

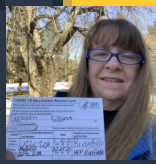
VAXXMATTERS



I'm Vaccinated, What Next?

We know that people want to get vaccinated so they can get back to doing the things they enjoy with the people they love," said CDC Director Rochelle P. Walensky, MD, MPH. Everyone – even those who are vaccinated – should continue with all protective strategies when in public settings. As the science evolves and more people get vaccinated, we will continue to provide more guidance to help fully vaccinated people safely resume more activities." While CFS and our governing agencies continue to require face coverings to be worn by all staff while at work, here are some activities that fully vaccinated people can begin to resume now in your own home.

- Visit with other fully vaccinated people indoors without wearing masks or staying 6 feet apart.
- Visit with unvaccinated people from one other household indoors without wearing masks or staying 6 feet apart if everyone in the other household is at low risk for severe disease.



Congratulations Eileen on getting vaccinated

Eileen said, "I felt it was important to get the vaccine to help protect my family and friends, and help return to some normalcy".



What is next for these staff?

Mary said, "Now that my husband, my parents and I are fully vaccinated, we can finally have a meal together in our home instead of standing outside. This will allow us to continue to create memories and be together as a family."

Sarah said, "I am looking forward to being able to travel abroad to see my mother and give her a hug."

Marjun said, "I cannot wait to visit with my best friend in person to have that personal connection again, which I need to get me through this time."

Why Vaccinate ?



At first, I was like many people wanting to wait to get the vaccine, because I had doubts. However, after doing my own research, and listening to the science, I felt comfortable in receiving the vaccine. I wanted to protect my family and friends including myself. I believe that by receiving the vaccine I can proceed with our new normal life. I look forward to being with friends and taking vacations once again!

Annise - Director of Human Resources

We are developing relationships with various vaccination sites throughout NY and NJ. If you are interested in receiving the vaccine contact your direct supervisor and/or the following depending on state or program so that we can reach out to you.

NY Residential - Tranet Hymon
THymon@cfsny.org

NY Community & SDS - Linda Schellenberg
lschellenberg@cfsny.org

NJ - Donna Messina dmessina@cfsny.org

Don't forget to send in your vaccination card when you get vaccinated to

HRVacStats@cfsny.org

You can be entered into a raffle drawing and win \$100 gift



Approximately 201 staff and 127 people supported at CFS have been vaccinated so far and we continue to make appointments.



Serifat Eil-Lasisi
You are this weeks winner of the
\$100 gift card!



If you want to share your vaxxies or if you have questions that we might be able to answer for VaxMatters please send to jcropper2@cfsny.org

COVID-19 and Trauma

This week marks one year since everything changed in response to the global pandemic. While we are comforted by recent progress, many of us are on edge and are having difficulty explaining why. According to Dr. Lucy McBride, "Trauma has a way of doing that to us. We've lost more than 500,000 lives in this country alone. We've suffered unprecedented economic, social and emotional upheaval. And regardless of our individual pandemic experience, each of us has faced some level of loss, grief and despair....But now that we've adjusted to pandemic life...it's understandable to experience emotional whiplash even as trauma recedes." In upcoming issues, we will talk about ways to deal with anxiety and as Dr. McBride calls it - "Fear of Normal." We all need to take time to take care of ourselves as we take care of others.

Self-Care and Wellness

Presentation will focus on understanding how stress affects you (the psychological, spiritual, interpersonal and physical impacts).

www.eventbrite.com

Wednesday April 7, 2021 6pm - 8pm (additional dates available in May and June)

Learn how stress affects you and strategies to handle stress more effectively.

Visit our website for links to resources on mental and emotional health related to the COVID-19 pandemic

<https://www.cfsny.org/news/mental-alert/>

IT'S OKAY TO ASK FOR HELP

