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









Age gracefully and powerfully! Let's celebrate Older Americans Month

"Aging" is that golden word that holds such a personal and profound meaning for each person. Just ask any older adult and they will tell you exactly what it means for them. With approximately 54 million in the U.S., older adults continue to play vital roles in our communities – as strong cornerstones and supporters of family, respected mentors, dedicated volunteers, civic leaders, valued members of a thriving workforce, and so much more. During the month of May, the theme of Older Americans Month is "Age My Way" which helps to promote and share the message of helping older adults keep their independence for as long as possible. We are proud to recognize and celebrate Older Americans Month with our members. We support your health

and vitality, and encourage you to stay active and independent for years to come.

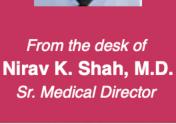
PLUS: CMS offers second booster at no cost for those eligible, & a reminder that the COVID-19 pill is available to treat symptoms

immunocompromised individuals

Second COVID-19 booster shot

approved by FDA for 50+ for





New evidence has shown that a second booster dose of the COVID-19 vaccine improves your protection against COVID-19. The following booster shots have been approved by the FDA:

A second booster dose of the Pfizer-BioNTech COVID-19 vaccine may be administered to

dose of any authorized or approved COVID-19 vaccine.

individuals 12 years of age and older with certain kinds of immunocompromise at least 4 months after receipt of a first booster dose of any authorized or approved COVID-19 vaccine. These are people who have undergone solid organ transplantation, or who are living with conditions that are considered to have an equivalent level of immunocompromise.

A second booster dose of the Pfizer-BioNTech COVID-19 vaccine or Moderna COVID-19 vaccine may

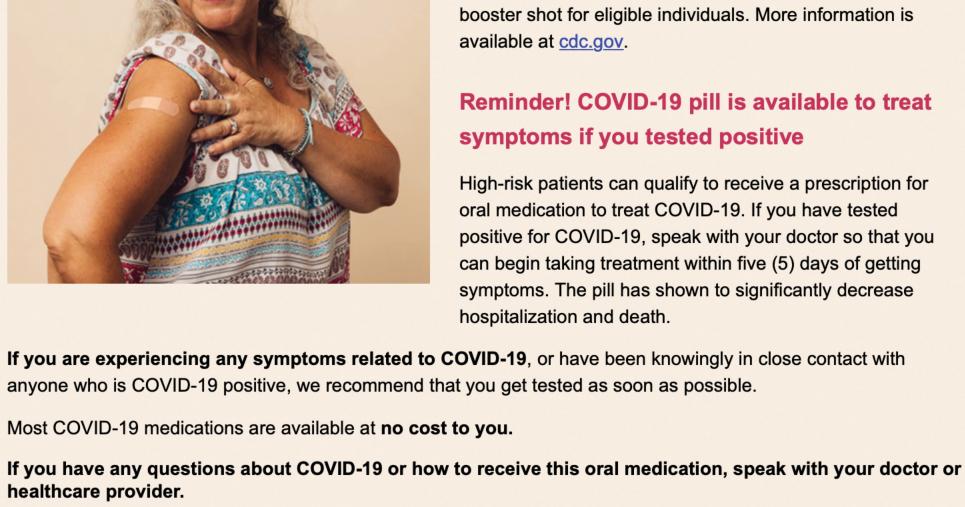
be administered to individuals 50 years of age and older at least 4 months after receipt of a first booster

 A second booster dose of the Moderna COVID-19 vaccine may be administered at least 4 months after the first booster dose of any authorized or approved COVID-19 vaccine to individuals 18 years of age and older with the same certain kinds of immunocompromise. To read the full article on FDA-approved vaccines and guidelines, visit the **FDA page**

available at cdc.gov.

hospitalization and death.

COVID-19 booster shot at no cost



Reminder! COVID-19 pill is available to treat symptoms if you tested positive

Eligible individuals can receive second

Centers for Medicare and Medicaid (CMS) recently

announced that it will pay for the second COVID-19

booster shot for eligible individuals. More information is

High-risk patients can qualify to receive a prescription for oral medication to treat COVID-19. If you have tested positive for COVID-19, speak with your doctor so that you can begin taking treatment within five (5) days of getting symptoms. The pill has shown to significantly decrease

For additional information, please visit **COVID**.gov to find helpful resources including:

 COVID-19 risk factors & variants Getting a copy of your digital vaccine Vaccination sites near you Masking requirements by city Free at-home testing kits

- Power up your morning with a

Find a testing site

called "break (the) fast"? It's because your body has spent the entire night fasting; working hard to digest last night's meal.

Ever wonder why the first meal of the day is

From the moment you wake up, your body and

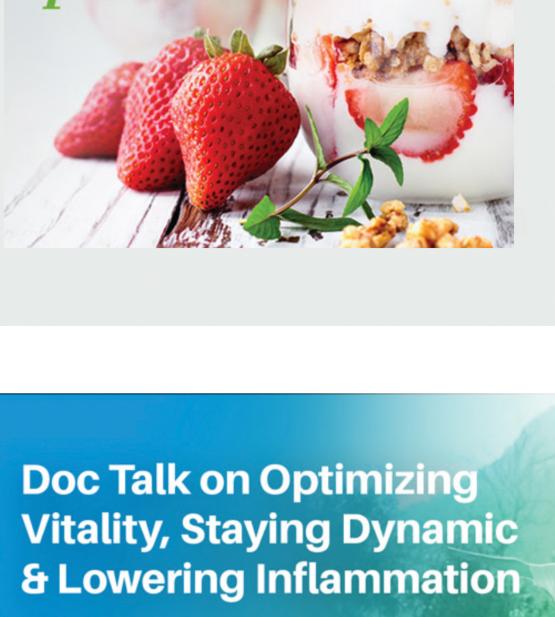
brain are ready and eager for fresh fuel to start

vegetables – like this healthy <u>breakfast parfait</u>. It provides the nutrients and energy that your body

the day. What type of fuel is best to power up your morning? A good breakfast that contains

protein, healthy whole grains and fruit or

Safety & testing requirements for travel



presented by Dr. Dushyant Viswanathan

sleep, and lifestyle habits.

From the desk of Arbi Gharibi, DPT

Physical Therapist

Lakeside Community

Healthcare Physical Therapy – Burbank

Leg kicks

against the ball)

Strength+

Join Dr. Viswanathan for a morning of valuable information. As

us more susceptible to illness and injury. Learn how optimizing

we get older, our bodies begin to go through changes that leave

our vitality and staying dynamic affects our gut health, hormones,

needs to carry you through the morning. So, rise and shine and let this healthy breakfast be the fuel to fire up your busy day. Sources: https://www.health.harvard.edu/staying-healthy/4-

https://www.health.harvard.edu/nutrition/adults-who-skip-

ways-to-boost-your-energy-naturally-with-breakfast;

morning-meal-likely-to-miss-out-on-nutrients

Try the recipe yourself

Friday, May 20, 2022

5058 S. Huntington St.

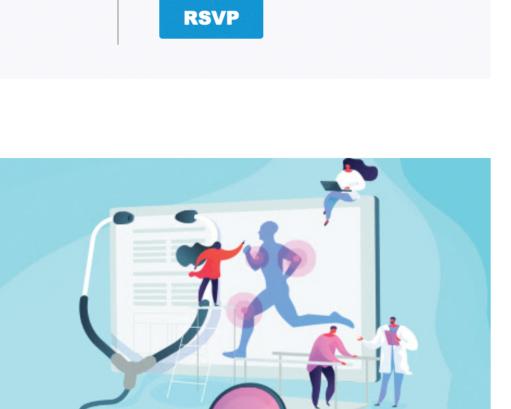
San Fernando, CA 91340

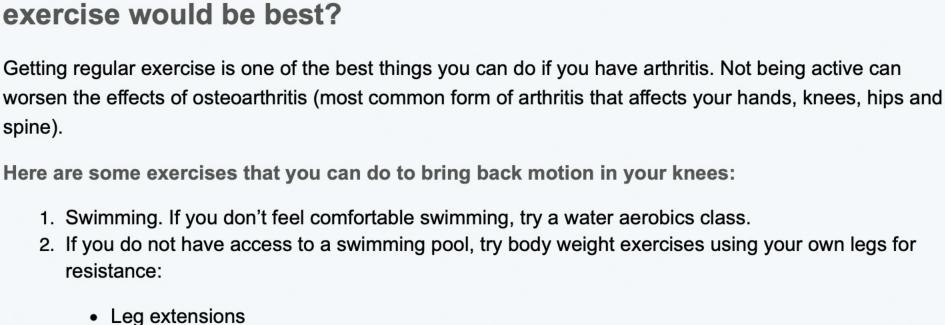
11:00 a.m. - 12:00 p.m.

Senior Expo at Las Palmas Park

Ask the

Physical Therapist





anonymous.

I have arthritis in both knees but enjoy exercising. What type of

Adductor ball squeezes (placing ball between your knees and then squeezing your knees

I have chronic shoulder pain. Should I use ice or heat to treat it?

Both ice and heat improve the effects of pain. In general, ice is used to decrease pain when you first injure

the body, usually for the first 24-48 hours. Heat is often used after (24-48 hours). You can also use both ice

and heat for long-term pain. First, apply heat and then follow up with icing the area, making sure to go back

and forth a few times. This will help your body improve circulation and healing to the painful area. Always

remember to use a towel or cloth when icing and heating. Do not apply ice or heat directly onto the skin.

Sources: Robert Klapper, M. D. Medical Director, Cedars-Sinai Hospital, Orthopedic Department, https://bio.cedars-sinai.org/

1. Swimming. If you don't feel comfortable swimming, try a water aerobics class. 2. If you do not have access to a swimming pool, try body weight exercises using your own legs for Abductor leg raises (pushing your legs away from your body while lying down)

Each month, our members will have a chance to get their question

healthcare team. If you have a question about health and wellness for any

If your question is chosen, you will be notified via email if your question will

answered by one of our doctors, or other members of our

be published in an upcoming newsletter. Your identity will remain

age group, please email us at healthyway@regalmed.com.

- klapperr/index.html; https://www.mayoclinic.org/diseases-conditions/arthritis/in-depth/arthritis/art-20047971
- AND INES HERRERA In-person & in Spanish! **Tuesday, May 17, 2022 Health Net Community**

please visit us here. You can also subscribe to our newsletter. To get in touch with the health education team, e-mail memberhealthed@regalmed.com.

Join health educators Harry Verni and Ines Herrera for a class that

focuses on strengthening and toning the entire body. The session

exercising, followed by an exercise warm up and resistance training

Balance activities and a cool down stretch follow, ending with a 5-10

activities using resistant bands, medicine balls, and body weight.

For more information or to RSVP for our in-person and virtual classes,

begins with a 5-10 minute introduction about the benefits of

There are not enough words to say Happy Mother's Day

RSVP

Resource Center

in Spanish

5047 East Whittier Blvd.

Strength & Balance

(in-person only)

11:30 a.m. – 12:30 p.m.

East Los Angeles, CA 90022

This is a one-hour class taught



minute period of questions and answers.

may go by, we think superhero sounds about right. This Mother's Day, we celebrate you – moms everywhere who have raised and cared for children, or have taken on the

Mother. Mom. Mama. Nana. Whichever name you

role of mother in every way. Your strength, love, and support have guided and inspired our journey as we build our own lives. And we are forever grateful for your caring words of encouragement and compassion. On Mother's Day and every day, know that you are wholeheartedly cherished and appreciated. Moms, we wish you a happy and healthy Mother's Day celebration!





8550 Balboa Blvd, Northridge, CA, 91325 US

