



101 8th Street, Suite 100
Oakland, CA 94607



ASIAN HEALTH SERVICES

NEWSLETTER
FALL 2021



2021 Flu Shot Clinics at Asian Health Services

Adult Flu Shot Clinic Location & Times*

Call 510-735-3222 to make an appointment or for any questions.

Open to **any adult at least 19 years old**. Females must **not** be pregnant. If you are a member of Asian Health Services, please bring your membership card and photo ID.

Frank Kiang Medical Center
250 East 18th Street
November 6
Saturdays: 9:00am - 1:00pm

Rolland & Kathryn Lowe Medical Center
835 Webster Street
November 13
Saturdays: 9:00am – 1:00pm

Main Vaccination Clinic – 416 8th Street

Every Friday | 9:15am - 12pm & 1:30pm - 4pm from 10/15 – 12/17 (except 11/26)

Pediatric Flu Shot Clinic Location & Times*

Call 510-735-3222 to make an appointment or for any questions.

ONLY open to current Asian Health Services patients who are 6 months - 18 years old. Patient **must** be accompanied by parent/legal guardian. Please bring **child's** AHS membership card **and** insurance card.

Chenming & Margaret Hu Medical Center: 818 Webster Street, 3rd Floor

December 4
Saturdays: 9:00 AM – 1:00 PM

***Patients with any of the following symptoms are asked to consult their medical provider BEFORE getting the flu vaccine:**

- Fever/Chills
- Cough
- Sore Throat
- Difficulty Breathing
- New Muscle Pain all over your body
- New Loss of Taste/Smell
- Congestion or Runny Nose
- Nausea/Vomiting
- Diarrhea

Clinic Dates/Times are subject to cancellation based on availability of flu vaccine.
A \$5 - \$10 Donation is appreciated. Thank you for your support.

We Want to Hear From You

By Agnita Pal

To our patients, in November, AHS will text you a survey link. We would like to know how you feel about us, and how your experience at AHS has been in the last 12 months. We know that the COVID pandemic has changed your experience and we want to understand. Your responses will be kept confidential. Thank you for taking our survey.

How to Protect Our Community from COVID

What do we know about COVID?

Variants

Viruses constantly change and new variants of a virus are expected to occur. The best way to slow the spread of new variants of a virus and infection is by taking measures to protect yourself.

- Wear a mask
- Stay home when sick
- Get tested if you have symptoms or have been exposed to someone who has COVID-19
- Isolate or quarantine as instructed by your medical provider if you or a close contact tests positive for COVID-19
- Most importantly get vaccinated when you are eligible

Vaccines are critical for your health and that of the community

- COVID-19 Vaccines protect against Delta and other known variants
- Covid-19 vaccines protect you from getting sick, being hospitalized, or dying from COVID-19

Who is eligible for a vaccine?

There are now booster recommendations for Pfizer, Moderna, J&J. CDC's new recommendations allow for mix and match dosing for booster shots. Eligible individuals may choose which vaccine they receive as a booster dose.

| | Who is eligible for <u>primary dose(s) full vaccination?</u> | Who is eligible for <u>additional shot?</u> | Who is eligible for <u>booster shot?</u> |
|--------------------------------------|--|---|--|
| Pfizer | 12 years and older Ages 5 to 11 awaiting approval | 12 years and older who are moderately to severely immunocompromised When: additional dose of Pfizer is given at least 28 days after the second dose | <ul style="list-style-type: none"> • 65 years and older • Residents of long-term care facility • 18 years and above who have underlying medical conditions • 18 years and above who work or live in high-risk settings <p><u>When:</u> 6 months or more after your initial series</p> |
| Moderna | 18 years and older | 18 years and older who are moderately to severely immunocompromised When: additional dose of Moderna is given at least 28 days after the second dose | <ul style="list-style-type: none"> • 65 years and older • Residents of long term care facility • 18 years and above who have underlying medical conditions • 18 years and above who work and live in high-risk settings <p><u>When:</u> 6 months or more after your initial series</p> |
| Johnson and Johnson (J&J) | 18 years and older | Not available | If you completed your J&J shot more than 2 months ago, you may get a booster of J&J, Moderna, or Pfizer. |

Where to get a vaccination shot from Asian Health Services?

To schedule an appointment at our vaccine clinic, please call (510) 735-3222. We currently offer Pfizer, Moderna, and J&J vaccines.

Go to the Asian Health Services Covid-19 website <https://asianhealthservices.org/covid19vaccine/> for the latest vaccine information



Accepting New Medical Patients and Applying for Health Coverage

By Dinh Ly, Senior Member Services Manager

Asian Health Services is open and available to serve your health needs. We are currently accepting new medical patients! We can also assist you in a wide range of services from enrollment assistance to annual renewal of government program, such as Medi-Cal and Covered CA. We can also assist you in applying for health coverage based on your status, including those who have had a change in financial status.

- Medi-Cal:**
 - Offers low-cost or free health coverage to eligible Californian residents with limited income. You can apply to this program year-round (no deadline). If you are eligible, you can get Medi-Cal as long as you continue to meet the eligibility and comply with their requirement.
 - Those who have DACA (Deferred Action for Childhood Arrivals) status and meet all eligibility requirements receive full scope Medi-Cal under PRUCOL.
 - Effective 05/01/2022, 50 years of age and older who do not have satisfactory immigration status will receive full scope Medi-Cal.
- Covered CA:**
 - This is the state's health insurance marketplace where Californians can shop for health plans and access financial assistance if they qualify for it.
 - **Open enrollment: November 01 - January 31, 2022**
 - **Renewal period starts October 01 - December 31, 2021.** If you take no action, existing Covered California enrollee will be automatically renewed for next year.

c. CalFresh:

- CalFresh (Formerly known as Food Stamps) is a nutrition program which provides financial assistance for purchasing healthy foods to low-income California residents who are U.S citizen or Legal Permanent resident.
- Effective 10/01/2021, CalFresh allotment benefits will increase by 25% permanently.
- CalFresh benefits can be used at most local grocery stores, farmer's markets, online groceries delivery such as Amazon, Walmart

Member Services is currently open for walk-ins as well as services over the phone. Please come in or reach out to us at (510) 986-6880 for assistance.



ASIAN HEALTH SERVICES
COMMUNITY HEALING UNIT

New Community Healing Unit: We are here for you.

This has been a difficult time. We are experiencing and witnessing attacks and threats on our community, causing us to feel scared and anxious. This trauma is real and we at Asian Health Services want you to know you are not alone. Whether a victim, a family member, or a community member, we are here to offer you support. Your health and well-being are important to us, and we are here for you.

We warmly invite you to call our new Community Healing Unit. Our services are provided in English and multiple Asian languages. There you can speak, in your language, with caring health care professionals, who can provide counseling, wellness support, and case management support. We can refer you to other types of services to help you, including legal and social services, if needed. These services at the Community Healing Unit are open to Alameda County residents. You do not have to be our current patient.

We are part of this beloved community - we understand and we feel compassion for each other. We are in this together.

Call us at 510-735-3940

or email ahshealingunit@ahschc.org

Monday - Friday: 9am - 5pm

This is not a crisis hotline. For emergencies, please call 911. After-hour callers can leave a text message or email ahshealingunit@ahschc.org



Did you know you can visit your provider by video or by phone? It's called Telemedicine, a convenient and time-saving option to get medical care. You can be seen by a provider in the comfort of your own home, or on the go. All you need is a smartphone that has a camera and can receive texts.



A telemedicine visit is a great option for conditions such as:

- chronic high blood pressure
- diabetes that is well controlled
- simple urgent care issues, like the common cold

If you are interested, simply ask for it when scheduling your next appointment.

Video and Phone Visits

By George Lee

Do you know that you can have a visit with your provider by video or by phone? It is a very convenient way to get medical care because it saves you time. You do not have to travel to the clinic and you can be cared for in the comforts of your own home. Sometimes it is also easier for family members to participate in the visit. All you need for a video visit is either an Apple iPhone or a phone with a camera that can receive texts.

Video visits and phone visits are very good if you have chronic conditions such as high blood pressure or diabetes that are well controlled. They are also good for simple urgent care issues such as a cold.

If you are interested, simply ask for it when scheduling your appointment.