



Autumn 2021

# Green Ridge House Gazette

## All About Covid19 Vaccine Boosters

The Centers for Disease Control (CDC) currently recommends a third dose or **vaccine booster** for those who received their full series of a two-dose Covid19 vaccine (Pfizer or Moderna) at least six months ago and who are moderately to severely immunocompromised.

As of late September 2021, **the FDA has authorized the Pfizer vaccine booster** for wider groups of people. Pfizer vaccine boosters are now available to seniors who are 65 or older, as well as anyone who is eighteen or older and has an underlying medical condition or works or lives in a high-risk setting.

If you fall under any of these groups and received the Pfizer vaccine at least six months ago, you can now ask your doctor about getting the booster or make an appointment for one at a participating pharmacy such as CVS.

**FDA authorization for a Moderna booster is pending** and expected in the near future. If you are immunocompromised, you may speak to your doctor about getting a booster, but others should wait. Research is still being done on whether the single-dose J&J vaccine will require a booster.

**Turn the page for some more frequently asked questions about Covid19 boosters.**



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## Frequently Asked Questions about Covid19 Boosters

*Written by Natalie Chan and Flora Li*

**Q: How do I find out if I got my first two shots six months ago?**

- Your vaccine card should have the date of your vaccinations.

**Q: What if I lost my vaccine card?**

- You can call your doctor or vaccination provider to access your vaccination records.

**Q: Can I get a Pfizer booster if my first two shots were Moderna or if I got the single J&J shot?**

- No. The CDC does not endorse mixing different types of primary Covid19 vaccines and Covid19 vaccine boosters, because there is no evidence that it will be effective.

**Q: Can I get an additional Pfizer or Moderna first dose or additional J&J dose as a booster shot?**

- No. There is also no evidence that getting an extra first dose will be as effective as getting a proper booster.

**Q: Will there be a vaccine clinic for Covid19 boosters at Green Ridge House?**

- Because the vaccine provided at the first two Covid19 vaccine clinics here was the Moderna vaccine, Green Ridge House is hoping to hold a booster clinic after the FDA authorizes a Moderna booster. More news to come.

### Other Vaccine Clinics at Green Ridge House

While we are waiting for news about a future booster vaccine clinic, a clinic for the influenza, pneumonia, and shingles vaccines is already scheduled for Green Ridge House!

The CDC recommends the flu and pneumonia vaccines for all adults 65 years or older, and the shingles vaccine for healthy adults 50 years or older. All three vaccines can be given at the same time.

The flu and pneumonia vaccines are covered by most types of insurance, but a copay may be required for the shingles vaccine. If you do not have insurance you must pay out-of-pocket. The shingles vaccine is two doses, so if you are getting your first shingles vaccine at this clinic, you should plan to get a second shot within two to six months with your doctor or at a pharmacy.

**Time: Wednesday,  
October 13  
1 PM – 3 PM**

**Place: Green Ridge  
House Dining Room**

**Free lunch provided for  
those who have already  
registered!**

## Senior Brown Bag registration is open!

The Senior Brown bag program offers eligible older adults a **FREE** bag of nutritious, nonperishable food items once a month. Bags are currently delivered to participants on the third Tuesday of each month.

To be eligible for the Senior Brown Bag program, you must be at least 60 years old and either receive any of the following benefits: SNAP (Food Stamps), Medical Assistance, Energy Assistance, TANF, or Unemployment benefits, **OR** be within the income eligibility requirements shown in the chart below.

If you are interested in joining the Brown Bag program, contact the Service Coordinator to register by Friday, October 29.

| <i>Household Size</i> | <i>Annual Income</i> | <i>Monthly Income</i> |
|-----------------------|----------------------|-----------------------|
| 1                     | \$19,320             | \$1,610               |
| 2                     | \$26,130             | \$2,170               |
| 3                     | \$32,940             | \$2,745               |
| 4                     | \$39,750             | \$3,313               |

## Medicare Open Enrollment begins October 15



Medicare Open Enrollment is the annual period when current Medicare users can review their Medicare Part D prescription drug plan or Medicare Advantage plan and compare it to other plans on the market to make sure they are getting the best value. You can join, drop, or switch to a Part D prescription drug plan or Medicare Advantage plan that will start January 2022. However, you cannot enroll in Medicare Part A or B for the first time.

The Service Coordinator will be taking appointments for Part D plan check-ups starting mid-October. **More details and sign-up sheets are in the lobby. If you sign up you will need to provide information on all your prescription drugs and your current Medicare plans.**



## Event: Medicare Presentation

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Wondering about Medicare Open Enrollment? Confused about different types of Medicare or interested in Medicare Advantage? **Join us for a Medicare options presentation by Mark Gottlieb, insurance agent, from Wednesday, October 6 from 2 PM – 3 PM in the Community Room.**

### Ongoing Events at Green Ridge House

**Service Coordinator Hours:** Flora is in her office during 9 AM – 5 PM on Monday, Wednesday, and Thursday and available by phone and email on Tuesday and Friday. Contact her at **301-412-2480** or [fli@greenbeltmd.gov](mailto:fli@greenbeltmd.gov).

**Grocery Distribution:** Mondays from 1 PM – 2 PM in the Dining Room, when available. Pick up frozen meats, dairy, dry goods and snacks. Contact Flora to sign up for alerts.

**Monthly Produce Delivery:** Every third Thursday of the month. Get fresh produce delivered to your door. To sign up please call, text, or email Flora.

**Congregate Meal Program:** Fridays in the Dining Room. Contact Ms. Marvel Brown at **301-474-1135** for details.

**Art Class:** Mondays from 10 AM – 11 AM in the Ceramics Room. Sign up for sessions on the sign-up sheet in the lobby.

**Laughter Yoga Class:** Thursdays from 10 AM – 11 AM in the Community Room. Learn how to improve your balance and muscle strength.

**Wii Interactive Games:** Thursdays from 1:30 PM – 3:30 PM in the Community Room. Come down for an interactive game of bowling, or relax with a game of golf.

**Glenda's Chat and Chew:** Every fourth Tuesday of the month at 2:30 in the Community Room. Join counselor Glenda Willis for snacks, crafts, and discussions about wellbeing.

### New Activities!

**Book Club:** Every second Tuesday of the month at 2:30 PM in the Library. Join counselor Glenda Willis for a good book and discussion. **Starts October 12.**

**Arts for the Aging:** Coming soon!

