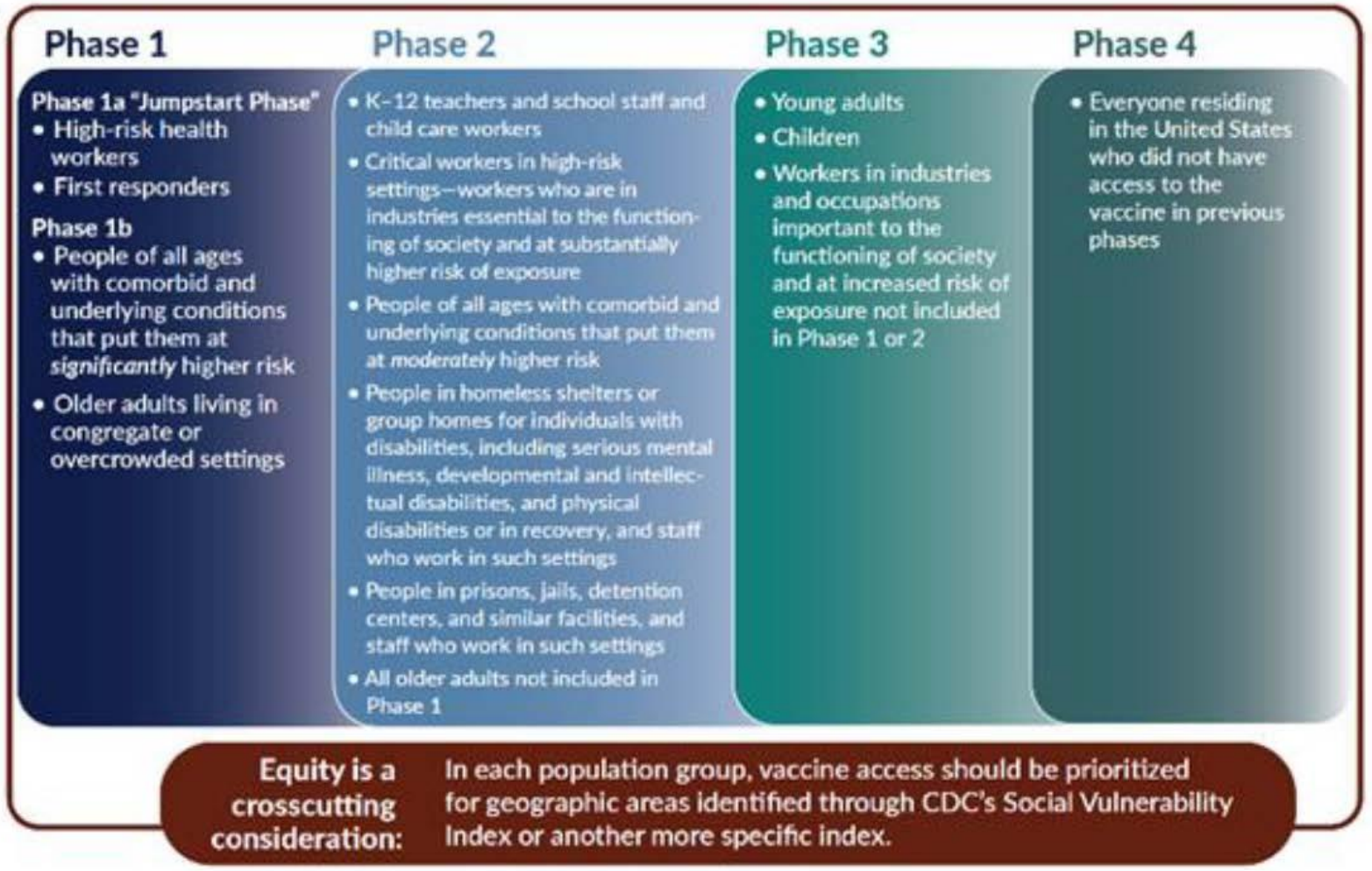
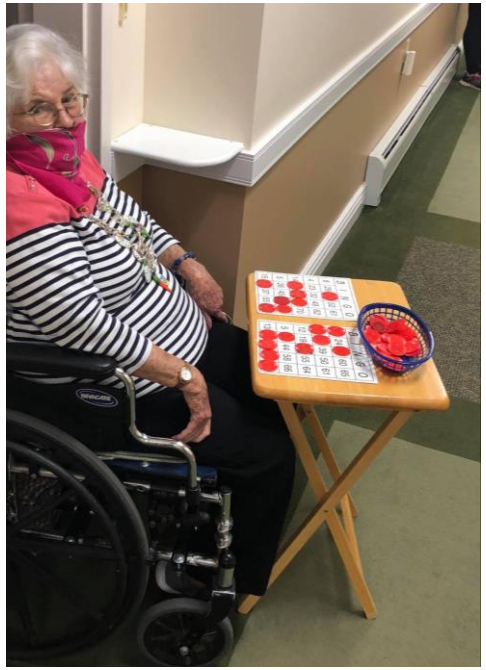


VT Vaccination Plan: https://www.vpr.org/sites/vpr/files/202012/vermont-covid-19-draft-vaccine-plan.pdf

NH Vaccination Plan: https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/covid19-vac-plan-draft.pdf

- Phase 1a information: https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/phase-1a-technical-assistance.pdf

ME Vaccination Plan: https://www.maine.gov/dhhs/mecdc/infectious-disease/immunization/documents/covid-19-vaccination-plan-maine-interim-draft.pdf



Creative Strategies to Reduce Social Isolation

December 14, 2020

Let's Share Ideas!

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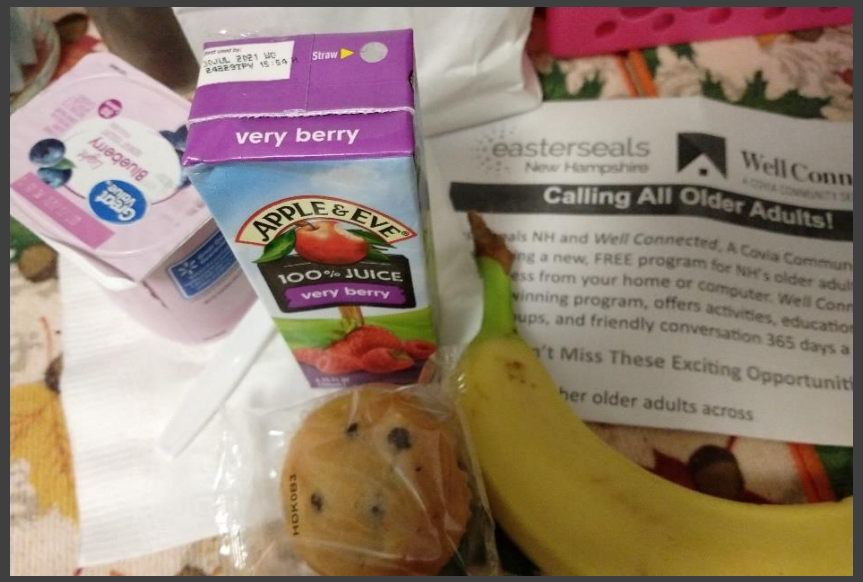
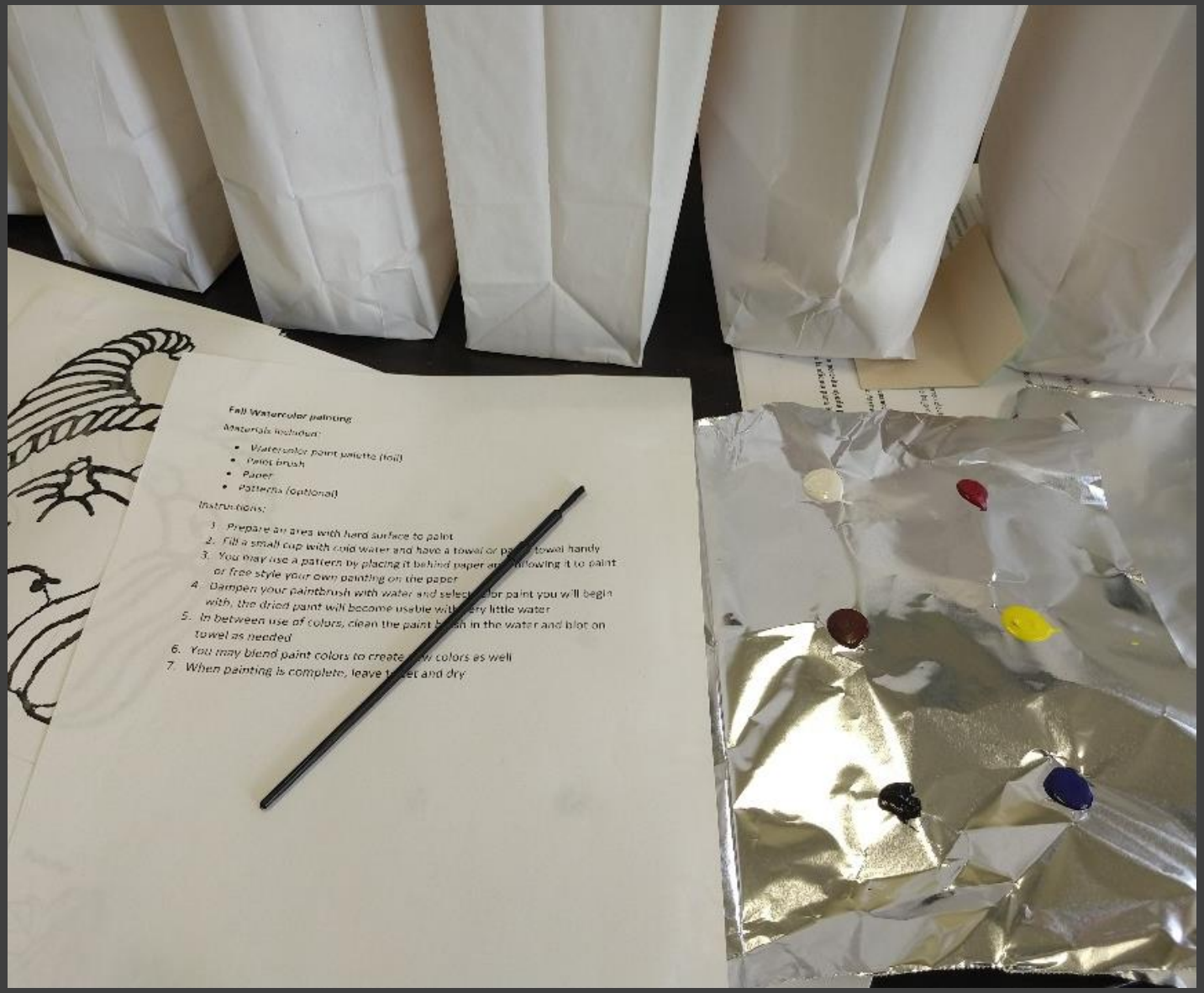
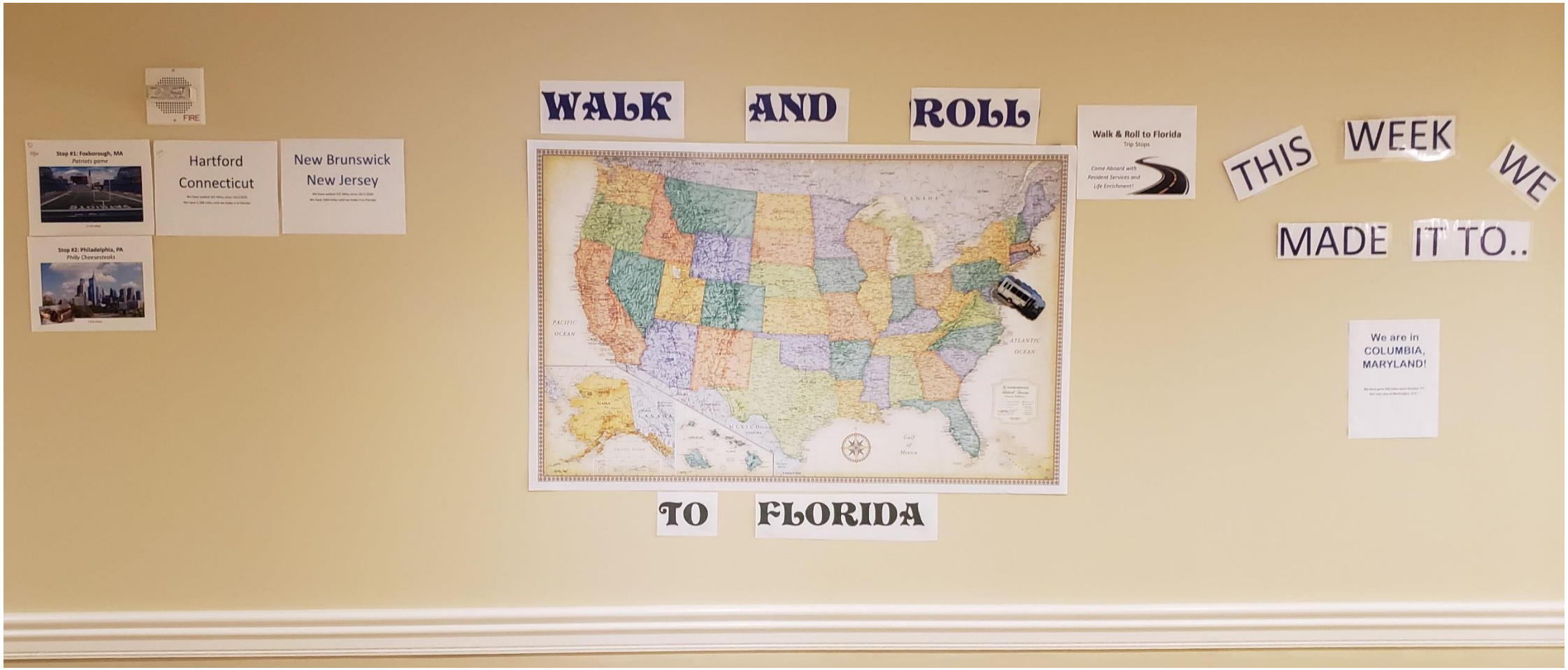

very berry
APPLE & EVE
100% JUICE
very berry
easterseals
New Hampshire
Calling All Older Adults!


Fall Watercolor painting
Materials include:
Watercolor paint palette (foil)
Paint brush
Paper
Pattern (optional)
Instructions:
1. Prepare an area with hard surface to paint
2. Fill a small cup with cold water and have a towel or paper towel handy
3. You may use a pattern by placing it behind paper and following it to paint or free style your own painting on the paper
4. Dampen your paintbrush with water and select color paint you will begin with, the dried paint will become usable with very little water
5. In between use of colors, clean the paint brush in the water and blot on towel as needed
6. You may blend paint colors to create new colors as well
7. When painting is complete, leave to wet and dry

COVID 19 QUILT

- Residents provided with blank square of fabric and theme of something keeping them positive during the pandemic.
- Displayed in mail room.

Walk and Roll to Florida