



Galena UMC

Recovery & ReTurn Report

November 17, 2021 Week 61

Galena's ReTurn Team

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Weekly Update ... *from Dale*

The controversy around masks continues to bring debates over indoor masking and how to protect against a possible spread of the virus. Our state and county are considered hot spots..... we don't want to be part of the problem; we want to be part of the solution.

Masking is controversial because there are people who won't come if it's mandated and then there are people who won't come if they don't think people are wearing masks consistently. With the delta variant, we need to up our game. Fighting covid is like playing soccer instead of football. You don't line up in a tidy line. The field is changing. Every two to three weeks you have variables to consider. You just say, "here's what we know now."

Across the nation, public health professionals are still working to persuade people to get the vaccine, including using religious appeals. Back in August, the return committee decided to have everyone mask up again. This continues to be our policy. People may feel conflicted with this decision for a time because we want to believe in the progress we've made and the vaccinations so many of us have done. It can feel with a decision like this, that we're going backwards. But the latest CDC announcement gives us renewed confidence for this decision. (worth repeating)

Update from the County ...from Jay

Jo Daviess County is reporting 45 additional COVID-19 cases since the report Friday, Nov. 12.

Nineteen of these were over the weekend, and 26 have been reported today (Nov. 16). The regional seven-day rolling average positivity rate is at 6.8 percent and the county seven-day rolling average positivity rate is at 11.8 percent.

The CDC is classifying Jo Daviess County as having a high level of community transmission.

There are still appointments available for the Moderna and Johnson & Johnson Booster Clinic on Nov. 18, from 10 a.m. to 6 p.m. at Midwest Medical Center. <https://events.juware.com/IL-IDPH/c773a40b-d7a3-4c2e-a84e-4943a9011600/>

A Pfizer Pediatric COVID-19 Vaccination Clinic for those five to 11 years old is scheduled for Tuesday, Nov. 30 at Midwest Medical Center from 1:30 to 6:30 p.m. The second dose will be on Tuesday, Dec. 21 from 1:30 to 6:30 p.m. <https://events.juware.com/IL-IDPH/e12ed374-7719-4300-b6c0-f28e9fa12459/> You can reach the health department at 815-777-0263.

Medical Tip of the Week By Dennis

CORONAVIRUS

To boost or not to boost, that is the question. And the answer is? It depends.

If you have a poor immune system you should have the booster. There is no scientific debate about this. In this case, do not think of it as a booster but as a required third shot of a series. People who have had organ transplants, with autoimmune diseases such as lupus, rheumatoid arthritis, scleroderma, and others, people with cancer, people with other serious chronic illnesses, people with other known problems of immunity, e.g., the elderly (and I will let you define that for yourself) definitely should get the third shot. For the rest of you, read on.

Many of us, including me, have gotten the third dose. Was it really necessary? What have we gained by getting the booster? Possibly not too much as it turns out. The boosters are being recommended due to demonstrably reduced antibody levels several months after the second shot of the Pfizer and Moderna vaccines and the first shot of the J&J vaccine accompanied by increasing reports of symptomatic infections in previously vaccinated people. This is entirely expected. As circulating antibody levels decline we are less protected against symptomatic illness should we become infected. But remember that the vaccines are not designed to protect against infection but to protect against serious illness and death. As I pointed out in prior notes, it is the memory B-cells, circulating T-cells, and memory T-cells that determine your real protection against serious illness and death from Covid 19. Whether or not you receive a booster, your backup memory B-cells and memory T-cells will kick in within a few days after exposure. This is what will keep you out of the hospital and the ICU. The bottom line in the booster debate may really boil down to your individual tolerance for a mild illness that does not require medical attention vs the best chance for no symptomatic illness at all. The choice is really yours. Personally, I do not want to get sick at all and I do not want to be so worried about coming into contact with other people. Is there a downside to the booster? None have been reported to date. For me it was worth it.

Blessings ... from Pastor Catiana

Our actions or inactions do have consequences. Mask up even in a crowded outdoor setting & encourage vaccines to unvaccinated friends & get your Booster! Love & Peace!

Notes from Charlene... As we continue our in-persons gatherings, let us not forget how important our phone calls and notes are. "Staying in touch" truly blesses both the giver and the receiver in all times. Heart connections never grow old. Hold our church family close.

Remember: Do No Harm ... Do Good ... Stay in Love with God!

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit. Romans 15:13