

LEADING IN TIMES OF CRISIS

Patient In Action



Mr. Satyanarayana and Mrs. Nagalakshmi attended Healthier Living Hindi Workshop in 2019. They were introduced to the program through their primary provider at Valley Medical Center, Moorpark.

The participants found the workshop very helpful and described their experience as follows; "The program is well drawn-up and covered many valuable means for enhancing the quality of our health by simple and systematic living style, apart from medication."



In addition, they expressed regret that they were not able to attend such a workshop in their 30's or 40's. Nevertheless, they were still happy to receive valuable guidance at their age as they claim, "Delay is better than Never".

They described, that in just six weeks, they could learn how to solve most problems that typically arise during health management at old age. They learned that it is important to pose questions to themselves, such as "What is the actual problem?", "How can we address it?", and "What are the different solutions?", to find the answers that eventually help to make informed decisions.

They expressed that this workshop taught them to lead a healthy life with the aid of precious self-management tools such as medication, physical activity, weekly action planning, nutrition label reading, healthy eating with the plate method, positive thinking, and improvement of personal communication skills.

Mr. Satyanarayana and Mrs. Nagalakshmi summarized their experience of attending the Healthier Living Program in one sentence as; "We have been motivated to adopt the knowledge from each of the session over the last few weeks and we have the pride to have become wise!"

National Domestic Violence Awareness Month



October is National Domestic Violence Awareness Month. Domestic violence affects millions, both women and men, of every race, religion, culture, and status.

It includes physical violence, sexual violence, threats, economic, and emotional/psychological abuse.

In the United States:

- More than **10 million** adults experience domestic violence annually
- **1 in 4** women and **1 in 9** men experience violence from their intimate partners in their lifetime
- **1 in 3** teens experience physical or sexual abuse or threats from a boyfriend or girlfriend in one year
- **1 in 4** women and **1 in 6** men were sexually abused before the age of 18



If you need help, contact the 24/7 Crisis Hotline at **(408) 279-2962** or call **9-1-1** for immediate danger.



The Great American Smokeout

3rd Thursday of November is the Great American Smokeout event. It is a day to start your journey of a smoke-free life. **You don't have to stop smoking in one day. Start with day one.**

Quitting smoking isn't easy.

It takes time and planning. Start today.

Quit for COVID. Give your lungs a chance to breathe. Protect yourself.

For more information about quitting smoking and vaping, please check us out at www.scvmc.org/ahed.



Given COVID-19 and flu season, it is **more important than ever to quit smoking and vaping to protect your lung health.**

You will be joining thousands of people who smoke across the country in taking an **important step toward a healthier life and reducing your cancer risk.** Remember, there are more former smokers than current smokers.

California Smokers' Helpline
1-800-NO-BUTTS (1-800-662-8887)

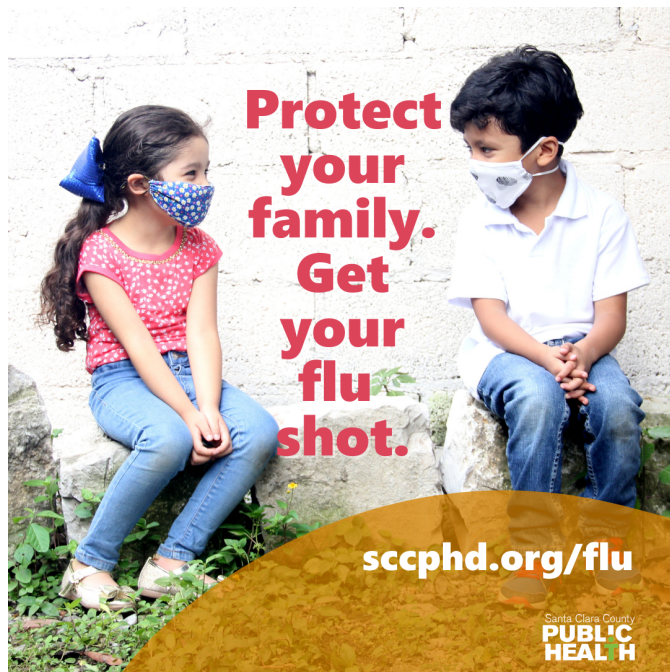
Flu Season Ahead

Getting a yearly flu shot is the first and most important step in **protecting yourself and others against flu viruses.**

If more people get the flu shot, we will see less illnesses, even fewer people going into a hospital, and fewer deaths. **Everyone 6 months of age and older should get a yearly flu shot.**

Get **FREE** flu shots at the Santa Clara County Fairgrounds every Saturday until mid-December from 9 AM to 4 PM.

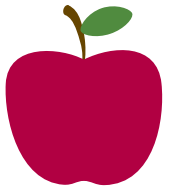
www.sccphd.org/flu



Santa Clara County
PUBLIC HEALTH

DID YOU KNOW? People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions, such as asthma, diabetes or heart and lung disease, and people 65 years and older. Take care of your family. Get your flu shot.

CRISIS AND DISEASE PREVENTION



IF YOU
NEED TO
STAY AT
HOME,



MAINTAIN A HEALTHY
LIFESTYLE, INCLUDING
PROPER **DIET, SLEEP, AND
PHYSICAL ACTIVITY.**

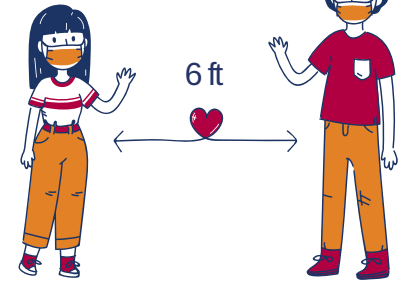
GET INFORMATION
FROM TRUSTED SOURCES

www.cdc.gov/coronavirus
www.sccgov.org/coronavirus

Keep yourself informed
from medical experts
and scientists.



MAINTAIN
PHYSICAL
DISTANCING
(and wear a mask)



Take care of
your family.
Get a flu
shot.



PUBLIC
HEALTH

sccphd.org/flu

IT'S NORMAL TO FEEL SAD,
STRESSED, CONFUSED,
AND SCARED OR ANGRY
DURING A CRISIS.

Talk to people you trust, such as
friends and family or your fellow
community members.



In Crisis? Call the Hotline at
1-855-278-4204

Take care of
your family.
Get a flu shot.



PUBLIC
HEALTH

sccphd.org/flu



IF YOU HAVE **FEVER, COUGH
AND DIFFICULTY
BREATHING, SEEK MEDICAL
CARE EARLY.**

Stay out of
the hospital

The flu shot is a safe and effective
way to reduce your chances of
getting a severe case of the flu.

sccphd.org/flu

PUBLIC
HEALTH



WASH YOUR HANDS
FREQUENTLY WITH **SOAP
AND WATER FOR AT LEAST
20 SECONDS.**

Almost 70% of all COVID-19 cases in Santa Clara County are from **community spread**.

SCVMC patients can find more FREE testing locations throughout the county at

www.scvmc.org and www.sccfreetest.org or by calling 2-1-1.

For more information about our **FREE** resources and classes and programs, including Maternal Health & Baby Education, Prenatal Yoga, Tobacco-Free, Gentle Yoga, and Healthier Living, please call our department on **Monday-Friday** from **8 am to 5 pm**.

Main: **408-885-5436** | Healthier Living Program: **408-885-2486**

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