

# A MESSAGE from your HSC

## Older Adult Services - 703-324-7948

That's the number to call for assistance with any critical difficulties you are facing - including food, shelter, financial assistance, healthcare and other needs. Monday through Friday from 8 a.m. to 4:30 p.m. TTY 703-449-1186.

## COVID-19 scammers

Watch out for scammers using Covid-19 to steal your identity and commit Medicare fraud. They may tell you they'll send you a Coronavirus test, masks, or other items in exchange for your Medicare number or personal information. Be wary of unsolicited requests for your Medicare number or other personal information.

It's important to always guard your Medicare card like a credit card and check your Medicare claims summary forms for errors. Only give your Medicare number to participating Medicare pharmacists, primary and specialty care doctors or people you trust to work with Medicare on your behalf. Remember, Medicare will never call you to ask for or check your Medicare number.

## Things that are NOT cancelled

- ~ **The outdoors!** Go outside, breath in fresh air, read on a bench, go for a walk, maybe with a friend (6 ft apart).
- ~ Laughing
- ~ Sing and/or dance to your favorite music.
- ~ Reading
- ~ Kindness and friendship
- ~ Calling a family member/friend or agree to receive a friendly call.
- ~ Watching your favorite movie
- ~ Exercise!

## Friendly phone call

Would you like to receive a friendly phone call during these times of social distancing?

Let us know if you would like to receive a call from a volunteer. To protect your privacy, we would ONLY give out your first name and phone number.

## Exercise!!

All of us need to keep moving - EVERY DAY - through this ordeal! Some options are:

- \* Go for a 20-30 minute walk.
- \* Call us for a copy of **Donna's** and/or **Monica's Exercise DVDs** .
- \* **The NIH** offers many types of exercises online for FREE. Got to [go4life.nia.nih.gov/workout-videos/](https://go4life.nia.nih.gov/workout-videos/)
- \* **INOVA** offers FREE online classes, including S.A.I.L. See separate flyer
- \* **Herndon Community Center** offers FREE online classes.
  - ⇒ 30 minute Chair Exercise
  - ⇒ 30 minute Standing/walking Exercise
- \* **FREE ZOOM ZUMBA** with Celia on Mondays at 1 p.m. Call us for information on how to join this online class.

## Jigsaw puzzles and DVDs

We have them! Let us know and we can place them "between the front doors" of the center.

*As always, if you have  
ANY questions,  
we are here for you*

