Oregon Behavioral Health Support Program

Member Newsletter

Issue 3: April 2021



Spring is Here

The trees are blooming, the birds are singing and the days are getting longer. Spring is a time of hope and renewal. The pandemic continues, but more and more people are being vaccinated every day. We have included updates from the Centers for Disease Control and Prevention (CDC) about what to do, and not do, after you've been vaccinated. Also see tips on making new friends and a profile of one of our members with a talent for music.

We wish you well and please reach out with any questions.

After COVID-19 Vaccination

Every day, more Americans receive their COVID-19 vaccine, but that doesn't mean we should stop taking precautions. The CDC advises we still wear masks inside public places. This includes while shopping and riding buses or trains. We should continue to keep a distance of at least six feet between ourselves and others. Also, we should avoid larger gatherings of people.

You are fully vaccinated if it has been two weeks or more since your second Pfizer or Moderna shot, or at least two weeks after the single Johnson & Johnson shot. Once fully vaccinated, the CDC says it is OK to:

- Visit fully vaccinated friends or family in a home without masks
- Travel in the U.S. without having to quarantine after

Read the latest on COVID-19 and vaccine news on the CDC's website:
https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html

Comagine Health

How to Make New Friends

Many Oregon Behavioral Health Support Program (OBHSP) members share that they'd like to make more friends or learn how to be a good friend. Some include this as a treatment plan goal. Below are some tips about making new friends.

- **Make eye contact**
- **Be helpful**
- **Smile**
- **Be kind**
- **Ask questions**
- **Share**



OBHSP Member Success Story

Irene "Princess Rose" Kesterson loves music, her family and animals. She plays piano every day and enjoys singing at church. Her favorite types of music are "church music" and classical. Tchaikovsky, Beethoven, Bach and Mozart are her favorite composers.

As an OBHSP member, Princess Rose worked with a Comagine Health case manager to create a person-centered service plan. She set a goal to learn three new songs on the piano to perform for her local church. Due to COVID-19 restrictions, she has been unable to perform for her church. Instead, she shared a video with us of her playing while singing: https://youtu.be/uomP34B0lyo

Comagine Health staff enjoyed her performance and applaud her for her dedication and skill.

We're Here for You

We're here to support you. Please contact us with any questions or concerns.

- Call us at 888-416-3184.
- If you use TTY/TDD, you can call us by dialing 711 and then our phone number: 888-416-3184.
- Send an email to ORBHSupport@comagine.org.
- Send us a message by using our contact form: https://comagine.org/program/oregon-behavioral-health-support/contact



Translation

This newsletter is also available on our website in Spanish: https://comagine.org/resource/1524 and English: https://comagine.org/resource/1523

If you would like a copy in another language, please let us know by email us: ORBHSupport@comagine.org.