

Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

COVID-19 In Stanislaus County

COVID-19 rates are decreasing in Stanislaus County. Unfortunately, we had 56,762 confirmed cases and 1,069 deaths since last year. 80% of those deaths in Stanislaus County were older adults 65 and older. Older adults also had the highest percentage of hospitalization compared to any other age group. As of June 2021, there were 35 cases and 0 deaths meaning we are improving and closer to defeating COVID-19. In order to keep seeing improvement with COVID-19, we must get vaccinated, especially older adults. As of June 2021, only 60% of older adults were vaccinated in our county. We need to make sure older adults get vaccinated because those who are unvaccinated are more likely to be hospitalized or even die.



Source: <http://schsa.org/coronavirus/stats/>

Facts About COVID-19

Vaccines are thoroughly tested for safety before they are made available to the public. Vaccines go through extensive trials before they can be introduced in a country. Expert doctors and scientists follow strict international standards while deciding to make a vaccine available to the public. Like all medicines, vaccines may cause side effects that are usually minor and temporary. More serious side effects are extremely rare. A person is far more likely to be seriously harmed by a disease than by its vaccine.

COVID-19 vaccines were developed quickly while maintaining the highest safety standard possible.

The need for a COVID-19 vaccine was urgent, so governments and companies spent much more money to develop it. Research and development took place at the same time around the world while still following strict safety and clinical standards. This allowed for faster vaccine development but does not make the studies any less rigorous or the vaccine any less safe.

COVID-19 vaccines cannot give you COVID-19.

You cannot get COVID-19 from any of the vaccines. None of the COVID-19 vaccines will give you the coronavirus. They may cause minor side effects such as a sore arm or mild fever. This is a sign that the vaccine is working.

Key Facts about COVID-19 Vaccines:



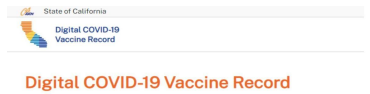
They help protect you and others	They are effective
They are safe	They are free

Source: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/covid-19-vaccines>

Digital Vaccine Card

As of June 18, 2021 California now has a new digital tool that gives people the ability to view and save their COVID-19 vaccine card anytime online. The digital vaccine card is available to view vaccine records in case the paper card gets lost or damaged. Each user will receive a QR (Quick Response) code to help maintain privacy and security. To access the digital vaccine card individuals will be asked for their name, date of birth, and email or phone number that was used for your vaccine appointment. Individuals will also be required to create a 4-digit pin that will have to be used each time to login for privacy and protection.

For more information: <https://myvaccinerecord.cdph.ca.gov/>



Vaccination Information:

Name:
DOB:
Dose #1 Date:
Dose #1 Type/Mfr:

Dose #2 Date:
Dose #2 Type/Mfr:

Variants of Concern on the Rise

The Delta variant, along with the Gamma or P.1 variant, have been deemed variants of concern by the Centers for Disease Control and Prevention – meaning their danger comes from their ability to transmit more easily or cause more severe disease. The Gamma variant, first identified in Brazil, has been detected in every US state where the CDC has variant information. Vaccination has been shown as the best way for the US to get ahead of the variants. A recent study by Public Health England found that two doses of a coronavirus vaccine are “highly effective against hospitalization” caused by the Delta variant. This is a reason why those who are unvaccinated should be vaccinated as soon as possible.

For more information: <https://www.cdc.gov/coronavirus/2019-ncov/variants/variant-info.html>

COVID-19 Vaccinations for Homebound Older Adults

Stanislaus County has Public Health Nurses available to administer COVID-19 vaccinations for county residents that are homebound. To qualify, a resident must live in Stanislaus County and self-attest that they are homebound. Homebound is defined as:

1. You must need the help of another person or medical equipment such as crutches, a walker, or a wheelchair to leave your home, or your doctor believes that your health or illness could get worse if you leave you home
AND
2. It is difficult for you to leave your home and you typically cannot do so.



If you qualify for an in-home COVID-19 vaccination, please call: Healthy Aging Association (209)525-4670. Ask for; Outreach Worker, Noelia or Geneva to arrange for a referral. A family member or caregiver may call on behalf of the homebound individual.

Source: <http://schsa.org/coronavirus/vaccine/>



HEALTHY AGING ASSOCIATION

3500 Coffee Road, Suite 19, Modesto, CA 95355
(209)525-4670 | www.healthyagingassociation.org
501(c)(3) nonprofit organization

Dear Healthy Aging Association Supporter,

This past year has been a challenging time for the Healthy Aging Association as we have had to adapt, create, and coordinate programs for older adults to continue living healthy, independent lives during the COVID-19 pandemic. While the COVID-19 pandemic has affected each of our lives greatly, the needs of older adults to be physically active, eat nutritious food, and prevent falls has remained prevalent.

During this pandemic more older adults have stayed at home, making them more aware of hazards in their home which could lead to having a fall. Clients, like Maria, from the Dignity At Home Fall Prevention Program not only have received injury prevention accessories throughout their home, but can now move about their home without being fearful of falling.

“I am a very independent person and I have had two falls recently in my home. After the Dignity At Home program I feel more comfortable living alone with a grab bar inside my shower and a grab bar in my laundry room.” - Maria

A safe living environment along with regular physical activity are essential to prevent future falls and to help older adults continue doing activities they enjoy with ease. Participants, like Michael, have felt increased strength and improved balance from taking the Young at Heart Strength Training classes and now he has the confidence to do all he sets his mind to.

“I stay motivated to continue exercising by keeping a positive attitude with the current situation. I hope the Young at Heart Strength Training classes continue because I love everything about them, and I recommend the program to all my friends. I have experienced physical and mental benefits from the classes in just a few months.” – Michael S.

We are asking you to please consider supporting Healthy Aging Association as we continue to host virtual Young at Heart Exercise classes, virtual Food Smarts classes, the modified delivery of the ‘Go Green for Seniors’ Green Bag Program, and assist those in need through the Dignity At Home Fall Prevention Program. We are also working hard to provide reliable information in our monthly newsletter for older adults, *Stay Informed While Staying Safe* for those without internet access.

Help make a difference in the lives of those in our community today!

1. Become a monthly giver by donating at www.paypal.com/donate?hosted_button_id=SXJXTAJA7WC7N
2. Make a one-time donation by utilizing the envelope provided or on our website at www.healthyagingassociation.org

We are all eager to get back into our in-person programs and we look forward to the day when we can be back together again. Thank you for your continued support as we continue to take the steps to transition our programs back to in-person classes and make sure it is safe for all involved.

Sincerely,

Dianna L. Olsen, Executive Director



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!



Dignity At Home - Fall Prevention Program

Have you had a fall or are you at risk of falling? We have the perfect program for you! The Dignity At Home program provides home assessments, fall prevention education, and injury prevention accessories to qualifying individuals 60 and older or persons with disabilities who are at risk of falling in Stanislaus County.

Dignity At Home Program Guidelines:

1. Be at least 60 years of age or disabled
2. At a risk of falling or have had a fall
3. Fully vaccinated from COVID-19
4. Meet the household income guidelines
Monthly - \$3,617.00 or less
Annually - \$43,408.00 or less

What the program involves:

- Phone interview to qualify.
- In-home environmental assessment.
- Education and information on fall prevention.
- If recommended, installation of injury prevention accessories.



Call the Senior Information Line at 209-558-8698 to get pre screened today!

Potential Injury Prevention Accessories: bath bench, hand-held shower head, non-slip bath mat, shower chair, bedside pole, commode rails, grab bars, stair railings, and a home safety assessment.

**Don't meet the guidelines above, but are in need of Fall Prevention education and materials?
Please contact Healthy Aging Association at (209) 525-4670.**

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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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