

**The Addabbo Newsletter**  
Connecting the Community



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**FEBRUARY IS HEART HEALTH AWARENESS MONTH**

Since heart disease is a leading cause of death—for both men and women—in the U.S., it's always a good time to start taking care of your heart. This is the perfect time to start building yourself some heart health! Diabetes, high blood pressure, high cholesterol, obesity and smoking are some of the risk factors for heart disease. As far as medical professionals know, the best ways to protect your heart are to stay active, eat a healthy and balanced diet and reduce daily stress.

To recognize American Heart Month, take a few moments to learn about your heart health risks, find your favorite heart-healthy activities and cook more healthy meals for your family.

**"Connecting is good for your heart".** Did you know that people who have close relationships at home, work or in their community tend to be healthier and live longer? Close positive relationships can help motivate us, lower our blood pressure, stress levels and our weight. Here are a few tips to protect your heart that will most likely be easier if you can work on them with someone else!

- Know your heart health risks. *Chat with your physician and be aware of your personal risks.*
- Be more physically active. *Aim for at least 30 minutes per day, 5 days a week.*
- Do muscle strengthening exercises 2 days a week.
- Maintain a healthy weight. *Eat a nutritious diet low in sodium and unhealthy fats. Eat healthy snacks,*
- Quit smoking.
- Reduce stress by walking, yoga, meditation or chatting with a good friend.
- Get 7 to 8 hours of quality sleep. *Try listening to music or taking a relaxing bath before bed, reading a good book or watching a funny movie, But, turn off those cellphones!*

**You don't have to make big changes all at once. Small steps will get you where you want to go. So, Start Now and Build Yourself Some Heart Health.**

**Fri., Feb. 4th, 2022**



**VALENTINE'S DAY, LOVE AND YOUR HEALTH**



Whether you love Valentine's Day or not, it comes around every year on Feb. 14th. Love is in the air and the stores are filled with boxes of candy, teddy bears holding hearts and cards. That's all well and good, but there are health benefits to love as well. Why not try a few?

You may ask, "What's Love Got To Do With My Health?" Quite a bit actually. Many cardiologists agree that people who have healthy, loving relationships have better heart health. Those warm fuzzy feelings can actually reduce stress and improve depression and anxiety. When we relax, our blood pressure tends to drop—a heart-health result.

Research shows that both men and women who are happily married have less risk of a cardiovascular problem than single men and women. A loving relationship may also impact your heart by encouraging healthy behaviors that reduce the risk of heart disease, i.e., you may more readily take healthy advice from someone you love. Again, a heart-healthy result.

If you don't have a significant romantic interest in your life, there are plenty of other options available. For some, that loving intense relationship might be with your children or family. Giving and receiving hugs have also been known to reduce blood pressure. Studies have also shown that people who volunteer have less pain from chronic illnesses when they are helping others.

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## MAXIMIZE YOUR HEART HEALTH



February is the perfect time to start including some incredibly heart healthy foods in your diet. A healthy diet can be good for your heart and for your waistline! Try adding a few of the following 11 food suggestions to your menu planning.

**Leafy Green Vegetables** like spinach are high in vitamin K and nitrates which can help reduce blood pressure and improve arterial function as associated with a lower risk of heart disease.

**Whole Grains** like whole wheat, brown rice, oats, rye, barley and quinoa are all associated with lower cholesterol and systolic blood pressure as well as a lower risk of heart disease.

**Berries** like strawberries, blueberries, blackberries and raspberries are jam-packed with nutrients for heart health. They are rich in antioxidants which also protect against inflammation. Berries can be a satisfying snack or low-calorie dessert.

**Avocados** are a terrific source of heart healthy monounsaturated fats and are rich in potassium. They may help lower your cholesterol and blood pressure.

**Fatty Fish** like salmon, mackerel, sardines and tuna are loaded with omega-3 fatty acids and may help reduce heart disease risk factors, including blood pressure, triglycerides and cholesterol.

**Beans** are high in resistant starch and have been shown to reduce levels of cholesterol and triglycerides, lower blood pressure and decrease inflammation.

**Tomatoes** are loaded with lycopene, a natural plant pigment with powerful antioxidant properties. They have been associated with a lower risk of heart disease and stroke as well as an increase in HDL (good) cholesterol.

**Almonds** are incredibly nutrient-dense with a long list of vitamins and minerals that are critical to heart health. They are however, very high in calories so modify your intake if you're trying to lose weight!

**Garlic** has been used as a natural remedy for a wide variety of ailments for hundreds of years. It can even improve heart health, blood pressure, cholesterol and may also help inhibit blood clot formation. Raw garlic is actually best for maximum benefits.

**Olive Oil** is rich in monounsaturated fatty acids and packed with antioxidants to relieve inflammation and reduce the risk of chronic disease. Olive oil has also been associated with lower blood pressure and heart disease risk.

**Healthy nuts** such as almonds or walnuts make a great snack and are good for your heart.

## NEW JPA TEAM MEMBERS



**Natana Cruickshank, MPH, Director of Programs and Training** comes to JPA with an extensive background in HIV Care and Prevention programming within FQHC/Primary Care settings. Her role will include providing leadership, guidance and support for all Department of Wellness and Social Services Department staff in the planning and delivery of patient-centered care. She will also lead JPA's capacity building initiatives through training, technical assistance, learning and development efforts. She is eager to bring her experience to JPA and contribute to its mission of providing high-quality care for all.

**Marvin Anderson, Project Coordinator, Wellness & Social Services Department's Focus Grant** holds a Master's Degree in Journalism/Communications from Columbia University and is a Fall 2022 Candidate for his Bachelors of Nursing at the Phillips School of Nursing at Mt. Sinai. He is currently working with patient navigator, Erendira Cortes, on a national Gilead-funded initiative to create a routine, opt-out and integrated approach to screening and testing for Hepatitis C and HIV.

**Guan Feng, Nutrition Coordinator, WIC**, completed his BS in Family and Consumer Science (with a focus on Dietetics) from the City University of New York, Queens College. His interests involve learning and talking about food and community nutrition. JPA's patients come from many different backgrounds and have their own unique approach to food. As Nutrition Coordinator, he will provide culturally sensitive insights into the science of food to improve JPA patients' quality of life.



## WHAT ARE YOUR HEALTH NUMBERS?

These days there are so many numbers we have to remember - phone numbers, birthdays, important anniversary dates, house alarm numbers, bank pins, etc. You can most likely think of many more! However, there are six (6) more numbers you should always know. They are perhaps, the most important numbers of all because they provide information about your overall health and in particular, your heart health.

A routine physical and blood test by your primary care doctor will provide you with these numbers. It would be a good idea to write them down and tuck them away in your wallet for reference and safe-keeping. Here are the all-important numbers:

**Waist Circumference** helps screen for possible health risks that come with overweight and obesity. Where you carry your weight is important.

**Body Mass Index (BMI)** can help a doctor judge

your overall fitness and your risk of developing chronic diseases.

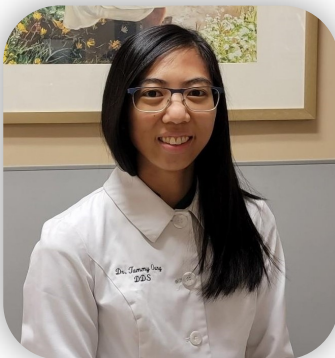
**Blood Pressure** is a barometer of health and there are often no symptoms to alert one to the presence of high blood pressure.

**Cholesterol** is an important part of keeping yourself healthy and improving your longevity. High cholesterol increases your risk for heart disease and stroke.

**Triglycerides** because if they're too high, you have an increased risk of atherosclerosis, the buildup of fatty deposits in artery walls.

**Blood Sugar** is one of the most important measures a person can use to determine their health in certain areas, especially related to Type -2 diabetes.

## EMPLOYEE SPOTLIGHT – TAMMY OUNG, DDS



**Tammy Oung, DDS**  
JPA Dental Department

Tammy Oung, DDS, originally came to JPA as a dental resident and has now returned as a member of our dental staff. She earned her BA in Biology from Barnard College of Columbia University and her DDS at the Columbia University College of Dental Medicine. A native of Brooklyn, NY, Dr. Oung was born to immigrant parents both of whom were physicians in their home country of Myanmar in Southeast Asia. She still has extended family outside the U.S. who she has only met through social media. Because both of her parents were doctors, she knew at a very young age she wanted to work in healthcare. Her interest in dentistry developed because she loved going to the dentist!

She considers Alan Friedman, DDS, Dental Director of JPA, as an important mentor since her JPA residency as well as another dentist, Dr. Steven Lin, who she met during a study abroad program in Japan. They have both been very instrumental in guiding her career. "Dr. Oung is an extremely skilled and talented member of our dental staff and has a great rapport with our patients," said Dr. Friedman. "We are very lucky to have her at JPA and so happy she decided to return here after completing her residency."

"I love working at JPA," says Dr. Oung. "The communities we serve really need good dental care and it is very rewarding to be able to provide that." She is also very grateful for the warm welcome she has received from other JPA employees. "I'm so glad to be here." "The last few years have been challenging for all of us and we have all lost someone dear to us from COVID," says Dr. Oung. "Working in healthcare has been challenging, but I have learned that JPA has a very dedicated team."

Dr. Oung has always been involved in community projects. Her parents encouraged her to give back to the community and she has volunteered at local libraries, animal shelters, hospitals and even cleaning up Brighton Beach! "Even small contributions can make a big difference," she explains. "Gestures of kindness go a long way when dealing with patients and it's always nice to see a patient leave smiling."

During the lockdown, Dr. Oung tried her hand at back yard gardening. "I really enjoyed that even though my backyard looked very much like a jungle!" In her spare time now, she is trying her hand at hydroponics and studying Japanese.

## HEARTY WINTER BEEF STEW



Winter is the perfect season to make a pot of delicious hearty beef stew to enjoy for dinner. The smell of this nutritious stew simmering on the stove will fill the house and make your family hungry! Lots of fresh veggies will provide a very healthy and hardy dinner. Make a big pot full and freeze some for later meals!

### Ingredients

- 1/2 cup all-purpose flour
- 4 lbs. stewing meat cut into inch cubes
- 1/4 tsp. ground pepper
- 5 tsp. vegetable oil
- 2 tbsp. red wine vinegar
- 1 cup red wine
- 4 cups low sodium beef broth
- 2 bay leaves
- 3 stalks celery cut into 1/2 inch pieces
- 2 med. onions, peeled and quartered
- 5 med. carrots, peeled and cut
- 1 package frozen peas
- 4 med. potatoes, peeled & cut into 3/4" cubes
- 2 cups string beans, cut into 1 inch pieces
- 2 tsp. salt

### Instructions:

- Heat oil in a large pot. Combine flour and pepper into a ziplock bag.
- Put the beef into the ziplock bag, toss well until beef is coated.
- Add the beef into the oil to brown but do not overcrowd.
- Remove the beef and set aside.
- Add the vinegar and red wine and scrape the bottom of the pot. Add the beef back to the pot.
- Add beef broth and bay leaves and cook for 1 & 1/2 hours.
- Add onions, celery, carrots, string beans and potatoes and continue cooking over medium/low heat for 1 hour.
- Add frozen peas and more water or broth if stew seems too dry and cook for 10 minutes.
- Season with salt and pepper to taste.

*Serve with salad and hot rolls!*

## Valentine's Day, Love and Your Health (continued from page 1)



We cannot forget our furry friends, either, The health benefits of having and loving a pet are well-documented. Even the CDC lists many heart-healthy benefits of loving a pet: a decrease in blood pressure, cholesterol and triglycerides while increasing the opportunities for exercise, outdoor activities and socialization.

So, no matter how you acknowledge February 14th this year, whether it is with cards, flowers, teddy bears or romance, have a **Heart-Healthy and Happy Valentine's Day!**

## 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.

*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.**

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718-945-7150

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www.addabbo.org