



WEAR A MASK
WASH YOUR HANDS

AARP Hosting Weekly Live Coronavirus Information Tele-Town Hall

AARP hosts a weekly live Coronavirus Information Tele-Town Hall on **Thursdays at 1:00 pm (ET)**. Government officials will answer your questions about avoiding coronavirus scams and providing resources for family caregivers. Call toll-free 855-274-9507 to join the live event. You can also listen to the live stream using the link below during the event. Please join us each week for the latest information on the coronavirus. Click [HERE](#) to learn more.

COVID-19 SYMPTOMS vs. Flu, Cold & Allergies

	COVID-19	FLU	COLD	ALLERGIES
COUGH	●	●	●	●
FEVER	●	●	○	●
BREATHLESSNESS	●	○	○	●
BODY ACHES	●	●	●	○
HEADACHE	●	●	○	●
FATIGUE	●	●	●	●
SORE THROAT	●	●	●	○
DIARRHEA	●	●	○	○
RUNNY NOSE	○	●	●	●
SNEEZING	○	○	●	●
WATERY EYES	○	○	○	●

● Frequently
 ● Sometimes
 ● Little
 ○ Rarely
 None

Sources: WHO, CDC www.co.carver.mn.us/covid-19



Health & Fitness, continued

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Staying Fit



[Fitness Resources from the JCC:](#)

Including Yoga, Pilates and other low impact fitness videos.



[Facebook.com/SilverSneakers](https://www.facebook.com/SilverSneakers) offers both on-demand and live-stream exercise videos



YouTube has [SilverSneakers](#) exercise videos

Fitness
with Cindy

Senior Fitness with Cindy on YouTube:
[20-Minute Full Body Workout](#)



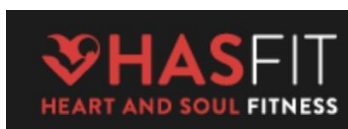
37 minute line-dancing video from Jenny McLendon on YouTube:

[Line Dances for Seniors and Beginners](#) - Electric Slide, Cupid Shuffle and more!



DEBBIE ALLEN DANCE ACADEMY

[Dance with Debbie Allen](#)



Health continues ↓

Health & Fitness, continued

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[Walmart](#) - News and dedicated shopping hours for seniors.



[Walgreens Senior Days](#)



[CVS - Rx Delivery](#)



The AZJL is compiling events and resources both "community-wide and national that can help build a sense of community, entertain and educate while we are all housebound. Items will be updated daily. Click [HERE](#).



[The J at Home](#) - Community Support Items collected for local pantries and medical centers.



When the virus has run its course, we will still need to breathe the air and drink the water. [Environment America News](#)

Health continues ↓



The [Smile on Seniors Program](#) aims to bring exclusive programming geared to our large Senior Community. It provides monthly events that promote social interaction and features exciting activities for Seniors. During the pandemic, there is virtual programming. Check out the [schedule of events](#).

Health and Well-Being Certificate

This is a free self-paced course that you can start online anytime!

"This series of five health and wellness courses explores topics related to the body, mind and spirit. These include mindfulness, nutrition, sleep, physical fitness and holistic well-being. The online health and wellness program will teach you how to reduce stress, eat healthier, sleep better, exercise more and improve your whole body."

[Enroll in the ASU and Mayo Clinic Health and Well-Being Certificate.](#)

Health classes included in this wellness program:

- [Health and Wellness: Mindfulness](#)
- [Health and Wellness: Sleep](#)
- [Health and Wellness: Nutrition](#)
- [Health and Wellness: Physical Activity](#)
- [Health and Wellness: Whole Person Well-being](#)

verywellmind

[How to Cope With Loneliness During the Coronavirus Pandemic](#)



Free PDF guide: *10 Ways to Manage Stress and Anxiety* from [Think Act Be](#)

OPRAH & DEEPAK
21-DAY MEDITATION EXPERIENCE™

[Meditate with Oprah & Deepak 21-Day Meditation Experience](#)



[Click HERE](#) to read about why Meditation is a great tool to reduce stress.

A Center for Meditation and Study Programs in Modern Buddhism

[How to prevent loneliness in a time of Social Distancing](#)

SCIENTIFIC AMERICAN 175 CELEBRATING YEARS

Inspirational Stories from *Condé Nast Traveler*

[During Shanghai's Lockdown, Cocktail Deliveries Create Moments of Joy](#)

[Spain is honoring the health care workers – The Applause Starts at 8 p.m.](#)

Open Homes Project

[Airbnb Is Offering Free Stays to Coronavirus-Fighting Doctors & First Responders](#)