



Blue Light Express

Thankful

By Judy McKinney

Every Thanksgiving we can always think of something and someone for which we are thankful. I try to make this a daily habit and not just an annual one. Well, that is the goal anyway.

I was thankful to be able to get the latest booster shot in Yeadon, the original VPOD. I was thankful to meet up with some volunteers I had not seen in a while; and thankful that Robbie Kankus and Maureen Ingram were there to provide a sense of comfort and leadership; and then the electricity went out for 15 minutes without the generator coming on! Robbie got it all sorted.

I am thankful that we all have the opportunity to learn so many different things all year around-in areas that I never dreamt about in my pre-CCDC days. I am thankful that there is a place where people can learn new skills in a safe space and increase their confidence. Practice, practice, practice! A situation was related to me at a Drive-Thru Flu Clinic where a car couldn't start, once they had gotten their shots, and was blocking the flow. A few radio instructions were made and within minutes, the flow was altered and the drive-thru continued smoothly. Practice, exercise, and implement. Thankful for the Ephrata Exercise!

So, in this little note to you all, I am expressing my gratitude. Thankful for volunteering, for making a difference, for meeting you, working with you, befriending you, and for the opportunity to bring you this newsletter. It is all just so much fun!

Mandatory Background Checks Are Due

By Danielle Koerner

CCDC Volunteers **MUST** complete and upload a **FREE Background check to their ServPA and Galaxy** accounts no later than **12/31/2022** in order to continue volunteering with the Corps. This is a requirement that once was automatically handled by ServPA and no longer will occur after this date. Phone calls and advanced messaging will begin in the next few days to contact volunteers who do not complete these steps. We want to continue to offer a robust volunteer program to serve our community, but will not be able to do so if volunteers do not take these steps. Instructions to complete this process can be found on the landing page of Galaxy OR by clicking [Background Check Instructions-on Menu.pdf](#).

*"The meaning of life
is to give life meaning."*

Victor Frankl

Feeling
gratitude
and not
expressing
it is like
wrapping
a present
and not
giving it.

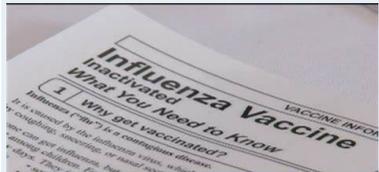


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Demystifying the Bivalent Covid-19 Boosters

By Dr. Lisa O'Mahony, Medical Advisor DCHD



Dr. O with Colleen O'Sullivan and Shelly Reese at the Yeadon VPOD two summers ago.

The landscape of COVID-19 vaccines and boosters continues to evolve. Back in December 2020, when the first mRNA vaccines were released, medical experts knew this technology could be tweaked to match a quickly changing virus. And now, in the fall of 2022, CDC has recommended two updated boosters that target Omicron subvariants BA.4 and BA.5. These two variants are the most contagious to date and comprise nearly 80% of cases in the United States. This bivalent booster vaccine contains two messenger RNA components of SARS-CoV-2 virus, one of the original strain of SARS-COV-2 and the BA.4 and BA.5 Omicron subvariant lineages. This bivalent vaccine will match the predominant circulating strains and offer greater protection this fall and winter.

There are many factors to consider:

When should I get the new booster?

The CDC recommends the bivalent booster vaccine as a single booster dose at least two months following your most recent COVID-19 vaccine for individuals ages 5 and older. Two months is the minimum interval; some CDC advisors recommend more time between boosters, up to 6 months, for greater efficacy. Age, health status and community levels are variables that weigh into this decision.

Should I get a booster if I recently had COVID?

Yes. The CDC recommends a bivalent booster vaccine, but one may consider delaying the next vaccine dose by three months from the date symptoms started or when one first received a positive test. Studies suggest that increased time between infection and vaccination may improve your immune response. Personal risk of severe disease and the local COVID-19 community level could be reasons to get a vaccine sooner rather than later.

Can I get the new COVID booster at the same time as the flu vaccine?

Yes, these vaccines can be administered at the same time. COVID-19 and Influenza are both respiratory viruses that typically peak in the winter months. Traditionally flu vaccine is administered in October and will confer protection through the high respiratory season. The bivalent COVID booster will be important protection during the high-risk season as well.

Are there any downsides to getting mRNA COVID-19 vaccines and boosters?

The biggest safety concern to emerge from the mRNA COVID-19 vaccines is myocarditis or inflammation of the heart muscle. Myocarditis has been reported as a very rare side effect of the mRNA COVID-19 vaccine. Myocarditis is most frequently reported in males age 18 to 30 and generally resolves on its own with supportive care.

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Demystifying the Bivalent Booster

By Dr. Lisa O'Mahony, Medical Advisor DCHD

Will there be a recommended yearly COVID-19 vaccine similar to flu vaccine?

According to Anthony Fauci MD, the country's top infectious disease physician, "It is becoming increasingly clear, that looking forward with the COVID-19 pandemic, in the absence of a dramatically different variant, we likely are moving towards a path with a vaccination cadence similar to that of the annual influenza vaccine, with annual updated COVID-19 shots matched to the currently circulating strains for most of the country."

Are we moving to the endemic phase of the COVID-19 pandemic?

According to Jerry Luban MD, UMass Chan virologist, "As we approach the fall, we are in a different place. Many more people have developed a level of anti-SARS-Co-V-2 immunity, from vaccination and/or infection. It's possible that this fall will be relatively normal, the beginning of the real, endemic phase, where most people who get infection have a common cold. But we don't know that with any certainty. Boosters have an important role to play in terms of protecting against severe disease." Critical to underscore, even though COVID is not the threat it once was, some 400 people are still dying every day in this country, with higher death rates among people who are unvaccinated and who have not been boosted. Our mission remains to continue to protect our population with vaccinations and boosters.

The Delaware County Health Department extends a huge thank-you for the enormous efforts on the part of the CCDC keeping our residents safe and healthy!

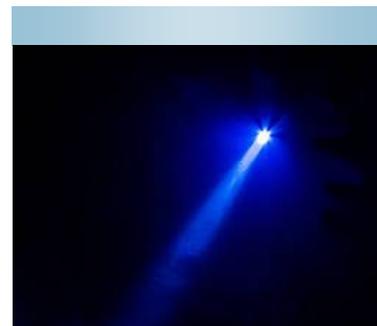
Volunteer COVID-19 Vaccinator Waiver Expired 10/31/2022

By Danielle Koerner

The Pennsylvania Department of State issued Waiver that allowed Medical Volunteers to administer the COVID-19 Vaccine expired this past Monday, 10/31/2022. If you are a medically credentialed volunteer you likely recall the last time that this waiver expired (June, 2022), and the time before that (March, 2022, and the time before that (September, 2021). Each time the Department of State has extended the waiver to allow Volunteer Vaccinators to administer the COVID-19 Vaccine, until now.

The Pennsylvania Department of State deals with regulatory compliance and standards for all Licensed Professionals in the Commonwealth. Information about these Waivers can be found at [COVID-19 Suspensions \(pa.gov\)](https://www.pa.gov/COVID-19-Suspensions). Medical Volunteers will continue to be requested to assist in the COVID-19 Vaccination clinics in other non-vaccinating capacities, and as always will be needed in other volunteer capacities outside of the pandemic response.

As this chapter of Volunteer Service to the Delaware County community closes, I would like to take a moment to thank all of the incredible medical volunteers who stepped up and served their community as COVID-19 Vaccinators. Your dedication saved lives and helped bring the vaccine into the community in ways that would have been impossible without you. Thank you for your service!



400 Shots in 4 Days

That number might sound comparatively small when held next to the multiple large-scale COVID-19 Vaccination clinics that CCDC Volunteers have been assisting with over the past two years. Yet, we can't in good consciousness allow this number to get lost in the shuffle of the Corps' many accomplishments. At each of these 4 events volunteers went above and beyond to engage with community members and make them feel welcomed and seen.

Citizen Corps Call Center Operations

It may be hard for many of us to imagine that members of our Delaware County Community are continuing to recover from Hurricane Ida, which impacted the Southeast PA region in August of 2021, yet the reality is that many individuals continue to suffer the effects of this devastating storm. On November 10th, CCDC will open the first Call Center in response to adverse weather since 2019 to connect individuals with resources to assist in their recovery. The Call Center will be physically located in Sharon Hill, PA, and will offer both morning and afternoon/evening hours. Sign up for Training scheduled for Saturday, November 5, from 9am-12pm.



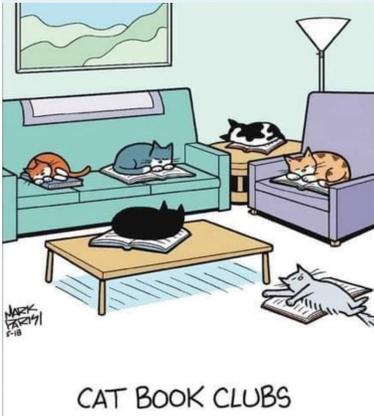
The Volunteer Heart

Conversation with Rose Anne Rosenstock



**Rose Anne Rosenstock
Volunteer**

Rose Anne Rosenstock enjoys her family, reading, going to concerts with her husband and relaxing at their summer destination in Seville, NJ.



A conversation with Rose Anne Rosenstock reveals a background of service. Rose Anne was the eldest of 10 children, which ingrained in her a sense of how to work well with other people. Her father worked for the Devereux Foundation for many years and demonstrated to his large family that there are no limits to the things you can do and the life you can lead.

Her father participated in transporting 500 students to a residential summer camp in Maine where the children's' abilities were strengthened and expanded throughout the vacation. Her father's actions filtered to his children including Rose Anne, with the sense of confidence that they could achieve their goals.

Rose Anne worked at TV Guide as an administrative assistant. She studied at Immaculata College summers and evenings for three years, and then entered Brandywine Nursing School for three years to achieve her RN license. She practiced her medical skills at Keystone Mercy Health under the auspices of the Sisters of Mercy for 22 years.

Having volunteered at Radnor and Springfield VPODS, Rose Anne is now volunteering when she can in the current outreach events. She particularly enjoyed the Bethel Fire Department mission because of its diversity. She has become certified in the Stop the Bleed procedure through training with CCDC training and plans to continue volunteering.

Rose Anne commented that CCDC is a very organized group and during the pandemic was impressed with the flow of stations, the Just-In-Time training, and the overall seamless operation of the VPODS. Rose Anne relayed an act of kindness that impacted her opinion of the organization came when a fellow volunteer, early on, found out that CCDC volunteers could get a vaccination at the end of the day of which Rose Anne took advantage. She felt that her fellow volunteers went above and beyond to find information and share it with her. Learning about the culture of CCDC while volunteering is a great experience.

Oh, One More Thing....

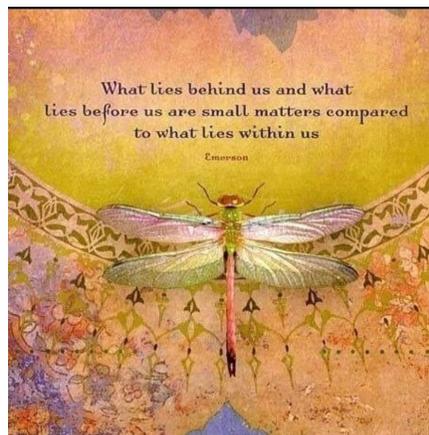
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This Thanksgiving season we can take time to reflect on the compassion we have felt, the camaraderie of volunteers, and the currency of kindness we spend throughout the County.

Wishing everyone a safe and Happy Thanksgiving.

