FIND YOUR HealthyWay
MONTHLY NEWSLETTER

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

Regal Medical Group
Lakeside Community Healthcare™
ADOC Medical Group

COVID -19

vaccination for children, treatment, and proof of vaccine mandate

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

COVID-19 vaccination for children

The U.S. Food and Drug Administration (FDA), and the Centers for Disease Control (CDC) have recommended Pfizer's COVID-19 vaccine for children age 5 years and older. Members of the American Academy of Pediatrics, the Pediatric Infectious Diseases Society and the National Association of Pediatric Nurse Practitioners all support the universal recommendations for the vaccination of children 5 through 11 years of age to protect them against COVID-19 and its complications, and to help schools get back to normal. More than 1.9 million children 5-11 years of age have been infected with COVID-19.

The vaccine for kids is one-third the adult dose; children will get two (2) injections given 21 days apart. Visit myturn.ca.gov to find a convenient location or call your pediatrician.

Covid-19
Monoclonal Antibodies

Treating COVID-19 with monoclonal antibodies (MAB)

The FDA has recently approved monoclonal antibodies (MAB) for emergency use to treat COVID-19 in higher-risk patients. This treatment helps decrease hospitalizations and deaths in COVID-19 patients. MAB treatment is an intravenous infusion that can be given in your home or a nearby urgent care or infusion center; it needs to be administered in the first 10 days of contracting COVID-19 in order for it to be optimally effective.

If you test positive for COVID-19 and experience an onset of symptoms, even if you are vaccinated, please contact your doctor right away or call us at (888) 787-1712 so that we can determine if you are a candidate for receiving antibody treatment. If so, a pharmacist or nurse from our team will reach out to help schedule your infusion.

For more information about the MAB treatment, visit cdc.gov.

Strict mandate for proof of vaccination took effect in Los Angeles on November 8

A wide variety of businesses throughout the City of Los Angeles now require proof of COVID-19 vaccination from patrons aged 12 and older before entering any indoor and selected outdoor areas including restaurants, bars, gyms, movie theaters, concert venues, convention centers, card rooms, play areas, museums, malls, play areas, spas, salons and indoor city facilities. This strict measure was set in motion to further slow the spread of the coronavirus.

To learn which proof of COVID-19 vaccination records are accepted, click here.

To make it more convenient to show your proof of vaccination, visit myvaccinerecord.cdph.ca.gov to get a free digital COVID-19 vaccination record.

International Certificate of Vaccination or prophylaxis
VALID CERTIFICATE
Certificate ID Validated
Status : Immune
This is to certify that the holder of this certificate has been successfully vaccinated or prophylaxis against
Coronavirus COVID-19
in accordance with international health guidelines.

People may depend on you.
Don’t get hit with the flu.

Flu season is here, and hundreds of thousands of people get hospitalized with the flu every year. Safe, effective and widely-available, getting a flu shot is the best way to protect yourself and those around you from the flu, and potentially serious complications.

Ask your doctor about the flu vaccine or visit your local pharmacy. You can also go to myturn.ca.gov to schedule your flu shot in addition to COVID-19 vaccines and boosters.

We've got
something healthy
for you to stew
over this holiday

As the weather begins to cool and the sun disappears under the horizon at an earlier time, many of us will want a nice warm meal to soothe our bodies. What can be better than a warm bowl of stew? Not much, really. The Three Sisters Stew, consisting of corn, squash and beans are the three vegetables that have provided nutrition for the Chickasaw people for generations. It is easy to make and allows substituting the animal protein (ground beef) to a plant-based protein (tempeh, tofu) or imitation meat (meat-less) product. Whether you are making it for a small or large group you won't have to worry about making too much since you can freeze the leftovers and save it for a rainy day.

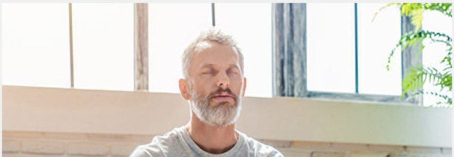
Click here for the **easy-to-follow recipe**.

Click here to **watch a video** for preparing this delicious and affordable meal.

Holiday stress
got you down?
We have tips to help
you manage that!

The holidays can sometimes leave one feeling overwhelmed and frustrated.

If the Grinch (or Scrooge) has taken your spirit and good intentions, take a few minutes for our "Destressing Meditation for the Holidays" video led by



Marydale, the founder and director of Param Yoga Healing Arts Center. A practicing yogi since 1970, Marydale holds Hatha Yoga Certification through The Vedantic Center and is a certified yoga therapist. So relax and reclaim your holiday cheer!

This online meditation class is pre-recorded, and on-demand so that you can access it at any time. Click here to join.

Remember, you are not alone.

Talking to a friend or family member may also help you manage holiday stress. Reach out with a text, pick up the phone and call, arrange a Zoom call or make time to grab a cup of coffee. And try to include some form of physical activity in your daily routine – take a walk each day or visit HealthyWayEvents.com for a variety of on-demand videos that are easy to follow. Staying active physically will help you feel better mentally.

But if despite your best efforts, you find yourself feeling continually sad or anxious, unable to sleep, irritable and down, and unable to face handling everyday tasks, please contact your doctor or reach out to a mental health professional.

We wish you & yours
a healthy and happy
holiday season!

Nothing brings us greater joy than to be able to spend quality time with our family, friends and loved ones during the holidays. As a community, we have endured a lot together including the worst of the COVID-19 pandemic. We have learned to take better care of ourselves and our families, including those who rely upon us for their care. And although we've had to stay at least six feet apart, our experiences throughout this crisis have taught us ways to stay connected to each other.

As we look ahead into the New Year, we can't help but thank you for continuing to be a part of our Regal, Lakeside and ADOC family. We value you as a member and appreciate you for trusting us with your care. This holiday season, we wish you and your loved ones a very happy and healthy celebration and wish you good health in the coming year.

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.