

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

COVID-19 Vaccine Boosters

What You Need To Know

- COVID-19 vaccine boosters can further enhance or restore protection that might have waned over time after your primary series vaccination (First two COVID-19 vaccines).
- People are protected best from severe COVID-19 illness when they stay up to date with their COVID-19 vaccines, which includes a booster for many people.
- There are different COVID-19 vaccine recommendations for people who are moderately or severely immunocompromised.

Who Can Get a Booster?

1. **Are you eligible?** - Right now, you are eligible for a second COVID-19 booster if you:
 - Are 50 years of age or older and got your first booster at least 4 months ago
 - Are moderately or severely immunocompromised, 12 years of age or older, and got your first at least 4 months ago
 - Got 2 doses of J&J/Janssen vaccine 4 months ago
2. **Are you (or someone you live with) more likely to get very sick?** Certain factors can make it more likely someone will get extremely sick from COVID-19. It may be helpful to get a 2nd booster now if you are (or someone you live with is):
 - Moderately or severely immunocompromised
 - More likely to get sick from COVID-19
 - More likely to be exposed to COVID-19 through your job, where you live, or other factors (such as frequent travel or large gatherings)
 - In an area with medium to high COVID-19 community levels
 - Or if someone you live with is unvaccinated
3. **Can you wait?** Yes, if you:
 - Had COVID-19 within the past 3 months.
 - Feel that getting a 2nd booster now would make you not want to get another booster in the future (a 2nd booster may be more important in the fall of 2022, or if a new vaccine for a future COVID-19 variant becomes available)

If You Get a Second Booster

- Make sure it's been at least 4 months since your 1st COVID-19 booster.
- Remember that 2nd boosters can only be Moderna or Pfizer-BioNTech (and for 12 through 17 years old, only Pfizer-BioNTech)
- You can self-attest that you have a moderately or severely weakened immune system. This means you do not need any documentation that you have a weakened immune system to get a COVID-19 vaccine (including booster) wherever they are offered.

Scheduling Your COVID-19 Booster

If you need help scheduling your booster, contact the location that set up your previous appointment, if that location is not available for you to go to and you have access to the internet you can go to www.myturn.ca.gov or call 1-833-422-4255. You can also check with your healthcare provider or local pharmacy.

If you don't have access to the internet, you can call Healthy Aging Association at (209) 525-4670 and an outreach worker can assist you with scheduling a booster vaccine through a pharmacy in your neighborhood.

Unable to Leave Your Home for COVID-19 Booster Vaccine Appointment?

Are you an older adult who is unable to leave his or her home to receive the COVID-19 vaccine, booster shot, or Flu shot? Healthy Aging Association can assist you with scheduling an appointment to have a nurse come to your home and administer any of these vaccinations at no charge to you!



Stanislaus Homebound Program is a great program that brings the vaccine to you! Call Healthy Aging Association at (209) 525-4670 to speak with an outreach worker and start the process of scheduling your at-home appointment today!

Need a Ride to Your Vaccine Appointment? No Problem!

**Call and schedule
your free ride today
(209) 672-1143**



**Do you need a ride to access COVID-19
information or a vaccine site?**

In partnership with Uber Health and Healthy Aging Association, MOVE is providing Stanislaus residents FREE rides to medical appointments at community locations and events where you have access to COVID-19 education and vaccines!

Call and schedule your FREE ride today!
(209) 672-1143 MOVEs

Rides provided based on availability of UBER drivers

When and How to get Tested for COVID-19

When to Get Tested

- If you have COVID-19 symptoms.
- If you have had close contact exposure with COVID-19.
- If you have had COVID-19 in the past 90 days and recovered, you do not need to be tested unless you develop new symptoms.

Self-Tests

- **Order free tests** at www.COVIDtests.gov
- **Buy tests** online or in pharmacies and retail stores. Private health insurance may reimburse the cost of purchasing self-tests. Visit FDA's website for a list of authorized tests.
- If you're not able to obtain a self-test when you need it, you might also visit a community testing site or call your local health Department.

Mental Health is to Wellness as Water is to Life

May is Mental Health Awareness Month and Project Hope will be wearing lime green ribbons to promote the importance of mental and emotional resilience and encourage older adults to consider normalizing the act of asking for help. According to a survey conducted by Mental Health America (MHA), about 58% of people aged 65 and over believe that it is “normal” for people to get depressed as they grow older and if suffering from depression, older adults are more likely than any other group to “handle it themselves”.

Project Hope is here to support the efforts of reducing the stigma of seeking mental health services and reassure older adults that they do not have to address these challenges alone. The very same MHA survey revealed that only 42% would seek help from a professional. Research shows that isolation and loneliness contribute to higher rates of depression which can be worsened by the following factors: Lack of exercise/physical activity, sleep problems and stress. The Project Hope Program provides emotional support and social visits for our older adults in Stanislaus County. Service navigation is an additional component of the program for those who may seek/require support outside of our program or agency. Feel free to give us a call at (209)558-8698 if you have any questions or would like to make a referral.

If you are in a crisis and need to speak to someone please call (209) 558-4600. To reach emotional phone support 24/7, please contact California Warm Peer Line (844) 845-7451. For support related to Covid-19 stressors, the Cal Hope Peer Run Line (833) 317-4673 is also available, Suicide Prevention Life Line 1(800) 273-8255.



Let Us Help You Before You Slip!

Due to having multiple falls in her shower, Linda was unable to shower with confidence. Desperate for help, *The Dignity At Home-Fall Prevention Program* was able to install for her a reliable grab bar, removable shower head with bracket for easy use, and a new sturdy shower chair. All of these were needed for her to shower safely, and all at no cost to her or her family! Linda’s husband’s response to the program was, “What a lifesaver! We could not have been able to install all of these great things - a true blessing!”

Before

After



Curious if you qualify for *The Dignity At Home-Fall Prevention Program*? It’s easy! Give the Area Agency on Aging a call to find out! **(209) 558-8698** or call the Healthy Aging Association **(209) 525-4670** for more information!

COVID-19 Vaccine Myths

Reasons for Vaccine Hesitancy	Facts
The ingredients in COVID-19 vaccines are dangerous	Nearly all of the ingredients in the COVID-19 vaccines are also ingredients in many foods (fats, sugars, and salts). There are NO ingredients like aborted fetal cells, or latex.
COVID-19 vaccine can make you sick with COVID-19.	The vaccines cannot cause COVID-19, as none of the available diseases contain the live virus within them.
The vaccine’s side effects are worse than COVID-19 itself.	Vaccine side effects are only “possible side effects, and only last about 24-48 hours, which is much less than COVID-19 symptoms.

Sources: www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after

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



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