

# Here's to You!

Tips for your good health provided by your district

January 2021

## See ya, 2020! Hello, 2021!



It's time to look forward to a new year, and there is reason for optimism. Last year was difficult — to put it mildly. Political strife, social conflict, weather events, wildfires and, of course, the global pandemic caused stress, grief and

instability. We can only hope the new year will be better, and we have reason to believe it will be. There are promising signs that things are looking up, including a covid vaccine, scheduled for wide distribution starting next year.

This hope and optimism can help guide us. Optimism, the belief that empowers us to cope with challenges, can have a positive impact on our outlook and positivity. Research shows that while positive thinking may not determine the outcome by itself, it can motivate us to take action to work toward our goals and the outcome we envision.

So, for 2021, we can think good thoughts and do our part to engage in the scientifically based health recommendations that will contribute to ending the pandemic.

Happy New Year!

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## Get a vaccine. Experts say it's safe, and it will help you.

A plan to end our global nightmare depends on a vaccine for Covid-19. At least two versions of this vaccine are in the production stages with plans for the initial round of distribution.

A vaccine is only as good as the ability to disperse it among the populace. The two current vaccine contenders, produced by Moderna and Pfizer, have high rates of efficacy — 94.5% and 90%, respectively. At those rates of effectiveness, an estimated 65-70% of the population would need the inoculation in order to achieve herd immunity, according to Dr. Brian Garibalid, a medical director at Johns Hopkins Biocontainment Unit.

There is concern that a significant number of Americans will refuse the vaccine over safety concerns. Messaging is a key factor in shaping public opinion about the safety of this vaccine.

Here are the key points in favor of vaccinating.

- It will protect you from serious illness from this

contagious and deadly infectious disease as infection and mortality rates rise. It will not give you Covid-19.

- It will help protect the people around you.
- It should provide lengthy immunity protection; however, the scope of the immunity is still under review.
- The vaccine has passed rigorous testing to ensure its safety.
- It will allow us to return to pre-pandemic normal life sooner.

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**Here's to You!** is published for school district staff members in the interest of your good health. We welcome your comments and suggestions.

**Here's to You!** is written and published by Marcia Latta, communications consultant.

Graphics from *The Noun Project*, [www.thenounproject.com](http://www.thenounproject.com).

## Can drinking tea prevent dementia?



The right beverages can have tremendous health effects.

### Coffee

A growing body of research has shown that coffee drinkers may be less likely to have type 2 diabetes, Parkinson's disease, dementia, certain cancers, heart disease and strokes.

<https://wb.md/33Koll7>

### Tea

Now tea has joined the list of beverages with important health benefits. Second only to water in worldwide consumption, tea of any non-herbal variety can have significant health effects to regular drinkers.

Research in the *Journal of Nutrition, Health & Aging* has found this now includes a lower risk of dementia, especially in those who have a predisposition to the disease.



“Researchers followed 957 older adults, average age 65. Of these, 69% drank tea on a frequent basis. After a five-year period, the researchers found that the tea drinkers had a 50% lower risk of dementia. This is consistent with earlier findings that showed tea consumers scored higher on various cognitive tests.”

Researchers in the study found the type of tea was not as important as the amount for best health effects. Black, green and oolong tea were equally beneficial.

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## Sad? Worried? Are you suffering from pandemic fatigue?

Pandemic fatigue is an onset of intense day-after-day emotions that are making you tired.

It isn't surprising to experience greater fear, anxiety, loneliness, hopelessness, frustration and irritability. Our lives have been disrupted, based on a real threat, since March 2019.

People are too isolated, juggling a new work environment, or a lack of work, and trying to find ways to continue school for their children. It's a lot, and it's disruptive to our sleep, focus and motivation.

These tips from UCLA Health may be the helpful reminders we need to counter these negative feelings about circumstances we can't control:

1. Take care of your body. Remember the basics: sleep, eat well, exercise. It helps.
2. Limit your news intake. Too much bad news can make things worse.
3. Lower your stress. This is always good advice, especially now.
4. Connect with others by phone, email and virtual tools. Social contact is crucial, but it doesn't have to be in-person.
5. Accept your feelings. We feel what we feel. Acknowledging your feelings helps you refocus.
6. Create new traditions. When normal life changes, we can create a new normal. Find a hobby or a regular feel-good activity to look forward to.

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