



Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

Stanislaus County Remains a Hotspot for Omicron

- ★ New data from CovidActNow indicates that Stanislaus County remains at a **high** community risk level case rate for COVID-19.
- ★ The average daily cases in Stanislaus county as of March 7th is 107.
- ★ Stanislaus County is currently 18th in California with the highest COVID-19 infection rates, and is more vulnerable than 91% of U.S. counties.
- ★ Individuals 65 and older make up 70% of all Stanislaus County deaths from COVID-19, and those 50-64 make up 14%.

Source: <https://www.cdc.gov/> & <https://covidactnow.org/>

Know Your Risk With COVID-19

Immunocompromised or Have Chronic Disease	Unvaccinated	Vaccinated
<ul style="list-style-type: none"> ● Increased risk of severe illness from COVID-19. ● May need to take extra precautions to stay safe even if they are up to date with their COVID-19 vaccinations. 	<ul style="list-style-type: none"> ● Higher risk of severe illness, hospitalization, and death against COVID-19. ● Strongly recommended to follow prevention measures such as masking to stay protected. 	<ul style="list-style-type: none"> ● Protected against severe COVID-19 infection. ● Reduced risk of hospitalization and death. ● Being boosted will aid in protection levels

Source: <https://www.cdc.gov/coronavirus/2019>

Additional At-home Test Kits Now Available!

- An additional set of 4 at-home COVID-19 test kits are now available through the federal government.
- To get yours today visit: www.covidtests.gov.
- If you have any issues please call Healthy Aging Association at (209) 525-4670.

Underlying Health Conditions & COVID

A new study conducted by the CDC discovered key findings in relation to underlying medical conditions and severe illness among adults.

Main findings from the study:

- Risk of severe COVID-19 illness was increased by certain underlying medical conditions.
- Having multiple conditions also greatly increased risk.
- Obesity, diabetes, and anxiety and fear-related disorders have the strongest association with death from COVID-19.
- The risk associated with a condition increases with age.

What does this mean?

- Those with underlying medical conditions and of older age should be taking extra precautions to protect themselves from COVID-19.

Source: <https://www.cdc.gov/coronavirus/>

What Older Adults Need to Know About Masking

Despite the relaxed mask mandate in California, Stanislaus County Health Services Agency still STRONGLY recommends continued use of masks for protection.



What you can do to continue protecting yourself:

- Continue wearing a mask indoors or in large group settings.
- Stay up to date with COVID-19 vaccinations (and booster).
- Get tested if you have any symptoms.
- Continue to social distance and wash hands frequently.

Universal masking for vaccinated and unvaccinated people alike is still required in Stanislaus County and throughout California in public transit, emergency shelters, and healthcare facilities.

Source: [modbee.com](https://www.modbee.com)

Unable to Leave Your Home for a Vaccine Appointment?



Are you an older adult who is unable to leave his or her home to receive the COVID-19 vaccine, Booster shot, or Flu vaccine? The Healthy Aging Association will assist you with scheduling an appointment to have a nurse come to your home to administer the vaccination you are requesting.

The Homebound Program is a great program that brings the vaccine to you! Call us at **(209) 525-4670** to speak with an Outreach worker and start the process of scheduling your appointment today!



Need a Ride to Your Vaccine Appointment? No Problem!

MOVE is a program that helps Stanislaus County residents with transportation to and from COVID-19 and Flu vaccination appointments. Call **MOVE** to schedule your free Uber ride appointment today **(209) 672-1143**. If living in Grayson, Patterson, or Newman call **(209) 593-6112**, and Catholic Charities will assist you with your transportation needs! If you have any questions please call us at **(209) 525-4670**.

Do You Have a Fear of Falling!?

Here is a fall prevention tip!

- ★ Physical activity can go a long way towards fall prevention. Exercise can help reduce the risk of falls by improving balance, flexibility, and strength.

The Dignity At Home - Fall Prevention Program works to have fall preventative accessories installed in your home at **no cost to you!**

To Qualify:

- Be at least 60 years of age or disabled.
- Have previously had a fall or at risk of falling.
- Monthly income requirements:
 - 1 Person - \$3,329 or less
 - 2 Person - \$3,804 or less

If you have questions, call the Healthy Aging Association at (209) 525-4670 or contact the Senior Information Line to start the process today! **(209) 558-8698**.

Food Smarts Nutrition Class

Healthy Aging Association will be offering online nutrition classes that focus on how to plan well balanced meals, to learn simple strategies for eating healthily, and to participate in fun activities like food demonstrations. Join our Food Smarts class, offered on Zoom! Classes meet for 5-weeks virtually and allows participants to discuss various health topics and explore new recipes.

Our upcoming class if you are interested in joining:

- Mondays at 11:00 a.m. from March 21 - April 18

To register email healthy.aging2000@gmail.com or call Healthy Aging Assoc. at (209) 525-4670.

The Dignity At Home - Fall Prevention Tip

Exercise to Prevent Falls:

- We lose muscle as we age
- Just doing a light exercise daily can decrease your chance of falling
- Make sure when you exercise you do so safely

Healthy Aging Association
Focus on the Heart
2022 calendar
Fitness & Health Programs
Older, Wiser, Stronger

DIGNITY AT HOME
Fall Prevention Program

COVID-19 Outreach & Test Kits

COVID-19 testing is one of the most helpful ways to protect you and others from reducing the chances of spreading COVID-19. Call or visit your nearest pharmacy to schedule a testing appointment, or visit www.covidtests.gov to order your free test kit today!

When to get tested:

- If you have any COVID-19 symptoms.
- At least 3-5 days after known or suspected contact to COVID-19.
- Before and after travel.

Healthy Aging Association would like to come out and do a health presentation in your community! The presentation includes distribution of free COVID-19 at-home test kits for those who attend. Please give us a call at (209) 525-4670 if you or anyone you know might be interested in this opportunity, or for any questions.

Source: <https://www.cdc.gov/coronavirus>

Save the Date for Healthy Aging Association's Upcoming Event!

In honor of our past and present participants and instructors who encourage us to keep moving and feeling Young at Heart join us at our 15th annual fundraiser

AGE WITH MOVEMENT CELEBRATION

Friday, May 6, 2022

8:00 a.m. - 12:00 p.m.

East La Loma Park, Modesto

Free event | Fitness Fun

add on an exclusive event shirt and bag for \$20.00

Register today by visiting www.healthyagingassociation.org or by calling (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

"Newsletter funding is provided by Together Toward Health, a program of the Public Health Institute, through funding from a group of philanthropic organizations in California who have contributed to a pool of funds to support and enhance local COVID-19 response efforts in communities disproportionately impacted by the pandemic."