



JUNE 24TH, 2021

**CARRIE'S COVID Q&A**  
Source: Milwaukee Journal Sentinel

**Question:** I heard that the Delta variant of COVID-19 is in Wisconsin, what does that mean and should I be concerned?

**Answer:** The Delta variant is being closely watched by health officials because it has been shown to be more contagious and cause more severe illness when compared to the original strain. The good news is that the vaccines have been proven to be effective against the Delta variant once an individual is full-vaccinated. The Delta variant is expected to become the most common variant in both the US and Wisconsin in the coming months.

## COVID-19 RESEARCH INITIATIVES

- The All of Us Research Program is an ambitious effort to gather health data from one million or more people living in the United States to accelerate research that may improve health.
- The All of Us Research Program is part of the National Institutes of Health.
- They are using their diverse population base to find new insights into COVID-19.
- They are using antibody testing, a survey on the pandemic's impacts, and collection of electronic health record information.
- Analyzing this data may help reveal the origins of entry, speed and impact of COVID-19 in the U.S.



- Antibody testing uses blood samples and is different from the nasal swab tests that health care providers commonly use to detect active infection.
- Antibody tests are usually done with people who do not currently have symptoms, to find out if they had the virus in the past.

- They have about 350,000 participant partners across the country and All of Us will enable the research community to answer some of today's most critical questions.
- Informing people of future preparedness efforts is something they also want to accomplish.
- All of Us will test blood samples from 10,000 or more participants who joined the program most recently. They are starting with samples from March of 2020 and working backward until positive tests are no longer found.
- These efforts are an important step toward helping researchers learn more about COVID-19 symptoms and its impact on different communities across the U.S.

Source: nih.gov



## DEALING WITH LOSS FROM COVID-19

## ACKNOWLEDGE THE LOSSES



Allow yourself the time to grieve for the lives lost as well as other personal losses. Grieving takes time and looks different for everyone. It may take longer to process grief and recover during a pandemic.



The COVID-19 pandemic has brought us many losses. The loss of loved ones is overwhelming. Many of us have experienced losses in our day-to-day lives, through jobs or housing, and within our social lives.

## FIND SUPPORT



Reach out to family and friends and talk about your feelings.

Ask for help from spiritual and mental health providers or traditional healers while you grieve.

## How do we move forward?

## BOOK, "ONEIDA LIVES," AN ONEIDA HISTORY FROM 1939 TO 1946.

RECORDED ORAL HISTORIES OF THE ONEIDA ELDERS LIVING IN WISCONSIN. THE WPA PROJECT WAS LED BY MORRIS SWADESH AND FLOYD LOUNSBURY. OVER 50 NAMES FROM THE PAST HAVE THEIR STORIES INCLUDED IN THIS PROJECT. READ THE BOOK, LOOK FOR YOUR RELATIONS' NAME, ENJOY THE INFORMATION FROM THEIR PERSPECTIVE THAT THEY SHARED ABOUT THEIR LIVES, HARD TIMES AND GOOD TIMES.

WE HAVE RENTAL BOOKS AVAILABLE FOR CHECKING OUT AND THE FIRST PERSON THAT CALLS 930-9210 AND REQUESTS THIS PARTICULAR BOOK, WILL BE SENT A FREE COPY TO KEEP. LEAVE YOUR NAME, ADDRESS, AND PHONE NUMBER.

## Today's Little Chuckle

What kind of balls don't bounce?

Eyeballs!

