



*Sedgwick County...*  
*working for you*

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## Developmental Disability Organization

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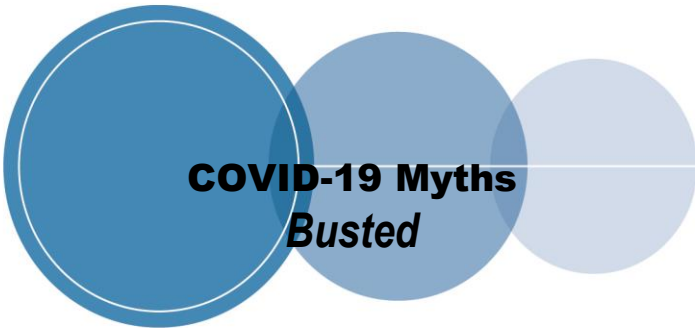
Current and former members of the Executive Council and the Sedgwick County Developmental Disability Community Council recently participated in a brainstorming session as part of the Kansas Leadership Center's #KSBeatsTheVirus initiative. Participants wanted to express appreciation to all the people working so hard to help individuals with intellectual/developmental disabilities (IDD) be safe during this pandemic; we have so much gratitude for everyone from group home or day staff, to teachers or daycare providers and countless others who have been essential in helping us all through this difficult time. From this meeting, the group decided to create and send out thank you postcards. We used artwork created by individuals with IDD in Sedgwick County for the front but left the back blank so you could write a personal thank you on them. These postcards are meant to be given to anyone who you feel has helped keep you/your family safe during the pandemic including people like:

- Direct Support Professionals
- Targeted Case Manager
- Postal Workers
- Medical Professionals
- Grocery Store Workers

We know that the pandemic has been hard on everyone so we hope that you take this opportunity to spread some light to those who made your life better. Hopefully 2021 will be a better year for all.

Warm Regards,

The Sedgwick County Developmental Disability Community Council



# COVID-19 Myths Busted

Myth: Getting the COVID-19 vaccine will make me sick.

*From Centers for Disease Control and Prevention*

**Fact: Like other vaccines, some people may experience mild side effects but they should go away in a day or two.** You cannot get COVID-19 from the vaccine.

Myth: The vaccine contains dangerous ingredients.

*From Cleveland Clinic*

**Fact: The ingredients for COVID-19 vaccines have been published by Pfizer and Moderna.** Both vaccines contain mRNA, lipids (fats) that deliver the mRNA into cells, and a few other common ingredients to maintain the stability of the vaccine. This information is available online. **COVID-19 vaccines do not contain microchips or any other type of tracking devices.**

Myth: The vaccine was developed too quickly and is not safe.

*From Cleveland Clinic*

**Fact: It is true that COVID-19 vaccines were developed in record time, using new mRNA technology.** Researchers have been working on this vaccine strategy for more than three decades; the technology has been developed over the last few years and has been tested in several models. The FDA and an independent panel of vaccine experts, scrutinized each vaccine and they have been deemed safe and effective for emergency use.

## Community Resources

**Food: Kansas Food Bank**  
Helps locate nearby food resources.  
Phone: (316) 265-3663

**Employment: Workforce Center**  
Helps with resume reviews, job searches, and more.  
Visit [www.workforce-ks.com](http://www.workforce-ks.com)

**Education & Childcare: ChildCare Aware of America**  
Advances the vision of high quality, affordable child care for all families.  
Phone: 1 (877) 678-2548

**Mental Health: COMCARE Community Crisis Center**  
Offers support 24/7 to anyone experiencing a mental health crisis.  
Phone: (316) 660-7500

**Kansas Stronger Together**  
Offers free counseling services to people in need.  
Phone: (316) 660-7570

**Project Connect**  
Helps individuals with developmental disabilities and those who care for them cope during this tough time.  
Phone: (888) 847-3209

**Personal Protective Equipment: Kansas Commission for the Deaf and Hard of Hearing**  
Offers visible PPE to qualified organizations.  
Contact: [Megan.Essary@ks.gov](mailto:Megan.Essary@ks.gov) or  
Phone: (785) 368-8034

**General Community Resources: United Way of the Plains**  
Offers various services to support community members in need.  
Phone: 211

**For more information:**  
[www.sedgwickcounty.org/covid-19](http://www.sedgwickcounty.org/covid-19)

