

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.

Second COVID-19 booster shot approved by FDA for 50+ for immunocompromised individuals

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



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

The U.S. Food and Drug Administration (FDA) has authorized a second booster dose of the COVID-19 vaccine for older adults and immunocompromised individuals.

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 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 dose of any authorized or approved COVID-19 vaccine.
- A second booster dose of the Pfizer-BioNTech COVID-19 vaccine may be administered to 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 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](#)



Eligible individuals can receive second COVID-19 booster shot at no cost

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 available at [cdc.gov](#).

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

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 hospitalization and death.

If you are experiencing any symptoms related to COVID-19, or have been knowingly in close contact with anyone who is COVID-19 positive, we recommend that you get tested as soon as possible.

Most COVID-19 medications are available at **no cost to you**.

If you have any questions about COVID-19 or how to receive this oral medication, speak with your doctor or healthcare provider.

For additional information, please visit [COVID.gov](#) to find helpful resources including:

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

Power up your morning with a berry delicious parfait



Ever wonder why the first meal of the day is called "break (the) fast"? It's because your body has spent the entire night fasting; working hard to digest last night's meal.

From the moment you wake up, your body and brain are ready and eager for fresh fuel to start 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 vegetables – like this healthy [breakfast parfait](#). It provides the nutrients and energy that your body 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-ways-to-boost-your-energy-naturally-with-breakfast>; <https://www.health.harvard.edu/nutrition/adults-who-skip-morning-meal-likely-to-miss-out-on-nutrients>

Try the recipe yourself

Doc Talk on Optimizing Vitality, Staying Dynamic & Lowering Inflammation

presented by Dr. Dushyant Viswanathan



Join Dr. Viswanathan for a morning of valuable information. As we get older, our bodies begin to go through changes that leave us more susceptible to illness and injury. Learn how optimizing our vitality and staying dynamic affects our gut health, hormones, sleep, and lifestyle habits.

Friday, May 20, 2022

11:00 a.m. – 12:00 p.m.

Senior Expo at Las Palmas Park

5058 S. Huntington St.

San Fernando, CA 91340

RSVP

Ask the Physical Therapist



From the desk of Arbi Gharibi, DPT Physical Therapist Lakeside Community Healthcare Physical Therapy – Burbank

Each month, our members will have a chance to get their question answered by one of our doctors, or other members of our healthcare team. If you have a question about health and wellness for any age group, please email us at healthyway@regalmed.com.

If your question is chosen, you will be notified via email if your question will be published in an upcoming newsletter. Your identity will remain anonymous.

I have arthritis in both knees but enjoy exercising. What type of exercise would be best?

Getting regular exercise is one of the best things you can do if you have arthritis. Not being active can worsen the effects of osteoarthritis (most common form of arthritis that affects your hands, knees, hips and spine).

Here are some exercises that you can do to bring back motion in your knees:

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 resistance:
 - Leg extensions
 - Leg kicks
 - Abductor leg raises (pushing your legs away from your body while lying down)
 - Adductor ball squeezes (placing ball between your knees and then squeezing your knees against the ball)

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/klapper/index.html>; <https://www.mayoclinic.org/diseases-conditions/arthritis/in-depth/arthritis/art-20047971>

Strength + Balance

WITH HARRY VERNI AND INES HERRERA



In-person & in Spanish!

Join health educators Harry Verni and Ines Herrera for a class that focuses on strengthening and toning the entire body. The session begins with a 5-10 minute introduction about the benefits of exercising, followed by an exercise warm up and resistance training activities using resistant bands, medicine balls, and body weight. Balance activities and a cool down stretch follow, ending with a 5-10 minute period of questions and answers.

For more information or to RSVP for our in-person and virtual classes, please visit us [here](#). You can also [subscribe](#) to our newsletter. To get in touch with the health education team, e-mail memberhealth@regalmed.com.

Tuesday, May 17, 2022

Health Net Community Resource Center

5047 East Whittier Blvd.

East Los Angeles, CA 90022

This is a one-hour class taught in Spanish

Strength & Balance

11:30 a.m. – 12:30 p.m.

(in-person only)

RSVP

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

Mother. Mom. Mama. Nana. Whichever name you 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 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!



HAPPY Mother's DAY