# Washington State Family to Family Health Information Center

## Newsletter #11 – January 2022

## COVID-19 Updates

* [A new study from the Commonwealth Fund](https://www.commonwealthfund.org/publications/issue-briefs/2021/dec/us-covid-19-vaccination-program-one-year-how-many-deaths-and) estimates that U.S. Vaccination Efforts have prevented 1.1 million deaths and 10.3 million hospitalizations.

## January 2022 Calendar

All events are free and, unless noted, on-line

[Clallam Resilience Project Meeting](https://www.familyvoicesofwashington.org/event/clallam-resilience-project-meeting/?instance_id=634) – Jan. 4th

[Spanish Language Radio Program from Kindering on KKMO](https://www.familyvoicesofwashington.org/event/una-serie-especial-de-radio-en-espanol-de-kindering-7/?instance_id=630) – Jan. 4th

[Sibling Support Webinar](https://www.familyvoicesofwashington.org/event/sibling-support-7-simple-strategies-for-parents-to-connect-with-their-typically-developing-kids/?instance_id=619) – Jan. 4th

[Advocating for Equity Pierce County](https://www.familyvoicesofwashington.org/event/advocating-for-equity/?instance_id=644) – Jan. 5th

[Calling Autistic Parents King County](https://www.familyvoicesofwashington.org/event/calling-autistic-parents/?instance_id=353) – Jan. 9th

[Equity in Healthcare for People with Disabilities](https://www.familyvoicesofwashington.org/event/u-s-access-board-webinar-equity-in-healthcare-for-people-with-disabilities/?instance_id=632) – Jan. 12th

[Pediatric Complex Care Seminar: Shared Decision Making](https://www.familyvoicesofwashington.org/event/pediatric-complex-care-seminar-shared-decision-making/?instance_id=633) – Jan. 13th

[King County School to Work](https://www.familyvoicesofwashington.org/event/king-county-school-to-work-preparing-for-life-after-school/?instance_id=636) – Jan. 13th

[Sharing Down Syndrome in Pierce County](https://www.familyvoicesofwashington.org/event/sharing-down-syndrome-in-pierce-county-parents-night-in/?instance_id=229) – Jan. 14th

[Deafopia Events Seattle at the Museum of Flight](https://www.familyvoicesofwashington.org/event/deafopia-events-seattle-museum-of-flight/?instance_id=641) – Jan. 15th

[Telling Your Story with a Purpose Workshop](https://www.familyvoicesofwashington.org/event/telling-your-story-with-a-purpose-workshop-4/?instance_id=642) – Jan. 27th

[Youth Mental Health First Aid](https://www.familyvoicesofwashington.org/event/youth-mental-health-first-aid/?instance_id=635) – Jan. 28th

[STOMP Brunch and Learn “Need to Know” Webinar](https://www.familyvoicesofwashington.org/event/stomp-brunch-and-learn-need-to-know-webinar-series-for-military-families-2/?instance_id=613) – Jan. 28th

* According to the [Washington State Department of Health](https://www.coronavirus.wa.gov/news/covid-19-cases-spike-significantly-past-week), initial studies indicate that the COVID vaccine has reduced effectiveness against the Omicron variant, but still drastically reduces the symptoms and severity of the disease.
* New COVID cases are at [an all-time high across the U.S.](https://covid.cdc.gov/covid-data-tracker/#trends_dailycases), due in large part to Omicron’s increased transmissibility rate.
* A new, free tool, [WA Notify](https://www.doh.wa.gov/Emergencies/COVID19/WANotify), works on smartphones to alert users if they may have been exposed to COVID-19 without sharing any personal information.
* The Washington State Department of Health has [recommended that people receive the Pfizer or Moderna COVID vaccines over the Johnson & Johnson vaccine](https://www.doh.wa.gov/Newsroom/Articles/ID/3014/Pfizer-Moderna-vaccines-now-recommended-over-Johnson-Johnson). The rationale for the recommendation is due to the increased possibility of thrombosis and thrombocytopenia syndrome in Johnson & Johnson vaccine recipients.

## Prescription for Physical Activity for Children with Disabilities

[A picture containing text, yellow, transport, van

Description automatically generated](https://www.wahealthplanfinder.org/)A new report from the [American Academy of Pediatrics (AAP)](https://publications.aap.org/journal-blogs/blog/18985/Prescription-for-Physical-Activity-for-Children) reviews several ways in which children and youth with disabilities to be more active and engage in sports. The report provides tools to help children with disabilities find an activity that is fun and safe for them. Some of the tools and tips include:

* Ways to begin talking about physical activity
* Ways to create “physical activity prescriptions”
* Information about how physical activity and special education law are linked
* Outline of pre-participation physical evaluations
* Ideas for state, local, and community programs

The article is free to read.

Enrollment is Open Until Janurary 15th.