



February, 2021

Dear Members,

We likely all agree that the new year is off to a rocky start. On a national level, the country experienced an unprecedented attack on the U.S. Capital on January 6<sup>th</sup>. Locally, the Pittsburgh area has endured both frigid temperatures and numerous snowfalls. In addition, the ongoing COVID-19 crisis continues to cast its shadow of social isolation and worry for most of us. To add insult to injury, Punxsutawney Phil predicted six more weeks of winter – is there any good news?! We think there is. Although rocky, the country did see the transition of power to the new duly elected President. Spring officially begins on March 20<sup>th</sup>, and the emergency approval of COVID-19 vaccines moves us ever closer to more normal living. As Dalai Lama XIV said, “choose to be optimistic, it feels better”.

### **COVID-19 Vaccination**

In Pennsylvania, the vaccine is being distributed in a phased approach. As we noted in our January letter, changes to this plan might be made and that is exactly what has happened. We are currently in Phase 1A, which now includes persons age 65 and older. Unfortunately, the vaccine supply does not meet the current demand, leading to confusion and frustration for those seeking a vaccination. Vintage had been asked to assist with two vaccine registration events: at the Homewood YMCA on February 5-6, and at UPMC South Side on February 12-13. For these two events, we registered 190 clients to receive the vaccine (we reached our maximum number based on slots available and time constraints). We estimate that there are approximately 350 Vintage clients still in need of the vaccine. If you are one of those seniors (age 65+) seeking a vaccination appointment, please see the enclosed flyer for more information.

### **The Generosity of Others**

The Vintage organization is extremely grateful to the many individuals and organizations who have made donations over the past year. In addition to grocery items, we now have a wide assortment of other goods available to our members. Many of these non-food items are donated by Amazon as they have designated Familylinks, our parent agency, as a recipient of returned items that cannot be resold (for example, the box is torn). Please see the enclosed flyer for more information.

### **Re-Opening**

Although Vintage is not yet authorized to reopen for group activities, we have been approved to schedule individual appointments in the senior center.

- Food and Donated Items, contact Tom Sturgill at 412-361-5003 ext. 104.
- Technology Assistance, contact Michael Smith at 412-361-5003 ext. 108.
- Information Services, contact Cheryl Schell at 412-361-5003 ext. 102.

Best Regards, *Vintage Staff*

**See Enclosed Flyers For Other Important Information**

## COVID-19 VACCINATION INFORMATION



In Pennsylvania, all individuals age 65+ are currently eligible to receive a vaccine. However, available supply does not meet the demand. In addition, most vaccine registration systems are online, which presents a significant challenge for many seniors.

**For those who received their first vaccine shot at the YMCA in Homewood (Feb.5-6):**

You will be contacted to schedule your second shot. Please be patient as details are being finalized. When you are scheduled, please remember to take your vaccination card with you.

**For those who received their first vaccine shot at UPMC South Side (Feb.12-13):**

Your appointment for your second shot was made at the end of your first appointment. No additional action is required, just return to 2000 Mary Street on your appointment date and time – take your vaccination card with you.

### IF YOU NEED ASSISTANCE

As indicated in the cover letter, Vintage did assist with vaccine registrations for two events earlier in February. What we learned is that the process of making individual “cold” calls was not very efficient as we talked to many seniors who had already been vaccinated or who were not interested in being vaccinated. Based on these experiences, we have decided to develop a Call List of members who are seeking assistance with scheduling a vaccine appointment.

If you want to be on our Call List, please call 412-361-5003, ext. 103 and leave your name and phone number. Moving forward, Vintage will use this Call List to contact members as we become aware of vaccination opportunities.

**Please be aware that there is no guarantee that you will receive a vaccination appointment through our Call List and we encourage you to continue to pursue all other available options.**

## AVAILABLE DONATED ITEMS

*Please note that supplies vary and are distributed on a first come-first serve basis*

### FOOD ITEMS

Canned vegetables  
Cereal  
Crackers  
Fruit Cups  
Individual Snacks  
Macaroni & Cheese mix  
Pasta  
Pasta sauce  
Peanut Butter  
Ready-to-Eat meals  
Rice  
Soup  
Tuna

### NON-FOOD ITEMS

Blankets (fleece - new)  
Blankets (electric - new)  
Cleaning products  
Coats – Women’s size S, M, L, XL, XXL (new)  
Coats – Men’s size S, M, L, XL, XXL (new)  
Shirts/Jackets – Men’s size L, XL, XXL (new)  
Incontinent products (men’s and women’s)  
Napkins  
Paper towels  
Toilet paper

**THANK YOU TO OUR DONORS!**

The Amazon logo, featuring the word "amazon" in a bold, lowercase, sans-serif font with a curved orange arrow underneath it pointing from the letter 'a' to the letter 'z'.

**East Liberty  
Presbyterian Church**

[www.ELPC.church](http://www.ELPC.church)

*Highland Park*  
Community Council



JUNIOR LEAGUE OF  
**PITTSBURGH**

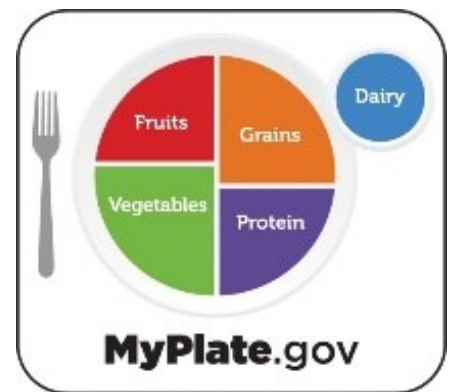
CONTACT TOM STURGILL AT 412-361-5003, EXT. 104 TO ARRANGE A DATE AND TIME TO SELECT YOUR ITEMS.



## Thoughts on Food: Dietary Guidelines 2025

The Dietary Guidelines for Americans (DGA) are updated every 5 years and are based on current science with some practical guidance on food and nutrition choices. My Plate is the starting point..

*Let's look at some goals for you !*



### **Make Every Bite Count.**

This reinforces the idea of choosing foods for nutrients as well as calories. That does not eliminate snacks, fried foods and some of those taste great but zero nutrient foods but puts more emphasis on reading labels, setting some goals and actually following them.



**Personalize your choices to fit your health and resources - \$, equipment, time, and skills.**

The focus is on **plant-centered** eating with half our calories from vegetables/fruits and the other half from grains and protein. Protein foods should be varied including beans, peas, lentils, soy, and dairy. Eggs, meat, fish and chicken are all choices but keep the preparation lean and the serving sizes reasonable for your needs.

**Control some of the extras that add to health risks...added sugar, saturated fat, and sodium.** But these are flavor ingredients, and this is a personalized need based on your current health. Your registered dietitian/nutritionist (RD/RDN NDTR) can help you.



**TIP of the Month:**

Need some sweetness on fruits or in your coffee? Try a dash of cinnamon or vanilla.