

# Stay Informed While Staying Safe

## *A Newsletter in Response to the COVID-19 Pandemic*

### Young at Heart Update

As we are all eager to get back into our in-person Young at Heart classes, we wanted to give you an update. We do not currently have a reopening date set, we are following county guidelines and working very closely with the local Senior Centers to make sure that when we do open, it is safe for all involved.

If you were in Young at Heart Strength Training, Tai Chi, or Aerobics in 2019 and early 2020 you will receive a call from our office when your class site plans to reopen. We want to ensure that those who were in our program before will receive first notice of the classes resuming as class sizes will be reduced at most locations. If you were not in our programs during that time frame, you can contact Healthy Aging Association at (209)525-4670 or by emailing [healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com) to get your name added to a class list.

Thank you for your continued support and patience as we continue to do what is best for our participants, volunteers, and instructors. We look forward to the day when we can be back together again, exercising and feeling Young at Heart. Take care and we will continue to keep you updated.



### COVID-19 Vaccines and Racial & Ethnic Minority Populations

Racial and ethnic minority people are more likely than white people to get sick, become hospitalized, or die from COVID-19. It is important that we use every tool to stay healthy and to stop the pandemic. There are now safe and effective COVID-19 vaccines available. However, far fewer racial and ethnic minority people have gotten the vaccine than white people so far.

The U.S. Department of Health and Human Service (HHS), Office of Minority Health (OMH) recommends that you get the vaccine when you can---don't miss your chance to protect yourself and the people around you.

#### **Key Facts about COVID-19 Vaccines:**

- **They help protect you and others** – The COVID-19 vaccines help your body develop immunity to the disease. Getting vaccinated, wearing masks, hand washing, and staying 6 feet from others will help stop the spread of COVID-19 and help us get back to normal.
- **They are effective** – COVID-19 vaccines are very effective at keeping you from getting COVID-19. These vaccines cannot give you COVID-19.
- **They are safe** – The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines have gone through the same safety tests and meet the same standard as any other vaccines produced through the years.
- **They are free** – The federal government is providing the vaccine free of charge to people living in the United States. You can get the vaccine at no cost **regardless of your insurance or immigration status.**

Source: <https://www.cdc.gov/minorityhealth/index.html>

## Vaccinations & Immigration

No information collected for vaccination can be used for immigration enforcement or for the determination for public benefits. You might be asked for your address, phone number, and other personal information at your vaccination appointment. This information can be used to monitor vaccine safety and to follow up with you if you need a second vaccine dose. You might also be asked for insurance and Social Security, but you do not need to give this information to get vaccinated. Vaccine providers might ask for insurance or Social Security information so they can charge administrative fees to insurance companies or the federal government.

For more information: [www.cdc.gov](http://www.cdc.gov)

## Get Your COVID-19 Vaccine Today!

Vaccines are now more widely available for everyone at no cost. Everyone 12 years of age and older is recommended to get the COVID-19 vaccine. To receive a vaccine appointment go to [MyTurn.ca.gov](http://MyTurn.ca.gov) or call (833) 422-4255. For Stanislaus County clinic locations and hours go to [www.schsa.org/coronavirus/vaccine](http://www.schsa.org/coronavirus/vaccine) or call (833) 954-3566.



Many pharmacies in Stanislaus County are providing COVID-19 vaccines. Please visit the pharmacy website or call to see if vaccines are available for the following:

- Albertson's Family of Stores (including Safeway)
- Costco (Membership not required)
- Walgreens
- CVS
- Rite Aid
- Walmart

You can also check with your Healthcare provider.

For more information: <https://covid19.ca.gov/>.

## Vax for the Win!

There is a new incentive program to help boost vaccinations and to help our economy safely reopen on June 15th. If you have been on the fence about getting your COVID-19 vaccine, now is the time!

**1.5 million dollar cash prize for 10 winners:** Ten winners will be selected on June 15 to win cash prizes of 1.5 million each. Any Californian with at least one dose of the COVID-19 vaccine who is 12 years of age or older will be eligible to win.

**\$50,000 Fridays for 30 winners:** 30 winners will be selected to win \$50,000 cash prize each. 15 winners will be selected June 4 and 15 winners on June 11. Any Californian with at least one dose of the COVID-19 vaccine who is 12 years of age or older will be eligible to win.

**\$50 incentive cards for Newly vaccinated Californians:** The first two-million people who begin and then complete their COVID-19 vaccination will automatically be eligible for a \$50 gift card (virtual prepaid, Food 4 Less, or Safeway gift card), while supplies last.

For more information: [www.covid19.ca.gov/vax-for-the-win](http://www.covid19.ca.gov/vax-for-the-win)

## What Will Change on June 15?

California will return to normal on June 15th by fully opening up the economy. This means that all activities and businesses can return to normal. The county tier system (purple, red, orange, yellow) will no longer be in effect.

June 2021

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19

California Public Health Recommendations:

- Most everyday places will reopen with **no capacity limits or social distancing required**.
- **Vaccine Verification / Negative testing:** This will be required for indoor events of 5,000 or more attendees and recommended for outdoor events of 10,000 or more attendees.
- **Masking:** Follow current County Public Health for Guidance on face coverings.
- **Travelers:** Follow CDC recommendations and County/State Travel recommendations.

“What’s Next? California will keep a close eye on COVID-19 vaccination and infection rates over the summer and keep these guidelines in place until at least October 1, 2021”

For more information: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/>

## We Can Do This - National Vaccine Month of Action

This campaign is to ensure 70% of adults are at least partially vaccinated by July 4th. During this campaign you will notice an increase in access to the vaccines and continued relay of information, to ensure an equitable end to the pandemic. **Together, We Can Do This!**



For more information: <https://wecandothis.hhs.gov/>



## Got Medicare? Turning 65?

Get help with your medicare questions by contacting the local HICAP (Health Insurance Counseling and Advocacy Program).

HICAP offers free individualized counseling available in person, by telephone, or via video conferencing.



Call the local HICAP office at (209)558-4540 to learn about your medicare options and find out if you’re eligible for assistance in paying your premiums and copays. Call (209)558-4540 to also receive help with filing appeals or complaints.

## 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 a weekly box of 5 frozen meals at a distribution center located in Riverbank, Grayson, Oakdale, Hughson, Modesto, Patterson, Newman, or Turlock by calling the Senior Information Line at (209)558-8698. Eating healthy food leads to a healthier body and mind!



## A Good Mood is Just a Call Away

Are you or someone you know experiencing feelings of loneliness, anxiety, or in need of emotional support? Call the Friendship Line California 1-888-670-1360. The Friendship Line California is a 24-hour, toll-free life line dedicated to Californians over 60 years. This non-emergency call line is staffed by friendly specialists who provide emotional support, grief support, and active suicide intervention. Just a telephone call can help you feel better!

For more information: Visit <https://www.ioaging.org/friendship-line-california>

## Wellness Wednesdays on Zoom!

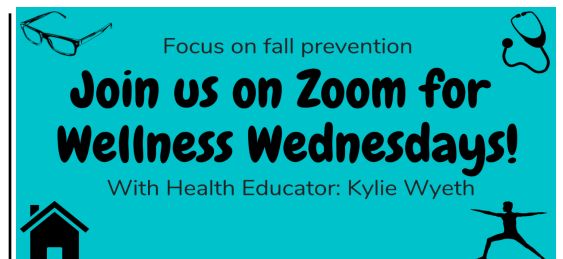
Join our Health Educator, Kylie Wyeth and Dr. Robert McGrew\* monthly for Wellness Wednesdays! There will be discussion on different topics such as exercise and home safety and how they relate to preventing falls.

**Where:** On Zoom from the comfort of your own home

**When:** Monthly, on the last Wednesday of the month

Please call our office at 209-525-4670 to gain access to our Wellness Wednesdays on Zoom!

**Missed the session?** The sessions will be posted on Healthy Aging Association's YouTube, Facebook, and website.



June 30th at 2 p.m.

Exercise

July 28 at 11 a.m.

Vision/Hearing\*

August 25 at 2 p.m.

Home Safety

\*Guest Speaker: Dr. Robert McGrew

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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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