

# Stay Informed While Staying Safe

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

### Want the Vaccine? Unable to Leave Home?

If you are a homebound senior and want to get the COVID-19 vaccine, call the **Healthy Aging Association at (209)525-4670** and ask for our Outreach Worker, Geneva. If the older adult is unable to call, a family member can call on behalf of the individual.

### **What is classified as homebound?**

A senior who needs help from another person or medical equipment such as crutches, a walker, or a wheelchair to leave their home or the doctor believes their health/illness could get worse if they leave home, and if it is too difficult to leave home, they are considered homebound.

Source: <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/homebound-persons.html>



### What You Need to Know About the Delta Variant

The Delta variant, which is a mutation of the COVID-19 virus, was first detected in the United States in March 2021. This is one variant that seems to spread more easily and quickly than other variants, which may lead to more cases of COVID-19. An increase in cases will put more strain on healthcare resources, lead to more hospitalizations, and potentially more deaths. As scientists continue to study the Delta variant and other variants, their current studies suggest that the authorized vaccines (Pfizer, Moderna, and Johnson & Johnson) work to fight against the circulating variants.

Here are some recommendations for individuals to take to protect yourself against COVID-19:

- Get a COVID-19 vaccine.
- Wear a mask that covers your mouth and nose, especially if you have underlying health conditions and are over 65.
- Avoid crowds and poorly ventilated indoor spaces.
- Wash your hands often with soap and water. If soap and water are not available use hand sanitizer.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/variants/variant.html>

### Back to Masks

**California urges indoor face coverings for all, regardless of vaccine status.** To maximize protection from the Delta variant in areas where transmission may be high, **wearing a mask indoors for adults and children over the age of two, in public is the best solution.** Wearing a mask is most important if you have a weakened immune system, you are over the age of 65 or have an underlying medical condition, you are at increased risk for severe disease, or if someone in your household has a weakened immune system, or are unvaccinated. If this applies to you or your household, you might choose to wear a mask for the health and safety of your family.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

## Have You Been Fully Vaccinated?

In general, people are considered fully vaccinated, if one of the two apply:

- 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.

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

For more information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

## What Can You Do When You've Been Fully Vaccinated

People who are fully vaccinated are less likely to get infected with COVID-19 and transmit the virus to unvaccinated people.

- Vaccinated individuals can resume activities that they did before the pandemic without wearing a mask or social distancing except where required by laws, rules, regulations, or local guidance.
- If traveling domestically, there is no need to get tested before or after travel or self-quarantine after travel. However, masks are required on planes, buses, trains, and other forms of public transportation.



If you are unvaccinated, take preventive measures. Wear a mask, stay 6 feet apart, wash your hands, and get vaccinated so we can resume activities we have missed.

For more information: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

## COVID-19 Test is Quick, Easy, and Free

COVID-19 testing provides a better picture of the cases in our community. Testing is quick, easy, and free of charge!

### **Where can you get tested?**

OptumServe: In-Office and Drive-Thru Testing

*Locations are subject to change | Walk-in or make an appointment 1(888) 634-1123*

- **Rube Boesch Center** - Sunday - Friday from 7:00 am - 7:00 pm  
275 North Orange Street, Turlock, CA 95382
- **Salida Library** - Monday - Friday, 7:00 am - 7:00 pm     \*Drive-Thru option available  
4835 Sisk Road, Salida, CA 95368
- **Ceres Unified School District – District Offices** - Sunday-Thursday, 7:00 am - 3:00 pm  
2491 Lawrence Street, Annex Meeting Room 2, Ceres, CA 95307

For additional locations visit [www.curative.com](http://www.curative.com) OR [www.hrssupportpros.com](http://www.hrssupportpros.com) (Turlock).

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

## Be Food Smart!

Are you looking to learn how to plan well balanced meals, learn simple strategies for eating healthy, and a place to participate in fun activities like food demonstrations? Join our Leah's Pantry Food Smarts class, offered from the comfort of your own home! This class meets on Zoom, every Tuesday at 2:00 p.m. from August 17 - September 28. To register email [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com) or call Healthy Aging Association at (209)525-4670.



Here is a sample of what you might see for a food demonstration:

### **Hummus & Veggie Pita Sandwich (Serving size for four)**

#### **Ingredients:**

¼ cup hummus	1 avocado peeled, seeded, and chopped
½ cucumber peeled and chopped	1 tomato chopped
2 tablespoons black olives, sliced	1 whole-wheat pita bread

#### **Directions:**

1. Cut pita bread in half, making two half circles.
2. Open one pita pocket half and spread 2 tablespoons of hummus inside.
3. Put avocado, cucumber, tomato, and olives inside the pita pocket.
4. Repeat with the other pita pocket half. Enjoy with a friend!

For more information: [www.Eatfresh.org](http://www.Eatfresh.org)

## Take the First Step to Prevent Falls!



We often hear about ways to prevent heart disease, cancer, osteoporosis, or diabetes, but what about preventing falls? One way to start preventing falls is through the Dignity At Home, Fall Prevention Program. This program provides in-home environmental assessments, fall prevention education, and injury prevention accessories to qualifying individuals 60 and older or persons with disabilities who are at risk of falling in Stanislaus County.

Examples of injury prevention accessories include; grab bars, shower seat, hand-held shower head, toilet riser, and non-slip bath mat.

To get pre-screened, call the **Senior Information Line at (209)558-8698**.

## Senior Luncheon Sites Reopening

The Stanislaus County Area Agency on Aging is happy to announce that the majority of our Senior Community Centers are reopening for in person dining beginning **Monday, August 2nd**. These meals will be made fresh daily and will replace the previous frozen box meal program. Reservation required at least one day in advance. A to-go option is also available at most sites through September. There are Senior lunch sites located in Riverbank, Hughson, Modesto, Grayson, Patterson, Newman, and Turlock. Seniors 60 or older that are interested in the Senior lunch program should call the **Senior Information Line at (209) 558-8698**. Eating healthy food leads to a healthier body and mind!



## Be Safe - Protect Yourself on the Internet

In the past year the internet has been helpful for many to maintain communication with family members or friends, participate in online classes, do online shopping or banking, stay up-to-date on news articles, and even telehealth appointments. While the internet may assist in making tasks easier or more convenient, here are some helpful tips to keep you safe when using the internet:

- **Use strong and unique passwords** and never share your passwords with anyone, unless you've designated someone you trust to manage your accounts.
- When creating an email address **do not include your zip code, year of birth or phone number** in your email address.
- **Think before you post on social media.** Whether it's a picture, video, or comment, what you post and what you share can be connected to your account regardless of some privacy settings.
- **Be aware of spam emails.** If you are unsure where the email is from, do not click any links.
- **Keep an eye on your accounts and online purchases,** remember to use secure and reputable sites when making purchases.

Source: [www.connectsafely.org/seniors/](http://www.connectsafely.org/seniors/) & [www.techsafety.org.au/blog/2018/01/29/tips-secure-email/](http://www.techsafety.org.au/blog/2018/01/29/tips-secure-email/)

## Young at Heart is Looking for Dedicated Volunteers

Healthy Aging Association is hard at work trying to launch our in-person Young at Heart Strength Training and Tai Chi fitness classes. We are finding that we are in need of volunteer instructors to help lead our classes. To be invited to the next **Volunteer Orientation please call (209)525-4670**. Prior to becoming an instructor, you will be asked to complete the 8-hour certification training to prepare you to be the best instructor you can be. Each site requires a minimum of two instructors to open a class. Interested in being a primary instructor, back-up instructor or a co-instructor? Please contact Healthy Aging Association at (209)525-4670 or email us at [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com).



If you were previously enrolled in a Young at Heart Strength Training Class, you will be notified when your class, or a class near your previous location, opens. Please call our office to ensure we have your correct phone number on file.

**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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