

March 22, 2021

7 Myths About Coronavirus Vaccines

Separating fact from fiction when it comes to getting vaccinated against COVID-19

by Rachel Nania and Michelle Crouch, AARP

Updated March 16, 2021

As the U.S. works to quickly roll out the new COVID-19 vaccines, the hope is that a critical mass of Americans will be vaccinated by this summer or fall so we can return to some semblance of normalcy. However, the unprecedented speed of vaccine development and a surge of misinformation on social media has fueled skepticism about the vaccine among some Americans. Here are some prevalent coronavirus vaccine myths and the truth behind each one.

Myth #1: If you've had COVID-19 already, you don't need to get vaccinated.

The Centers for Disease Control and Prevention (CDC) says it's important to be vaccinated even if you already had COVID-19. That's because experts don't know how long you are protected from COVID-19 after a previous infection — or if you are protected at all.

Myth #2: Once you receive the coronavirus vaccine, you're immune for life.

Studies are underway to determine how long immunity from a coronavirus vaccine will last. But it's likely you will need to get the shot on a regular basis, perhaps once every three years or every year like the flu shot. That will allow scientists to adjust the formula, if necessary, as new strains, or variants, of the coronavirus emerge.

Myth #3: You can ditch your mask after you get vaccinated.

It takes about two weeks after your final vaccination for your body to build full protection to the coronavirus. But even after those two weeks, the CDC says you should continue to wear a mask and practice social distancing in most situations.

That's partly because researchers don't know yet whether the vaccine can block virus transmission. That means it's possible that you could still carry the virus once you've been vaccinated and silently transmit it to others, even if you don't have symptoms.

The CDC says fully vaccinated people can gather indoors without wearing a mask or physically distancing when spending time with:

- Other people who are fully vaccinated
- Unvaccinated people from one other household, unless any of those people or anyone they live with is at increased risk for severe illness from COVID-19.

Myth #4: The vaccines use a live version of the coronavirus.

None of the authorized vaccines in the U.S. use the live virus that causes COVID-19, and they cannot give you the disease. Instead, the vaccines use scientific techniques to train the human body to recognize and fight the coronavirus.

The Pfizer-BioNTech and Moderna vaccines deliver a small fragment of genetic code to your cells to encourage your body to produce antibodies.

In this issue:

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Spring Garden Checklist

Spring Craft

At Home... Comics, Puzzles & Exercise

The J&J vaccine works differently. It uses a harmless adenovirus that can no longer replicate to send a genetic message to your cells.

Myth #5: mRNA vaccines can alter your DNA.

COVID-19 vaccines do not change or your DNA, the CDC says.

The Pfizer-BioNTech and Moderna vaccines both use a new type of technology called messenger RNA, or mRNA for short. Think of mRNA as an instruction manual: It directs the body to build an immune response to a specific infection. The mRNA "never enters the nucleus of the cell, which is where our DNA are kept," the CDC says. "This means the mRNA does not affect or interact with our DNA in any way."

Johnson & Johnson's COVID-19 vaccine uses a harmless virus (not a coronavirus) to deliver instructions to your cells to start building immunity. The instructions are delivered in the form of genetic material that does not integrate into your DNA, the CDC says.

Myth #6: You don't need both doses of the two-dose vaccines.

Both the Moderna and the Pfizer-BioNTech vaccines require two doses that are given a few weeks apart. And because health experts are not sure whether one dose will be sufficiently effective in preventing COVID-19 or a severe case of the illness, skipping the second shot is not a good idea. As the CDC explains: The first shot starts building protection while the second shot boosts that protection and "is needed to get the most protection the vaccine has to offer."

Myth #7: You shouldn't get the vaccine if you've ever had an allergic reaction.

If you have a history of allergic reactions to oral medications, food, pets, insect stings, latex or things in the environment like pollen or dust, you can safely get the COVID-19 vaccine, the CDC says. You can also get the vaccines if you have an egg allergy, because none of the authorized vaccines contain eggs or egg-related components.

The only group the agency says should definitely abstain are those who have had a severe allergic reaction to any ingredient in a COVID-19 vaccine. If you've had an allergic reaction to other vaccines or to injectable medications, the CDC recommends talking to your medical provider about whether to get the vaccine.

<https://www.aarp.org/health/drugs-supplements/info-2020/covid-vaccine-myths.html>

SPRING GARDEN CHECKLIST

With spring fast approaching, we've put together a checklist of everything you'll want to get done in order to have your garden in tip-top shape for the coming seasons!

1 ORDER SEEDS

Review your garden plans and get your hands on all the seeds you intend to plant this year.

3 REMOVE DEBRIS

Clean up debris that has accumulated over the winter: sticks, twigs, dead leaves, etc.

5 SERVICE GARDEN TOOLS

Clean, disinfect, sharpen and oil your tools to keep them in tip-top shape.



7 SET OUT SUMMER BULBS

Put out any summer-flowering bulbs that were stored for the winter, such as dahlias, calla lilies and begonias.



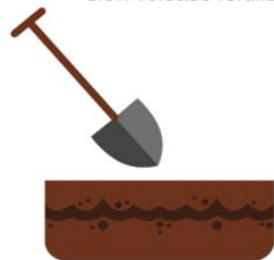
2 START SEEDS INDOORS

Essential for veggies like tomatoes and peppers that require extra time.



4 STERILIZE DIRTY POTS

Sterilize them by soaking in a solution of one part bleach to 9 parts water for a minimum of 10 minutes.



8 PLANT COOL SEASON CROPS

Such as radishes, onions, peas, and various salad greens.



9 FERTILIZE INDOOR PLANTS

When the days start getting longer.



11 PLANT TREES + SHRUBS

Early spring is the ideal time to plant new, or re-pot old ones, before they begin putting on new growth.



13 FERTILIZE SHRUBS + VINES

Apply a slow release fertilizer to perennial flowering plants.

15 HARDEN OFF + PLANT

When the threat of frost has passed, plant your non-cold hardy plants outdoors. Remember to harden them off first!

DIVIDE PERENNIALS 10

Pro Tip: Share some divisions with your friends this year!

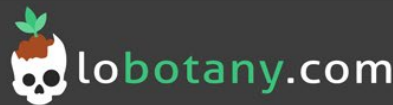


PRUNE WOODY PLANTS + VINES 12

- Prune summer and autumn blooming plants right away
- Prune spring blooming plants after the blooms have faded

MULCH 14

Reapply mulch to help reduce weed growth and help you cut down on your watering time.



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.

Get Fit So You Can Do More!



Exercise and be active every day so you can keep doing what's most important to you.

Practice all 4 types of exercise for the most benefits.

1 Endurance

So you can



climb steps



dance the night away



2 Strength

So you can



lift groceries



carry grandchildren



3 Balance

So you can prevent falls and related injuries



TIP: Use a chair or the wall for support.



4 Flexibility

So you can



drive



get dressed



Get exercise ideas, motivational tips, and more from the National Institute on Aging at NIH.

Visit nia.nih.gov/health/exercise

Easy Spring Candy Jars:

Supplies Needed:

- Small jars (any size or kind will do)
- Decoupage
- Paint Brush
- Fine Glitter
- Foam or construction paper in pink, white & orange
- Candy
- Pom Poms
- Googly Eyes
- Hot Glue



Instructions:

1. Paint a thin layer of decoupage all over your jar. Sprinkle glitter on it and shake off excess.
2. Set aside and allow to dry.
3. To make the polka dot jar-use a round sponge brush if you have one or just paint circles with your decoupage and then glitter each dot individually.
4. Cut ears from your white and pink craft foam and hot glue them to the lid of your bunny jar.
5. Hot glue a pink pom pom for a tail.
6. To make the face glue on googly eyes and a pom pom nose and then cut whiskers and glue them in place.
7. For the chick cut some little feet and glue them to the bottom of the jar and a little triangle beak and eyes for the face.

Fill them with candy and give them to a friend! A perfect little Spring gift idea.



<https://crazylittleprojects.com/easy-easter-candy-jars/>



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.



Protecting Your Home Equity: PACE Loans, Reverse Mortgages, and Other Common Risks



Wednesday April 14th 11am-12pm

<https://zoom.us/meeting/register/tJlrcO-tqz0vG9GsnU4C7Pe08OQ3ZeFp9CtM>



Understanding Medicare: An Overview of Coverage and Options

Wednesday April 28th 11am-12pm

<https://zoom.us/meeting/register/tJcrdO-gqD4qGNcMX-5xjTIISBCeKJOhCefc>



How to Age in Place: Hiring and Working with a Caregiver

Wednesday May 12th 11am-12pm

<https://zoom.us/meeting/register/tJEkf-yvrzlpGtALWslWiFxr3zVmlhreNeCf>



Medicare Alert: How to Help Prevent Medicare Fraud & Abuse

Wednesday May 26th 11am-12pm

<https://zoom.us/meeting/register/tJYtcO6tqD0rGtIWmKW9HNEsTwyGt1HqxJvj>



Consumer Fraud: Scams Targeting Seniors and Tips for Protection and Prevention

Wednesday June 9th 11am-12pm

<https://zoom.us/meeting/register/tJAtcuypj0vGNAqNFU28gCxzhCj1p3J5eNW>



Financial Assistance: How to Get Help with Health Care Costs

Wednesday June 23rd 11am-12pm

https://zoom.us/meeting/register/tJAlcuuqpwGd1zIHTgQyK73oh_vsYqFsjj

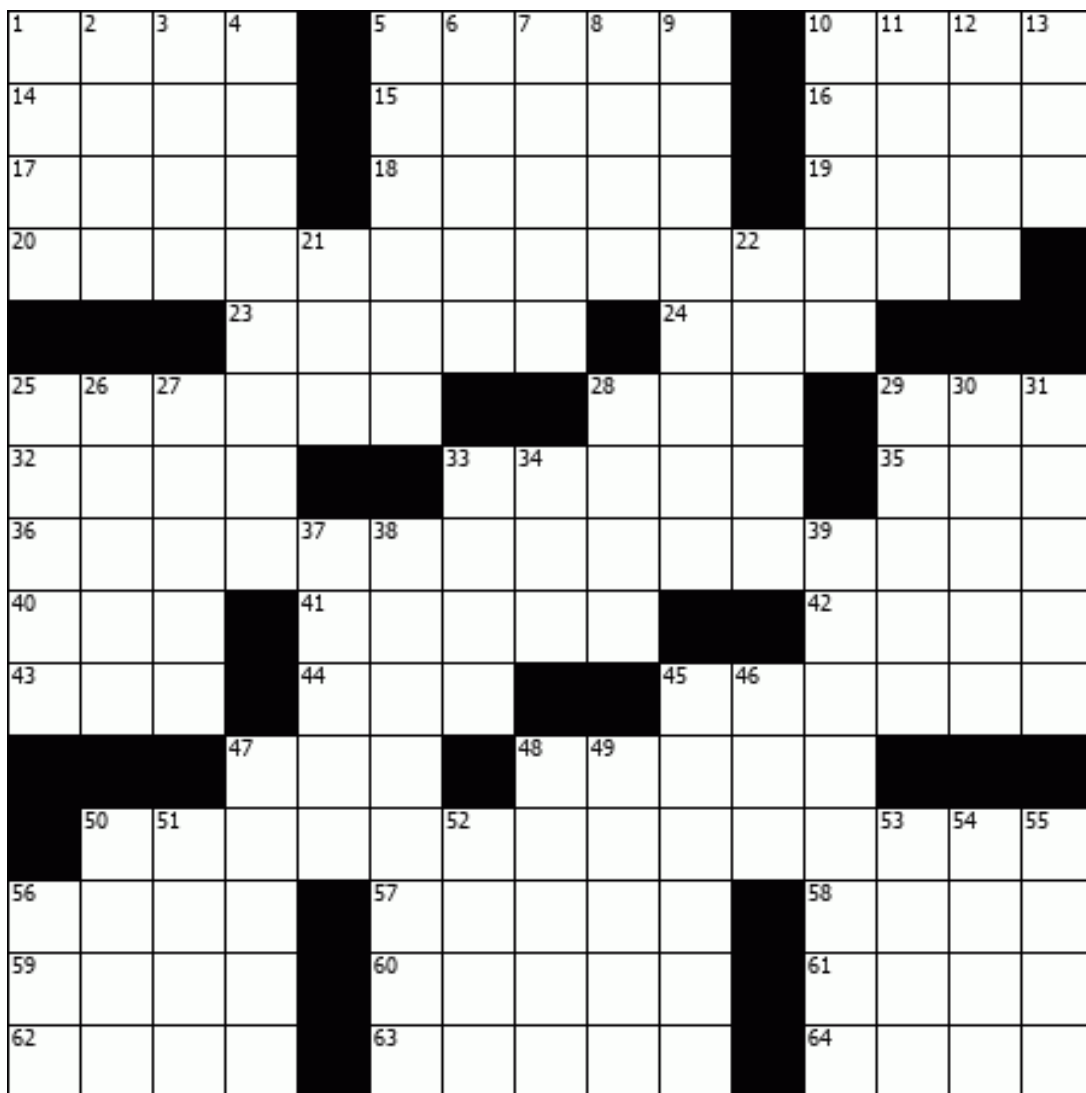
LAS is supported by a variety of sources, including volunteers, individual donors, foundations, the Alameda County Area Agency on Aging, the Administration on Community Living, and the State Bar of California Legal Services Trust Fund Program.

Crossword Puzzle

Answers on page 11.

Across

1. Writer Waugh
5. "Miss America" host
10. Merganser
14. Singing syllables
15. Wed
16. Beginning of greed?
17. Words between "put" and "writing"
18. Accustom
19. Muscat's former partner
20. Start of a quip
23. Flynn of "The Sea Hawk"
24. OPEC concern
25. Edict
28. Anode-directed particle
29. Underhanded
32. Words before "about"
33. Smallest of the litter
35. Word for early morning hours
36. Middle of the quip
40. Beret's center?
41. Georgia of "The Mary Tyler Moore Show"
42. Grayish-brown sea eagle
43. Director Howard
44. Co. with a Victrola logo
45. Use Novocain
47. Consumer's protective agcy.
48. Bigwig in Istanbul
50. End of the quip
56. Opera's Gluck
57. Ford model
58. Dairy stick
59. "Aurora" painter Guido
60. The "E" in literary monogram TSE
61. Prepare to mail
62. Pipe opening?
63. Big name in farm equipment
64. William with the bow



Down

1. Landed
2. Plaster backing
3. Nobelist Wiesel
4. Down Under capital
5. Political refugee
6. Tropical fruit
7. Unusual partner?
8. Goofs
9. Canine, but not a dog
10. Thread unit
11. Office missive
12. Cheese in red wax
13. Preferred outcome
21. Angry reaction
22. Dishwasher setting
25. Widow's inheritance
26. Calendario part
27. Rumsfeld's predecessor
28. Part of IBM (Abbr.)
29. Excalibur, e.g.
30. "Fistful of Dollars" director Sergio
31. Aden is its largest city
33. Latvian capital
34. Employ
37. "La Traviata" composer
38. Set up the tents
39. Farthest back
45. Give, as time
46. Wide shoe size
47. Physically delicate
48. Banks of the diamond
49. Word with coach or home
50. Fido's bane
51. Potent front?
52. Carpet characteristic
53. Gen. Robt. —
54. Patricia, who co-starred in "Hud"
55. Tunnel fee
56. Paul's singing partner

Gardening Word Search

Find and circle all of the words that are hidden in the grid.
The remaining 27 letters spell a Lady Bird Johnson quote.

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

ANNUALS
 BEANS
 BEETS
 BIENNIAL
 BROCCOLI
 CARROTS
 COMPOST
 CULTIVATE
 DAISIES
 DIGGING
 FERTILIZER
 FLOWERS
 FUCHSIA

GARDEN
 GERANIUMS
 GLOVES
 GNOME
 GREENHOUSE
 GROW
 HOES
 HORTICULTURE
 HOSE
 HYDRANGEA
 LILACS
 LILIES
 MARIGOLDS

ORGANIC
 PEAS
 PERENNIAL
 PETUNIAS
 PINWHEEL
 PITCH FORK
 PLANTING
 RAIN
 RAKE
 RELAXING
 ROSES
 ROWS

SEEDS
 SHOVEL
 SOIL
 SPADE
 SUNSHINE
 TOMATOES
 TROWEL
 TULIPS
 VEGETABLES
 WATER
 WEEDS
 WHEELBARROW

Sudoku Puzzle #5

Sudoku Puzzle #6

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.

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

Solutions on page 11.



PLAYBILL®

Your guide to where and when to watch captures of live plays and musicals, from the National Theatre and more! Click the links below to view the upcoming free live streams of stage productions.

<https://www.playbill.com/article/schedule-of-upcoming-and-current-free-live-stream-broadcasts-com-322823>

Vanya and Sonia and Masha and Spike

March 18 – April 11

LCT.org

Sigourney Weaver, David Hyde Pierce, Kristine Nielsen, Billy Magnussen, Shalita Grant, and Genevieve Angelson star in Christopher Durang's comedy about two siblings whose quiet life is thrown into turmoil when their sister visits with her 20-something boy toy. Filmed in 2012 at the Mitzi E. Newhouse Theater.

Yours Unfaithfully

March 22 – May 16

MintTheater.org

Max von Essen stars in the Mint Theater Company production of Miles Malleeson's play. Filmed Off-Broadway in 2017.

Pedro Páramo

March 29 – April 11

GoodmanTheatre.org

The Teatro Buendía production of Raquel Carrío's play, inspired by the 1955 Juan Rulfo novel about a son who returns home to meet his father. Filmed at the Goodman Theatre in Chicago, as part of the Goodman's 2013 Latino Theatre Festival.

A Picture of Autumn

March 29 – May 23

MintTheater.org

The Mint Theater Company production of N.C. Hunter's play about a family living in disarray in their decaying ancestral home. Filmed Off-Broadway in 2013.

The New 60



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

Exercise



FREE MORNING EXERCISE/
STRETCH W/ JESSICA,
MONS. & WEDS. @ 10AM

Click [HERE](#) to register!



40 MIN. WALKING WORKOUT

[https://www.youtube.com/
watch?v=WhitzQn6Z8w](https://www.youtube.com/watch?v=WhitzQn6Z8w)

INTRODUCTION TO WEIGHTS
FOR SENIORS

[https://www.youtube.com/
watch?v=Wa8Fk8TaXPk](https://www.youtube.com/watch?v=Wa8Fk8TaXPk)

HIP & LEG WORKOUT

[https://www.youtube.com/
watch?v=Gg1ECnaupfl](https://www.youtube.com/watch?v=Gg1ECnaupfl)

Sudoku Solution #5

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

Sudoku Solution #6

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

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: _____ Birthdate: _____

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 Date: _____
month/year