# **LISBON LINK**



April 2021

Walk-through Take-out LUNCHEON Thursday, April 22<sup>nd</sup> 11:30

ORDERS MUST BE PLACED NO LATER THAN April 14TH

Call 860-376-2329 to sign up

Meatloaf/Mashed Potatoes/Gravy Vegetable & Dessert \$5

MASKS & 6' SOCIAL DISTANCE REQUIRED ENTER THROUGH FRONT DOOR AND EXIT THROUGH LIBRARY DOOR

### **RESOURCES FOR COVID19 VACCINATIONS**

https://covidvaccinefinder.ct.gov/

https://hartfordhealthcare.org/health-wellness/covid-vaccine/scheduleyour-vaccine

https://covidvaccine.ynhh.org/

https://www.ucfs.org/covid-19/

https://www.walgreens.com/findcare/vaccination/covid-19

https://www.cvs.com/immunizations/covid-19-vaccine

https://www.nutmegpharmacy.com/covid19-vaccine

COVID-19 Vaccine Appointment Assistant Line 1-877-918-2224

Uncas Health District 860-823-1189

Call the Senior Center with questions or for a ride 860-376-2329

### Facts About the COVID-19 Vaccine

### ct.gov/covidvaccine



### Who makes the vaccine?

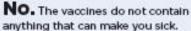
Currently, two vaccines are authorized and recommended to prevent COVID-19: Pfizer-BioNTech and Moderna

Both vaccines went through a rigorous, transparent clinical trial and approval process and were found to be >94% effective.



Medical experts agree that both vaccines are safe and effective at protecting you against COVID-19.

# Will the vaccine give me COVID-19?





The COVID-19 vaccine is an mRNA. mRNA vaccines give our cells instructions for making a harmless protein found on the outside surface of the virus that causes COVID-19. This "spike protein" trains our immune system to target the virus when it shows up.



### Will the vaccine protect me from getting sick with COVID-19?

Yes. The vaccine can keep you safe by preparing your immune system to immediately recognize and fight the virus that causes COVID-19 before it can spread and cause damage.

### When will I be protected?

You must receive **2 doses** of the vaccine 3–4 weeks apart for maximum protection against COVID-19. Full protection occurs about 2 weeks after your second dose.



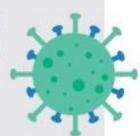
# 8

# Does the COVID-19 vaccine change my DNA?

NO. The COVID-19 mRNA vaccines cannot alter your DNA in any way.

# What if I've already had COVID-19, do I still need to get vaccinated?





According to the CDC, "because there are severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, the vaccine should be offered to you regardless of whether you already had COVID-19 infection."

### Do I still need to wear a mask?



Yes. We will still need to protect our families, friends and communities from COVID-19 while people are getting vaccinated: Mask, Social Distance, Avoid Large Groups, Practice Good Hand Hyglene.

# 7

# Where can I find more information about the COVID-19 vaccine?

There are several reputable sources to learn more:

- Center for Disease Control (CDC.gov)
- U.S. Department of Health & Human Services (HHS.gov)
- World Health Organization (WHO.int)

#### SOURCES

- www.cdc.gov/vaccinesafety/index.html
- www.cdc.gov/vaccines/vac-gen/evalwebs.htm
- info.primecaretech.com/hubfs/Infographics/Answers-to-Your-Covid-19-Vaccine-Questions.pdf
- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html





# Spring Word Search



APRIL BEES BIRDS BLOOM BLOSSOM BUTTERFLY DAFFODILS EGGS FLOWERS GREEN GROWING HATCH MARCH

MAY

RAIN ROBINS SPRING SPROUTING SUNSHINE TULIP



If you are unable to leave your home you can start receiving Meals-on-Wheels.

Contact TVCCA at 860-934-1006 to get set up

### LUNCH

We are here for you for

curbside sandwich pickup, Please call in your order **no later than** 

**11:00** for **11:30** pickup

https://natashalh.com

Are you or someone you know in need of medical equipment? We have many donated items available – free of charge. First come first served:

Walkers \* Canes \* Crutches \* Raised Toilet Seats \* Shower Seats

Call 860-376-2329 to inquire



### **Lisbon's Longevity Link**

Published by Lisbon Commission on Aging Lisbon Senior Center 11 Newent Road Lisbon, CT 06351

April 2021

RETURN SERVICE REQUESTED

#### **Lisbon Senior Center**

Mon – Fri 9:00 am – 3:00 pm 860-376-2329

#### **Board of Selectman**

Thomas Sparkman Robert Browne William Surfus

**Commission on Aging** Lee Szruba, Chairperson

**Senior Coordinator** Karen Washington

> Van Driver Charles Martin

**Nutrition Site Server** 

The **Lisbon Senior Center**'s mission is to be a welcoming setting for socialization, activities, trips, classes and maintaining the health, independence and well-being of active agers.

**Transportation** is available for Lisbon residents for the following: doctor and dentist appointments; banking; hairdresser or barber; shopping and pharmacy; to the Senior Center, etc. For a ride, call the Senior Center 860-376-2329 as soon as you have your appointment. For all other rides, call Mon of that week to set up a time with our van driver.

Restaurant style, made-to-order lunches are served daily at 11:30 am.

**Help** is available for paperwork, applications and insurance decisions.

**Services** are available for maintaining the health, independence and well-being of our town's treasured seniors.

Our **Sunshine Committee** sends cards to those who are enduring a loss or who are ill. Call Carolyn 860-376-9770 with the name and address of those who should receive a card.