

The Addabbo Newsletter

Connecting the Community

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CELEBRATING NATIONAL DOCTORS' DAY AT ADDABBO

March 30th of every year is set aside to honor the work and dedication that doctors show for their community. Doctors are the people who keep us healthy, so it is only appropriate that we thank them for their service to us. This is *especially true* this year given that our doctors' have faced huge challenges because of the COVID-19 pandemic and have worked tirelessly to help all of us.

Besides saying a heartfelt thank you to our physicians, we can also celebrate this day by taking the opportunity to schedule that check-up that we might have been putting off. It's also a good day to take a few moments and think about the choices we make about our personal health, start a new exercise routine, cut out eating unhealthy foods and add some vegetables and fruit to our daily diet. A real thank you to our doctors would be if we resolve to be healthier!

Red carnations are the official flower of Doctors' Day so at Addabbo, each of our providers were given a red carnation to mark the day.



Charlie Chin Song, DO
Joseph P. Addabbo
Family Health Center

REMEMBERING CHARLIE CHIN SONG CHEN, DO

The song has ended, but the melody lingers on - Irving Berlin

This month we remember with great fondness, Dr. Charlie Chen, a Family Medicine practitioner at the Joseph P. Addabbo Family Health Center. His life was cut short by COVID-19 on April 28, 2020. During his 13 years with Addabbo, he earned the respect of his colleagues and was a sought-after and trusted physician with a tremendous patient following.

His colleagues remember him always arriving early to work with a broad smile and a friendly greeting. He was seemingly tireless even though quietly battling cancer. Some of his colleagues will fondly remember him as being an avid swing dancer

at holiday parties, dancing and smiling the night away with everyone willing to be his partner – swinging and spinning them! He was fun, always polite and a true gentleman. His patients remember him as a doctor who had a genuine interest in their lives as well as their health. In addition to his many years in Family Medicine at Addabbo, Dr. Chen took care of families in Rockaway for more than 2 decades. He referred to his years of service as “my honor” to have cared for so many families – in some cases, several generations in the same family.

Knowing Dr. Chen, he would have continued his service as a true warrior against COVID-19 and

would have been filled with hope and promise at the development of the vaccines.

To be sure, he would have been very excited that his patients and colleagues would be able to receive a vaccination to protect themselves against COVID-19 and would have encouraged them all to get the vaccines.

Dr. Chen set a high standard for meaningful service and will long be remembered.





WHY DO I NEED A PRIMARY CARE DOCTOR?

Even if you think you are too healthy, too young or just simply too busy, you need a primary care provider. Having a relationship with a primary care provider leads to better medical care and disease management. Primary care providers help to coordinate your healthcare and provide access to chronic disease management, screenings, preventative options, referrals you might need including a referral to a nutritionist to help you manage and improve your diet. Over time, your primary care provider will get to know you personally as well as your health history. That makes it easier to identify any early signs or symptoms you might have. Primary care providers not only

educate you about your health, but they perform routine physical exams, labs, vital signs and measurements. For instance, a routine annual blood sugar reading might reveal diabetes which could sometimes go unnoticed for years and cause some serious complications. Establishing regular visits with a primary care provider helps both you and your provider make the best decisions for your health today and into the future. Chronic health conditions like diabetes or high blood pressure are often difficult to monitor by yourself. A primary care doctor can help you stay organized and aware of how your chronic disease is affecting your body. Scheduling regular

visits and performing routine tests are two ways your doctor can help you better maintain your chronic diseases.

And, YES, it is safe to visit a primary care provider at JPA. Delaying care for recommended health screenings and immunizations can result in more serious problems down the road. It is always better to catch a health issue in the early stages. Do something smart for yourself today – make an appointment with a primary care provider.



Luis Velasquez, M.D.
Director of Pediatrics
Joseph P. Addabbo
Family Health Center

CHILDREN, COVID, CHECKUPS AND ROUTINE VACCINATIONS

As a pediatrician, I am well aware of the fear parents have of sitting in a packed waiting room exposing their children to the general public during this pandemic. While children are at risk for COVID-19, most of them will fare well and usually have milder symptoms than adults. Unfortunately, fear caused by the pandemic has led to thousands of school-age kids not getting their annual well-child visits and required routine vaccinations.

We all know about installing childproof locks, protective gates and car seats, but we really need to include getting our children their routine vaccinations as one of our top priorities to keep them safe.

Because of these routine vaccinations, our children can now be protected against feared diseases such as polio and small-pox—diseases that once killed thousands of children.

Unfortunately today, vaccine-preventable illnesses are showing up in our communities posing

more of a threat directly to children than COVID-19.

If children are not given their routine vaccinations, they remain at high risk for developing these clearly preventable diseases such as tetanus, pertussis (whooping cough), diphtheria, haemophilus influenzae and measles.

Vaccinations not only protect your children, but they also keep others around them safe because vaccines stop the spread of diseases.

The expert overwhelming believe that the benefits of vaccines out-weigh the possible rare side effects for almost all children. You should always feel free to discuss any and all concerns with your pediatrician.

It is also very important that you continue to bring your child for routine check-ups. During these routine visits, we monitor your child's health, progress and development and should anything begin to develop, we can address it in a timely manner and take appropriate interventions.

That's yet another safety net for your children. As a pediatrician, I cannot stress enough that bringing your children to their doctors is critical. There is nothing better for your child's health than an in-person visit with their pediatrician.

At Addabbo, safety measures such as air purification systems, fiberglass barriers, dividers, PPE, temperature checks, masks and social distancing are always in place to protect both you and your children so you can feel safe. Our experienced, multicultural and multi-lingual, board-certified Pediatricians as well as Family Practitioners are readily available to see and care for your children from birth to early adulthood.

Your children's well-being and safety are always our utmost priority.





Daryl Altman, MD
Asthma, Allergy & Immunology
Joseph P. Addabbo
Family Health Center

CHILDREN – ASTHMA AND ALLERGIES

It's the beginning of the spring allergy season. We can expect high levels of tree pollen from March through May and grass pollens from May through June. Allergies can cause itchy eyes, nose and throat, runny nose, sneezing, skin rashes and even worsening of your child's asthma. You can't control pollen—pollen grains can blow hundreds of miles—but you can control your children's exposure to allergens. Showering after playing outdoors gets the pollen off their skin and hair. Make sure they put those outdoor clothes in a hamper or laundry bag—throwing clothes on the bed or floor just transfers the pollen to a new location! Wash the bedding frequently and if possible, use an air conditioner to help filter out pollen.

As with most things, when it comes to allergies, knowledge is power. The more you know about your child's allergies, the more choices you have for treatment. That can mean more comfort with less medication. A good start is a consultation with an Allergist. An Allergist is a medical doctor who specializes in allergies, asthma, and conditions of the immune system. A visit to the Allergist will start with a medical history focusing on your child's symptoms, which may include sneezing, itching, skin rashes, or red eyes. The doctor will want to know the severity, frequency, triggers and timing of the symptoms. He or she will ask about any treatments you've tried, any other medical issues your child may have and whether any family members have allergies.

An Environmental History focuses on what surrounds your child, such as smoke, dust, or animals. This helps with diagnosis and treatment. A physical examination may reveal nasal congestion, wheezing or skin changes. There are even certain behaviors that go along with allergy, such as sniffing, snorting, or throat clearing. Allergy testing (which can be done by skin testing or an ordinary blood test), can determine what is causing your child's allergies. Finally, the Allergist will work with you to come up with a treatment plan that will fit your child's symptoms and lifestyle.



Yamili Santana, MA
Joseph P. Addabbo
Family Health Center

SPOTLIGHT ON YAMILI SANTANA Medical Assistant

Ask anyone in the medical field, medical assistants are some of the most valued and respected people in healthcare and Yamili "Millie" Santana is no exception. Like many of our staff members at the very beginning of the pandemic, she pitched in to help wherever she was needed. To protect a colleague with asthma, Millie volunteered to go from room to room following sick patients, in full PPE, with sanitizer and cloth in hand, wiping down the surfaces to make sure that our patients and staff would be protected. In March of 2020, Millie tested positive for COVID-19 and spent 3

weeks in the hospital recovering. She was placed on oxygen and treated for pneumonia. After recuperating, she returned to work and joyfully announced that she was expecting a baby! Millie's story has taken a very happy turn. On March 12th, almost exactly 1 year since her COVID-19 diagnosis, she gave birth to her first healthy, bouncing baby - a girl named Nayeli. Congratulations, Millie and thank you for being there when Addabbo needed you. You are truly one of our Addabbo heroines!



**Baby
Nayeli**

LABORATORY POLICY CHANGE

**NEW POLICY—ALL SITES
AS OF APRIL 12, 2021**

In an effort to streamline our laboratory process and reduce wait times for lab services, please note that as of April 12, 2021, JPA will be discontinuing all "walk-in" lab visits.

Moving forward, all laboratory visits must be pre-scheduled.

Appointments will be made through the discharge nurse following a provider appointment.

Recipe Nook: Paula Humphrey's Mango Salad



Paula's
Mango Salad

As the weather warms up, this refreshing salad could be just the dish you were looking for. This mango salad is bursting with fresh flavors and bright colors. The combination of sweet, savory and tangy ingredients makes this a refreshing and memorable salad that will keep you coming back for more.

This fresh mango salad is made by our very own **Paula Humphrey**. Paula is a Clerk who does referrals for Adult Medicine at Site 3. She is an accomplished cook and often cooks food to share with her most grateful coworkers.

Ingredients

- 1 organic spring mix lettuce 5 oz bag
- 1/2 cup cherry tomatoes
- 3/4 cup cucumber
- 3/4 cup of shredded carrots
- 3/4 cup of strawberries
- 3/4 cup of blackberries
- One large ripe mango
- Half teaspoon of salt
- 12 ounce bag of ocean spray cranberries

Steps

- Thinly slice the tomatoes, cucumbers, strawberries and mango.
- Shred the lettuce and carrots
- To assemble the salad, simply combine all of the salad ingredients in a large serving bowl and enjoy
- No dressing needed!

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 continue providing 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.

For the safety of everyone, please continue to wear your masks, maintain social distancing, avoid large gatherings and wash your hands frequently.

Call Us At:
718-945-7150

Check Us Out At:
www.addabbo.org

Follow us on:

