

Keeping you connected to important health updates, upcoming classes and helpful resources



## Pfizer COVID-19 booster vaccine available to eligible individuals



From the desk of **Nirav K. Shah, M.D.**  
Sr. Medical Director

**Eligible Californians can receive their booster doses at any site offering the Pfizer COVID-19 vaccine. The booster vaccine is recommended six months or later following the initial vaccination series for certain individuals.**

Following the Centers for Disease Control and the California Department of Public Health endorsements, California residents eligible for a booster dose of Pfizer include those who received the second of the two-dose Pfizer vaccine series at least 6 months ago and are either:

- 65 years or older
- Residents of long-term care facilities
- 18 to 64 years with underlying medical conditions
- 18 to 64 years with high institutional or occupational risk, including healthcare workers, first responders, teachers and daycare staff, grocery workers, and workers in homeless shelters or prisons

Residents who received Moderna and Johnson & Johnson will need to wait until the FDA reviews the data about boosters and determines the need for and safety of boosters for these vaccines.

### Public Health strongly encourages expecting and new moms to get vaccinated

The Los Angeles County Department of Public Health and the Centers for Disease Control and Prevention (CDC) are strongly encouraging COVID-19 vaccination for all women who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future. The vaccine prevents severe illness, death, and adverse pregnancy outcomes from COVID-19. Studies affirm the vaccines' safety in all stages of pregnancy and that the vaccines do not cause any fertility problems. Resources are available to assist pregnant women and women of childbearing age [here](#).



While eligible residents are encouraged to get their booster, the focus remains on those who have not been fully vaccinated and are at the most significant risk of getting infected, hospitalized, and dying from COVID-19. Please check specific county mandates and vaccination locations [here](#).

## 34 million reasons to remember American Diabetes Month

**34 million. That's how many Americans are living with diabetes. Among those who have died from COVID-19, 40% were living with diabetes.**

Now more than ever it is important to make healthy choices and take steps to prevent the onset of diabetes or manage your diabetes so you don't just live but "live well" with diabetes. Talk with your doctor about ways to best meet your health and lifestyle goals. Regal, Lakeside and ADOC medical groups provide a variety of additional resources including care management, pharmacy assistance and health coaching as well as virtual webinars and on-demand programs to help support you so that you're not alone on your healthcare journey. For more information, visit our website [here](#).

## WAYS TO LIVE WELL WITH DIABETES

A special cooking demo *with Celebrity Chef*  
**DOREEN COLONDRES**



We look forward to having you join our live webinar on Wednesday, November 3rd to learn about resources, support and practical strategies to help prevent or manage your diabetes. Health educator Osbaldo Camargo will discuss healthy lifestyle practices and celebrity chef Doreen Colondres will show us how to prepare "Mediterranean Chicken Bites" – a healthy, affordable and delicious diabetes-friendly meal.

Once you submit your RSVP you will receive a confirmation email that contains the WebEx link to attend the class.

**Wednesday, Nov. 3, 2021**  
**12:00 p.m. – 2:00 p.m.**

[RSVP Today](#)

## November is NATIONAL FAMILY CAREGIVERS Month!



**There are almost 40 million caregivers in the U.S. that provide care to adults (aged 18+) with a disability or illness. Caregivers can be our family members, friends or neighbors who devote their time to care for our families and loved ones.**

This November, we want to recognize their dedication and selfless efforts in keeping our families and communities stronger by their generosity and compassion.

If you are a caregiver, we understand that you might have days when you need extra support and assistance. That's why we have a Vital Care program designed to help eligible older adult members with chronic health issues enjoy a better life and support their family members in providing care. The Vital Care team is made up of doctors, pharmacists, nurse practitioners, care managers, and highly skilled social workers who provide resources, coordinate needed services and help navigate the healthcare system. They all come together to provide a program designed specifically for you and your loved one's needs.

For more information on our Vital Care program, click [here](#). Or, call (888) 787-1712, 24 hours a day, 7 days a week.

## Try our virtual class on Health & Wellness!



**Are you a Regal, Lakeside, or ADOC medical group member age 50+? You're invited to our monthly Virtual Health and Wellness Social.**

Each month, attendees will have a chance to give us feedback and suggestions, discuss health and wellness in a casual environment, participate in fun virtual activities and win great prizes. All members ages 50+ of Regal, Lakeside, and ADOC medical groups are welcome. A \$10 gift card will be rewarded to the winner of an online game during the event!

**Thursday, Nov. 18, 2021**  
**12:00 p.m. – 1:00 p.m.**

[RSVP Today](#)



## Medicare's Annual Enrollment Period is here!

Now through December 7

**If you are turning 65 or currently on Medicare, now is the time to review your current health plan benefits and learn about the many changes and additional Medicare benefits available for 2022.** Call our Medicare Helpline at (888) 528-0308 to schedule time to meet with a licensed Medicare agent or to find out about local "drive up" and in-person meetings. Or click [here](#).

## There's an easier way to cook up Thanksgiving turkey



**Who says making a turkey dinner has to take many hours? Give this healthy recipe a try using turkey breast, fresh herbs and other ingredients to make your holiday dinner simpler and easier.**

Less time in the kitchen means more time to spend chatting and celebrating with family and friends. Try it out! You can thank us later. To view the full recipe, cooking directions and nutritional information on herb-roasted turkey, click [here](#).

Try these other healthy recipes that go well with Herb-Roasted Turkey.

• **Side dish:** Green beans with cranberries and hazelnuts

• **Dessert:** Cinnamon-spiced carrot and apple kugel

## We are ever so thankful



The last 18+ months have been a challenging time for us all. As your medical group, we have adapted ways to prioritize your health, safety, and well-being throughout the worst of the COVID-19 pandemic. And as we move forward into this new way of living, our commitment is to continue making your health our priority. Thanksgiving, we wish you and your loved ones a happy and healthy Thanksgiving holiday.

You are receiving this because you previously shared your email with us, indicating you would welcome information on health related updates and events from Regal, Lakeside and ADOC Medical Groups. If you no longer want to receive this type of communication, please click the unsubscribe link below.



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