

## Your Health is Important to Us

**Bridgeway's Medical Director, Dr. Czartorysky, shares important news about COVID-19, the vaccine, and staying safe over the next few months.**



*The vaccines are coming and it is important for all of us to get vaccinated. The research supporting the safety and efficacy of the vaccines is the best in the world and is built upon many years of careful study and research. When our turns comes, postponing or waiting for others to see how they do only prolongs the pandemic and the suffering that comes with it. If all of us decided to "wait and see" then how would the pandemic end?*

*More from Dr. Czartorysky inside ...*

### Bridgeway is Pro-Vaccine!

1. Cost will not be an obstacle. There is no charge for the actual vaccine.
2. If taken as prescribed - which is 2 injections, - weeks apart, the vaccines that are currently becoming available are demonstrating overwhelming effectiveness in the 90+% range.
3. The COVID vaccines **will not** give you the virus. You may have minor symptoms immediately after the injection, for example soreness at the injection site.
4. People are protected by being vaccinated but may still be exposed to the virus and be infectious to others.

We promise to keep you updated. We want to know how you feel about the decisions we are all facing related to the new COVID vaccines. Please share your feelings with your Bridgeway counselor.

Reach Bridgeway by calling 908-512-7400



Special thanks to Bridgeway staff.  
You are all superheroes!

Join Our Online Community!



[www.bridgewayrehab.org](http://www.bridgewayrehab.org)

# Grieving A Loved One During the Holiday Season

**If you have recently lost a loved one, try these suggestions for getting through the holidays:**

## **1. Offer Yourself Some Grace**

One of the best things you can do is give yourself permission to feel whatever it is you're feeling.

## **2. Be Kind to Yourself**

It's important that you get the rest and nourishment you need and try not to take on more than you can handle.

## **3. Ask For and Accept Help**

The holiday season is no time to feign strength and independence when you're grieving a death. You will need the help and support of others to get through, so don't feel as if you are a burden.

## **4. Find Support**

Sharing your feelings is often the best way to get through them and finding people you can talk to will help. One good option is to look for a grief support group. Your Bridgeway counselor can help you with this.

## **5. Make a Difference**

Many people like to help others in large or small ways during the holiday season. This can help us feel like we are contributing to the greater good. Likewise, helping improve the lives of others can help take the focus off your loss.

Keep in mind that the holidays are stressful for most people and they are rarely the "magical" gatherings depicted in greeting cards, movies, or on television. Try to embrace what you have rather than compare it to what you think others have.

As difficult as it seems, you will survive the holidays in one piece. Because of your grief, this holiday might prove to be a very difficult experience. However, you will get through it and come out on the other side stronger than before. You don't necessarily have to enjoy the holidays, but everyone at Bridgeway hopes you find peace.

Special thanks to [verywellmind.com](https://www.verywellmind.com)



- Putting up holiday decorations can help lift our spirits and help us cope with the pandemic.
- Research shows that partaking in rituals can help us process grief and give us a sense of control.
- Because the pandemic has caused so much anxiety and uncertainty in our lives, engaging in traditions—both old and new—can improve our well-being and bring back some cheer.
- Making hand-made gifts can provide an emotional boost to both the giver and the receiver!

## . . . Dr. Czartorysky continued

Some reminders, tips and suggestions:

We all know that wearing a mask protects ourselves and others. It is important to wear a mask made for this and not a scarf or shawl or some other piece of clothing as they are not protective. Keeping six feet apart even if masked is extra protection. Ventilation is important, outdoors is better, and the more time you spend in close company with someone else the greater the risk. If in doubt keep it well under 15 minutes.

Wiping down or washing groceries or packages is no longer recommended by the CDC but surfaces still matter for if someone sneezes or coughs on a surface and within an hour or two one touches that surface and then touches their mouth, nose or eyes they can get infected. So outdoors do not touch your face, nose or eyes with hands that may be contaminated until you get a chance to either wash them for 20 seconds with soap and water or use a good hand cleaner made for this purpose. A suggestion would be to use one hand to touch objects and the other hand to adjust your mask, etc.

Finally, discuss precautions with household members especially precautions outside the home so you can all be on the same page and not fear infecting each other.

***Stay safe during the holidays, find creative ways to be in touch, celebrate and stay safe. We wish you all a safe and healthy New Year!***



For Anthony Fauci M.D., director of the National Institute of Allergy and Infectious Diseases, there's one major worry about coronavirus vaccines - that not enough people will get them. Dr. Fauci will serve the new

administration as Chief Medical Advisor on Covid-19. After being named one of People magazine's People of the Year, the 79-year-old doctor recently told the magazine he has been trying to wrap his mind around his newfound status as a pop culture icon. He has seen his own image appear on everything from socks to the nations' best-selling bobblehead. Last April, Brad Pitt portrayed him on Saturday Night Live. "At the time, I had a vocal cord polyp and my voice sounded like Vito Corleone in The Godfather. He did a great job imitating me with that and pretty good job with the Brooklyn accent, too."

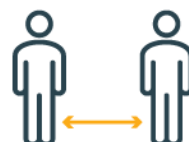
### Practice Self Care

- **Stay connected.** Initiate conversations with friends and family even if it has to be an online or phone connection!
- **Exercise.** For many people, exercise can be as effective as anti-depressants. Start by walking!
- **Prioritize sleep.** Keeping a regular sleep pattern helps regulate your circadian rhythm, and improve your mood!
- **Get support from a mental health professional.** If you are already struggling with the effects of the pandemic on your life, don't wait for the colder months to seek help for mental health concerns. Alert your Bridgeway clinician!

still  
CASES ARE RISING.  
**ACT NOW!**



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS

# Love, Hope, and Health in 2021



In 1967 The Beatles sang *All You Need is Love*. What a lovely idea!

We had lots of love in 2020. It was all around us. Just listen to NJ native Jon Bon Jovi sing *Do What You Can* about coping with the limitations and restrictions that the pandemic brought with it.

In 2021, we're going to need **big** doses of **hope** and **tons** of health!



Pitbull shares some ideas about facing fear and **believing** in *I Believe That We Will Win*. In her single *I Dare You*, Kelly Clarkson dares us to love, even when we're hurting and we think it's not enough. Let's give ourselves and each other love, hope, and health in 2021!



Department of Human Services  
New Jersey Resources 2020 - 2021



## Mental Health/ Addictions Hotlines

NJ Hopeline  
(suicide prevention)  
1-855-654-6735

NJ Disaster Mental Health  
Helpline  
1-877-294-4357

NJ Mental Health Cares  
1-866-202-4357

Addictions Access Center  
1-844-276-2777

NJ Addictions Hotline  
1-800-238-2333

NJ Connect for Recovery  
1-855-652-3737

NJ Quitline  
1-866-657-8677

Peer Recovery Warmline  
1-877-292-5588

ReachNJ (Addictions Helpline)  
1-844-732-2465

NJ Council on Compulsive  
Gambling  
1-800-426-2537

## Family Yoga



"Join us for this four-part series as we practice yoga, stretching, and breathing as a family to enjoy one another during the upcoming holiday season."

Instructor, Amy Spagnolo  
Chairperson, Bridgeway Board of Trustees



Slow down – Find Stability – Reenergize Your Spirits – Laugh and Connect!

Go to [www.bridgewayrehab.org/events.html](http://www.bridgewayrehab.org/events.html) to register for free January and February classes.

- 1. Stress Relief:** Yoga reduces the physical effects of stress on the body. By encouraging relaxation, yoga helps to lower the levels of the stress hormone cortisol.
- 2. Pain Relief:** Yoga can ease pain. Studies have demonstrated that practicing yoga asanas (postures), meditation, or a combination of the two, reduced pain for people with conditions such as cancer, multiple sclerosis, auto-immune diseases, and hypertension as well as arthritis, back and neck pain, and other chronic conditions.
- 3. Focus on the Present:** Yoga helps us to focus on the present, to become more aware, and to help create mind body health. It opens the way to improved concentration, coordination, reaction time, and memory.
- 4. Inner Peace:** The meditative aspects of yoga help many to reach a deeper, more spiritual and more satisfying place in their lives.

Download the 2020-2021 NJ Resources Directory

[https://www.state.nj.us/humanservices/dds/documents/RD/2021/RD\\_2020-2021-final-web.pdf](https://www.state.nj.us/humanservices/dds/documents/RD/2021/RD_2020-2021-final-web.pdf)

**Anonymous Compliance Hotline - If you suspect fraud, waste, or abuse  
Call 732-317-5098**

\* If you would like to be removed from our mailing list, please call 908-913-9666 or write to [erica.smith@bridgewayrehab.org](mailto:erica.smith@bridgewayrehab.org)