

September 15, 2003

Emily Lambright
517-279-9561 ext. 103

PROTECT YOURSELF FROM FLU AND PNEUMONIA

This year during the month of September, the Branch-Hillsdale-St. Joseph Community Health Agency and the Branch-St. Joseph Area Agency on Aging would like to encourage our senior citizens to protect yourself from flu and pneumonia.

There are three reasons why you should get flu and pneumonia shots:

1. You need these shots to stay healthy. More than 90% of all flu and pneumonia related deaths are in people 65 years of age and older.
2. All you need is one flu shot each year. Most people need only one pneumonia shot after age 65 (or your doctor's recommendation). When you have both shots, you are also protecting your friends and family from catching these diseases from you. The best time to receive the shots is in the fall, before flu season starts.
3. Medicare Part B will pay for a yearly flu shot and one time pneumonia shot. If you are not enrolled in Medicare, there is a \$15.00 charge for the flu vaccine. The cost of the pneumonia vaccine is yet to be determined.
4. You must have your card with you! Visit us at the following locations to receive your annual flu and pneumonia shots.
 - ✍ Coldwater: Older American Health Fair, Dearth Center, October 14, 2003 from 9:00am – 2:00pm. By appointment only, call 517-279-9561 ext. 132
 - ✍ Hillsdale: Hillsdale County Fair, September 22, 10:00am - 5:00pm, September 24, 12:00 – 7:00pm and September 26, 10:00am – 5:00pm. No appointment necessary.
 - ✍ Sturgis: October 15 & 29, 2003. By appointment only, call 269-659-4013 ext.121
 - ✍ Three Rivers: Kline's Resort, October 15, 2003, 8:00am – 12:00pm, Commission on Aging, November 5, 8:00am – 12:00pm, and Community Health Agency, 8:00am – 4:00pm on October 27, November 3 and November 12. All by appointment only.

For more information contact the Branch-Hillsdale-St. Joseph Community Health Agency at one of our four locations: Coldwater (517) 279-9561, Hillsdale (517) 437-7395, Sturgis (269) 659-4013, Three Rivers (269) 273-2161 or visit our website at www.bhsj.org.

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