



Dear Members,

As we entered a new year, we also crossed the 10-month mark of the COVID-19 crisis. Nationally, the impact has been nothing short of devastating. As of mid-January, the United States had surpassed 23 million cases and 391,000 deaths. The human and economic costs are difficult to calculate: lives lost, schools shuttered and businesses closed. It's not hard to understand why our staff are starting to be asked "*will Vintage really reopen?*" It's a very direct question which deserves a direct answer. YES, Vintage will reopen. While we have certainly been hurt by the shutdown, Vintage is positioned to resume in-person services once it is safe to do so. Two of our primary funders, the Allegheny County Department of Human Services and the United Way of Southwestern Pennsylvania, have continued to support our organization this past year. Many local foundations, most notably The Pittsburgh Foundation, have also supported Vintage during this crisis. There will be new enhanced services, such as a dedicated technology center, spinning bike room, a rower and treadmill in the fitness studio. It would not be truthful to say "everything is roses". Like many businesses, we do have a financial shortfall that will require attention. However, we believe the health and wellness programs offered by Vintage are an important community resource and we are committed to doing everything we can to ensure those resources continue.

COVID-19 Vaccinations

The positive news in regard to the pandemic is the recent approval of two vaccines. In Pennsylvania, the vaccine will be distributed in a phased approach. Pennsylvania is currently in Phase 1-A, which focuses on health care personnel and long-term care facilities. The current plan is that older adults age 75+ will be eligible in Phase 1-B, and older adults age 65+ will be eligible in Phase 1-C. However, changes to the distribution plan may be made in response to vaccine availability and recommendations from the Centers for Disease Control. According to the Pennsylvania Department of Health, "*vaccines are safe and effective and the best way to protect you and those around you from serious illnesses*". However, many people report being hesitant about receiving the vaccine. We encourage you to educate yourself regarding vaccinations – please see the enclosed flyer. We also encourage you to consult with your trusted health care provider regarding their recommendation for you.

Re-Opening

Given the COVID-19 surge, we do not anticipate any news regarding a re-opening date until the local rates stabilize. Vintage will be guided by the PA Department of Health, COVID-19 early warning data which indicates the County's risk level (low, moderate, substantial). As of January 18, the County was at 9.3% positivity rate. To reopen, Vintage will need to be in the low risk category, which is a positivity rate below 5%.

Best Regards,

Vintage Staff

See Enclosed Flyers For Other Important Information

Memorial

In Memory of those we have lost during 2020

Barbara Bauknight
Jack W. Carrington
Desmond Collins
Deborah Cooper
Ethel M. Dallas
William J. Duke
Mary Ann Givens
Geraldine Harris
Audrey Hunter
Carolyn S. Jones
Ira J. Johnson
Harriet S. Lightfoot
Betty J. Manigault
Mary E. Martin
Louise (Kelly) McKinley
Irvin Moten
Mary Jane Page
Emanuel Parker
Charlene Y. Phillips
Marlene J. Pope
Bertha Pratt
Edith Richardson
Cheerful Sanford
Dorothy Sarver
Beulah Sciuлло
Bernice Strothers
Elizabeth (Chez) Turner
Herman Ward
Marian Wokutch

Patsy Bradshaw - Mother of Dorothy Bradshaw

Mariano Chelli - Husband of Shirley Chelli

Garfield Dansby – Husband of Dorothy Dansby

Carrie Jones - Mother of Gayle Durham

Peter J. King - Husband of Dolly King

Warner N. Macklin – Husband of Linda Macklin

David M. Saunders – Husband of Darla Saunders

John W. Tierney – Husband of Patricia Tierney

Ella Williams - Mother of Sharon Day

We did our best to have a complete list. If you are aware of anyone we have missed, please let us know.



Quick Answers for Healthcare Professionals to Common Questions People May Ask About COVID-19 Vaccines

When talking to your patients about COVID-19 vaccines, make a strong, effective recommendation and allow time for them to ask questions. Hearing your answers may help them feel more confident about getting vaccinated.

1. Should I get vaccinated for COVID-19?

I strongly recommend you get vaccinated. The vaccine will help protect you from getting COVID-19. If you still get infected after you get vaccinated, the vaccine may prevent serious illness. By getting vaccinated, you can also help protect people around you.

2. Can the vaccine give me COVID-19?

No. None of the COVID-19 vaccines currently authorized for use or in development in the United States use the live virus that causes COVID-19. However, it typically takes a few weeks for the body to build immunity after vaccination. That means it's possible you could be infected with the virus that causes COVID-19 just before or just after vaccination and get sick.

3. If I already had COVID-19 and recovered, do I still need to get vaccinated?

Yes. CDC recommends that you get vaccinated even if you have already had COVID-19, because you can catch it more than once. While you may have some short-term antibody protection after recovering from COVID-19, we don't know how long this protection will last.

4. Can my child get vaccinated for COVID-19?

No. More studies need to be conducted before COVID-19 vaccines are recommended for children younger than age 16.

5. Is it safe to get a COVID-19 vaccine if I have an underlying medical condition?

Yes. COVID-19 vaccination is especially important for people with underlying health problems like heart disease, lung disease, diabetes, and obesity. People with these conditions are more likely to get very sick from COVID-19.

6. Is it better to get natural immunity to COVID-19 rather than immunity from a vaccine?

No. While you may have some short-term antibody protection after recovering from COVID-19, we don't know how long this protection lasts. Vaccination is the best protection, and it is safe. People who get COVID-19 can have serious illnesses, and some have debilitating symptoms that persist for months.



www.cdc.gov/coronavirus/vaccines

7. Why do I need two COVID-19 shots?

Currently authorized vaccines, and most vaccines under development, require two doses of vaccine. The first shot helps the immune system recognize the virus, and the second shot strengthens the immune response. You need both to get the best protection.



8. Will the shot hurt or make me sick?

There may be side effects, but they should go away within a few days. Possible side effects include a sore arm, headache, fever, or body aches. This does not mean you have COVID-19. Side effects are signs that the vaccine is working to build immunity. If they don't go away in a week, or you have more serious symptoms, call your doctor.

9. Are there long-term side effects from COVID-19 vaccine?

Because all COVID-19 vaccines are new, it will take more time and more people getting vaccinated to learn about very rare or possible long-term side effects. The good news is, at least 8 weeks' worth of safety data were gathered in the clinical trials for all the authorized vaccines, and it's unusual for vaccine side effects to appear more than 8 weeks after vaccination.

10. How do I know if COVID-19 vaccine is safe?

All COVID-19 vaccines were tested in clinical trials involving tens of thousands of people to make sure they meet safety standards and protect adults of different ages, races, and ethnicities. There were no serious safety concerns. CDC and the FDA will keep monitoring the vaccines to look for safety issues after they are authorized and in use.



11. How do I report problems or bad reactions after getting a COVID-19 vaccine?

I am encouraging all recipients who receive the vaccine to enroll in **v-safe**. This is a smartphone tool you can use to tell CDC if you have any side effects after getting a COVID-19 vaccine. If you report serious side effects, someone from CDC will call to follow up. I will give you instructions for how to enroll.





ARE YOU INTERESTED IN AFFORDABLE HOME WIFI?

During the COVID-19 crisis, it has become clear how critical it is to have access to online resources, such as email, online shopping and online banking.

- **IF YOU DO NOT HAVE HOME INTERNET ACCESS, VINTAGE CAN HELP!**
 - You may be eligible for a “hot spot” through Vintage
 - Monthly fees are based on your income and range from Free to \$16
 - The maximum fee is \$16 per month
 - Call 412-361-5003 ext. 108 and ask about Internet Services