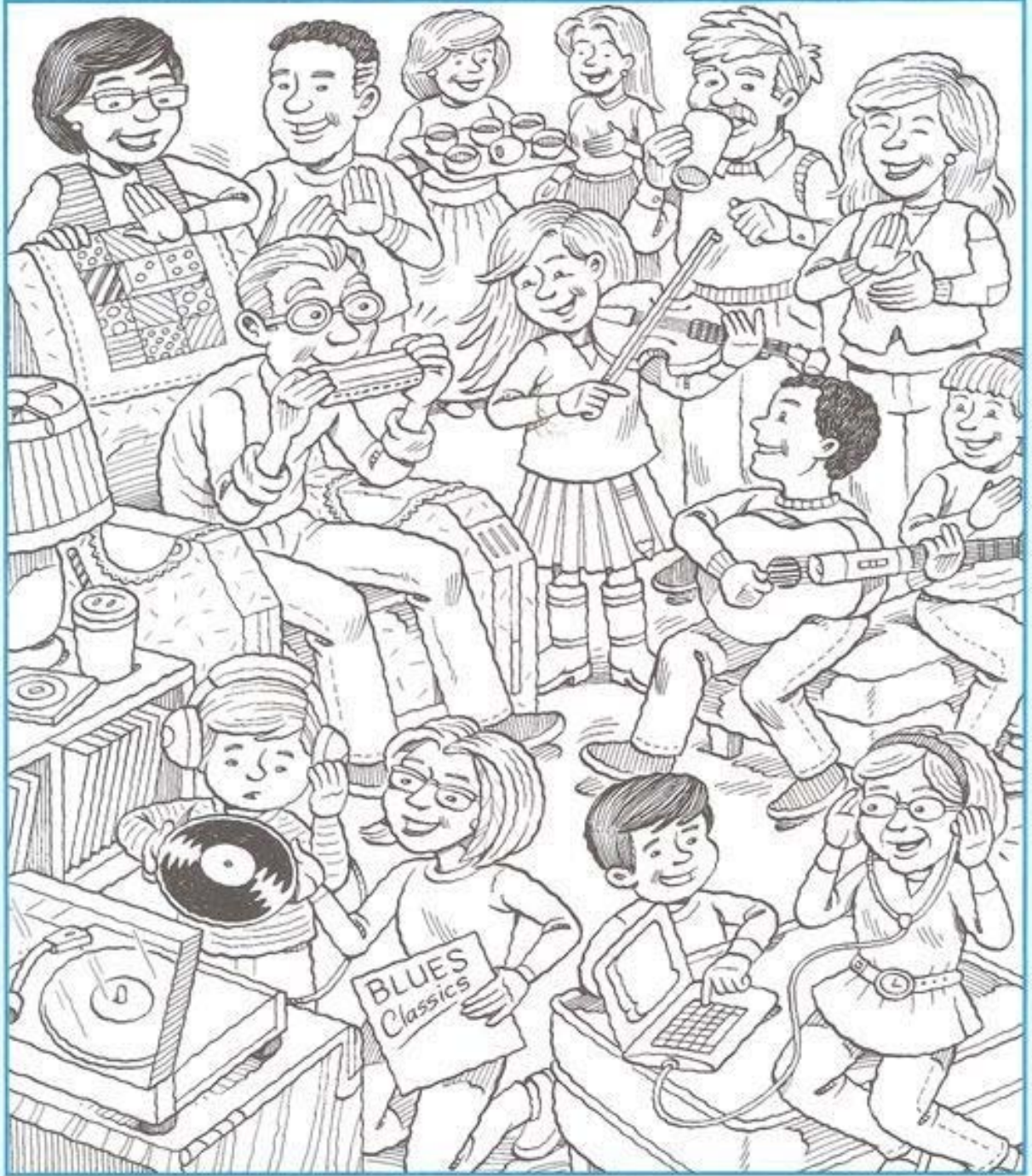
<https://youtu.be/MR57rug8NsM>

- **Breathing 2:1** <https://youtu.be/COjGqtH-2YI>

- **Gratitude Meditation** <https://youtu.be/jqiZ9AgdMpE>



# Music Lovers



Illustrated by David Helton



spatula



golf club



leaf



pencil



sock



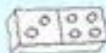
feather



candle



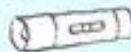
slice of bread



domino



button



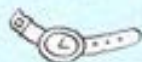
flashlight



olive



teacup



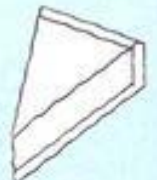
wristwatch



toothbrush



banana



slice of pie