

610-323-5009
www.TriCountyAAC.org
288 Moser Road, Suite 1
Pottstown, PA 19464

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May 1, 2021

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or current resident

From Brian's Desk

Hello from everyone here at the TRAAC! I hope you are all staying safe and healthy as we continue to endure this historic pandemic. Many people are getting fatigued by these long-term restrictions, but the threat is not over! Please continue to be vigilant – wear a mask out in public and around others, and go out as little as possible. As I write this in mid-April, we have lost more than 25,000 people to COVID-19 in Pennsylvania alone, including, sadly, some of our friends here at the TRAAC.



Parkes

Get Vaccinated!

Help us get back to normal - please consider getting a COVID vaccination as soon as you are able. Vaccines are safe and effective, and have been responsible for saving countless lives from diseases such as polio, smallpox, tetanus, whooping

cough, and others. The vaccines developed to combat COVID went through the same rigorous testing and approval process as every other vaccine, just in an accelerated time period thanks in part to the funding available. If you have concerns, please talk to your doctor.

If you want to get vaccinated but have had trouble getting signed up, please call the hotline at 833-875-3967 (for Montgomery County residents), or call the TRAAC at 610-323-5009 and we will help you get registered.

New Programs on PCTV & Zoom

Thank you to PCTV for helping us reach more people in their homes! You can find some of your favorite programs being televised on PCTV, and we are adding new programs regularly.

Our online classes are continuing. If you have internet access, you can participate in our live classes with Jolene, Darrel, and Charee. Look for the sched-

ule in this newsletter.

Grab & Go Lunches

We are still offering Grab & Go Lunches! Lunches are free, but we do require you to reserve your meals for the week by the prior Monday. Look for the menu and reservation dates in this newsletter.

If you do not have a lunch reservation, but just want to purchase our amazing soups, crock-pot meals, or muffins, come through our drive-through on Monday, Wednesday, or Friday between 12 and 1 and let them know what you want. Availability varies by day.

If You Need Assistance

We are still working hard to support older adults during this time.

If you need food assistance - please call 610-323-5009, and press 1. There are a number of organizations providing food assistance, and we can help connect you with the best fit.

If you need help running errands - Please call 610-323-

5009, and enter 105. We have a number of community volunteers who are available to run errands for you, like stopping by the grocery store or the pharmacy.

Stay in Touch and Reopening
At this time, I still can't say when we will reopen for in-person programming. It will all depend on the levels of illness in our area. Keep an eye on our website, our Facebook page, and our email newsletter for up-to-date information on available programs and services.

We miss seeing everyone, and can't wait to get back to normal. Please stay safe, stay inside as much as possible, wash your hands often, and wear a mask when you do go out.

Brian
610-323-5009
Brian@TriCountyAAC.org

VACCINE REGISTRATION HOTLINE

833-875-3967

If you are a Montgomery County resident and are unable to access the internet to register for the COVID-19 vaccine, call this toll-free number to reach the Montgomery County Call Center. A volunteer will register you to be contacted when it is your turn to make an appointment for the vaccine. This number is available Monday - Friday 8:00 a.m. - 4:00 p.m.

This newsletter sponsored by

VIRTUAL GENEALOGY CLASSES

Join professional genealogist Kristine Parkes of Skeleton Key Genealogy for the following free virtual genealogy classes:

Genealogy Myths and Tips - May 4, 1:30

Marriage, Divorce and Courting - May 18, 1:30
Contact Sue McIntyre for the Zoom links at sue@tricityaac.org, or call 610-323-5009 x104.

Staying Active with Jolene

Hello everyone! Spring/Summer are here and its definitely time to enjoy the outdoors and get some fresh air after being cooped up all winter. It is a great time to get back into shape or keep up with your workout routines, the warmer weather always makes us feel a little better and we feel happier with the sun shining. Let's talk about the benefits of exercising so I can motivate you to start or to continue on your fitness journey.

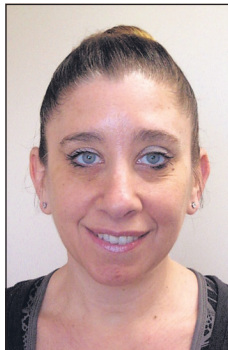
Keep and improve your strength so you can stay independent as long as possible

Have more energy to do the things you enjoy or want to do throughout the day and not get tired

Improve Balance to lower your risk of falls and lessen injury

Manage and prevent some diseases like heart disease, stroke, diabetes just to name a few

Perk up your mood and reduce de-



Wert

with us at the center and offering virtual fitness classes through Zoom and making this a learning opportunity for all of us navigating the virtual world. It's been a journey but we appreciate their hard work and efforts.

pression, exercise makes you feel better mentally

Sleep better at night

Reduce stress and anxiety

Lose weight along with exercise and a good diet

Control blood pressure

I also want to thank Charee Smith and Darrel Bryant for working

Exercise Videos Now Available

Hello Everyone,

Here are some recordings for you all, you may view these at any time separately from "Live Zoom Classes" at your own convenience, if you need any help, please let me know!! I just type the link on my browser and plug in the password and it comes right up even without a zoom account, but please reach out to me if you have any problems. This is separate from live classes, these are recordings!

Jolene

ZOOM RECORDINGS

TOPIC: 50+ 8:00

<https://bit.ly/2QoyEY6>

Access Passcode: u#g=v7&n

TOPIC: 50+ 9:30AM

<https://bit.ly/3mMGwif>

Access Passcode: =66z^Qbw

TOPIC: SIT AND GET FIT

<https://bit.ly/3aa90xj>

Access Passcode: W&8D@&b0

TOPIC: PIYO

<https://bit.ly/3gdu75M>

Access Passcode: &!h@Rf2@

TOPIC: BOOM MOVE DANCE PARTY

<https://bit.ly/32rmZLf>

Access Passcode: RFW7%kr@

TOPIC: CHAIR DANCING

<https://bit.ly/3deBx6S>

Access Passcode: sh%2??1S

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beth@TriCountyAAC.org

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BOARD OF DIRECTORS MEETINGS

Board of Directors meets the 4th Tuesday of the Month at 8 a.m.

The mission of the TriCounty Active Adult Center is to enhance the well-being of its members by providing services and activities that promote an independent and healthy lifestyle. The TriCounty Active Adult Center has more than 2,500 members residing in the tri-county area. We welcome anyone living in the tri-county area (Berks, Chester and Montgomery counties) who is 50+ years of age to consider attending our center. The TriCounty Active Adult Center provides services to anyone age 50+ or better, regardless of race, religion, nationality, gender, sexual orientation or gender identity.

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2021 SENIOR FARMER MARKET NUTRITION PROGRAM

The Senior Farmer Market Nutrition Program for 2021 will continue to follow the same guidelines as last year due to COVID-19. Each check is worth \$6.00, making your total shopping amount \$24.00 for fruits and vegetables. The checks I am able to distribute are for MONTGOMERY COUNTY RESIDENTS ONLY. The spending policy remains the same; you are able to spend them at any participating Farmer Market in the state of PA. The checks can be spent through November 30, 2021. I do not have the income levels for this year as my newsletter goes to print. If you want to check that, you can find that information after May 19th in our TRAAC NOTES Brian emails each week or simply give me a call on my #105 extension. No documentation is needed to verify income. Also, you need to be 60 years of age or turn 60 by

12/31/2021. As you can imagine, we are not able to proceed as usual with distributing checks in person since the TRAAC remains closed to consumers. The procedure and protocol is ALL CHECKS MUST BE MAILED TO CONSUMERS. This is the same procedure we followed last year and it was a huge success. 97 TRAAC consumers received checks. I think this year we need to shoot for 100 for sure!!

In order to accomplish the mailing out of checks, you, the consumer needs to obtain an application for the checks from the TRAAC, specifically from Paula Mayewski, the staff person in charge of this program. You can accomplish that by calling the phone line set up to request an application which is EXTENSION #110 and leaving your

NAME

ADDRESS



Mayewski

TOWN, ZIP CODE

PHONE NUMBER

I must have your phone number in the event I am not able to understand your message. I will call you back to confirm your information. It is most helpful to please spell your last name. Last names can be tricky as we all know. Please be patient, I will do my best to get the applications out as soon as possible and leaving me multiple messages will

not make that occur any faster. So, please no multiple messages. Also, please do not leave application requests on my #105 line, only the #110 line since we have this line dedicated for this use. The #110 phone line will be set up to accept your information starting TUESDAY JUNE 1, 2021.

If you are at the center for a grab and go lunch bag, applications will be available on those days as well. They will be handed out by staff who are assisting with the meal program.

Once you receive your application, please complete it in full, leave nothing blank or I will not be able to process your checks. You must sign the application to verify you are within the income guidelines. This is the equivalent to signing the check register I used to have you sign. If you are having difficulty completing the application, leave me a message

on my #105 extension and I will call you back and walk you through the process. Once it is complete, return it to me at the TRAAC. There are two ways to return the form to me. You can mail it back to me at the center using the United States Post Office. The complete address you need to use is on the application. Or, you can drop it off here at TRAAC at the front desk between the hours of 9:30 a.m. and 2:00 p.m.

Please know as much as I would love to see all of you since this program is one of my favorites, I am not able to issue your checks in person. If you decide to drop off your application and see my car in the parking lot and know I am in the building, please do not ask for your checks at that time. Checks cannot

be issued in person; all checks MUST be mailed. This rule is for all of us to maintain social distancing so we all remain safe. If we are able to open the center during the time we are distributing the SFMNP Checks, I will be sure to let you know if we will be distributing the checks in the building.

I want to thank you in advance for your continued cooperation with this procedure. Hopefully, soon, I will be able to greet each and every one of you with a smile and in person to hand you your checks, talk about the markets and all the fun things we discuss when we get together for this process. Please know I really miss each and every one of you more than you will ever know. Thank you again for your cooperation.

LOOK WHAT'S HAPPENING.....

The following Zoom classes are held weekly. Email Jolene for class links at jolene@tricityaac.org.

Monday

8:00-9:00 Early Bird 50+Fit
9:30-10:30 50+Fit
9:15-10:15 Yoga with Charee
10:45-11:30 Chair Yoga with Charee

Tuesday

7:15-7:45 Core and More
10:00-11:00 Sit and Get fit
11:05-11:35 Chair Dancing
1:00pm-1:40 Tai Chi with Darrel

Wednesday

8:00-9:00 Early Bird 50+Fit
9:30-10:30 50+Fit

2:00-2:30 Mindful Meditation with Charee

Thursday

7:45-8:30 PiYo

10:00-11:00 Sit and Get Fit

Friday

10:00-11:00 Boom Move

MESSAGE FROM TIVITY HEALTH/SILVERSNEAKERS:

"You should always consult with your physician before engaging in any physical activity program. By participating in this online exercise class, you assume all dangers, hazards and risks of such participation. The exercises demonstrated by the instructors in this online class are physically demanding. If you are unable to safely perform these exercises, please modify

them for your own safety or choose a different set of exercises."

ZOOM BASICS AND ETIQUETTE:

Please arrive five or ten minutes early. If you're late to class, you have to be "added in," which involves the host coming to the phone or tablet and can disrupt class. Please turn off your microphone AND camera when class is starting. Doing so will make the video stream less jumpy and more in-sync.

No need to use your microphone and video! Feel free to just observe the "chit-chat" before and after and enjoy the class.

Education & Assistance

BENEFITS INFORMATION AND REFERRAL

Paula Mayewski

Please call Paula for an appointment; days & times vary
(610)323-5009; ext. 105

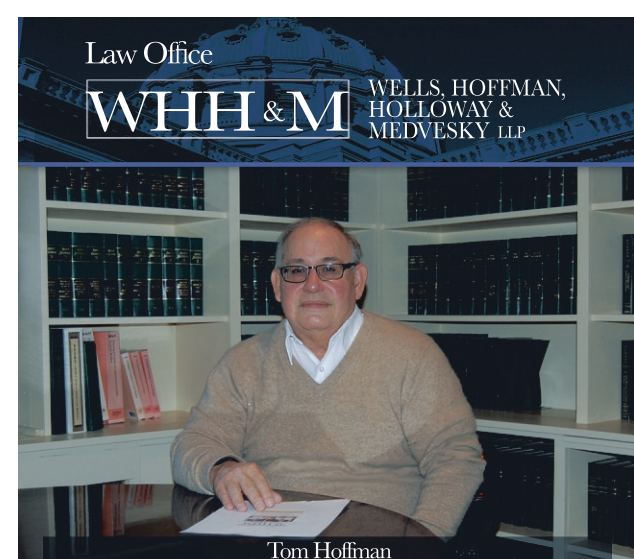
APPRISE (MEDICARE) COUNSELING

Medicare is not one-size-fits-all – get your plan adjusted and save money!
Ed Savitsky & Craig Soloff
By appointment only
Call Paula (610)323-5009; ext. 105 to schedule appointments

VETERANS BENEFITS PROGRAM INFORMATION

Jamie Washburn

Please contact Paula for appointment information
(610)323-5009; ext. 105



When you're ready to come in and talk, I'll be here.

ESTATE PLANNING AND ADMINISTRATION
WILLS, POWERS OF ATTORNEY AND LIVING WILLS

610-323-7464 - www.whhmlaw.com
635 E. HIGH STREET, POTTSTOWN, PENNSYLVANIA 19464

May & June Menu

Join us for a fresh, healthy meal cooked in-house!

Reservation required! To make a reservation, please call (610) 323-5009 by Monday the week before you plan to join us.

- A free lunch is provided to-go on Mondays Wednesdays, and Fridays via a drive-through in our parking lot. You must reserve your meals by 4:00 on Monday of the prior week (at least 7 days ahead).
- As with our regular in-person lunches, there is an OPTIONAL, anonymous, suggested donation of \$2.00. All donations are returned to Montgomery County to fund nutrition programs for older adults.
- To be eligible for the lunch, you must be 60 or older, or a TRAAC member, and not receiving Meals on Wheels.
- To avoid a dangerous situation in our parking lot, please arrive at your assigned time slot.
- Menus are subject to change



Reservation deadline	Monday	Wednesday	Friday
April 26	5/3 - Sloppy Joe on Sesame Roll, Loaded Potato Salad, Fresh Fruit, Pickles	5/5 - Chicken curry salad with grapes, apples, walnuts, & green onions on garden greens, roll	5/7 - Roast Beef & Swiss on Ciabata roll with horsey sauce, Arugula Caprese Salad with Tomatoes & Mozz.
May 3	5/10 - BBQ Chicken on flat bread with cheddar cheese & crispy onions, Apple Slaw	5/12 - Chicken Corn Chowder with bacon bits, Salad	5/14 - BLT & Avocado on Panini Roll with homemade garden pickles, watermelon
May 10	5/17 - Wild Caught Salmon with sweet and tangy mango salsa, served over greens (cold salad)	5/19 - Mandarin & cashew chicken Salad with romaine, chow mein noodles, roll	5/21 - Ham & Cheddar Quiche with green onions, Greek Salad, Fruit
May 17	5/24 - Stuffed Peppers with turkey sausage, brown rice & tomato sauce, Salad, Roll	5/26 - Grilled Chicken on Arugula & Baby Spinach, with strawberries, pickled onions, feta & almonds, poppy seed dressing, roll	5/28 - Spinach & Mushroom Lasagna, Mixed greens salad, roll
May 24	5/31 - TRAAC Closed Happy Memorial Day	6/2 - Roast Beef & Swiss on Ciabata roll with horsey sauce. Arugula Caprese Salad with Tomatoes and Fresh Mozz.	6/4 - Sloppy Joe on Sesame Roll Loaded Potato Salad, Fresh Fruit, Pickles
May 31	6/7 - BLT & Avocado on Panini Roll with homemade garden pickles, watermelon	6/9 - BBQ Chicken on flat bread with cheddar cheese & crispy onions, Apple Slaw	6/11 - Chicken Corn Chowder with bacon bits, Salad
June 7	6/14 - Mandarin & cashew chicken Salad with romaine, Chow Mein noodles, roll	6/16 - Ham & Cheddar Quiche with green onions, Greek Salad, Fresh Fruit	6/18 - Wild Caught Salmon with sweet and tangy mango salsa Served over Greens (cold salad)
June 14	6/21 - Grilled Chicken on Arugula & Baby Spinach, with strawberries, pickled onions, feta & almonds, poppy seed dressing, roll	6/23 - Spinach & Mushroom Lasagna, Mixed greens salad, roll	6/25 - Stuffed Peppers with turkey sausage, brown rice & tomato sauce, Salad, Roll
June 21	6/28 - Chicken curry salad with grapes, apples, walnuts, & green onions on garden greens, roll	6/30 - Sloppy Joe on Sesame Roll Loaded Potato Salad, Fresh Fruit, Pickles	7/2 - Roast Beef & Swiss on Ciabata roll with horsey sauce. Arugula Caprese Salad with Tomatoes & Mozz.

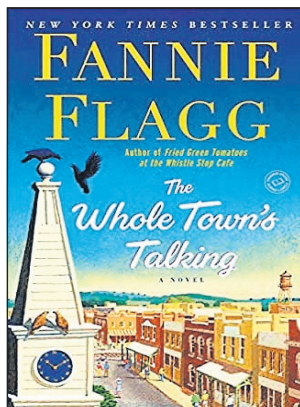
BOOK CLUB

The Whole Town's Talking by Fannie Flagg is our May book choice. Join us for our virtual book club on Thursday, May 20th at 1:00 for a lively exchange.

Elmwood Springs, Missouri, is a small town like any other, but something strange is happening at the cemetery. Still Meadows, as it's called, is anything but still. Original, profound, The Whole Town's Talking, a novel in the tradition

of Thornton Wilder's Our Town and Flagg's own Can't Wait to Get to Heaven, tells the story of Lord Nordstrom, his Swedish mail-order bride, Katrina, and their neighbors and descendants as they live, love, die, and carry on in mysterious and surprising ways.

Lord Nordstrom created, in his wisdom, not only a lively town and a prosperous legacy for himself but also a beautiful final resting place for his family, friends, and neighbors yet to come. "Resting place" turns out to be a bit of a misnomer, however. Odd things begin to happen, and it starts the

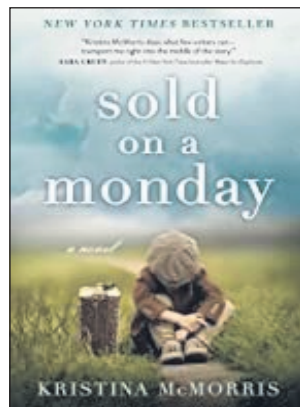


whole town talking.

The June selection is Sold on a Monday: A Novel by Kristina McMorris. An unforgettable historical fiction novel, inspired by a stunning piece of history from Depression-Era America.

2 CHILDREN FOR SALE

The sign is a last resort. It sits on a farmhouse porch in 1931, but could be found anywhere in an era of breadlines, bank runs and broken dreams. It could have been written by any mother facing impossible choices. For struggling reporter Ellis Reed, the gut-wrenching scene evokes memories of his family's



dark past. He snaps a photograph of the children, not meant for publication. But when it leads to his big break, the consequences are more devastating than he ever imagined.

Inspired by an actual newspaper photograph that stunned the nation, Sold on a Monday is a powerful novel of love, redemption, and the unexpected paths that bring us home.

Join us on Thursday, June 17th at 1:00 via Zoom for our meeting. Call Sue at 610-323-5009; ext 104 or email sue@tricitycountyaac.org for meeting and link information.

FREE SHREDDING EVENT

In partnership with Rep. Joe Ciresi's office, TRAAC is pleased to announce this FREE event. Protect yourself from identity theft by safely destroying documents. You are invited to bring old documents containing confidential or personal information to this event to be professionally shredded on-site. There is a limit of five boxes of paper per household.

What: Shredding Event Co-hosted with TriCounty Active Adult Center

When: Sunday, May 23, 2021
12 – 3 p.m. (or until the truck is full)

Where: Parking lot across from TriCounty Active Adult Center
288 Moser Road
Pottstown, PA 19464



Ciresi

RECENTLY DEPARTED

Although it's difficult today to see beyond the sorrow, may looking back in memory help comfort you tomorrow.

— Author Unknown

Members we have recently lost –

Victor J. Jacketti
Dale W. Moyer
Adam Wambach
Patricia Festa
George F. Schad
Sarah A. Lombardo
George R. Siver
Richard Lawrence
Fayettea "Peggy" Whitehurst
Joyce Asbury
Elaine Huss
Carol Kleman
Helen Neiffer
Earl J. Boehmer

O·W·M LAW

O'Donnell, Weiss & Mattei, P.C.

Rebecca Hobbs, Certified Elder Law Attorney



**Elder Law - Long Term Care Planning
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610-323-2800

—and—

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610-917-9347

*Certified as an Elder Law Attorney by the National Elder Law Foundation as authorized by the Pennsylvania Supreme Court



Email: info@owmlaw.com
www.owmlaw.com



FROM THE KITCHEN

Happy Springtime! We made it through the cold and snowy winter. We are making our way through this pandemic & businesses are opening up at larger capacity and there is a hopeful light at the end of the tunnel. Warmer temperatures are upon us, longer days, more time to spend outdoors and the wonderfulness of fresh flowers in bloom and the thought of fresh grown fruits, veggies and herbs.

As many of you have already participated in our Farmers Market Voucher Program with Paula, our social services coordinator, I thought I would piggy-back on the concept and share some tips about how to best shop a farmers market. Enjoy!

Know Your Seasons

If you start out with a basic knowledge of seasonal produce, you will know what kind of fruits and vegetables to expect when you arrive at the farmers market. Keep in mind that seasonality and items on offer will differ depending on where you live. Do your research!

Plan Meals Ahead of Time

Since you know what you are likely to find at the farmers market, because you did your research, you can do a bit of meal planning and shop accordingly, much as you would at the grocery store. Make a list and note the amounts you will need of each item. Because the farmers market is subject to seasonality, and ven-

dors may run out of items or simply not have them that week, maintain some flexibility. No asparagus this week? Try substituting broccolini.



Knize

Bring Small Change and your Farmer's Market Vouchers

It is rare for farmer's market vendors to take card purchases, so bring cash. Although vendors will make change, purchases will go quicker if you have exact (or close to exact) change. Bringing a stack of ones and fives will make things easier for you and the vendors (there may be room for bargaining as well). And if you are using the farmers market produce vouchers, remember that you cannot get change back if you spend less than the voucher value. It's better to add another item and make up the difference over the voucher amount.

Bring Big Bags

Some farmers market vendors offer bags, but they tend to be thin and flimsy plastic ones that do not hold up well under the pressure of any large produce purchase. Make sure

everything gets home from the farmers market without crashing onto the sidewalk or spilling onto the floor of your car by bringing your own sturdy canvas or nylon bags. A backpack can make the hauling easier, especially for weighty or bulky items. Keep in mind that this is also more environmentally friendly, one of your reasons for shopping at the farmers market in the first place, right? Low carbon footprint!

If you buy a lot every week, consider acquiring a wheeled cart or collapsible wagon to get your goodies home from the farmers market in one trip.

Go Early

Markets tend to be less crowded right when they open or just before they close. There are exceptions to this rule, so try going to your market at different times to figure out the best time for you.

For the best selection, go to the farmers market early. The best goods tend to go first, and popular-but-limited items may even sell out before the day is done.

Go Late

For the best deals, go to the farmers market late. Farmers and other vendors sometimes discount products in the last hour or so instead of loading them back up and schlepping them home. Note that some markets

have rules against end-of-the-day discounts.

Be Spontaneous

Yes, you will fare better if you plan your trip to the farmers market. However, you need to leave a bit of wiggle room for those strawberries you didn't know would be at the market so early, or the zucchini blossoms you've never tried before. Trying new things is part of the fun of going to farmers markets.

You are buying ultra-fresh produce when you shop at the farmers market, so let its natural flavor show when you cook it. Keep preparations simple and let the peak produce shine.

Talk to the Farmers

If you find a fruit or vegetable that is new to you at the farmers market, don't be afraid to ask the farmer about it. Most vendors will be happy to tell you all about their products, including how they are grown, their origins, what they taste like, and how to prepare them. Because farmers are extremely familiar with their crops, they often know the best way to fix them for dinner. Plus, they might give you a sample to taste. Bonus!

Buy in Bulk (my favorite)

The best deals at the farmers market are had when you buy in bulk. You will enjoy the best flavors and

the best prices when you buy lots of whatever is at its harvest peak.

If you are worried about using all of that fresh produce up, try some new recipes or revisit the lost art of preserving foods. Freezing, canning, and drying are just some of the ways you can save the seasonal flavors you find at the farmers market for later in the year. Do some research on the best way to preserve the produce you were so fortunate to find in bulk. Roast tomatoes (look for "uglies" for a good price) for winter sauces, or puree herbs and put in ice cube trays, and freeze to use in sauces.

Think Whole Foods

Produce sold from the farmers market tends to be minimally processed, whole foods. Carrots come whole and unpeeled. Beets still have greens (and dirt) attached. Learning to handle just-harvested produce can take some getting used to, but the superior flavor is worth the adjustment.

A bonus of whole foods: much of the stuff that grocery stores remove from fruits and veggies before you buy is edible. Carrot tops make a delicious pesto, and sautéed beet greens are wonderfully rich.

Enjoy your trip to the farmers market and be sure to check in with Paula to get your farmers market vouchers.

Happy Spring!

ESTATE PLANNING CHALLENGES

Providing for your heirs in a subsequent marriage

By David Garner, Esquire

When entering into a subsequent marriage, it is not uncommon for the parties to want to provide for children from a prior marriage and grandchildren in their respective estate plans. The various methods to do that covered briefing in this article may be used together and do not preclude including your new spouse as a beneficiary. However, because each situation has its own unique circumstances and each option has legal implications, I recommend consultation with profes-

sionals in order to arrive at a suitable strategy.

Prenuptial agreement- Through an effectively crafted agreement signed PRIOR TO MARRIAGE, you can exclude specific assets that you are bringing into the marriage from being available to be claimed or inherited by your spouse when you die. Through your estate plan you can then direct those assets to the beneficiaries of your choosing. Because the subject matter may stir up emotions, discussions of a prenuptial agreement should be raised early in a relationship and well in

advance of the wedding date!

Contract to make a Will- Both spouses enter into a written agreement to always maintain a Will which includes a specific distribution scheme. For example, each spouse may provide that the survivor inherits assets from the deceased provided that the Will of the survivor always includes delineated bequests to the heirs of the deceased spouse. You should give your prospective heirs a copy of the contract to make a Will, so they have evidence to raise a challenge if the surviving spouse changes their Will. Be aware that the

survivor may exhaust the assets earmarked for your beneficiaries prior to their death.

Beneficiary designations- On assets which allow for this, you may want to designate some or all of the asset to your heirs. Make sure that your designations clearly identify the person and the amount.

Transfer on death/payable on death- If the asset allows for this, you can arrange for the payout to the designated person(s) upon proof that you have died. Assets titled in this fashion are available to you during your life and may not be accessed

by the beneficiaries until your death.

Joint titling on assets- Adding heirs as joint owners of an asset generally provides that ownership vests in the surviving owner(s) upon the death of one owner. For assets that are jointly titled for more than a year, there may be advantages for Pennsylvania inheritance tax. However, joint owners may legally exert control over the entire asset and a joint owner dying out of anticipated order will have un-welcomed inheritance tax consequences for the survivor(s).

Trusts- By establishing

and funding a revocable or irrevocable trust (there are many options to use and methods to fund), you can protect assets and direct how the assets will be held, income and principal applied and ultimately disbursed.

If you are considering a subsequent marriage and you want to ensure that your estate plan provides for your heirs, develop a plan in advance in consultation with professionals (attorneys, CPAs, financial planners) and make sure that you share that plan with your prospective spouse as soon possible.

Women and Alzheimer's Disease: Know the Facts

The month of May features Mother's Day, a time to recognize and celebrate the special women in our lives, and in June—which is Alzheimer's & Brain Awareness Month—we focus on improving our cognitive health. There's no time like the present to get educated about Alzheimer's, to understand how it can impact loved ones—women in particular—and to take important actions.

Women are at the epicenter of Alzheimer's disease

Currently, there are more than six million Americans living with Alzheimer's disease and 11 million American's serving as caregivers for those impacted by the disease. A woman's es-

timated lifetime risk of developing Alzheimer's at age 65 is 1 in 5, and women in their 60s are about twice as likely to develop Alzheimer's during the rest of their lives as they are to develop breast cancer.

Not only are women more likely to have Alzheimer's, they are also more likely to be caregivers of those living with the disease. More than three in five unpaid Alzheimer's caregivers are women, and more than one-third of dementia caregivers are daughters.

And due to their caregiving responsibilities, women are likely to experience adverse consequences in the workplace. Nearly 19 percent of female caregivers had

to quit their jobs either to become a caregiver or because their caregiving duties became too burdensome. Additionally, female caregivers may experience higher levels of depression and impaired health as compared to their male counterparts.

What you can do

If you or someone you care about is living with dementia or is providing care for someone who is, you can take positive actions to help and support them.

Have a conversation

Knowing the facts and talking openly about dementia is important if you or someone you care about faces challenges related to the

disease.

See a doctor

Multiple conditions can cause cognitive changes, so it's essential to obtain a full medical evaluation to determine whether symptoms are related to Alzheimer's or if they are caused by something else. There are benefits to receiving an early and accurate diagnosis, including an opportunity to plan for the future, access support services and explore medication that may address symptoms.

Seek education and support

The Alzheimer's Association stands by with a wide range of education opportunities and care

& support services. If you are concerned about Alzheimer's or simply want to learn more, visit alz.org/crf or call 800.272.3900 to find and register for free on-line offerings.

Finally, the Alzheimer's Association 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year in more than 200 languages. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

One of the best ways to honor the women in your life is to be proactive about cognitive health—for yourself and

those you love.

About the Alzheimer's Association

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. The Delaware Valley Chapter serves 18 counties in South Jersey, South-eastern Pennsylvania and Delaware, providing programs and services to more than 294,000 individuals and families affected by Alzheimer's disease or other dementia. For more information about Alzheimer's disease, programs and services and resources, call the Alzheimer's Association 24/7 Helpline at 800.272.3900 or visit alz.org/delval.

GREAT EVENTS ARE HAPPENING AT THE VILLA!



Veterans Benefits Seminar May 19 • 2:00pm

Veterans Financial will be discussing the aid and attendance benefit.

RECEIVE COOKIES TO GO!

Western Berks Ambulance Fundraiser

May 22 • 10:00am-2:00pm

Join us for a fun event featuring a car show, crafters, vendors and food trucks.



What's It Worth?

May 26 • 6:00-8:00pm

Bring an item and learn more about what it's worth from the experts at Huyett's Auctioneering.



EVENTS ARE FREE & OPEN TO THE PUBLIC


Keystone Villa[®]
AT DOUGLASSVILLE

A DISTINCTIVE RETIREMENT COMMUNITY

Celebrating seniors for 15 years and counting!

Independent Living • Personal Care • Memory Care

Imagine Life at its Best at Our OPEN HOUSE!

June 5 • 10:00am-2:00pm

Take a tour of our community all while keeping properly social distanced. Masks must be worn.

DOOR PRIZES!

Space will be limited for events to ensure social distancing. To RSVP to one of these events please call **Independent Living Tina** at **484-925-0017** **Personal Care & Memory Care Sue O.** at **610-427-2566**



ASK YOUR PHARMACIST ...

Hashimoto's Disease

By Joshua Chung

Doctor of Pharmacy Candidate
2021
Philadelphia College of Pharmacy

Autoimmune diseases are disorders where the body's protective immune system attacks its own cells and organs. The most common autoimmune disease is Hashimoto's Disease which is also considered the most common endocrine disorder and most common cause of low thyroid hormones. Women are 8 times more likely than men to have Hashimoto's Disease and it is more common in Caucasians and Asians than in African-Americans. The disease tends to run in families.

In this autoimmune disease, a small, butterfly-shaped gland called the thyroid is attacked leading to thyroid damage and decreased production of thyroid hormone. Thyroid hormones control how the body uses energy, so they affect nearly every organ in the body including the heart. If there is not enough thyroid hormone, many of the body's functions will begin to slow down.

The Thyroid Gland

Located at the front of the neck, the thyroid gland is responsible for the production and storage of thyroid hormones which play important roles in our body. Specifically, it produces triiodothyronine (T3), tetraiodothyronine (T4), and calcitonin. T3 and T4 increase the body's basal metabolic rate which leads to

effects such as: increased body temperature, faster heart rate and a stronger heartbeat, increased digestion of food, brain development, improved concentration, faster reflexes and physical growth in children. The third hormone produced by the thyroid gland, calcitonin, is involved in calcium and bone metabolism.

In the setting of Hashimoto's Disease, the body's thyroid gland is damaged leading to decreased thyroid hormones in the body or hypothyroidism.

Signs and Symptoms of Hashimoto's Disease

In its early stages, people with Hashimoto's Disease may have no symptoms but as the disease slowly progresses, the thyroid may get larger and cause the front of the neck to look swollen. An enlarged thyroid, otherwise known as a goiter, is usually not painful but may create a feeling of fullness in the throat, change the quality of one's voice, and make it difficult to breathe or swallow.

Thinking back to the thyroid gland and its hormones, an underproduction of thyroid hormone will generally cause decreased metabolism and a slowing down of the body's functions. Common symptoms associated with decreased thyroid hormones include: constipation, feeling tired, dry skin, intolerance to cold, hair loss, brittle nails, weight gain and decreases in heart rate and breathing rate.

Hashimoto's Disease is primarily treated through medication. Hashimoto's patients are afflicted with permanent hypothyroidism so they will need daily, lifelong administration of the oral, synthetic thyroid hormone, levothyroxine (Synthroid, Levoxyl). Although this treatment is effective at minimizing the symptoms of hypothyroidism, it does not directly address the underlying cause of this disease.

Thyroid hormones even affect the brain. Hypothyroid patients report an inability to concentrate while experiencing things like memory loss and depression. Specifically for women, hypothyroidism has also been linked to irregular menstrual cycles and increased rates of miscarriage for pregnant women.

Diagnosis

A doctor will start with a medical history and physical exam. If an early examination leads to signs of Hashimoto's Disease, a doctor will order a series of blood tests that looks for "antithyroid antibodies" known as thyroid peroxidase antibodies (TPO) which are found in a majority of Hashimoto's patients. Other lab tests may include thyroid stimulating hormone (TSH) and thyroid hormones (T3 and T4) to rule out hypothyroidism. Doctors may also check for a goiter since it is a key physical sign of Hashimoto's Disease.

If the doctor suspects Hashimoto's disease but there are no antibodies in the blood, an ultrasound of the thyroid can be done to identify the differences from a normal thyroid to a damaged one and also rule out other causes of an enlarged thyroid, such as thyroid nodules which are small lumps in the thyroid gland.

Treatment

Hashimoto's Disease is primarily treated through medication. Hashimoto's patients are afflicted with permanent hypothyroidism so they will need daily, lifelong administration of the oral, synthetic thyroid hormone, levothyroxine (Synthroid, Levoxyl). Although this treatment is effective at minimizing the symptoms of hypothyroidism, it does not directly address the underlying cause of this disease. Currently, there is no medication available that can directly heal or improve the function of a damaged thyroid. Therefore, it is important that

levothyroxine is taken appropriately for maximum effectiveness.

For optimal administration, levothyroxine should be taken consistently in the morning on an empty stomach, at least 30 to 60 minutes before food. Alternatively, it can also be taken consistently at night, 3 to 4 hours after the last meal. Levothyroxine should be separated from calcium or iron-containing products or vitamins that contain aluminum and magnesium as these products may decrease drug absorption. Certain cholesterol medications called bile acid sequestrants, such as colestipol (Colestid), can affect medication absorption as well. If any of these drug products have to be taken along with thyroid medication, the levothyroxine should be taken 4 hours after these products as spacing is important for proper medication absorption. It is also important for levothyroxine to be taken daily at the same time, even if there is no noticed immediate effect. The maximum effect of this thyroid hormone is seen within 4 to 6 weeks of starting the drug. A physician will order labs during this time to help monitor therapy.

So, if you have any questions about your thyroid medication, ASK YOUR PHARMACIST!

Other than medications, another option for treatment would be to remove the thyroid completely through surgery known as a thyroidectomy. It is most commonly performed when

the enlarged thyroid is suspicious of being cancerous. If a clinician does not know whether the patient just has Hashimoto's Disease or if they also have thyroid cancer, the most effective decision may be to remove the thyroid completely. However, since a thyroidectomy imposes surgical complications, it is usually avoided.

Additional information about this condition can be found at the U.S. National Institute of Health's website by visiting NIH.gov and searching "Hashimoto's Disease".

I believe healthcare professionals have a duty to educate the communities around them with their specialized knowledge. As an upcoming pharmacist, it was a pleasure to inform and educate about this surprisingly common, yet challenging disease. I hope that through experiences like these, myself and the community around me may grow in empathy and compassion for difficulties and experiences that are not solely our own.

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MAY IS STROKE AWARENESS MONTH

Do you know how to think “fast”?

By Beth Biehl

Account Executive, Southeastern Health Care at Home

Stroke is the third leading cause of death each year and a leading cause of serious, long-term adult disability. In 2018, stroke accounted for about 1 of every 19 deaths in the United States.

What is a stroke? Sometimes called a “brain attack,” a stroke occurs

when blood flow to the brain is interrupted.

Brain cells in the immediate area begin to die due to lack of oxygen and nutrients. Two million brain cells die every minute during a stroke. Approximately 700,000 new strokes are reported in the United States each year and about 160,000 Americans die each year as a result of stroke.

Think about the follow-

ing guidelines for stroke prevention including:

- Know your blood pressure
- Identify atrial fibrillation
- Stop smoking
- Control alcohol use
- Know cholesterol levels
- Control diabetes
- Manage exercise & diet
- Treat circulation problems

And finally you must act FAST if you experience any of the following:

F – Face drooping – is one side of the face drooping or is it numb?

A – Arm weakness – is one arm weak or numb and drifts downward if held up?

S – Speech difficulty – is speech slurred, person unable to speak or hard to understand?

T – Time to call 911 –

if someone shows any of these symptoms, call 911 & get the person to the closest hospital.

Time is critical if you believe someone is having a stroke. It's important to get help as soon as you can!

Southeastern Health Care at Home is a Medicare-certified and Joint Commission accredited home health and hospice agency providing skilled

nursing, physical, occupational, & speech therapy as well as medical social workers for homebound individuals in the safety of their own home. These services are covered by your health insurance. For additional information or questions, please contact Beth Biehl, Account Executive, at 215-859-2958.

Sleep Hygiene Tips

Sleep. For some individuals, sleep can be as easy as laying your head on the pillow. For others, sleep is elusive.

Sleep is important for mental and physical restoration. Recovery, memory, and mood are all affected by sleep. Sleep is a very important part of your physical therapy journey and can affect outcomes. If you do not get enough sleep when injured or healing, it can negatively affect your healing rate and mood.

Sleep hygiene, or healthy sleep habits, are behavioral tools that can treat insomnia. Improve your sleep by regularly implementing these sleep hygiene strategies in your schedule.

Wake up at the same time every morning. Set an alarm.

Exercise daily or as prescribed. Any exercise will do. One of my favorite types of exercise is a nature walk, which helps increase the parasympa-

thetic nervous system and decreases the sympathetic nervous system. A nature walk will nourish the part of the nervous system that calms you down and starves the part that is fight or flight.

Get outside in the daytime for sun exposure. This will help regulate melatonin and cortisol.

Naps are fantastic. During your recovery process, I encourage and recommend naps. Limit them to 30 minutes well before dinner. Set an alarm.

Location, location, location. Nap at the same spot you want to sleep at night to condition your brain for sleep. Think about Pavlov's dogs and conditioning. Did you set an alarm?

No caffeine 4 hours before bed.

Make your bedroom like a quiet cave. Cool and



Adamski



dark.

Try background noise such as a fan. White or pink noise in the background, used via a sound machine or found on the internet, can be helpful.

Bedtime routine, bedtime routine, bedtime routine. First, have a set bedtime. Then implement a routine an hour before the scheduled time. Turn off electronics. That means social media, phone, tablet, computer, and TV. Try listening to music, an audiobook, or read a physical book. You can also try to make a cup of chamomile tea, take a warm shower, get into your favorite pajamas, and dim the lights.

If you can't fall asleep within 30 minutes, leave the bedroom. Do not turn on electronics. Try to read, clean, or listen to music.

How many of these sleep hygiene tips do you already perform? How many tips do you perform consistently? If sleep is evasive to you, add one tip at a time. Sleep improves restoration, memory, mood, mental and physical recovery. Having healthy sleep hygiene aids in healing and will improve your physical therapy journey.

Dr. Julie Hawthorne Adamski is a licensed physical therapist and the owner of Energy Physical Therapy LLC. Dr. Adamski serves the greater Pottstown and Boyertown area and is a local resident committed to the health and wellbeing of residents. Information in these tips is intended for educational use only. You should seek medical advice from your individual physical therapist or physician if needed. www.energy-pt.com 610-310-0915.

A life that touches others goes on forever.

The TriCounty Active Adult Center would like to express our gratitude and appreciation for the donations in memory or in honor of some of our dear friends.

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Eileen Vaughn

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Colorectal Cancer Awareness - Not Just One Month a Year

By Jeffrey Moyer DO

Though National Colorectal Cancer Awareness Month is March, it is an important topic that should be discussed for more than only one month a year. As a board-certified general surgeon practicing at Pottstown Hospital Tower Health, I regularly help to treat people with colorectal cancer, and have personally seen the benefits of screening with early detection and even prevention of colorectal cancer.

Not all cancers are alike; certain types of cancer are more common than others, and certain cancers have better survival rates than others. In the US, colorectal cancer is the third most common cancer in both men and women, behind

only breast (#1 for women), prostate (#1 for men), and lung cancer. It is also the third leading cause of cancer deaths in men and women. The prevalence of this cancer alone makes it an extremely important topic. However, colon and rectal cancer rates have improved over the past four decades due to widespread adoption of colorectal cancer screening.

There are numerous contributing risk factors to colorectal cancer, including sex, age, ethnicity, family history, and environmental factors such as cigarette smoking and diet. In general, incidence increases with age, but there has also been a rise in diagnosis in the younger population. Up to 30% of people diagnosed with colorectal cancer have



a family member diagnosed with the disease as well, which means that having a family history of colorectal cancer is extremely relevant when considering your own personal risk.

Often colorectal cancer has no symptoms in the early stages, and symptoms will only arise as cancer progresses. Symptoms will often occur if the cancer bleeds or blocks the colon, so people may experience blood in the stool or dark-colored stools, crampy abdominal pain, change in bowel habits or stool appearance, or unexplained weight loss. Some people will experience symptoms

of anemia from blood loss, such as dizziness, trouble breathing, and fatigue. Ultimately, the best way to prevent cancer or identify it early is regular screening rather than waiting for symptoms to occur.

While not all colon polyps have the potential to become cancer, about 1 in 10 are precancerous. Most colon and rectal cancers have a natural progression from precancerous polyp to invasive cancer to advanced-stage disease. This progression gives us the opportunity to intervene upon this disease course and not only identify cancers early but prevent cancers from forming by regularly screening for and removing polyps that would eventually become cancer.

Evaluation of national

trends shows that only 70% of Pennsylvanians over the age of 50 participate in colorectal cancer screening. While this number has certainly improved since regular screening was introduced in the 1970s, it still leaves a lot of room for improvement. There are multiple options available for colorectal cancer screening including stool tests, imaging, and colonoscopy. Screening in average risk people is recommended to start at the age of 45 and be performed through the age of 75. Screening between the ages of 76-85 should be based on somebody's overall health, preferences, and the findings of previous screening tests. People over the age of 85 no longer need screening, unless there is a specific rea-

son. Screening recommendations are different for high risk individuals, such as those who have a family history of colorectal cancer, personal history of precancerous polyps, certain genetic disorders, or inflammatory bowel diseases.

A diagnosis of colon or rectal cancer is a life-changing event, but regular screening can improve the chances of detecting cancer early when it is curable or completely prevent cancer by removing precancerous polyps. Speak with your doctor about the most appropriate screening regimen for you based on your risk factors.

*Statistics curated from the American Cancer Society data

NEW MEMBERS

Welcome and thank you to our new members! We look forward to having you with us.
Marsha L. Bilow
Bernadette J. McElroy
Ruth Sherman
Thomas Sherman

Sheila Sprecht
Jack G. Stiverson
Gale K. Wagenhurst
Paul Wagenhurst
Debra I. Walsh
Joseph C. Walsh
Jeffrey P. Whitlock

THE TALE OF THE TAPE!

Thank you to all who have brought in their Redner's receipts. Please remember that we need the entire receipt to get credit and that the receipts have a Save A Tape total on it. Every receipt helps!

For February through March we submitted \$15,825.00 in receipts, which resulted in a check for \$158.25.

We appreciate your participation!





Free Computer Training for Seniors

We can help you gain skill and confidence using a computer, the internet, social media, Zoom and email



group.
Swipe the notification screen to the right to view the **Today View** and swipe left to open the **Camera** app.

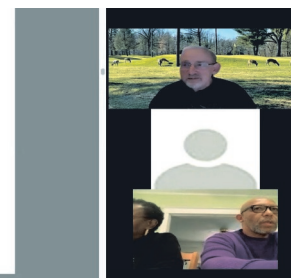
Responding to notifications
You can respond by dismissing the notification or opening it to read or reply. To respond when iPad is:

- **Locked.** To open, tap the notification, then unlock your device. Swipe left or right for more options.
- **Unlocked.** Tap the notification to open. Swipe left or tap to open. Swipe right for more options.
- **If you are using your device.** If you are using your device and receive a notification at the top of your screen, pull down on the notification to leave the current app and open the notification's app. To dismiss it without responding, swipe it up.

From the notifications center you can also open **Camera** by swiping left, see **Today View** by swiping right, and return to where you left off by swiping up from the bottom edge of the screen or by pressing the **Home** button.

Customizing rings and notifications
You can easily change the sounds of rings and alerts. You will find the settings for apps and system sounds in **Settings** > **Sounds & Haptics** (or **Sounds**). There are custom settings available for nearly any notification.

Zoom Training Session



- Do you struggle with using your computer, tablet or smartphone?
- Would you like to connect with friends and family by using Zoom?
- Would you like to see what your family is up to by connecting on Facebook?
- Do you wish you know more about using the internet?
- If you are at least 55 years old, have a computer or tablet with a camera and microphone and can receive email, you are eligible to become a student.
- Once you are enrolled, our volunteers will help you gain comfort in using a PC, tablet or mobile device of your choice during scheduled online sessions.

Sign up to be a student: <https://tinyurl.com/seniortech-Form>

To learn more, email scherrir@rsvpmc.org or call (610) 834-1040 x.128

RSVP, a King of Prussia-based nonprofit, improves the lives of vulnerable populations in the community by focusing on education and wellness and by supporting nonprofits through skill-based volunteer programs. Visit www.rsvpmc.org to learn more.

Get the Facts about COVID-19 Vaccines

Knowing the facts about the COVID-19 vaccine is important. Getting vaccinated can make a positive impact not only on you and your family, but your entire community.



FACT: COVID-19 vaccines are safe and effective.

The safety of COVID-19 vaccines is a top priority. No steps were skipped during the clinical trial process. Vaccine safety checks are in progress and will continue.



FACT: COVID-19 vaccines will not give you COVID-19.

The COVID-19 vaccines currently in development in the United States do not use the live virus that causes COVID-19.



FACT: COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests.

The COVID-19 vaccine won't cause you to test positive. The COVID-19 test is used to see if you have a **current infection**.



FACT: People who have gotten sick with COVID-19 may still benefit from getting vaccinated.

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection (natural immunity) varies from person to person. Some early evidence suggests natural immunity may not last very long.



FACT: Getting vaccinated can help prevent getting sick with COVID-19.

COVID-19 vaccination helps protect you by creating an antibody response without having to experience sickness.



FACT: Receiving an mRNA vaccine will not alter your DNA.

mRNA (messenger ribonucleic acid) can most easily be described as instructions for how to make a protein or even a piece of a protein. mRNA is not able to alter or modify a person's genetic makeup (DNA).