

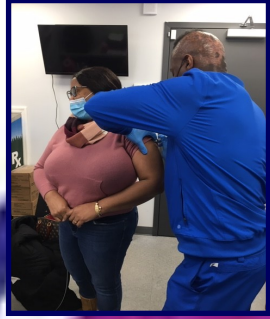
VAXXMATTERS



WHY VACCINATE?

Karene Griffith

I decided to get the vaccine because I had COVID and I don't want it again. I want to provide safety for my family, coworkers and the individuals we support. The experience of losing someone in one of the groups homes that I oversee, was really tough. Anything that we can do to get rid of COVID, I am all for it. As a leader in the agency the best thing I can do is to lead by example. Many staff still have fears. I have found that the best way to encourage and empower is health education. I have shared with staff all of the emotions and concerns that went into my decision to get the vaccine and also have been able to relate how it feels both during and afterwards. This has helped some staff to make the decision to get vaccinated or ask honest questions about the vaccine to be better informed. Many people are still waiting on lines anxiously awaiting vaccines and have had difficulty getting appointments. The agency has made it easier than ever, and I was able to benefit from that.

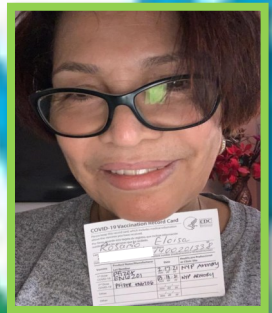


ARE YOU STILL UNSURE?



I heard an analogy that stuck with me. The vaccine is like using an umbrella in a rainstorm. You might still get a little wet but you won't get soaked. Wearing masks is like raincoat and rain boots. All together you are well equipped to fight the storm. You might have heard that you can get the vaccine and still get covid. This is true, as you could have already had covid when you got the vaccine and have not known it. Remember that your body develops a response to COVID a period of time after you get the vaccine. It is also true that you can get covid after you have been vaccinated, as there are new strains developing. However, despite this, having the vaccine will still act as the umbrella, providing you with a layer of protection against serious illness and death.

CONGRATULATIONS MARCOS, ELOISA AND ROCIO ON GETTING VACCINATED



Dont forget to send in your vaccination card when you get vaccinated to HRVac-stats@cfsny.org You can be entered into a raffle drawing and win \$100 gift.

IF YOU WANT TO SHARE YOUR VAXXIES OR IF YOU HAVE QUESTIONS THAT WE MIGHT BE ABLE TO ANSWER FOR VAXXMATTERS PLEASE SEND TO JCROPPER2@CFSNY.ORG

APPROXIMATELY 258 STAFF AND 137 PEOPLE SUPPORTED AT CFS HAVE BEEN VACCINATED SO FAR AND WE CONTINUE TO MAKE APPOINTMENTS.

WE ARE DEVELOPING RELATIONSHIPS WITH VARIOUS VACCINATION SITES THROUGHOUT NY AND NJ. IF YOU ARE INTERESTED IN RECEIVING THE VACCINE CONTACT YOUR DIRECT SUPERVISOR AND/OR THE FOLLOWING DEPENDING ON STATE OR PROGRAM SO THAT WE CAN REACH OUT TO YOU.

NY RESIDENTIAL - TRANET HYMON THYMON@CFSNY.ORG

NY COMMUNITY & SDS - LINDA SCHELLENBERG LSCELLENBERG@CFSNY.ORG

NJ - DONNA MESSINA DMESSINA@CFSNY.ORG

RAFFLE WINNERS !

Christa DeMaio

NJ Staff



Self-Care and Wellness Webinar

Wednesday April 7, 2021 6pm - 8pm (additional dates available in May and June)
Learn how stress affects you and strategies to handle stress more effectively.
<https://www.eventbrite.com/e/self-care-and-wellness-tickets-143791368855?aff=ebdssbeac>

Self-Care and Wellness

Self-Care and Wellness

PRESENTATION WILL FOCUS ON UNDERSTANDING HOW STRESS AFFECTS YOU (THE PSYCHOLOGICAL, SPIRITUAL, INTERPERSONAL AND PHYSICAL IMPACTS).

www.eventbrite.com