

"Make each day your masterpiece."

-John Wooden



RESOURCE FAMILY NEWSLETTER

February 9, 2021

2021 HOLIDAY SCHEDULE

- > Presidents' Day 2/15/21
- > Good Friday 4/2/21
- > Memorial Day 5/31/21
- > Independence Day 7/5/21
- > Labor Day 9/6/21
- > Columbus Day 10/11/21
- > Veterans Day 11/11/21
- > Thanksgiving 11/25 & 11/26/21
- > Christmas 12/24 & 12/27/21
- > New Year's Day 12/41/21

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**Celebration Corner!**



The following families celebrate their anniversary with FCS this month.

Congratulations to:  
*Deb DeShong for 23 years!*

*Catherine & Floyd Meyers for 31 years!*



**COVID - 19**

COVID-19 continues to thrive in our community. It is important that we all work together to help stop the spread. There are many in our community who have begun to receive the vaccine and there are many who are afraid to get it. It is important that you receive information about the vaccine, since there are many myths out there. The chart to the right contains frequently asked questions and their answers provided by the Center for Disease Control and Prevention (CDC).

**LIFESHARING CAREGIVERS PAY INCREASE**

FCS LifeSharing caregivers' maintenance pay was increased by 31 cents per client per day effective 1/1/21 due to the Social Security increase. The increase for January will be received in checks dated 2/13/21. This increase is funded by the client room & board charge which is based on the Social Security rate and the state supplemental pay rate. FCS pays the entire client room & board charge to our caregivers.

Can a COVID-19 vaccine make me sick with COVID-19?	No. None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.
After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?	No. Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests, which are used to see if you have a current infection.
If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?	Yes. Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, vaccine should be offered to you regardless of whether you already had COVID-19 infection. CDC is providing recommendations to federal, state, and local governments about who should be
Will a COVID-19 vaccination protect me from getting sick with COVID-19?	Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.
Will a COVID-19 vaccine alter my DNA?	No. COVID-19 mRNA vaccines do not change or interact with your DNA in any way.
Is it safe for me to get a COVID-19 vaccine if I would like to have a	Yes. People who want to get pregnant in the future may receive the COVID-19 vaccine.

**CORONAVIRUS PREVENTION**



**TRAINING**

This is a great time to do online trainings. Please make sure that trainings you plan to attend are appropriate for the program you work in. If you have questions if a training is appropriate, please talk with your client supervisor.

**Free Training:** A wide selection of HCQU topics are available online at <http://www.southcentralpa-hcqu.org/Trainings/trainings.htm>.

HCQU is now offering live, online sessions. Email registration is required to attend these trainings. To register please email Katie Freeman - [kf1@theadvocacyalliance.org](mailto:kf1@theadvocacyalliance.org).

**“Hanging with the HCQU Consumer Activity”** for consumers. Registration is not required. They are from **1-2pm** on

**2/17** Join the HCQU as we explore the therapeutic value of drumming. Grab a pot/pan/plastic container and wooden spoon and join us in this fun activity!

[https://us02web.zoom.us/j/2128723037?](https://us02web.zoom.us/j/2128723037?pwd=anR2bFhvNHlmZjRqa1BoeTd mUHJ4QT09)  
[pwd=anR2bFhvNHlmZjRqa1BoeTd mUHJ4QT09](https://us02web.zoom.us/j/2128723037?pwd=anR2bFhvNHlmZjRqa1BoeTd mUHJ4QT09)

Meeting ID: 212 872 3037  
 Passcode: 12345



**2/24** Join the HCQU as we prepare a side dish for dinner.

Grab your favorite vegetables (or join us in using carrots, broccoli, mushrooms, onion, potatoes), olive oil, seasonings, cutting board/knife (if veggies are not pre-cut), and a roasting pan to prepare and cook a yummy dish!

[https://us02web.zoom.us/j/3696772627?](https://us02web.zoom.us/j/3696772627?pwd=bnA1bnN1eFcyWkk4djhsMD N1eEZlZz09)  
[pwd=bnA1bnN1eFcyWkk4djhsMD N1eEZlZz09](https://us02web.zoom.us/j/3696772627?pwd=bnA1bnN1eFcyWkk4djhsMD N1eEZlZz09)

Meeting ID:  
 369 677 2627

Passcode: 776249

**HCQU Training Topics:**

- 2/12, 9-10am **Urinary Tract Infection**
- 2/16, 2-3pm **Meditation and Mindfulness**
- 2/17, 3-4pm **Intro to Medication Errors**
- 2/18, 9-10am **Autism and Sensory Issues**
- 2/19, 11am-12pm **Complications of Diabetes**
- 2/22, 11am-12pm **Intro to Arthritis**
- 2/24, 10am-12pm **Compassion Fatigue**
- 2/25, 3-4pm **Metabolic Syndrome: Treatments and Prevention**
- 2/26, 9-10am **Diseases of the Cardio-**



**Support adoption and permanency services at FCS while you shop online!**



**CONTACT LIST FOR FCS STAFF**



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