



February 9, 2021

Dear St. John's Meadows and Brickstone by St. John's Residents:

Hello! Already a week has gone by since the great Vaccination Clinic Round I took place. I hope no one had an adverse reaction other than a sore arm for a day or two. At the risk of being redundant, I would like to recognize Health Direct Pharmacy for the outstanding collaboration with our community that enabled us to offer the vaccine for all residents who wanted to get the shot. In addition, I would like to recognize Tony Zaccaglino and Cara Rusinko, who coordinated all the paperwork and logistical information Health Direct required so that a successful vaccination clinic could take place. We were fortunate to have seven RNs from St. John's Home provide their valuable time to assist with the actual vaccinations. Lastly, I am grateful for the efforts of the St. John's Senior Housing Management Team and staff members who thoughtfully assisted in every way needed to ensure the success of the clinic. Here are the numbers at the end of the day:

- 370+ residents received their first shot.
- 740 disposable gloves were used.
- 370 band aides, alcohol wipes, and cotton balls used.
- 25 staff members were on hand to provide the clinic.
- 4 different locations were delivered the vaccines.
- It took 2 ½ hours to administer the vaccines.

Please remember that we will be hosting Part II of the vaccination clinic on February 23, 2021. The times and locations will be announced the day prior to the clinic on the February 22.

Many have recently asked, "what is in the vaccine anyway?" Some have speculated there are microchips in the serum so that the government and Bill Gates can spy on us and track our movements. To this thought I would remind the fantasy theorists that if they have a cell phone "Big Brother" already knows where you are and what type of ice cream you eat. Other myths include: the shot is a placebo; the actual COVID-19 vaccine is an untested combination of ingredients mixed up in the White House basement; it will alter your DNA; Dr. Fauci owns the patent and is making money off the vaccine; and my favorite, the vaccine will make your hair fall out. Caution, do not look at me as evidence!

Below is a document from the CDC that explains the vaccine and how it works. The following document is admittedly a bit lengthy, but good for a late night read.

Understanding mRNA COVID-19 Vaccines

Updated Dec. 18, 2020

Messenger RNA vaccines—also called mRNA vaccines—are some of the first COVID-19 vaccines authorized for use in the United States.

New Approach to Vaccines

mRNA vaccines are a new type of vaccine to protect against infectious diseases. To trigger an immune response, many vaccines put a weakened or inactivated germ into our bodies. Not mRNA vaccines. Instead, they teach our cells how to make a protein—or even just a piece of a protein—that triggers an immune response inside our bodies. That immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies.

A Closer Look at How COVID-19 mRNA Vaccines Work

COVID-19 mRNA vaccines give instructions for our cells to make **a harmless piece** of what is called the “spike protein.” The spike protein is found on the surface of the virus that causes COVID-19.

COVID-19 mRNA vaccines are given in the upper arm muscle. Once the instructions (mRNA) are inside the immune cells, the cells use them to make the protein piece. After the protein piece is made, the cell breaks down the instructions and gets rid of them.

Next, the cell displays the protein piece on its surface. Our immune systems recognize that the protein doesn’t belong there and begin building an immune response and making antibodies, like what happens in natural infection against COVID-19.

At the end of the process, our bodies have learned how to protect against future infection. The benefit of mRNA vaccines, like all vaccines, is those vaccinated gain this protection without ever having to risk the serious consequences of getting sick with COVID-19.

Facts about COVID-19 mRNA Vaccines

- **They cannot give someone COVID-19.**
- mRNA vaccines do not use the live virus that causes COVID-19.
- **They do not affect or interact with our DNA in any way.**
- mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept.
- The cell breaks down and gets rid of the mRNA soon after it is finished using the instructions.

COVID-19 mRNA Vaccines Will Be Rigorously Evaluated for Safety

mRNA vaccines have been held to the same [rigorous safety and effectiveness standards \[332 KB, 24 pages\]external icon](#) as all other types of vaccines in the United States. The only COVID-19 vaccines the Food and Drug Administration (FDA) will make available for use in the United States (by approval or emergency use authorization) are those that meet these standards.

mRNA Vaccines Are New, But Not Unknown

Researchers have been studying and working with mRNA vaccines for decades. Interest has grown in these vaccines because they can be developed in a laboratory using readily available materials. This means the process can be standardized and scaled up, making vaccine development faster than traditional methods of making vaccines.

mRNA vaccines have been studied before for flu, Zika, rabies, and cytomegalovirus (CMV). As soon as the necessary information about the virus that causes COVID-19 was available, scientists began designing the mRNA instructions for cells to build the unique spike protein into an mRNA vaccine.

Future mRNA vaccine technology may allow for one vaccine to provide protection for multiple diseases, thus decreasing the number of shots needed for protection against common vaccine-preventable diseases.

Beyond vaccines, cancer research has used mRNA to trigger the immune system to target specific cancer cells.

Other news to report is that we are open again for in-person social recreation programs, fitness classes, and the café and dining room operations. Review your Monthly for updates. Many thanks to Jennifer Kelley, Jodi Brodzinski, Morgan Holsopple, Terri Neilon, and Meghan Little for all their patience and efforts to offer what they could during the lockdown phase and the planning to offer you live programming again.

Parking has been an issue at Briarwood due to the number of agency staff parking in the resident parking spaces in front of Briarwood. We have installed resident parking only signs, but like most signs, they are interpreted as "they don't apply to me." Therefore, in order to combat the non-compliance issue our security team has been meeting the non-residents at the Briarwood parking lot in the morning and kindly redirecting them to a more appropriate location. Note, that the side of the road is NOT an appropriate location.

Lastly, news on the home front, on Sunday, February 7, my daughter-in-law and son became the proud parents of Annabelle and Henry Bartlett. Yes, in case you didn't know, they are the proud parents of twins. Mother, Annabelle, and Henry are doing fine. However, the newly appointed grandparents must be patient as they desperately want to hold these new additions. To be continued...

Take care and stay safe! I will see you on February 23 for Vaccination Clinic Round II.

Sincerely,

A handwritten signature in black ink that reads "Paul R. Bartlett". The signature is fluid and cursive, with a large, sweeping flourish at the end.

Paul Bartlett, Vice President of Senior Housing