On December 28, 2020 the LISVH partnered with CVS to begin administration of the Pfizer-BioNTech COVID-19 Vaccine to employees and residents. This is the first step, in a long race to end the Coronavirus pandemic. After three rounds of visits from CVS we have successfully vaccinated 49% of LISVH employees and ancillary staff (nationwide average is about 33%) and 81% of LISVH residents against the virus. These individuals have completed the two-dose series.

We are happy to report no major negative reactions in recipients of first or second doses were reported. Some minor reactions have been reported, i.e.: cold symptoms, fatigue and headaches.

In other important vaccine news, we received a gracious offer from Excel Urgent Care of Nesconset to vaccinate 100 of our Volunteers. This offer was met with an outpouring of interest. Approximately 240 of our 300 volunteers requested the opportunity to be vaccinated. The volunteer department and Excel Urgent Care worked to create more opportunities to protect our workers. We can happily say over 200 volunteers were vaccinated between 3 Excel Urgent Care offices, located in Nesconset, East Northport and Wantagh. A very big thank you to our Executive Director, Fred Sganga, Caroll Andrade and Danielle Geller of Excel Urgent Care in making great things happen for our volunteers!

If you or someone you know qualifies for a COVID-19 vaccine and needs more information on how to receive one, please have them visit Health.NY.Gov.

For volunteers who have completed the second dose of the vaccine process please send a COPY of your immunization card to the Volunteer Department. This can be done by faxing it to (631) 706-4662, mailing it to Volunteer Services, LISVH, 100 Patriots Road, Stony Brook NY 11790 or by emailing to Samantha.Calandrino@lisvh.org. Please don’t hesitate to reach out if you have any questions or concerns.

As always, stay safe, wear your mask, wash your hands and watch your distance!
5 Underrated Benefits of Exercise

Everyone needs exercise, and aside from the obvious health benefits—such as increasing strength, shedding fat, and promoting good mental health—there are other, lesser-known perks that come with regular physical activity.

1. Some 20% of U.S. adults have chronic pain, according to most recent CDC data. Whether you experience it in one or multiple areas of the body, could potentially benefit from a regular exercise routine. A combination of cardio, relaxation, stretching, and strength training could help to ease pain over time.

2. Exercise can improve bone health by reducing age-related bone loss and maintaining bone mass. Bone naturally becomes weaker with age, so staying on a regular exercise routine—preferably a minimum of 30 minutes each day, for three or four days of the week—can help support good bone health.

3. According to the CDC, multicomponent physical activity, which includes various types of exercise including ones that focus on strictly on balance or muscle strength, can help improve physical function. This ultimately can decrease the risk of falls or injury from falls.

4. Those who have type 2 diabetes or are at risk of the condition should exercise regularly if they’re not already. Why? The American Diabetes Association suggests getting 150 minutes of exercise each week in order to improve blood glucose (sugar) levels and reduce the risk of heart disease, for example.

5. Last but not least, engaging in regular exercise not only could help you fall asleep quicker, but it could also help to improve the quality of your sleep. According to Charlene Gamaldo, MD, and medical director of Johns Hopkins Center for Sleep at Howard County General, moderate aerobic exercise increases the amount of "slow wave" sleep we get.
Tuberculosis Screening for Existing Volunteers

Effective February 1st, 2021 volunteers will no longer be required to receive an annual Tuberculosis Screening. The Department of Health recently issued guidance going forward, TB screening is required only on initial hiring of employees and volunteers in the skilled nursing setting. All volunteers will still be required to renew their annual commitment to the LISVH in the same way that was originally implemented. The only two changes will be that the TB test is no longer a requirement and instead of renewing your commitment on your annual anniversary, you will renew your commitment in your birth month. For example if a volunteer who renewed their commitment in January, has a birthday in February you will be asked to complete the renewal packet again. This is to ensure compliance within a 12-month period that you have read and acknowledged the following: HIPAA, Privacy, Compliance and Volunteer Agreement. The Volunteer Health Questionnaire must also still be completed to maintain your volunteer status, please note, we utilize the same questionnaire for new volunteers and annual renewal of existing volunteers. There is a note highlighted in the TB section that you do not have to complete it once you have done so for your initial acceptance. Annual Renewal packets will continue to be mailed to the address indicated in your volunteer file. Any questions please don’t hesitate to reach out to Volunteer Services by email Samantha.Calandrino@lisvh.org or by phone at 631-444-8590.

Pet Project

Meet Tucker, Bob Capolino’s pup. Left photo is an accurate representation what quarantine will do to anyone!

Right photo is his first grooming since the pandemic.

In August of 2020 Samantha turned in her service dog in training. Chianti is a pup from Canine Companions for Independence, an organization who seeks volunteers to raise puppies for the first 18 months of life, to teach them basic training skills. After about 2 months of advanced training, CCI determined Chianti would not be matched in their program, she will spend the rest of her days being the family pet.

Welcome Home Chianti!

Do you have a pet you want to share with the newsletter? If so please email the information to Samantha.Calandrino@lisvh.org
SAVE THE DATE
Annual Golf Classic 2021
Thursday, September 23rd, 2021
Willow Creek Golf & Country Club
1 Clubhouse Drive
Mount Sinai, NY 11766

Volunteer Spotlight

Grandchildren of volunteer MaryAnn McAvoy, Liam (left) a West Point Cadet and Colin (right) serving in the Army National Guard.

Thank you for your service!

Graduation Announcement!
Congratulations to Stephanie Van Denburg's granddaughter, Gwendolyn on completing her History Degree from Indiana University during the pandemic! Job well done!

Long Island State Veterans Home
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