

The Addabbo Newsletter  
Connecting the Community

INSIDE THIS ISSUE:

- March is National Nutrition Month 1
- Why We Need to Drink Water 1
- What are Endorphins? 2
- Welcome to the Team 2
- Are You Getting Enough Sleep? 3
- Employee Spotlight: Tina Burke 3
- Recipe: Stovetop Chicken Tortilla Soup 4
- Why We Need to Drink Water ...cont'd. 4



MARCH IS NATIONAL NUTRITION MONTH

**CELEBRATE A WORLD OF FLAVORS!** Why celebrate a world of flavors? As we discover more flavors, it can help us enjoy foods that we already love and experience new ones to love, too. Enjoying different flavors can also help us appreciate our own culture and the culture of others. Celebrating flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds and tastes. A Registered Dietitian Nutritionist can help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors. Although we live in a multi-cultural society and have access to a wide variety of foods and spices, we often tend to eat the same foods with our favorite and familiar flavors. This month, we encourage the exploration of new recipes from around the world which can also be nutritious, well-balanced and full of wonderful new flavors. Let's embrace them. How can we do that? Here are a few suggestions to get you started on your own path of exploration:

*Celebrate your own cultural heritage but find new recipes to try.* Try starting with your first meal of the day-vary your breakfast menu. You could also try a breakfast from another culture, i.e. congee ( a Chinese rice porridge) made with vegetables and protein such as chicken, meat or fish. Every culture has a breakfast menu unique to that culture that can give us a great start to the day. Why not try one?

*Choose healthful recipes to make during the week based on other cultures.* For example, you could try Sambar stew, a spicy lentil and vegetable stew perfect for those cold winter months or gazpacho, a cold soup made with tomatoes, peppers, onions or even cucumbers during the summer-both with great flavors.

*Choose healthier snacks.* Try including raw vegetables with hummus or tzatziki sauce. Who doesn't like a good guacamole with whole grain tortilla chips?

There are flavors galore from all over the world with recipes to match. Our own Nutritionist and Wellness Team will be offering some international recipes for you to try on site during March so you can begin to join the fun and explore that *World of Flavors*. Remember, you can eat healthy no matter what your respective culture. We just have to open our senses and experience the wide variety of flavors that are just waiting for us.

*Viviana Bonilla, Clinical Nutritionist, JPA*

WHY WE NEED TO DRINK WATER



Water is necessary for survival! Experts in all areas stress the importance of drinking enough water to keep properly hydrated. Did you know that your body is made up of about 50 to 70 percent water? Every cell, every tissue, every joint and organ in your body needs water to operate correctly. It not only carries nutrients to your cells, but it also carries waste materials to your kidneys and ultimately, out of your body. It also helps regulate body temperature through sweat and helps to keep your digestive system running smoothly.

You can also thank water for being a lubricant that cushions your bones and reduces friction when you move. It also can reduce discomfort caused by joint-related conditions such as arthritis. Your brain also uses water and water certainly has the ability to ease skin dryness. A lack of water in your body can result in headaches, dizziness, digestive issues and fatigue. And, it can also effect your mood and memory!

Exactly how much water should you drink per day? **The Institute of Medicine says that men should drink 13 cups of water per day and women should drink 9 cups per day.** That sounds like a lot, but it doesn't ALL have to come from plain water. Certain fruits (strawberries, watermelon) and veggies (celery, lettuce and spinach) have high water content as do yogurt and cottage cheese. These are a few suggestions to help you increase that all-important water intake.

*Continued on Page 4*

## WHAT ARE ENDORPHINS?



By definition, endorphins are *natural peptide chemicals produced naturally in your body that interact with receptors in your brain to help you feel focused, less impacted by pain and put you in a better mood.* Endorphins work somewhat like prescription anti-anxiety medications and pain killers but without all the risks. In fact, there’s really no downside to releasing more natural endorphins in order to feel better, promote a sense of well-being, happiness and pleasure as well as relieve pain as they work with your body and not against it. That’s why it’s often called the “*feel-good hormone*”.

### How can you make more endorphins?

**Regular exercise** is a great way to increase the production of endorphins. Even moderate exercise every day can help. Running, swimming, cycling, aerobics and walking can all release endorphins that might help relieve stress and block pain. (Be sure to check with your primary care doctor about which forms of exercise are best for you.)

**Practice Yoga or Meditation.** Both yoga and meditation can produce the similar effects of vigorous exercise. They help slow the body down and relieve

stress, and both can make you feel good in the process.

**Laughter is the Best Medicine!** We’ve all heard that adage. Giggles have also shown to be effective in releasing that “feel-good” chemical. If you are having a rough day, take a few minutes to watch a funny video, read a funny story or enjoy a few laughs with friends.

**Eat a Healthy Diet.** A diet rich in amino acids, protein, veggies, fatty acids and minerals—and low in processed foods—can help a lot.

**Establish Community Connections.** Volunteering, joining a social group for companionship or learning something new to challenge yourself can also reduce stress and help to relieve pain. Hello endorphins!

There are many ways to generate some of that “feel-good” chemical in ourselves—naturally!

When your body is fed the appropriate foods and when you exercise, your body will respond by feeling better and that’s always a good thing!

## MARIJAN PAVISIC, V.P. OF HUMAN RESOURCES

**Marijan Pavisic, V.P. of Human Resources** Mr. Pavisic joins the JPA staff with over 25 years of experience in the field of Human Resources management. He is a hands-on manager with broad-based experience in HR management, labor relations, training and development with a goal of helping an organization successfully attain its goals and objectives. His management style is collaborative with an open-door policy no matter what the time of day or day of the week.

He comes to JPA from SiParadigm in Pine Brook, NJ where he designed, rolled out and implemented Covid-19 related policies. His expertise extends to formulating and instituting working relationships with local universities, trade schools and social service agencies to increase brand presence as well as creating a pipeline of potential candidates for vacancies as well as interns and volunteers.

Mr. Pavisic received his Master’s Degree in Human Resources from Rutgers University and is a PhD candidate for Business Management at Walden University with a 2023 graduating date. He is fluent in German, Croatian and English and is currently studying Spanish. During his free time, he volunteers with the Big Brother program to mentor and educate at-risk youth about career paths and future goals. He also volunteers at both Rikers Island and the Bergen County jail in N.J. in the “return to path” program.

The proud father of a son, Mr. Pavisic is an avid soccer, ice hockey and football fan!  
Welcome to the JPA Team!





## ARE YOU GETTING ENOUGH SLEEP?

Lack of sleep is a very common occurrence these days. Work stress, family stress, working the night shift (our bodies naturally rely on darkness to signal sleep time) and those unexpected challenges like illnesses all contribute to that sometimes all-elusive quality sleep. The CDC recommends that adults get 7- plus hours of sleep per day.

**Do you sleep 7-plus hours a day?** If not, and it's certainly not always easy, here are a few hints to help you get that restful sleep you need.

**Go to bed and get up at the same time** every day. Being consistent reinforces your body's sleep-wake cycle.

**Don't go to bed hungry or stuffed.** In particular, avoid heavy or large meals within a couple of hours of bedtime. Your discomfort might keep you up.

**Create a room that's ideal for sleeping.** Often this means cool, dark and quiet. Exposure to light might make it more challenging to fall asleep. Avoid prolonged use of light-emitting screens and

turn off the TV.

**Limit yourself to 30 minutes of nap time** per day if you choose to nap and avoid napping late in the day. Long daytime naps can interfere with sleep at night.

**Regular physical activity can promote better sleep.** However, avoid being very active too close to bedtime. Try to spend some additional time outside in the fresh air during the day.

**Try to resolve your worries or concerns before bedtime.** Sometimes it helps to jot down what's on your mind and then set it aside for tomorrow. You can try stress management or meditation to relax and prepare for sleep.

Remember that getting a good night's sleep contributes to lowering the risk of heart disease, contributing to higher energy levels, lowering weight gain risk, reducing inflammation and preventing depression. Sleep enables the body to repair and be fit and ready for another day.

## EMPLOYEE SPOTLIGHT – TINA BURKE



Tina Burke, BA, Senior Care Coordinator, Ryan White, has a rich and diverse work history. She has worked predominately with the HIV population for more than 18 years providing Human Services. Tina has also worked with other diverse populations and programs including Domestic Violence (both victims and batterers), Substance Abuse, Asthma in the Daycare Project and as a member of the Infant Mortality Reduction Initiative team. Her primary role at JPA includes initial intake/assessments, case conferences with medical and non-medical providers and the development of care plans where patients are assisted through their navigators to meet medical and non-medical goals. As Senior Care Coordinator, she emphasizes how important it is for those patients living with HIV/AIDS to maintain their regular appointments and take advantage of linkages to supportive and social services, housing, health education groups, etc.

Tina graduated from the College of New Rochelle with a Bachelor's Degree in Arts in Social Science and began working for JPA in August of 2018. She currently supervises a staff of four and provides support and revision of documentation associated within the scope of services. Tina feels as if she has accomplished something each and every day whether it is calming a young patient in pediatrics who is afraid of needles or deescalating an upset patient. She enjoys interacting with patients in the waiting areas and explaining how the pandemic has impacted JPA as well as the community. "Communication like this reduces our patients' anxiety and lets them know that we care," explains Tina. "We want them to know that we realize their time is valuable and that we care about them keeping JPA as their provider over other options."

It is a pleasure to work alongside Ms. Burke", says Betsy Varghese, MD, medical provider at JPA. "She is a reliable team-player who goes over and above to serve the patients of our community."

Tina has two daughters. Her eldest is a third-year student at John Jay College and her youngest is a fourth grader at Success Academy in Rosedale, Queens. She is an avid NY JETS fan, enjoys family leisure time, reading and cooking.

## STOVETOP CHICKEN TORTILLA SOUP— FULL OF FLAVORS



In keeping with the theme of National Nutrition Month, this recipe is filled with a *World of Flavors*, both nutritious and delicious. It also is a perfect hardy meal for a cold winter’s day! Prep Time: 15 minutes  
Cook Time: 30 minutes Servings: 6

### Ingredients

- 1 large onion, diced
- 1 jalapeno, finely chopped (de-seeded for less spice—unless you want real heat)
- 3 cloves garlic, minced
- 1/3 cup cilantro chopped
- 1/4 tsp. cayenne pepper
- 1/2 tablespoon chili powder
- 3/4 tsp. ground cumin
- 1 & 1/2 cups shredded chicken (or more)
- 4+ cups chicken stock
- 2 14.5 oz. cans diced tomatoes (1 can regular and 1 can fire-roasted)
- Juice of 1 lime
- 1 & 1/2 cup shredded Monterey Jack cheese
- 1-2 avocados, diced
- 10 oz. bag of Tortilla chips

### Directions

- In a large pot over medium heat, add a bit of olive oil and add the onion, jalapeno, garlic and 1/3 cup cilantro. Sauté for 3 minutes.
- Sprinkle the spices on top and cook until slightly softened.
- Add in the shredded chicken, chicken stock, diced tomatoes and juice of 1 lime.
- Bring soup to a boil, reduce to a simmer, cover and cook for 20 minutes. Stir in half the cheese and 1 cup of crushed tortilla chips.
- If too much broth has evaporated, add an additional cup of water or broth. Simmer 10 mins.
- Ladle into bowls and top with remaining cheese, fresh cilantro, fresh avocado and more tortilla chip pieces & a dollop of sour cream (optional).

\*Black beans can be added for more nutrition.

### Why We Need to Drink Water, continued from page 1



1. Drink when you’re thirsty—that’s your body’s way of telling you it needs water.
2. Choose water over soda, energy drinks or sugary beverages.
3. Sip water throughout the day and with your meals.
4. Carry a water bottle—keeps that water handy during the day.
5. Add flavors to your water (lemon, lime, pineapple, cucumber) to change it up.
6. Choose fruits and veggies with high water content to add to your diet.
7. Use a health app on your phone to help track your water-drinking progress.

### 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 Richards 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.**

718-945-7150



www.addabbo.org