



## SILVER PANTHER NEWSLETTER

# SPECIAL EDITION

*In this newsletter:*

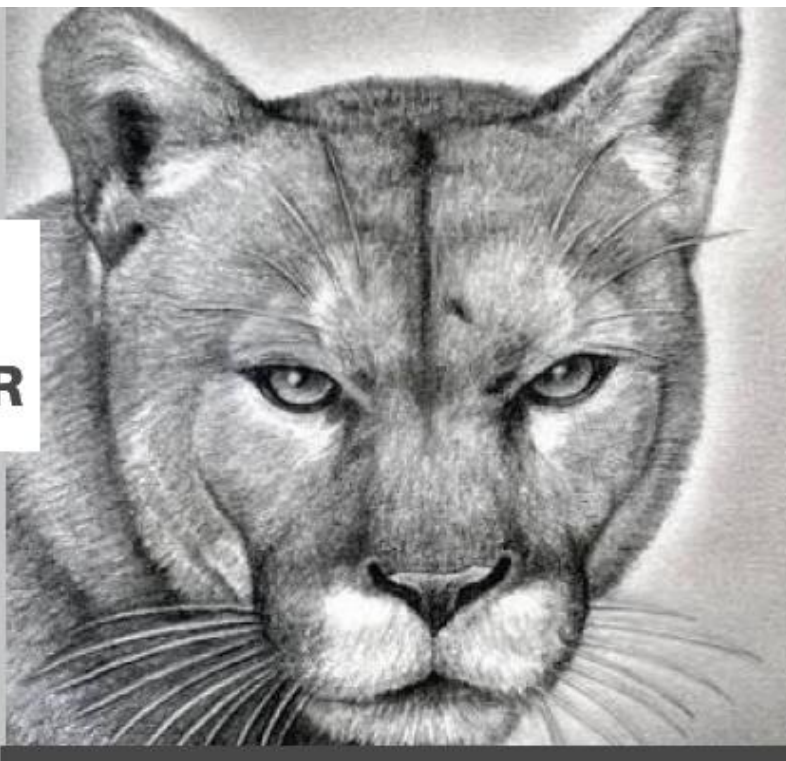
---

Residents Rights and  
the COVID-19  
Vaccination  
Page 01

Addressing COVID-19  
Hesitancy  
Page 03

Resident  
Testimonials: What  
Does Getting the  
Vaccine Mean to You  
Page 05

CT LTCOP is on  
Facebook  
Page 08



## STATEWIDE COALITION OF PRESIDENTS OF RESIDENT COUNCILS

### Executive Board Members

*Patty Bauch, David Peck, John Balisciano Jr., Martha Leland, Susan Bilansky, Gregory Brooks, Brad Parkhurst, Jeanette Sullivan-Martinez*

Hello and thank you for taking the time to read this special edition of the "Silver Panther", a newsletter brought to you by the Statewide Coalition of Presidents of Resident Councils (SCPRC) and The Long Term Care Ombudsman Program (LTCOP).

This Newsletter is designed to keep you abreast of the current issues that affect you, the residents of Connecticut nursing facilities.

We invite you to contact us with suggestions of articles you would like to see in future issues, or best practices your facility is using. You may contact us through Email at [LTCOP@CT.GOV](mailto:LTCOP@CT.GOV) or by telephone at 1-866-388-1888.

The Silver Panther

# **It's Time to Roll Up Our Sleeves and Learn about the COVID-19 VACCINE**

**2020 has been a historically hard year. Even those who remember other incredibly challenging times could never have imagined how devastating COVID-19 would be. You and your friends, and the staff who care so much about you, were among the first victims of this pandemic. You weren't just victims in Connecticut, but all over the world. Globally, 70% of people getting sick from COVID-19 are over 65 years of age.**

**One of the advantages of getting older is that you get the chance to be part of history over and over again – sharing insight with every new generation.**

**You may remember amazing things – the Empire State Building going up, Jackie Robinson playing his first game in the Major Leagues, the beginning of the Civil Rights movement, or the beginning of easy air travel. But some of you have also lived through other hard times – The World Wars, the Korean War, The Vietnam War, Pearl Harbor, segregation, The Holocaust, the famous floods of 1936 and 1955 that sent factories into the swollen waters, swept barns off their foundations, sending cows bobbing down the Connecticut River and even 9/11.**

**You faced those hard times with grit and strength. You learned from it, gaining knowledge, strength, and the basic understanding that information is power. Now, we want to ensure that you have the facts and information you need to make an informed decision about the vaccine.**

**You may remember a time when people were sick, out of work, and even died from diseases like the measles, mumps, smallpox, tetanus, polio, rubella, and whooping cough.**

**Now, in 2020, people are safer because of widespread vaccination.**

**We know there are many questions about the vaccine, and we want your questions to get factual answers. When medical professionals looked at where the vaccine could make the biggest difference in the fight against COVID-19, older adults, particularly those in long-term care, and those who care for them were identified as the priority.**

Now, here's the truth:

- You have the **RIGHT** to participate in all of your health care decisions.
- You have the **RIGHT** to talk to the people who help you make health care decisions and choose the best decision for **YOU!**
- Your **CHOICE** can't impact your ability to stay in your nursing home.
- The vaccines that are currently approved require that you get two shots, spaced about a month apart.
- The vaccination might hurt a little the day you get it, just like the flu shot.
- While we don't know everything about the vaccine, or **COVID-19**, we know that the vaccines went through trials where tens of thousands of people participated, and that experts at the national and local level reviewed those findings, and said the vaccine is safe.

We hope you choose to accept the vaccine as the science has shown us that it is the best chance to keep you safe and healthy. We know that mistakes have been made with medicine and vaccines in the past – but we have more efficient and effective technology than we ever have before to ensure your safety.

You have faced so much, stood up so many times in history. Some have fought wars, sacrificed, survived horrible events and extremely challenging times. We want you to continue to show the world how strong you are. Show them you are willing and able to listen to facts and determine what is right for **YOU**. We hope with factual information you will feel comfortable to get in line, roll up your sleeve and take a shot that could help put this pandemic behind us all.

Our state, our country, and your friends, family and neighbors are counting on you to talk to a medical professional you trust – to get the facts – and to make the most informed decision you can about getting vaccinated.

Get the facts at: [ct.gov/covidvaccine](https://ct.gov/covidvaccine)

or call the Long-Term Care Ombudsman Program at [1-866-388-1888](tel:1-866-388-1888)

# Answers to Your Covid-19 Vaccine Questions

COVID-19 vaccine hesitation is real. The following information was provided to keep staff, residents and family informed about the mRNA vaccines from Pfizer and Moderna.

## Can the vaccine give me COVID-19?

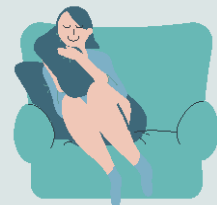
No, these vaccines do NOT contain COVID-19.  
*They also cannot change your DNA.*



## When will I be protected?

You'll be protected 1-2 weeks after the second dose.

*You must receive 2 doses of the SAME vaccine, 3-4 weeks apart.*



## How long will I be protected?

It is uncertain now, but as time passes, experts will know more.

*You may need to receive them on a regular basis (like the flu shot).*



## What if I've already had COVID-19?

Even if you've had COVID-19, it is important to get vaccinated for longer/better protection.



## What are the possible side effects?

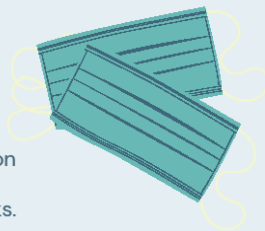
You can expect short-term discomfort: fatigue, headache, muscle pain, chills, fever and pain at injection site.

*Side effects typically last 24-48 hours and may be worse after the second dose.*



## Will I still need to wear a mask?

Yes! A large number of people will need vaccination before transmission drops enough to stop using masks.



## Why should I get vaccinated?

Protect yourself/your family.

Keep your residents safe.

Help stop spread in the community.

Set an example for others, including residents, families, co-workers, and the community.



**Source** • The Society for Post-Acute and Long-Term Care (PALTC) Medicine ([paltc.org](http://paltc.org))

**More Info** • Centers for Disease Control and Prevention ([cdc.gov](http://cdc.gov))

# Hechos sobre la COVID-19 vacunación

Preparado por Connecticut Long Term Care Ombudsman Program

## Preguntas frecuentes sobre la vacuna COVID-19

### ¿Puede la vacuna darme COVID-19?

No, estas vacunas NO contienen COVID-19.

*Tampoco pueden cambiar su ADN.*



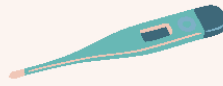
### ¿Qué pasa si ya tuve COVID-19?

Incluso si ha tenido COVID-19, es importante vacunarse para una protección más duradera o mejor



### ¿Cuándo estaré protegido?

Estará protegido 1-2 semanas después de la segunda dosis. Debe recibir 2 dosis de la vacuna MISMA, con un intervalo de 3 a 4 semanas.



### ¿Cuánto tiempo estaré protegido?

Ahora es incierto, pero a medida que pase el tiempo, los expertos sabrán más. Es posible que deba recibirlos con regularidad (como la vacuna contra la gripe).



### ¿Aún necesitaré usar una máscara?

¡Sí! Un gran número de personas necesitará vacunación antes de que la transmisión disminuya lo suficiente como para dejar de usar mascarillas.



### ¿Cuáles son los posibles efectos secundarios?

Puede esperar molestias a corto plazo: fatiga, dolor de cabeza, dolor muscular, escalofríos, fiebre y dolor en el lugar de la inyección. Los efectos secundarios típicamente pue durar de 24 a 48 horas y pueden empeorar después de la segunda dosis.



### ¿Por qué debería vacunarme?

Protéjase a sí mismo / a su familia. Mantenga a sus residentes seguros. Ayude a detener la propagación en la comunidad. Sea un ejemplo para los demás, incluidos los residentes, las familias, los compañeros de trabajo y la comunidad.



Fuente • La Sociedad para la Medicina de Cuidados Post-Agudos y a Largo Plazo (PALTC) ([paltc.org](http://paltc.org))

Fuente: Centros para el Control y la Prevención de Enfermedades

# Resident Testimonials

*(What Does Getting the Vaccine Mean to You?)*



*“I am very excited about getting the vaccine! Why? do you ask? It allows me to get closer to those that I love. My three children and their perspective families and my seven-month-old granddaughter, I can count on one hand how many times I’ve physically seen her, and a new expectant granddaughter coming in seven weeks!*

*The sooner I’m inoculated the closer I get to them. Also the rest of my family, my mother my friends and my loved ones I share a home with at this facility. We are family and we miss each other.*

*I encourage everyone to be inoculated so that we can get rid of this virus and move ahead in this wonderful world in which we live. We have so much to be grateful for I believe the virus has taught us at least that. The vaccine represents hope.”*

*~ Jeanette Sullivan Martinez (Pendleton)*

# Resident Testimonials

*(What Does Getting the Vaccine Mean to You?)*



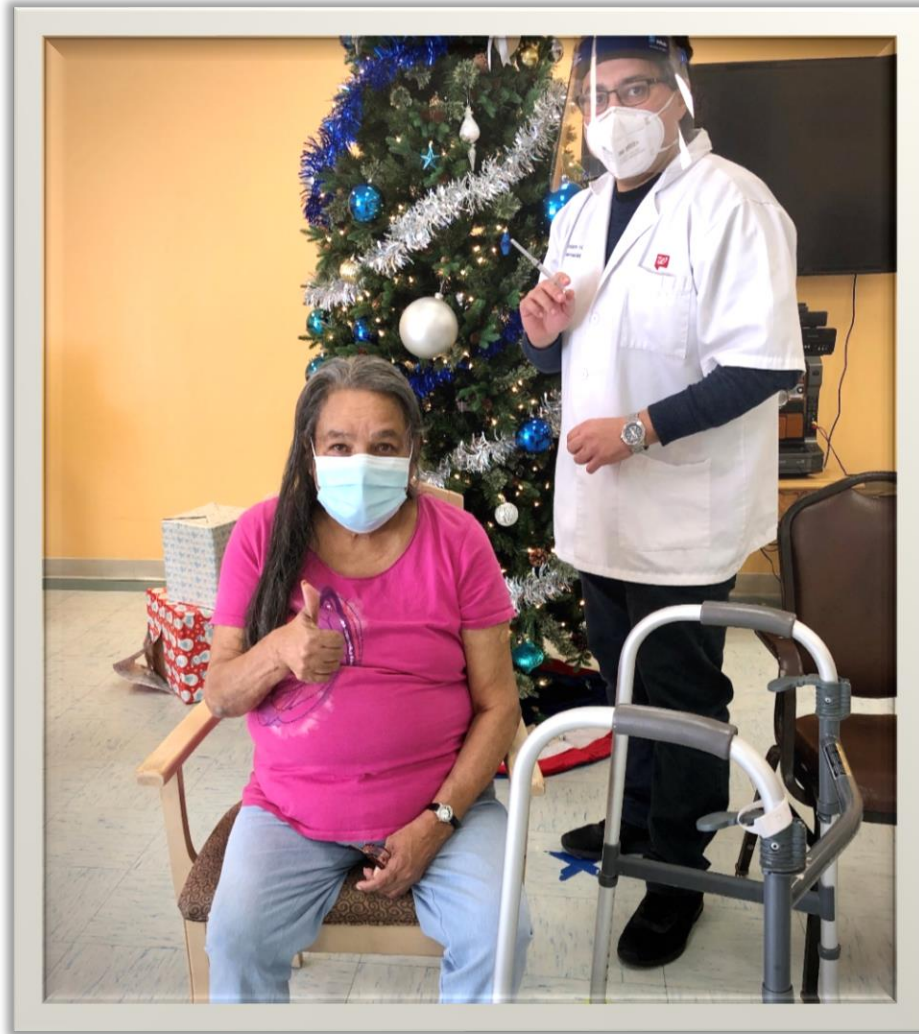
*[\(Click Here](#) or on the Image To Hear Ruby's Testimonial)*

*“It means getting protection against the virus and enables me to visit family and friends. It presented a way to get back to normalcy in this world, and this life.”*

*~ Ruby Hammonds (Parkville Health Care Center)*

# Resident Testimonials

*(What Does Getting the Vaccine Mean to You?)*



*“ I want to take the vaccine so that I can go back to the community. I want people to heal because without the vaccine we cannot do anything.”*

*“Quiero ponerme la vacuna porque quiero volver a la comunidad. Quiero que la gente se cure porque sin la vacuna no podemos hacer nada.”*

*~Carmen Edalia Santiago (Parkville Health Care Center)*





# The Connecticut Long Term Care Ombudsman Program is now on Facebook!

[www.Facebook.com/ctltcop](http://www.Facebook.com/ctltcop)

**Please visit our page and click “Like”**

Given the current pandemic the State Ombudsman, Mairead Painter, is holding live Facebook chats every Wednesday at 5:30 pm. Please tune in to have your questions answered in real time!

**Statewide Coalition of Presidents of Resident Councils  
(SCPRC)  
Executive Board Members**

<b><u>E-Board Member</u></b>	<b><u>Location</u></b>
<i>Patty Bauch</i>	<i>Newtown</i>
<i>David Peck</i>	<i>Own Apartment</i>
<i>John Balisciano Jr.</i>	<i>Hewitt Health and Rehab</i>
<i>Martha Leland</i>	<i>Touchpoints of Manchester</i>
<i>Susan Bilansky</i>	<i>Hebrew Home</i>
<i>Gregory Brooks</i>	<i>Quinnipiac Valley Center</i>
<i>Brad Parkhurst</i>	<i>Own Apartment</i>
<i>Jeanette Sullivan-Martinez</i>	<i>Pendleton Healthcare</i>

**MAIREAD PAINTER  
STATE LONG TERM CARE OMBUDSMAN**

**860- 424-5200**

**Desiree Pina - Administrative Assistant**

**860-424-5239**

**CONTACT YOUR REGIONAL OMBUDSMAN**

**TOLL FREE NUMBER**

**1-866-388-1888**

**WESTERN**

**INTAKE NUMBER 203-597-4181**

**Deborah Robinson - Intake Coordinator**

**Regional Ombudsmen**

**Sylvia Crespo, Tasha Erskine-Jackson**

**SOUTHERN**

**INTAKE NUMBER 860-823-3366**

**Stephanie Booth/Desiree Pina - Intake Coordinator**

**Regional Ombudsmen**

**Dan Lerman, Patricia Calderone, Daniel Beem**

**NORTHERN**

**INTAKE NUMBER 860-424-5221**

**Stephanie Booth/Desiree Pina - Intake Coordinator**

**Regional Ombudsmen**

**Brenda Texidor, Brenda Foreman, Lindsay Jesshop**