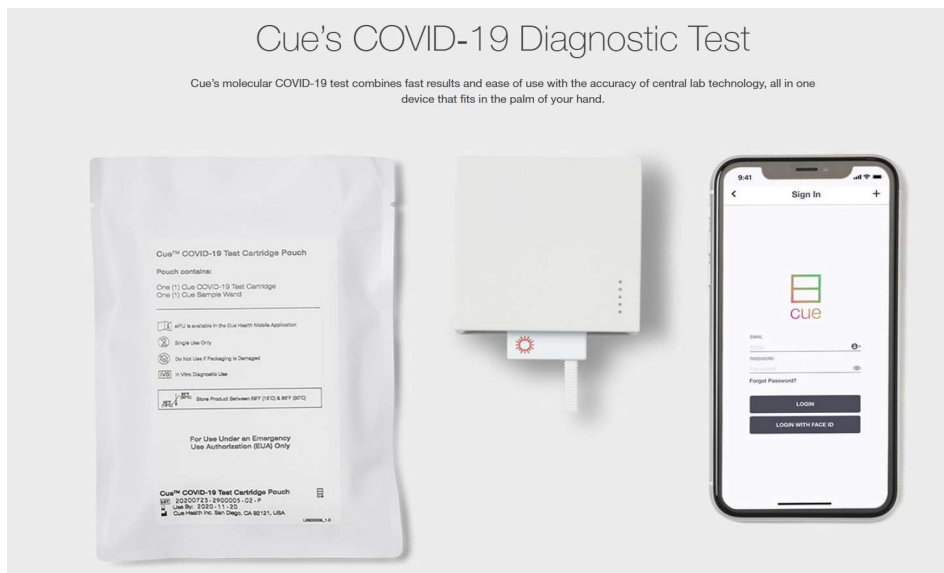


November 24th, 2021



THANKSGIVING, THURSDAY NOVEMBER 25TH CLOSED



Cue's COVID-19 test is the first molecular test authorized by the FDA for at-home, over-the-counter use, without a prescription.

The Medical Center is pleased to announce the addition of CUE's COVID-19 Diagnostic Test kit to our array of testing modalities. CUE's kit provides the Medical Center with the ability to satisfy International PCR-testing requirement. <https://cuehealth.com/solutions/healthcare/>, <https://cuehealth.com/products/how-cue-detects-covid-19/>

In addition, we continue to monitor international testing requirements. Canada is poised to transition from PCR to Rapid Antigen testing November 30th, 2021 for those individuals who travel out of the country for 3-days or less, <https://www.wmur.com/article/canada-covid-testing-requirements/38305159#>. As with all testing, please call the Medical Center to schedule your appointment.



The BEST Thanksgiving Turkey recipe that packs all of the flavor and juiciness you expect from the perfect Thanksgiving turkey, with none of the stress! Plus a step by step tutorial for how to cook the perfect turkey. Not only is this roasted turkey recipe fool-proof and easy to make, it will exceed expectations as the centerpiece of your Thanksgiving feast!

<https://tastesbetterfromscratch.com/easy-no-fuss-thanksgiving-turkey/>

Sometimes we forget that Thanksgiving is called “Thanksgiving” for a reason; it’s a time where we’re meant to reflect and show gratitude on Thanksgiving Day and hopefully for some time after. In today’s world, it can be easy to get caught up in a whirlwind of complaints and negativity, but expressing thankfulness is easier than you think. Here are 9 ways to show gratitude on Thanksgiving 2021!

1. How to show gratitude on Thanksgiving Day in 2021: reflecting on privilege

This is a rather abstract concept, but an important one. Your ability to access the internet, [discover glamping](#) on this website, and read this article already indicates your privilege compared to others across the globe. It is very important to realize that you have a lot to be grateful for. A simple way to do this is for every complaint that you make, state two things that you are thankful for.

2. Giving thanks in 2021 to those around you can be as easy as offering a single hug

Time for a little bit of science! Did you know that hugging releases oxytocin and endorphins? Oxytocin is a hormone that lowers blood pressure, as well as the stress hormone cortisol. Endorphins make you “feel good,” and thus, happier. Giving thanks in 2021 doesn’t have to break the bank. Sure, you can purchase the best vacations and the best [cabin rentals](#) for others but sometimes the best thing can be a simple cuddle. The bottom line is...give a lot of hugs this Thanksgiving!

3. Be thankful: Thanksgiving cards for loved ones are one way to show you care in 2021

Be thankful: Thanksgiving cards for your nearest and dearest are one good way to show your gratitude in 2021. Perhaps you're not a person of many words, but it's incredible how a simple card can really make someone's day. Even if it's just a small paragraph expressing your love and appreciation for that person, a little goes a long way.

4. Thanksgiving for support: volunteer and help those less fortunate around you or contribute towards the wellbeing of your planet

Interested in Thanksgiving for support in 2021? Volunteering may seem to be a cliché way to take action and show gratitude, but that doesn't mean it's any less effective. It's important, too, to make sure you're volunteering for something that is meaningful to you. For example, if you are passionate about keeping the ocean clean, you can volunteer for a [beach cleanup](#). Start getting an idea of some more [volunteering ideas](#) around you this year!

5. Donate to a charity of your choice this year: an important way to show gratitude on Thanksgiving 2021

Donating is similar to volunteering. Donate to causes that you are passionate about, whether it be to help foster children or save the [rainforest](#), for example. If you donate to something that is important to you, it will have more of an impact on you and of course, the recipients who surely need all the help they can get in difficult times.

6. Bringing thanks to your Thanksgiving table: cooking with the family in 2021

Perhaps this is something that you already do or maybe you are the one who does most of the cooking with the family. If not, however, you should definitely try it out this year. Helping with cooking shows that you love and care about your family, and it's a great way to spend time together while you show gratitude on Thanksgiving. Thanks to the cooking you all do together, Thanksgiving will become even more of a family gathering, and your family will be grateful for your help, too!

7. Show gratitude on Thanksgiving by simply being present in 2021: ideas for togetherness

This is such a simple item, but we often fail to realize that simply being in the presence of loved ones can mean so much and is one of the simplest **ideas for togetherness** in 2021. Spending time with each other and sitting around the dinner table is such a wonderful experience and creates memories that last forever. Put away your phone and any other distractions for a second, and allow yourself to really get involved in the moment.

9. Take time to appreciate nature and go for Thanksgiving getaways secluded in your nearby flora and fauna this year in 2021

Often times, when we reflect on what we are thankful for, we generally think of people and materialistic things, such as a house or electricity. While it's important to appreciate these items, we don't generally think of nature. This is unfortunate because nature is such an incredible gift. The best way to appreciate the great outdoors is to be in it, so why not celebrate and show gratitude on Thanksgiving surrounded by nature and [go glamping!](#)



COVID-19 Vaccine Booster Shot: Call the Medical Center to schedule your Booster Shot.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

COVID-19 Vaccine booster shots are available for the following Pfizer-BioNTech vaccine recipients who completed their initial series at least 6 months ago:

- 18 years and older

HOLIDAY CELEBRATION

Holiday Celebrations: What to know!

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/celebrations.html>

In Other News:



UPDATE

Travel requirements to enter the United States are changing, starting November 8, 2021. More information is available [here](#).

Know travel requirements and recommendations for international travel.

[U.S. Citizens, U.S. Nationals, U.S. Lawful Permanent Residents, and Immigrants](#)
[Non-U.S. Citizen, Non-U.S. Immigrants: Air Travel to the United States](#)
[Travel Recommendations by Destination](#)

DETAILS ABOUT TRAVEL REQUIREMENTS

[Required Testing before Air Travel to U.S.](#)
[Mask Requirement](#)
[Vaccine Requirement](#)

CDC has temporarily extended the [Framework for Conditional Sailing Order](#) (CSO) through January 15, 2022, with minor modifications. The CSO, as modified, applies to *foreign-flagged* cruise ships operating or seeking to operate in U.S. waters. The temporary extension is effective upon expiration of the current

CSO on November 1, 2021. Passenger operations have now resumed on cruise ships. The CSO as modified aligns with current public health considerations and other factors onboard cruise ships.

CDC has issued a [Level 3 Travel Health Notice](#) for cruise ship travelers.

The chance of getting COVID-19 on cruise ships is high because the virus spreads easily between people in close quarters aboard ships.

The following groups of people **should avoid** traveling on cruise ships, including river cruises, worldwide:

- People who are **not fully vaccinated**
- People with an [increased risk of severe illness](#), regardless of vaccination status

People who decide to go on a cruise should [get tested](#) 1–3 days before their trip and 3–5 days after their trip, regardless of vaccination status.

RESOURCE

Additional information, links to community and local resources, MCOR's updated COVID-19 tracking grid and more is available at:

WWW.MCOR.ORG

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html>

Johnson & Johnson's Covid-19 vaccine is 73.6% effective, according to new real-world study
<https://www.cnn.com/2021/11/02/health/johnson-covid-vaccine-study/index.html>