

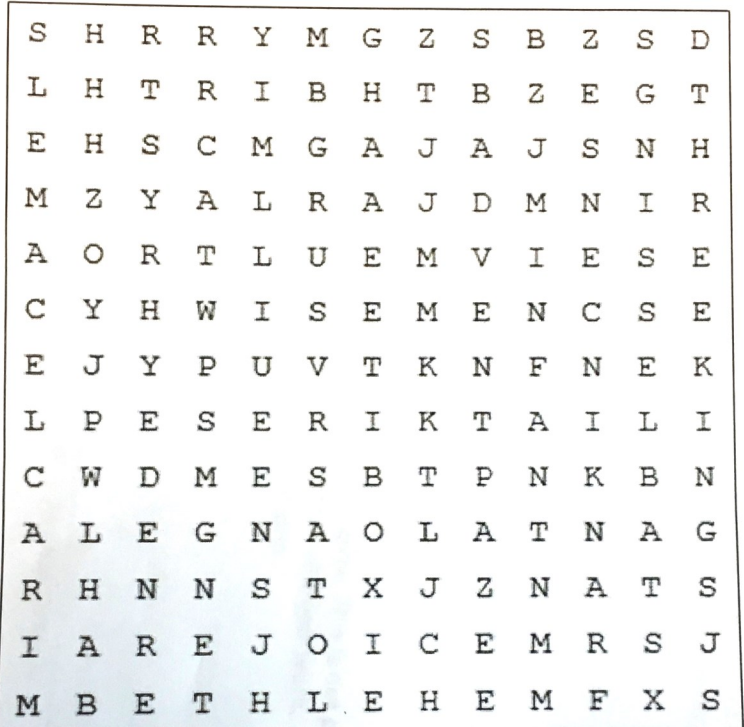
December 16, 2020

**We WILL be sending out additional frozen meals on Friday of this week for our home delivered clients.**

### This hit ME....

You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for better circumstances or for someone to change. **JUST BE KIND,** because you never know how much someone needs it.

-nikki banas



FROM NCDHHS—Safe, effective COVID-19 vaccines will be available soon to help us defeat this virus.

Although the vaccines were developed quickly, they were built upon years of work in developing vaccines for similar viruses. Development time was cut without cutting corners.

More than 70,000 people participated in clinical trials for two vaccines to see if they are safe and effective. To date, the vaccines are nearly 95% effective in preventing COVID-19 with no safety concerns.

There is no COVID-19 virus in the vaccine

Some people may have temporary reactions after being vaccinated, such as swelling from the injection, tiredness or feeling off for a day or two.

A tested, safe and effective vaccine will be available to all who want it, but supplies will be limited at first. Independent state and federal public health advisory groups have determined that the best way to fight COVID-19 is to start first with vaccinations for those most at risk, then reach more people as the vaccine supply increases throughout 2021.

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|--------------|---------|-------------|
| Advent       | Infant  | Myrrh       |
| Angel        | Jesus   | Nativity    |
| Bethlehem    | Joseph  | Rejoice     |
| Birth        | Magi    | Stable      |
| Blessings    | Manger  | Star        |
| Camels       | Mary    | Three Kings |
| Frankincense | Miracle | Wise Men    |

*COVID-19 Vaccine: As soon as we know more, we will communicate with you.*