

The Addabbo Newsletter
Connecting the Community

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SPRING INTO SPRING WITH A PEDIATRIC VISIT

Spring is a wonderful time of year. Winter is departing, flowers are beginning to bloom, birds are back, windows are open, people are outside again and the sun stays up later. This also means that your children will most likely want to spend more time outside, join sports teams, play with friends and be more active in general. Outdoors is a good thing, but it also means that your child will be exposed to more allergens and germs as well as be more at risk for injuries. Most kids will successfully navigate their way through all of these, but making sure they are ready to deal with them is always a good thing. One way you can help them do this is by bringing them in for their annual physicals now, in the spring.

Allergy Management. Spring is wonderful but there's more pollen and dust in the air and just in case your child may suffer from allergens in the spring season, now is the perfect time to find out ways to better manage any allergies.

Stay Up To Date on Vaccinations. Unfortunately, due to the pandemic, many children are behind with their routine vaccinations that keep them safe from harmful and preventable diseases. This is also the perfect time to make sure your children are up to date and protected.

Growth milestones. As children age, there are certain growth checks to make sure they are on their way to a healthy future. Pediatricians will check to make sure they are hitting their marks and that they are strong and fit for the days of playing that lie ahead. This is also particularly important if your child plans to join a sports team.

Make sure there are no illnesses or injuries that have gone undetected. Pediatricians are trained to notice if anything has gone undetected and will notice if they are developmentally on target, happy and healthy.

So, call to make an appointment with your child's pediatrician today. Help your children Spring into Spring in good health!

DO WE LAUGH ENOUGH?



If you ask some experts, they will tell you that all of us could use a little more laughter in our lives. Actually, laughter can reduce stress and increase overall wellness. The Mayo Clinic staff tells us that when it comes to relieving stress, "more giggles and guffaws are just what the doctor ordered - and that's no joke!"

A good sense of humor can't cure all ailments, but the positive data about what laughter can do is mounting up. A good laugh can actually bring about physical changes in our bodies, i.e., increases our intake of oxygen-rich air, stimulates our heart, lungs and muscles and increases endorphins (the feel-good hormones). When we laugh, our heart rate and blood pressure increase and then decrease, giving us that good, relaxed feeling. Laughter can also stimulate our circulation and help our muscles relax. Negative thoughts can add stress and decrease our immunity. Conversely, positive thoughts help release neuropeptides that fight stress, fight off illness and relieve pain. Laughter also helps us deal with some of those difficult or frustrating situations and improve our moods.

To bring more laughter into our lives, here are some things we can try: **Laughter Yoga:** This is when people practice laughter in a group. It is forced at first, but can soon turn into spontaneous laughter.

Share Funny Stories or Jokes with Friends: Try to spend more time with people who make you laugh.

Read and Remember Funny Stories or Jokes to Share: There are funny stories on line, in magazines or newspapers. Try to remember a few to pass along. **Find Humor in Yourself:** We can all get frustrated with ourselves. For example, our uncanny ability to forget to bring the list we prepared so we wouldn't forget could be stressful. But try finding the humor in it instead! It's there!

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GENETIC TESTING NOW OFFERED TO JPA PATIENTS



What is Genetics? Genetics is a field of science that tracks how individual traits are passed down from parents to children through their genes, i.e. eye color, hair color, height, etc. Changes in genes, called mutations, can also affect whether a person is likely to develop certain diseases, such as breast, ovarian, colon, prostate, uterine, gastric, renal and pancreatic cancer. Genetic information can help people determine cancer prevention plans.

Genetic testing is the use of medical tests to look for certain mutations in a person's genes. Although genetic testing can be used in many ways, we are focusing on its use in looking for gene changes linked to cancer so you can know more about your risk of developing cancer. Many people are at an increased risk for a particular cancer and don't even know it. The only way to know your risk is through genetic testing.

This type of testing is recommended if you have a family history of certain cancers to see if you carry a gene mutation that increases your risk. All relatives on both sides of the family (aunts, uncles, siblings, cousins, parents, etc.) should be considered

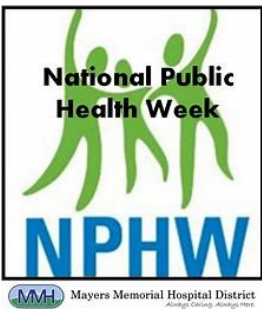
when determining if you have a family history of cancer. Once you are tested, if it is determined that you are at an increased risk, your provider will give you a management plan. This may include earlier or more frequent screenings to help prevent the cancer you are at risk for or taking steps to lower your risk or catch it early.

The process for being tested begins by discussing the test with your JPA provider during a regular visit. During pre-test counseling, if you and your provider decide that a genetic test is appropriate for you, your provider will order the simple test conveniently through our on-site labs.

Once your full report is generated (in 2 weeks or less), your provider will determine if additional post-test counseling is indicated.

This testing is covered for all Medicaid and Medicare patients and the testing entity (Natera) provides affordability programs so all patients, whether privately insured or uninsured, can have access to this genetic testing.

NATIONAL PUBLIC HEALTH WEEK APRIL 4TH—10TH



This is the week when the focus is on Public Health and how together, we can make our communities healthier, stronger and safer places to live, work and play. The 2022 theme is: Public Health is Where You Are. Thankfully, we are cautiously emerging from 2 years of social isolation due to the pandemic and that alone contributes to conditions in our communities that impact our health and wellbeing. This is a great opportunity to get involved and make an impact on public health in your community. Perhaps you could join a community garden, donate healthy and culturally appropriate canned food options to food pantries or volunteer at local food distributions. Ask questions during public forums about health subjects that are important to you. Learn more about the health care disparities that surround us. This year's focus during National Public Health Week is to make sure people know that what is done right in your own community makes a big difference and helps make your community a better and healthier place. Having support and feeling included within our social communities can have a very positive effect on our mental and physical health.

JPA NEWS



Marijan Pavisic, V.P. Human Resources, joined members of JPA staff at NYC Councilmember Selvena Brooks-Powers' Job Fair at the Rockaway YMCA on Friday, March 18th.



THESE HAVE BEEN STRESSFUL TIMES FOR ALL OF US



Stress is your body’s way of responding to any kind of demand or threat—whether it is real or imagined—the bodies defenses kick into high gear in a rapid, automatic process known as the “fight or flight’ reaction or the “stress response”.

There is no doubt that these are stressful times for all of us. We have had to deal with the COVID-19 pandemic for many long months, the isolation it has brought about and the resulting family and community stresses. Now, we are dealing with international events that are stressful and again, we are feeling the impacts of growing economic stresses and higher prices for food, gas, rent and higher than normal bills to pay.

Some common stress symptoms are headaches, anxiety, overeating or undereating, muscle tension or pain, restlessness, angry outbursts, chest pain, drug or alcohol abuse, fatigue, irritability social withdrawal, stomach upset, sadness, depression or sleep problems. If you don’t deal with these stress responses, they could result in high blood pressure, heart disease, obesity and diabetes.

It is always wise to consult your healthcare provider if you have any stress symptoms to make sure that they aren’t symptoms of another medical condition. Once that has been confirmed, here are a few every-day stress busters that could help you get through these stressful times:

Regular Exercise—dancing is a great exercise.

Relaxation Techniques like yoga or tai chi.

Take a Break—close your eyes and imagine yourself in a relaxing place and feel the peace for 10 minutes.

Make Time for Hobbies—gardening or arts & crafts.

Keep a Journal—it often helps to write things down.

Go Easy on Yourself—remind yourself that we just can’t control everything. Don’t wait until stress damages your health, relationships or quality of life.

“Stress is not what happens to us. It’s our response TO what happens. And RESPONSE is something we CAN choose.” *Maureen Killoran*

EMPLOYEE SPOTLIGHT – MILLICENT ROBERTS-SCOTT, LPN



Millicent Roberts-Scott, LPN, grew up with her grandmother in Hollis, Queens. Her grandmother was an LPN, so she was exposed to a nursing career at a very young age. Millicent pursued her own nursing career at the VEEB Practical Nursing Program where she was recognized for her outstanding clinical work. She went on to complete a Preceptor program at South Nassau Community Hospital where she received the Barbara Herman McCluney scholarship for her perseverance and perfect attendance! She is planning to continue her nursing education at Nassau Community College soon.

She began working at JPA in 2019 during the height of the pandemic. At that time, she remembers that many staff members were out ill and thinking that “being sick was just not an option” for her. By the time her recruiting agency contract expired, she knew that she wanted to work at JPA full-time and applied. Between her application date and acceptance date, Millicent worked at Jamaica Hospital Medical Center and ambulatory care centers. She was delighted to come on board at JPA as an LPN with Ryan White at Site 1.

Her dedication to working in community healthcare stems from her firsthand experiences. She was a young, teenaged single parent with nowhere to live and no income. “I’ve been there personally, so I have a deep understanding of what patients can feel and what they can need,” says Millicent. “I like being the nurse who stays at work a little later to accommodate someone who had to rush to pick up a child from daycare. I understand the patients who have little time for their own personal care.” She knows what it is like to need compassionate, quality care and enjoys being in a position to provide just that.

Millicent has a full plate! She and her husband have 6 children ages 29, 28, 19, 12, 10 and 8. Her eldest daughter is a registered nurse currently working as a traveling nurse; another daughter is pursuing a career in nursing and her only son is studying law enforcement.

In spite of her busy schedule, she finds the time to sing, do karaoke and drive around in her most prized possession—a completely pink Chevy! She and her husband enjoy attending car shows, fixing up old cars and actively seeking donations for toy and clothing drives for local shelters.

EVERYTHING BAGEL SEASONING CHICKEN TENDERS & SALAD

This is a very simple dinner recipe that doesn't take long and one everybody loves. It can be served with a simple green salad or with your choice of pasta—either way, it's delicious and easy! The Everything Bagel Seasoning adds extra flavor and extra crunch to the chicken tenders.

Ingredients

Directions

Chicken tenders:

- 2 tablespoons all-purpose flour
- 1 large egg
- 1/2 cup panko breadcrumbs, preferably whole wheat
- 1 tablespoon everything bagel seasoning
- 1 pound chicken tenders
- 1/4 cup grapeseed or canola oil

- Place flour in a shallow dish and lightly beat the egg in another shallow dish. Mix breadcrumbs and everything bagel seasoning in a third shallow dish.
- Dredge the chicken tenders in flour, then egg, then breadcrumbs. (Yes, your fingers can get a bit gooey!)
- Heat the oil in a large skillet over medium heat.
- Add the chicken and cook, turning once, until golden brown and thermometer reads 165 degrees F, about 7 minutes total—adjusting the heat to prevent burning and set aside.

Salad

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon white-wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1/8 teaspoon ground pepper
- Mixed baby greens for salad

Salad

- Whisk olive oil, vinegar, mustard, honey and pepper together in a large bowl.
- Add salad greens and toss to coat.
- **Serve the greens topped with the chicken.**

The recipe can easily be doubled or tripled so you can accommodate the number of people you're serving.



Do We Laugh Enough? Continued from page 1



Laughter increases a sense of intimacy and can create bonds with others. You are less likely to have a belly laugh when you're alone. When you share a laugh with someone, both of you feel psychologically closer to each other and we often walk away from the experience having a more positive view of the other person. For instance, public speakers often make a joke to create a relaxed connection with their audience.

So go ahead! April is National Humor Month so let's join in the celebration of laughter and its benefits.

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.

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

718-945-7150



www.addabbo.org