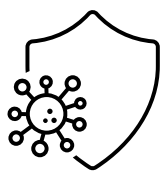


## WEEKLY UPDATE | March 08, 2021



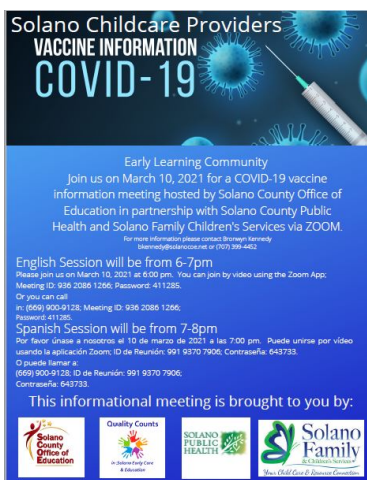
### Getting Vaccinated **UPDATE**



#### Vaccinations for education and childcare

Dear Early Learning Partner,

The Solano County Office of Education, in collaboration with Solano Public Health and Solano Family Children's Services, will be hosting a COVID-19 **vaccine information meeting** for early learning and care providers in Solano County. This ZOOM meeting will be held on March 10<sup>th</sup>, with a session in English from 6-7pm and a session in Spanish from 7-8pm.







**Solano Childcare Providers  
VACCINE INFORMATION  
COVID-19**

Early Learning Community  
Join us on March 10, 2021 for a COVID-19 vaccine information meeting hosted by Solano County Office of Education in partnership with Solano County Public Health and Solano Family Children's Services via ZOOM.  
For more information please contact Sherryn Kennedy  
skennedy@solanocount.net or (707) 399-4462

English Session will be from 6-7pm  
Please join us on March 10, 2021 at 6:50 pm. You can join by video using the Zoom App.  
Meeting ID: 956 2086 1266; Password: 411285  
Or you can call  
in (844) 900-9732; Meeting ID: 956 2086 1266  
Password: 411285

Spanish Session will be from 7-8pm  
Por favor únete a la reunión el 10 de marzo de 2021 a las 7:00 pm. Puede unirse por video usando la aplicación Zoom; ID de Reunión: 951 9370 7906; Contraseña: 643793.  
O puede llamar a:  
(844) 900-9732; ID de Reunión: 951 9370 7906; Contraseña: 643793

This informational meeting is brought to you by:



# Solano Childcare Providers

## VACCINE INFORMATION

# COVID-19



### Early Learning Community

Join us on March 10, 2021 for a COVID-19 vaccine information meeting hosted by Solano County Office of Education in partnership with Solano County Public Health and Solano Family Children's Services via ZOOM.

For more information please contact Bronwyn Kennedy  
bkennedy@solanocoe.net or (707) 399-4452

### English Session will be from 6-7pm

Please join us on March 10, 2021 at 6:00 pm. You can join by video using the Zoom App;  
Meeting ID: 936 2086 1266; Password: 411285.

Or you can call

in: (669) 900-9128; Meeting ID: 936 2086 1266;  
Password: 411285.

### Spanish Session will be from 7-8pm

Por favor únase a nosotros el 10 de marzo de 2021 a las 7:00 pm. Puede unirse por vídeo usando la aplicación Zoom; ID de Reunión: 991 9370 7906; Contraseña: 643733.

O puede llamar a:

(669) 900-9128; ID de Reunión: 991 9370 7906;  
Contraseña: 643733.

This informational meeting is brought to you by:



# Stay CONNECTED WEEKLY UPDATE



## Health & Nutrition Department

### THE COVID-19 VACCINE IS HERE

The mRNA vaccine is a type of vaccine that has been studied for decades. It does not contain a live virus. The vaccine teaches our body to produce a protein, similar to the one found on the surface of the COVID-19 virus, that creates an immune response.

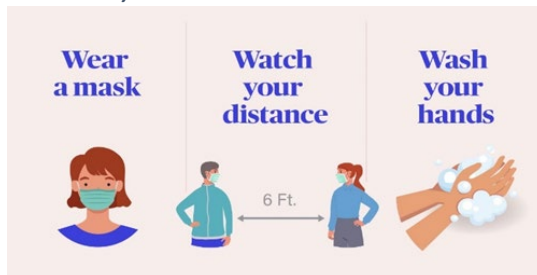
Why should I get the vaccine?

The vaccine can help control the COVID-19 pandemic. It may prevent you from getting seriously ill from COVID-19 and can help others in your household that have chronic illnesses from getting sick.

The vaccine(s) have gone through extensive clinical trials where thousands of people participated including persons from different ages, races, genders, and people with different health conditions were studied.

While the vaccine was developed quickly, evidence shows that they are safe, and effective. The Food and Drug Administration (FDA) provided an Emergency Use Authorization (EUA) for the use of the vaccine(s).

AFTER YOUR VACCINE, YOU CAN CONTINUE TO FOLLOW THE 3 W's:



By: Antonio Perez-Licea

#### COVID-19 Vaccine Facts

- **Fact:** You can't get COVID-19 from the vaccine. It does not contain a live virus.
- **Fact:** You will not test positive for COVID-19 by getting the vaccine.
- **Fact:** The COVID-19 vaccine does not cause infertility.
- **Fact:** The vaccine does not contain a microchip or a way to track you.
- **Fact:** You may experience mild symptoms, which means your body is creating an immune response.

Sources Used:

<https://www.cdc.gov/coronavirus/2019ncov/vaccines/faq.html>

<https://www.cdc.gov/coronavirus/2019ncov/vaccines/different-vaccines/mrra.html>



Website: [www.childstartinc.org](http://www.childstartinc.org)



Contact: Luis Pineda  
707-333-1874



Email: [lpineda@childstartinc.org](mailto:lpineda@childstartinc.org)



# Stay CONNECTED WEEKLY UPDATE



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# Stay CONNECTED WEEKLY UPDATE



## Human Resources Department



Claremont is Your Resilience Resource

Many of us struggle with anxiety or other behavioral health issues, particularly in this current environment.

It's okay to admit that you need help. Fortunately, there is a range of helpful mental health options provided by your employer.

Here are a few of them:

- **On-Demand Emotional Wellness Support.**
- **Online Peer Support and Recovery Groups.**
- **Short-Term Counseling.**

Learn about these available services to you and your family on next page.





Helping you be your best.

## Claremont is Your Resilience Resource

Many of us struggle with anxiety or other behavioral health issues, particularly in this current environment. It's okay to admit that you need help. Fortunately, there is a range of helpful mental health options provided by your employer.

**Prioritizing your self-care is an act of strength. Claremont EAP has many services that can be delivered when, where, and how you need it.**



Several online resources, including webinars, self-assessments, positive psychology and behavioral health resources are available.



Mental health support with a licensed counselor through video counseling, live chat, and asynchronous messaging.



Telephonic work-life balance services, including legal, financial, childcare, elder/adult care, college planning, relocation, and other helpful experts and resources.

**claremonteap.com**  
**800.834.3773**



### On-Demand Emotional Wellness Support

Tess is an AI chatbot that provides support and check-ins to boost your wellness. Tess is available 24/7 to talk at your convenience, in order to enhance your well being. Text "Hi" to Tess and enter "Claremont" as your company name to get started: **650-825-9634**

### Online Peer Support and Recovery Groups

The EAP includes referrals to participate in online groups support. Peer Support is available for a variety of issues including:

- Get it Done When You're Depressed
- Anxiety
- Depression
- Support for People of Color
- Depression Support for Women
- Bipolar Disorder
- Substance Abuse
- Front-Line Workers

Call **800-834-3773** to get started.

### Short-Term Counseling

Claremont offers in-person counseling with a licensed clinician to address issues such as marital relationships, depression, grief and loss, anxiety, substance abuse, and work stress. Call **800-834-8334** to access your benefit.

### Online Wellness Resources

Visit Claremont Personal Advantage to access wellness webinars, articles, assessments and more:  
**claremonteap.personaladvantage.com**

# Stay CONNECTED WEEKLY UPDATE



## Human Resources Department

### Claremont: March Webinar

The March Webinar is now available: [Stress Relief for Caregivers](#).

#### About the Webinar:

Taking care of others can take a toll on your life, mood, and mental and physical health. Participants will learn to focus on what they can control in their own lives, so they can better manage the strain of their heavy responsibilities. This session will provide a series of simple steps to reduce your stress and avoid burn-out, including relaxation techniques, healthy sleeping habits, healthy coping skills, and building a system of support. Participants will also learn about online resources and the importance of avoiding social isolation for mental and physical health.

#### How To Access the Webinar:

This webinar is pre-recorded. You can access the webinar at any time after the 1st of the month in which it's featured. At the end of the month, that webinar will move to the archives, and will be available to watch on-demand at any time. *(Click [here](#) to access the webinar. You will need to sign in to Claremont Personal Advantage by creating your own username and password. Then go to the Webinar tab to view the session.)*

During the featured month, you can submit questions to the presenter. Access the form on the webinar page to anonymously submit a question. You can also check out the other asked and answered questions. Question submission is only open for the month in which the webinar is featured. Please note, questions will be vetted and possibly edited by Life Advantages staff; we do not guarantee all questions will be answered.

**Scroll down to the bottom of the attached newsletter to access the Webinar.**

#### RESILIENCY

As we approach the one-year anniversary of the COVID-19 pandemic, the importance of self-care, health and well-being is paramount. This is to remind you that Claremont is an important resource in your resilience toolkit.

Stay safe,



Website: [www.childstartinc.org](http://www.childstartinc.org)



Contact: Luis Pineda  
707-333-1874



Email: [lpineda@childstartinc.org](mailto:lpineda@childstartinc.org)

# This Week's Trivia Question



- ▶ When a teacher sets the tone and mood within a classroom with facial expressions, body language and tone of voice this is also known as:

a) Mood setting, b) Tone of classroom, c) Developmentally Appropriate Practice or d) Emotional Framework.



- ▶ Submit your answers by sending an email to:

lpineda@childstartinc.org By Thursday March 11, 2021.

BIG Shout out to Ms. Shahla Forsati and Eileen Butz for their trivia participation!

**Last week's trivia Question answer:**

## What's ORBIS PICTUS?

If your answer was textbook for children **Visible World in Pictures** You are right!!

*Orbis Pictus*, or *Orbis Sensualium Pictus* (Visible World in Pictures), is a textbook for children written by Czech educator John Amos Comenius and published in 1658. It was the first widely used children's textbook with pictures, published first in Latin and German and later republished in many European languages. [Wikipedia](#)

*"Tell me and I forget. Teach me and I remember. Involve me and I learn."*

- Maria Montessori -



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