

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

Third Dose or Booster Shot- here is what we know:

Third Dose: The third dose of the COVID-19 vaccine is for those who have a compromised immune system and may not have developed enough immunity.

- **What** is immune compromised: those who have a weakened immune system include individuals receiving active cancer treatment patients, organ transplant patients, received a stem cell transplant within the last 2 years, individuals who have an immunodeficiency disease, HIV, and those taking medications that weaken the immune system.
- **When** can you receive the third dose? **Available now! 4 weeks after your second dose.**
- **Unsure if you are eligible? Contact your primary care physician.**



Booster Shot: The COVID-19 booster shot is intended for the general public who have gained a high level of immunity from a 2 dose series. This is intended for those whose immunity may have begun to decrease over time. COVID-19 has evolved and a booster shot or additional dose is safe and necessary.

- **Who is eligible?** Those fully vaccinated; residents of long term care facilities, health care workers, etc.
- **When should you get the booster? It is not yet available.** A booster is planned to be available in Fall 2021. More details to come soon.

Where can you go: Check with your local pharmacy, State and local health departments

Sources: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html>

Slow the Spread and Get Vaccinated

The COVID-19 Vaccines prevent serious illness, save lives, and reduces the further spread of COVID-19. Getting vaccinated is your best defense against the severity of the Delta Variant and our best shot at ending the pandemic!

WAYS TO TAKE ACTION

Getting vaccinated and wearing your mask are the most critical ways to protect yourself and others. As COVID-19 cases and hospitalizations spike throughout the State, the California Department of Public Health recommends masking in indoor public settings regardless of vaccine status and requires people who are unvaccinated to wear a mask in indoor settings. Masks are required for everyone in certain settings like hospitals and public transportation.

Source: California Department of Public Health (CDPH)

Healthy Aging Association can help assist you;

- In making a COVID-19 vaccination appointment.
- Finding a vaccine location nearest you.
- Arranging free transportation to and from your vaccination appointment.
- Arranging for a nurse to come into your home to assist those who are homebound, to get their vaccine in the safety and comfort of their home.
- Continue reading for more details or call our outreach workers at (209) 525-4670.

Get Your COVID-19 Vaccine Today!

Vaccines are now more widely available for everyone at no cost. Everyone 12 years of age and older is recommended to get the COVID-19 vaccine. Many pharmacies in Stanislaus County are providing COVID-19 vaccines;

- CVS
- Rite Aid
- Walgreens
- Walmart
- Costco (membership not required)
- Safeway



Most pharmacies you can just walk-in, no appointment is necessary. However, if you are in need of assistance setting up an appointment for your COVID-19 vaccine, give Healthy Aging Association a call at (209) 525-4670 and ask for an Outreach Worker, Geneva or Angel.

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

Do You Need a Ride to Your Vaccine Appointment?



MOVE is helping residents in Stanislaus County to get their vaccines in partnership with Uber Health and Healthy Aging Association.

If you are familiar with Uber, you can schedule your own free ride to your vaccine appointment through the Uber app.

If you are unable to schedule your free ride to your vaccine appointment, call MOVE at (209) 672-1143.

Rides provided based on availability of Uber drivers

COVID-19 Vaccine for Homebound

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 Angel 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.



Senior Luncheon Sites Reopening



The Stanislaus County Area Agency on Aging is happy to announce that the majority of the Senior Community Centers reopened in August for in person dining. For a short time, a to go meal option will be available for those that prefer to take their lunch home. These meals will be made fresh daily and will replace the previous frozen box meal program. Reservation required at least one day in advance.

- There are fresh meal Senior lunch sites available in Riverbank, Hughson, Mancini Hall Modesto, Grayson, Patterson, Newman, and Turlock.
- The Gladys Lemmons Center in Oakdale is scheduled to reopen in person dining Monday, September 13th. The Modesto Senior Center does not yet have a planned date to reopen the lunch program.

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!

Simple Ways to Get Moving

Since March 2020, 37% of older adults reported that they are less active than prior to the pandemic. Moving less leads to a decrease in flexibility, strength, endurance and mobility. Also, moving less leads to an increased risk of falling. Since the start of the pandemic, 1 in 4 older adults reported having at least one fall.

The good news is that movement does not always mean 30-60 minutes of continuous movement that requires a change of clothes. It can be as simple as cleaning the kitchen, gardening, vacuuming or walking the dog. Any type of movement that can help burn calories, will help keep joints and muscles flexible and will fend off the negative effects of sitting all day.

Here are some simple ways to burn some calories;

- Walk around your home during commercials.
- Get up and march in place at the top of every hour.
- Stand up more.
- Stretch your ankles, one at a time throughout the day.  These are simple exercises that are done in our Young at Heart Strength Training classes, turn the page for details.
- Take a few minutes a day to stand and tidy up.

These simple ways to get moving can help prevent certain chronic diseases and improve both mental and physical health. These little things that can be done daily may help you live longer, healthier and more independent lives.

Sources: www.healthyagingpoll.org
www.acefitness.org/education-and-resources/lifestyle/blog/7905/neat-ways-to-burn-more-calories

POINT

1. Sit in good posture, lift one leg off of the floor, gently point your toes away. Hold for 6 seconds and continue to the Flex portion, step 2 below.



FLEX

2. Continue in good posture, gently point your toes toward the ceiling. Hold for 6 seconds. Place your foot back on the ground and complete on the other leg.



Find a Way to Move that Brings You Joy

Participating in activities you enjoy such as walking, swimming, dancing, or by joining an exercise class may make you more likely to continue being active. The Healthy Aging Association has a few options to help older adults find the exercise class right for you!

If you are looking for an in-person Young at Heart Strength Training class, please call the Healthy Aging Association at (209) 525-4670 to find a location near you or receive an update on the class you once attended.



Looking for an online Young at Heart Strength Training class that you can participate in from the comfort of your own home? Healthy Aging Association is offering Young at Heart Strength Training on Monday and Wednesday mornings from 9:30 a.m. - 10:30 a.m. on Zoom. Call the Healthy Aging Association at (209) 525-4670 or email us at healthy.aging2000@gmail.com to register today.

Source: <https://www.nia.nih.gov/health/participating-activities-you-enjoy>

Are you Confident in your Home?

One in five older adults (21%) stated their ability to move around their home with ease has worsened since the start of the pandemic.

The Dignity At Home program is for those who are:

1. 60 or better
2. Have had a fall or are at risk of falling
3. Meet income guidelines



While 1 in 5 falls may lead to serious injury, or even death, the Healthy Aging Association has the resources to help prevent falls. We are able to assess your needs, provide resources and education, make recommendations, and possibly provide in-home injury prevention accessories, such as grab bars, bath/shower chairs, toilet railings, etc.

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.healthyagingpoll.org/reports-more/report/physical-functioning-and-falls-during-covid-19-pandemic>
<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

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



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