Q. Can you update us on COVID-19

A. There’s a lot of information (and misinformation) about COVID-19 and the vaccinations. The bottom line and to be brief is that COVID is real, the pandemic is real and the virus is very dangerous, especially to those at high risk. While there are a lot of reports about treatment and prevention, the only real prevention is to vaccinate with the goal of reducing the severity of the disease and transmission. You may have heard that there are now a few different strains of COVID and the newer strains are spreading more easily. So far, it doesn’t seem that the virus is making people sicker but the increase in spread is likely to cause more hospitalizations and put a big strain on our healthcare system. In addition, it does seem that the vaccines still offer protection, even against these new strains. The best way to curb these waves of infection is to get as many people vaccinated as possible.

Currently there are two vaccines that are available and cleared by the FDA: Pfizer (available for age 16 and up) and Moderna (for age 18 and up) are both similar. While the vaccines are new, the technology behind the development of these vaccines has been around for a number of years. That is how the vaccine was able to be developed in a relatively short period of time. The preliminary studies show that both vaccines have a very high rate of protection and no one who had received the vaccine developed any severe illness from COVID. The unknown is just how long the immunity will last and, as a result, whether a booster will be needed. At this time, both vaccines are two doses given either 3 weeks apart (Pfizer) or 4 weeks (Moderna) and no booster has been suggested. The ages only have to do with who has enrolled in the studies and hopefully, further studies will include children younger than 16. Essentially, anybody who is able to get vaccinated, should. Even if you have had a history of COVID, the immunity from the infection lasts only 3-5 months and there are many cases now reported of reinfection with the virus. The only risk associated with the vaccination is for those who have had severe allergic reactions, especially to previous vaccines. Misconceptions about the vaccine, such as altering your genetics and potentially putting future children at risk or getting COVID from the vaccine is just not accurate. Vaccines don’t work that way. The vaccine is generally composed of parts of the virus particle that cannot cause any infection and allows the body to naturally develop antibody defenses to the virus to prevent infection or replication (virus making copies of itself and spreading in the body) thus preventing the disease and lowering transmission from person to person.

The future holds more promise as there are additional vaccines in the works. I know it is difficult right now to get the vaccine, even if you want to, due to current supplies. However, that will hopefully be corrected in the near future as more vaccine is produced and more vaccine manufacturers get their vaccines tested and approved. Hopefully, if we can get enough people vaccinated, we will see an end to this pandemic and a return to some sense of normality.

Stay Healthy!

Dr. Joseph Savitt, MD, Attending Pediatrician
What are Power Sensations and their Impact on Sensory Processing Difficulties?

Many of our residents exhibit different types of sensory processing and sensory integration difficulties. There are three main “power sensations” that are impacted by their development: vestibular, proprioceptive and tactile input. Our residents either exhibit sensory defensiveness/sensory avoiding/ sensory over-regulation and/or sensory under-registration/sensory seeking/ craving and/or sensory modulation difficulties. Therapists use their clinical observations and assessments, such as a Sensory Profile or other sensory-based assessments to determine exactly what is impacting the child’s brain development as associated with sensory processing and integration skills. For example, a resident with sensory defensiveness will protect their body from uncomfortable sensations, which results in a “fight or flight” response and sensory overload.

Parents Perspective:

Unconditional Love
Submitted By M.H.

Pain
And tears
Shattered dreams
Hopeless nights
Yet, I love you
Unconditional love.

Traches
And machines
G tubes
And pulse oximetry
Yet, I love you
Unconditional love.

Cognitively seemingly unaware
Do you even know I am here??
Yet, I love you
Unconditional love.

*Do you have a poem, article or inspirational story to share with your fellow Sunshine Families?
Send your submission to dsternhill@sunshinechildrenshome.org

Happy Birthday!
Yaakov 2/8 (2 yr.)
Shandy 2/11 (17 yr.)
Lazer 2/16 (1 yr.)
Moshe 2/20 (13 yr.)
Chaya 2/25 (2 yr.)

Making Sense of SPD

Construction Update:

Our construction is moving along nicely! We’re expect the building to be closed off and the walls set in place over next few weeks.
Next: work on interior designs!