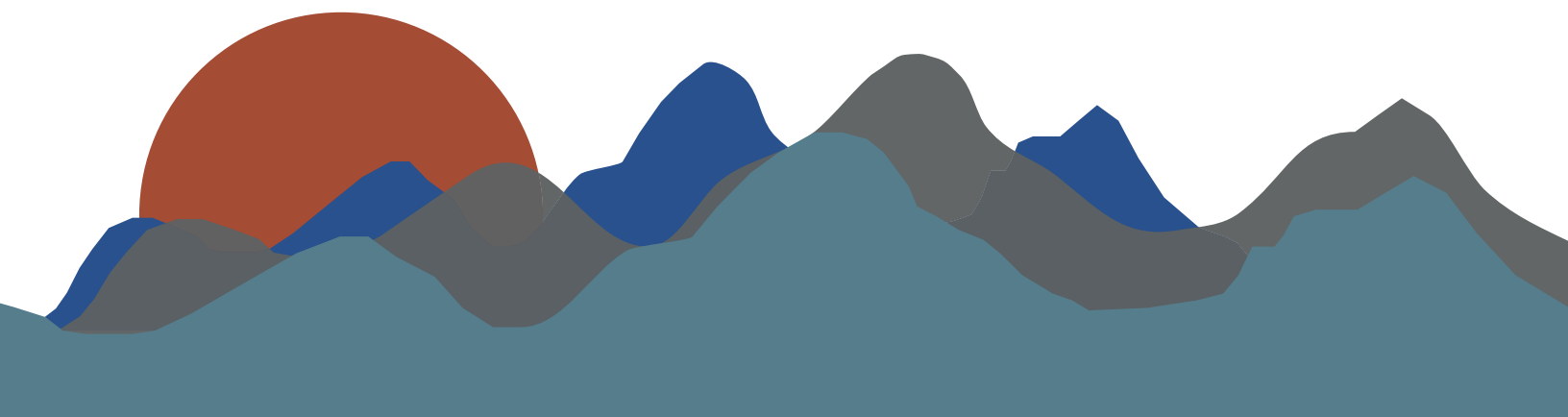


Age Friendly Carbon County

Newsletter - Summer 2020

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COVID-19 Tips, Know the Facts Jack Exley, MD

Some facts about Covid-19, the illness that results from infection with the Novel Coronavirus, seem appropriate for these challenging times of the pandemic. This virus is acquired via aerosolized droplets from an infected person, so staying safe and healthy means preventing that spread. This is crucial for those of us who are older and those having other chronic illnesses like diabetes, hypertension, heart disease and obesity. It is also caught most readily by smokers and men of middle age and above.

To avoid this malady, one should carefully follow guidelines from our Public Health officers and the Center for Disease Control (CDC). See the graphic on page three which ranks the risks of various activities.

- Wash hands often and thoroughly.
- Avoid contact with non-family, especially anyone with respiratory or other acute illness or symptoms.
- Avoid touching your face, nose, mouth and eyes—especially outside of your home.
- Clean and disinfect frequently touched surfaces.
- Cover your nose and mouth with a mask of tightly woven cloth and/or multiple layers.
- Keep pets away from other animals and people.

Find accurate information about COVID 19. See page three for trusted resources.

It is crucial we support each other during this ordeal until we have a treatment for Covid-19 and a safe, effective vaccine. Reach out for help in dealing with the fear and depression that you may experience. Read more about staying emotionally healthy in this issue.

Thinking about COVID 19 can be overwhelming and cause strong emotions. Coping with stress will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems and mental health conditions
- Increased use of alcohol, tobacco, or other drugs

People who may respond more strongly to the stress of a crisis include

- Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19
- Children and teens
- People who are helping with the response to COVID-19
- People who have mental health conditions including problems with substance use

Taking care of yourself, your friends, and your family can help you cope with stress.

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
 - Take deep breaths, stretch, or meditate.
 - Try to eat healthy, well-balanced meals.
 - Get outside, exercise regularly, get plenty of sleep.
 - Listen to music or your favorite audio book.
 - Avoid alcohol and drugs.
- Make time to do activities you enjoy.
- Talk with people you trust about your concerns and how you are feeling.

Frequent communication can help you and your loved ones feel less lonely and isolated. There are several ways to connect.

- Telephone or video chat
- Email, text messages or social media
- Mailing letters or cards

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others

- Call 911
- Visit the Disaster Distress Helpline, call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the National Domestic Violence Hotline or call 1-800-799-7233 and TTY 1-800-787-3224

Pleasant Surprises During the Pandemic

- Kids coming to Montana to quarantine at home
 - Local folks making free cloth masks
 - Special shopping hours for elders and high-risk folks
 - Unique support for high school graduates
 - Food delivery and curbside pick up
 - Beautiful Orioles in the yard
 - Zoom meetings with loved ones
- What are your pleasant surprises?

Have Fun & Be Safe During the Pandemic

Lowest Risk



Moderate Risk



Higher Risk



Highest Risk



Home Alone or with Housemates

Outdoor Activities

Outdoor Gatherings

Indoor Gatherings

- Stay home as much as possible.
- Try to allow only people you live with in your home.
- Wash your hands.
- If you're sick, stay home and isolate from housemates.

- Wash your hands and don't touch your face.
- Stay at least 6 feet from people you don't live with.
- Wear a mask if in contact with others.
- Avoid shared surfaces like swings or benches.

- Wash your hands and don't touch your face.
- Stay at least 6 feet from people you don't live with.
- Wear a mask.
- Don't share food, toys, and other items, and avoid shared surfaces.
- Participate in events like these infrequently.
- Shorter duration is safer.

- Wash your hands and don't touch your face.
- Stay at least 6 feet away from people you don't live with.
- Wear a mask.
- Don't share food, toys, and other items, and avoid shared surfaces.
- Open windows for better ventilation.
- Try to avoid gathering indoors as much as possible.
- Shorter duration is safer.

Adapted from Julie Marcus, Harvard & Eleanor Murray, Boston University

Trusted Resources for Covid- 19

Center for Disease Control (CDC): www.CDC.gov

Your local healthcare provider

Carbon Alert

- www.carbonalert.org or 406 445-7258
- Email: covid19imt@co.carbon.mt.com
- Text updates: Text: CovidCC to: 99411





»»» Eat Well in Carbon County

Grocery Service. These grocers offer delivery through Carbon Alert. Call 445-7258 for details:
Deliveries on Mon/Wed/Friday.

- This service is for
 - 65+, folks with significant medical conditions and those who test positive for COVID-19
- Bridger Valley Foods: 406 662-3591
- Joliet Foods: 406 962-3588
- Beartooth Market: 406 446-2684

These stores offer curbside pickup and/or delivery. Call for details:

- Babcock and Miles: 406 446-1796
- Moon Lake Market: 406 446-4240

Senior Center Meals: All offer pickup and/or delivery only. Call for details:

- Belfry: Tues/Thurs: 406 664-3153
- Boyd: Thurs: 406 425-3954
- Bridger: Tues/Thurs: 406 662-5057
- Fromberg: Wed/Fri: 406 668-9034
- Joliet: Tue: 406 962-9827
- Red Lodge: Mon/Wed/Fri: 406 446-1826

Red Lodge Farmers' Market

- June - September at Lion's Park
- Hours: 3:30-6pm
- **Senior Farmers' Market Nutrition Program:** Financially qualified seniors can receive \$50 in coupons to use at the market and Bridger's Red Shed for fresh, local fruits/veggies, cut herbs and honey. Call Therese at 446-2820 to learn more
- SNAP - Double SNAP at the Market! Check at the market manager tent

Food Banks

- Bridger Community Food Bank: 406 662-1060 - 206 North D Street, Bridger
- Joliet Food Bank: 406 446-1255 - 202 State Street, Joliet
- BareTooth Cupboards: 406 446-1255 - 17 East 11th Street, Red Lodge

Commodity Supplemental Food Program

- Carbon Stillwater Community Senior Programs (CSCS): 406 962-3800

SNAP

- CSCS: 406 962-3800
- Red Lodge Area Community Foundation Navigators: 406 446-2820

Many Carbon County eateries offer takeout and delivery. Give them a call!

For additional copies of the newsletter, contact Therese at 446-2820 or therese@rlacf.org

CONNECTING PEOPLE
BUILDING COMMUNITY



RED LODGE AREA
community foundation