

INTRODUCING:

THE ADDABBO NEWSLETTER

THE NEW JOSEPH P. ADDABBO FAMILY HEALTH CENTER MONTHLY PUBLICATION

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This is the first issue of a newsletter published by the Joseph P. Addabbo Family Health Center for our patients, staff and our communities. On a monthly basis, the newsletter will publish articles to inform you of pertinent medical information, familiarize you with our services, introduce you to members of our staff and share other informational or entertaining articles.

We will explore some of the health issues faced by our patient population, present some helpful dietary suggestions (even a recipe or two) and give you the latest in news surrounding the COVID-19 pandemic.

This newsletter is meant to be shared so please feel free to forward this email to anyone you think would benefit from it.



You can also visit our website at www.addabbo.org

**Welcome to the
Joseph P. Addabbo
Family Health Center!**

**- Miriam Y. Vega, PhD
Chief Executive Officer**

ADDABBO ROLLS UP ITS SLEEVES FOR VACCINES



Healthcare staff at Addabbo has been rolling up their sleeves to get the Moderna COVID-19 vaccine. Dr. Ari Benjamin, Asst. CMO, was one of the first in line to receive this extra layer of protection. (photo)

Stopping a pandemic requires using all the tools we have available. Wearing masks, social distancing and washing

your hands help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines work with your immune system, so it will be ready to fight the virus if you are exposed. If you have any questions, please speak with your medical provider.



Children and Their Happy, Healthy Smiles

Your kids deserve a happy, brilliant smile! It is a mistake to assume that baby teeth don't matter because they eventually fall out. That is really a serious mistake! Why? Baby teeth set the stage for strong, healthy permanent teeth so it is important that your children and their teeth visit the dentist regularly. For children ages 6 – 15, we offer dental sealants which are 90% effective in preventing tooth decay.

Virtually every insurance company covers this quick, noninvasive and totally painless procedure. "The success rate for the dental sealants is phenomenal", explains Dr. Friedman, Dental Director. "All children visiting our Dental Center receive a screening, necessary x-rays, cleaning, fluoride treatment – and even receive some special gifts before they go home. Our experienced dental staff can also monitor the growth and

eruption of your child's permanent teeth and make suggestions regarding crowding, gaps, and malocclusions (bad bites)."

Since all NYC public schools require that children have a yearly dental checkup, we recommend you make an appointment soon! We will help give your child a very Happy and Healthy Smile.



Broken/Sprained Toes – It's a Pandemic, Too

"We are absolutely seeing more broken and sprained toes," said Emil Lavian, DPM, Podiatrist at JPA. "Because of the pandemic, people are spending more time at home – barefoot or just in socks – and that can lead to foot injuries."

We all know what it's like to dash around the house trying to get something done quickly, when OUCH – you slam your toe into a hard piece of furniture. Or, when we are unpacking groceries,

and something falls on our foot. Some of those new household projects have meant moving furniture and these newly relocated items suddenly become a household obstacle course and hazards for your feet.

Even dropping a bottle of olive oil or wine on your foot can cause a lot of painful damage. "There are many small bones in your foot which don't stand up very well to the force of your toes coming into contact with a heavy or immovable

object," explains, Dr. Lavian. Many people hesitate to go to a podiatrist after a toe injury believing incorrectly that "doctors don't do anything for a broken toe anyway." That is a big mistake!

It is very important to know whether you have broken your toe or sprained your toe and, it is also important to know what kind of a break your toe has experienced so it can be treated properly.

Story continued on [Page 4](#)



Meet Jimmy Stillwell, Sr. Case Manager, Wellness and Social Services at Addabbo

Jimmy Stillwell is a 17-year veteran of JPA, He is a resident of the Rockaways and has helped guide many residents, families and JPA patients through the years preceding and following the challenges of 9/11 and Super Storm Sandy and beyond. His passions are helping, motivating and serving those who are seeking the support they need to improve their lives and the lives of their loved ones.

People come to Jimmy for guidance in finding the appropriate resources for them. "It is so fulfilling to see people reach their goals and dreams and face their challenges head on," says Jimmy, "I am always glad I can help on behalf of Addabbo." He is particularly glad that he has a role in educating patients about a healthy lifestyle. He realizes the importance of community health care and advocating for

reform the imbalance in accessible healthcare.

On a very personal note, Jimmy's "hero" is his wife who he credits with helping him through some difficult health challenges. "She has truly blessed me with a great life, and I am forever thankful."

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MARCH IS NATIONAL NUTRITION MONTH “PERSONALIZE YOUR PLATE”

Would you like to start eating a healthy diet but just don't know where to start? Join the rest of us! There is a parade of “healthy” diets in every magazine, on the internet – we get bombarded with what's good for us and what isn't good for us. How are we supposed to figure this out? What should we believe? What's good for us? It seems like a daunting task.

But good for us – it's actually quite simple!

First of all, focus on what you SHOULD have to eat and not what you SHOULDN'T eat. Feeling like you are depriving yourself doesn't get you anywhere except into the cookie jar when no one is looking.

What is a healthy diet? Briefly, it includes the following: vegetables of all kinds, fruits (*especially the whole fruit*), whole grains, dairy, protein (lean meats,

beans, eggs, poultry, seafood), oils (*vegetable oils and oils in food such as seafood and nuts*). There! That's pretty easy, right?

What should I avoid? Added sugars (like soda pop, candy, alcohol), saturated fat and sodium should be very limited. We already know that!

12 Simple Helpful Tidbits to a Healthier You

1. Nuts are incredibly nutritious and healthy.
2. Avoid junk foods.
3. Stay away from refined carbs (white bread, pasta, cookies)
4. Eat fatty fish (salmon, cod, catfish) - good omega-3 fatty acids.
5. Drink water – especially before meals.
6. Stay away from too much alcohol.
7. Eat fruits and vegetables.
8. Get enough protein.
9. Use extra-virgin olive oil.
10. Minimize your sugar intake.
11. Use lots of herbs and spices.
12. Include fiber like brown rice, beans, lentils, berries, avocado, peas and broccoli.

See? That's not hard to do. You'll feel better, sleep better and look better!

SO, WHY NOT GO FOR IT!

And check out our website at www.addabbo.org during March for more healthy food tips each week from Viviana Bonilla, JPA Clinical Nutritionist.



Recipe Book: Pan Roasted Chicken with Dijon Mustard

Dijon mustard lends lots of tangy flavor to mild-mannered chicken thighs in this 5-ingredient sheet pan dinner that's rounded out with some roasted broccoli.

Ingredients:

- 1 large head broccoli, cut into florets (about 4-5 cups)
- 3 tbsp olive oil, divided
- 4 large bone-in, skin-on chicken thighs, skin removed
- 1 ½ tbsp Dijon mustard
- 1 lemon

Steps:

Preheat oven to 450°F. Line a large sheet pan with parchment paper.

In a large bowl, toss the broccoli with 2 tbsp oil.

Spread in even layer on prepared pan. Season with salt and pepper. To same bowl, add the chicken and remaining 1 tbsp oil. Toss to coat. Season chicken all over with salt. Place chicken on prepared pan in between broccoli florets.

Brush tops of chicken with the Dijon. Season with pepper. Roast 30–35 min., until chicken is cooked through.

Finely grate zest from the lemon over chicken and broccoli.

Calories	429k	21%
Carbs		41%
Sodium	257 mg	11%
Fat	30.0 g	46%
Sat. Fat	4.0g	20%



Broken/Sprained Toes – It’s a Pandemic, cont’d.

You certainly don’t want to suffer any long-term challenges like arthritis if your foot or toes do not heal correctly.

And, stubbed, sprained or broken *toes* are just one problem your feet can encounter when they are left vulnerable. Shoes or simple sturdy slippers can prevent many foot problems. This is something to remember especially now that we are spending so much time at home – shoeless!

Remember, your feet are your foundation. Take care of them.

Jimmy Stillwell, cont’d.

Although he has many memories from his years with JPA, there is one occasion where he truly felt what it was like to be a part of JPA. After the ravages of Super Storm Sandy, when the streets became canals and cars stood precariously perched on top of each other, The structure of JPA at 6200 Beach Channel Drive was devastated – up to 4 feet of water had found its way into the building destroying everything on the 1st floor. For weeks, the community suffered. As soon as it was possible to do so, Addabbo staff rolled up their sleeves, came together as a family and began to provide services to a community that so desperately needed the care. The dedication shown by the Addabbo staff and their willingness to pitch in for the benefit of the community was his “most memorable moment working at JPA”. Jimmy feels that we are losing sight of what’s really important today. People seem to be unable to see people for who they are – they are categorized according to political party, skin color, where they live, etc. He feels we should see each other as Americans. “Opinions are fine,” he says, “but we don’t need to tear someone else down. It’s as simple as remembering what our parents taught us – if you don’t have something nice to say, then do not say anything.”

Our Locations:

**6200 Beach Channel Dr.
Arverne, NY 11692**

**1288 Central Ave.
Far Rockaway, NY 11691**

**114-39 Sutphin Blvd.
Jamaica, NY 11434**

**118-11 Guy R Brewer Blvd.
Jamaica, NY 11434**

**120 Richard Street
Brooklyn, NY 11231**

About Us

Established in 1987, the Joseph P. Addabbo Family Health Center, Inc. (JPA) is a non-profit Federally Qualified Health Center with five (5) operational facilities located on the Rockaway Peninsula, Southeast Queens, and Red Hook, Brooklyn. JPA has been designated a Level III (the highest level) Patient Centered Medical Home.

Our caring professional staff of Board Certified Physicians, Nurses and certified support staff offer a wide range of services including routine in-person appointments, televideo and telephonic consultations and “walk-in” service for sick visits.

We have a long history of delivering exemplary medical services. We look forward to continuing to provide our patients with the same standard of excellence.

The Joseph P. Addabbo Family Health Center is a Federally Qualified Health Center, receives HHS funding and has Federal Public Health Service (PHS) deemed status with respect to certain health or health-related claims, including medical malpractice claims for itself and for its covered individuals.

**Call Us At:
[718-945-7150](tel:718-945-7150)**

**Check Us Out At:
www.addabbo.org**

Follow us on:

