

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

3 Reasons to Receive the COVID-19 Vaccine

1. To help keep you from getting COVID-19.
2. A safe way to help build protection/immunity.
3. To help stop the pandemic and restore our communities.



For additional information about the benefits of getting a COVID-19 Vaccine visit the Centers for Disease Control and Prevention (CDC) at www.cdc.gov/coronavirus/2019-ncov/vaccines/

Stanislaus County COVID-19 Vaccine Sites

- **Modesto**, Modesto Centre Plaza - 1000 L Street
- **Turlock**, California State University, Stanislaus - Fitzpatrick Arena - 1 University Circle
- **Oakdale**, Gladys L. Lemmons Senior Center - 450 East A Street
- **Patterson**, Hammon Senior Center - 1033 W Las Palmas Ave

For information on Vaccine Clinic days and hours, please call 1-833-954-3566 or for more information regarding Coronavirus call (209) 558- 7535 or visit: www.schsa.org/coronavirus/vaccine

Sites Are Providing Vaccines For:

- A-1 Healthcare workers and long term care residents
- B-1 Age 65 and older
- B-1 Age 50+ in education, childcare, emergency services, and agriculture and food

Additional Ways to Receive Your Vaccine

- **Golden Valley Health Centers** is providing vaccine clinics in the rural areas in Stanislaus County. For more information or to make an appointment call (866) 682-4842
- **Local Pharmacies** - some pharmacies throughout the county are now offering COVID-19 Vaccines. Locations are subject to change and by appointment only (limited availability) by visiting their website. Please visit www.healthyagingassociation.org/covid-19-updates for the link to each of the pharmacies or click the pharmacy here, [CVS](#) | [Rite Aid](#) | [Walgreens](#)
- If referred to **Kaiser Permanente** proceed to make an appointment. You do not need to be a Kaiser Member to receive a vaccine if referred.

MyTurn.CA.Gov

To find out if you are eligible or to make an appointment visit <https://myturn.ca.gov/> or call (833)422-4255. Appointments are only available for select locations and some pharmacies.

The COVID-19 vaccine is free of charge to people living in the United States. However, your vaccination provider may bill your insurance for administering the vaccine. No one can be denied a vaccine if they are unable to pay the cost.

SCAM ALERT: If anyone asks you to pay for access to a vaccine, you can bet it is a SCAM. Do not share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for an extra fee.

Herd Immunity

You may have heard this term while in conversation with others or in the media. Herd immunity is when more than half of the population of a community is immune to a specific disease, in this case the Coronavirus. If enough people are resistant to the virus, it has nowhere to go and can't spread. Now, not every individual may be immune, but the group has protection because there are fewer high-risk people within the "group". So, we want herd immunity to help infection rates drop so the virus becomes inactive.

Message for the Public

To move closer towards opening more business and schools, it is important to continue safe behaviors, even if you have received the vaccine. Each member of our community should continue to practice the following:

- Stay home as much as possible, especially if you are sick or have tested positive for COVID-19.
- Wear a mask whenever you are around others, even if you are outside.
- Watch your distance from others. Avoid gatherings.
- Wash your hands with soap and water often or use hand sanitizer when you cannot wash.
- Get tested if you have any symptoms or have been exposed to someone with COVID-19.
- Get vaccinated when it is your turn.



Source: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/need-to-know.html>

California Stimulus Package

There is great news! Governor Newsom's stimulus agreement just passed and will provide \$600 for disabled and older adults who receive SSI/SSP. So the big question is, when will these stimulus packages be sent out? Qualifying Californians should receive their payments after they file their 2020 taxes. So make sure you file your taxes early!

Senior Meals Available

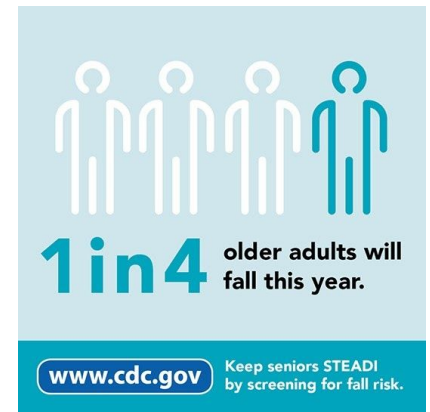
The Stanislaus County Area Agency on Aging is helping those in need of receiving nutritious meals. Seniors 60 or older that are interested in the Senior Meals Program may call for more information or register to pick-up food at a distribution center located in Riverbank, Grayson, Oakdale, Modesto, Patterson or Turlock (upon request) by calling the Senior Information Line at (209)558-8698. Eating healthy food leads to a healthier body and mind!



A Matter of Balance - Virtual Classroom!

There are many different conditions that contribute to falling. These different conditions are known as risk factors. These risk factors can be changed or modified to help reduce the risk of falling. Some of the most common risk factors are:

- Lower body weakness
- Not getting enough Vitamin D
- Difficulties with walking and balance
- Side effects of your medication. Even some over-the-counter medicines can affect balance and how steady you are on your feet.
- Vision problems
- Foot pain or poor footwear
- Home hazards such as poor lighting, clutter or throw rugs.



The Healthy Aging Association is now offering A Matter of Balance Managing Concerns About Falls Program from the comfort of your own home via Zoom! This 9-week course will be offered once a week for two hours. During the class, participants will learn to view falls and fear of falling as controllable and set realistic goals for increasing activity. Participants will also find ways to change their environment to reduce fall risk factors and learn simple exercises to increase strength and balance. If you are interested in joining one of our upcoming classes, please contact our office at 209-525-4670 or email healthy.aging2000@gmail.com

Source: <https://www.cdc.gov/falls/facts.html>

Age with Movement Celebration

The Healthy Aging Association will be holding its annual fundraiser in the month of May. This event is to honor and celebrate our past and present Young at Heart participants. They help remind us to keep moving and stay Young at Heart.

Attendee Bag Distributions: Throughout the county
May 18th - 20th

Virtual Event with Fitness Demonstrations:
May 21st from 9:30 a.m. - 11:30 a.m.



To register visit: www.healthyagingassociation.org/age-with-movement-celebration or call (209)525-4670 to receive a registration form in the mail.

Registration is **free**, however if you would like the exclusive red Healthy Aging / Young at Heart shirt, we ask for a minimum donation of \$15.00. More details to come on where to pick up your event bag and what demonstrations we will be offering in the virtual event.

Let's Stay Moving

Staying physically active has many benefits to overall health and well-being. Being physically active not only helps older adults maintain the ability to live independently and reduce the risk of falling, but exercise can reduce symptoms of anxiety and depression while improving an individual's mood. With improved strength, balance and flexibility older adults have the ability to continue doing the activities they enjoy as they age.

If you find yourself sitting throughout the day while watching television or doing a hobby you enjoy, try these lower body exercises to keep you limber, loose and moving:

1. March for 30! - *How to do it:* Sitting or standing in good posture, move your legs as if you were walking, march in place leisurely for 30 seconds.

2. Raise the Toes – *How to do it:* Sitting in good posture towards the edge of the chair with feet hip width apart. Roll onto the heels of both of your feet so your toes are pointing up toward the ceiling. Hold for 3 seconds and return to feet flat on the floor. Repeat 5 - 11 more times.



3. Roll onto Your Toes (Heel Raises) – *How to do it:* Sitting in your chair in good posture with feet hip width apart. Roll onto the toes of both of your feet so your heels come off the ground. Hold for 3 seconds and return to feet flat on the floor. Repeat 5 - 11 more times.



These exercises can be found in Healthy Aging Association's Participant Routine. To download a copy visit <https://www.healthyagingassociation.org/>

Source: <https://www.cdc.gov/nccdphp/sgr/olderad.htm>

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



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