

New York State Office for the Aging reminds older New Yorkers to get flu shot

BY THE NEW YORK STATE OFFICE FOR THE AGING

The New York State Office for the Aging (NYSOFA) is reminding older adults and caregivers about the importance of getting their flu vaccination as soon as possible. Flu season is already underway – and can last as late as May. The flu shot is an essential preventive care service that should not be delayed because of the COVID-19 pandemic.

“With the holiday season upon us, staying healthy is more critical than ever, particularly for older adults, who are at greater risk for the flu and COVID-19,” NYSOFA Acting Director Greg Olsen said. “Our immune systems are more easily compromised as we age, and older adults – especially those with chronic health conditions – have an increased risk of becoming seriously ill. In addition to following all safety and social distancing guidelines to reduce the spread of COVID, getting a flu shot is vital to protect the health and wellbeing of older adults and caregivers.”

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People infected with the flu may also have respiratory symptoms without a fever. The flu can cause mild to severe illness. Older adults, people with certain chronic medical conditions, young children, and pregnant women are among those who are at highest risk of serious flu complications, possibly requiring hospitalization and sometimes resulting in death.

Getting a flu shot is particularly important for those at increased risk for severe illness from COVID-19, which can mimic flu symptoms. While the flu vaccine does not specifically protect against COVID-19, it is highly recommended to maintain overall health and protect against other respiratory illnesses.

To find a location near you to get a flu shot, visit vaccinefinder.org.

As we enter the holiday season, understanding the risks and impact of the COVID-19 virus is critical for

all New Yorkers to protect themselves and their loved ones.

New Yorkers can take the “CV-19CheckUp,” a free, anonymous, personalized online tool that evaluates an individual’s risks associated with COVID-19 based on their life situation and behaviors and provides recommendations and resources to reduce those risks. Developed by BellAge Inc., the CV-19CheckUp tool helps people be safer, healthier, and ensure their individual needs are met during the pandemic.

With COVID cases continuing to increase across the United States, the Centers for Disease Control and Prevention (CDC) recommends the following:

- √ Celebrate the holidays at home with the people you live with. Gatherings with family and friends who do not live with you can increase the chances of getting or spreading COVID-19 or the flu.

- √ Practice good health and safety habits, including wearing a mask in public, practicing social distancing by keeping at least 6 feet of distance between yourself and others, even when outdoors; avoiding close contact such as shaking hands or hugging; washing hands often or using an alcohol-based hand sanitizer with at least 60% alcohol when soap and water are not available; and avoiding unnecessary contact with surfaces that are often touched, such as doorknobs and handrails.

- √ Get your annual flu shot. Everyone 6 months of age and older, particularly those at greater risk, should get an annual flu vaccine. High-dose flu shots are also available for adults age 65 and older.

- √ Get pneumococcal vaccines. People 65 years and older should also be up to date with the pneumococcal vaccination to protect against other respiratory illnesses such as pneumonia, meningitis, and bloodstream infections.

- √ Seek medical advice quickly if you develop COVID or flu symptoms. People with COVID-19 have reported a wide range of symptoms from mild to severe illness, many which mimic flu symptoms.

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LEGAL NOTICE

Notice of Formation of CKR Managers LLC. Arts. of Org. filed with NY Dept. of State on 9/4/20. Office location: Niagara County, NY Sec. of State designated agent of the LLC upon whom process against it may be served, and shall mail process to 8615 Rivershore Dr, Niagara Falls, NY 14304, the principal business location. Purpose: any lawful activity. Tribune/Sentinel Oct. 30 and Nov. 6, 13, 20, 27 and Dec. 4, 2020

LEGAL NOTICE

Fresh Waters Laundromat Newfane LLC. Art. of Org filed with the SSNY on 09/14/2020. Office: Niagara County. SSNY designated as agent of the LLC upon whom process against it may be served SSNY shall mail copy of process to the LLC, 144 Hartwell Road, Buffalo, NY 14216. Purpose: any lawful purpose. Publish Tribune/Sentinel Oct. 30 and Nov. 6, 13, 20, 27 and Dec. 4, 2020

LEGAL NOTICE

Notice of Formation of Hoover Farm LLC. Arts. of Org. filed with NY Dept. of State on 9/23/20. Office location: Niagara County. NY Sec. of State designated agent of the LLC upon whom process against it may be served, and shall mail process to 6030 Hoover Rd., Sanborn, NY 14132, the principal business location. Purpose: any lawful activity. Tribune/Sentinel

Oct. 30 and Nov. 6, 13, 20, 27 and Dec. 4, 2020

LEGAL NOTICE

Name of LLC: Integrity Home Repair, LLC. Date of filing of Articles of Organization with the NY Dept. of State: September 1st, 2020. Office of the LLC: Niagara County. The NY Secretary of State has been designated as the agent upon whom process may be served. NYSS may mail a copy of process to the LLC at 3550 Maple Rd., Wilson, NY 14172. Purpose of LLC: Any lawful purpose. No specific duration attached to LLC. Tribune/Sentinel Oct. 30 and Nov. 6, 13, 20, 27 and Dec. 4, 2020

LEGAL NOTICE

Natalie Trapasso Nutrition Services, LLC (“LLC”) filed Articles of Organization with the NY Sec. of State (“SSNY”) on 9/23/20. Office location: Niagara County. SSNY is designated as agent of LLC upon whom process against it may be served and shall mail a copy of process to 765 Scovell Drive, Lewiston, NY 14092. Purpose: any lawful activity. Publish Tribune/Sentinel Oct. 30 and Nov. 6, 13, 20, 27 and Dec. 4, 2020

LEGAL NOTICE

Notice of Formation of Queue The Visuals LLC. Date of filing of Articles of Organization with the NY Secretary of State: July 7, 2020. Office of the LLC: 222 73rd Street, Niagara Falls, NY

14304 Niagara County. Legallnc Corporate Services, Inc. is designated as agent of LLC upon whom process against it may be served. Legallnc Corporate Services, Inc. may mail a copy of any process to the LLC to 222 73rd Street, Niagara Falls, NY 14304. Purpose of the LLC: Any lawful purpose. No specific duration attached to LLC. Tribune/Sentinel Oct. 30 and Nov. 6, 13, 20, 27 and Dec. 4, 2020

LEGAL NOTICE

Notice of formation of Showdown's Ranch LLC. Arts. of Org. filed with Secy. Of State of NY (SSNY) on 10/16/2020. Office location: Orleans County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o Registered Agents Inc. 90 State Street Suite 700, Office 40, Albany NY 12207 Purpose: any lawful activity. Publish Tribune/Sentinel Oct. 30 and Nov. 6, 13, 20, 27 and Dec. 4, 2020

LEGAL NOTICE

SJI Main, LLC filed w/ SSNY 4/29/19. Off. in Niagara Co. SSNY desig. as agt. of LLC whom process may be served & shall mail process to Callocchia Law Firm, PLLC, 16 Bidwell Pkwy., Buffalo, NY 14222. Any lawful purpose. Tribune/Sentinel Oct. 30 and Nov. 6, 13, 20, 27 and Dec. 4, 2020