

SENIOR NEWSLETTER APRIL 2021
MUNICIPAL AGENT FOR THE AGING/ SOCIAL SERVICES DIRECTOR
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HOURS Monday through Friday 8:30 to 3:30

Dear Friends,

As I write this it's almost 70 degrees outside and I am so thankful that spring is coming and soon we can be outdoors (socially distanced of course) with family and friends, tending to our gardens, or being spectators at sporting events. It has been an incredibly long year, and with the progress the country is making toward vaccinating every group of Americans, I feel there is a light at the end of this tunnel. I understand that the process of obtaining a vaccine has not been easy for many, and if you have continued to have trouble with getting an appointment then call me. If you are still undecided about whether or not to get the vaccine, side effects or want more information about the various vaccines then call me. Please read below for an upcoming Zoom presentation on learning about the scams that are out there and how to protect yourself, and a few safety tips for spring! Also, on the other side of this is information from the CDC regarding what "fully vaccinated" people can and cannot do! For the purposes of this guidance, people are considered fully vaccinated for COVID-19 two (2) weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or 2 weeks after they have received a single-dose vaccine (Johnson and Johnson (J&J)).

Be safe,

SENIOR MEDICARE PATROL

Kathleen Titsworth, Banking Outreach Coordinator for the Connecticut Department of Banking, Government Relations and Consumer Affairs and *Lisa Alhabal*, Senior Medicare Patrol Coordinator from the Southwestern CT Agency on Aging will be presenting the latest consumer scams and Medicare scams **via Zoom on April 26th, 2021 at 10 am**. You don't want to miss this important event. Gain knowledge of the latest scams surrounding COVID-19, and learn how you can protect yourself from financial and medical identity theft.

Registration is required. Contact Alison Witherbee at 203-268-1137 or awitherbee@eastonct.gov

Spring Safety Tips

With Daylight Savings time I always want to remind people that it's a good time to make sure your smoke detectors are working, and change the batteries if they need it. Also, make sure that the numbers on your mailbox are visible, and if you are missing a number the fire department has a supply of adhesive numbers to replace those worn out ones. Please call me with any questions.

The Commission for the Aging will meet on April 5th at the ESC at 5pm

Happy Easter to you and your families!

What Has Changed if you've been fully vaccinated

- You can gather indoors with fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
- However, if you live in a group setting and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.

What Hasn't Changed for now, if you've been fully vaccinated

- You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are in public.
- Gathering with unvaccinated people from more than one other household
- Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk
- You should still avoid medium or large-sized gatherings.
- You should still delay domestic and international travel. If you do travel, you'll still need to follow CDC requirements and recommendations.
- You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.

What We Know and What We're Still Learning

We know that COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.

We're still learning how effective the vaccines are against variants of the virus that causes COVID-19. Early data show the vaccines may work against some variants but could be less effective against others. We know that other prevention steps help stop the spread of COVID-19, and that these steps are still important, even as vaccines are being distributed.

We're still learning how well COVID-19 vaccines keep people from spreading the disease.

Early data show that the vaccines may help keep people from spreading COVID-19, but we are learning more as more people get vaccinated.

We're still learning how long COVID-19 vaccines can protect people.

The CDC will continue to update our recommendations for both vaccinated and unvaccinated people.

Until we know more about those questions, everyone — even people who've had their vaccines — should continue taking basic prevention steps when recommended.