



IT STARTS WITH HELLO

Compassion • Connection • Community

The HELLO Project provides a platform to educate and inspire community members to connect with elders by nurturing healthy, positive and active community engagement.

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It's Important to Stay Connected

Join us!

It Starts with Hello is a virtual gathering place every Tuesday and Thursday at Noon. The program will feature a local expert, factual information about the COVID crisis, and a chance to chat with others in our community.

Simply go to:

hellostartsnow.org, enter your email address, and we will send you the information to join.

Renown's Sterling Silver Club

Learning how you can improve your health is a key component in preventive medicine.

If you are 55 and over, take full advantage of Renown Health's FREE Sterling Silver Club by becoming a member.

Members enjoy special benefits including social events, lectures, and discounts. This club is a place for you to shine.

Sign up at:

renown.org/SterlingSilver



Knock, Knock – Hello!

Hello!

We know it's hard to be stuck inside abiding by the physical distancing requirements. Notice we didn't say social distancing? Just because we have to stay 6 feet apart doesn't mean we have to be socially disconnected.

Many local and national organizations have developed programs to help you stay connected to our community and each other and ensure that you are cared for during this time.

We've put together this resource guide because we care about you. We care about your health and your overall well-being.

Thank you for staying home for Nevada.

The HELLO Project team



Outbreaks can be Stressful

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Ways to 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.
 - Exercise regularly, get plenty of sleep.
 - Avoid alcohol and drugs.
 - Try to maintain a routine as much as possible.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Behavioral Health Resources:

Crisis Support Services of Nevada - cssnv.org you can just text in if you don't want to call - text CARE to 839863

Renown's Stacie Mathewson Behavioral Health & Addiction Center Renown now offers virtual mental health services for adults. Call 775-982-5318 to make an appointment.

Suicide Prevention Lifeline - 1-800-273-8255 (24 hours a day, 365 days a year)



Introducing Nevada CAN: NEVADA COVID-19 AGING NETWORK

All the Human Service Resources You Need in One Location!
The NEW Nevada 2-1-1 has information about:

- *Basic Needs i.e. food and shelter*
- *Physical and Mental Health*
- *Financial Stability*
- *Support for Older Individuals and Persons with Disabilities*
- *Volunteer Opportunities and Donations*
- *Support during Community Crisis and Disaster Recovery*



Nevada 2-1-1 is a free service that provides information about vital health and human service programs that are available throughout the State. Information and Referral (I & R) professionals are available any time, day or night, to assist you with locating the services you need within your zip code area.

- Dial 2-1-1 on a touch-tone phone from anywhere in Nevada (Or call 1-866-335-5654)
- Text your 5-digit zip-code to 898-211 to chat with an I & R specialist via text
- Search Online at nevada211.org to access the 2-1-1 database directly



Top 10 things to do when you are “SIP” – Sheltering In Place

1. Read that book you've been wanting to read forever. Or reread a favorite. There's even a National Emergency Library where you can find literally millions of digitized books for FREE. Go to archive.org/web/
2. Learn to bake sourdough bread. It's easy and fun! There are lots of great websites – such as our personal favorite theperfectloaf.com - where you will find a recipe that will walk you through it step by step - all you need is water, salt and flour!
3. Join a virtual choir. If the videos of people singing on their balconies left you with a lump in your throat, here's your chance to add your vocal cords to one of several online choirs popping up around the world. A popular one is the Sofa Singers – go to sofasingers.com to find their next gig.
4. Get lost in a new podcast. If you haven't yet tried a podcast, you've just got to do it. There are literally thousands to choose from true crime to fiction to heartwarming tales of human connection. Soon, The HELLO Project will have our own podcast hosted on our website hellostartsnow.org or on Apple Podcast.
5. Watch Andrew Lloyd Webber's greatest hits. As his contribution to lifting spirits during lockdown, prolific composer, Andrew Lloyd Webber is offering free broadcasts of his greatest musicals. A different musical will stream each Friday on The Shows Must Go On! A new YouTube (youtube.com) channel devoted to this project – you can see *Cats* and *The Phantom of the Opera*...stay tuned.
6. Hit the gym in your living room. Doing a daily workout during lockdown has suddenly become a whole lot easier. Classpass the fitness class app has just released 2,000 fitness video and audio tutorials for free. You can also go to sites like Alomoves (app or web alomoves.com) and sign on for a free month.
7. Learn a language. Hey, you've got nothing but time and there are lots of websites and videos out there. Try Duolingo - it's fun, addictive and free - duolingo.com/
8. Clean out that closet or garage. Donate that stuff to someone in need and feel a whole lot lighter.
9. Cruise the museums of the world. Our much-loved museums and art galleries might be shuttered but don't despair. Tech savvy curators are getting creative with how the public can access their collections, and many are catering to an online audience with insanely good virtual tours. From the Musee d'Orsay in Paris to the National Gallery of Art in Washington DC, there's something for everyone. [Timeout.com/virtual-museum-tours](https://timeout.com/virtual-museum-tours) for more ideas.
10. Color. Puzzle. Game. – Rather than fight it, let it win and relax into it. Do something you never do, relax. Breathe. Try an online class at mybluprint.com/ in painting, sewing, photography etc. They even have some free ones!



IT STARTS WITH HELLO *Continued*

Tips & Tricks to Stay Connected

- Everyone is talking about Zoom, Facetime, and other social platforms as ways to reach out. If you are new to these technologies there are great “How To” videos on [youtube.com](https://www.youtube.com).
- Think about how you can interact with others without putting your health (or theirs) at risk. How about talking to a neighbor over the fence or grabbing a lawn chair & sitting out front?
- It’s not just family and friends who require support, but others in our community. Being kind to others not only helps them but can also increase your sense of purpose.

Community Connections

Senior hours at local stores

Smith's - 7 to 8 a.m. on Mondays, Wednesday and Fridays

Target - 8 to 9 a.m. on Wednesdays

Walmart - 6 to 7 a.m. on Tuesdays

Safeway - 7 to 9 a.m. on Tuesdays and Thursdays for vulnerable shoppers.

Save Mart - 6 to 9 a.m. on Tuesdays and Thursdays for seniors and guests with compromised health.

Dollar General - First hour of each day (8 AM) for the most susceptible customers.

Great Basin Community Food Co-op - 7:30 to 8:30 a.m.

Smart and Final - 7:30 to 8 a.m.

Pharmacy/Grocery Information

CVS

- Free prescription delivery service - [cvs.com](https://www.cvs.com)
- Groceries are available through Instacart for same-day delivery.

Raley's

- Selling Discounted Senior Essentials Bags curbside and in-store.
- Curbside prescription pick up for seniors at their pharmacy – please call ahead to schedule.

Walgreens

- Walgreens is offering free shipping on all prescription refills or you can use their handy drive up window!

Let's Stay in Touch!

To learn more about The HELLO Project visit our website

[hellostartsnow.org](https://www.hellostartsnow.org) and sign up for updates. We believe kindness is catching and it starts with a simple Hello.



IN PARTNERSHIP WITH

