

# Stay Informed While Staying Safe

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

### New “Bivalent” Booster - BE SAFE, GET BOOSTED & get the FLU Vaccine!

The updated Bivalent Boosters for COVID-19 are formulated to protect and fight the BA.4 and BA.5 variants of Omicron which are what is currently circulating across the U.S.

If you are not one of the 7.6 million Americans who have already gotten the updated omicron specific COVID Booster, you might still be debating one key question, when should I get it?

Experts say most people should get the new Booster as soon as possible ----- particularly ahead of the late fall and winter months when cases are expected to surge. Last year, cases began to rise in November as cold, dry weather made it easier for the virus to spread. They soared through the end of the year, reaching a peak around mid-January.

#### Who Can Receive New Boosters

- People who are fully vaccinated against COVID-19 (who have had a Primary Series and eight weeks since having the last vaccine).  
Primary series is either 2 vaccines of Moderna or Pfizer or 1 Johnson and Johnson.

Public Health officials say that scheduling your Omicron Booster and Flu shot at the same time is not only safe, but also smart.

**If you receive your Booster and Flu Vaccines by October 30<sup>th</sup> you will be fully Boosted for the upcoming Holidays.**

### High Risk or Immunocompromised - Why is 65+ Elderly Considered at Risk?

According to Laura Haynes, Professor of Immunology at the Center on Aging at the University of Connecticut, School of Medicine says, “being overweight, having diabetes, cardiovascular disease or preexisting lung conditions become more common with age”. Haynes notes, “So, it’s the perfect storm of not only changes in the immune system but also other changes that happen as you get older.”

As you get older, your immune system ages with you. There’s even a medical term for it, *immunosenesence*, the gradual decrease in immune systems that come with age. Like walking or running speed, your body’s ability to fight off inevitably slows.

COVID-19 has added another health hazard for older adults. Once infected with the virus, people in their 60’s, 70’s,80’s and above are at increasingly *higher risk of experiencing severe COVID-19 illness* and complications, hospitalizations, and deaths.

**What Can You Do – Vaccinate, Vaccinate, Vaccinate.** That’s the first line of defense against common infections such as **FLU** and **PNEUMONIA**. Getting adult vaccinations according to recommendations is the best way to protect yourself from infectious diseases.



## COVID-19 Stanislaus Community Level

**LOW**



### Recommended actions based on current level

- Stay up to date with COVID-19 vaccines and Boosters.
- Get tested if you have symptoms.
- Wear a mask if you have symptoms, a positive test, or exposure to someone with COVID-19.
- You may choose to wear a mask at any time as an additional precaution to protect yourself and others.

### Weekly Metrics used to determine the COVID-19 Community Level

|   |                     |
|---|---------------------|
| Case Rate per 100,000 populations                     | <b><u>75.91</u></b> |
| New COVID-19 Admissions per 100,000                   | <b><u>8.4</u></b>   |
| % Staff inpatient beds in use with confirmed COVID-19 | <b><u>4.3%</u></b>  |

### % Vaccinated in Stanislaus County

1 Dose **69.2%**                      2 Doses **58.3%**                      Booster Shots **24.8%**

Over the last week, Stanislaus County had 418 new reported cases (75.91 for every 100,000 residents) \* **Reported cases do not include all at home Positive Tests.**

## Don't Hesitate to Vaccinate

Everyone 12 and older is eligible for the Booster if they received their primary shots. But most Americans, more than two-thirds have put off receiving the vaccine or don't intend to at all, according to a Kaiser Family Foundation Survey released last week.

Supply isn't an issue. The shot, purchased by the federal government, is free. And the updated shots, produced by now-household names Pfizer and Moderna use the same technology as the initial shots, with an added boost of protection against currently dominant Omicron strains BA.4 and BA.5.

According to Dr. Ali Mokdad, a professor at the University of Washington's Institute for Health Metrics and Evaluation, said the center's modeling predicts a U.S. COVID wave that begins to rise in mid-to-late-October and peak in January.

*So don't hesitate to vaccinate*, especially with a new wave of COVID and Flu predicted to hit in the coming weeks.

**Choose to vaccinate!**  
**It's safe, free, and effective at preventing severe disease and deaths!**



**HEALTHY AGING & FALL PREVENTION VIRTUAL SUMMIT**

October 24 - 28, 2022

Join us for a week long event, where we will be distributing 3,000 event bags filled with health information and community information to older adults at drive thru distributions and to senior housing. Virtually we will be covering specific health topics and how they relate to older adults.

Come by and see us and pick up your event bag at one of our distributions  
Join us in the following parking lots, unless otherwise indicated.

**Wednesday October 26th from 2:30 - 4:00 P.M.**  
Modesto, Stanislaus Veterans Center, 3500 Coffee Rd., Ste. 15  
*In the back parking lot, enter parking lot from Coffee Rd. and Haig Way*  
Wednesday, October 26th

**Thursday, October 27th from 11:30 - 12:00 P.M.**  
Oakdale Gladys L. Lemmons Senior Center, 450 East A St.

**Friday, October 28th from 10:00 - 11:00 A.M.**  
Ceres Community Center, 2701 4th St. (enter off Magnolia)

Walk-in options available in Grayson and Riverbank!

To join the virtual event, follow us on Facebook or visit our website to learn more about these Senior topics

- Diabetes, Heart Health & Stroke Medication Management and Side Effects
- Falls and Nutrition
- Healthy Lifestyle (Physical & Mental Health)
- Infection Prevention

[www.facebook.com/4healthyaging](http://www.facebook.com/4healthyaging)



Thank You to Our Sponsors

Call Healthy Aging Association for more information (209)525-4670

**COVID-19 Testing**

Testing is important. If you experience symptoms or have been recently exposed to COVID-19 you need to test at home or at a pharmacy who provides tests. If you have Medicare, Medical or private insurance, they will provide tests at No Charge to you

**COVID-19 UPDATE**

**WE NOW OFFER TEST TO TREAT AT OUR OPTUMSERVE SITES**

**Rube Boesch Center**  
275 North Orange Street  
Turlock, CA 95382  
Sunday-Thursday: 7am-3pm  
Friday and Saturday: CLOSED  
Site is closed daily from 11am-12pm

**Salida Library Parking Lot**  
4835 Sisk Road  
Salida, CA 95368  
Monday-Friday: 11am-7pm  
Saturday-Sunday: CLOSED  
Site is closed daily from 3pm-4pm

[schsa.org/coronavirus/testing](http://schsa.org/coronavirus/testing)

**Test to Treat Program**

There are two FREE Test to Treat Program Sites for **uninsured individuals** in Stanislaus County. These sites allow individuals get tested, be seen by a provider, and receive antiviral pills (if needed).

To schedule an appointment, Go to:  
<https://myturn.ca.hov/> or Call 1(888)634-1121  
or check with your Healthcare provider.

**Call Healthy Aging Association at (209) 525-4670 if you need help or assistance with any of the above resources.**

## COVID-19 Vaccines by the Numbers - Key Points

- Two doses of COVID vaccine prevented at least 330,000 deaths and nearly 700,000 hospitalizations among adult Medicare recipients in 2021, the Department of Health and Human Services stated.
- The overwhelming majority of Medicare recipients, 86%, are 65 and older. The elderly face the highest risk of severe disease and death from Covid.
- The U.S. has rolled out new Booster shots that target the dominant omicron BA.5 subvariant, and health officials believe the new Booster will provide stronger protection this fall and winter.



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*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 for 8-weeks, for 2 hours.*



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

### 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.



FOR MORE INFORMATION CALL HEALTHY AGING ASSOCIATION AT (209) 525-4670

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

***En español por favor llame (209) 525-4670***

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



**THE CENTER**  
at Sierra Health Foundation