

# Montgomery Meadows Newsletter

Volume 4 / Issue 2

Second Quarter 2021

## BOARD OF DIRECTORS

**President**                      **Debbie Perez**

**Vice President**              **Harry Jackson**

**Secretary**                      **Gretchen Wilder**

**Treasurer**                      **Carlos Perez**

### **Email the Board of Directors**

board@montgomerymeadows.com

## BOARD MEETINGS

2<sup>ND</sup> THURSDAY OF EACH MONTH

### **JOIN THE ONLINE MEETING:**

<https://join.freeconferencecall.com/brendalanier7>

**Online Meeting ID: brendanier7**

**Dial-in number: (425) 436-6352**

**Access code: 315277#**

### TRASH PICK-UP

Tuesdays & Fridays

**MUST BE PLACED IN A**

**SECURE CONTAINER WITH A LID**

**AFTER 7:00 pm on Mondays & Thursdays**

### RECYCLE PICK-UP

Tuesdays

**MUST BE PLACED IN A**

**GREEN RECYCLE BIN**

**AFTER 7:00 pm on Mondays**

### "ON DEMAND BULK PICK-UP PROGRAM"

**Schedule a Pick-Up 301-258-6370**

### Community Association, Inc.

15742 Crabbs Branch Way

Rockville, MD 20855

P: (301) 258-7711 F: (301) 258-8362

### Community Manager

Josie Wells - (301) 258-7711 ext.150

### Assistant Community Manager

Brenda Lanier – (301) 258-7711 ext. 180

## **PRE-REGISTER FOR THE COVID-19 VACCINE AT MONTGOMERY COUNTY OPERATED CLINICS**

### PREREGISTER

You must preregister to make an appointment. See eligibility groups: <https://www.montgomerycountymd.gov/covid19/vaccine/#priority-groups>. Please pre-register online. If you need help with the form, call 240-777-2982.

### MAKE AN APPOINTMENT

When they have doses available, they will contact you to make a vaccine appointment. This may take some time.

They will send you an email or text message with a link for scheduling your appointment, and a list of available clinic dates, locations, and times. The email will come from [c19vaccination@montgomerycountymd.gov](mailto:c19vaccination@montgomerycountymd.gov). Your appointment link will be **just for you**. Do not share it with other people.

### GET VACCINATED

**All vaccinations are by appointment only — no walk-ups.**

To find out what to expect at your vaccine appointment, go to: <https://www.montgomerycountymd.gov/covid19/vaccine/appointment.html>

**SECOND DOSES:** No need to preregister for your second dose! About three weeks after you get your first dose, they will contact you for your second dose appointment. The email will come from: [c19vaccination@montgomerycountymd.gov](mailto:c19vaccination@montgomerycountymd.gov).

### YOU MAY FEEL SIDE EFFECTS

After you get your shot, you will sit for 15 minutes. You will be in a group with other people who have just gotten their shots. You will be socially distanced. If you have an immediate reaction, their medically trained staff will help you right away!

You may feel pain at your shot site, tired, muscle aches, joint pain, headaches, and/or chills.

**If you have an unexpected reaction, report it through the Vaccine Adverse Event Reporting System (VAERS). If you need help with reporting to VAERS, email [info@VAERS.org](mailto:info@VAERS.org) or call 1-800-822-7967.**

### WHAT DO I DO IF I DO NOT HAVE ACCESS TO A COMPUTER?

If you are eligible to preregister and do not have computer access, ask a family member or friend to help you complete the online form. You can also call the Preregistration Helpline for assistance at **240-777-2982**. Staff are available to callers in English and Spanish. **The Helpline is open seven days a week from 8 a.m. to 6 p.m. This line is for preregistration only.**



If you have general questions about vaccinations and COVID-19, call **240-777-1755**. **If you do not have an email address or a phone that can receive text messages, they will call you when it is your turn to make an appointment.**

## WHERE CAN I GET MY VACCINE?

Each county is progressing along their vaccination plan at a different pace based on population size and the availability of the vaccine. Below is a list of the current vaccination sites available in each county.

**Please note that any Marylander who's eligible can register for a vaccine at a mass vaccination site. However, for all other vaccination sites, please be sure to ONLY SCHEDULE AN APPOINTMENT IN THE COUNTY IN WHICH YOU LIVE OR WORK.** If you schedule an appointment in another county, your appointment will likely be cancelled, or you may be turned away.

### STATEWIDE MASS VACCINATION SITES:

- [The Baltimore Convention Center:](#)
  - Individuals needing assistance to register for a vaccine appointment at the Baltimore Convention Center Field Hospital can call (443) 462-5511 from 9 a.m. to 4:30 p.m., Monday through Friday.
- [Six Flags America Theme Park](#)
- [M&T Bank Stadium:](#) (855) 634-6829

**COVID-19  
Vaccines:**  
Your questions, answered



### MONTGOMERY COUNTY:

- [Montgomery County Health Department :](#)
  - Montgomery County Health Department is currently vaccinating Phase 1A, 1B and people 75+ who live or work in Montgomery County.
  - Residents must pre-register for a vaccine appointment using the pre-registration portal ([link above](#)) or by calling 240-777-2982. Once you have pre-registered, the county will contact you and schedule your appointment as it receives COVID-19 vaccines from the Maryland Department of Health.
- [Adventist HealthCare Shady Grove COVID-19 Vaccine Clinic :](#) (240) 826-4636
  - At this time, Adventist Health community vaccination clinics are open only to those who meet the state's Phase 1A, 1B and those 65 years and older in 1C ONLY.
- [Adventist HealthCare Takoma Park Campus COVID 19 Vaccine Clinic :](#) (240) 826-4636
  - At this time, Adventist Health community vaccination clinics are open only to those who meet the state's Phase 1A, 1B and those 65 years and older in 1C ONLY.
- [Holy Cross Hospital](#)
  - Holy Cross Health is prioritizing Phases 1A and 1B and will open vaccine appointments to Phase 1C in the future depending on the availability of vaccines and progress vaccinating higher priority groups.
- [Johns Hopkins Medicine](#)
  - Johns Hopkins' Maryland hospitals received an extremely small number of vaccines this week from the State of Maryland to distribute to eligible patients and health care workers as outlined in Phases 1A-C
- [MedStar Montgomery Medical Center](#)

- **CCI Health & Wellness Services:**

- CCI Health and Wellness Services is offering the COVID-19 vaccine to its established patients following the state of Maryland's vaccine schedule.
- CCI is currently vaccinating patients in Phase 1B; if you are an existing patient eligible for vaccination, they will reach out to you directly to schedule an appointment.

- **CVS Bethesda, CVS Wheaton**

- **Giant Food Bethesda** : (301) 530-3271

- **Giant Food Burtonsville** : (301) 421-4493

- **Giant Food Gaithersburg** : (301) 208-8204

- **Giant Food Silver Spring** : (301) 565-0575

- **Safeway Rockville , Safeway Wheaton**

- **Walgreens Bethesda , Walgreens Gaithersburg , Walgreens Germantown , Walgreens Olney**

- **Walgreens Rockville** (multiple locations)

- **Walgreens Potomac , Walgreens Silver Spring** (multiple locations)

- **Walgreens Takoma Park**



#### **FREDERICK COUNTY:**

- **Frederick County Health Department :**

- Frederick County Health Department is currently vaccinating Phases 1A, 1B, and those in the 65-74\* age group who live or work in Frederick County.
- Process for 65-74 Group\*: They will start by offering appointments to people born in or before 1947 who have pre-registered through their Vaccine Interest Form. People will be contacted in alphabetical order by first name. Then they will offer appointments to people born in or before 1948, and so on down to 65 years old. Those interested must submit a **vaccine interest form** using the online portal. Once you have pre-registered, the county will contact you and schedule your appointment as it receives COVID-19 vaccines from the Maryland Department of Health.
- If you or someone you know cannot complete the Frederick County COVID-19 Vaccine Interest Form please call the Frederick County COVID-19 Appointment Line; Monday - Friday 8AM - 5PM **English: (301) 600-7900 / Spanish: (301) 600-7905**

- **CVS Urbana** : (800) 746-7292

- **Giant Food Frederick** : (301) 815-2201

- **Walgreens Frederick** (multiple locations)

You can also follow the below link to **Maryland Vaccine Hunting** for tips to assist in locating an appointment.

**[https://docs.google.com/spreadsheets/d/1\\_eSA3f56vCRPxII7Lwzx9Y6vqNGKZKS4af9uU3znAus/edit#gid=0](https://docs.google.com/spreadsheets/d/1_eSA3f56vCRPxII7Lwzx9Y6vqNGKZKS4af9uU3znAus/edit#gid=0)**

**Maryland priority phase link:** **<https://covidlink.maryland.gov/content/vaccine/>**

**Montgomery County priority phase link:** **<https://www.montgomerycountymd.gov/covid19/vaccine/index.html#priority-groups>**



## Improve How Your Mask Protects You

Correct and consistent mask use is a critical step everyone can take to prevent getting and spreading COVID-19. Masks work best when everyone wears them, but not all masks provide the same protection. When choosing a mask, look at how well it is, how well it filters the air, and how many layers it has.

### Two important ways to make sure your mask works the best it can.

1. Make sure your mask fits snugly against your face. Gaps can let air with respiratory droplets leak in and out around the edges of the mask.
2. Pick a mask with layers to keep your respiratory droplets in and others' out. A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.

### DO:

- 2-ways to layer - Use a cloth mask that has multiple layers of fabric. Wear one disposable mask underneath a cloth mask. The second mask should push the edges of the inner mask against your face. Make sure you can see and breathe easily.
- Choose a mask with a Nose Wire - A nose wire is a metal strip along the top of the mask. Nose wires prevent air from leaking out of the top of the mask. Bend the nose wire over your nose to fit close to your face.
- Use a mask fitter or brace over a disposable mask or a cloth mask to prevent air from leaking around the edges of the mask.
- Check that it Fits Snugly over your nose, mouth, and chin - Check for gaps by cupping your hands around the outside edges of the mask. Make sure no air is flowing from the area near your eyes or from the sides of the mask. If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.
- Knot and Tuck ear loops of a 3-ply mask - Knot the ear loops of a 3-ply face mask where they join the edge of the mask. Fold and tuck the unneeded material under the edges.
- Dispose face masks and gloves properly - Remove mask from behind (do not touch the front of mask). **Discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water.**

### DO NOT:

- Combine two disposable masks - Disposable masks are not designed to fit tightly and wearing more than one will not improve fit.
- Combine a KN95 mask with any other mask - Only use one KN95 mask at a time. The KN95 masks filters 95 percent of aerosol particulates and is made from several synthetic material layers and intended to be worn over the mouth and nose.
- **Discard face masks and gloves in the community - This is dangerous because the protective gear could be infected and spread coronavirus if someone picks them up to toss in trash cans.**