

May 3, 2021

## 4 Reasons to Tell Your Kids, Grandkids to Get a COVID Vaccine

*Vaccinating younger populations can slow the surge and end social isolation*

by Rachel Nania, AARP, April 19, 2021

With the majority of older adults now vaccinated against COVID-19, health experts are turning their attention to younger generations. All adults age 18 and older are now eligible for Moderna's vaccine, and individuals 16 and older can get in line for Pfizer-BioNTech's shot. (Johnson & Johnson's single-dose vaccine, authorized for use in people 18 and over, is paused for now while U.S. health officials look into a rare blood clotting issue.)

Younger kids won't be far behind. Pfizer recently requested that the Food and Drug Administration (FDA) extend its vaccine's authorization to include children 12 and up. And both Moderna and Pfizer are studying how well their vaccines work in children as young as 6 months.

"I would have to dust off my crystal ball, but I think it's very likely that sometime this summer, we're going to see vaccines authorized for [kids 12 and up]," says Bernhard Wiedermann, an infectious disease physician at Children's National Hospital in Washington, D.C. "And I'm very hopeful that it's going to be in time to immunize these children prior to school starting in the fall." Doing so, he adds, would be a "tremendous benefit" for "controlling the pandemic."

If someone you know is newly eligible for a COVID-19 vaccine – or could be in the near future – here are four points you can use to talk to them about the advantages of getting vaccinated.

### 1. Vaccines provide strong protection from severe illness

Older adults have borne the brunt of severe illness and death from COVID-19, but younger adults and children can also get seriously ill from a coronavirus infection. More than 20,000 Americans under the age of 50 have died from COVID-19 since the start of the pandemic, according to data from the Centers for Disease Control and Prevention (CDC). And some kids are winding up in the hospital with what pediatric infectious disease specialist Ashlesha Kaushik calls a "really dangerous and risky" COVID 19-related inflammatory syndrome known as MIS-C (multisystem inflammatory syndrome in children).

What we know about the Pfizer and Moderna vaccines so far is that they are highly effective at preventing a coronavirus infection, as well as at preventing hospitalizations and death from COVID-19 in adults. "So, really, a lot of protection is offered by these vaccines," Kaushik says. It's still not clear how effective the vaccines will be in children, but early reporting from Pfizer shows that its vaccine had even higher efficacy rates in participants 12 to 15 years old than it did in those 16 to 25 years old. Moderna has not published any preliminary data on its trials in children.

### 2. Widespread vaccinations can slow surges, variants

New cases of COVID-19 are on the rise. So are hospitalizations from the disease, and it's younger adults (people under age 55) who are driving the current surge, data show.

Unlike what was happening this time last year, hospitals in some areas of the country are overwhelmed "not with elderly, but with these younger individuals," Wiedermann says. "While they may have

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continued from page 1.

less chance of being hospitalized and being ill, when they start to get infected in large numbers, you're going to see something like this, because no one is immune from severe illness from COVID-19," he adds.

Coronavirus variants, or mutations of the virus, are not helping matters. These more contagious and potentially more lethal strains are spreading in many areas of the country. In an April 16 news briefing, CDC Director Rochelle Walensky noted that the B.1.1.7 variant, originally identified in the United Kingdom, represented 44 percent of the virus circulating during the week of March 27 and that its prevalence since that time "is certainly higher." So far, studies suggest that our current vaccines still protect against these variants. However, "the more people that are infected now, the more chance we'll see new variants" — potentially ones that don't respond to a vaccine, Wiedermann points out. This is why health experts are working to get as many people vaccinated as quickly as possible. "The more [people who get vaccinated], the faster we'll tamp down spread," Wiedermann says.

### 3. You can spend more time with family and friends

A "big buy-in" for getting vaccinated is all the things you can do at greatly reduced risk to yourself and others once you've had your shots, Kaushik says — like spend time with friends and family you may not have seen in the last year. "We've had so much social isolation over this pandemic, so getting rid of that would be the biggest perk," she says.

CDC guidance says people who have been fully vaccinated can visit in a private setting (like a home) with other fully vaccinated people — no masks required. They can also travel domestically without a pre- or post-travel COVID test and travel internationally without quarantining upon return.

Prevention efforts such as masks and social distancing are still recommended in public, "but privately, in small settings, [vaccinated people] can get rid of some of these," Kaushik says.

### 4. COVID-19 isn't going away anytime soon

Unlike smallpox, health experts predict COVID-19 will likely never be eradicated, and that it will continue to circulate in pockets around the globe for years to come. (See "What the Future of COVID-19 Might Look Like" for more.) But vaccines can help make it so that the lockdowns and social distancing are largely a thing of the past, and that COVID-19, which has so far killed more than 3 million people worldwide, is more like a common cold. "Widespread vaccination is the only way we will ultimately move past this pandemic," the CDC's Walensky said on April 16.

### Talking to someone who is vaccine-hesitant

If someone you know is hesitant about getting the vaccine, Wiedermann suggests abiding by "the Aretha Franklin rule" and maintaining respect. "This is not a time to get confrontational," he says.

Try to determine their concerns, he says, and point them to reliable coronavirus information from unbiased sources, including the FDA, CDC and state health departments. If they're worried about possible vaccine side effects, let them know that not everybody experiences them, and for those who do, they are not long-lasting. And point out that despite recent concerns over the Johnson & Johnson vaccine, few adverse events have been reported out of millions of vaccinations administered. <https://www.aarp.org/health/conditions-treatments/info-2021/how-to-encourage-vaccination.html>

## 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](http://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](mailto: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](http://www.clippercard.com/discounts)

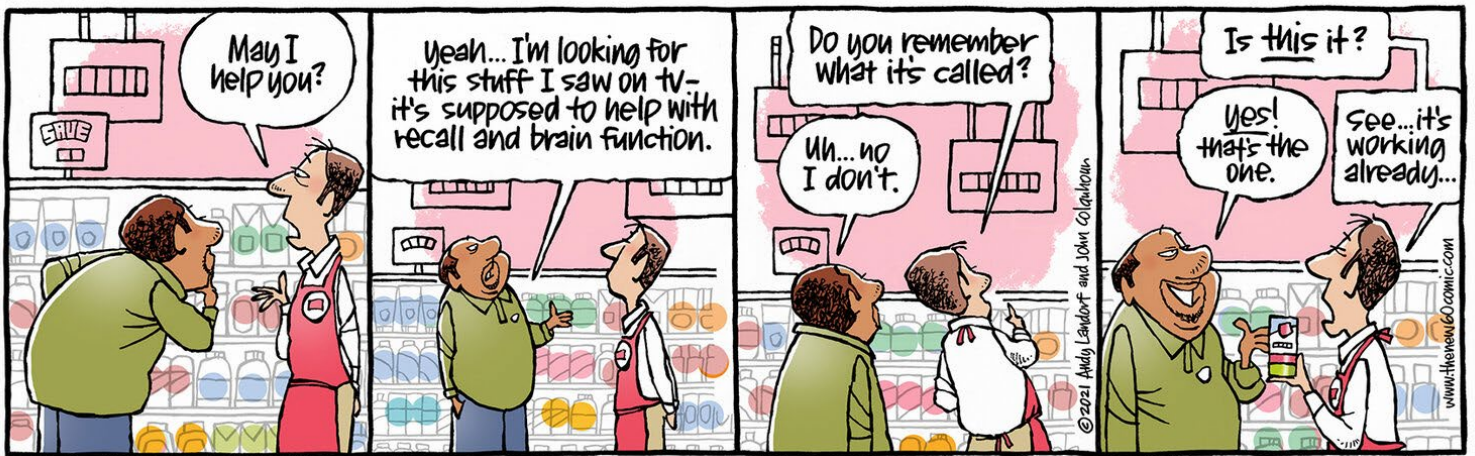
MAIL your application form and a copy of your proof-of-age document to: Clipper Youth/Senior Applications, PO Box 318, Concord, CA 94522-0318. Do not send originals, as documents will not be returned. Or EMAIL scans or photos of your application form and your proof-of-age document to [senioryouthapps@clippercard.com](mailto:senioryouthapps@clippercard.com). Or FAX your application form and proof-of-age document to 877.565.3149.

Please allow 7 business days for delivery.





### The New 60



### Sudoku Puzzle #17

### Sudoku Puzzle #18

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.

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

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

# Crossword Puzzle

Answers on page 7.

## Across

1. Type of winner?
6. Terrific time
10. Unsurpassed
14. "Message received"
15. Tub contents, perhaps
16. Start of a graph?
17. Mental picture
18. Actress after an extreme diet?
20. Jason's Golden Fleece accomplice
21. "Volpone" playwright Jonson
22. Atmospheric concern
23. Like Montmartre
25. Klondike find
27. "Native \_\_\_\_" (Richard Wright novel)
28. Clever warm-up acts?
33. Shade
34. Word with women's or ad
35. Request
39. Burnoose wearer
41. Small hill
43. Othello's undoer
44. Cuomo's successor
46. Profit
47. Senator Roth creation
48. Kindergarten math whiz?
52. WWII enlistee
55. Paris-to-Amsterdam dir.
56. Mexican ma'ams
57. Last word in a Willie Nelson hit title
59. Pledge-week network
61. Show clemency
65. "Funny Girl" correspondence?
67. Connective tissue
68. Uniform
69. Jai \_\_\_\_
70. A Ford
71. McCarthy's prey
72. Thin strand
73. Isn't straight

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  |    | 6  | 7  | 8  | 9  |    | 10 | 11 | 12 | 13 |
| 14 |    |    |    |    |    | 15 |    |    |    |    | 16 |    |    |    |
| 17 |    |    |    |    |    | 18 |    |    |    |    | 19 |    |    |    |
| 20 |    |    |    |    |    | 21 |    |    |    | 22 |    |    |    |    |
|    |    |    | 23 |    | 24 |    |    | 25 | 26 |    |    | 27 |    |    |
| 28 | 29 | 30 |    |    |    |    |    | 31 |    |    |    | 32 |    |    |
| 33 |    |    |    |    |    | 34 |    |    | 35 |    |    | 36 | 37 | 38 |
| 39 |    |    | 40 |    | 41 |    |    | 42 |    |    | 43 |    |    |    |
| 44 |    |    |    | 45 |    |    | 46 |    |    |    |    | 47 |    |    |
|    |    |    | 48 |    |    | 49 |    |    |    | 50 | 51 |    |    |    |
| 52 | 53 | 54 |    | 55 |    |    |    | 56 |    |    |    |    |    |    |
| 57 |    |    | 58 |    |    | 59 | 60 |    |    | 61 |    | 62 | 63 | 64 |
| 65 |    |    |    |    |    | 66 |    |    |    |    | 67 |    |    |    |
| 68 |    |    |    |    | 69 |    |    |    |    |    | 70 |    |    |    |
| 71 |    |    |    |    |    | 72 |    |    |    |    | 73 |    |    |    |

## Down

1. Cup limit
2. Apple beauty
3. Cousin of forsooth!
4. Mediterranean offshoot
5. Bleak
6. Hair accessory
7. Burn remedy
8. "I Am the Walrus" singer
9. Silver screen star Myrna
10. Sixties folk legend
11. Continental capital
12. Help for a dictator?
13. Kind of resistance
19. Enterprising folks
24. Middle-earth creator
26. Garage sale pro?
28. Gent
29. Mystique
30. Shipshape
31. Jet rival
32. Word with water or jet
36. Miss the mark
37. Hideous creature
38. Bellow
40. Baseball club
42. Leaks, in a way
45. Pop singer Loggins
49. Katmandu's language
50. Mortarboard adornment
51. Be ambitious
52. Communion offering
53. Century plant
54. Switch-hit?
58. Rustic retreats
60. Inhibitor of impartial judgement
62. Tutor of Siamese royalty
63. It's straight from the horse's mouth
64. Certain dams
66. Breadbasket

# Flowers Word Search

Find and circle all of the flowers that are hidden in the grid.  
The remaining letters spell a secret message - a quotation from Romeo and Juliet.

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

ALSTROEMERIA  
 AMARYLLIS  
 ANTHURIUM  
 ASTER  
 BABY'S BREATH  
 BELL FLOWER  
 BIRD OF PARADISE  
 BOUVARDIA  
 CALLA  
 CARNATION  
 CHRYSANTHEMUM  
 CLEMATIS

CORNFLOWER  
 DAFFODIL  
 DAISY  
 DELPHINIUM  
 FORGET-ME-NOT  
 FOXGLOVE  
 FREESIA  
 FUCHSIA  
 GERANIUM  
 GERBERA  
 GINGER  
 GLADIOLUS

GOLDEN ROD  
 HEATHER  
 HOLLYHOCKS  
 HYACINTH  
 HYDRANGEA  
 IRIS  
 LAVENDER  
 LILAC  
 LILY  
 LISIANTHUS  
 MARIGOLD  
 ORCHID

PANSY  
 PEONY  
 PETUNIA  
 ROSE  
 SNAPDRAGON  
 STATICE  
 STOCK  
 SUNFLOWER  
 TULIP  
 VIOLET  
 YARROW



# Tostadas de Tinga

★★★★★

**Servings** 10 Tostadas  
**Calories** 130kcal  
**Author** Charbel Barker

## Ingredients

- 1 Large onion sliced
- 2 chicken breasts cooked and shredded
- 5 fresh tomatoes
- 2 cloves of garlic
- Chipotle in adobo sauce the amount desired
- 1 tbsp of chicken bouillon
- Salt and Pepper to taste
- Chopped Lettuce
- Table cream
- Shredded mozzarella or other cheese
- 12 Corn Tortillas Fried or Baked



<https://www.mylatinatable.com/tostadas-de-tinga/>

## Instructions

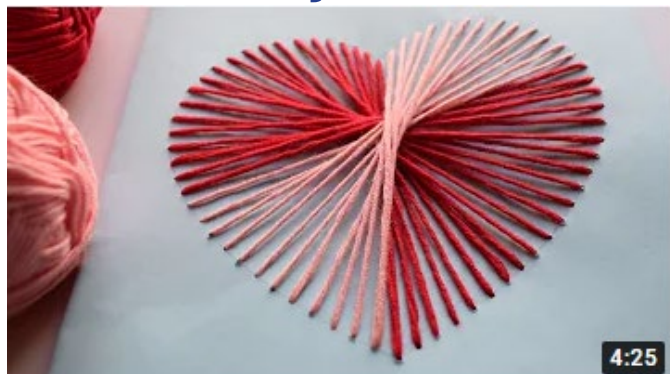
1. Saute the onions until they are transparent.
2. Add the shredded chicken, and cook for a few minutes.
3. Blend the garlic, tomatoes, chicken bouillon, and chipotle in a blender and add to the meat mixture.
4. Cook for 20 additional minutes or until the liquid has evaporated almost completely.
5. Put the chicken mixture on a fried or baked tostada and top with lettuce, cream, and cheese.

## Nutrition

Serving: 1Tostada | Calories: 130kcal | Carbohydrates: 16g | Protein: 11g | Fat: 2g | Cholesterol: 28mg | Sodium: 74mg | Potassium: 314mg | Fiber: 2g | Sugar: 1g | Vitamin A: 270IU | Vitamin C: 5.8mg | Calcium: 34mg | Iron: 0.7mg

## YouTube Videos

### Mother's Day Yarn Card



<https://www.youtube.com/watch?v=pPaKDHXYMQA>

### Virtual Travels - Nara, Japan



<https://www.youtube.com/watch?v=3RLSbxLkaw8>

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

## Exercise



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



20 MIN. WALKING  
WORKOUT #2  
[https://www.youtube.com/  
watch?v=up6\\_0bYtqA](https://www.youtube.com/watch?v=up6_0bYtqA)

POSTURE, BALANCE &  
STRETCH EXERCISES  
[https://www.youtube.com/  
watch?v=xkLddWXgiuM](https://www.youtube.com/watch?v=xkLddWXgiuM)

STANDING UPPER BODY  
EXERCISES  
[https://www.youtube.com/  
watch?v=XbUK6aDR8kg](https://www.youtube.com/watch?v=XbUK6aDR8kg)

## Sudoku Solution #17

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

## Sudoku Solution #18

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

**ONLINE...** at [newarkca.activityreg.com](http://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