

Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

February 2021 Issue

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A SPECIAL HEALTH ISSUE



You've had your shot—what's next?

So, now you've had the vaccine. You are looking forward to things getting back to normal. You want to go out without your mask and no more social distancing. But that could be just the wrong things to do. The experts say we aren't out of the woods quite yet. It will take a while for the vaccine to take full effect.

Both the Moderna and Pfizer vaccines that are currently being administered are estimated to have an efficacy rate of about 95 percent. However, the Centers for Disease Control and Prevention (CDC) points out that not only is this level of protection not achieved until the second dose of the vaccine is administered three to four weeks later, it can still take upwards of 12 to 14 days after the second shot to be fully effective. The timeline for returning to "normal life" will depend mostly on how much of the population is vaccinated. Before enough people have received doses, reentering public life without precautions can be risky. "Immunity is not an on/off switch; it's a dial," Eric Lofgren, PhD, an infectious disease epidemiologist at Washington State University, told *The New York Times*. "If you're below herd immunity, the virus is still happily circulating in the population and there's always a chance the vaccine isn't working for you." Hold on just a little longer. Better safe than sorry! It'll all be over soon.

By Zachary Marx, Yahoo Life *The Biggest Mistake You Can Make After Getting Vaccinated, Experts Warn*

INSPIRATION CORNER

Looking Back But Daring
to Venture Forward

The year 2020, I will be happy to bet
Will be remembered as the year to forget

In 2020 we forgot:
How to greet friends with a welcome hug
How to surrender to our heart's tug
When a homeless stranger asks for
A place to sleep even if it's just the floor

How to open our hearts and our homes
How to combat the protective syndromes
How to take a needed vacation
Not the same instead a staycation

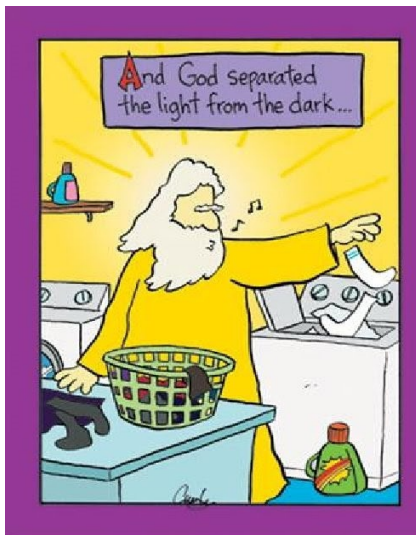
How to have a friendly conversation
When standing in line a flirtation
It seems like that six feet is a mile
Too far to communicate or even smile

How to take care of ourselves
By seeing a doctor that delves
Into all our aches and pains
Or our happiness when it wanes

It is going to be hard in the future
For all to heal up from the suture
That was necessary for us to cope
And to bring back that ray of hope

It's a long time until December
There's something to remember
Darkness can't drive out darkness
Only light can end the darkness

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When Can You Expect Your Shots?

How will the COVID-19 vaccines be handled and distributed?

"There are major logistical challenges in getting the vaccine distributed to every part of the country—and the world," says infectious disease expert Amesh A. Adalja, M.D., senior scholar at the Johns Hopkins Center for Health Security. This includes equitable distribution and making sure that diverse populations can be reached.

First, the vaccine has to be manufactured, and then shipped to locations that have signed up to receive it. "The Pfizer vaccine requires special shipping and handling because it has to be kept very, very cold," a frigid -94° F, explains William Schaffner, M.D., an infectious disease specialist and professor at the Vanderbilt University School of Medicine. "It won't go to your average doctor's office or pharmacy—they won't be able to store it." Instead, it will have to be distributed to locations with specialty storage containers.

The Moderna vaccine, however, seems as if it will be handled "the way normal vaccines are handled," Dr. Schaffner says. That means it can be shipped on dry ice and stored in regular freezer temperatures (-4°F) in pharmacies and doctor's offices.

The vaccine will be free, he notes, because it was funded by taxpayer dollars. However, there may be administration costs for providers, like doctor's offices and pharmacies. (It's unclear at this point if insurance companies will cover that.)

Top government officials, including President Joe Biden and Vice President Kamala Harris, are also receiving the vaccine to ensure continuity of government.

When will the COVID-19 vaccine be widely available?

First rounds of the vaccine are currently being distributed, says Thomas Russo, M.D., professor of medicine and chief of infectious disease at the University at Buffalo in New York.

Most people will likely have to wait a while to be vaccinated. "It is unlikely that the general public will have access to the vaccine until late spring to summer of 2021," Dr. Adalja says.

Sermon Notes



Feb 6: Pastor Mel

Feb 13: Pastor Mel

Feb 20: Pastor Mel

Feb 27: Pastor Mel

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Health Bites

Church Birthdays

Walk Faster, Live Longer

Posted by Elvin Adams on January 18th 2011

A study recently published in the Journal of the American Medical Association (JAMA) examined the walking speed of older adults to see how it affected their life expectancy. The study analyzed the results of nine other scientific studies as well.

All nine studies combined together totaled more than 34,000 senior adults, 65 years of age and older. Their average age was 73. Sixty % were women, and 80% were white. This group was followed for 6 to 21 years. In all the studies there were 17,528 deaths.

Researchers measured walking speed at the beginning of the study, by timing subjects at their normal, comfortable walking pace for a distance of about 13 feet.

Normal walking requires teamwork in the body starting with the muscles, bones, and joints. Its also a workout of the heart, lungs, and circulation, coordinated by nerves and the brain.

At age 75, predicted 10-year survival was only 19% for the slowest walkers but an astounding 87% for the fastest walkers. For the slowest women the 10-year survival was 35% and for those with the fastest gait it was 91%.

Predicting survival based age and walking speed proved to be as accurate as predictions based on age, chronic conditions, smoking history, blood pressure, body mass index, and hospitalization.

Ellen White, a 19th century health reformer, predicted the benefits of walking more than 100 years ago. Notice the wisdom in the following quotation:

“When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter. But the clothing should be suitable for the exercise, and the feet should be well protected. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe. For those who can walk, walking is preferable to riding. The muscles and veins are enabled better to perform their work. There will be increased vitality, which is so necessary to health. The lungs will have needful action; for it is impossible to go out in the bracing air of a winter's morning without inflating the lungs.” (Counsels on Health, 52)

Jan's Healthy Recipes

ZUCCHINI PATTIES

- 3 Cups shredded zucchini (Michel's modification substitute 1-1/2 Cups shredded potato for half of the zucchini)
- 1 Onion grated
- 1 Cup sharp cheese grated
- 1 Egg beaten
- 1 - 1-1/2 Cups bisquick

Drop by spoonful on hot grill & fry like pancakes.



- Karina Ludwig.....Feb 01
- Debra Settlemier.....Feb 02
- Steven Maciel.....Feb 04
- Denephine Bevins....Feb 06
- Patti Lutz.....Feb 07
- Olivia Ludwig.....Feb 08
- Jolene Zackrison.....Feb 08
- Vanessa Castlebary...Feb 09
- Starr Wallace.....Feb 10
- Gillian Fralick.....Feb 14
- David Krussow.....Feb 16
- Sandy Douglass.....Feb 17
- Douglas Roderick.....Feb 19
- Macey Galicia.....Feb 19
- Daniel Ferolino.....Feb 21
- Jason Settlemier.....Feb 22
- Kara Dyer.....Feb 22
- Cory Culp.....Feb 25
- Stephen Price.....Feb 26
- Dayton Roderick.....Feb 27
- Donald Dyer.....Feb 27
- Jason Brown.....Feb 28

Lingering Virus Symptoms

Here is a list of the top 25 lingering symptoms of the Corona Virus identified by a survey conducted by Dr. Natalie Lambert of Indiana University School of Medicine and Survivor Corps. They are listed in order.

Fatigue

1,567 people reported fatigue was the most common lingering symptom of coronavirus.

Muscle or Body Aches

1,048 people surveyed reported this symptom.

Shortness of Breath or Difficulty Breathing

924 people surveyed reported this symptom.

Difficulty Concentrating or Focusing

924 people surveyed reported this symptom.

Inability to Exercise or Be Active

916 people surveyed reported this symptom.

Headache

902 people surveyed reported this symptom.

Difficulty Sleeping

782 people surveyed reported this symptom.

Anxiety

746 people surveyed reported this symptom.

Memory Problems

714 people surveyed reported this symptom.

Dizziness

656 people surveyed reported this symptom.

Persistent Chest Pain or Pressure

609 people surveyed reported this symptom.

Cough

577 people surveyed reported this symptom.

Joint Pain

566 people surveyed reported this symptom.

Heart Palpitations

509 people surveyed reported this symptom.

Diarrhea

506 people surveyed reported this symptom.

Sore Throat

496 people surveyed reported this symptom.

Night Sweats

475 people surveyed reported this symptom.

Partial or Complete Loss of Sense of Smell

460 people surveyed reported this symptom.

Tachycardia

448 people surveyed reported this symptom.

Fever or Chills

441 people surveyed reported this symptom.

Hair Loss

423 people surveyed reported this symptom.

Blurry Vision

418 people surveyed reported this symptom.

Congested or Runny Nose

414 people surveyed reported this symptom.

Sadness

413 people surveyed reported this symptom.

Neuropathy in Feet and Hands

401 people surveyed reported this symptom.

