

This information is forwarded by the **Love Thy Neighbor Ministry** at Saint Rose of Lima Catholic Church, Milton FL.  
Source of Information: The Catholic Foundation of Northwest Florida. Due to the many references, some may not be current but have many useful reference sources. Emails are sent using the Blind Carbon Copy (BCC) method.

This quality of life series focuses primarily on senior citizens plus other supplemental information. You do not have to be a Senior to make use of this information. If you know of a Senior, a parishioner or a neighbor who could use this information you are invited to give them a copy of this email. Fellowship through improved communications is guided by the second greatest commandment. Sometimes an act of kindness can be as simple as a phone call, a visit, or receipt of an email.

**Suggestion: Create a separate folder for this information for ease of reference.**

For information about our Parish, click on the following link: <http://parishesonline.com/scripts/HostedSites/Org.asp?ID=14423>

**Our parish spirit is rising, is rising.**

Seniors Need Vaccinations Too!

[http://www.legacygifts.org/savvy\\_senior.jsp?WebID=GL2004-0129&D=200833](http://www.legacygifts.org/savvy_senior.jsp?WebID=GL2004-0129&D=200833)

Savvy Senior

Dear Savvy Senior,

I recently read that there are a variety of vaccinations that can help protect seniors. Can you tell me what they are and what Medicare pays for?

Booster Bob

Dear Bob,

Most people think that vaccinations are just for kids, but adults, especially seniors, need their shots, too. Here's what you should know.

Roll Up Your Sleeve

Outside of eating a healthy diet, regular exercise, not smoking and routine health screenings, the best way to prevent illness and stay healthy as you age is to keep up with your vaccinations. But far too few seniors are taking advantage of these important vaccines - usually because they either aren't aware of them, they are afraid to get them or they don't have the funds to pay for them. Here is a list of the different vaccines seniors need and how they work with Medicare.

Flu (influenza) vaccine: This is the one vaccination seniors are pretty delight about - 69% get an annual shot. While it's recommended that almost everyone should get a flu shot every fall, it's especially important for seniors age 65 and older because they are at the highest risk for complications. Medicare Part B pays for flu shots but if you're not covered, there are plenty of places that offer them for free. To locate a vaccination site call your county health department or the CDC information line at 800-232-4636, or visit [www.flucliniclocator.org](http://www.flucliniclocator.org) starting in September. (Note: people who are allergic to eggs, latex, who have a history of Guillain-Barr syndrome, or who've had a severe reaction to a flu shot in the past should not get a flu shot without consulting their doctor first. And people who are ill with a fever should wait to get vaccinated until their symptoms pass.)

Pneumococcal (pneumonia) vaccine: Pneumonia causes around 60,000 deaths in the U.S. each year, many of which could be prevented by this vaccine. Everyone age 65 or older should get this one-time vaccination, and for those covered under Medicare Part B, it's free.

Shingles vaccine: Recommended for everyone age 60 and older. So far, only about 2% of seniors have received this vaccine since it became available in 2006. Shingles is a painful, blistering skin rash that affects more than a million Americans each year. While this vaccine isn't perfect, it does cut your risk of getting it in half, and if

you do get it you'll have a much milder case. Medicare pays for this vaccine only if you have a Part D prescription drug plan. If you aren't covered you can expect to pay between \$150 and \$250 for the shot.

Tetanus-diphtheria-pertussis (Tdap) vaccine: The CDC recommends a combined tetanus, diphtheria and pertussis (whooping cough) vaccine for all adults age 64 or younger whose last tetanus-diphtheria booster shot was at least 10 years ago. Whooping cough, the CDC warns, is making a comeback in seniors because childhood vaccinations (if you had one) have worn off. However, if you are age 65 or older, get a tetanus-diphtheria (Td) booster shot instead of the 3-in-1 Tdap vaccine. Neither vaccine is covered by Medicare, but typically costs under \$75.

Savvy Tips: Other vaccinations may be recommended depending on where you live, your health, lifestyle and if you plan to travel internationally. To learn more about vaccines for adults and identify which ones you need visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) - click on "For Specific Groups of People," and take their adult quiz. The Mayo Clinic also offers a list of vaccines on their website ([www.mayoclinic.com/health/vaccines/ID00016](http://www.mayoclinic.com/health/vaccines/ID00016)). And as always, be sure to talk to your doctor about your findings.