

## March:

- Availability: COVID-19 Vaccines
- National Nutrition Month
- Severe Weather Preparedness Month
- Poison Prevention Week, March – 21-27
- Living Well Month (Calendar Enclosed)

## 7 Prayers for MARCH

1. May your health improve.
2. May your friends be blessed.
3. May your family be loved.
4. May your finances multiply.
5. May your pains be less.
6. May your worries disappear.
7. May you be blessed.

Amen

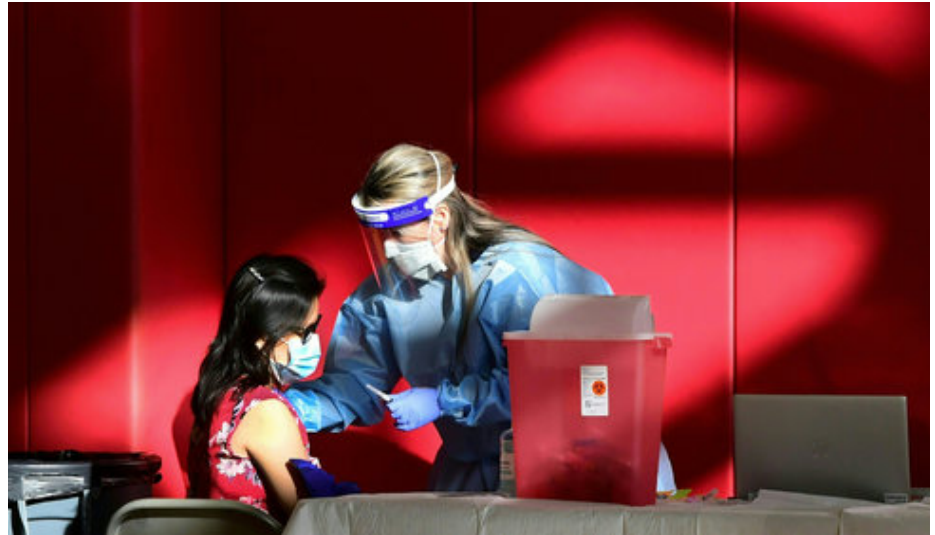
Oh, taste and see that the Lord is good; Blessed is the man who trusts in Him!

Psalms 34:8

*In His Service,  
H-3 Ministry*



256.766.9958  
[info@tmbcal.org](mailto:info@tmbcal.org)  
606 S. Marietta Street  
Florence, AL 35630



## HOW TO SIGN UP FOR A COVID-19 VACCINE IN YOUR STATE

The COVID-19 vaccines are here, but if it's your turn to get vaccinated, how are you supposed to sign up?

The answers vary by place, so NPR created a tool to help you understand how things work in your state and connect you with local resources. And we're sharing guiding principles and advice for navigating the process below.

Search for your state below. (There are a few large cities with their own immunization plans that you'll find on our list as well.)

Please note that the information in this tool is subject to change, as states roll out new processes and new providers get the vaccine. Always check with your state health department for the latest guidance.

You may register for COVID-19 vaccine at the website below:  
<https://alcovidvaccine.gov/>

## ADVICE FOR NAVIGATING A PATCHWORK SYSTEM

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It helps to understand how the system works as you set out to get the vaccine. Here are some tips to keep in mind as you proceed.

**1. First, understand the big picture.** As you try to navigate the vaccine system in your state, be aware that there are multiple points of entry for those seeking a vaccine. Although the federal government pays for [and distributes](#) the vaccines, it's up to state and local health departments and the private sector — hospitals, clinics and pharmacies — to actually schedule and give out the shots.

In many states, the different systems don't talk to one another. So when it's your turn to get signed up for a shot, you may need to look for available appointments in all three of these separate streams, depending on your state.

**2. Keep an eye on pharmacies.** In addition to sending vaccines to states, the government is sending vaccines directly to chain pharmacies through the [Federal Retail Pharmacy Program](#), which launched in early February.

Find out which pharmacies in your area are giving out vaccines by using [the CDC's VaccineFinder tool](#), which [launched Feb. 24](#). VaccineFinder is designed to show up-to-date information about which local pharmacies have doses in stock, and you may be able to book an appointment online, directly with the pharmacy, if you're eligible in your state.

In most states, this tool only shows pharmacies that get vaccine directly from the federal government so there may be additional pharmacies with vaccine — check your state in our tool for ways to search for those. In Alaska, Indiana, Iowa and Tennessee, you can see the complete list of providers using VaccineFinder, and more states are expected to include complete lists in the coming weeks.

**3. Remember the vaccine is free.** You can get it if you don't have insurance. If you are insured, your insurance is required to cover the costs of administering the shot. Make sure to have your health insurance info handy in case when looking for an available slot in case that information is needed to register.

**4. Be patient and persistent.** There are not enough doses available right now for people who are currently eligible and demand is generally high, so you might have to persevere.

It can certainly be frustrating: Hotlines can be jammed. Sign-ups can fill up the minute they open. Providers don't always schedule second doses, leaving people who succeeded in getting an initial appointment to scramble to set up their second dose within the [recommended window](#).

Even insiders are struggling with the chaotic system. Claire Hannan, who runs the [Association of Immunization Managers](#), could barely figure out how to get a shot for her dad in Maryland. "He's on the pre-registered waiting list for our county since Jan. 15, and we haven't heard one thing," she says. "Who could possibly be ahead of him? He's 95!" (She was ultimately able to get him vaccinated in another county.)

If you're feeling exasperated, remember that because of the patchwork nature of the system, local health departments don't have all the answers.

"They don't universally have access to the systems that tell you where vaccine is within their jurisdiction," explains [Adriane Casalotti](#), chief of government and public affairs at the National Association of County and City Health Officials.

**5. Look for local advice.** Some tips that can help you find a slot are specific to a local area or state. You can find local guides from the media or places like [AARP](#) and [GoodRx](#). Follow your state and local government on social media for specific tips where you live and maybe news about mass vaccination sites opening up with available slots.

Also search for Facebook groups — like [this one in South Florida](#) or [this one in Oklahoma](#) — and other local volunteer efforts that have sprung up to try to help folks navigate all of this.



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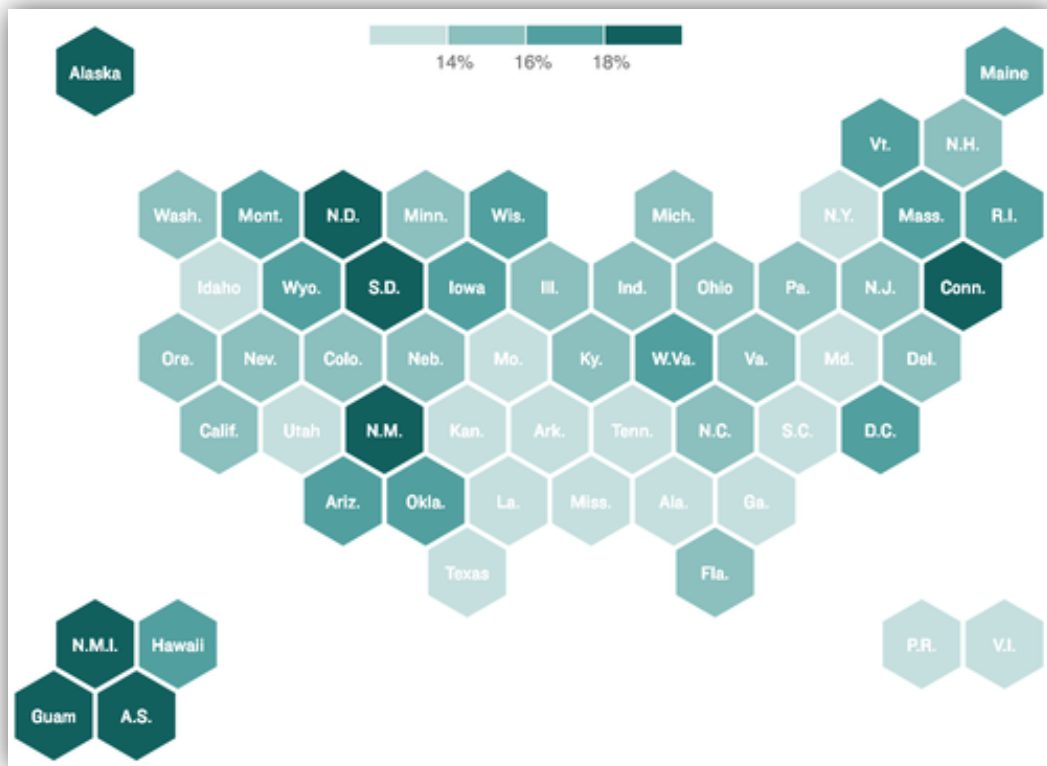
## IS A BETTER SYSTEM COMING?

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From the current state of affairs, it seems obvious that health officials should have realized that once vaccines were out, they were going to need an effective and equitable way to bring people in to get their shots. But immunization managers across the country had their hands full getting ready to mobilize quickly for the coming vaccines, says Hannan.

The vaccine distribution patchwork is not easy to fix because it's a reflection of the patchwork health care system, a mix of public providers like health departments and private providers like hospitals and clinics that don't always play nice together.

"I can't tell you how complicated it is to have a federally financed vaccine being distributed through a state-based system, with a health care system that's private-sector based," Hannan says. "These three things are completely separate and operate in their own kingdoms. So, trying to marry all of this and to track it in real time with data connections? It's incredible that we are where we are."



SHOTS - HEALTH NEWS  
 HOW IS THE COVID-19 VACCINATION CAMPAIGN GOING IN YOUR STATE?

A central promise of the Biden administration was to offer more assertive federal leadership over the COVID-19 public health response. Recently, officials have acknowledged the confusion and promised they're "[looking at various options](#)" for something more clear and centralized.

The launch of the CDC-backed VaccineFinder to help people find providers near them with vaccine in stock is helpful, but doesn't solve the sign-up problem — people still need to reach out to each clinic or pharmacy individually to try to book an appointment.

In all likelihood, the patchwork of public and private sign-up systems will continue. "At this point, it's probably too late in the game to set up a system to connect everything," Hannan says. "So it's really almost better to just communicate to people: 'Here's where the vaccine's going and here's what you need to do.' [Right now,] we're not even doing a great job of that."

It is worth noting: the patchwork might not be pretty, but people are getting vaccinated — more than [66 million doses](#) have gotten into people's arms so far. More than a million shots are given [on average every day](#) across the country.

And more and more vaccine is coming. "I feel like we're turning a corner," Hannan says. With a promising production outlook and "[potentially another vaccine coming on](#)," I feel like we're in a good place — I do."

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# NATIONAL NUTRITION MONTH®

## 2021 WEEKLY KEY MESSAGING

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### WEEK ONE: EAT A VARIETY OF NUTRITIOUS FOODS EVERY DAY!

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- ✓ Include healthful foods from all food groups.
- ✓ Hydrate healthfully.
- ✓ Learn how to read Nutritious Facts Panels.
- ✓ Avoid distractions while eating.
- ✓ Take time to enjoy your food.

### WEEK TWO: PLAN YOUR MEALS EACH WEEK!

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- ✓ Use a grocery list to shop for healthful foods.
- ✓ Be menu-savvy when dining out or ordering takeout.
- ✓ Choose healthful recipes to make during the week.
- ✓ Fuel for school or work with a healthful breakfast.
- ✓ Enjoy healthful snacks.

### WEEK THREE: LEARN SKILLS TO CREATE TASTY MEALS!

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- ✓ Keep healthful ingredients on hand.
- ✓ Practice proper home food safety.
- ✓ Share meals with people who live with you or virtually, when possible.
- ✓ Reduce food waste.
- ✓ Try new favors and foods.

### WEEK FOUR: CONSULT A REGISTERED DIETITIAN NUTRITIONIST (RDN)!

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- ✓ Ask your doctor for a referral to an RDN.
- ✓ Receive personalized nutrition advice to meet your goals.
- ✓ Meet RDN's in a variety of settings throughout the community or via telehealth.
- ✓ Find an RDN who is specialized to serve your unique needs.
- ✓ Thrive through the transformative power of food and nutrition.



Severe weather can encompass flood, heavy rains, tornadoes, thunderstorms and lightning, tsunamis, and wildfires. March is the official start of Severe Weather Preparedness Month – to help you prepare, we put together resources and tips:

- Be prepared for severe weather that frequents your area in advance.
- Have a communications plan in place.
- Have an emergency supplies kit ready for places you frequent the most (home, work, car).
- Review your insurance policy to ensure proper coverages are in place.
- Heed warnings from local officials.
- Understand your responsibilities as a policyholder post-disaster.
- To join in the conversation online, use or look up hashtags
  - #SevereWxPrep
  - #GetReady
  - #PrepareAthon

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## POISON PREVENTION AWARENESS MONTH – MARCH 2021

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Poison Prevention Awareness Month takes place every March and it might be more important than you realize. Poisoning from the Mayo Clinic is defined as an injury or death due to swallowing, inhaling, touching, or injecting various drugs, chemicals, venoms, or gases. It sounds like a distant concept, but the fact of the matter is that most poisonings occur in the home. Smoke inhalation is the most common cause of acute poisonings. Inhalation of carbon monoxide, hydrogen cyanide, and other toxic substances make it a silent killer.

## HOW TO OBSERVE POISON PREVENTION AWARENESS MONTH

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- **Learn your poisons** - It's critical to change the mindset surrounding poisons. Learn what items in your house could be potentially toxic and how to best handle them. Everything from medicines to charcoal lighter and insect sprays can have devastating effects if they aren't handled properly.
- **Child safety** - If you have children, or if they spend time at your house, make sure that they know about poison safety as well. Children can get into products with dangerous chemicals and it's important that they are equipped with the proper information. Also, take preventative measures to ensure that your house is safe by child-locking cabinets that have chemicals and medicines.
- **Pet safety** - We also need to look out for our pets. Since animals don't have the ability to communicate with us, learn the poisoning symptoms that you need to look out for. Breathing irregularities and sickness, diarrhea, agitation, and heart issues are all possible signs that could require intervention. You know your pets better than anyone, and if you have any concerns, don't hesitate to call Animal Poison Control (APC) at (888) 426-4435.

## FOUR FACTS ABOUT POISON PREVENTION AWARENESS MONTH

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- Deaths per day - 87 people die every day from unintentional poisoning.
- Everything is poisonous - Almost anything can be poisonous if too much of it is ingested.
- The victims - Children are the major victims of poisoning
- Teen danger - Teens have a high risk of death when using household products to get "high".

## WHY POISON PREVENTION AWARENESS MONTH IS IMPORTANT

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- It's easy to forget - When we use our household items, the last thing on our minds is that they could be potentially dangerous. Poison Prevention Awareness Month draws attention to the fact that this carelessness could have disastrous repercussions.
- Children - It's one thing for adults to be forgetful, but the most at-risk people are children. This month forces us to think more broadly and to take preventative measures to make sure our children are safe.
- New information - Medical science is constantly learning more about poisons and the best way to prevent them. It's the perfect time to brush up not only on the standard facts, but to identify any new information that has been discovered to better guard against poisonings.

# LIVING WELL

## calendar

<p><b>1</b></p> <p>Have dinner with your family, friend, or neighbor with no smart devices.</p>	<p><b>2</b></p> <p>Volunteer one-hour of your time to help someone else</p>	<p><b>3</b></p> <p>Practice being still for 5 minutes today</p>	<p><b>4</b></p> <p>Go the extra mile today. Find a way to get more steps into your day than you normally would</p>	<p><b>5</b></p> <p>Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)</p>	<p><b>6</b></p> <p>Try a new vegetable today or try a familiar vegetable in a new way</p>
<p><b>7</b></p> <p>Take 5 minutes to do some flexibility exercises today</p>	<p><b>8</b></p> <p>Swap one sugar sweetened drink for water today</p>	<p><b>9</b></p> <p>Give 3 compliments today</p>	<p><b>10</b></p> <p>Write down 5 blessings or things you are grateful for</p>	<p><b>11</b></p> <p>Do 10 body-weight squats</p>	<p><b>12</b></p> <p>Do some research to educate yourself on a religion that is different than yours</p>
<p><b>14</b></p> <p>Reach out to someone you care about. Make a date to get together.</p>	<p><b>15</b></p> <p>Be well at work—Set goals for your career and start taking steps to achieve them</p>	<p><b>16</b></p> <p>Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same</p>	<p><b>17</b></p> <p>Explore public events in your community and discover ways to get involved</p>	<p><b>18</b></p> <p>Find a book to read</p>	<p><b>19</b></p> <p>Do some research to learn about a people group that is different than yours</p>
<p><b>21</b></p> <p>Declutter, donate, and recycle things you don't need</p>	<p><b>22</b></p> <p>Find an opportunity to appreciate nature today</p>	<p><b>23</b></p> <p>Nurture your spiritual wellness. Ask yourself what values, principles, and beliefs are most important to you</p>	<p><b>24</b></p> <p>Do 10 pushups (or modified pushups) today</p>	<p><b>25</b></p> <p>Take a mental health break at work and go for a walk outside or in the hallways</p>	<p><b>26</b></p> <p>Instead of watching a 30 min show tonight, do a 30 min workout (walk in place, stretch, YouTube video, etc.)</p>
<p><b>28</b></p> <p>Work on a budget. Meet with someone who specializes in helping people with their finances</p>	<p><b>29</b></p> <p>Have a plant-based meal today</p>	<p><b>30</b></p> <p>Know your numbers-scheduled a preventative health wellness check with a doctor</p>	<p><b>31</b></p> <p>Find a way to help someone in need</p>	<p><b>27</b></p> <p>Get outside and soak up some vitamin D. Find a park or trail to take a walk on</p>	<p><b>20</b></p> <p>Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment</p>

# MARCH Living Well™

### Resources:

- <https://www.npr.org/sections/health-shots/2021/02/18/967448680/how-to-sign-up-for-a-covid-19-vaccine-in-your-state>
- <https://www.eatright.org/food/resources/national-nutrition-month>
- <https://www.adjustersinternational.com/newsroom/march-is-severe-weather-preparedness-month>
- <https://nationaltoday.com/poison-prevention-awareness-month/>
- <https://heartcs.memberclicks.net/assets/2021-March-Living-Well-Calendar.pdf>