

March 8, 2021



COVID-19 VACCINE INFORMATION

J&J vs. Pfizer vs. Moderna: How Do the COVID-19 Vaccines Compare?

Differences, similarities among coronavirus vaccinations authorized in U.S.

by Dena Bunis, AARP, February 27, 2021

Americans will now have three vaccines available to combat the coronavirus infection. J&J is expected to soon begin shipping out up to 4 million doses now that has received its emergency use authorization (EUA).

The three available vaccines use two different technologies to achieve the same end – to trigger immune responses in our cells that will allow our bodies to make antibodies to the spike protein located on the surface of the coronavirus. Those antibodies will help fight a COVID-19 infection if the real coronavirus enters our body.

The Pfizer-BioNTech and Moderna vaccines use the same basic technology, known as mRNA, to provide the genetic code our cells need to produce the antibodies. These vaccines essentially teach our cells how to make a protein that prompts an immune response without using the live virus that causes COVID-19.

The J&J vaccine also delivers a genetic code to our cells, but does it in a different way. This vaccine uses what's called an adenovirus – a harmless virus that can no longer replicate – to basically send the genetic message to our cells. And the adenovirus goes into the nucleus of our cells and uses our DNA to send the genetic code. So the main difference between the two vaccine technologies is that the Pfizer-BioNTech and Moderna vaccines use mRNA to get the genetic instructions to our cells, while the J&J vaccine uses DNA.

How effective are they?

Pfizer-BioNTech, requires 2 shots

- Vaccine was shown to be 95 percent overall effective in preventing symptomatic COVID-19 after two doses in phase 3 clinical trials.
- Vaccine was shown to be 94.7 percent effective in people age 65 and older in its clinical trials after the second dose.

Moderna, requires 2 shots

- Vaccine was shown to be 94.1 percent overall effective in preventing symptomatic COVID-19 in its phase 3 clinical trials after the second dose.
- Vaccine was shown to be 86.4 percent effective in people age 65 and over after two doses.

In this issue:

- Informative Articles
- Free Zoom Cooking Class
- St. Patrick's Day Treat Recipe
- At Home... Comics, Puzzles & Exercise

Johnson & Johnson, requires 1 shot

- Vaccine was shown to be 66.1 percent overall effective in preventing COVID-19 symptoms after one dose in its phase 3 multi-country clinical trials and 72 percent effective among participants in the U.S. trials.
 - Vaccine was shown to be 68.6 percent effective in people age 65 and over after one dose.
- Significance: All three vaccines more than meet the 50 percent effectiveness threshold required by the FDA. In addition, the data from phase 3 clinical trials for all three vaccines show that all of them are 100 percent effective in preventing hospitalization and death from COVID-19.

Side effects

Pfizer-BioNTech

- The most common side effects were pain at the injection site, followed by tiredness, headache, muscle pain, chills, joint pain and fever, according to the FDA.
- In the United Kingdom, two health care workers reported severe allergic reactions (anaphylaxis) after being vaccinated; two health care workers in Alaska reported a serious allergic reaction after receiving the Pfizer-BioNTech vaccine.
- In the U.S. trial, four people who received the vaccine developed Bell's palsy, which causes usually temporary paralysis in facial muscles.

Moderna

- The most common side effects were pain at the injection site, followed by tiredness, headache, muscle pain, joint pain and chills, an FDA analysis found.
- Three trial participants who received the vaccine developed Bell's palsy.

Johnson & Johnson

- The most common side effects were pain at the injection site, followed by headache, fatigue and myalgia (muscle pain).
- There was one case of hypersensitivity – although not classified as anaphylaxis – that began two days after the injection.
- There were four reported cases of Bell's palsy: two among those getting the vaccine and two who received the placebo.

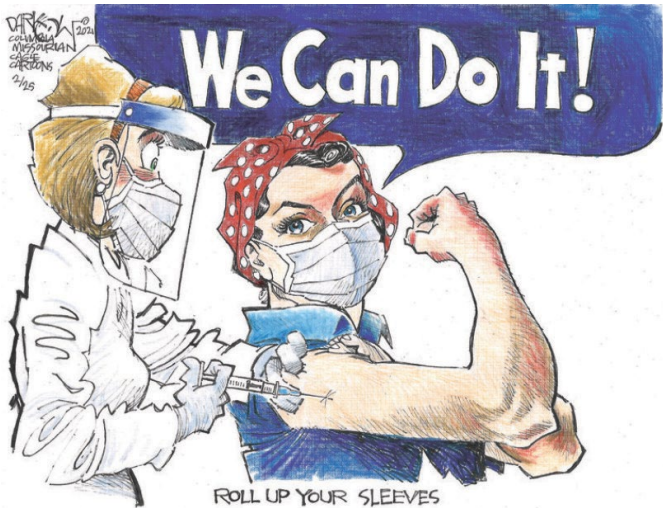
<https://www.aarp.org/health/conditions-treatments/info-2021/johnson-and-johnson-covid-vaccine.html>

Spring Forward



HYDRATE BEFORE YOUR FINAL COVID VACCINE DOSE...

Eat something and drink more water the day of your vaccination. Proper nutrition and hydration will combat side effects.



The New 60



COVID-19 Vaccine Resources for Alameda County Residents 65+ & Essential Workers



COVID-19 Vaccine Resources

Bay Area Community Health is now offering COVID-19 vaccines to patients and community members 65 and older or those who follow county guidelines listed below. If you do not meet the listed requirements, please do not contact BACH or fill out these forms. You will be able to register for a vaccine on a future date. Look for more information soon.

COVID-19 Vaccinations are only available to those who meet the below criteria:

Alameda County appointments are only available to people who live or work in Alameda County.

Santa Clara County appointments are only available to people who live or work in Santa Clara County.

Appointments are currently open to the following persons ONLY:

- Healthcare Workers
- People ages 65+
- Food and Agriculture Workers
- Emergency Services workers
- Education/Childcare workers

SCHEDULE AN APPOINTMENT

online scheduling available [HERE](#)

or call 510-770-8040

<https://bach.health/vaccine>



Washington Hospital Healthcare System

Washington Hospital Healthcare System wants to provide patients and the community with the most up-to-date information about COVID-19 vaccination. To keep you informed, this page will be updated when new details about the vaccine and vaccination are available. For information about Alameda County's active vaccination phases and tiers, please go to <https://covid-19.acgov.org/vaccines>.

Authorized by the Alameda County Public Health Department, Washington Hospital Healthcare System is offering the vaccine to the following eligible individuals in Phase 1A and Phase 1B:

- Washington Township Health Care District residents who are 65 and older
- Washington Township Medical Foundation patients who are 65 and older
- Employees and physicians of the Washington Hospital Healthcare System and other eligible health care professionals, per Alameda County Public Health Department guidelines
- Essential workers who live or work in the Washington Township Health Care District in the following categories: education and child care (formal & informal), emergency services (including law enforcement) and food/agriculture

Vaccination appointments are being made based on vaccine availability. Vaccination appointments are limited and contingent on the county allocating the vaccine. Appointments will be temporarily paused when we fill all available slots, and will be resumed once additional vaccine is confirmed by the county.

For more information about vaccination eligibility in CA and other vaccination resources, go to myturn.ca.gov. If it's not your turn yet to be vaccinated or appointments are not available, you can register at myturn.ca.gov to be notified when you are eligible or when appointments open up.

Washington Township Medical Foundation patients who meet the criteria to be vaccinated can schedule vaccination appointments through their personal MyChart account. Community members can inquire about eligibility and appointments by calling our COVID-19 vaccination phone line at 510.248.8200, but please note that we are experiencing extremely long wait times in our call center.

Updates will be available on this website and through MyChart as necessary. We are not accepting walk-ins.

Thank you for your patience.

<https://www.whhs.com/COVID-19-Coronavirus.aspx>

The above information has been copied directly from Washington Hospitals website. Please click the link above for the full article. Anyone in Alameda County who meets the criteria can call for an appointment even if they are not a Washington Hospital member.

*Please note - If Washington Hospital does not have your personal information they will ask for it including your full social security number.

NEED TRANSPORTATION TO YOUR VACCINE APPOINTMENT?

The **RIDE-ON TRI-CITY!** Program will help seniors make COVID vaccine appointments with Washington Hospital and Haller's Pharmacy and help coordinate rides to and from appointments. Call 510-574-2053 for Ride-On Tri-City assistance.

   **Get vaccinated.
Get your smartphone.
Get started with v-safe.**



Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second vaccine dose.

Sign up with your smartphone's browser at vsafe.cdc.gov

OR
Aim your smartphone's camera at this code



Learn more about v-safe www.cdc.gov/vsafe



RIDE-ON TRI-CITY!

Funded by the Alameda County Transportation Commission through Measure B/BB sales tax revenues. For more information on Measure B/BB, visit: www.alamedactc.org

Ride-On Tri-City!

Services to Newark residents are provided through a partnership between the City of Newark and the City of Fremont's Human Services Department. Eligibility Requirements for RIDE-ON TRI-CITY! transportation services:

- Newark residents who are 70 years of age or older; OR,
 - Newark residents who are unable to use public transportation independently due to a disability or disabling health condition.
- RIDE-ON TRI-CITY! registrants can use the following:

Taxi Service:

Subsidized curb-to-curb taxi rides in the Tri-City area using a taxi voucher. Taxi vouchers cost \$4 each and subsidize up to \$20 of taxi meter fare.

Ride-Hailing Service (through Lyft):

Pilot program... Subsidized curb-to-curb rides on Lyft in Tri-City area. Participants pay for the first \$4 of their trip and up to \$16 of additional trip costs will be subsidized.

Wheelchair-Accessible Van Service:

Participants requiring special door-to-door assistance can get subsidized wheelchair-accessible van rides in Tri-City area. Participants pay \$4 per one-way trip, using a pre-paid voucher. Call (510) 574-2053 for more information.

Transportation Questions Answered...

A Transportation Resources Specialist from RIDE-ON TRI-CITY! can assess your individual needs and work with you over the phone or by email to answer any questions you have about transportation and how to get around the community.

- Learning how to ride public transit buses or BART
 - Obtaining and learning how to use a Clipper card
 - Finding and applying for affordable transportation alternatives if you no longer drive and cannot take public transit
 - Learning how to use ride-hailing services, like Lyft.
 - Renewing your driver's license, obtaining a DMV Disabled Parking placard or figuring out how to maintain driving safety as you age.
- For more information, call (510) 574-2053 or email rideontricity@fremont.gov

Senior Clipper Card

Seniors 65 years of age or older can obtain a Senior Clipper Card by visiting: www.clippercard.com/discounts MAIL your application form and a copy of your proof-of-age document to: Clipper Youth/Senior Applications, PO Box 318, Concord, CA 94522-0318. Do not send originals, as documents will not be returned. Or EMAIL scans or photos of your application form and your proof-of-age document to senioryouthapps@clippercard.com. Or FAX your application form and proof-of-age document to 877.565.3149.

Please allow 7 business days for delivery.





Spring DRIVE-THRU LUNCH

Thursday, April 8... *\$5/senior

Drive-Thru 12:00-12:15pm

Silliman Activity Center Front Parking Lot

Menu: Spring Salad with Chicken, roll & dessert.

Space is limited. *Pre-registration required at newarkca.activityreg.com or use the mail-in registration form on the final page of our Weekly Update.

Please wear a mask and remain in your vehicle.



CINCO DE MAYO

DRIVE-THRU LUNCH

Wednesday, May 5... *\$5/senior

Drive-Thru 12:00-12:15pm

Silliman Activity Center Front Parking Lot

MENU: CHICKEN TACOS, RICE, BEANS & DESSERT

Space is limited. *Pre-registration required at newarkca.activityreg.com or use the mail-in registration form on the final page of our Weekly Update.

PLEASE WEAR A MASK AND REMAIN IN YOUR VEHICLE.





Yan Can Cook with On Lok



Join Chef Yan and On Lok for Yan Can Cook with On Lok, a new, live, virtual cooking series celebrating Chinese recipes and traditions.

Prepare healthy and delicious dishes along with Chef Yan, who will be cooking live from his kitchen.

When: Thursday, March 18, 4-5pm

RSVP: [Eventbrite](#)

After you RSVP, you will receive a Zoom link to the event and the recipes.
Featured dishes:

- Pumpkin Stew
- Rainbow Omelet
- Shrimp-Filled Mushrooms

We are giving away three knife sets from Chef Yan. Do not miss this opportunity to be a lucky guest who will receive one of these amazing essential sets.

This event is FREE and open to all. It is not a fundraiser.

We look forward to cooking with you soon!

<https://www.eventbrite.com/e/yan-can-cook-with-on-lok-tickets-142125121063>

Crossword Puzzle

Answers on page 11.

Across

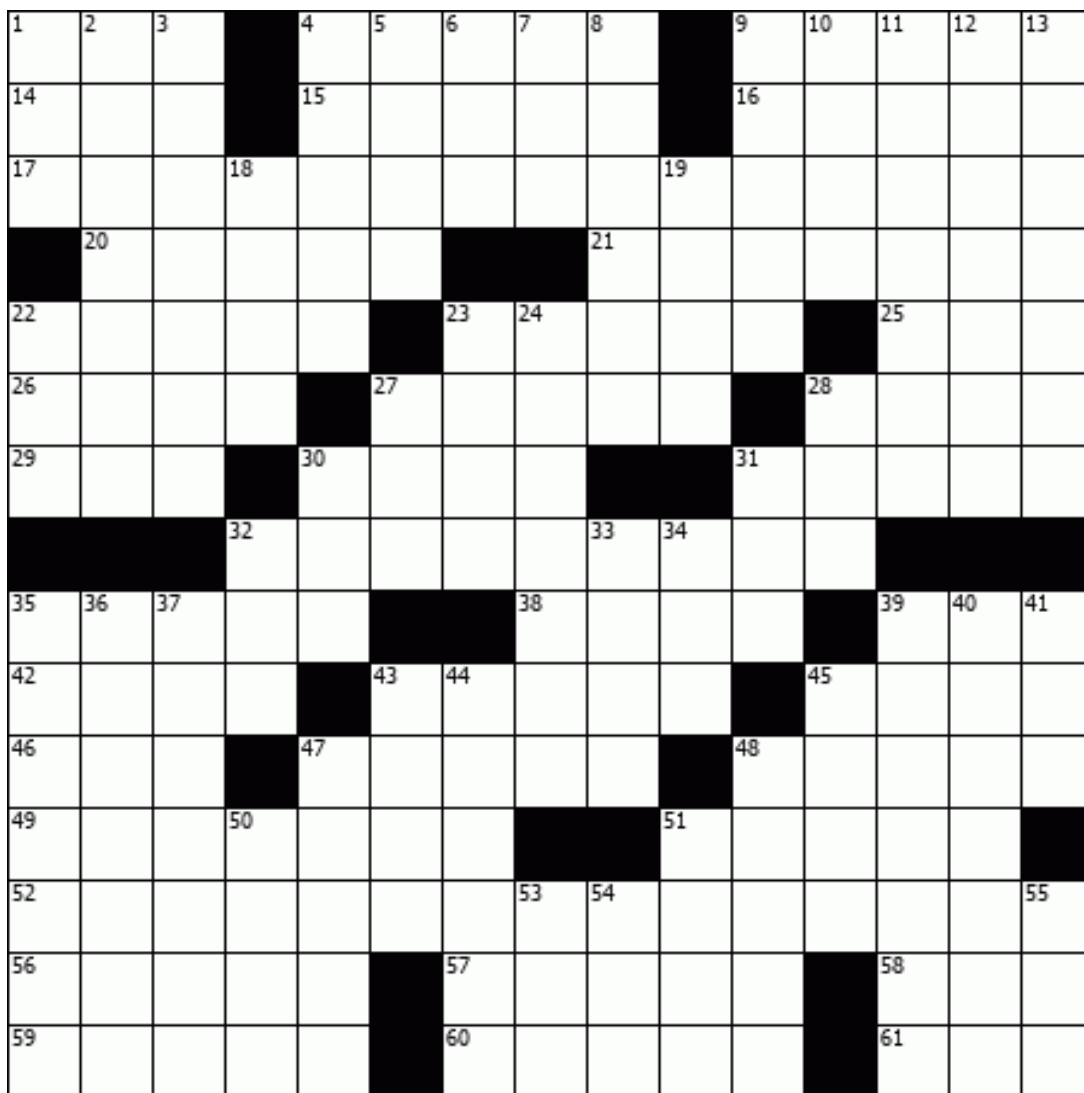
1. Long-eared farm animal
4. Errant golf shot
9. '03 or '04, e.g.
14. With-it
15. Buffalo Bill or John Wayne, by birth
16. A "Seinfeld" episode, today
17. Large musical group sans brass
20. It takes two for this
21. Expulsion
22. Upper crust
23. College quarters
25. Hollywood union
26. Jay seen at night
27. Clare and Henry
28. Lady of the knight
29. Title some women gain
30. Spillane detective, Hammer
31. Funnel-shaped
32. Ali boxing technique
35. Great way to leave Vegas
38. One of Asta's owners
39. Chef's measure (Abbr.)
42. Fancy house opening?
43. Whack, in the Bible
45. Asian ethnic group
46. Bit in a horse's mouth?
47. What we all want "in our time"
48. It may be stuffed
49. King of the macabre
51. Giacomo Puccini specialty
52. Barely squeeze through
56. Glances maliciously
57. Word with golden or bald
58. Feline sign
59. Endow with a gift
60. Bridges, for one
61. Craving

Down

1. Sounds of surprise
2. Colonist
3. Sports injuries, often
4. Scorch
5. Part of a company's identity
6. "Sands of ___ Jima"
7. Ford or Lincoln, but not Bush
8. Unscheduled performance
9. Salad item
10. For fear that
11. Craftsman
12. Family moniker
13. Acquired by acting quickly
18. Word with "each life" or "thin air"
19. Is at a loss for words?
22. Common street name
23. British peer
24. Originating in the sea
27. It's right under your nose
28. Fictitious John

Down

30. Stylish
31. Whiz at figs.
32. Wharf pest
33. Wait on hand and foot
34. Hematite, for one
35. Matthew or Simon
36. Nonbeliever
37. Became a contestant
39. After a couple
40. Nobody doesn't like her
41. Plum's center
43. Distribute in a tournament
44. Fireplace shelf
45. Biblical pronoun
47. Stage
48. Celerity
50. Alpaca's habitat
51. Exclusively
53. Lyricist David ("Close to You")
54. Result of self aggrandizing
55. Very long time



Old T.V. Shows Word Search 2

Find and circle all of the old TV shows that are hidden in the grid.
The remaining letters spell the name of an additional old TV show.

R M S M D O S I L V E R S P O O N S
 E I A N Y T S E R C N O C L A F T E
 Z S L B N Y N I G H T C O U R T N C
 I T L O A P B S T R A H W E N O O V
 L E A N S R E N O S I R P Y Z A I F
 A R D A T T N I T H R Y O T C R A F
 U E F N Y F S A N J N E H H G M S L
 Q D L Z A U O P B N H G E I E O F I
 E M O A D L N G A Y I O N H U R O N
 L U W Y F L S N R L J I O T C E J T
 K N R E R H R I I E A O E K V D E S
 C S I L Y O E W Y N T R N I E I F T
 I T A L R U T O Y S L S F E H R F O
 R E T A R S N R I I A I B S S T E N
 E R T V E E U G M T I T I E N H R E
 V S E G B G H I E A C F N I W G S S
 A W R I Y R T A W H E E H A W I O F
 M A A B A S M A C G Y V E R F N N L
 C T B U M O H W R O T C O D S K S A

A-TEAM
 ALF
 AIRWOLF
 BARETTA
 BARNABY JONES
 BENSON
 BIG VALLEY
 BONANZA
 CHEERS
 COACH
 DALLAS

DOCTOR WHO
 DYNASTY
 EQUALIZER
 FALCON CREST
 FAME
 FANTASY ISLAND
 FISH
 FLINTSTONES
 FULL HOUSE
 GROWING PAINS
 HAWAII FIVE-O

HEE HAW
 HUNTER
 JEFFERSONS
 KNIGHT RIDER
 MACGYVER
 MAVERICK
 MAYBERRY R.F.D.
 MISTER ED
 MUNSTERS
 NANNY

NEWHART
 NIGHT COURT
 OUTER LIMITS
 PRISONER
 S.W.A.T.
 SILVER SPOONS
 T.J. HOOKER
 TWILIGHT ZONE
 VIRGINIAN
 WEBSTER

Sudoku Puzzle #1

Sudoku Puzzle #2









The rules to play Sudoku are quite simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

8	9	2			3		1	4
				6	8		7	
4	5			8				1
		8				2		
1		3	7			5		
	7	1			6		5	
5		9	2				8	
6					7			9

9	1	6	2	4				
2	3							
			1		8			2
5	2	1						7
	8	9				5	1	
7	6			9				3
				8		7	2	1
	9				4	6		5
	7	3			5			

Solutions on page 10.

21 WAYS TO EAT YOUR WATER

<p>ICEBERG LETTUCE 96% WATER</p>	<p>GREEN CABBAGE 93% WATER</p> 	<p>CUCUMBER 96% WATER</p> 	<p>WATERMELON 92% WATER</p> 	<p>SWEET PEPPERS 92% WATER</p>
<p>RED TOMATO 94% WATER</p>	<p>RADISH 95% WATER</p>	<p>ZUCHINNI 95% WATER</p>	<p>ORANGE 87% WATER</p> 	<p>APRICOT 86% WATER</p>
<p>PINEAPPLE 87% WATER</p> 	<p>STRAWBERRIES 92% WATER</p> 	<p>CRANBERRIES 87% WATER</p>	<p>RASPBERRIES 87% WATER</p> 	<p>GREEN TOMATO 93% WATER</p>
	<p>CAULIFLOWER 87% WATER</p> 	<p>GRAPEFRUIT 91% WATER</p>	<p>SPINACH 96% WATER</p>	<p>CANTALOUPE 90% WATER</p>
		<p>CELERY 96% WATER</p>		

Leprechaun Hat S'mores

Leprechaun Hat S'mores – a festive St. Patrick's day treat that the kids will love!

Author: Carrie Sellman

INGREDIENTS

- [Keebler® Fudge Stripes™ Cookies](#)
- Large Marshmallows
- [Dark Chocolate Candy Melts](#)
- [Green Candy Melts](#)
- Green Sprinkles or [Green Cake Sparkles](#)

INSTRUCTIONS

1. Melt dark chocolate candy in the microwave, in 30 second intervals on 50% power. Stir after each heating. Repeat until completely melted. Dip Fudge Stripe Cookies into chocolate, coating completely. Shake off any excess. Set on parchment paper, top side down, until candy coating is completely set.
2. Using a toothpick, dip marshmallow into chocolate and coat almost entirely. Shake off any excess. Set on parchment paper, until candy coating is completely set. Remove toothpick.
3. Melt green candy just as you did the chocolate. Flip marshmallow upside down and insert new toothpick in top. Dip into green candy, just barely, to create a small band of green around the bottom.
4. Coat green candy band with sprinkles or sparkles. Shake off excess.
5. Place marshmallow in center of chocolate covered cookie. Carefully remove toothpick. Touch up the toothpick hole with a small dab of melted chocolate, if desired.
6. Spoon some of the remaining melted green candy into a piping bag, ziplock bag or squeeze bottle. On parchment paper, make three small dots of candy in the shape of a triangle. Each dot should be about the size of a chocolate chip. Using a toothpick, swirl the three dots together to form a shamrock shape. Swirl the bottom two dots together first, then the top dot. Pull toothpick straight down to form the stem. Before candy hardens, cover with sprinkles or crushed cake sparkles. Once shamrocks have set up, dust off excess sparkle.
7. To finish the hat, attach a glittering shamrock with a small dab of melted green.



NOTES

- Your finished treats can be stored for several days in an airtight container, at room temperature.

Did you make this recipe?

Tag [@thecakeblog](#) on Instagram and hashtag it [#thecakeblog](#)

Find it online: <https://thecakeblog.com/2012/03/leprechaun-hat-smores.html>



Sudoku Solution #1

8	9	2	5	7	3	6	1	4
7	4	6	9	2	1	8	3	5
3	1	5	4	6	8	9	7	2
4	5	7	6	8	2	3	9	1
9	6	8	1	3	5	2	4	7
1	2	3	7	4	9	5	6	8
2	7	1	8	9	6	4	5	3
5	3	9	2	1	4	7	8	6
6	8	4	3	5	7	1	2	9

Sudoku Solution #2

9	1	6	2	4	7	3	5	8
2	3	8	9	5	6	1	7	4
4	5	7	1	3	8	9	6	2
5	2	1	8	6	3	4	9	7
3	8	9	4	7	2	5	1	6
7	6	4	5	9	1	2	8	3
6	4	5	3	8	9	7	2	1
8	9	2	7	1	4	6	3	5
1	7	3	6	2	5	8	4	9

A	S	S		S	L	I	C	E		C	L	A	S	S
H	E	P		I	O	W	A	N		R	E	R	U	N
S	T	R	I	N	G	O	R	C	H	E	S	T	R	A
	T	A	N	G	O			O	U	S	T	I	N	G
E	L	I	T	E		D	O	R	M	S		S	A	G
L	E	N	O		L	U	C	E	S		D	A	M	E
M	R	S		M	I	K	E			C	O	N	E	D
			R	O	P	E	A	D	O	P	E			
A	H	E	A	D			N	O	R	A		T	S	P
P	E	N	T		S	M	I	T	E		T	H	A	I
O	A	T		P	E	A	C	E		S	H	I	R	T
S	T	E	P	H	E	N			O	P	E	R	A	
T	H	R	E	A	D	T	H	E	N	E	E	D	L	E
L	E	E	R	S		E	A	G	L	E		L	E	O
E	N	D	U	E		L	L	O	Y	D		Y	E	N



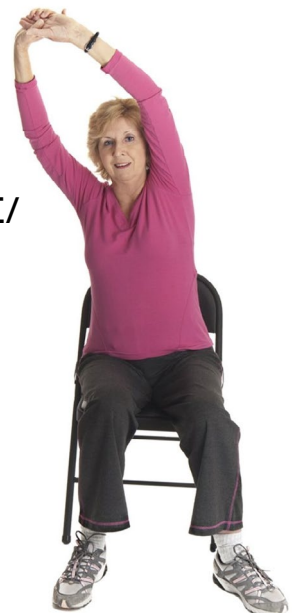
Exercise

zoom

FREE MORNING EXERCISE/
STRETCH W/ JESSICA,
MONS. & WEDS. @ 10AM
Click [HERE](#) to register!

YouTube

INTERMEDIATE CARDIO
WALKING WORKOUT
<https://www.youtube.com/watch?v=nn3ROrmaja4>



ONLINE... at newarkca.activityreg.com or scan the QR Code

MAIL... registration form and payment to "City of Newark":
Silliman Activity & Family Aquatic Center
6800 Mowry Avenue
Newark, CA 94560



PHONE IN REGISTRATIONS ARE NOT ACCEPTED.

Newark Recreation and Community Services Registration Form

Adult/Main Contact Name: _____ Birth Date: ____ / ____ / ____

Day Phone: _____ Cell Phone: _____

Email Address: _____

Address: _____ City: _____ Zip: _____

Emergency Contact Name: _____ Phone: _____

Participant: Name	Birth Date	Gender	Class Name, Date and Time	Fee
_____	____ / ____ / ____	M F	_____	\$ _____
_____	____ / ____ / ____	M F	_____	\$ _____
_____	____ / ____ / ____	M F	_____	\$ _____
_____	____ / ____ / ____	M F	_____	\$ _____

Voluntary donation to the Recreation Scholarship Program: \$ _____

Total: \$ _____

Release of Liability: I understand that my (or my minor child's/ward's) participation in any City activity is voluntary. Further, I understand that participation can be a hazardous activity. By signature below, I agree that neither I, my successors, assigns, nor anyone acting on my behalf will hold the City of Newark, its officers, agents, employees, or volunteers liable for any injury, accident, or illness arising out of my (my minor child's/ward's) voluntary participation in the above named program/activity. I hereby release the City of Newark, its officers, agents, employees, or volunteers from and against any and all claims, cost liabilities, expenses, or judgments, including attorney's fees and court costs arising from my (my minor child's/ward's) participation in the program/activity or any illness/injury resulting therefrom, and hereby agree to indemnify and hold harmless the City of Newark, its officers, agents, employees, or volunteers from and against any and all such claims, whether caused by negligence or otherwise.

I further understand that the City of Newark is not and will not be responsible for Workers Compensation benefits as a result of any injury or illness due to my (my minor child's/ward's) voluntary participation in this activity.

The City of Newark reserves the right to photograph facilities, activities, and program participants for potential use in advertising brochures, department social media, and the City's web page. All photos will remain the property of the City of Newark.

Signature of Participant (or Parent/Guardian, if under 18)

Payment: _____ Check or Money Order made payable to the "City of Newark"

_____ Charge VISA/Mastercard... Card #: _____ - _____ - _____ Expiration: ____ / ____
month/year