



January/February 2023



Stay Informed While Staying Safe

A Newsletter in Response to the COVID-19 Pandemic

Where we are Now

According to the Stanislaus County Public Health Annual Report for 2022, COVID-19 was the second leading cause of death, behind cancer.

Modesto Bee 01/23/2023

People in the health industry said changes in patient behavior may ensure the pandemic's harsh effects will linger. People afraid of catching COVID-19 got in the habit of not seeing their doctor and are not making appointments for routine cancer screenings. Even those stricken by illness or injury are delaying treatment putting their lives at risk.

We still have people in the county, the state and the nation who are hospitalized for COVID and die from COVID-19 according to the Stanislaus Public Health Officer.

How to Protect Yourself

Stay up to date on COVID-19 Vaccinations:

COVID-19 vaccines are effective at protecting people, especially those who are up to date from getting seriously ill, being hospitalized, and even dying. As with vaccines for other diseases, you are protected best when you stay up to date with your COVID-19 vaccines. The people you live with or spend time with can help protect you and themselves by staying up to date on their COVID-19 vaccines too.

Studies continue to show that vaccinations lower the risk of severe illness and of developing long COVID. Getting vaccinated is the fastest way to protect against the worst outcomes of COVID-19.

Know What to Do If You Get Sick

What you can do now:

- Know the symptoms of COVID-19.
- Learn how to check your COVID-19 Community Level. Knowing your community level will help you decide when to add layers of protection, like wearing a mask.
- Know how to get tested as soon as possible if you develop symptoms.
- Order free at-home tests, to have when you need them. Know testing locations.
- Know how to reach a healthcare provider right away. Ask about telehealth appts.
- Have an updated list of all your current medications.

“HAVE A HAPPY HEALTHY NEW YEAR”

If you test positive for COVID-19, oral antiviral treatments are available for people who are more likely to get very sick. Don't delay: Treatment must be started right away to be effective. Talk to your healthcare provider about what treatment options are best for you.

Antiviral Treatments

Antiviral treatments may help your body fight COVID-19 by stopping the SARS-COV-2 virus (the virus that causes COVID-19) from multiplying in your body or by lowering the amount of the virus within your body. You can get a prescription from your healthcare provider or a Test to Treat location. Oral antivirals can be taken at home and must be given within 5 days after the first symptoms of COVID-19 appear.

Get Free Tests Kits:

At-home tests are now free or reimbursable for most people. If you have Medicare or Medi-Cal the test kits will be covered. If you are insured, check with your insurance, you may have to pay up front and then be reimbursed. Most pharmacies do have the testing kits; CVS, Walgreens, Rite Aid, and Kaiser Pharmacy.

Order free COVID-19 test kits at: www.covid.gov/tests.

Find a Testing and Vaccine Site

- Salida Library – 4835 Sisk Road, Salida, 95368
(Test and Treat Site)
- Kaiser Permanente -3800 Dale Road & 4601 Dale Road, Modesto (209) 735-5000
- COVID Clinic (Vintage Faire Mall/JcPenney) – 3401 Dale Road, Modesto (877) 219-8378
- 209 Urgent Care, 1908 Coffee Road, Modesto
- Stanislaus Public Health Immunization Clinic – 401 Paradise Rd., Suite E. (Only for uninsured).
- Most large pharmacies have testing capacity and provide COVID-19 Vaccines. With physicians prescription will receive COVID-19 medication.
- CVS Pharmacies – Some locations offer the option to schedule a telehealth appointment with a provider, or drive through who can assess your eligibility and prescribe an oral antiviral. (Telehealth)
- Vaccinations:
 - www.MyTurn.ca.gov or call 1-833-422-4255
 - www.vaccines.gov or call 1-800-232-0233

POSITIVE FOR COVID-19?
TREAT IT!
GETTING TREATMENT SOON CAN MAKE A BIG DIFFERENCE

- 1** Feeling sick?
Get tested.
covid19.ca.gov/get-tested
- 2** Tested positive?
Get treatment.
- 3** If you're positive, contact your doctor or call the California COVID-19 hotline at 833-422-4255.

Learn more at: covid19.ca.gov/treatment 

Let's Get Moving - Here are some ways to get active in the New Year!

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders.

Come and improve strength, stability, mental health, and reduce the likelihood of falling.

The next session of Tai Ji Quan will begin on Tuesday, February 7th. Class will be held at the Stanislaus Veterans Center on Tuesdays and Thursdays from 1:30 pm - 2:30 pm.



A Matter of Balance can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. The classes meet locally for 8-weeks, for 2 hours.

Designed to benefit older adults who:

- Are concerned about falls.
- Have fallen in the past.
- Restrict activities because of concerns about falling.
- Are interested in improving flexibility, balance and strength.
- Are age 60 or older, ambulatory and able to problem solve.



Young at Heart Strength Training for older adults 60 and up.

Come and increase your strength, flexibility, and improve your balance! Exercises can accommodate most fitness levels. Classes meet twice a week for 1-hour. Classes use a sturdy chair and resistance bands and are led by trained and certified fitness instructors.

Call Healthy Aging Association at (209) 525-4670 for more information or to find a class closest to you.



For more information regarding the above class offerings please contact Healthy Aging Association at (209) 525-4670.



FREE FAMILY CAREGIVER WELLNESS RETREAT

Rejuvenate, Reconnect and Refocus

March 22, 2023

8:30 AM – 2:00 PM

**Stanislaus Veterans Center
3500 Coffee Road, Suite 15
Modesto, CA 95355**

Registration opens February 1, 2023 and is limited to 120 participants.

To register visit bit.ly/3WgrvX5

Presented By
Stanislaus County Area Agency on Aging

FEATURED SPEAKER: KATE WASHINGTON
AUTHOR OF ALREADY TOAST, CAREGIVING AND BURNOUT IN AMERICA

Breakout Sessions Include:

- Advance Healthcare Directives
- Safe Body Mechanics
- Self-care and Yoga
- Light Breakfast & Lunch Provided
- Community Resource Fair
- Free Haircuts
- Prizes
- Respite Care Available, for Information Call 209.558.8698

Community Event Partners

Alzheimer's Association
Caregiver to You
Catholic Charities, Diocese of Stockton
Community Hospice
Lift-A-Hand Home Health
Link2Care, In Home Supportive Services
MOVE Stanislaus Transportation
SEVA Hospice



**Questions? Call the
Area Agency on Aging
at 209.558.8698**

In Stanislaus the COVID-19 Community Level is

LOW

Recommended actions based on current level:

- If you are at high risk of getting very sick, wear a high-quality mask when indoors in public.
- If you have household or social contact with someone at high risk for getting very sick, consider self-testing to detect infection before contact, and consider wearing a high-quality mask when indoors with them.
- Maintain ventilation and improvements.
- Avoid contact with people who have suspected or confirmed COVID-19.
- Follow the recommendations for isolation if you have suspected or confirmed COVID-19.
- Follow the recommendations for what to do if you are exposed to someone with COVID-19.
- You may choose to wear a mask at any time as an added precaution to protect yourself and others.

	MEDIUM	LOW
<u>Weekly Metrics used to determine COVID-19 Community Levels</u>	12/22	01/26
Case Rate per 100,000 populations	67.2	53.21
New COVID-19 Admissions per 100,000	11.2	9.7
% Staff inpatient beds in use with confirmed COVID-19	6.3%	5.9%

% Vaccinated in Stanislaus County

1 Dose **64.4%** 2 Doses **54.9%** Booster Shots **26.7%**

Over the last week, Stanislaus County had 293 new reported cases. (53.21 for every 100,000 residents) * **Reported cases do not include all at home Positive Tests.**

Center for Disease Control and Prevention (CDC)

Join In A Walking Challenge!

Are you ready to get more active? Try our Young at Heart S.T.E.P.S. Walking Challenge. The challenge will be held from Monday, February 27 - Sunday, May 12. You can walk anywhere at any time. You will receive weekly motivational emails and monthly adherence calls to ensure you are moving toward your goals. To register, call (209) 525-4670 or email healthy.aging2000@gmail.com, we hope you will join us!

Have You Had A Fall? Or Do You Have A Fear of Falling?



The Dignity At Home program provides fall prevention outreach and education, in-home environmental assessments to qualifying individuals 60 and older or persons with disabilities who are at risk of falling in Stanislaus County.



For fall prevention education, resources, or program information, contact:

Healthy Aging Association
(209) 525-4670



Fall Prevention Outreach and Education:

- Would your organization like a presentation?
 - Fall prevention education
 - Resources and tools for home safety
 - Home Safety Checklist
 - How to reduce the likelihood of falling
 - Programs to improve balance and strength



A Matter of Balance



Young at Heart S.T.E.P.S.

In-Home Environmental Assessment:

- Phone interview to qualify
- At risk of falling or have had a fall
- Individuals 60 and older or persons with disabilities
- If recommended, installation of injury prevention accessories



2023

Healthy Aging Association

Our Mission is “to help older Americans live longer, healthier, more independent lives by promoting increased physical activity, sound health, and nutrition practices.”

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

Thank you to The Center at Sierra Health Foundation who support our local COVID-19 response efforts.

