



FEBRUARY- APRIL 2021  
**QUARTERLY  
NEWSLETTER**  
EDITION III



  
**SUCCESS STORY**

LORI STAMBAUGH, PROJECT DIRECTOR/COMMUNITY NURSE EDUCATOR

Grow Well's Delta States Grant Program offers chronic disease case management and pharmacy assistance in Henry County and surrounding areas through the Paris and Henry County Healthcare Foundation. These programs assist chronic disease patients with individualized services that can include health education, screenings, physical fitness programs, and prescription assistance. The program has seen many success stories over the years and the improvement it made for one truck driver's life was no exception.

While in his 40's, he developed type 2 diabetes and was referred by his primary care provider to join our chronic disease management program. He was in jeopardy of losing his job and having to start taking insulin because of his elevated A1C levels. Within three months of nutritional and fitness counseling through the program, along with his oral medication, he had lowered his A1C enough to be able to perform his job duties again. After one year in the program, he was able to lose weight and get enough control over his diabetes to the point where he no longer needed his oral medication and managed his diabetes completely through diet and exercise.

The company he worked for was so inspired by his progress that they implemented a program for all of their employees providing a stipend for them to buy healthy foods while on the road and requiring a 30 minute daily break for exercise. We would love to be able to help you or your loved one triumph over your chronic conditions.

To learn more about our chronic disease management program, please visit [www.growwelltn.org](http://www.growwelltn.org).

## Featured:

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- COVID-19 Vaccination FAQs
- Eating for Health: February-April Seasonal Produce
- Mental Health Moment: How To Fight Quarantine Fatigue
- Health and Wellness Observances
- Hardeman Happenings

# COVID-19 Vaccination FAQs

See the full article plus more here!

SANDY ARNOLD, MD, DIVISION CHIEF OF PEDIATRIC INFECTIOUS DISEASES AT LE BONHEUR CHILDREN'S HOSPITAL AND THE UNIVERSITY OF TENNESSEE HEALTH SCIENCE CENTER



**Q: Is there a COVID-19 vaccine available for children?**

The preliminary results from the Pfizer-BioNTech vaccine study used to issue the Emergency Use Authorization included children aged 16 years and older. There were only 156 16- and 17-year-olds included in the study, which means there is limited data in this age group. The Moderna vaccine did not enroll anyone younger than 18 years old. These vaccines will be available for children at a later date. There will be studies in children to determine the optimal dose of vaccine (to minimize the side effects like arm pain and fever/malaise) and maximize availability of doses (the less you have to use to vaccinate, the more doses available overall). The Pfizer study is still enrolling down to age 12 currently. Pfizer-BioNTech is planning to have combined Phase 1, 2 and 3 studies for children 5 to 18 years of age underway next summer. Moderna is planning to

first study 12-17 year olds and will likely have studies in younger children. It is not clear why these companies have waited to initiate studies in children and many advocacy groups, like the American Academy of Pediatrics, have spoken out about this delay. That said, the reasons for vaccinating children would be more about protecting others, since severe infection due to COVID-19 in children is rare. Given limited vaccine supply, children likely would not be vaccinated until later in 2021.

**Q: Are there any side-effects?**

Both vaccines commonly cause pain at the injection site. After the second dose, there may be more pain and also some systemic effects like fever, fatigue and muscle aches. These side effects are short-lived -- around 1-2 days on average. These are very similar to the side effects of other routine vaccines.

**Q: Why two shots?**

Early studies showed that two doses were needed to produce strong and long-lasting responses. This is not unusual with vaccines, especially if you have never been infected with the virus. For example, for influenza (flu) vaccines, if you are under nine-years-old when you get your first flu shot, you need to get two doses, one month apart. If you are over age nine, it is assumed you have been infected with the flu before and that you will boost your immunity sufficiently with a single shot.



**Q: How can we tell that the vaccine is working?**

There is no way to actually see that it is working. Outcome data shows that the vast majority of people will not get sick when exposed to virus after receiving two doses.

**Q: Are these vaccines safe for immune-compromised people?**

These two vaccines are definitely safe for people who are immunocompromised (people whose immune systems are not strong enough to fight off infection) because the vaccine does not contain live virus. Only live virus vaccines are unsafe in those with compromised immune systems. The issue is whether immunocompromised individuals can respond well to any vaccine and have a good immune response that protects them from the disease. The studies did not include people with immunocompromising conditions or on immunocompromising drugs, except for stable HIV infection, so we don't yet know how well these individuals will respond. However, some response is better than none and so immunocompromised people should be vaccinated. We will have to wait until a lot of people are vaccinated before immunocompromised individuals can relax their precautions, like everyone else.

## COVID-19 Vaccination FAQs continued...

**Q: What is the difference between the two available vaccines? How do the vaccines work?**

These first two COVID-19 vaccines (there are many others still in the pipeline that are quite different) are both mRNA vaccines. This is a new vaccine platform and there are no other vaccines of this kind currently in use.

COVID-19 mRNA vaccines give instructions for our cells to make a harmless piece protein called the spike protein. The spike protein is found on the surface of the virus that causes COVID-19 and is what the virus uses to gain access to our cells and cause infection. However, on its own, it cannot cause COVID-19.

Both of the vaccines are given in the upper arm muscle. Once the instructions (mRNA) are inside the immune cells, the cells use them to make the protein piece. Even though the mRNA is a form of genetic material, like DNA, it is not DNA. It cannot get into the part of the cell where the DNA lives (the nucleus) and cannot become a part of the DNA. After the protein piece is made, the cell breaks down the instructions and gets rid of them.

Next, the cell displays the protein piece on its surface. Our immune systems recognize that the protein doesn't belong there and begin building an immune response and making antibodies, like what happens in natural infection against COVID-19.

At the end of the process, our bodies have learned how to protect against future infection. The benefit of mRNA vaccines, like all vaccines, is those vaccinated are protected without ever having to risk the serious consequences of getting sick with COVID-19.

The main differences between the two vaccines are the storage requirements and the duration of time between doses (21 days for Pfizer-BioNTech and 28 days for Moderna). Both vaccines generated a similar level of protection in the study participants.

**ALONE WE CAN DO SO LITTLE;  
TOGETHER WE CAN DO SO MUCH.**

- HELEN KELLER



**Q: Will people have to continue to wear masks?**

Yes, people will have to continue to wear masks for a while. The two authorized vaccines have not been studied to determine if the vaccines completely prevent infection or if they simply prevent symptomatic infection. This means we don't know whether vaccinated people can become infected and spread the virus even though they themselves do not become sick. More information will come when more people are vaccinated and will help answer that question.

**Q: How long before we see a significant difference in everyday life?**

We probably need to see a substantial portion, maybe 40 or 50 percent, of people vaccinated before we see reductions in spread of virus without other interventions (increased adherence to mask wearing and social distancing). Some experts have said that for substantial virus suppression we might need 75 percent of people vaccinated.

In short, no one really knows what proportion of the population needs to be vaccinated to achieve herd immunity (when enough of the population is immune to prevent spread of the virus) and what herd immunity will actually look like. And we are not just talking about vaccinations for people in the United States. We will need to have a large proportion of the world's population be vaccinated as travel is common. Since we do not know whether vaccinated people can still spread virus, it is very difficult to determine how many people will need to be vaccinated to get to the point where our lives start to look more normal. That said, getting everyone vaccinated is the only way we are going to get back to normal.

## How To Fight Quarantine Fatigue

Kirstie Williams, LMSW, Social Work Specialist, Le Bonheur Community Outreach

In the midst of this pandemic children and families have been forced to alter their daily routine. The COVID pandemic has been effecting all of our lives for nearly a year now. The quarantine, isolation and social distancing can take a toll on your mental well-being. There is no secret that we are all ready to resume our pre-COVID lives, but we can't do that just quite yet. So, what are some ways children can combat this "quarantine fatigue" to help protect mental health?

First, encourage daily exercise. Take a trip to the nearest park, walk around the neighborhood, play a scrimmage basketball game with family. Whatever they choose, just encourage your child to get moving each day. The exercise doesn't have to have a time limit or certain level of difficulty, the idea is to encourage movement and healthy habits. Taking care of your body will in turn help take care of your mind.

Next, set time for screen breaks. Watching a movie and playing on a phone for hours can be entertaining, but it often wastes the day away and can leave children feeling fatigued and surprisingly, disconnected from the world around them. Instead of endlessly scrolling, challenge your child with a 1,000 piece puzzle or sit down with a blank canvas and paint with them. It could be fun! There are endless ways to show your child there is entertainment beyond a screen. Lastly, be sure to stay aware of emotions and feelings. If you notice your child frequently isolating themselves, reach out and check-in. Staying in healthy communication with those in your home can make all the difference during this hard time. Starting conversations about feelings can be hard. Here's a few suggestions:

1. Don't force conversation topics. Whatever feelings or topic the child brings up, run with it! Don't try and steer the conversation to what you want to talk about or to gain the information you want.
2. Start conversations at natural times. Pick a day of the week to make dinner as a family, this could be used as a great opportunity to foster communication without the child feeling cornered. Often children will shut down if being put on the spot, ease into conversations and approach them naturally.
3. Listening is better than talking. As much as you may want to offer advice or put in your own opinion, try listening and then making comments on what the child said. Ask open-ended questions, or questions that require more than a "yes" or "no." This leaves room for even more communication.

Caregivers, if you find yourself becoming overwhelmed by your own emotions or current situation, reach out to a professional who can help.

### What's in Season?

Save money on fruits and vegetables...buy them when they are in season!  
They are more plentiful and they taste better.



#### February

broccoli,  
brussels sprouts,  
cabbage,  
cauliflower,  
grapefruit, kale,  
leeks, lemons,  
oranges,  
parsnips,  
rutabagas,  
tangelos,  
turnips.



#### March

artichokes,  
broccoli, brussels  
sprouts,  
cauliflower, leeks,  
lettuce,  
mushrooms,  
parsnips,  
pineapples,  
radishes,  
rutabagas,  
turnips.



#### April

artichokes,  
asparagus,  
broccoli,  
cauliflower,  
leeks, lettuce,  
mushrooms,  
pineapples,  
radishes,  
rhubarb,  
spring peas



# 2021

HEALTH & WELLNESS  
OBSERVANCES CALENDAR

## FEBRUARY

- American Heart Month
- AMD/Low Vision Awareness Month
- National Cancer Prevention Month
- National Children's Dental Health Month
- Feb. 5, National Wear Red Day (Heart Month)

## MARCH

- American Red Cross Month
- Brain Injury Awareness Month
- National Colorectal Awareness Month
- National Nutrition Month
- March 1-5, National School Breakfast Week
- March 22, World Water Day
- March 23, American Diabetes Alert Day

## APRIL

- National Autism Awareness Month
- National Child Abuse Prevention Month
- Stress Awareness Month
- March 20-April 2, National Youth Violence Prevention Month
- April 7, National Day of Hope
- April 7, World Health Day
- April 14, International Moment of Laughter Day

## Hardeman Happenings

Marlita White, MBA, Executive Director of Hardeman County Community Health Center.



Since March 18, 2020 when the first COVID-19 tests were administered, the Hardeman County Community Health Center (HCCHC) has been on the frontline of the global pandemic, ensuring that all patients are seen in a safe environment while receiving excellent care. HCCHC began working alongside the Tennessee Department of Health, the local Health Department, Bolivar General Hospital, and West Tennessee Health Care to form a coalition that provided COVID-19 drive-through testing on April 30, 2020.

The Hardeman County Community Health Center (HCCHC) began working with patients with chronic diseases via telephone, thus helping to create closer relationship with patients trying to manage chronic diseases. Two 15-passenger vans were purchased to transport patients who lacked transportation. An online cooking series is now being offered with CEO, Marlita White and Care Coordinator Janice Berryman, RN, entitled Dining with Diabetes (series can be found on HCCHC's Facebook page). The videos demonstrate Marlita and Janice preparing carb friendly meals. HCCHC has been very busy trying to navigate through these very uncertain times while staying #HCCHCStrong!

## GrowWell Partners

HIC HENRY COUNTY  
MIC MEDICAL CENTER



Le Bonheur  
Children's Hospital



FOR MORE INFORMATION,  
VISIT [WWW.GROWWELLTN.ORG](http://WWW.GROWWELLTN.ORG)