

# Lifeline Protector

A Newsletter For Friends & Clients of Wellness Alliances

## Wellness Alliances

### Greetings...

Thank you for reading our monthly newsletter! For additional information on your health and wellness visit our social media pages. Follow us on Facebook at Wellness Alliances and on Instagram at @wellnessalliances.inhomecare. We will keep you updated on current events, your caregiving needs, health news, and tips to enhance your physical, mental, and social well-being.

### Covid-19 Booster Shoots: Everything You Need to Know

If COVID-19 booster shots are recommended the goal is for people to receive booster shots 8 months after they received the second dose of an mRNA vaccine, either Pfizer-BioNTech or Moderna. The CDC's Advisory Committee on Immunization Practices (ACIP) will decide if a booster shot is safe and effective based on research conducted by the Food and Drug Administration. As of now, the CDC recommends people with moderately to severely compromised immune systems receive a booster shot because they may not build the same level of immunity from 2 doses of the COVID-19 vaccine as people who are not immunocompromised. It is likely the FDA will approve booster shots for some or all people to be further protected against COVID-19, until then it is important to stay safe and continue to follow COVID-19 safety practices.



### Understanding Why Seniors Refuse Help

Aging comes with many changes to one's health and lifestyle. Aging can be scary to the elderly community and result in stubborn behavior. If you need help finding care for a loved one who is refusing help it is important to understand why. The number one reason for refusing care is because of fear. Many people have a fear of getting older and losing independence. To help your loved ones overcome this fear and accept help, here are 3 steps you can take.

1. Commintate with other family members first: To eliminate disagreements talk with other family members ahead of time such as, siblings, to determine the best plan to help your loved ones.
2. Don't push: Talk to your loved one needing care many times and be patient. Avoid being forceful.
3. Talk about the benefits: Your loved ones might feel they are giving up their independence and freedom. In this case, remind them of the rewards including, companionship, peace of mind for the family, socialization, and a better quality of life. As you continue to talk to your elderly loved ones about caregiving services, visit [wellnessalliances.com](http://wellnessalliances.com) to view our caregiving services. We provide a vast majority of services to assist with activities of daily living. We are committed to providing exceptional care to you and your loved ones.

### Breast Cancer Awareness Month

The annual campaign to increase awareness of breast cancer is here. You can join the cause in many ways and help women today! Here are 3 different ways you can support Breast Cancer Awareness Month.

1. Wear pink: Wear pink to honor those lost from breast cancer and all survivors of the disease. You can share your pink wardrobe to social media with the hashtag #PinkPose.
2. Donate: There are many charities to donate to, to help support research on finding a cure for breast cancer. Two possible charities that fund promising cancer treatments are, StandUp2Cancer and The Breast Cancer Research Foundation.
3. Walkathons: Breast cancer walks happen globally and are a great way to support people affected by breast cancer. Walkathons help fundraise money for a cure through pledges. Look in your local area for a walkathon or other breast cancer fundraisers to participate in.

According to the National Breast Cancer Foundation, in 2021, an estimated 281,550 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 49,290 new cases of non-invasive (in situ) breast cancer. Please use this month to help and support those affected by breast cancer in any ways you can.



### Quote of the Month

"Act as if what you do makes a difference. It does."  
- William James

Wellness Alliances  
1000 S Valley View  
Blvd 2nd Floor, Las  
Vegas, NV 89107

Phone:  
702-815-9012  
E-Mail:  
[info@wellnessalliances.com](mailto:info@wellnessalliances.com)

We're on the Web!  
See us at:  
[www.wellnessalliances.com](http://www.wellnessalliances.com)

