

## Why Vaccinate?

### Upcoming Moderna Vaccine Clinic at CFS Bronx office



We are happy to announce that ChemRX is interested in hosting another vaccine clinic at our CFS Bronx office. They will be offering the Moderna vaccine. We do not have a date yet, but if you are interested, please email Shyanne Gadson [sgadson@cfsny.org](mailto:sgadson@cfsny.org) to be placed on a list.

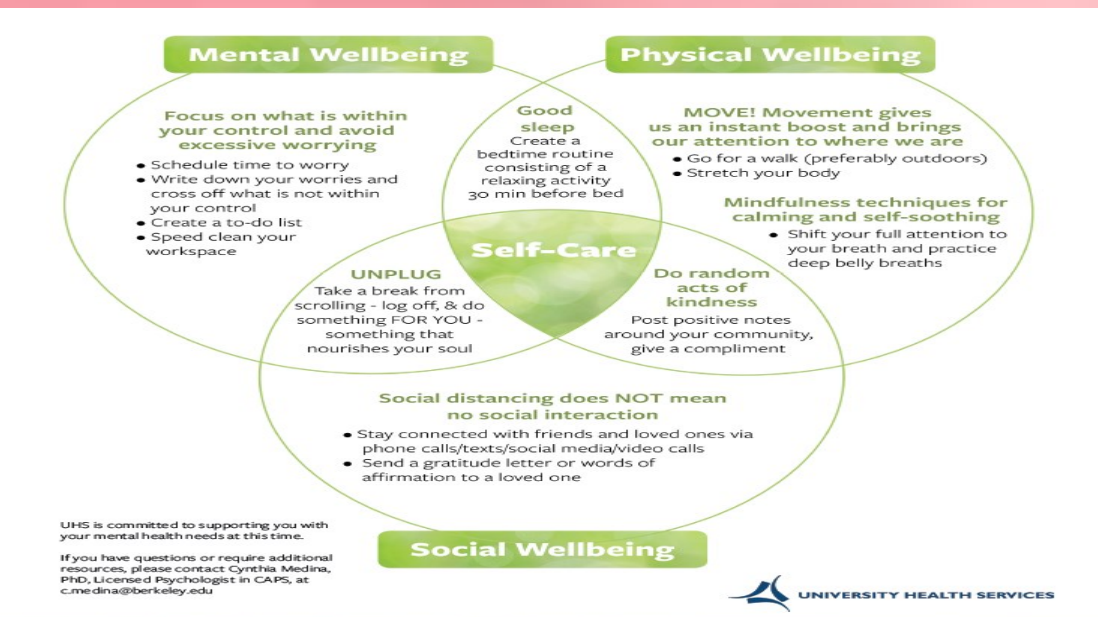
### Vaccine Clinic in NJ Great Success!



On Friday April 16th, Elizabeth Pharmacy came to our Union Day Program to administer the Covid vaccine to a number of our staff. It was a very easy process and the pharmacy has agreed to do it again if we have additional staff interested.

### SELF-CARE During COVID

The COVID-19 pandemic has been very challenging for all of us and the individuals we support. It is important for us to attend to our mental health and well-being. Focusing on self-care includes taking care of your mental well-being, physical well-being and social well-being. See the diagram below for ideas on how to engage in self-care. We will continue to share resources and information that can be useful during this time.



Approximately 264 staff and 143 people supported at CFS have been vaccinated so far and we continue to make appointments.

If you want to share your vaxxies or if you have questions that we might be able to answer for

VaxMatters please send to [jcropper2@cfsny.org](mailto:jcropper2@cfsny.org)

Don't forget to send in your vaccination card when you get vaccinated to [HRVacstats@cfsny.org](mailto:HRVacstats@cfsny.org) You can be entered into a raffle drawing and win \$100 gift.

Congratulations !

Amelia Chu, our NJ Benefits Coordinator on getting vaccinated



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](mailto:THymon@cfsny.org)

NY Community & SDS - Linda Schellenberg  
[lschellenberg@cfsny.org](mailto:lschellenberg@cfsny.org)

NJ - Donna Messina [dmessina@cfsny.org](mailto:dmessina@cfsny.org)



**Raffle Winner**  
**Gail Burr NJ**



Be the first to Email [jcropper2@cfsny.org](mailto:jcropper2@cfsny.org) with the word VAXXMATTERS and receive a gift card

## COVID-19 Vaccines for Caregivers and Personal Care Assistants (PCA)

Wednesday, May 12, 2021  
3:00 PM to 4:00 PM ET

[Registration Link](#)

<https://www.eventbrite.com/e/covid-19-vaccines-for-caregivers-and-personal-care-assistants-pca-tickets-149933907353>

Early registration is required. Registration closes 1 hour before the live webinar begins.