

The Addabbo Newsletter

Connecting the Community

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Thank you to Empire Blue Cross/Blue Shield



Thanks to an ongoing collaboration between JPA and Empire Blue Cross/Blue Shield, 100 JPA patients were provided \$25.00 Stop & Shop Gift Cards during the week of Thanksgiving. Many thanks to Lidi Flores, Community Relations Representative for Empire BC/BS for bringing some very welcome Thanksgiving joy!



Department of Wellness
and Social Services
Joseph P. Addabbo
Family Health Center

Joseph P. Addabbo Family Health Center In The News

The Joseph P. Addabbo Family Health Center (JPA) made very positive news in November in an article published by Epicenter-NYC. The article focused on JPA's outreach into the Far Rockaway communities advocating for residents to be vaccinated. Tina Burke, Senior Care Coordinator at JPA, and her team spent many days on the street talking to residents, addressing their questions and hesitations. "We believe that the best way to educate the people of Far Rockaway is by going directly to them and talking directly to them where they live and in places where they gather on a daily basis," explained Ms. Burke.

Epicenter-NYC Community Reporter, Andrea Pineda-Salgado, also interviewed Yury Mota-Rodriguez, Primary Care HIV Care Coordinator, and Miriam Vega, PhD, CEO, at length about the efforts JPA made in the community. "The patients of our community need more information that is comprehensible and we must take into account the health literacy of the population. We want to be culturally responsive, making sure we have materials in different languages and also address the values of the community," said Dr. Vega.

Yury Mota-Rodriguez, Primary Care HIV Coordinator said, "I am Dominican. I speak Spanish, so it was different for them to be hearing from someone who spoke their own language, that shared their own experience and that could tell them in their own language whether this vaccine was going to be good or bad," she said.

It should be noted that while there are still residents who remain unconvinced and have not received a COVID-19 vaccination, there were hundreds of residents who were convinced during the conversations with the JPA team and by the facts as presented by the JPA team and received their vaccinations.

This is the link to the article – one well worth reading. <https://epicenter-nyc.com/how-to-be-a-good-vaccine-advocate/>





Traveling Over The Holidays

We all enjoy Holiday traditions, and they are very important for families and children. The CDC has recommended some ways to minimize the COVID-19 risk and still enjoy the holidays. The best way to minimize COVID-19 risk and keep your family and friends safer is to get vaccinated and the CDC recommends putting off travel until you are vaccinated.

Here are safer ways to celebrate the holidays:

- Wear well-fitting masks over your nose and mouth if you are in public indoor settings if you are not fully vaccinated.
- Even those who are fully vaccinated should wear a mask in public indoor settings in communities with substantial to high transmission.
- Remember - outdoors is safer than indoors
- Avoid crowded, poorly ventilated spaces
- If you are sick or have symptoms, don't host or attend a gathering
- Get tested if you have symptoms of COVID-19 or have a close contact with someone who has COVID-19

Traveling can be tricky right now given the unpredictable nature of travel disruptions compounded by the pandemic. Since statistics show that 53% of adult in the U. S. are making plans to travel over the holidays, and millions of travelers are expected at airports each day over the Christmas holidays, here are some tips to make your trip as smooth and stress-free as possible.

- Try to take the earliest flight of the day. One cancellation due to weather can cascade down to affect many other flights. You might also want to consider flying in and out of airports less crowded. Often times, these alternate airports are more reliable.
- Watch the weather. There can be major storms at this time of the year and do your best to adjust accordingly. This applies to people driving as well.
- Check ahead for airport security. Refer to the TSA's "What Can I Bring" page.
- Buy travel insurance – a good investment these days.
- Don't wrap gifts before you fly. If the TSA decides to inspect your items, they will have to unwrap them.
- If you're staying at a hotel during your trip, be sure to utilize the hotel's concierge – they can really help ease the stress of an unfamiliar destination.
- Research all COVID requirements before leaving town as they differ from city to city, state to state and country to country.
- Take a picture of your vaccination card and keep the original card in a safe place. You may need the actual card in your travels.
- Be sure to pack masks, hand sanitizer and any PPE you may need.

Holidays are wonderful times, but they can also be very stressful. These are just a few tips to keep you as stress free as possible leaving you more time to truly enjoy them.

Happy Holidays & Safe Travels!

The Common Cold Is Back!!!

As we attempted to fend off COVID-19 by masking, washing our hands and social distancing, we also largely fended off the common cold. There simply weren't as many opportunities for us to get sick when families weren't socializing as much, travel was limited, large gatherings were restricted, and many people worked from home.

Of course, some people still got a cold during the pandemic, but in general, respiratory illnesses were down. The CDC reported that cases for the flu were also unusually low. As we now ease off these strict precautions, colds seem to be here

again along with other common viruses like bronchitis, flu, pneumonia and sore throat/strep.

Because we haven't been exposed to as many germs, have our immune systems been weakened? Betsy Varghese, M.D., Director Education and Volunteer Department at JPA, explains that's not the case. "Encountering germs in the environment can trigger an immune response in our bodies, but that alone doesn't "strengthen" our immune system. The pandemic may have decreased our contact with germs but that has not weakened

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JPA GOFUNDME Campaign For Pediatric Dentistry



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

JPA is embarking on an exciting new endeavor. We, along with many in the Rockaway community, are all very eager to use our new building but before we can do so, we need to raise additional funds. One of our options to accomplish this goal is to introduce a *GoFundMe* campaign.

Our first, or inaugural, GoFundMe campaign goal will be to raise \$52,000.00 to give us additional space for pediatric dentistry.

So many children in our community desperately need dental care but we are unable to accommodate them in the limited space we have available. Given this urgent need, we have put together a campaign focusing on this goal and after weeks of strategic planning, we have now launched this initiative.

The link to our GoFundMe Campaign page is: <https://www.gofundme.com/f/better-dental-care-for-children> and we urge you to take a look at the overall content and videos that have been put together and share this with your email contacts, family and friends. All donations, small or large, will be sincerely appreciated.

Thank you!

Employee Spotlight Roslyn Lawrence, Call Center Operator



Roslyn Lawrence
Call Center Operator
Joseph P. Addabbo
Family Health Center

Roslyn, or Rozzi, as she is familiarly known by her colleagues, is one of JPA's best Call Center Operators. A Call Center Operator has a unique responsibility for JPA – they are the face and front line for patients and anyone calling the health center. Often times, that first impression will be the difference between a new patient making that first appointment or deciding to go elsewhere. Roslyn is just the person you want in that position.

A resident of Far Rockaway for 39 years, Roslyn came to work for JPA in 2017. Her sister and mother both worked in healthcare on the Rockaway peninsula, so it seemed natural for her to do as well. Initially perhaps, she saw the position of Call Center Operator as an entry point, but quickly decided that this was the position she preferred. "I like dealing with different personalities every day from the entire Rockaway community," she explains. "I like learning what each person needs and then dealing with it accordingly."

She views working in healthcare as a "calling" rather than just a "career" and finds great satisfaction daily in knowing that she helps not only the patients but her coworkers. "From the moment I met her, she has taught me so much and as a leader, I believe we can all learn from others," says her supervisor, Tatiana Berrios, Call Center Analyst. "Roslyn continuously checks on her colleagues and me, offers to assist in any way she can and is genuinely selfless, much appreciated and loved."

Wesley Tahsir-Rodriguez, JPA'S COO, has also noticed how efficient and proficient Roslyn is as an operator. "She is very customer friendly and handles an incredible call volume on a regular basis. That's just the type of person to be in that important position."

"Working in healthcare at JPA affords me the opportunity to make a difference in other people's lives by assisting them when they need help. I enjoy helping and serving others," says Roslyn.

"Chance made us colleagues. But the fun and laughter made us friends."

Special Christmas Dominican Ginger Tea



This Christmas Dominican Ginger Tea is an experience for the palate. It has a spicy flavor that warms up the body immediately on a cold day. It is a power-packed, healthy tea that can be enjoyed by anyone. This is a basic simple recipe which can be adjusted according to individual taste. Submitted by *Olaya Baez, Medical Assistant at JPA Site 3.*

Ingredients

- Cinnamon (2-3 Sticks)
- Fresh Ginger 1 Tablespoon, peeled and sliced
- Lemongrass 3-4 stalks, chopped
- Anise Seed - 2-4 seeds



Directions:

- Add all the ingredients into a pot with 8 to 10 cups of water and boil until the water is light to medium brown.
- Remove from heat and strain.
- Pour into cups.

Drink the tea nice and hot and add sugar or honey to taste—all depending on your taste buds—sip slowly and enjoy the warmth of the tea and the Holidays.

The Common Cold Is Back , Cont'd.

our ability to respond to the germs in the future. Our immune system “remembers” germs and is able to make antibodies to attack the trespassing germ.”

Unfortunately, there is no cure for the common cold. Over 200 viruses can cause the common cold but most commonly, it is caused by a group of rhinoviruses. There are no antiviral medications that can fight those viruses and antibiotics are only used to treat infections caused by bacteria.

Should you manage to get a cold, here are some things you can do to get you through it: stay home if you can, drink lots of warm fluids, sleep, use saline nasal drops/sprays, gargle with saltwater to ease a sore throat, add moisture to the air, eat good food including veggies, herbs and spices, use over-the-counter medications to ease the cold symptoms and get lots of rest.

Of course, we would prefer NOT to catch a cold – they can be very unpleasant. So, take care when you touch common surfaces, wash your hands frequently. You can still wear a mask to protect you and others from germs when you’re in crowded areas and – get your Covid and Flu Vaccines.

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**

Follow us on:
  

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