

LISBON LINK

April 2021



Walk-through Take-out LUNCHEON

Thursday, April 22nd 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/schedule-your-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.

**>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?

No. The vaccines do not contain anything that can make you sick.

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.



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?

Yes. It is important to get vaccinated for longer and better protection.

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 Hygiene.



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.primcaretech.com/hubfs/Infographics/Answers-to-Your-Covid-19-Vaccine-Questions.pdf
- www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html

GET THE
FACTS
ON THE
VAX



Spring Word Search

R	B	M	G	N	I	T	U	O	R	P	S	D	B	A
I	D	S	Z	O	S	P	U	G	I	I	L	F	Q	B
V	F	Y	R	K	U	W	P	L	G	I	E	S	S	Z
R	D	A	L	E	S	R	C	H	I	R	N	G	A	S
T	A	U	U	F	W	J	I	E	G	P	E	Q	G	O
S	F	I	C	Y	R	O	B	I	N	S	B	E	E	S
U	F	S	N	C	G	E	L	J	J	Z	J	I	N	P
N	O	W	T	E	N	G	T	F	G	F	Q	L	K	R
S	D	Q	B	C	D	H	N	T	A	R	F	M	B	I
H	I	H	M	L	F	P	T	I	U	K	S	Q	J	N
I	L	B	L	O	O	M	A	Y	W	B	H	W	H	G
N	S	D	R	I	B	S	I	I	Q	O	Z	Q	Z	M
E	L	U	C	Y	R	B	S	T	L	R	R	Y	Y	I
P	O	R	T	W	K	P	Z	O	M	S	C	G	F	N
H	A	T	C	H	C	R	A	M	M	K	Q	V	M	K

APRIL
BEES
BIRDS
BLOOM
BLOSSOM
BUTTERFLY
DAFFODILS

EGGS
FLOWERS
GREEN
GROWING
HATCH
MARCH
MAY

RAIN
ROBINS
SPRING
SPROUTING
SUNSHINE
TULIP

<https://natashahloom.com>



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

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.