

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

CDC Booster Recommendations

The following information is directly from the CDC website Press Release from Friday, September 24, 2021. For the full press release visit:

www.cdc.gov/media/releases/2021/p0924-booster-recommendations-.html

CDC recommends:

- people 65 years and older and residents in long-term care settings should receive a booster shot of Pfizer's COVID-19 vaccine at least 6 months after their Pfizer's primary series,
- people aged 50–64 years with underlying medical conditions should receive a booster shot of Pfizer's COVID-19 vaccine at least 6 months after their Pfizer primary series,
- people aged 18–49 years with underlying medical conditions may receive a booster shot of Pfizer's COVID-19 vaccine at least 6 months after their Pfizer primary series, based on their individual benefits and risks, and
- people aged 18-64 years who are at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting may receive a booster shot of Pfizer's COVID-19 vaccine at least 6 months after their Pfizer primary series, based on their individual benefits and risks.

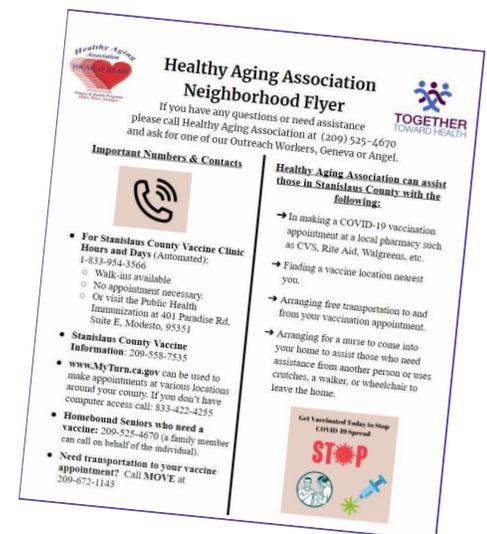
Many of the people who are now eligible to receive a booster shot received their initial vaccine early in the vaccination program and will benefit from additional protection. With the Delta variant's dominance as the circulating strain and cases of COVID-19 increasing significantly across the United States, a booster shot will help strengthen protection against severe disease in those populations who are at high-risk for exposure to COVID-19 or the complications from severe disease.

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CDC will also evaluate with similar urgency available data in the coming weeks to swiftly make additional recommendations for other populations or people who received the Moderna or Johnson & Johnson vaccines.

COVID-19 Outreach

The Healthy Aging Association has dedicated workers doing COVID-19 outreach in Stanislaus County. Outreach is done by way of door to door knocking, educational material drop off and presentations around Stanislaus County. Outreach workers assist in scheduling vaccine appointments, arranging free transportation to and from vaccine sites or appointments, as well as arranging for a nurse to come out to the home of homebound individuals to administer the vaccine. Our goal is to help get all unvaccinated seniors in Stanislaus County vaccinated. Contact (209) 525-4670 for more info.



Need Assistance to Get your Vaccine? No Problem!

If you need a ride to your vaccine appointment, MOVE is helping residents in Stanislaus County to get their COVID-19 vaccines. Call **MOVE at (209) 672-1143** to schedule your free ride to your vaccine appointment.

For Homebound seniors who need assistance from another person, use crutches, a walker, or wheelchair to leave home, call **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 at no cost to you.

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

Why Wait? Schedule your COVID-19 Vaccine Today!



5 Ways to Protect Those You Love

As a community, we need to look out for those who are not fully vaccinated, especially those under the age of 12 who cannot be vaccinated yet, and those with a weakened immune system and underlying medical conditions. Remember, when you are in public take these steps to protect yourself and others.

1. **Get Vaccinated** - Healthy Aging Association encourages you to get vaccinated as soon as possible. These vaccines have been shown to help protect you against COVID-19.
2. **Wear a Mask** - In all indoor public settings a mask should be worn over your nose and mouth for the maximum protection against COVID-19. In most cases a mask does not need to be worn outside, unless there is an occasion where there are crowds and unvaccinated individuals.
3. **Avoid Crowds** - Crowded spaces like restaurants, movie theaters, etc., puts you at a higher risk for COVID-19. It is best to avoid indoor spaces that do not offer fresh air from outdoors.
4. **Stay 6-Feet Away** - regardless of vaccination status, it is still recommended to stay 6-feet away from others as some may have the virus without symptoms, but can still spread COVID-19.
5. **Wash Your Hands Frequently** - Wash your hands prior to eating or preparing food, before touching your face, after using the bathroom, after leaving a public place, after blowing your nose, coughing or sneezing, after handling your mask, and after touching animals or pets.

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

Don't Forget About Flu Season!

It's flu season, the vaccine is for everyone! Slow the spread of the flu by not touching your eyes, nose, or mouth. Wash your hands frequently, and stay home if you are sick. The flu vaccine is available at most pharmacies, the health department, and your health care provider. For more information on the flu, visit <https://www.cdc.gov/flu/prevent/vaccinations.htm>



Helping Those at Risk of Falling

Carlos, a strong-willed, cheerful, courageous gentleman is one of the clients we would like to shine a spotlight on. Carlos, a Spanish only speaking gentleman who we had the pleasure of working with through the Dignity At Home- Fall Prevention Program, alongside his wife and daughter, is a great example of how teamwork can make the dream work. The trio played an important role in helping us achieve fall prevention resources for the client.

Carlos had a fall score of 24/30, a score we consider very high risk for falls. We were able to provide a shower chair to help reduce the chance of falling from exhaustion or the onset of pain, and a grab bar to help support him when stepping up and down onto different levels within his home. With these injury prevention accessories and Carlos' receptive attitude, his risk of falling has been reduced.

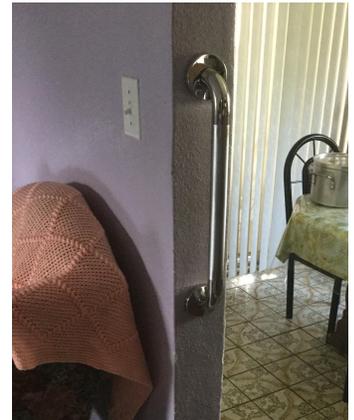
What is the *Dignity At Home- Fall Prevention Program* you might ask? The program offers fall prevention education, in-home assessments, and injury prevention accessories in homes of those who are potentially at a risk for falling, all at no charge to the client.

The program has a couple requirements:

1. At least 60 years of age or disabled
2. Having had a fall or at risk for falling

If this program seems right for you, or someone you know, please contact the Area Agency on Aging at (209) 558-8698 to be pre-screened for the program.

For specific questions about the program contact Healthy Aging Association at (209) 525-4670.



Senior Luncheon Sites Reopening



The Stanislaus County Area Agency on Aging has opened the majority of the Senior Community Centers 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. 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!

Staying Young at Heart

With the fall weather quickly approaching it is important to continue making exercise and physical activity a priority. If you currently exercise outdoors, try to bundle up or wait until the warmer part of the day to get moving.

Join an in-person Young at Heart Strength Training class or try an online class! To find an in-person location nearest you or receive an update on the class you once attended, please call the Healthy Aging Association at (209) 525-4670. Healthy Aging Association's Young at Heart Strength Training class meets online via Zoom on Monday and Wednesday mornings from 9:30 a.m. - 10:30 a.m. To register for the online class please email us at healthy.aging2000@gmail.com.



Staying active during the colder months not only helps to maintain strength, balance, and flexibility, but it also helps older adults to continue performing their daily activities with ease and decrease their chances of having a fall.

Source: <https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-stay-active-in-cold-weather>

Healthy Aging and Fall Prevention Virtual Summit October 18–22, 2021

Virtually and Drive Thru Distributions in
Modesto, Oakdale, Ceres, Newman, Grayson, Patterson, & Riverbank

For event information call (209) 525-4670

or visit www.facebook.com/4HealthyAging | www.healthyagingassociation.org/healthy-aging-summit

To view the Virtual Healthy Aging and Fall Prevention Summit follow us on Facebook or visit our website to view the videos and clips featuring the following Senior topics:

Monday—Diabetes & Oral Health | **Tuesday**—Healthy Lifestyles | **Wednesday**—Fall Prevention
Thursday—Infection Prevention | **Friday**—Stroke & Life Care Planning

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



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TOWARD HEALTH

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