



Focus on Health. How Can I Make An Appointment?

Health Idioms & Language Videos!

Meet The Teachers!

# COVID-19 Vaccines

## DEBUNKING THE MYTHS

Banner Health

VACCINE MYTH	VACCINE FACT
It was rushed and isn't safe	Researchers took no safety shortcuts. Large studies show the vaccine is safe.
It changes your DNA	It's impossible for the vaccine to change your DNA
It can give you COVID-19	The vaccine doesn't contain a live virus strain
It contains egg protein	It doesn't have egg proteins and can be given to people with egg allergies
It causes severe side effects	For most, the vaccine causes mild side effects that resolve in a few days
It makes women infertile	There is no evidence that the vaccine causes infertility

SOURCE: Sanford Health

**debunk** /di' bʌŋk/ **verb**  
debunks; debunked;  
debunking  
"Debunking a Myth"

**Definition:** to show that something is less important, less good, or less true than it has been made to appear:

- The article *debunks* the notion that life exists on Mars.
- The results of the study *debunk* his theory.

**Definition:** A *Myth* is defined as a story without an author that is passed along and is usually intended to teach a lesson, or something that is untrue.

- *If many believe that black cats are evil but this isn't true, then this is an example of a myth.*



**Register and Make an Appointment for a Vaccine!**

**Career Renewal Opportunities and Assistance**

[Check Out These Links For Information On Registering For The Vaccine](#)



**City of Highland Park**

[https://www.cityhpil.com/resident/covid-19/covid-19\\_community\\_vaccination\\_clinic.php](https://www.cityhpil.com/resident/covid-19/covid-19_community_vaccination_clinic.php)



**LakeCounty**  
Health Department and  
Community Health Center

People can register with Allvax for a vaccine appointment through the Lake County Health Department  
[https://allvax.lakecohealth.org/s/?language=en\\_US](https://allvax.lakecohealth.org/s/?language=en_US)



**State of Illinois  
Coronavirus Response**  
Protecting lives and livelihoods

[Vaccination Location \(illinois.gov\)](#)

Links to translated versions

- Vaccination Locations ([Spanish](#)) ([Chinese](#)) ([Hindi](#)) ([Polish](#)) ([Arabic](#)) ([Tagalog](#))

**Career Renewal Opportunities & Assistance**

**College of Lake County** The college also has a variety of both career-enhancing and personal enriching courses. <https://www.clcillinois.edu/programs-and-classes>

**Career Renewal**    HOME    ADVISORS ADVICE    CAREER RESOURCES    TESTIMONIALS    OUR SPEAKERS ▾

**Providing Job Search Support**

**Can we help YOU?**

[Career Renewal - Job Search, Career Change](#)



[Making an Appointment - Speaking English Conversation \(with exercise\) - YouTube](#)

[10 Words to Use Right Now at Work in English - Bing video](#)

<p><b>Alive And Kicking</b></p>	<p><b>Meaning:</b> Someone who is still full of energy and is very active. Usually despite health problems or old age.</p>	<p><b>Use In A Sentence:</b> Even though my grandma is 70 years old she is <i>alive and kicking</i></p>
<p><b>A Clean Bill Of Health</b></p>	<p><b>Meaning:</b> a written or an oral report that states a person is doing well physically.</p>	<p><b>Use In A Sentence:</b> After being anxious for 3 weeks, Cliff was relieved to receive <i>a clean bill of health</i>.</p>
<p><b>To Be Back On One's Feet</b></p>	<p><b>Meaning:</b> To be healthy again after a period of being sick.</p>	<p><b>Use In A Sentence:</b> After being homesick for 2 weeks, Tim <i>is finally back on his feet</i>.</p>
<p><b>Laughter Is The Best Medicine</b></p>	<p><b>Meaning:</b> Having a positive outlook on life or having a good time with friends is the best thing that can make you feel better both physically and mentally.</p>	<p><b>Use In A Sentence:</b> If you are sad you need to spend some time with close friends. After all, <i>laughter is the best medicine</i>.</p>
<p><b>To Be Under The Weather</b></p>	<p><b>Meaning:</b> A nice way to say someone isn't feeling very good.</p>	<p><b>Use In A Sentence:</b> How's Julie? She is at home she is feeling <i>a bit under the weather</i> tonight.</p>
<p><b>To Come Down With Something</b></p>	<p><b>Meaning:</b> To start feeling ill; usually we use it when we are starting to feel sick with a cold or the flu.</p>	<p><b>Use In A Sentence:</b> Sorry, I have to leave work early today, I think I am <i>coming down</i> with a cold.</p>



Link for Job information from the OneStop Resource Library for April:  
<https://www.lakecountyil.gov/2811/Resource-Library>.



Current Workshops

<https://www.lakecountyil.gov/393/Calendars>

Link for current workshops

*A TEACHER Takes A Hand, Opens a Mind  
& Touches a HEART*



**Meet The  
Teachers!**

**Michele Meucci** is currently our Assessment Specialist with Adult Education and former ESL teacher. She has been with the program for the past 43 years! She was born in Chicago and grew up in Mt Prospect. She attended Prospect High School and still keeps in touch with her school friends! She currently lives in Wisconsin, and when not working she enjoys singing in her church choir and is also a member of a four-part harmony barbershop chorus. In another choir she has performed in Italy, Germany and France. She loves to play golf, read and hang out with her family and friends. She says, "the best part of my life, however, are my grandchildren". Her reason for being involved with ESL for so many years are twofold: first, the many people she has met from other countries have enriched her life and she loves making them feel welcome to this beautiful and bountiful country of ours, and second, she has made so many friendships and has had great experiences at HPHS and other sites and appreciates the staff's love and support. During Covid-19 she has been extremely fortunate not to have had any ill effects by being cautious and following most guidelines.



**Quote:** The GIVER is BIGGER than the receiver. If you want to be larger than life, learn to GIVE. Love has nothing to do with what you are expecting to get – only with what you are expecting to give – which is everything! The importance of giving and blessing others can never be over emphasized because there is always joy in giving. Learn to make someone happy by acts of giving. **Katherine Hepburn** (from Everything Good in the World).

**Reni Mitkova** is our current Director of Adult Education and former ESL teacher. She has been with our program for the last 10 years. She was born in Burgas, Bulgaria and moved to the United States 18 years ago. She attended St. Cyril & Methodius University in Veliko Tarnovo, Bulgaria. She currently lives in Gurnee with her husband of 20 years, two beautiful daughters and a dog. Her favorite part about her job is knowing that she is supporting our students by providing learning opportunities for them that will have a positive impact on their lives both currently and in the future. It really makes her proud when the students transition out of our program and move on to the next chapter/adventure in their lives. She advises all our students to repeat and practice as often as they can. The key to learning a new language is being persistent. It's true when people say, "practice makes perfect".



When she isn't busy with work, she enjoys crafting, reading, watching movies, gardening and spending time with friends. She also loves participating in family activities such as exercising, skiing, ice skating and kayaking that brings the whole family together. During Covid-19, she has enjoyed having a little more time to herself to enjoy her hobbies and being at home with her family. A piece of advice she remembers getting from her Mom is that family will always be there for you, even when we are oceans apart.

**Quote:** "Just keep swimming" from the movie *Finding Nemo* is a favorite quote. It is applicable to our lives and reminds us that we need to keep going despite what life throws at us.

**\*\*\* For more information or if you have any questions, please contact one of the  
District 113 Adult Guidance/Transition Coordinators \*\*\***

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