



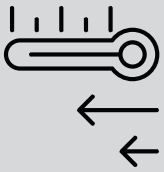
The Georgetown Village November 2024 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Book Club (10:30 am) @ GV ⁴</p> <p>Basic Training for Your Body (11:30 am) @ GV</p> <p>Mahjong (1 pm) @ GV</p> <p>Stronger Memory (4 pm) — online</p>	<p>⁵</p>	<p>⁶</p> <p>Meditation (11 am) @ GV</p> <p>Village Square Drop-In (every Wednesday, 12-4 pm)</p>	<p>⁷</p> <p>Basic Training for Your Body (11:30 am) @ GV</p> <p>Holiday Cocktails with Joseph Olchefske (5 pm) @ GV</p>
<p>¹¹</p> <p>Veteran’s Day — GV Office Closed</p>	<p>¹²</p> <p>Healthcare Discussion (10:30 am) — online</p> <p>GV Board Meeting (3 pm) — hybrid</p>	<p>¹³</p> <p>Meditation (11 am) @ GV</p> <p>Mahjong (1 pm) @ GV</p> <p>Genealogy Discussion (2 pm) @ GV</p>	<p>¹⁴</p> <p>Basic Training for Your Body (11:30 am) @ GV</p> <p>Tech Support (2-4 pm) @ GV</p> <p>Programming Committee Meeting (2 pm) — hybrid</p>
<p>¹⁸</p> <p>Basic Training for Your Body (11:30 am) @ GV</p> <p>Mahjong (1 pm) @ GV</p> <p>Stronger Memory (4 pm) — online</p>	<p>¹⁹</p> <p>Artificial Intelligence Discussion (2 pm) @ GV</p>	<p>²⁰</p> <p>Meditation (11 am) @ GV</p> <p>Men’s Lunch (12 pm) @ Pinstripes</p> <p>CCC: “The Measure of Our Age” with Author M.T. Connolly (5:30 pm)</p>	<p>²¹</p> <p>Basic Training for Your Body (11:30 am) @ GV</p> <p>Movie Night: <i>Lee</i> (5:15 pm) @ GV</p>
<p>²⁵</p> <p>Basic Training for Your Body (11:30 am) @ GV</p> <p>Mahjong (1 pm) @ GV</p> <p>Stronger Memory (4 pm) — online</p>	<p>²⁶</p> <p>Membership Committee Meeting (3 pm) — online</p>	<p>²⁷</p> <p>Meditation (11 am) @ GV</p>	<p>²⁸</p> <p>Thanksgiving Day — GV Office Closed</p>

FALL 2024 VACCINES

What are the options? **Who is eligible?** **How well do they work?** **When should I get it?**

INFLUENZA



A shot that targets 3 strains of seasonal flu

6 months+

Reduces the risk of going to the doctor by 40-60%

October is ideal, as vaccine protection wanes over a season

COVID-19



Updated vaccine formula targeting JN.1 or KP.2 – Omicron subvariants
Options: Moderna and Pfizer (mRNA) or Novavax (protein)

6 months+

40-60% additional protection against severe disease

Protection against **severe disease**: Get now

Protection against **infection**: Best to get it right before a wave, which can be challenging to time

Recently infected? Wait at least 4-6 months

RSV (OLDER ADULTS)



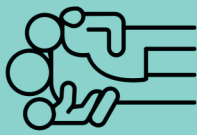
3 options: GSK and Pfizer (protein) or Moderna (mRNA)

This is **not** an annual vaccine. If you didn't get it last year, 60-74 years "may" get it and >75 years "should"

82-86% efficacy against severe disease

Now; no need to juggle timing as protection is durable

RSV (PREGNANCY)



Pfizer's vaccine called ABRYSVO

82% efficacy in preventing hospitalization in first 3 months of life. 69% efficacy after 6 months

32 to 36 weeks of pregnancy and only during Sept-January

RSV MONOCLONAL ANTIBODY



This is not a vaccine (doesn't teach the body to make antibodies) but rather a preventive medication (provides antibodies)

All infants <8 months if mother didn't get RSV vaccine during pregnancy. High-risk infants 8-19 months

Reduces risk of hospitalization by 80-96%

Protection lasts 4-6 months