



Meeting Life's Challenges

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Dear families and friends:

2020 brought many challenges to each of us. And even as we look to the future with hope, we are currently facing some of the most dangerous days of this pandemic. The spread of COVID-19 in the region is higher than it's ever been. But the end to this terrible pandemic is now within reach as our country rolls out vaccines.

Thankfully your loved ones have been placed on the priority list for receipt of this vaccine, and we are focused on getting them vaccinated as soon as possible. However, we have learned that a positive COVID-19 diagnosis can make a person temporarily ineligible for the vaccine. We want to guard the health of those we serve and quickly get your loved ones protected through vaccinations, but positive COVID-19 diagnoses can impede our efforts.

As the virus is spreading throughout our region at a very rapid rate and a new more transmittable variant strain has made its way to the region, **our highest priority is to keep everyone virus free.** Our staff have already begun receiving vaccinations, and vaccinations for individuals who reside in our residential locations began today. Our greatest hope is that everyone we serve will choose to be vaccinated and remain virus-free so they can be vaccinated without delays.

Today, we are greatly challenged. Positive cases among individuals have developed in our homes, sometimes after spending time with their family on an outing or for the holidays. This virus is not selective and spreads so easily, especially in situations like family visits where social distancing and wearing masks is difficult to implement or maintain. **Therefore, we are urging family members to please postpone any family visitations, outings, and overnight visits with loved ones who live in our residential locations while we work to get everyone vaccinated.** We know this is a difficult request, but the health of your loved ones and our staff take precedence and we want to be able to get everyone vaccinated as soon as possible.

Each of our houses has received new iPads with the hope that they will facilitate continued family communications. If you would like to arrange a specific zoom time with your family member, please reach out to the house manager. If we continue to see COVID-19 spreading among individuals in our residences, we may need to take further steps to safeguard the health and safety of each individual.

Our nursing staff have already begun the process of contacting family members about arranging vaccinations for their loved ones and obtaining necessary consents. On the back of this communication, we have listed several sources where you can go to get additional information regarding the vaccine and answers to frequently asked questions.

Our goal is to prevent the spread of this virus and to get as many people vaccinated as quickly as possible. I know that with your help we will be more successful. With the goal post now in sight, I have great faith that together we will put this matter behind us.

Should you have any questions, please reach out to Steve Klein, Associate Executive Director for Program Services at sklein@livingresources.org or 518-218-0000 x 4312. You can also contact me at emartin@livingresources.org or 518-218-0000 x 5530.

Best regards for your health and safety,

A handwritten signature in black ink that reads "Elizabeth Martin".

Elizabeth Martin
Chief Executive Officer

Additional Information:

As we enter the phase of Covid-19 vaccinations, you may have questions regarding the vaccine and its administration. Below is a list of resources that offer responses to many frequently asked questions including:

- If I already had Covid-19 should I still get a vaccine?
- Can someone get Covid-19 from the vaccine?
- Why is a vaccine needed if social distancing and wearing masks prevent the virus from spreading?
- Answers to these and much more can be found at the following:

Johns Hopkins Coronavirus Resource Center: <https://coronavirus.jhu.edu/vaccines/vaccines-faq>

Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

U.S. Food Drug Administration (FDA): <https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/pfizer-biontech-covid-19-vaccine-frequently-asked-questions>

WebMD: <https://www.webmd.com/vaccines/covid-19-vaccine/news/20201216/covid-19-vaccines-101-faq>

One important thing to remember is that regardless of whether you have received the vaccine or not, you MUST continue to wear your facemask covering both your mouth and nose; wash your hands and/or disinfect frequently; and maintain social distancing when possible.

REMEMBER, TOGETHER WE ARE STRONGER THAN COVID-19!



Working together,
we are stronger than
COVID-19

"Everyone knows that I HATE NEEDLES!
If I could get the shot, you can get the shot!"
~ Living Resources nurse Adele Cramer

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