



# Healthy Aging Today

## Volunteering Can Change Lives

Volunteers make a difference and touch the lives of so many through the work they do. Did you know those who volunteer experience benefits to their health as well? According to the Mayo Clinic, “Research has shown that volunteering offers significant health benefits, especially for older adults, including: improvements to one’s physical and mental health, providing a sense of purpose and teaching valuable skills, and nurturing new and existing relationships.” No matter what the volunteer opportunity may be whether it is through a local church, cultural organization, non-profit organization, school or hospital, health benefits have been experienced across the board. To get involved in one of these opportunities or explore volunteering, think about hobbies or activities you enjoy and look into volunteering for an organization or group who focuses in that area of interest. At Healthy Aging Association we are grateful for each and everyone of our volunteers. If it was not for the dedication of our volunteers we would not be able to offer all the programs and services we provide to the community. We will be celebrating our volunteers during National Volunteer Week April 21- 27 and encourage you to stay active and involved in the community.

Source: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/3-health-benefits-of-volunteering>

## Healthy Eating for Older Adults

MyPlate reminds everyone of the importance of healthy eating at every stage of life. Making sure to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives for every meal is a good tip to keep in mind when choosing healthy foods. Here are a few tips from MyPlate to help make healthy eating choices:



- **Make Eating Social** - Enjoy meals with friends, family members, or neighbors when possible.
- **Drink Plenty of Liquids** - Thirst decreases with age, try to drink beverages such as water, milk, unsweetened tea, or 100% juice throughout the day.
- **Try New Spices** - To limit salt intake, try fresh or dried herbs to add flavor to foods without adding salt.
- **Make the Most of Your Food Choices** - Choose foods full of vitamins and minerals to get the nutrients your body needs.
- **Be Mindful of Your Nutrient Needs** - You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the Nutrition Facts label on packaged foods and speak with your healthcare provider to make sure you are getting the right amount of nutrients for your body.
- **Keep Food Safe** - If food has an “off” odor, flavor or texture, discard immediately. Refer to the “use by” dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

Go to [MyPlate.gov](https://www.myplate.gov) for more information. USDA is an equal opportunity provider, employer, and lender.

Source: <https://www.myplate.gov/life-stages/older-adults>



Join us at our 17th annual fundraiser

# AGE WITH MOVEMENT CELEBRATION

Friday, May 3, 2024

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 berry event shirt and bag for \$20.00**

Parking at The Church of Jesus Christ of Latter-Day Saints (731 El Vista Ave)  
Shuttle provided by El Rio and The Park at Modesto to/from parking lot

### Tentative Schedule of Events

- 8:00 a.m. Kick-off
- 8:10 a.m. Tai Ji Quan: Moving for Better Balance
- 8:30 a.m. - Group Walk in the Park
- 9:00 a.m. - BINGO\* with SEVA Hospice
- 9:45 a.m. Line Dancing with Healthy Aging Association
- 10:00 a.m. - 2nd Group Walk on the Trail
- 10:00 a.m. BINGO\* with SEVA Hospice
- 10:30 a.m. - Tai Chi with Healthy Aging Association
- 11:00 a.m. BINGO\* with SEVA Hospice
- 11:30 a.m. Cool-down & Feel Young at Heart

\*Extra donation per BINGO card



**All proceeds benefit Healthy Aging Association**

For more information, contact us at (209) 525-4670 or visit [www.healthyagingassociation.org](http://www.healthyagingassociation.org)

For more information or to register visit: <https://www.healthyagingassociation.org/age-with-movement-celebration.html>

## Why Older Adults Need Another COVID-19 Shot

Older adults should get the COVID-19 vaccine more frequently than previously recommended, according to new guidelines from the U.S. Center of Disease Control and Prevention (CDC). Health officials are urging people ages 65 and older to receive another vaccine dose in the spring, or at least four months after their most recent dose.

According to the director of the Center for Disease Control and Prevention, Mandy Cohen, MD, MPH, a committee, which is made up of independent vaccine and infectious disease experts voted 11-1 to make the change. “An additional vaccine dose can provide added protection that may have decreased over time for those at higher risk,” she said in a statement.

This decision is based on data presented by Center for Disease Control and Prevention (CDC) scientists that showed current hospitalization rates for COVID-19 are highest among seniors, with the biggest spikes occurring among those 75 years and older. People 65 and older account for 67% of hospitalization due to COVID-19. Vaccine protection wanes over time so getting another dose will help prevent serious outcomes in the most vulnerable. (The CDC previously recommended that most people get a COVID-19 vaccine once a year.)

According to Dr. Wilbur Chen, professor of medicine at the University of Maryland School of Medicine and member of the committee, “This recommendation isn’t for the entire population, but for high-risk segments of the population. We are trying to improve their protection as much as possible and wanted to afford those 65 years the opportunity to get a second dose.”

Source: [Center for Disease Control and Prevention \(CDC\)](https://www.cdc.gov/media/releases/2022/s0511-covid-19-vaccine.html)

## HICAP

Attention all Medicare Advantage Plan Beneficiaries: **Medicare Advantage Open Enrollment Period ends March 31, 2024!** Medicare Advantage Open Enrollment is a time when currently enrolled Medicare Advantage beneficiaries can make changes to their plan. If your monthly income is under \$1,903 for a single person or \$2,576 for couples, you may qualify for Extra Help, a program that helps pay for Medicare Part D premiums and lowers the cost of medications. For help with Medicare Part B premiums, you may qualify if your monthly income is under \$1,715 for a single person or \$2,321 for couples. Call the local HICAP (Health Insurance Counseling and Advocacy Program) office at (209) 558-4540 for more information and assistance with applying for these programs. All HICAP services are confidential and free of charge. Appointments are available by phone, virtual, and in-person, at our Modesto, Patterson, Ceres, and Oakdale offices.



★ *Save the Date* ★

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THE STANISLAUS COUNTY COMMISSION ON AGING IS HOSTING ITS

**3rd Annual Senior Ball**

FRIDAY | 6.14.2024 | 5:30PM - 9:30PM  
 STANISLAUS VETERANS CENTER  
 3500 COFFEE ROAD, SUITE 15, MODESTO

APPETIZERS | DANCING | MUSIC | RAFFLETUNITY

Proceeds will benefit Senior Programs in Stanislaus County

**\*Ticket purchases available May 1st\***

**Ticket price: \$30 per person | Table (8 seats): \$240**

**Tickets can be purchased at Area Agency on Aging Office**  
 3500 Coffee Road, Suite 19 or  
 at Modesto Senior Center, 211 Bodem Street  
 Call 209-525-4670 for more information.





## Take Steps in the Right Direction to Stay on Your Feet

Falls are not a normal part of the aging process. According to the CDC, “More than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.” Some falls can result in injuries that limit mobility, quality of life and independence. Here are tips to help reduce the likelihood of falling:

1. **Talk to Your Doctor** - Make sure your doctor is aware of past falling incidents even if they did not result in injury. Ask your doctor to evaluate your fall risk and to check your vitamin D levels. Ask your doctor or pharmacist to review your medications.
2. **Do Strength and Balance Exercises** - Engaging in exercises that focus on building strength, improving flexibility and maintaining balance can help reduce falls. Call Healthy Aging Association at (209) 525-4670 to learn about exercise classes in your area, join your local Senior Center, or inquire with your health insurance to see what they provide.
3. **Have Your Eyes and Ears Checked** - At least once a year have your eyes and ears checked. These tests will make sure your prescriptions are up to date and address any concerns you may have regarding balance.
4. **Make Your Home Safer** - Go through your home and eliminate fall hazards. If you are in need of a Home Safety Checklist call (209) 525-4670.

Source: <https://www.aarp.org/home-family/your-home/info-2021/fall-prevention-safety-tips.html> & CDC

## Help Prevent Falls at Home

While some falls are unavoidable, there are proven ways to reduce your risk of falls. Healthy Aging Association offers a variety of programs and services to help prevent falls.

**Dignity At Home - Fall Prevention Program** provides home assessments, fall prevention education, and injury prevention accessories to qualifying individuals in Stanislaus County. All installations are at no cost for the client! Potential injury prevention accessories that could be installed include: bath bench or shower chair, hand held shower head, non-slip bath mat, bedside pole, toilet rails, grab bars or stair railings.

### **Program Requirements:**

- 60 years of age and/or disabled
- Have had a fall, are at risk for falling, or have a fear of falling

To start the process to determine your fall risk call Healthy Aging Association at **(209) 525-4670**.



**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**