

October | 2021



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# ASPEN *happenings*

## **Vaccines:** **Building Trust in the Science!**

(NewsUSA) – During the pandemic, Geraldine Bradshaw, a school principal in Durham, North Carolina, volunteered for a clinical trial that tested one of the COVID-19 vaccines. She says her students inspired her to do so and she, in turn, wanted to inspire African Americans, like herself. “It gave me the power to help pave a way for these children to have a better future,” Bradshaw says, “and show them how important it is that people who look like them aid in the progression of science.” Now, Bradshaw can see how her participation paid off, as half of adults are fully vaccinated.

“Science is part of the solution to ending this pandemic,” says Gary H. Gibbons, M.D., director of the National Heart, Lung, and Blood Institute, part of the National Institutes of Health. And at every step on the pathway to scientific discovery, safety leads the way. Safety always guides the scientific pathway toward vaccines and treatments. Safety steers scientific leaders like Gibbons, who review and fund research. Safety and science also inform recruitment of volunteers, like Bradshaw, who partner with researchers and participate in clinical trials. Safety also frames the rigorous and continuous oversight of studies, determines regulatory approval,



guides engagement efforts in communities, and directs doctors and nurses who bring these discoveries to patients. Yet myths and misleading information have generated questions, confusion, and mistrust.

This has spurred an effort for many communities, especially those hit hardest by COVID-19, to talk about why they should trust the science behind new vaccines and treatments. “It is my passion to communicate the safety and efficacy of these vaccines, and how they work, to people in the community,” says Ian Moree, Ph.D., a chief of infectious disease pathology at the National Institute of Allergy and Infectious Diseases, also part of the NIH, who oversaw safety at the earliest stages of vaccine research in the lab.

*(continued on page: 3)*

**Visit [aspenofbrookhaven.com](https://www.aspenofbrookhaven.com) to view the entire Aspen activity calendar.**

## Recipe of the Month – Slow Cooker Potato Soup

### Ingredients:

- |   |                        |
|---|------------------------|
| 2 lb russet potatoes-peeled & diced     |                        |
| 2 lb Yukon gold potatoes-peeled & diced |                        |
| 4 oz pancetta-cubed                     |                        |
| 1 small onion-diced                     | ½ tsp dried thyme      |
| 4 cloves garlic-chopped                 | ¼ tsp ground pepper    |
| 2 quarts low sodium chicken broth       | 12 oz evaporated milk, |
| 1 tsp kosher salt                       | ¼ c all-purpose flour  |



### Directions:

Preheat the slowcooker on low. Place the potatoes, pancetta, onion, and garlic in the slow cooker. Add the broth and give the mixture a stir to combine. Add the salt, thyme, and pepper—stir to combine. Cover and cook until potatoes & onions are tender for 3-4 hours on high or 6-8 hours on low. Before thickening the soup, taste and add more salt & pepper as needed. Whisk together the evaporated milk and flour in a small pitcher, add this into the soup and combine. Cover and cook for 30 minutes. Enjoy!

## 12 Tips for a Healthy Fall:

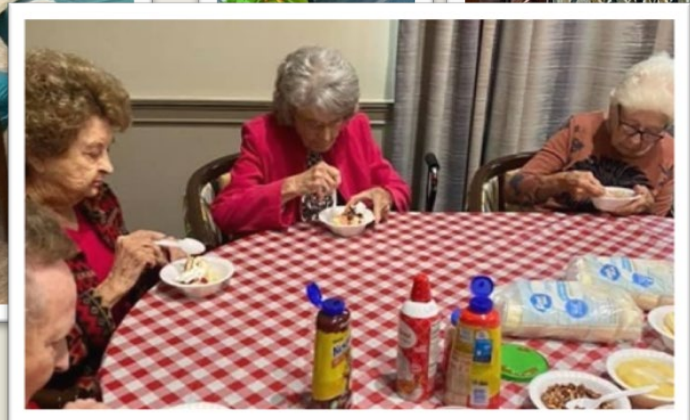
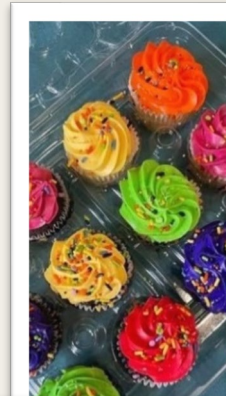
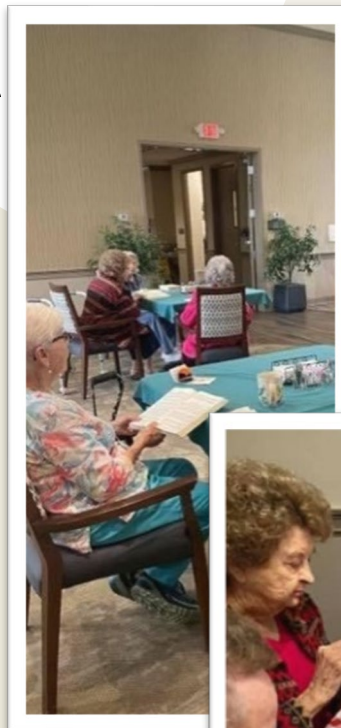
1. Get your regular screenings.
2. Wash your hands.
3. Wear a face covering.
4. Get your flu shot.
5. Get COVID-19 vaccine.
6. Social Distance.
7. Brush your teeth.
8. Sleep at least 7 hours every night.
9. Substitute water for sugary or alcoholic drinks.
10. Be sun safe.
11. Move more, sit less.
12. Eat healthy.
13. Don't use tobacco.

## *making memories...*

## *a look back at September*



- Group Exercise
- Devotion
- Birthday Bash
- Bingo
- Boiled Peanuts
- Spirit Week
- Penny Toss
- Take a Drive
- Banana Split Social
- Connect 4
- Movie Day
- Beauty Shop
- and more!



## Building Trust In The Science of Vaccines

(continued from page 1)



Moore's in good company. "I can say with the utmost confidence that this vaccine is safe and effective," says Lisa A. Cooper, M.D., M.P.H., a professor of medicine and public health at Johns Hopkins University, who reviewed and monitored Moderna's COVID-19 vaccine trial, which proved safe and 94% effective at preventing severe illness. "My role allows me to ease any concerns raised by family and friends and make sure they continue to trust the science." And for many others on the scientific pathway, it's personal. "Part of my role as an infectious disease physician is developing certain clinical protocols," says Katya Corado, M.D., a researcher at the Lundquist Institute. "I am able to confidently provide details to our communities which have been devastated by COVID. I no longer want to see my parents, my grandparents, or my cousins dying of COVID." This type of outreach only seems to help.

According to a Pew Research Center survey conducted in February, nearly 70% of all adults and 61% of black adults planned to go get vaccinated compared to 60% of all adults and 42% of black adults polled in November. And according to the CDC among the more than 123 million adults who were fully vaccinated in May, approximately 1,949, less than .001%, reported severe COVID-19 illness.

As a trusted messenger within his community, Olveen Crasquillo, M.D., M.P.H., Chief of General Internal Medicine at the University of Miami, shares this type of news through community-engaged outreach. "As a Latino physician, with more than 20 years of experience, it is very important to me that our hardest-hit communities receive the care and education they need and deserve," he says. "To ensure my community survives COVID-19, I educate my patients, family, and friends on the science surrounding COVID-19 and vaccine development."

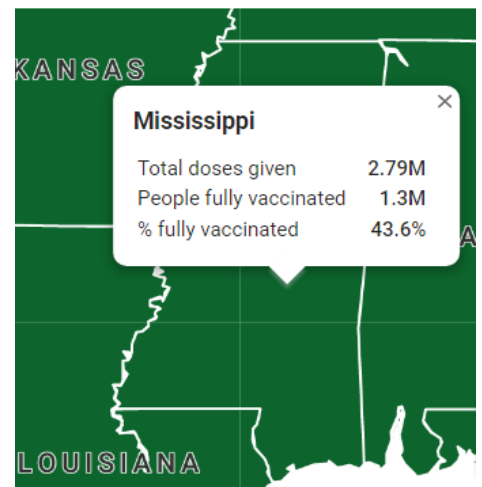
And Chyke Doubeni, M.D., a family physician at the Mayo Clinic and a vaccine trial participant, shares, "I now tell everybody with confidence, that getting the vaccine is safe. I know because I was involved."

To learn more about COVID-19 science and resources in your community, visit <https://covid19community.nih.gov>.

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1. Opal & Pink Tourmaline are the birthstone.
2. Calendula is the flower.
3. Libra and Scorpio are the zodiac signs.
4. October comes from the latin word "octo" meaning 8. It later became the 10<sup>th</sup> month when January and February were added to the calendar.
5. October is National Breast Cancer Awareness Month.



United States		
Doses given	Fully vaccinated	% of population fully vaccinated
397M	186M	56.4%
+985K	+296K	+0.1%

Data updated 10/03/2021

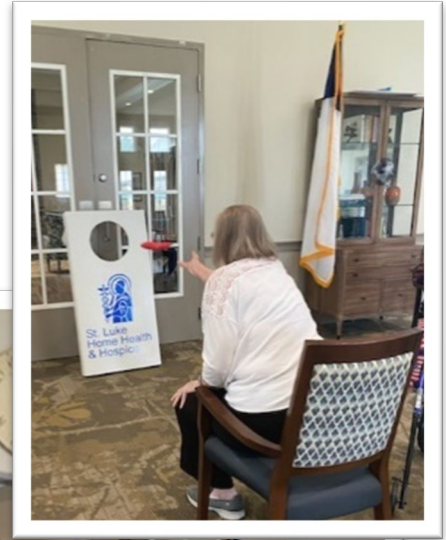
## UNSCRAMBLE

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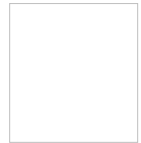
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Answer: pumpkin

*More memories...*



500 Silver Cross Drive  
Brookhaven, MS 39601



*A community enriched by you.*

