



The Moore Center
Creating opportunities for a good life.™

Vaccine Update



Hearing a lot about the COVID-19 vaccine roll out and wondering where you and your family fit in? Below is a compilation of information from the NH Department of Public Health.

Here is the schedule for when vaccines are expected to be given to each group:

Throughout January: Phase 1A High-risk health workers; first responders; residents of long-term care facilities.

January through March: Phase 1B People over 75; the medically vulnerable at significant risk, including caregivers for those under 16 at risk; staff and residents of residential facilities for people with disabilities; corrections officers and staff, first responders and health workers not already vaccinated. (*See risk factors listed below)

March through May: Phase 2A Staff and teachers at K-12 schools and

childcare facilities; people aged 65 through 74.

March through May: Phase 2B People aged 50 to 64.

May and beyond: Phase 3A The medically vulnerable at moderate risk under 50 years old.

May and beyond: Phase 3B Everybody not already vaccinated.

Risk Factors: To be considered for **Phase 1b** (those under 75) you must have two or more of these risk factors. To be considered for **Phase 3a**, you must have one or more of these risk factors:

- Cancer
- Chronic Kidney Disease
- COPD (Chronic Obstructive Pulmonary Disease)
- Down Syndrome
- Heart Conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index of 30 kg/m or higher but < 40 kg/m
- Severe Obesity (body > 40 kg/m) · Pregnancy · Sickle cell disease
- Other High Risk Pulmonary Disease
- Type 2 Diabetes Mellitus

Haven't decided whether or not to get a vaccine? The best sources of information to help you make a decision are the [CDC website](#) and the [NH DHHS FAQ page](#).

We also encourage you to reach out to your Primary Care Provider if you have specific health questions relative to your own or your family members' health and the vaccine.

This vaccine is great news! But we can't stress enough that we must all remain committed to our other layers of protection: hand-washing, mask-wearing, and social distancing. Combined, we are sure to see a decrease in community spread so that we may begin a cautious and safe revival of in-person services.

Be on the lookout for continued communication in the coming days about the vaccines. As soon as we know how you should access your vaccines, we will let you know. Until then, stay safe and make a plan.

Best Buddies Citizen's Adult Friendship Program

The Best Buddies Citizen's Adult Friendship Program brings meaningful, one-to-one friendships to our adult community in New Hampshire.

The Citizen's Program matches adults with an intellectual or developmental disability (IDD), who we call Buddies, with adult members of the community, who we call Peer Buddies, in one-to-one friendships, based on shared interests and hobbies. Friendship pairs will meet periodically on their own, and there will be opportunities to participate in group events and activities.



Check out the buttons below for additional information.

[Get more info on this program](#)

[January Event Schedule](#)

Get Involved in the SNHU Buddies Club



SNHU Buddies is a club at Southern New Hampshire University to form genuine, long lasting friendships. We began this club for people high school aged and up with intellectual disabilities to come hang out with some of our friends at SNHU.

To get involved, please email them at buddies@snhu.edu, or contact us through our Facebook page.

[Connect with SNHU Buddies on Facebook](#)

A Client Story: Kasey Turns Her Idea Into a Business

Kasey had a crafting project idea last summer to create a line of soaps. With a lot of determination and a little help from her mom, it has now come to fruition!

Bubbles by Kasey Girl is a line of custom handmade soaps that Kasey has perfected over time and is now offering for sale. Check out her website through the link below and see all of the interesting selections!



[Visit Bubbles by Kasey Girl](#)

Developmental Disabilities (DD) Waiver Renewal



The public is invited to provide public comment on the Developmental Disabilities (DD) Waiver. The public comment period begins on January 11, 2021 and ends at noon on February 12, 2021. Comments can be submitted via email

(DLTSSWaiverRenewal@dhhs.nh.gov), regular mail (see website below) or by attending one of the remote sessions listed in the link below.

[View the DD Waiver Renewal Details](#)

UNH Institute on Disability Workshop

A Curriculum for Teaching Workers with Intellectual and Developmental Disabilities about Health and Safety on the Job

You're invited to join us for an interactive employment safety training. The IOD's

Employment Safety Training program provides attendees

with critical job-safety tools for teaching those with IDD the skills they need to be safe at work through a train the trainer model. The trainings will be held virtually to encourage interactive learning, while ensuring trainees' safety during the COVID-19 pandemic. Areas of focus include:



**University of
New Hampshire**

- Introduction to Workplace Health and Safety
- Looking for Job Hazards
- Making the Job

- Safer
- Staying Safe in an Emergency at Work
- Your Rights & Responsibilities on the Job
- Speaking Up When There is a Problem

- **WHO:** Direct Support Professionals, families, supported employment agencies, community vocational rehabilitation programs, high-school transition programs, and other organizations and companies that place individuals with disabilities in jobs or hire workers with disabilities.
- **WHAT:** Using the 6-hour Staying Safe at Work curriculum, participants will learn how to teach the skills necessary for individuals with IDD/DD to be safe at work or while at their volunteer position.
- **WHEN:** Various dates and times available! Visit the Employment Safety Training Webpage to see upcoming training availability.
- **WHERE:** Offered through Zoom to ensure participant safety and wellbeing.
- **WHY:** The pool of available health and safety trainings for workers with IDD/DD is alarmingly shallow, especially trainings that are culturally competent and accessible. This Employment Safety Training is designed to address gaps, deficiencies, and unmet occupational safety and health training needs.

Visit their website for more details and the schedule of workshops.

[See all Available Workshops](#)



The Bureau of Elderly and Adult Services has published a list of activities for older adults. It provides a variety of options to help keep people engaged during the long winter months of the pandemic.

[Virtual Activities for Older Adults](#)

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