

The Addabbo Newsletter
Connecting the Community

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MEN'S HEALTH AWARENESS

June is Men's Health Month, a national observance used to raise awareness about health care for men with a focus on encouraging men, boys and their families to practice and implement healthy living decisions such as exercising and eating healthy. According to the CDC, men in the U.S., on average, die 5 years earlier than women and die at higher rates from the 3 leading causes of death: heart disease, cancer and unintentional injuries. This is the time to take control of your health and a great time to teach boys and adolescents healthy habits to help them grow up happier and healthier.



June is a good time to take stock of your overall health. Where do you want it to be? Do you want to lose weight? Gain muscle? Stay active? Cut back on alcohol consumption? Quit smoking? Stop worrying that something *might* be wrong? Pay more attention to your mental health? This is a great time to start working with your doctor to make your goals a reality. You can do anything for a month and if you do it for a month, you can do it for life!

June is also a good month for guys to pamper themselves. There are lots of activities that are good for your body and good for your soul like golf, massages, joining a gym and taking a few extra-long naps! It's all healthy and if anyone asks, tell them it's because June is Men's Health Month! Take charge of your health and enjoy the results.

WEEKEND VACCINATION PROGRAM AT ADDABBO

Joseph P. Addabbo Family Health Center (**JPA**) is now offering COVID-19 vaccinations at its sites located at 6200 Beach Channel Drive in Arverne and 1288 Central Avenue in Far Rockaway **every** Saturday and Sunday from 9:00 am to 7:00 pm. *Although appointments are recommended, walk-ins are also welcomed.*

If you are 12 years of age or older, you are eligible to receive the Pfizer COVID-19 vaccine. If you are under 18, you must have the consent of a parent or legal guardian.

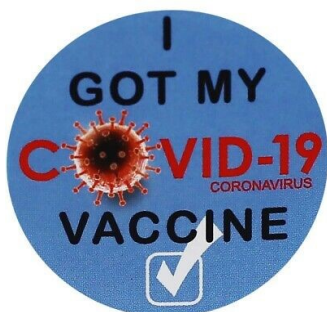
If a second dose of the COVID-19 vaccine is required, you will be given another appointment at the time you receive your first dose. The COVID-19 vaccines are free of charge for everyone, whether or not you have insurance.

Although your insurance information is required if you have it, you will not be charged for the vaccine.

You can make an appointment online at: <https://vax4.nyc.nyc.gov> or by calling **877-VAX-4NYC**. You can also visit www.addabbo.org and click on "We can do it! Let's get vaccinated!" on the home page and follow the link to the appointment website.

All of us are eager to return to our regular lives including visiting with family and friends. Life is getting better for those who are vaccinated and it is clear that the way to end this pandemic is to get vaccinated. **JPA** is doing its part to make it as convenient and as close to home as possible.

We CAN do it!
Let's Get Vaccinated!



The Terrible Twos. What is it? How to survive it!



One of the most dreaded phases of childhood development by many parents is the “Terrible Twos.” This phase begins once your now walking active toddler is no longer a “baby” and is now exploring and thinking of things to do. He/she is becoming an individual. It is a stage of childhood development experienced by young children and can be marked by tantrums, defiant behavior and lots of frustration.

Contrary to the name “Terrible Twos”, this phase does not necessarily start at exactly two and may begin anywhere between 18 months of age and 30 months of age. It may last way into the third year of life and gradually over time, becomes less frequent.

During this stage, they will want to explore more of their environment. However, because their emotional and physical skills aren’t fully developed, they can become easily frustrated when they don’t achieve what they want to. Due to their new development of opinions, they may protest things or situations to show their independence. They will also have mood swings and can go from being very happy and laughing to crying and having emotional breakdowns because they didn’t get to do or get what they wanted.

The tantrums and unruly behavior associated with the “Terrible Twos” can be frustrating, but by keeping calm, collected, setting limits and keeping a consistent schedule, parents can manage their toddler’s behavior.

The American Academy of Pediatrics (AAP) recommends that in order to help with this stage of development parents do the following:

- . Maintain toddlers on regular meal and sleep schedules.
- . Praise approved behaviors.
- . Avoid yelling or hitting.
- . Distract child or redirect him/her when they start to whine or appear frustrated.
- . Keep rules simple and offer brief explanations.
- . Let children be involved in age-appropriate decision making.
- . Child proof your home.
- . Be consistent with limits and do not give in to a child throwing a tantrum or holding his/her breath.
- . Stay calm, *count to 10 if you have to*, during the situations and do what is needed to “keep cool.”

As always, when in doubt or worried about any behavior or situation concerning your toddler, please reach out to your child’s Pediatrician who is trained to deal with all aspects of your child’s development.

By
Luis Velasquez MD, FAAP
Director of Pediatrics
Joseph P. Addabbo
Family Health Center

Easy Ways for Weight Loss

Losing weight takes dedication, motivation, and hard work. There are simple strategies that can help you lose weight with less effort. Maintaining certain healthy behaviors will allow you to sustain the weight loss. But if you are motivated to drop a few pounds, here are some tricks that can help:



⇒ Stay active each day!

- a. Do 5 to 10 push-ups before you step into the shower.
- b. Pick up those dumbbells, even for one set!
- c. Always take the stairs.
- d. Small steps add up to big accomplishments.

⇒ Change your mindset!

- a. Monday through Friday most of us work. Therefore, Monday through Friday should be days we eat foods that work for us: fruits, vegetables and balanced plates.
- b. Are you celebrating a birthday or retirement? Please enjoy a slice of cake!
Just make sure you stop at **ONE** portion.

⇒ No sweetened beverages!

- a. They are sweet due to the main ingredient of high fructose corn syrup, which is both addictive and detrimental.
- b. HFCS is cheaper and sweeter than sugar. But eating too much can lead to insulin resistance, obesity, type 2 diabetes and high blood pressure. It also triggers the production of cholesterol in your body!
- c. Hydrate with plain water. Our bodies were designed to function best when hydrated.

⇒ Pack a lunch!

- a. New rule: you may not leave the house without a bag of healthy snacks and hydration.
- b. Oranges and bananas travel well.
- c. Save money and calories!

Spotlight on JPA Employees

Top Doctor 2021



Sergelyne Cadet-Valeus, MD
Joseph P. Addabbo
Family Health Center

Sergelyne Cadet-Valeus, MD recently received a Top Doctor 2021 Award in the fields of Internal Medicine and Primary Care. **Dr. Valeus** has provided primary care to patients at JPA for nearly 10 years. She came to JPA directly after completing her own residency program and now,

she trains residents from St. John's Episcopal Hospital. "My passion is primary care," says **Dr. Valeus**. "I get to know and follow my patients and their families."

Congratulations, Dr. Valeus!

It's a Family Affair!

Many of JPA's employees think of each other as extended family but in this case, two of JPA's employees really are husband and wife! **Evangeline** (known as **Vangie**) and **Rommel Fulgencio**.

Vangie was referred to JPA by a friend and began there as an intern in 2005. Vangie considers herself fortunate to have been trained by "some of the best" and she credits them all with making her a part of the JPA family. The patients she sees have also become part of her extended family, especially the senior population. "It warms my heart when I get to see these patients and they treat me like I was their own daughter or granddaughter." For some, after 15 years, they no doubt view her as part of their family as well.

She lives by the motto: "Be fair and remember to put yourself in other's shoes." She believes that you can't really communicate effectively with others unless you understand their circumstances. Her fondness for her patients comes across to them and they quickly develop a lasting rapport.

Everyone she works with at JPA knows she loves arts and crafts. Around the holidays, you can see her handiwork displayed at JPA. She also loves to bake and cook – brownies are her specialty! She's a sports fan and loves the way the sand feels on her toes at the beach on a hot summer's day!

Vangie's husband, **Rommel Fulgencio**, also works at JPA as a Dental Clerk. Like Vangie, he was born in the Philippines. Rommel has worked at JPA since 2009 in several different departments and enjoys being responsible for completing his own work in a professional and timely manner.



The Fulgencio Family

He much admires those who confidently express what they believe in. Rommel also appreciates how JPA has locations convenient to the community as well as the comprehensive health care and vital services it provides—both of which are key to a patient's wellbeing. His goal is to help patients have a seamless and pleasant visit to JPA each time they come no matter how busy he might be.

Immediately following the devastation from Super Storm Sandy, he found it both very challenging and rewarding to work towards restoring the healthcare to the areas most affected by the storm. That fits into his motto in life: "There's nothing much we can do to change the world, but we can try to learn, cope and adjust."

And now, **Bianca Fulgencio**, Vangie and Rommel's daughter, was recently chosen by merit to join a highly selective and competitive internship. Bianca hopes to pursue a career as a doctor and is waiting for her MCAT results! It really is "all in the family"!

Gratitude Corner Bindranauth Somra

Bindranauth Somra, one of JPA's maintenance experts, has served JPA faithfully for approximately 20 years.

During the worst days of the COVID-19 pandemic, Bindra was the reason JPA was able to open its doors because he literally opened them every morning. He tirelessly performed deep cleanings on the weekends as well as managed the long lines of patients who needed to see a doctor.

He performed his tasks without complaint and with a smile - always trying to make things better and safer for staff and patients alike. While many others were working from home, **Bindra** was in the trenches on the frontlines. He, along with the other maintenance staff, literally made it possible for JPA to continue serving the community and we salute you and recognize all your sacrifices to keep JPA open.

Bindra is surely one of JPA's unsung heroes!



Just Peachy recipe
by our very own
Betsy Varghese, MD

Recipe Book: Just Peachy

A favorite in the American South, peach is a classic fruit pie that is rich and sweet. It's hard to beat homemade peach dish and this particular recipe may end up being a new favorite.

Ingredients:

- 1 cup of Flour
- 1 cup of Sugar
- 1/4 teaspoon of Salt
- 1 and 1/4 teaspoon of Baking Powder
- 1/2 cup of Milk
- 1 stick of Butter
- 4-5 fresh peeled and chopped ripe Peaches
- 1/2 - 1 teaspoon Cinnamon
(sprinkled directly onto chopped fruit)

Steps:

1. Peel and thinly chop the ripe peaches in a bowl.
2. In a bowl, mix flour, sugar, salt, baking powder and milk until a thick batter is formed.
3. In a 9" x 13" baking pan, melt the stick of butter.
4. Spread the peaches onto the pan with melted butter.
5. Pour the batter over the peaches.
6. Bake for 45 - 60 min at 350° F.
7. Serve with any topping of your choice.

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

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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 follow CDC guidelines, wear your masks, maintain social distancing, avoid large gatherings and wash your hands frequently.

**Call Us At:
718-945-7150**

Follow us on:



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