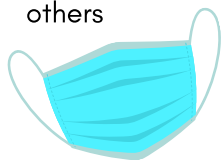


Safe Gathering Practices

Follow these guidelines when interacting with others to keep yourself and others healthy and safe!

- Continue to practice **social distancing** by staying 6 feet apart from others in both indoor and outdoor spaces

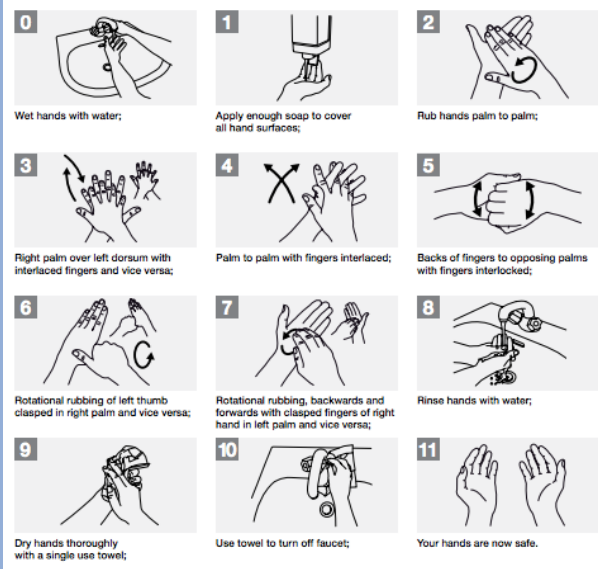
- Wear a **mask** correctly and consistently when around others



- Avoid crowded areas
- Stay home when you feel sick



- Wash your hands** or use hand sanitizer (at least 60% alcohol) often
- Avoid touching your eyes, nose, or mouth



Stay in Touch!

- Sign up for ElderCare's monthly newsletter and check out the calendar of events!
 - Can be found at www.eldercare.ufhealth.org
- Follow **ElderCare of Alachua County** on Facebook
- For more information on any events or services, contact Nick Hauzer
 - Call 352-265-9040
 - Email nhau0001@shands.ufl.edu

ElderCare
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References

Centers for Disease Control and Prevention. (2020). *Events and gatherings: Readiness and planning tool*. U.S. Department of Health and Human Services.

Sepúlveda-Loyola, W., Rodríguez-Sánchez, I., Pérez-Rodríguez, P., Ganz, F., Torralba, R., Oliveira, D.V., & Rodríguez-Mañas, L. (2020). Impact of social isolation due to COVID-19 on health in older people: Mental and physical effects and recommendations. *The Journal of Nutrition, Health & Aging*, 24(9), 938-947.

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This project was created as a course requirement for NUR4646C: Clinical Reasoning and Personalized Nursing Care: Population Health.

**Staying
Safe &
Staying
Engaged**

We hope this brochure will provide you with the information you need to stay safe, while staying socially engaged and connected!

Created in partnership with:

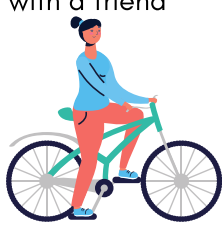
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Meals on Wheels

Information found at www.cdc.gov
and www.who.int

Socially Distanced Activities

- Go for a **walk or bike ride** with a friend while staying 6 feet apart
- Visit a park or nature trail
- Enjoy outdoor, socially distanced activities, such as golfing or fishing



- Eat outdoors and socially distanced at a restaurant
- Remember to wave or verbally greet your friends to avoid physical contact



Virtual Activities to Enjoy

Virtual BINGO!

- Fridays, 11:00am-2:00pm
- Call 352-265-9040 or email virtualbingo01@gmail.com to sign up



Get Active!

- ElderCare is currently offering virtual tai chi, zumba, and yoga!



Get Creative!

- Arts in Medicine is offering virtual songwriting and storytelling as well as dance classes
- Interested in **quilting**?
 - Join the Virtual Quilters of Alachua County Day Guild at www.qacdg.org

Be sure to download Zoom at www.zoom.com in order to participate in virtual events!



Spend time with others in a safe, socially distanced way!

ElderCare Services

Uniper

- Uniper is a device that **connects to your TV** so you can participate in virtual events without a computer!
- Contact uniperguest@agingresources.org or call 1-800-262-2243 for information

Freedom In Motion

- Access to safe and affordable on-demand transportation through UBER



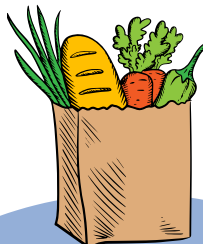
Meals on Wheels Services

Drive-Thru Senior Center Meal Site

- Stop by the Senior Center **Monday-Friday 11:30am-1:00pm** to pick up lunch provided by Meals on Wheels

Grocery Shopping Assistance

- If you are unable to shop on your own or do not have transportation, ElderCare will assist by grocery shopping for you!



Recommendations for Mental & Physical Health

- Increase use of **digital resources, online tools, and social media** to remain connected
- Utilize **Telehealth**, support lines, and self-help guidance tools such as **meditation or relaxation**
- Complete an **exercise program** 5-7 days a week of aerobic and resistance training
- Digital PA practice and Telehealth facilitate effective delivery of **physical therapy** services by improving access to care and information
- Follow a **regular sleep-wake cycle** and maintain **appropriate nutritional habits**

What to Know About the COVID-19 Vaccine

- If you are **65+ or deemed medically vulnerable**, sign up to receive the vaccine through the Florida Department of Health **free of charge**
 - Fill out the form at alachua.floridahealth.gov by navigating to the "COVID-19" page
- There are currently three vaccines available: Pfizer, Moderna, and Johnson & Johnson
- The COVID-19 vaccine is a mRNA vaccine that **trains the immune system** to recognize the COVID-19 virus and attack.
- The COVID-19 vaccine **will help protect you from COVID-19!**



More information can be found at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>