

The Buzz



The Importance of Immunizations

CT Quit Line: 1-800-QUIT-NOW

CT Poison Control 24/hotline: 1-800-222-1222

Vaccines are an important part of staying healthy. Research supported by [National Institutes of Health \(NIH\)](#) and others proves that the benefits of vaccines in preventing illness and death greatly outweigh the risks.

There are many vaccine-preventable diseases: measles, mumps, rubella, diphtheria, pertussis, polio, meningitis, influenza and rotavirus. Before vaccines, many children died or became disabled from these diseases. In countries with lower rates of vaccination there are children who are disabled and die of these diseases. The [Centers for Disease Control and Prevention \(CDC\)](#) provides information for parents about vaccines and when the vaccines should be administered.

Vaccines aren't just for children. Adults need vaccines like tetanus, the flu, and other age-appropriate vaccines. Information about adult vaccines is also provided by the [CDC](#).

“The important concept,” says [Dr. Marc Lipsitch of the Harvard School of Public Health](#), “is that vaccinating people protects not only them, but others in the community. If I’m protected, I can protect others.”

This protection is known as “community immunity” or “herd immunity.” To achieve community immunity a certain level of vaccination must be reached. When the level of vaccination and immunity is reached, for the conta-

gious disease, most other members are protected from infection.

Some individuals such as newborns, pregnant women or those whose immune systems are weakened may not be eligible for certain vaccines. They will get some protection when the spread of contagious disease is contained. Immunization services have been disrupted because of the [COVID-19 pandemic](#); this threatens the achievements in the eradication and elimination of major vaccine preventable diseases. It is important that people continue to get all the appropriate immunizations and thereby reduce the risk of an outbreak of vaccine-preventable disease.

“Epidemiologists think of infections as chain reactions, whose speed depends on contagiousness,” says Dr. Lipsitch. “The more contagious the disease, the more vaccination is required. The data tells us that herd immunity works.”

Employing mathematical formulas and computer programs, scientists from NIH, such as Dr. Lipsitch, have developed models to determine what proportion of the population has to be vaccinated to eliminate the spread of disease.

Smallpox is an example of this work. In the 1970’s a worldwide vaccination campaign eliminated, or eradicated, smallpox. The number of people immunized against the virus was enough so the virus couldn’t sustain itself.

“Infectious disease eradication is

possible,” says Dr. Lipsitch. Even when a disease—such as measles isn’t eliminated, outbreaks can be contained when vaccination numbers high.

Currently many groups are developing a vaccine against COVID-19. The [NIAID](#) Vaccine Research Center (VRC) is using their research experience with coronaviruses and collaborators from academia, other government agencies and industry to develop a vaccine candidate.

When people choose to immunize themselves and their children, they’re helping more than themselves and their family; they are helping the community. Talk to your healthcare provider about which vaccines you and your children need.

For more information about vaccines visit: the

[CDC’s Vaccines and Immunizations](#)

or [Immunization Action Coalition](#)

Sources: [NIH](#), [CDC](#), and [NIAID](#)

Vaccines protect you and your family.

#VaxWithMe

Is everyone up to date?
cdc.gov/vaccines

HAPPENINGS AROUND TOWN

Outdoor Sound Meditation Concert, September 12 at 2pm, in Creaser Park, Coventry. An afternoon of relaxed sonic bliss. A special concert outside at the beautiful Creaser Park in Coventry. This tranquil outdoor setting will allow people to spread out for safety. The soothing orchestration envelops the auditory senses, where deep meditative states can neutralize the tumultuous setting of everyday life.

Free Virtual Performance of Susan B. Anthony September 15, 6:30-8:30 pm Sheryl Faye will be doing a 45-minute virtual portrayal of Susan B. Anthony. Watch this virtual performance by preregistering at the Tolland Public Library at 860/871-3620. Librarians will give you the link & password to use to watch the performance. Sheryl Faye is an accomplished full-time actress with a BFA in Acting from Emerson College.

Sponsored by the Friends of the Tolland Public Library to commemorate the 100th anniversary of the 19th amendment that guarantees women the right to vote

Hartford Virtual Marathon, 1/2 Marathon, & 10K, October 8-11 The 2020 Eversource Hartford Marathon and Half Marathon will take place from October 8 through 11 as a virtual event and include a new 10K race distance, the 5K race and three new multi-distance race challenges to engage widespread participation. **Every penny of the \$25 individual race registration fee will be donated to the event's official charities, which support urgent local needs.**

Gluten-Free New England's Expo To-Go, October 24, 10-3 pm They are stuffing bags full of gluten-free samples & coupons from national brands & local businesses. Pre-purchase your bag online, arrive at your designated time, & drive through to pick it up on expo day. They will scan your ticket and place a big bag of goodies right in the trunk. No contact required. Enjoy snacks and coupons from your favorite GF brands, and discover lots of new ones. They will even have a special little something for the kids in the car.



Baked Pears with Lemon Sauce

INGREDIENTS ♦ 4 pears (medium-sized), peeled ♦ 3 Tbsp. Water ♦ 1 Tbsp. Honey ♦ 2 whole cloves ♦ 2 tsp. cornstarch ♦ 3/4 cup skim milk, divided ♦ 1 cinnamon stick ♦ 1/2 tsp. grated lemon rind ♦ 3 Tbsp. lemon juice ♦ 1 Tbsp. honey

DIRECTIONS Cut pears in half lengthwise and remove cores. Arrange pears, cut side up, in a glass baking dish. Combine water, honey and cloves and pour over pears. Cover and bake at 350° for 25 to 30 minutes. Serve warm pears with 1/4-cup chilled lemon sauce. To make sauce combine cornstarch and 1/4-cup milk in a small saucepan, stirring until blended. Add remaining 1/2-cup milk and cinnamon. Simmer over medium heat 6 to 8 minutes, stirring constantly, until mixture is thickened. Reduce heat and stir in remaining ingredients until well blended. Remove from heat and cool to room temperature. Cover and refrigerate 3 hours or until thoroughly chilled. Remove cinnamon stick before serving.

Good Posture is Part of Good Health

Posture isn't just about how you look. How you position yourself can help or hurt your health over your lifetime.

Posture involves your musculoskeletal system including bones, muscles, joints, and connective tissue. It provides form, support, and stability to your body.

The way you hold yourself can either align or misalign your musculoskeletal system. This system must adapt to the type of work you do, how you use electronic devices, injuries, and the kind of shoes you wear for a lifetime. Poor posture wears away at your spine to make it more fragile and prone to injury.

Poor posture can also decrease your flexibility, how well your joints move, and your

balance. It can impact your ability to do things for yourself and increase your risk for falls. Slumped posture can even make it more difficult to digest the food you eat and breathe comfortably.

With age, our bodies change. It is especially important for older adults to maintain good posture, strength, flexibility, and balance. The hunch position of some older people puts more pressure on the shoulder joint, which can cause injury.

Posture is important at every age. Here are some tips to help you.

Improving Your Posture

- Work with your medical provider to find the types of physical activity that can help you maintain your health and mobility. This means having strong abdominal and back muscles, and flexibility.

- Lose weight, especially in the abdomen. Extra weight weakens your back and can cause pain.
 - Switch positions frequently. Avoid spending long stretches of time in one position.
 - For people, who spend a lot of time in front of the computer, improve your workstation. Make sure that it doesn't hinder you from using good posture.
 - Wear comfortable shoes.
- Source: [National Institutes of Health, News in Health](#)

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from The CT Department of Health. The goal of the program is to make the healthy choice the easy choice.

