

## **October 2020**

### **Oct 3<sup>rd</sup> & 4<sup>th</sup> 2020**

***Duration 22 mins***

***TOPIC: Covid-19 Guidelines and new testing in San Joaquin County***

***Guests: Tiffany Hayer***

***Discussion:*** Tiffany informed listeners on the current numbers related to Covid-19. Current cases, recoveries and deaths. She also explained a new drive through testing program in the county in which someone can receive a covid-19 test if referred by their doctor. She also poked about how hospitals are far beyond capacity due to covid 19. And she also made it a point that even though things are busy at area hospitals it's very important to still seek medical attention if you are not feeling well.

### **Oct 10<sup>th</sup> & 11<sup>th</sup> 2020**

***Duration: 18 mins***

***TOPIC: Virtual Women's Faire***

***Guests: Kimberly Vaughn***

***Discussion:*** The October 25<sup>th</sup> Virtual Women's Fair offers exhibits, silent auction, job fair, art show and more. It's put on by Successful Women of America, who support, educate, and empower women in all aspects of their lives. They believe that the unity of women results in stronger, more vibrant, dynamic, confident, empowered women individually and as a whole. They believe in vitality, inclusion, care and celebration with one another. And believe that not one single area of our lives can measure our success as a person, therefore we choose to celebrate all areas of our lives that eclectically make us each a uniquely successful woman.

***Duration: 8 mins***

***TOPIC: Family Day At The Park***

***Guests: Carrie Sass***

***Discussion:*** This event is usually a one day kid friendly event, but because of Covid 19 the event has gone virtual and will now run for more than 2 months. Families are invited to log on and enjoy a different theme each day. Kids will also have a chance to get free books from the public library. Parents, Teachers, grandparents in the area and across the country can take part in this virtual event.

### **Oct 17<sup>th</sup> & 18<sup>th</sup>**

***Duration 16 mins***

***TOPIC: Cal Hope***

***Guests: Dr. Jim Kooler***

***Discussion:*** People are feeling stressed, anxious, or depressed as a result of the COVID-19 pandemic. Those feelings can contribute to serious emotional AND physical health problems. The CalHOPE project offers resources and information to help people find their way in these difficult times. It's supported by the Federal Emergency Management Agency and SAMHSA, the Substance Abuse and Mental Health Services Agency, as part of the Crisis Counseling Program. Public Health approach focused on strength based strategies of building resiliency and connecting people to the supports they need.

***Duration: 10***

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***Guests: Carrie Sass***

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**Oct 24<sup>th</sup> & 25<sup>th</sup> 2020**

***Duration 16 mins***

***TOPIC: Cal Hope***

***Guests: Dr. Jim Kooler***

***Discussion:*** People are feeling stressed, anxious, or depressed as a result of the COVID-19 pandemic. Those feelings can contribute to serious emotional AND physical health problems. The CalHOPE project offers resources and information to help people find their way in these difficult times. It's supported by the Federal Emergency Management Agency and SAMHSA, the Substance Abuse and Mental Health Services Agency, as part of the Crisis Counseling Program. Public Health approach focused on strength based strategies of building resiliency and connecting people to the supports they need.

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## **November**

**Nov 1st, 2020**

***Duration 16 mins***

***TOPIC: Cal Hope***

***Guests: Dr. Jim Kooler***

***Discussion:*** People are feeling stressed, anxious, or depressed as a result of the COVID-19 pandemic. Those feelings can contribute to serious emotional AND physical health problems. The CalHOPE project offers resources and information to help people find their way in these difficult times. It's supported by the Federal Emergency Management Agency and SAMHSA, the Substance Abuse and Mental Health Services Agency, as part of the Crisis Counseling Program. Public Health approach focused on strength based strategies of building resiliency and connecting people to the supports they need.

***Duration: 10***

***TOPIC: Family Day At The Park***

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***Nov 7<sup>th</sup> & 8<sup>th</sup> 2020***

***Duration 20 mins***

***TOPIC: Champaign on Opioid Awareness***

***GUEST/S: Marlies Perez Divison Chief DHCS***

***Discussion:*** Opioid use continues to be a problem in our country and may be how some choose to medicate during the pandemic. Choose Change California is a statewide campaign from the California Department of Health Care Services (DHCS) that is dedicated to: Increasing awareness of Opioid Use Disorder (OUD) and the services available to those seeking treatment—primarily through Medication Assisted Treatment (MAT).

***Nov 14<sup>th</sup> & 15<sup>th</sup> 2020***

***Duration 22 mins***

***TOPIC: Covid-19 Guidelines and new testing in San Joaquin County***

***Guests: Tiffany Hayer***

***Discussion: Monthly Covid-19 Update*** Tiffany informed listeners on the current numbers related to Covid-19. Current cases, recoveries and deaths. She also explained a new drive through testing program in the county in which someone can receive a covid-19 test if referred by their doctor. She also spoke about how hospitals are far beyond capacity due to covid 19. And she also made it a point that even though things are busy at area hospitals it's very important to still seek medical attention if you are not feeling well.

***Nov 21<sup>st</sup> & 22<sup>nd</sup>***

***Duration 22mins***

***TOPIC: Red Cross Blood Shortage***

***Guests: Christopher Losavio Head of the American Red Cross San Joaquin Valley Chapter***

***Discussion:*** Chris informed our listeners on the ARC desperate need for blood and blood platelets. He also spoke about how the American Red Cross was testing donated blood for coronavirus anti-bodies. He also let listeners know how to use the Red Cross app for donating and how to go about setting up a mobile blood drive at the job.

***Nov 28<sup>th</sup> & 29<sup>th</sup> 2020***

Issue show. Somehow it was deleted and did not air

# December

## Dec 5<sup>th</sup> & 6<sup>th</sup> 2020

*Duration 22mins*

*TOPIC: Red Cross Blood Shortage*

*Guests: Christopher Losavio Head of the American Red Cross San Joaquin Valley Chapter*

*Discussion:* Chris informed our listeners on the ARC desperate need for blood and blood platelets. He also spoke about how the American Red Cross was testing donated blood for coronavirus anti-bodies. He also let listeners know how to use the Red Cross app for donating and how to go about setting up a mobile blood drive at the job.

## Dec 12<sup>th</sup> & 13<sup>th</sup> 2020

*Duration 22mins*

*TOPIC: Welbehealth*

*Guests: Executive Director Jillian Simon*

*Discussion:* WelbeHealth is a PACE program (Program of All-inclusive Care for the Elderly). WelbeHealth was founded by physician entrepreneurs to bring PACE to underserved communities. Its leadership team includes exemplary PACE operators and seasoned healthcare innovators who bring top-tier expertise in senior care and a passion for helping seniors reach their full potential.

## Dec 19<sup>th</sup> & 20<sup>th</sup>

*Duration 24mins*

*TOPIC: Vaccinations*

*Guests: Dr. Maggie Park-Public Health Services*

*Discussion:* With the great news of vaccinations now available for Covid-19, Dr. Park gave our listeners they info they needed on how, when and who would be getting the first few rounds of the vaccines. She informed us that they are actually different tiers to the vaccinations and that healthcare workers would be getting the first round of shots. She also let listeners know the process for the 2 part shots and when we could expect to get our vaccinations. She also touched on how the vaccines will work on those who have already had the virus.

## Dec 26<sup>th</sup> & 27<sup>th</sup>

*Duration 24mins*

*TOPIC: Vaccinations*

*Guests: Dr. Maggie Park-Public Health Services*

*Discussion:* With the great news of vaccinations now available for Covid-19, Dr. Park gave our listeners they info they needed on how, when and who would be getting the first few rounds of the vaccines. She informed us that they are actually different tiers to the vaccinations and that healthcare workers would be getting the first round of shots. She also let listeners know the process for the 2 part shots and when we could expect to get our vaccinations. She also touched on how the vaccines will work on those who have already had the virus.