

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

CDC Recommends Second Booster Shot for those 65+

- The Center for Disease Control and Prevention has expanded eligibility to those 50 years and older, with a strong recommendation that those 65 years and older receive a second booster dose of either Pfizer or Moderna.
- The second booster dose is available to those 50 years of age or older, and must be administered at least 4 months after the first booster dose of either Pfizer or Moderna.
- The reason for this second booster dose is to continue the increased protection levels against COVID-19 for high risk individuals, as none of the COVID-19 vaccines are as strong against the Omicron variant compared to earlier variants.
- This additional booster is especially important to those 65 and older, and those 50 and older with underlying medical conditions.
- With the highly transmissible BA.2/“Stealth Omicron” variant rolling across the U.S. this second booster will be crucial for the older population’s protection. (See pg. 3 for more on Stealth Omicron)



Source: <https://www.cdc.gov/media/releases/2022/s0328-covid-19-boosters.html>

COVID-19 Raises Diabetes Risk by 40%

- According to a large new study of patients conducted at U.S. Veterans Administration health systems, having COVID-19 seems to raise an individual's risk of developing diabetes within the next year by 40%!
- The risk of developing diabetes for overweight individuals increased by 59%, among those with the lowest diabetes risk 38%, and even higher for those with severe cases of COVID-19.
- The study was based on records from more than 8 million people and 180,000 who had COVID-19 and aligned with a similar data study in Germany that also showed consistency with these results.
- Dr. Ziyad Al-Aly, chief of research and development for the study, stated, “It’s really, really clear that all these roads are pointing in one direction, that COVID-19 increases the risk of diabetes up to a year later.”
- The long-term implications of COVID-19 increasing diabetes will have a profound effect in the United States, with an expected millions of individuals appearing with new cases of diabetes in the coming years.



Source: <https://www.webmd.com/lung/news/20220324/covid-19-ups-diabetes-risk-year-later?>

Why All of the Mistrust With COVID Vaccine?

- Vaccine hesitancy has been a problem in counties like Stanislaus ever since the COVID-19 vaccine first became available.
- In Stanislaus County, 30% of the population has not received any COVID-19 vaccine, with only a full vaccination rate of 58% among the population.
- One of the many reasons for the denial of the COVID vaccine is the fear of the side effects that can possibly come with it, while another reason is simply because individuals do not trust it.
- Perhaps one of the biggest reasons for the mistrust in the vaccine is due to a distrust in our government, and having made the vaccine a political issue instead of a health issue.

<i>Myth</i>	<i>Fact</i>
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 vaccines contain microchips.	There are no microchips inside COVID-19 vaccines. Vaccines are for the purpose of fighting against disease, not to track individuals' movements.
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 24-48 hours, which is much less than COVID-19 symptoms.
Democrats are the only ones pushing for the COVID-19 vaccine.	Although the COVID vaccine is politically divided, both Republicans and Democrats have over 60% of their population vaccinated with at least one shot.

Sources:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after>
<https://www.kff.org/coronavirus-covid-19/poll-finding/kff-covid-19-vaccine-monitor-january-2022/>.

Source: <https://www.modbee.com/news/coronavirus/article259698320.html>

Unable to Leave Your Home For A Vaccine Appointment?

Are you an older adult who is unable to leave his/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 to you, for free!

Our Homebound Program is a great program that brings the vaccine to you! Call us 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!

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 County residents **FREE** rides to medical and social service appointments, community locations and events where you have access to COVID-19 education and vaccines!

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

If living in Grayson, Patterson, or Newman call **(209) 593-6112**

****Rides provided based on availability of Uber drivers****



“Stealth Omicron” Now Dominant COVID Variant in U.S.

- The “Stealth Omicron” or also known as the BA.2 variant has rapidly become the most dominant variant in the United States over the past few weeks.
- This variant has been the cause for nearly 55 percent of domestic coronavirus cases for the week ending March 26.
- A week before, BA.2 was only responsible for 35 percent of the cases in the U.S., showcasing its rapid spread throughout the country.
- This variant is called the “Stealth Omicron” because it is a subvariant of the Omicron variant, and is more contagious than its predecessor, spreading about 1.5 times faster.
- Although it is more contagious, BA.2 does not appear to cause more severe disease.
- Nonetheless, we must continue to protect ourselves and our loved ones by being both vaccinated and boosted!

Thinking about Traveling Domestically?

Here are some recommendations to keep in mind before traveling:

- Delay travel until you are up to date with your COVID-19 vaccinations.
- Check your destination’s COVID-19 situation beforehand. There may be different travel restrictions in place.
- Wearing a mask over your nose and mouth is required in indoor public areas of public transportation (airports, airplanes, buses).
- Do not travel if you are sick, tested positive for COVID-19, had contact with someone with COVID-19, or are waiting for test results back.
- Get tested both before and after your trip!



Source: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>



Coffee Road Cafe Senior Luncheon

The Stanislaus County Area Agency on Aging is opening their newest Senior Lunch site at the Stanislaus County Veterans Center at 3500 Coffee Road, Suite 15. Come for the meal, stay for the company at the Grand opening on Monday, April 4, 2022. Lunch is served Mondays through Wednesdays from 11:00 a.m. - 12:00 p.m. (doors open at 10:00 a.m. Reservations are encouraged (209) 558-8698. **Adults 60 years or older and their spouse at any age | \$3.00 voluntary contribution.*

In honor of our past and present Young at Heart Strength Training participants and instructors who encourage us to keep moving and feeling Young at Heart join us at our 15th annual fundraiser

AGE WITH MOVEMENT CELEBRATION

Friday, May 6, 2022

8:00 a.m. - 12:00 p.m.

East La Loma Park

2001 Edgebrook Drive, Modesto, 95354

Free event | Fitness Fun | Opportunity Drawing | BINGO
add on an exclusive Vintage Irish Green event shirt and bag for \$20.00

Register today by visiting www.healthyagingassociation.org
or by calling (209) 525-4670

Tentative Schedule of Events

- 8:00 a.m. Kick-off
- 8:10 a.m. Zumba on the basketball court
- 8:30 a.m. - Morning Walk in the Park
- 9:00 a.m. - BINGO* with Seva Hospice
- 9:45 a.m. Fitness Fun on the basketball court
- 10:00 a.m. - Late Riser's Walk in the Park
- 10:00 a.m. BINGO* with Seva Hospice
- 10:30 a.m. - Healthy Aging Tai Chi on the basketball court
- 11:00 a.m. BINGO* with Seva Hospice
- 11:30 a.m. Cool-down & Feel Young at Heart



*Extra donation per BINGO card



Memorial Medical Center
Sutter Gould Medical Foundation



All proceeds will benefit
Healthy Aging Association
For more information, please contact us at
(209) 525-4670
www.healthyagingassociation.org



Created and Edited by: **Healthy Aging Association**
3500 Coffee Road, Suite 19, Modesto CA 95355 | (209) 525-4670

En español por favor llame (209) 525-4670

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



"Newsletter funding is provided by Together Toward Health, a program of the Public Health Institute, through funding from a group of philanthropic organizations in California who have contributed to a pool of funds to support and enhance local COVID-19 response efforts in communities disproportionately impacted by the pandemic."