



The SPARK Newsletter

This month let's talk about..... COVID Vaccines

By this time you know that millions of people have received Pfizer, Moderna and now Johnson & Johnson vaccines. Millions more are trying desperately to get an appointment. At AABR alone we've vaccinated over 250 people and we're about to vaccinate 200 to 250 more on Friday, March 19th, our potentially last round occurring at AABR's Main Office and at St Pascals. Most all of AABR's Directors have received the vaccine. From our Executive Director, Libby Traynor to Assistant Executive Director, Kathryn Flood, Corporate Compliance Officer, Ruth Edoho, Residential Director Hezikeigh Elliott and myself, as well. It truly has been an honor and a privilege to be able to not only receive the Moderna vaccinations, but, of course, to be part of the process in offering it to all AABR Employees as a way to protect the people we serve, as well as, my family. I got it for my Mom who's now in her 80's, I got it so that when I'm meeting with an AABR Employee, I know that I will not be bringing them harm. I got it for the people we serve so that I know that I will help, in some small way, to keep them safe. I got it for my sister and brother who I just couldn't do without. Who will you get it for? Show your love—get vaccinated. (Text me this week to get vaccinated (718) 517-0360). — Mary Frank

Libby's Place (From the Desk of Executive Director, Libby Traynor)

March 10, 2021

Dear AABR Staff,

Please read this entire letter, because, quite honestly, it's one of the most important things I've written to you.

We are now planning our 2nd round of COVID-19 vaccinations, to be provided next week. At this time, the vaccine is not mandatory, but we strongly encourage it. I know many of you have already made up your minds regarding whether or not to get the vaccine. Some of you have chosen not to. I respect your choices and the reasons behind them. Many of you are still on the fence, gathering information. Please be mindful of the sources you receive that information from. There is a lot of misinformation out there; we encourage you to listen to healthcare providers, science, and the people who have made it their life's work to understand these complicated diseases. —————→

Helpful Hints & Stuff (By Eileen Keegan, Director of Human Resources)

COVID VACCINATIONS

The vaccine is here and I have full confidence that it is safe.

I received both vaccines at AABR and had no side effects.

Throughout this COVID-19 crisis, AABR employees have shown there is nothing we cannot do if we work together as one.

I urge everyone at AABR to protect yourself and your peers and get vaccinated.

**GET THE SHOT, WEAR A MASK, SOCIAL DISTANCE
& WASH YOUR HANDS**



Trusted sources of information about the vaccine are:

- Centers for Disease Control and Prevention - <http://www.cdc.gov/vaccines>
- NYS Department of Health - [covid19vaccine.health.ny.gov](https://www.health.ny.gov/covid19vaccine)
- NYS OPWDD - [opwdd.ny.gov/coronavirus-guidance/covid-19-vaccine](https://www.opwdd.ny.gov/coronavirus-guidance/covid-19-vaccine)
- US FDA - www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/covid-19-vaccines
- World Health Organization - www.who.int/emergencies/diseases/novel-coronavirus-2019/covid-19-vaccines

As with any health care decision, if you have questions, you should consult with your Primary Care Physician. Please know that our own AABR COVID Task Force has gone above and beyond to learn everything we can about the vaccine. We've spoken to experts, read the informational documents, and have even gotten the first dose ourselves. As you may know, **two weeks ago 250 staff and individuals received their second dose**; there were no issues besides a little sluggishness and some soreness, which could occur with any shot or vaccine. It was no different than a flu shot.

Don't be fooled; just because we've gotten used to this new world we're in, it doesn't mean this pandemic is over. Far from it. **February 25th was the most deadly day of the pandemic.** More than 4,000 people died of COVID-19 in the United States. It surpassed the previous record of 3,915 deaths, which was set *the day before!* We've already lost too many people to this disease. Not just as a nation or city, but right here at AABR. This isn't something happening in some faraway place on TV. It's happening right here, **to us**. Our own individuals, coworkers, friends, and family members have died. I can't fathom being able to speak to someone we've lost, looking them in the eyes and telling them we now have a vaccine that could've prevented their death. Then saying I'm not going to take it. I can't picture getting deathly sick from this disease, looking at my children and telling them I could've prevented it, but I just didn't. Do this for you, but also do it for those you care about. More importantly, **do it for those who care about you.**

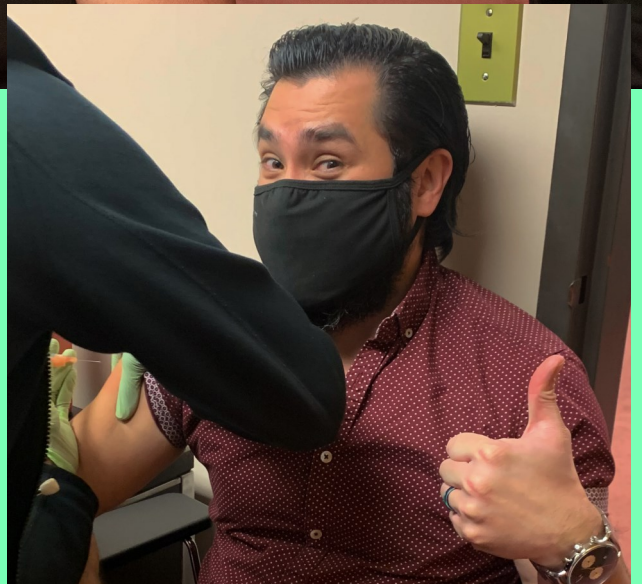
Not only have you been gifted with a chance to receive protection from this disease, you were put at the front of the line. When the pandemic first hit, we had to fight with our government to get you PPE. Now they have made you a priority to receive the vaccine. That's because they recognized the importance of the work you do, but also the danger you put yourselves into each day. This is how you can protect yourself. This is how we can start getting back to normal. But we can only get back to normal when more people receive the vaccine. Don't sit back and assume everyone else will do it, so you don't have to. **Be the person who makes the difference in this world.** Much like you did when you choose to make keeping individuals with special needs safe as your occupation. Now, I hope you make the choice to keep yourself safe, too. ***Our mandate is to provide the limited vaccines available to our individuals and staff.***

Please reach out to Mary Frank at 718.321.3800 or mary@aabr.org with questions or to register for the next round of vaccinations.

Sincerely,

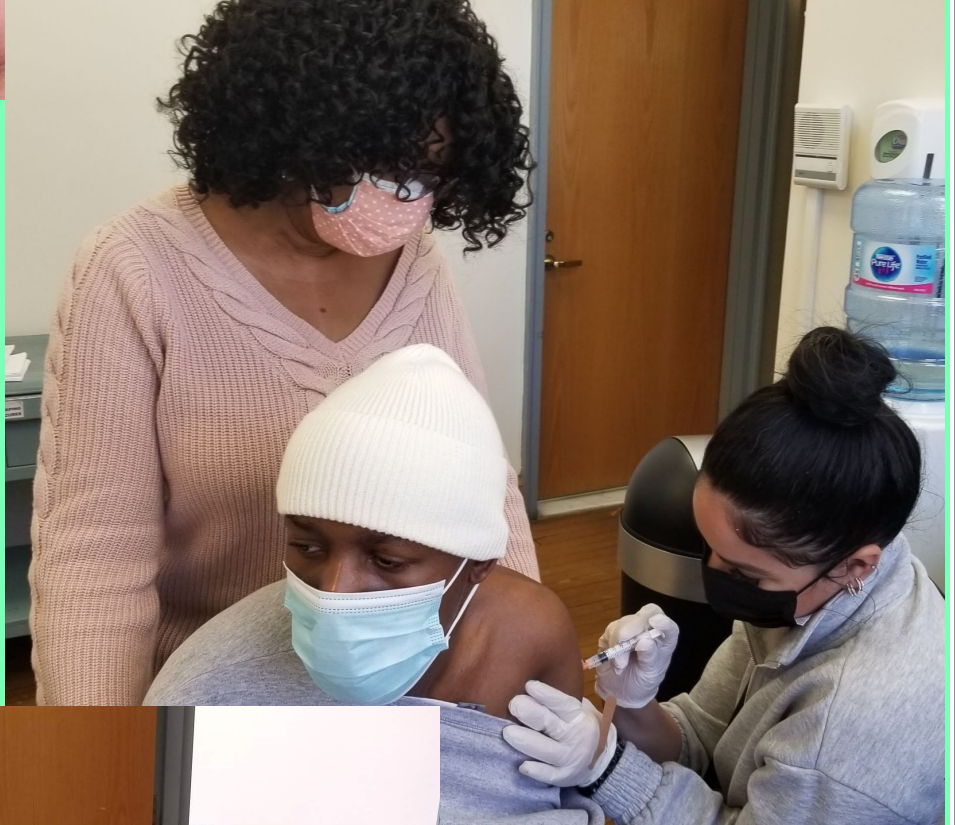


Libby Traynor, LCSW
Executive Director









Who will you get the vaccine for?

Corned Beef & Cabbage Sliders

INGREDIENTS

- 1 tbsp. olive oil
- 1 head cabbage, cut into small wedges
- 1 bottle Guinness (or other beer)
- 8 ciabatta rolls (or potato rolls)
- 1 jar Dijon mustard
- 1 lb. corned beef

DIRECTIONS

Preheat the oven to 350°F. As it heats, place a skillet on medium-high heat, getting it warm. Add the olive oil and sear the cabbage wedges on both sides (about 1 minute each).

Place a cooling rack on top of a baking sheet. Place the cabbage wedges on the cooling rack, then pour the Guinness through the holes of the cooling rack so it fills the bottom of the baking sheet.

Carefully place the baking sheet in the oven and cook cabbage for about 20-22 minutes, or until the edges have browned a bit. Assemble the sandwiches: Slice the ciabatta rolls in half. Spread Dijon mustard on one side, top with slices of corned beef and cabbage. Serve.



Shebitz IRA's..... **HOT PIX of the MONTH**

Movie: The Notebook
Music/CD: R & B, Blonde by Frank Ocean
Book: Self Discipline By Dan Steele
Theater/Play: Hamilton
Restaurant: Hanger II
Fragrance: Angel by Thierry Mu
Food: Pasta Salad
Stress Reliever: Meditation

Cocktails by Kathy

DRUNK LEPRECHAUN

Ingredients

- 1 3/4 oz vodka
- 3 1/2 oz orange juice
- 1 oz blue curacao

Instructions

Fill a shaker with ice
Add the ingredients to the shaker
and shake vigorously
Strain into an ice filled glass

Enjoy!



Important Numbers:
Empire Blue Cross/ Blue Shield
24 Hour Nurse Line
1-866-784-2643

Member Services 1-844-235-4455
Provider Services 1-800-676-2583

COMMON
COVID VACCINE
MYTHS:

1) That there will be long term effects

There are no long term effects from any vaccine including the COVID Vaccine.
There are only potentially long term effects from contracting COVID.

2) That I will experience "side effects"

It is normal to feel tired and a mild soreness at the vaccination site after the first dose. It is also normal to feel tired, experience a mild headache or body aches. Sometimes a person may experience a low grade fever for 24 to 48 hours-all normal.
The vaccine is doing it's job by "jump starting" the immune system and showing that it is doing so with these symptoms.

3) That I will be injected with live Coronavirus

No COVID vaccine (Moderna, Pfizer or Johnson & Johnson) contains any amount of live virus, eggs, latex, or blood.

4) That it will affect my ability to have children in the future...

The COVID vaccine does not effect fertility and as with any other vaccine, can only remain in the body for 2-3 days.

COVID Vaccines

LAST CALL

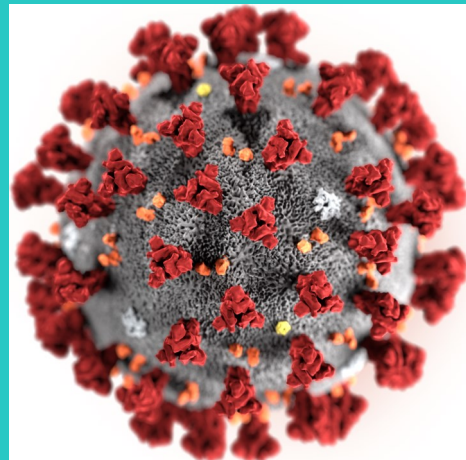
COVID-19 Vaccines for AABR Individuals & Staff are being scheduled at AABR's Main Office & St Pascals.

If you would like to receive the COVID vaccine.....

Or

If you have questions about the vaccine, please contact:

Mary Frank
(718) 517-0360 (Cell)



**AABR' is looking For the
best of the best. Help us by
using our Employee
Referral Program.**

REFER-A-FRIEND

\$300



Tell a friend



Friend is Hired



**You Get Referral
Bonus***

**Contact Human Resources (718) 321-3800
or email HUMANRESOURCES@AABR.ORG**

***\$300 Bonus awarded after the referred friend has been employed for 6 months
and \$300 bonus after the referred friend has been employed for one full year**



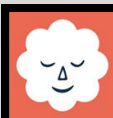
IMPORTANT INFORMATION

For Self-Care & Emotional Support- The Best Free Meditation Apps you can Download

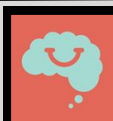


Insight Timer -#1 Free App for Sleep, Anxiety and Stress. 14 million people +

www.headspace.com/ny—Provides meditation and mindfulness resources to New Yorkers. Free guided meditations, at-home mindfulness exercises & additional resources for help w/rising stress & anxiety.



My Life: Stop, Breathe and Think—a custom designed meditation app based on your feelings, state of mind and body to come up with a specific meditation for you.



Smiling Mind

—Very short meditations to help adults and young people develop healthy coping skills,

**New York
Mental Health
Hotline**
1-844-863-9314
Free emotional
support,
consultations and/or
referrals to a provider
8AM-10PM

Comprehensive Counseling Center—offering Tele-Therapy in areas including depression, anxiety, grief and bereavement (718) 830-0246, (516) 594-0247. Accepts United Health Care, Medicare, etc.

GriefShare.com—free Grief & Bereavement Groups

24/7 New York State HOPEline (OASAS)

Call 1-877-8-HOPENY or text 467369 Re: Addiction

Center for Suicide Awareness—

Free emotional support for ANY difficulty/struggle

Text HOPELINE (4673-5463) to 741741

Safe Horizon Hotline: 1-800-621-4673 (HOPE) or www.safehorizon.org
For victims of domestic violence, sexual assault, emergency housing, etc.

National Domestic Violence Hotline: 1-800-799-7233 (SAFE)

Just need to talk? Overwhelmed? Stressed out?

We're here for you.

SPARK Employee Assistance Program

Caron Gelfand, LCSW, ACSW (516) 319-8618

Mary Frank, LCSW (718) 517-0360

Confidential, Short Term Counseling, Referral

For All AABR Employees

