

NEWSLETTER

SPECIAL COVID-19 VACCINE ISSUE

INTERFAITH
Caregivers
GREATER MERIER COUNTY

Our mission is to promote the independence, dignity, and wellness of homebound elderly and people with disabilities by matching them with supportive and caring volunteers who assist with the tasks of everyday life.



A SPECIAL MESSAGE

Yes, it has been a year since our lives were changed so totally, and for many forever changed, due to the microscopic and deadly COVID-19 virus.

Over this past year, we worked, we prayed, we loved and lived, and we grieved. And of course, we waited, sometimes in anger or fear, often in sadness, and always in frustration, for the time when we could come together in safety. With hugs and laughter, shared meals and visits with family and friends.

Thankfully, health experts report that some form of normal may soon be possible, as available vaccines will make it safer to be with each other once again.

We know that the vaccine and the distribution plans have some challenges.

- The system is not perfect. The vaccine registration and rollout are confusing and time consuming. Many will have to aggressively check

multiple registration sites to get their vaccine, even after they are eligible.

- There are some side effects, and many will need a conversation with their doctors about personal risk factors (history of allergic reactions, current medications +/- or current health challenges) and how they relate to their taking the vaccine.

- It is a new vaccine, and many are anxious about the science or long term impact.

At ICGMC, we are NOT virus experts, but we have worked to put together a newsletter edition that we believe will answer a range of questions that our volunteers and care receivers may still have about the vaccine. We want you to have the information needed to make an informed decision about how to become safer from the virus. And that includes where to get more information about COVID-19 and the available vaccines; and how to get registered and receive the vaccine as soon as safe and possible. Please check out the enclosed information, phone numbers and website links.

I would also encourage you to contact our office and speak to our team. We are here to help you get more information and will even help you get registered for your vaccine appointment. We also have some new local health contacts who might be able to mobilize in-home solutions for our care receivers who face significant mobility and vaccine access challenges.

And we would welcome information on your current vaccination status. This will help us assess how and when to begin safely re-opening some of our services.

In closing, please know that we are so proud to still be here for you all, providing essential services and needed assistance and continuing to find ways to do more for our neighbors in need.

Warmest regards,

Linda Gyimoty
Executive Director
linda@icmc.org

Martin Luther King Day

A DAY ON, NOT A DAY OFF

For the past six years our Retired and Senior Volunteer Program (RSVP- a program of AmeriCorps Seniors) has been working toward enrolling volunteers who are 55+ to become RSVP volunteers. This opportunity gives ICGMC the ability to find new volunteers that want to serve and it gives us the ability to showcase all the great work that our volunteers provide each and every day for our care receivers.

This year ICGMC wanted to find a way to help other seniors in the community for MLK Day, a National Day of Service. Due to COVID-19 we wanted to focus on helping seniors that may be in need of a new mask and to those who may not have one or are in need of replacing the one that they have. ICGMC was able to donate a total of 180 reusable/washable masks to the residents of Trent Center and South Village apartments in Trenton, New Jersey. Both of the housing communities were grateful to be able to offer the residents new masks to keep them safe. In addition, ICGMC has made available additional masks at our back door during the month, offering our volunteers and anyone who has stopped by the opportunity to take a new mask.

Each and every day our volunteers take the time to offer their assistance to the folks we serve. If you or someone that you know would like to learn more about how to get involved, please contact us <https://www.icgmc.org/volunteer/>.



ICGMC staff honored Dr. King's legacy by observing a "day on, not a day off." They packed and distributed facemasks to two of our local housing partners, South Village and Trent Center.



They also made masks available to our volunteers with safe social distancing pick-up at our office back door.

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COVID-19 VACCINE

Know the Facts

- ✓ **FACT: COVID-19 vaccines will not give you COVID-19.**

None of the COVID-19 vaccines currently in development in the United States use the live virus that causes COVID-19.

- ✓ **FACT: COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests.**

Vaccines won't cause you to test positive on viral tests, which are used to see if you have a current infection.

- ✓ **FACT: People who have gotten sick with COVID-19 may still benefit from getting vaccinated.**

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection (natural immunity) varies from person to person. Some early evidence suggests natural immunity may not last very long.

- ✓ **FACT: Getting vaccinated can help prevent getting sick with COVID-19.**

There is no way to know how COVID-19 will affect you. If you get sick, you also may spread the disease to friends, family, and others around you while you are sick. COVID-19 vaccination helps protect you by creating an antibody response without having to experience sickness.

- ✓ **FACT: Receiving an mRNA vaccine will not alter your DNA.**

mRNA (messenger ribonucleic acid) can most easily be described as instructions for how to make a protein or even just a piece of a protein. mRNA is not able to alter or modify a person's genetic makeup (DNA).



Adapted from the Centers for Disease Control and Prevention

Vaccine Links & Numbers

STATE WEBSITE

<https://covid19.nj.gov/pages/vaccine>

NJ STATE PRE-REGISTRATION PAGE

<https://covidvaccine.nj.gov/>

NEW JERSEY CALL CENTER

Open M-F, 8am to 8pm in multiple languages
1-855-568-0545

A COMPREHENSIVE LIST OF CURRENT VACCINE SITES

<https://covid19.nj.gov/pages/covid-19-vaccine-locations-for-eligible-recipients>

VACCINE PROVIDER SITE PRE-REGISTRATION

<https://njiis.nj.gov/core/web/index.html#/newFacilityEnrollment>

THE NJ DEPARTMENT OF HEALTH

has a vaccine page, including the state's submitted vaccination plan:

https://www.nj.gov/health/cd/topics/covid2019_vaccination.shtml

To subscribe to the e-newsletter, MVAX Matters, please use this link:

<https://www.state.nj.us/health/cd/topics/vmsignup.shtml>

The Department of Health YouTube Channel with education and informational video clips

https://www.youtube.com/channel/UCOXWk66_cfg2MCIHHv4AAxA/videos

REMEMBER: YOU ARE NOT ALONE

For anyone in our ICGMC family who may be struggling at this time, please know that our faith communities and our team are here to help in any way that we can! In addition, for our more private folks who might want to talk to someone outside of our system - see the state hotline - Mental Health Care - 1-866-202-HELP (4357)

About the COVID-19 Vaccines

Millions of Americans have been vaccinated to protect themselves against the COVID-19 virus. If you're wondering which vaccine is best for you, the short answer is **whichever one is available to you upon eligibility**. All the FDA-approved vaccines are safe and effective.

WHAT'S THE DIFFERENCE BETWEEN THE VACCINES?

All available COVID-19 vaccines have been shown to be highly effective at preventing serious impacts of the virus including hospitalizations and deaths. Their differences are primarily the dosage schedule and how they can be transported and stored, as shown below.

| | PFIZER-BIONTECH | MODERNA | JOHNSON & JOHNSON |
|---------------------|-------------------------------|--------------------------------|--------------------------------|
| TYPE | mRNA | mRNA | Viral vector |
| DOSES | 2 | 2 | 1 |
| PEAK EFFECTIVENESS* | 7 days after the second dose* | 14 days after the second dose* | 28 days after the single dose* |

*All three vaccines begin to protect you soon after being administered, including with the first dose.

WHY DOES STORAGE TEMPERATURE MATTER?

All vaccines require refrigeration, and some require cold or ultra-cold storage that many facilities don't have. Each vaccine's storage temperature only matters for storage and transportation—it does not have an impact on the vaccine's effectiveness. The Johnson & Johnson vaccine can be stored in a regular refrigerator, so a local pharmacy or a doctor's office could potentially be a vaccination site, which would increase vaccine access.

HOW EFFECTIVE IS EACH VACCINE?

Based on each vaccine manufacturer's reported data as of February 2021, all three vaccines are highly effective at preventing COVID-19-related severe infections and deaths.

| | PFIZER-BIONTECH | MODERNA | JOHNSON & JOHNSON |
|---------------------------|-----------------|-----------------|-------------------|
| AGAINST DEATH | 100% Effective | 100% Effective | 100% Effective |
| AGAINST SEVERE INFECTIONS | 75% Effective | 100% Effective | 85% Effective |
| AGAINST ALL INFECTIONS | 95% Effective | 94.5% Effective | 66% Effective |

All percentages are calculated based on a relatively small number of events and should be viewed as estimates.

I got a COVID-19 vaccine. Now what?

HOW LONG DOES THE VACCINE TAKE TO WORK?

| PFIZER-BIONTECH | MODERNA | JOHNSON & JOHNSON |
|-------------------------------------|--------------------------------------|--------------------------------------|
| 7 days after the second dose | 14 days after the second dose | 28 days after the single dose |

WHY DO I NEED TO COME BACK FOR A SECOND DOSE?

The FDA-authorized Pfizer-BioNTech and Moderna vaccines require a two-dose series to achieve the highest levels of immunity.

2X

WILL I GET PROOF OF VACCINATION?

Yes. After each of your shots, you'll be given a vaccination card or printout that tells you exactly which COVID-19 vaccine you received and the date and location where you were vaccinated.



DO I HAVE TO CONTINUE WITH PRECAUTIONS AFTER I'VE BEEN VACCINATED?

While vaccines must be highly effective to be approved for use, no vaccine provides 100% immunity. Public health officials estimate that 70-85% of the population needs to be vaccinated to stop the spread of the virus. In the meantime, it's important to continue to take public health precautions like wearing a mask, social distancing, and frequently washing your hands. This is especially important to protect your family and friends as they wait to get their vaccine.



HOW LONG DOES THE VACCINE LAST?

America's leading medical experts are in the process of determining how long immunity from COVID-19 vaccines last and if people will need additional booster shots to extend immunity.



With Gratitude

With deepest thanks we acknowledge the following gifts and grants of \$250 or more received since September 2020. These generous funds enable us to provide essential caregiving and wellness services throughout the year to our care receivers and participants.

Individual Donors

Jane and Ed Brown
Lisa and Charles Carmalt
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Diedre Derossett
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Please join us as we recognize those within our ICGMC family, care receivers, volunteers and friends that we lost since September. May they be at peace and may their loved ones take comfort from knowing that they continue to live in our memories and our hearts.

Vincent Aveni
Anna Bird
Robert Brennan
Olga Brucky
Sally Carmalt
Crosby Copeland
Dina DiNatale
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Dolores Emiliani
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Maureen Sullivan
Mary Agnes Sussick

What ICGMC Care Receivers are Talking About

“ I like talking about sports and our service as veterans with my caregiver, I can't get that type of conversation with others. ”

**MAKE A
DIFFERENCE
VOLUNTEER
At ICGMC**

NEW 2021 volunteer training

Consider sharing an hour of your time once a week to make a profound difference in the life of an elderly person.

Training is offered twice a month on Tuesday and Thursday at 10:00 AM. Special training dates are available upon request.

Call today to reserve your place - Registration is required.

609-393-9922

2021 NEW VOLUNTEER TRAINING DATES

| Tuesday | Thursday |
|----------------|----------------|
| April 13th | April 22nd |
| May 11th | May 20th |
| June 15th | June 24th |
| July 13th | July 22nd |
| August 17th | August 26th |
| September 14th | September 23rd |
| October 12th | October 21st |
| November 16th | November 18th |



Nominated by Sally Fuller, ICGMC Project Health Bones coordinators and volunteers received the NJ Dept. of Human Services, NJ Interagency Council on Osteoporosis Recognition Award at a Zoom presentation on March 12, 2021. Congratulations to Evita Girón, Lauri Harbison and the PHB coordinators and volunteers.

ICE CREAM *Social*

Saturday, October 3, 2020 was a bright and sunny day, perfect for an ice cream treat. About 50 volunteers, board members and staff enjoyed a Mister Softee ice cream and volunteers received their thank you gift. All attendees practiced safe social distancing while sharing stories and lots of laughs about coping during COVID-19.



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We want to be friends

Add as Friend



4 Reasons you should follow us on Facebook

1. Because You Want to Get to Know Us

Following ICGMC on social media is a great way to get to know us. We post about upcoming events, local and state government programs, and educational opportunities. Don't worry; our posts will be related to ICGMC's mission to helping the elderly and adults with disabilities in our community.

2: Because You Want to Interact With Us

Following us on Facebook is an excellent way for you to easily interact with us. A safe place where you can ask a question, or suggest a way we can serve the community better. Let us know, and we'll do our best to improve.

3. Because You Love Us

Many of you are part of our ICGMC family. You have been a volunteer or a friend for many years, and you are interested in what ICGMC is doing. When you follow us on Facebook, you will see what ICGMC is up to and enjoy our journey with us! After all, we love to keep our friends updated – Facebook is the number one way we do that.

4: Because You Want to Champion Our Cause and What We Do

LIKE or *SHARE* our posts or maybe even brag a little about all that we do at ICGMC. Help your family and friends understand your enthusiasm for ICGMC. Go ahead, tell your friends, maybe they would like to join us.

So please let's be friends, **Like Us On Facebook!**

You can also receive updates by joining our email list at: <https://lp.constantcontactpages.com/su/Ejk3wB2/ICGMC>