

Stay Safe & Protect Your Health Through Vaccination

Why Should I Get Vaccinated?

People over age 65 or who have compromised immune systems are most at risk for getting very sick from these diseases. Getting vaccinated is the best way to prevent serious illness from these diseases.



What Vaccines Should I Get?

Seasonal Flu (Influenza)

Get by the end of October or soon after, every year.

Pneumonia (over age 65)

Get one-two doses one year apart depending on your age and whether you have already had one dose.

Shingles (over age 50)

Get two doses within two to six months.

Who to Contact to Get Vaccinated

Health Departments

Reach out to learn more about vaccine requirements and low-cost options.



Your Primary Doctors

Ask about which vaccines are recommended for you.



Local Vaccine Clinics

Keep an eye out for upcoming clinics in your area.



Questions?

Reach out to our team for more information on vaccines and to get connected to providers in your area.

800-508-5777
aging@centralina.org



Falls Prevention Awareness Week: September 18 - 22, 2023

Falls Prevention Word Search

E	H	T	G	N	E	R	T	S	A	R	C	O	E
F	N	A	N	A	H	F	T	E	E	S	O	E	C
N	P	E	B	E	C	S	E	B	E	S	N	I	N
O	R	X	T	V	C	T	M	N	I	E	T	S	E
I	E	E	P	P	Y	E	I	F	H	T	R	H	D
T	S	R	L	R	T	V	E	V	A	E	O	O	I
N	C	C	N	P	O	T	I	S	I	L	L	E	F
E	R	I	E	I	A	T	R	T	T	T	L	S	N
V	I	S	P	I	T	F	E	V	A	I	Y	E	O
E	P	E	N	A	O	X	S	I	I	M	P	E	C
R	T	E	N	R	A	E	F	A	N	S	I	S	Y
P	I	E	C	N	A	L	A	B	S	F	I	N	A
I	O	O	A	W	A	R	E	N	E	S	S	O	S
I	N	C	S	A	F	E	T	Y	A	I	C	P	N

ACTIVITY
TIPS
SAFETY
PRESCRIPTION
FEAR
VITAMINS
PREVENTION
CONFIDENCE
AWARENESS
EXERCISE
SHOES
FALL
BALANCE
PROTEIN
SEPTEMBER
STRENGTH
CONTROL
VISION



Did You Know?

Even some over-the-counter medications can affect your balance. Be sure to check with your doctor or pharmacist to see how these medicines may affect you.



Four Things YOU Can Do To Prevent Falls

Speak Up

Talk openly with your health care provider to review medication side effects and to learn more about fall risks and prevention.



Keep Moving

Begin an exercise program to improve your leg strength and balance.



Get an Annual Eye Exam

Replace eye glasses as needed.



Make Your Home Safer

Remove clutter and tripping hazards.



Try "A Matter of Balance"

This workshop is designed to help you increase activity levels and reduce any fears or concerns of falling.

For details and classes, contact
Amanda Dawson

adawson@centralina.org
(704) 385 - 4789

