

New Ways to Link Together

Valley Parish Nurse Ministry is beginning a program in March to help people meet together online via the technology of Zoom meetings on a computer or phone. Initially they will be **Tues. evenings, 7 – 8 pm.**

March offerings will be:

March 2nd – Staying Active – Stretching exercises with scripture emphasis between activities.

March 9th – Music – Learn how people with dementia have positively responded to music. Short devotion.

March 16th – Craft – Get step by step instructions to create a St. Patrick's Day project. Short devotion.

March 23rd – Encouragement – Receive scriptural encouragement for daily use. Prayer.

March 30th – Gardening – Make a resurrection garden to celebrate Good Friday and Easter. Devotion.

April topics TBD by interest areas of those attending in March.

In these times when we cannot always get together, we can still pray together and find ways to connect. God works through people and we need to find new ways to connect with each other. **And it's in that spirit we ask if you will help us link with others by making these March offerings known.** The Zoom links will be available each week on the Valley Parish Nurse Ministry website, www.valleyparishnurseministry.org. You can also ask to be put on a Zoom Activities Email List. **Activities are free.**

Please share this information through emails or social media like Facebook. **Let's reach out to others that may be isolated, depressed or stressed. By doing this we can give hope** and participate with Him in building a stronger Christian community. Any questions can be directed to Janet Peterson at 330-382-9440 or an email to valleyparish@yahoo.com. See next page for the Zoom links.

If you need assistance with Zoom you can request to "try" connecting a day or two before the event. There is no cost for the Zoom download. Thanks.

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March 2 nd – Easy Stretching Exercises / Devotions / Prayer	https://us02web.zoom.us/j/83252492484?pwd=UVFTRGUzNGs3QXNJSUNL0DhueXBxQT09 Meeting ID: 832 5249 2484 Passcode: 584707 Phone in at +1 646 876 9923 US (New York)
March 9 th – Music and dementia /Devotion	https://us02web.zoom.us/j/85668878972?pwd=dmIRWC93RXVqbJFxcHITVzk3QkZkQT09 Meeting ID: 856 6887 8972 Passcode: 932428 Dial +1 646 876 9923 US (New York)
March 16 th Craft – St. Patrick's Day project. Devotion	https://us02web.zoom.us/j/86830044392?pwd=bkV6RUUViMDk1NkdwVzRjV1V2SGhJUT09 Meeting ID: 868 3004 4392 Passcode: 390655 Dial +1 646 876 9923 US (New York)
March 23 rd Encourage- ment: Scripture for daily use. Prayer.	https://us02web.zoom.us/j/83414126401?pwd=TndtdDYzZ0JhNmxtU54aGY4aHlvUT09 Meeting ID: 834 1412 6401 Passcode: 617876 Dial +1 646 876 9923 US (New York)
March 30 th Make a Resurrection Garden	https://us02web.zoom.us/j/84839152488?pwd=ZEhEekNOMUlbqFBEWis0WDNUN1E0Zz09 Meeting ID: 848 3915 2488 Passcode: 209900 Dial +1 646 876 9923 US (New York)

FAQ about the COVID Vaccination?

What if I am allergic to certain foods? History of allergic reactions such as food, pet dander, or latex -- is not a contraindication to this vaccination.

What if I had a reaction to other vaccines? According to the CDC, If you had an immediate allergic reaction—even if it was not severe—to a vaccine or injectable therapy for another disease, **ask your doctor if you should get a COVID-19 vaccine.** Your doctor will help you decide if it is safe for you to get vaccinated.

Are there enough safeguards if I get an allergic reaction?

Those with a precaution to vaccination or history of **anaphylaxis** due to any cause should be observed for 30 minutes following vaccination, and all other persons should be observed for 15 minutes afterwards. If you are not sure if the benefits outweigh the risks consult with a doctor or allergist-immunologist.

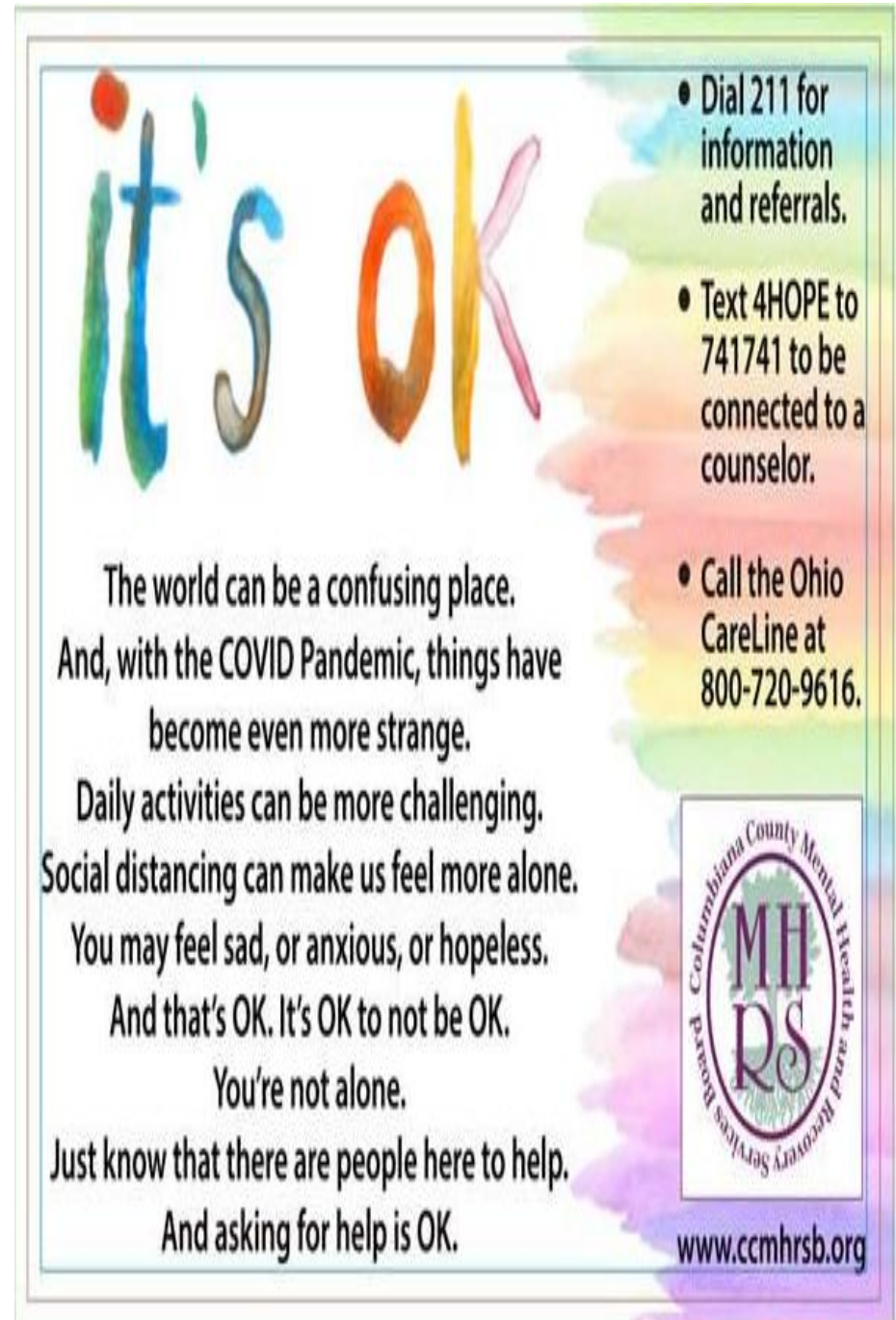
I heard that some have taken the vaccine and got COVID positive within a short amount of time. Those taking the vaccine should still take social distancing precautions and wear a mask. It takes up to two weeks to develop some immunity. Some will develop a stronger immunity than others.

What about the side effects? The most common side effects, such as fever, chills or fatigue, occur a median of 1-3 days following vaccination.

The name “warp speed” scared me, was it tested enough? The “warp speed” part was really around manufacturing. Careful clinical studies were done. Researchers were able to move relatively quickly because of the high attack rate COVID-19 transmission. As more people get the vaccine there will be continued monitoring. Americans can be assured that we have one of the most extraordinary systems of vaccine safety monitoring anywhere in the world.

What about the second dose? It's true, some are saying the side effects in terms of fever and malaise or fatigue and aches and pains are more for the second dose than the first dose. Since we know that, it will give us time to prepare for the possibility.

References: Marshall, S. & Salahi, L. How Do We Inject Confidence Into Vaccine Hesitant Americans?, MedPage Today, December 23, 2020 Retrieved from <https://www.medpagetoday.com/podcasts>



it's OK

- Dial 211 for information and referrals.
- Text 4HOPE to 741741 to be connected to a counselor.
- Call the Ohio CareLine at 800-720-9616.

The world can be a confusing place.
And, with the COVID Pandemic, things have become even more strange.
Daily activities can be more challenging.
Social distancing can make us feel more alone.
You may feel sad, or anxious, or hopeless.
And that's OK. It's OK to not be OK.
You're not alone.
Just know that there are people here to help.
And asking for help is OK.

Columbia County Mental Health and Recovery Services Board
MH
RS
www.ccmhrsb.org