

# LUS NTSEEM CEEB

Vim yog muaj ntaus yam tshwm sim thiab ceev faj rau peb cov LAUS thiab Phooj Ywg, Peb (AAA), Peb qhov chaw pab yuav tsis qheb rau pej xeem, tabsi peb tseem pab nyob rau hauv xov tooj.

Raws li lub Lav California chav Public Health thiab Peb tus Gov. Newsom xav thov kom tag nrho peb cov Laus 65 xyoo los yog laus dua ntawd, yuav tsum nyob twj ywm HAUV TSEV vim tus kab mob (CORONAVIRUS/COVID-19).

## **MOV RAU COV LAUS (Meals on Wheels)**

Sij Hawm xa tsib pluag mov (Frozen meals) rau cov muaj 60 xyoo yav sauv no yuav tsis pauv. Tsib pluag mov no haum ib feem peb (1/3) raw li ([RDA]) xav kom neeg laus noj.

## **QHOV KEV PAB CUAM TEEV CONGREGATE**

Public Health khoo tias gatherings yuav raug nres ib ntu. Cov neeg laus muaj npe tseem tau tuaj nqa zaub mov (To-Go) ntawm qhov chaw congregate. Kev ua si lawm ntawm chaw no yuav nre ib ntu vim tus kab mob (Coronavirus).

AAA kuj nrhiav cov zaub mov nqhuav txawb ntawm txee (shelf-stable). Thaum muaj zaub mov nqhuav nyob ntawm txee lawm, yuav pab cov laus ua ob peb pluag noj, cov laus lawv thiaj tsis tau mus nqa ntau ntau lwm. Cov zaub mov nqhuav no haum (1/3) raw li ([RDA]) xav kom neeg laus noj.

## **HEALTH INSURANCE COUNSELING THIAB TAWM TSWVYIM PAB (HICAP)**

Kev pab cuam no muab pub dawb thiab kawm ntshiv txog Medicare thiab lwm cov kev kho mob. Sib tham tim ntsej tim muag yuav raug nre mus ib ntus thiab sib tham txhua yam yuav tau hu xovtooj tham lawm xwb.

## **QHOV KEV PAB CUAM YUAV TXHAWB KOM NQUAG, IB TXOJ MUAJ NQI LUB NEEJ RAU COV NEEG LAUS (PEARLS)**

Qhov kev pab cuam pub dawb pab cov neeg nyuaj siab, tu siab, lwj siab, ntxhov plawv. Sib tham tim ntsej tim muag yuav raug nre mus ib ntus tawm, thiab sib tham txhua yam yuav tau hu xovtooj tham lawm xwb.

## **KEV PAB SAWV CEV txog ntawm cov tsev laus (OMBUDSMAN)**

Ombudsman muaj nplooj siab los saib xyuas kev ncaj nces thiab pab tiv thaiv rau cov laus ua nyob tsev laus ncu ntev.

Kev txhawj xeeb txog kev pab, kev tu, kev ncaj ncee hauv lub tsev laus tseem saib xyua los ntawm ib tug neeg los ntawm Ombudsman thiab Public Health zoo li qub thiab raw li lawv txoj cai kom tsis muaj txhawj xeeb. Xa ntsib thiab tham nrog Ombudsman hu rau tu xov tooj: (209) 385-7402.

## **KEV PAB COV NEEG LAUS (OASOC)**

Qhov no yog ib qho kev holistic ntau yam kev pab tiv thaiv, tu thiab txhawb cov laus lawv tsev neeg thiab cov neeg tus tu cov laus. Kev kawm, kev pab los ntawm qhov chaw congregate no yuav ncu ib ntus.

Yog muaj lus noog txog kev pab, kev kho mob yuav tsum hu xov tooj tham xwb, tus Public Health nurse mam saib seb nws puas tsim nyog ntsib koj los tham hauv xov tooj xwb. Kev pab xa mus rau lwm lub koom haum tseem nyob li qub.

**Xa muaj kev pab no hu rau Merced County qhov chaw ua hauj lwm txog rau cov laus (209) 385-7550.**