



## I Changed My Mind

I had not been vaccinated and I held off as long as I could. I did not believe in it. Then in prayer or meditation... I felt a move in my spirit, a change in thought and it was simply this: knowing I had O blood I felt extremely safe I would never get it. How would I feel if I was asymptomatic and did have the virus and passed it someone who was not fortunate and they died, was I that ignorant? Not to be vaccinated to prove a point? My answer was no. I didn't want to be responsible for someone's death. I spoke to my husband and we both agreed in that moment to be vaccinated. To protect others from us. We literally went that evening to get the vaccination. I also feel that if we are in a battle and we have a loaded gun and choose not to use it and we die, then that's on us and just stupid. That's my story. I have been sharing it on why I decided. People were both happy I got it and some disappointed I drank the Kool Aid.

**Karen Rambarrat RN**

## Why YOU Should Change Your Mind – Protect Others

For all of COVID, I took precautions and went and got the Vaccine as soon as I was eligible. My Why was for the health of my family including elderly parents and my in-laws. I made sure to schedule my parents and my mother and father in-law for the vaccine once they were eligible. We had meals outdoors and always wore our masks. My mother in-law felt safer once she had the second vaccine. However, only one week after her second dose, another family member visited her. He did not believe that COVID was that serious, he did not wear a mask, was in her home for an extended period of time and was not vaccinated. We found out on Easter Sunday and encouraged her to get tested. She did, she was positive for COVID and within 2 weeks SHE DIED. It was not supposed to be her time to die. My husband laid on the floor with his mom and cried. My children lost their grandma. I cannot understand why anyone would unnecessarily risk the lives of others when we have available to us tools that can keep us safe?

**GET VACCINATED! Linda Schellenberg, Director of Community Services**

**Keep the mask on even if you are vaccinated.**

## **I WEAR MY MASK IN PUBLIC FOR THREE REASONS:**

- 1. HUMILITY:** I don't know if I have COVID as it is clear that people can spread the disease before they have symptoms.
- 2. KINDNESS:** I don't know if the person I am near has a child battling cancer, or cares for their elderly mom. While I might be fine, they might not.
- 3. COMMUNITY:** I want my community to thrive, businesses to stay open, employees to stay healthy. Keeping a lid on COVID helps us all!

## Another Reason YOU Should Change Your Mind – Protect Yourself

Last year I lost 3 family members. For Christmas, I drove to North Carolina to visit my mother and see other family members. I started to experience symptoms and eventually tested positive for COVID. Unfortunately, my mother and 4 other relatives also tested positive for COVID. My mother and I were pretty sick and eventually we needed to be hospitalized for 6 days. As a result, I had pneumonia and my mother had an infection in her kidney. I was unable to return back to New York until February and still experience issues with my breathing. I decided to get vaccinated in May to give me extra protection.

**EJ Robinson, DSP New York**

## **Vaccination Proof for Indoor Activities (Key to NYC)**

Starting August 17, you will be required to provide proof of COVID-19 vaccination for:

- Indoor dining
- Indoor fitness
- Indoor entertainment and performances, including movie theatres, museums and stadiums



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