



Meeting Life's Challenges

300 Washington Avenue Extension
Albany, NY 12203-7303
518/218-0000

December 28, 2021

Dear Families & Friends:

We have certainly come a long way since the beginning of the pandemic and the closure of programs and sites, and **WE DO NOT WANT TO RETURN TO 2020 EVER!**

Since vaccinations against Covid-19 became available, Living Resources has been promoting vaccination to ensure the health of our staff, our families, all we support, and our community. With the colder weather upon us and variant strains of the virus on the rise, we again encourage everyone to get vaccinated, and if you are fully vaccinated and eligible to receive the booster, please get boosted! NYS has made it easy to schedule your appointment for both the vaccine or the booster:

Vaccination: <https://covid19vaccine.health.ny.gov/>

Booster: <https://covid19vaccine.health.ny.gov/booster-doses>

As you know, the vaccine does not guarantee you will not get COVID, but it dramatically reduces your chances of getting seriously ill or dying from the virus. Earlier in the fall before receiving my booster, I personally had a breakthrough infection and firmly believe that because I was vaccinated, my symptoms were little more than a stuffy nose for a few days. Currently, more than 70% of our workforce have been fully vaccinated and nearly 150 staff members, including me, have already received their booster to bolster their immunity against the virus.

Our goal is to keep everyone healthy and stop the spread of this virus. We are doing our part, please help us by doing yours:

- Get vaccinated and receive your booster when eligible;
- Wash your hands often, and do so for 20 seconds or more;
- Use hand-sanitizer when soap and water is not available;
- Wear your mask(s) covering both your mouth and nose;
- Maintain a safe distance when in public areas.

As always, should you have any questions, please reach out to me at emartin@livingresources.org or 518-218-0000 x 5530.

Wishing you all a very happy and healthy 2022!

Sincerely,

A handwritten signature in black ink that reads "Elizabeth Martin". The signature is written in a cursive, flowing style.

Elizabeth Martin
Chief Executive Officer

COVID-19 Boosters

Is it time for you get your Booster?

When to Boost

Everyone 18 or Older



6
Months after
your second shot



6
Months after
your second shot



2
Months after
your shot



Talk to your Care Manager or your provider agency about getting a booster.

Doctors say you should get a booster if:

- you are 18 years old or older, and
- You had two shots of Moderna or Pfizer vaccine or one dose of Johnson & Johnson vaccine



The booster is another dose of the COVID-19 vaccine.

A booster will help you not catch COVID-19.

A booster will help you not get very sick from COVID-19 if you do catch it.

Getting a booster helps you stay safe and keep others safe. A booster helps everyone be safer.

The booster may make your arm sore or make you feel a little sick at first. But, that should not last long.

Remember to use all your tools to fight Covid-19

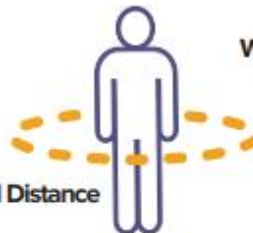


Get Vaccinated

Wear Your Mask



Social Distance



Wash Your Hands



NEW YORK
STATE OF
OPPORTUNITY

Office for People With
Developmental Disabilities

WEAR A MASK

STOP THE SPREAD.

SAVE LIVES.