

# Stay Informed While Staying Safe

## *A Newsletter in Response to the COVID-19 Pandemic*

### What's the Difference Between the Vaccines?

“Many Americans have been vaccinated to protect themselves against the COVID-19 virus. If you are wondering which vaccine is best for you, the short answer is **whichever one is available to you upon eligibility**. All of the FDA approved vaccines are safe and effective.” There are three vaccines currently available for use in the United States, Pfizer, Moderna and Johnson & Johnson (J&J), but what are the differences?

1. All three vaccines begin to protect you soon after being administered, including with the first dose. However peak effectiveness occurs;
  - Pfizer - 7 days after the second dose
  - Moderna - 14 days after the second dose
  - J&J - 28 days after the single dose
2. All three vaccines are highly effective at preventing COVID-19 related severe infections and deaths (the following percentages should be viewed as estimates).
  - All three vaccines are 100% effective against COVID-19 related deaths.
  - All three are highly effective at preventing COVID-19 related severe infections
    - Pfizer - 75% effective against severe infections and 95% effective against all infections
    - Moderna - 100% effective against severe infections and 94.5% effective against all infections.
    - J&J - 85% effective against severe infections and 66% effective against all infections.

Information provided by [www.publichealthcollaborative.org](http://www.publichealthcollaborative.org), for the latest information about COVID-19 vaccines, visit [www.CDC.gov/coronavirus](http://www.CDC.gov/coronavirus).

### Where to get Your COVID-19 Vaccine

It is recommended that you receive your vaccine from your healthcare provider or a pharmacy, if you are unable to, Stanislaus County is now providing vaccines for the following groups:

- Healthcare workers
- Long term care residents
- Individuals 65 and older
- Education and childcare
- Food and agriculture
- Emergency services
- Qualifying medical conditions/disabilities
- Congregate living spaces
- Public transit
- Janitorial/custodial

#### **Starting April 1, 2021**

- Individuals 50 and older

#### **Starting April 15, 2021**

- Individuals 16 and older

For information on Vaccine Clinic days and hours, please call 1-833-954-3566 or for more information regarding Coronavirus call (209) 558- 7535 or visit: [www.schsa.org/coronavirus/vaccine](http://www.schsa.org/coronavirus/vaccine)

## Need a Ride to a Vaccination Site?

Modesto Dial-A-Ride (MADAR) offers FREE door-to-door transportation to ALL Stanislaus County COVID-19 vaccination sites. You do not need to be a registered MADAR rider to use this service! For more information or to book your vaccine trip, call (209) 527-4900.



Catholic Charities also offers FREE rides to COVID-19 vaccine sites for people age 60+ and for disabled adults age 50+, who live in Stanislaus County or San Joaquin County. Rides for COVID-19 Vaccine appointments requires 4-5 business days notice for scheduling. Please call (209) 593-6112 for Stanislaus County or (209) 812-0715 for San Joaquin County to book today!

## What to Do After Receiving the Vaccine

After you are fully vaccinated against COVID-19, taking the following precautions in public can help to keep yourself and others safe: wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces.



If you have been in contact with someone who has COVID-19, the CDC says you do not need to stay away from others or get tested unless you have symptoms. If you live in a group setting and are around someone who has COVID-19, it is recommended to stay away from others for 14 days and get tested, even if you are not experiencing symptoms.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

## COVID-19 Testing

Community-wide COVID-19 testing can help Stanislaus County move safely into the next tiers. Widespread testing not only provides a more accurate overview of how many cases exist in our community, but this can also help increase our understanding of COVID-19 community transmissions to be prepared to stop an outbreak.

Here are some COVID-19 testing sites in the area:

OptumServe: In-Office & Drive-Thru Testing (locations and times listed below)

Call **1(888)634-1123** to make an appointment. *Locations are subject to change*

<p><b>Rube Boesch Center</b> 275 North Orange Street Turlock, CA 95382 Sunday-Friday, 7am-7pm</p>	<p><b>County Center III - Learning Institute</b> 917 Oakdale Road Modesto, CA 95355 Sunday-Thursday, 7am-7pm</p>
<p><b>Salida Library (Drive-Thru)</b> 4835 Sisk Road Salida, CA 95368 Monday-Friday, 7am-7pm</p>	<p>Other Testing Providers Curative Visit <a href="https://curative.com/">https://curative.com/</a> to find a mobile location near you.</p>

Source: <http://schsa.org/coronavirus/testing/>

## Caregiver Corner

Linda Lowe - Area Agency on Aging

1. **Seek support** from other caregivers. You are not alone!
2. **Take care** of your own health – your loved one needs you to be healthy.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so **take respite breaks** often.
6. Watch out for signs of depression-get professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. **Give yourself credit** for doing the best you can in one of the toughest jobs there is!
11. **Contact the Area Agency on Aging, 209-558-8698, for help.**
12. **Alzheimer's Association 24 -hour, 365-Day Hotline-800-272-3900; Online Support & Resources-www.alz.org.**

## Senior Meals Available

The Stanislaus County Area Agency on Aging is helping those in need of receiving nutritious meals. Seniors 60 or older that are interested in the Senior Meals Program may call for more information or register to pick-up food at a distribution center located in Riverbank, Grayson, Oakdale, Modesto, Patterson or Turlock (upon request) by calling the Senior Information Line at (209)558-8698. Eating healthy food leads to a healthier body and mind!



## Four Benefits of Moving and Staying Active!

1. When moving, you are strengthening your muscles, which improves stability, balance, and coordination.
2. Exercise improves blood pressure in those with hypertension.
3. Those who exercise tend to experience less pain and better joint function.
4. Moving helps keep your independence: it helps you stay strong as you age, allowing you to keep doing the things you enjoy with less help.

There are many different ways to get moving!

- Brisk walk
- Aerobics
- Yard work and gardening
- Young at Heart Strength Training
- Dancing
- Tai Chi
- Yoga



Source: [https://www.cdc.gov/physicalactivity/basics/older\\_adults/index.htm](https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm)

## Preventing Falls One Step at a Time

Most falls are caused by a combination of risk factors. The more risk factors a person has the greater chances of experiencing a fall. Here are some steps to take to help prevent falls:

1. **Talk to Your Doctor** - ask your doctor to evaluate your risk for falling, review your medications and check to make sure you are getting enough Vitamin D.
2. **Do Strength and Balance Exercises** - Join an exercise program like Young at Heart Strength Training or try Tai Chi for Arthritis and Fall Prevention to make your legs stronger and improve your balance. These classes are offered now on Zoom by Healthy Aging Association, call (209)525-4670 to learn more.
3. **Have Your Eyes Checked** - Make sure to have your eyes checked by an eye doctor once a year and be sure your eyeglasses are up to date.
4. **Make Your Home Safe** - Remove items you could trip over, add railings for more stability and make sure your home has plenty of lighting. If you are in need of injury prevention accessories the Dignity At Home Fall Prevention Program might be able to help. Complete the Pre-Assessment Interview by calling the Senior Information Line at (209)558-8698.
5. **Join A Matter of Balance** - This evidence based program is designed to help reduce the fear of falling and increase activity levels of older adults with concerns about falls. For more information about *A Matter of Balance*, call Healthy Aging Association at (209)525-4670.

Source: <https://www.mainehealth.org/healthy-communities/healthy-aging/matter-of-balance>

### Attendee Bag Distributions:

May 18th - Healthy Aging Association office 1:00 - 4:00 pm  
May 19th - Drive thru behind our office 2:00 - 4:00 pm

### Virtual Event with Fitness Demonstrations:

May 21st from 9:30 a.m. - 11:30 a.m.

To Register Visit: <https://www.healthyagingassociation.org>  
or Call (209)525-4670 to receive a  
Registration form in the mail.

Registration is **FREE**. If you would like the exclusive  
Red Healthy Aging - Young at Heart shirt and tote bag, we  
ask for a minimum donation of \$15.00.

## Age with Movement Celebration is Going Virtual!

This event is to honor and celebrate our  
past and present Young at Heart  
participants who remind us to keep  
moving and stay Young at Heart.



Created and Edited by: **Healthy Aging Association**

3500 Coffee Road, Suite 19, Modesto CA 95355 | (209)525-4670

*En español por favor llame (209)558-8698*

**For Senior Information and Assistance contact (209)558-8698**



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