

JANUARY 2021 NEWSLETTER



Bethany AT HOME



Quote of the Month: "As this New Year approaches find inspiration around you, and motivation within you, to be all that you can be." **Kate Summers**

As 2021 rolls in-Our team continues to go above and beyond. Keep yourself healthy and remember you are truly making a difference.- Cheers to you, Jayne



Visit our Website at: Bethanyathomecare.org
To stay updated on BAH information

-**Consumers** are encouraged to **"Mask Up"** and distance yourself 6 feet.

-**Face Shields** are available at the office. Stop on by and pick one up.

FREE ONLINE COURSES
(Call Bethany at Home to Register)

- Mental Health
- Alzheimer's
- Substance Abuse

When can I get the Covid-19 Vaccine?

Learn where you will fit into the COVID-19 vaccine

The Baker-Polito Administration and the Department of Public Health developed a vaccine distribution timeline after extensive consultation with the [Massachusetts Vaccine Advisory Group](#), made up of leaders from health care, the faith community, community organizations, local government, and others.

The timeline reflects several priorities: protecting our most vulnerable, maintaining health care system capacity, and addressing inequities in health care access and COVID-19 burden.

Vaccine distribution in MA will occur in a phased approach:

<https://www.mass.gov/info-details/when-can-i-get-the-covid-19-vaccine#ph...>



PHASE ONE

In order of priority

- Clinical and non-clinical healthcare workers doing direct and COVID-facing care
- Long term care facilities, rest homes and assisted living facilities
- Police, Fire and Emergency Medical Services
- Congregate care settings (including corrections and shelters)
- Home-based healthcare workers
- Healthcare workers doing non-COVID-facing care



PHASE TWO

In order of priority

- Individuals with 2+ comorbidities (high risk for COVID-19 complications)
- Early education, K-12, transit, grocery, utility, food and agriculture, sanitation, public works and public health workers
- Adults 65+
- Individuals with one comorbidity



PHASE THREE

Vaccine available to general public

December - February

Estimated timeframes

February - April

April - June

Shoveling Snow

Shoveling snow can be a strenuous activity, particularly because cold weather can be taxing on the body. There is a potential for exhaustion, dehydration, back injuries, or heart attacks. During snow removal in addition to following the tips for avoiding cold stress, such as taking frequent breaks in warm areas, there are other precautions workers can take to avoid injuries. Workers should warm-up before the activity, scoop small amounts of snow at a time and where possible, push the snow instead of lifting it. The use of proper lifting technique is necessary to avoid back and other injuries when shoveling snow: keep the back straight, lift with the legs and do not turn or twist the body. **STAY SAFE!**

