

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

Some COVID-19 Vaccine Recipients Can Get Booster Shots

Who is eligible for the COVID-19 Booster Shot?

- People 65 years and older, 50-64 years old with underlying conditions, or 18 years and older who live in long-term care settings should receive a booster shot.
- People 18 years and older should receive a booster shot at least 2 months after receiving their Johnson & Johnson/Janssen COVID-19 vaccine.

If you received: **Pfizer-BioNTech** or **Moderna**

You are eligible for a booster if you are:

- 65 years or older
- Age 18-64 who live in long-term care settings
- Age 18-64 underlying medical conditions
- Age 18-64 who work or live-in high-risk settings

When to get a booster:

- At least 6 months after your second shot.

If you received: **J&J / Janssen**

You are eligible for a booster if you are:

- 18 years or older

When to get a booster:

- At least 2 months after your shot.

Choosing Your COVID-19 Booster Shot

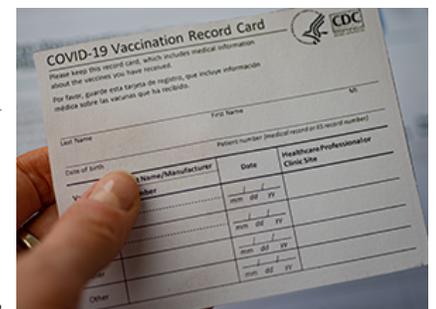
You may choose which COVID-19 vaccine booster shot you would like to receive. Some people may have a preference for the vaccine type that they originally received, and others may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots.

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

Vaccination Record

If you are going to get another shot of a COVID-19 vaccine, you should bring your COVID-19 Vaccination Record Card. You will want your vaccine card ready to hand to your vaccination provider when you receive your second dose, additional dose, or your booster shot.

Misplaced or lost your card? Contact your vaccination provider directly, they should be able to assist you in accessing your vaccination record. If you are not able to contact your vaccination provider, please contact the Stanislaus County Health Services Agency at (209) 558-7535 to receive a copy of your vaccine record digitally or by mail.



Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccination-card.html>
https://www.cdc.gov/coronavirus/2019-ncov/images/vaccines/cdc-vaccine-card.png?_=81468

COVID-19 Myths - Busted with Facts

Myth 1: COVID-19 vaccines cause variants.

CDC says, “No, COVID-19 vaccines do not create or cause variants of the virus that causes COVID-19.”

Facts: New variants occur because COVID-19 constantly changes and mutates naturally. Prior to the COVID-19 vaccines being available, there were several variants of the virus. In the future there are still expected to be several new variants that will emerge.

The CDC mentions that the COVID-19 vaccines can actually help prevent new variants from emerging especially in populations with high vaccination rates.

Myth 2: COVID-19 vaccines contain microchips.

CDC says, “No. COVID-19 vaccines do not contain microchips.”

Facts: Vaccines are developed to fight against the intended virus and are not used to track movement.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

Homebound or Need Transportation



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, 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.*

Are you able to leave home, but need a ride to your vaccine appointment? MOVE 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.

It's Flu Season!

Influenza (flu) is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and flu can affect people differently. An annual seasonal flu vaccine is the best way to help protect against flu. Vaccination has been shown to have many [benefits](#). While some people who get a flu vaccine may still get sick, flu vaccination has been shown to reduce the severity of illness. You may receive your Flu vaccine from your Healthcare Provider or Pharmacy at no charge.



Source: <https://www.cdc.gov/flu/prevent/keyfacts.htm>

Join Our Upcoming Nutrition Class

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 Food Smarts class, offered from the comfort of your own home!

Food Smarts meets for 6-weeks virtually and allows conversation amongst participants to share recipes, ask for cooking suggestions, and discuss various nutrition topics.



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We have two options for you to choose to join in on:

- Mondays at 2:00 p.m. from November 15 - December 20
- Tuesday at 9:30 a.m. from November 23 - December 28.

To register email healthy.aging2000@gmail.com or call Healthy Aging Association at 525-4670.

Holiday Scams & Fraud

During these upcoming festive winter months, scammers have been known to take advantage of those with busy schedules and generous spirits this holiday season. Remain on the lookout this holiday season with online shopping, charity scams, delivery scams or travel scams. Here are some warning signs to be aware of:



- Huge discounts on gift items promoted on social media posts or unfamiliar websites.
- Spelling errors or poor grammar on a shopping website or in an email.
- A shopping or travel site does not list a phone number or street address for the business and offers only an email address or a fill-in contact form.
- A site does not have a privacy policy.
- An unsolicited email asks you to click on a link or download an app to access a deal or arrange a delivery.

Source: <https://www.aarp.org/money/scams-fraud/info-2019/holiday.html>

Senior Luncheon Sites are Open!

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



Well Connected

During these challenging times of separation and isolation, Well Connected and Well Connected Español has provided laughs, intellectual stimulation, inspiration, conversation and more, all via groups you can join from home, by phone or online. Well Connected is a virtual community that offers phone and online activities that build community through group conversations, games, and education. Well Connected has different types of programs which range from groups, to classes, and more. **Registration is completely free and easy. You can register online or by contacting them at (877) 797-7299 or coviaconnections@covia.org.**

Source: <https://covia.org/programs/well-connected/>

Staying Active in the Colder Days

As winter approaches and temperatures drop, we find ourselves wanting to remain indoors and do less activities. Here are some ideas of ways to get in your steps and keep up physical activity levels this winter:

1. **Go For a Walk Inside** - walk in your home or in a controlled environment like the mall, warehouse store, or grocery store.
2. **Set Up an Area in Your Home** - this will help you exercise safely and provide a physical reminder to exercise throughout the week.
3. **Join a Community Class** - Classes offered by Healthy Aging Association like Young at Heart Strength Training or Tai Chi not only have physical benefits, but provide camaraderie. To find a class location nearest you call Healthy Aging Association at (209)525-4670. Or join another class you enjoy, like zumba, chair yoga or line dancing, and stick with it!
4. **Find a Class Online** - If you are not ready to return to in-person classes, find a class online. YouTube has exercise videos available or join Healthy Aging Association's Young at Heart Strength Training "live" class via Zoom on Monday and Wednesday mornings. To register for the online class please email us at healthy.aging2000@gmail.com.



Source: <https://centralorthopedicgroup.com/can-seniors-exercise-winter/>

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En español por favor llame (209) 558-8698

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



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TOWARD HEALTH

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