



The Parkwood Post

Winter 2021

Senior Living Apartments • Villas • Patio Homes For Sale

Benefits of Getting a COVID-19 Vaccine

We understand that some people may be concerned about getting vaccinated now that COVID-19 vaccines are available in the United States. While more COVID-19 vaccines are being developed as quickly as possible, routine processes and procedures remain in place to ensure the safety of any vaccine that is authorized or approved for use. Safety is a top priority, and there are many reasons to get vaccinated.

Can a COVID-19 vaccine make me sick with COVID-19?

No. None of the COVID-19 vaccines contain the live virus that causes COVID-19 so a COVID-19 vaccine cannot make you sick with COVID-19.

Below is a summary of the benefits of COVID-19 vaccination based on what we currently know. CDC will continue to update their website as more data becomes available.

COVID-19 vaccination will help keep you from getting COVID-19

- All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19.
- All COVID-19 vaccines that are in development are being carefully evaluated in clinical trials and will be authorized or approved only if they make it substantially less likely you'll get COVID-19.
- Based on what we know about vaccines for other diseases and early data from clinical trials, experts believe that getting a COVID-19 vaccine may also help keep you from getting seriously ill even if you do get COVID-19.
- Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.
- Experts continue to conduct more studies about the effect of COVID-19 vaccination on severity of illness from COVID-19, as well as its ability to keep people from spreading the virus that causes COVID-19.

COVID-19 vaccination is a safer way to help build protection

- COVID-19 can have serious, life-threatening complications, and there is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you.

- Clinical trials of all vaccines must first show they are safe and effective before any vaccine can be authorized or approved for use, including COVID-19 vaccines. The known and potential benefits of a COVID-19 vaccine must outweigh the known and potential risks of the vaccine for use under what is known as an Emergency Use Authorization (EUA).
- Getting COVID-19 may offer some natural protection, known as immunity. Current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the 90 days after initial infection. However, experts don't know for sure how long this protection lasts, and the risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity. COVID-19 vaccination will help protect you by creating an antibody (immune system) response without having to experience sickness.
- Both natural immunity and immunity produced by a vaccine are important parts of COVID-19 disease that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

COVID-19 vaccination will be an important tool to help stop the pandemic

- Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.
- The combination of getting vaccinated and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.
- Stopping a pandemic requires using all the tools we have available. As experts learn more about how COVID-19 vaccination may help reduce spread of the disease in communities, CDC will continue to update the recommendations to protect communities using the latest science.

Things to Do When You Can't Go Outside

This is a strange time in our country's history, in which people are staying in to help curtail a pandemic. At Parkwood Heights, the health and safety of our residents and employees are paramount, so we're following the instructions of the New York State Department of Health in regards to visitation. We recognize that it can feel isolating to be separated from family and friends, but we're doing all we can to keep you safe. We are looking forward to the upcoming vaccination in hopes that is the light at the end of the tunnel. In the meantime, we've got some suggestions to keep you occupied and entertained during this time.

- **Learn something new.** Keeping your brain active is a great way to fight cabin fever! Is there something you've been wanting to learn? Now is a great time to take the time to take a class online.
- **Don't stop getting exercise.** The gyms are closed, but all the workout apps are offering free trials to help everyone keep moving. What's more, it's easy to stream workout videos to make you feel like you're right there in the class.
- **Do some crafting.** You can order everything you need and have it delivered so that you can needlepoint, knit, paint, or whatever else you feel like doing to be creative. Don't know how to craft? It's easy to find tutorials, and there's no better time to take them in.
- **Play a game or do a puzzle.** Especially when your normal activities are curtailed, it's important to keep your brain active. Puzzles are a great way to stimulate your mind, whether traditional jigsaw puzzles, crossword puzzles, or a book of Sudoku. Prefer board games? You can find all kinds of board games online, and some of them let you play with loved ones in a different location. This could be a great way to connect with kids and grandkids while everyone's out of school and work!
- **Dance like no one's watching.** This is an easy one, because no one is! Put on your favorite music and have a private dance party. It's a great way to get exercise and it may even benefit your mental health. Research indicates that dancing can reduce depression, stress, and anxiety.
- **Bake something delicious.** Now that you have some extra time, it's the perfect opportunity to try out that new recipe you've been eyeing. Bake bread, try a new gourmet recipe, learn to make the perfect chocolate chip cookie—get creative!
- **Catch up on your reading.** There's never been a better time to curl up with a good book. You might even be able to get to some titles you've been meaning to read for a long time.
- **Bring your gardening indoors.** If you love to garden but can't get outside, consider starting an indoor garden. Whether it's flowers, hanging plants, or herbs, plants will brighten your home and may lighten your mood.
- **Get organized.** If you've been putting off cleaning out your closet, cleaning out your junk drawer or organizing your filing cabinet, now is the perfect time to take care of those chores. It doesn't even matter if you make a mess in the process, because no one will be popping by unexpectedly!
- **Keep communicating.** As people are discovering while isolated, there are plenty of ways to communicate while practicing social distancing. FaceTime and Zoom are just two examples of apps that can help you stay connected while you're apart. Not interested in high-tech connection? This is a great time to brush up on your letter writing skills and send out some good old-fashioned mail.
- **Indulge in a little "me time."** Soak in a mineral bath, put on a homemade facial mask, or rest a while, listening to uplifting, peaceful music while you recline with cucumber slices on your eyelids. An at-home spa day may be just what you need to relax and refresh.
- **Share your wisdom and experience.** Maybe you could start a blog, or maybe you could start a journal filled with everything you remember about your life. This kind of memoir might just be a good time for you to reflect and take stock, or it might be beneficial to people in your life who'd like to know new things about you. You could also create a time capsule with household items representing your everyday life with a reminder not to open it for 10 or 15 years. It could be fun to put this together, and equally fun to open it later!
- **Enjoy the arts from home.** Many museums are offering virtual tours, now that their physical doors are closed, and these tours are available 24/7. Orchestras are doing similar things, and Broadway shows are streaming. You may even be able to see some things you wouldn't normally get to see!

COVID-19 Vaccine Scam

There have been multiple scams detected regarding the COVID-19 vaccine that prey on unsuspecting beneficiaries. At this point, it is essential that we alert everyone of likely schemes and provide them with information on how they can protect themselves:

- You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from Medicare or the Health Department with contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number, your credit card or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.

If you get a call, text, email or even someone knocking on your door claiming they can get you early access to the vaccine, STOP! IT'S A SCAM! DO NOT GIVE THEM ANY INFORMATION

***As you receive specific vaccine fraud case information, please notify:

Marissa Whitehouse

Program Manager, Senior Medicare Patrol

U.S. Department of Health and Human Services

202-795-7425 | Marissa.Whitehouse@achl.hhs.gov

Winter Birthdays

Remember to wish these residents a Happy Birthday!

APARTMENTS & VILLAS

1/1 Janina B.
 1/3 Violet C.
 1/6 Helen T.
 1/13 Jo G.
 1/13 Bill M.
 1/15 Gale E.
 1/16 Cheri F.
 1/17 L. Yvonne P.
 1/17 Joan S.
 1/18 Elaine M.
 1/19 Gunhild 'Chris' C.
 1/30 Raymond N.
 2/1 Lorraine N.
 2/2 Maurice S.
 2/12 Pauline B.
 2/13 Joan M.
 2/14 Deborah O.
 2/15 Catherine L.
 2/17 Mary E.
 2/17 Tula W.
 2/18 Beverly M.
 2/24 Mary S.
 2/25 Barbara O.
 2/26 Carol B.
 3/1 Cy W.
 3/6 J.Preston H.
 3/9 Shirley D.
 3/11 Barbara G.
 3/10 Eunice B.
 3/15 Joanne G.
 3/18 Lowell T.
 3/22 Grace V.
 3/24 Gail J.
 3/27 Barbara H.
 3/28 James C.
 3/28 Olga W.
 3/29 Jacqui D.

PATIO HOMES

1/4 Jerry T.
 1/5 Barbara L.
 1/6 Diane D.
 1/8 Robert V.
 1/12 Otto M.
 1/13 Theresa P.
 1/25 Carole P.
 1/25 Sharolyn T.
 1/27 Tom S.
 2/4 Sally C.
 2/9 Dianne B.
 2/10 Winona V.
 2/10 Joan P.
 2/13 Gene J.
 2/14 Huguette B.
 2/14 Jean L.
 2/15 Roy V.
 2/28 Jim P.
 3/2 Gerry K.
 3/3 Ann W.
 3/4 Paul B.
 3/10 Jim S.
 3/15 Bob W.
 3/24 Kathy V.
 3/28 Betsy W.

Looking Forward to Getting Back to Parkwood Life





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