

Winter 2021

Green Ridge House Gazette

All about the Covid19 Vaccine

Since the Covid19 vaccine came out, many people have voiced the following thoughts: Is this vaccine safe? Does it work? The answer is a resounding **yes**. **There are currently two Covid19 vaccines authorized by the CDC: the Pfizer vaccine and the Moderna vaccine.** They are very similar, just developed by different companies. Both require two shots in the upper arm. The Pfizer vaccine shots are given 21 days apart, and the Moderna vaccine shots are given 28 days apart.

Both of these vaccines have gone through full clinical trials and safety testing. Due to high priority, an unprecedented amount of funding, and a good base of existing research for this particular type of vaccine (called mRNA vaccines), scientists were able to create the Covid19 vaccines quickly while rigorously evaluating their safety.

Both vaccines were found to be 95% effective in preventing Covid19, which is an even better success rate than the flu vaccine! Neither was found to have dangerous side effects for most people. Like the flu vaccine, they might cause minor pain or swelling in the arm where you get the shots, or chills and tiredness after. Also like flu shots, a very small number of people may have more severe side effects, usually due to allergic reactions.



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All about the Covid19 Vaccine (cont.)

Another common question concerning the Covid19 vaccine is: when, where, and how can I get it? **In Prince George's County, the vaccine is free and being distributed in phases where different groups are eligible to get it. As of January 18 we are in Phase 1B**, where seniors age 75+ and those in assisted living facilities are eligible to receive vaccines. Primary care doctors should also be able to start receiving vaccine doses for patients. This phase is expected to last through February.



In Phase 1A, which took place in early January, frontline healthcare workers and nursing home residents received vaccines. In Phase 1C, expected to be from March to April, seniors age 65-74 will be eligible to receive vaccines. Phase 2 will cover non-seniors with high risk medical conditions and take place from April to May. Phase 3 will cover the general public and take place from May to June.

Most Green Ridge House residents are eligible under Phase 1B or Phase 1C depending on age. Eligible people will be able to get the vaccine at a Prince George's County vaccination clinic. Primary care doctors may also begin offering the vaccine soon. By Phase 1C, it is even a possibility you will be able to get the vaccine at a pharmacy like CVS or Safeway. **We currently do not expect that a clinic will be held in Green Ridge House sooner than these other options.** If we are able to hold a clinic, we will release information as soon as we receive it.

If you are 75 years or older, you are now eligible to receive the Covid19 vaccine at a County vaccination clinic. To get your vaccine you must pre-register using the website covid19vaccination.princegeorgescountymd.gov. As appointments become available, those who pre-registered will be notified of how to make an appointment to get vaccinated. Appointments are not available to the general public (until Phase 3). Please don't hesitate to contact the Service Coordinator for assistance if you are wondering about what phase we are in and your current eligibility, or if you need help using the website.

Coming Up for February:

1. Internet Essentials Programs

The **Internet Essentials Program** will offer residents without internet the ability to receive free service for one year. There is no credit check or contract, but equipment must be returned to Comcast when you exit the program. You can choose the base program or **Internet Essentials Plus**, which includes the Community Telehealth Program, where student nurses from Washington Adventist will provide free telehealth visits to participants once a week.

These programs will require residents to own a computer, tablet or smart phone to use the service. Staff will monitor residents monthly through email to ensure they are using the service. Due to Covid19 residents will receive a self-install kit to activate services. Technical support will be available via phone through Comcast. Registration is open from February 1 to February 28. **For more information or to register please call 240-542-2033.**

2. Renter's Tax Credit

The Renters' Tax Credit Program provides a direct check payment of up to \$1000 to renters who meet certain requirements. If you are a senior or disabled adult who has paid more than a specified amount in rent for your income level last year, you may qualify for a tax credit. Income requirements and details for a workshop will come out early February—keep an eye on the table in the lobby!



3. American Heart Health Month

In the face of the Covid19 pandemic, heart health awareness is more important than ever. Covid19 can cause heart problems, and those with existing heart conditions have a higher chance of suffering complications if they get Covid19. So don't stay still just because you're staying home! Take walks (stay socially distanced), eat heart healthy foods (low in fat and sugar), or simply help raise awareness on February 5, National Wear Red Day:



The National Heart, Lung, and Blood Institute and many groups around the country observe National Wear Red Day® each year on the first Friday in February to raise awareness about heart disease as the leading cause of death among Americans, especially women.

Welcome New Intern!

Green Ridge House is getting a new intern for Spring 2021! Please welcome **Haleigh Coar**, a University of Maryland student majoring in Community Health.

Haleigh will help run the Internet Essentials Program starting in February. She will also be assisting Flora, the Service Coordinator, in doing resident assessments and running ongoing events like Monday grocery distributions and Brown Bag distributions.



Ongoing Events at Green Ridge House

Service Coordinator Office Hours: The Service Coordinator, Flora, will be in her office during regular 9 AM – 5 PM hours on Mondays, Wednesdays, and Thursdays. She is also available by phone and email during regular hours Monday to Friday. Call or text **301-412-2480** or email fli@greenbeltmd.gov if you need assistance or would like to set an appointment during in-person office hours. **Further details and a calendar are posted on the Service Coordinator Office door. *You must wear a mask if you come in for in-person office hours.***

Giant Grocery Distribution: Every Monday only in the Dining Room starting at 1 PM. If you are interested in picking up items, you must sign up for a time slot if you have not already. See more guidelines posted in the Terrace level hallway. To sign up please call, text, or email Flora.

Monthly Produce Delivery: Every third Thursday of the month. Done in conjunction with produce distributions at the Greenbelt Community Center. Residents will get their produce delivered to their doors instead of having to drive down to the GCC. To sign up please call, text, or email Flora.

Congregate Meal Program: Every Friday in the Dining Room. Please contact Ms. Marvel Brown at **301-474-1113** for more details.

All other regular activities remain canceled until further notice.