

## The Addabbo Newsletter

Connecting the Community

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## BACK TO SCHOOL GIVEAWAYS AT ADDABBO



Back to School! On special days during the month of August, with the much-appreciated collaboration of Empire Blue Cross/Blue Shield and United Health Care, JPA distributed backpacks and school supplies at all 5 sites to every child with an appointment.

Understanding that some parents were fearful of bringing their children in for on-site routine pediatric visits and vaccinations, this promotional program offered them an incentive and an opportunity to see for themselves that every prevention protocol measure was in place at JPA.

Across the country, there has been concern that many children were missing their routine prevention vaccinations and physicals. The American Academy of Pediatrics states that immunizations are one of the greatest public health achievements, preventing tens of thousands of deaths, millions of cases of disease and saving billions of dollars per decade. It is especially important during a pandemic or other public health emergency to maintain routine immunizations to prevent further outbreaks. If your child is behind in their routine check-ups, please make an appointment now.

**Thanks to Empire Blue Cross/Blue Shield & United Health Care for their great collaboration!**

## Primary-Care HIV Prevention Program (PCHP) Outreach

Baisley Park in Jamaica, Queens was the site of a “Camping in the Park” collaboration between JPA and the 113<sup>th</sup> Precinct recently. Members of the JPA Primary-Care HIV Prevention Program (PCHP) outreach team interacted with the community, did HIV testing and even jumped rope to help with providing entertainment for the kids who attended. The program’s coordinator, Yury Mota-Rodriguez, explains that the program’s primary goal is to decrease the risk of HIV transmission by expanding HIV prevention services. “The program has an ambitious outreach program,” says Ms. Mota-Rodriguez. “We know the best way to accomplish our mission is to get out into the community and speak with the residents as often as we can. We have now expanded our outreach to include speaking with community residents and encouraging them to get vaccinated.”

JPA provides a variety of comprehensive and inclusive services including HIV prevention education, testing, care and treatment for people living with HIV/AIDS (PLWHA) as well as PrEP and PEP to prevent HIV transmission. Medical and non-medical case management and health promotion for LGBTQ communities is also provided.

The PCHP outreach team has been the subject of several media reports this summer. CNN and Bloomberg News ran a video story on the outreach program and on August 10<sup>th</sup>, *Documented* published an article featuring JPA outreach personnel who encouraged residents to get vaccinated, discussed fears and misgivings that are causing residents to be vaccine hesitant.



## A Potentially Life-Saving Diagnosis: Giving A Child A Better Chance At A Normal Life



**Dr. Alan Friedman, DDS**  
Chief Medical Officer  
**Joseph P. Addabbo**  
Family Health Center  
with patient.

Imagine you, as a parent, being awakened by a child with a very swollen face and crying with severe mouth pain. First order of business is to get your child to a dentist as soon as possible expecting a pretty routine diagnosis of an infection, abscess or painful cavity. This is exactly what happened to a 7-year-old child who was brought in by his mother seeking emergency dental care. He had not slept and could not eat properly due to the pain and swelling in his mouth.

Upon initial examination by our dentist, it did appear to be some sort of common infection involving a tooth, so a routine X-ray was taken which showed very uncommon results. The bone surrounding the teeth did not appear normal so a follow-up X-ray was done using a panoramic X-ray (which we are fortunate to have at Addabbo), the results of which were alarming. The X-ray showed bi-lateral cysts on the lower jaw – not an infection – which were causing the severe pain and swelling.

Although at Addabbo, our dentists often see children who have serious dental issues at very young ages from a general lack of dental care, we knew this was something quite different. It appeared to be an incredibly rare disease: Cherubism. This disease is so rare that it has only been reported in medical and dental journals 200 times worldwide. It gets its name from “cherubs” who are often depicted with chubby cheeks.

Cherubism swelling is caused by the replacement of normal bone with large cysts and fibrous tissue preventing normal development of teeth and jaw. Without appropriate treatment, the condition only worsens as it progresses and can cause serious problems with the child’s appearance, vision, breathing, speech and swallowing. The child was immediately referred to a specialized children’s hospital for further diagnoses and treatment. The diagnosis of cherubism was confirmed by the hospital’s pathologist after a biopsy of the affected areas.

Just recently, the child returned to Addabbo for a follow-up examination. All of us were so excited to see and learn that the treatment has been successful because it was caught at such an early stage. He now has a great chance of his teeth and jaws developing normally and a great chance of leading a normal life. It was very rewarding for all of us to see this youngster smiling and happy and free from pain along with a very relieved and grateful mother.

Were it not for Addabbo’s excellent dental staff who immediately recognized this complex diagnosis and excellent dental equipment, this wonderful child may not have been properly diagnosed with this rare condition and might not have received the appropriate care and treatment.

That’s just what we do at Addabbo!

## Importance of Sports Physicals for Children



Every year we hear of young athletes who have suddenly fallen and/or suffered serious unexpected physical injuries. As with serious illnesses, many of these instances might have been prevented had thorough examinations and histories been done.

Sports physicals, also called a pre-participation exam (PPE), are a very important component of the active child or teen’s physical. Most schools require a sports physical prior to joining any competitive sports program at the school. However, even if one isn’t required, it is still highly recommended for your child to have one prior to joining a team to make sure it’s safe for them to participate.



During a sports physical, your child’s healthcare provider will obtain a full medical history, injury history, medical history, cardiovascular history, take vitals and perform a general examination. As part of the general examination, he/she will check for history of bone fractures, knee and other joint instabilities (which could lead to injury), irregular heartbeats or history of family members with this (can lead to sudden death during sports competitions), as well as any other physical abnormalities which may impact the ability to play a competitive sport or could lead to injury. Furthermore, he/she can discuss appropriate protective wear when appropriate.

A sports physical can also help identify life threatening conditions such as heart conditions, concussions, lung conditions or eating disorders which might limit participation.

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## JPA Bids Farewell to Our 2021 Summer Youth Participants



Pictured left to right:

**Back Row:** Shamelia Dwyer, Dr. Betsy Varghese, Kenneth Propheete, Jessica James

**Front Row:** Reshad Ibrahim,

Jason Persaud, Anthony Chotey, Christian Mozoul

**Not shown:** Nalini Peters, Julius Gokool

Under the leadership of Dr. Betsy Varghese, JPA worked with eager-to-learn youth during its Summer Youth Employment Program (SYEP) through Catholic Charities. These young men and women had opportunities to learn about what a Community Health Center does, the people it serves and what goes into making healthcare available to those who need it the most.

"The SYEP is an opportunity for the youth in our community to learn and earn," says Dr. Varghese. "The time we spend coaching our youth can positively impact their lives and potentially change the trajectory of their futures. We hope Addabbo will continue to be chosen as a worksite in the future. We are fortunate to live in a great city like New York which funds this program."

### Bon Voyage

**Dr. Elaine Brown and Laurel Warner, MA**

Thank You For All You Have Done!

## MARIE GALLANT NAMED A 2021 POWER WOMAN OF QUEENS



**Marie Gallant, RN-BSN**  
Associate Director of Nursing  
**Joseph P. Addabbo**  
Family Health Center

The Joseph P. Addabbo Family Health Center (JPA) is pleased to announce that its own Associate Director of Nursing, Marie Gallant, RN, BSN, has been named a 2021 Power Woman of Queens by Schneps Media. She will join other influential women in Queens to receive her award at a Cocktail Reception at Terrace on the Park on September 22, 2021.

Ms. Gallant exemplifies a lifetime of nursing dreams, excellent credentials and experience as a dedicated nurse and administrator.

Ms. Gallant grew up in Haiti and was exposed to Community Nursing at an early age by her aunt who was a nurse, and it was her dream to follow in her footsteps. She received her LPN certificate from VEEB Nursing School and her Associates Degree in Nursing at Nassau Community College. One year later, she obtained her bachelor's degree online at Chamberlain University and is currently pursuing her master's degree at Aspen University. October 2021 will make Ms. Gallant's 9th year at JPA.

Ms. Gallant was one of the first JPA nurses to be stricken by COVID-19 and it took six weeks for her to recuperate and get back to work. Her dedication to her family, nursing colleagues and to JPA kept her going through some very challenging times. "To hear our patients express their gratitude for remaining open to provide them with needed healthcare was priceless to me," she explained. "I'll never forget that."

"Ms. Gallant continues to be a wonderful asset to JPA – a true Power Woman," says Miriam Y. Vega, JPA's CEO. "She steps in to assist every time we need her, contributes her expertise and solves problems while always thinking of the patients first."

"This is not an easy time to be a nurse," says Ms. Gallant. The pandemic has brought many challenges no one ever dreamed of before. I am so proud to be among an outstanding group of JPA nurses who, under some of most challenging times they have ever faced, continue to do their jobs with expertise, compassion and pride."

## Importance of Sports Physicals for Children, cont'd. from page 2

Other issues that can be addressed are old musculoskeletal injuries that may warrant rehabilitation and also provide a time to advise adolescents and children as to which sport may be more appropriate for them to play and what safety measures to take while playing their sport(s) of choice. This is a focused time to discuss all issues and concerns related to sports participation and for appropriate specialty referrals to be made by your provider when necessary for clearances and for added health safety for your child.

Once on a team, your child should have a yearly sports clearance examination. Knowing your child has been medically cleared to participate safely can make it even more enjoyable to sit on the sidelines and cheer!

## Recipe Book: Not Your Ordinary Banana Bread

There's something so intoxicating about the aroma of delicious **Banana Bread** baking in the oven. Indulge yourself into a slice of thick, rich and moist banana bread—simple and so delicious. Enjoy this easy to make quick banana bread that is full of flavor and always a family favorite!



The Best Banana Bread

### Ingredients:

- 1 ¼ cup sugar
- ½ cup butter softened
- 2 eggs
- 1 ½ cup mashed very ripe bananas (3-4)
- ½ cup buttermilk
- 1 teaspoon vanilla
- 2 ½ cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt

### Steps:

1. Grease only the bottom of the pans
2. Preheat oven to 350 degrees
3. Mix sugar and butter on slowly in a large bowl
4. Add eggs, bananas, buttermilk and vanilla and beat until smooth
5. Using the mixer, blend in flour, baking soda and salt until just moistened. The batter should be a little "stiff"
6. Pour into pan and bake according to measurements below:
  - a. 8-inch pans – bake 1 hour at 350
  - b. 9-inch pans – bake 1 ¼ hour at 350
7. Make sure batter is cooked through (when knife comes out clean)
8. Cool at least 10 minutes in the pan

## 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.

*FTCA Deemed Organization. The Joseph P. Addabbo Family Health Center is granted medical malpractice protection through the Federal Tort Claims Act (FTCA). The Joseph P. Addabbo Family 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 its covered individuals. This institution is an equal opportunity employer.*

**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**

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**Check Us Out At:  
[www.addabbo.org](http://www.addabbo.org)**