

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

Booster Vaccines - What you need to know:

WHO: COVID-19 booster vaccines are recommended following the primary vaccination series for any Adult over the age of 18 years.

WHAT: COVID-19 boosters help keep immunity strong and increase protection against the virus. You may receive the booster dose of your choice, following completion of your primary vaccination series.

WHEN: Booster doses can be received after completion of the initial vaccine series, which consists of 1 dose of the Johnson & Johnson vaccine or 2 doses of the Pfizer or Moderna vaccines. The following timeline is recommended for individuals who received Pfizer, Moderna or Johnson & Johnson COVID-19 vaccines: reference

- Pfizer: at least 6 months after completion of the initial vaccine series.
- Moderna: at least 6 months after completion of the initial vaccine series.
- Johnson & Johnson: at least 2 months after completion of the initial vaccine series.

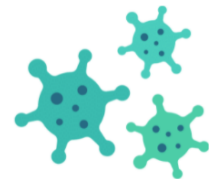
WHERE: Boosters are available through healthcare providers, neighborhood pharmacies, and Stanislaus County Vaccine Clinics. To find Stanislaus County Vaccine Clinic times and locations call (209)558-7535 for more information. For Homebound Seniors who need a vaccine: call Healthy Aging Association at (209) 525-4675 (a family member can call on behalf of the individual). If you need Transportation to your COVID-19 or Flu vaccine appointment, call MOVE transportation at (209) 672-1143.

WHY: All COVID-19 vaccines continue to provide significant protection against severe illness, hospitalization, and death. However, certain populations are seeing a slight decrease in vaccine effectiveness against infection. Booster doses of vaccines are very common. They are part of most childhood and adult vaccine series to ensure a person maintains optimal immunity against infection from a disease.

Source: <https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/booster-vaccines-fact-sheet--en.pdf>

Age, Underlying Conditions Top Factors in Breakthroughs

Among vaccinated people, the ones most likely to be hospitalized with breakthrough infections of COVID-19 are the elderly and those with specific underlying medical conditions. For instance, fully vaccinated people with diabetes, chronic lung disease, and chronic kidney disease were about twice as likely to be hospitalized with breakthrough COVID as vaccinated people without these conditions. The elderly are especially vulnerable to breakthrough cases because old age weakens a person's immune system. Make sure you get your BOOSTER.



Source: <https://www.webmd.com/vaccines/default.htm>

Have You Had Your Second Shot Yet?

Getting the second dose of the two-dose COVID-19 vaccines gives you more protection from becoming seriously ill. People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series (Pfizer or Moderna vaccines)
- 2 weeks after a single-dose vaccine (Johnson & Johnson's Janssen vaccine)

If you don't meet these requirements, regardless of your age you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.

If you missed your second dose, it is not too late. You do not have to restart the series. Complete your vaccine series today.

Source: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html?s_cid=11508:fully%20vaccinated%20delta%20variant.sem.ga:p:RG:GM:gen:PTN:FY21



Need a Ride to Your Vaccine Appointment? No Problem!

MOVE transportation is helping residents in Stanislaus County to get their COVID-19 and Flu vaccines. Call **MOVE transportation to schedule your free Uber ride by dialing (209) 672-1143**. If you live in Grayson, Patterson, or Newman call Catholic Charities at (209) 593-6112.



Homebound COVID-19 Vaccination

Are you an older adult who needs assistance from another person or uses crutches, a walker, or wheelchair to leave home? The Healthy Aging Association is here to help you in setting up a nurse to come into your home and give you your COVID-19 vaccine at no charge to you.

If you are having difficulty reaching a vaccination site, call the **Healthy Aging Association at (209) 525- 4670** and ask for an Outreach Worker: Geneva or Sean, to help assist you in receiving your vaccine at home.



If an older adult is unable to call, a family member can call on behalf of the individual.

Prevent the Flu with a Flu Shot!

Influenza, also called the flu, is a contagious respiratory illness caused by influenza viruses. It is different from the common cold or COVID-19, both of which are caused by different viruses. Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. The flu shot is a safe, effective way to reduce your chance of ending up in the hospital with severe flu. This year, people with flu symptoms will have to get a COVID-19 test and stay home and isolate/quarantine from their families while awaiting results.

How Does the Flu Vaccine Benefit Me?

- Flu vaccination can keep you from getting sick with the flu.
- Prevents flu-related hospitalizations
- Protects those you care for, work with, and live with, including those with chronic disease, children, working age adults and older adults.

Who Should Get the Flu Shot?

- Every person aged 6 months and older should get a flu shot.
- People 65 years and older are at higher risk of developing serious complications from the flu compared with young healthy adults.
- Any Adults with Chronic Health Conditions are at a higher risk.
- You may receive the flu vaccine free from your Healthcare provider or pharmacies located in your community.

Source: Center for Disease Control and Prevention – <https://www.cdc.gov/flu/index.htm>

Senior Advocacy Network Offers HomeShare Program

The Senior Advocacy Network (SAN) launched a new program in July 2021 called HomeShare. This matching service brings together Home Providers (people who have a room to rent) with Home Seekers (people who are looking for a room to rent) based on shared interests, lifestyles and needs. The program is free and the process offers: background checks, home visits, facilitated introductions, written Living Together Agreements and follow-up support. HomeShare is open to people of all ages, but seniors are given priority. Interested? Go to the website, email SANhousingprogram@gmail.com, or call (209) 577-3814 and ask for Hannah!

Source: <http://senioradvocacynetwork.org/homeshare/>

Senior Luncheon Sites Reopening

The Stanislaus County Area Agency on Aging is happy to announce that all of the 9 countywide Senior Luncheon sites are open for in person dining. Join us for a fresh, nutritious lunch and socializing - We serve lunch between 11:30 -noon most weekdays. Reservations required. Voluntary contribution of \$3.00 meal. Seniors 60 or older that are interested in the Senior lunch program should call the **Senior Information Line at (209) 558-8698 for more details.** Eating healthy food leads to a healthier body and mind!

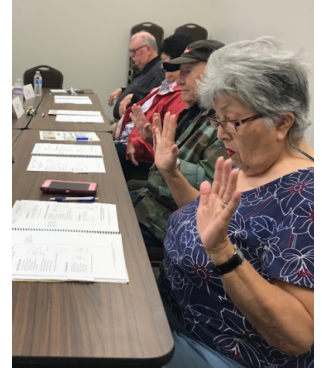


Manage Your Concerns About Falls Today

Have you had a fall recently or do you have concerns about falling? **A Matter of Balance: Managing Concerns About Falls** is an evidence based program which assists older adults in reducing their fear of falling and increasing activity levels. The upcoming in-person A Matter of Balance class will meet on Tuesdays beginning in January. Classes will meet once a week for 8 weeks in 2-hour sessions.

For more information or to sign up for this class please contact Healthy Aging Association at (209)525-4670. Classes are limited to 12 individuals and precautions will be taken to ensure everyone's health and safety.

Source: <https://www.healthyagingassociation.org/a-matter-of-balance.html>



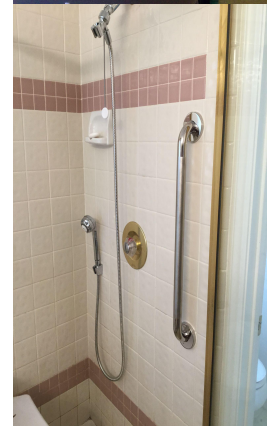
Making Your Home Safe One Step at a Time

Lois is a strong and independent 90 year old woman. She lives in a large home and is at a high risk of falling, since she scored 29/30 on a fall risk assessment. Lois had concerns that were mainly in her master bathroom. Her goal was to make her shower and toilet area fall proof. With help from the **Dignity At Home Program**, Lois feels much safer and her fear of falling has been greatly reduced. We were able to make bathing easier by providing a grab bar and a hand held shower head bracket on the lower shower wall to make reaching it easier and safer. Now Lois has the confidence to not fall while in the shower!

What is the **Dignity At Home - Fall Prevention Program**? It is a program that provides older adults with in-home assessments of potential fall risks, fall prevention accessories or tools for around the home, and fall prevention education that is all at no cost. Some requirements include being 60 and older, having a risk of falling, and meeting income guidelines.

If you are interested in the **Dignity At Home - Fall Prevention Program** please call the **Area Agency on Aging at (209) 558-8698** to get the process started.

Source: <https://www.healthyagingassociation.org/dignity-at-home.html>



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