A MESSAGE ABOUT MEN’S HEALTH

Believe it or not, men’s health often takes a back seat to women’s health and that’s something that needs to change. In general, compared to women, men generally lead less healthy lifestyles and are more likely to postpone routine checkups. Men are also less likely to have a regular healthcare provider as well as health insurance. Women are twice as likely to visit a healthcare provider for an annual exam than men. That’s not a good statistic. The most common conditions that affect men are heart disease, prostate, testicular and colon cancer and osteoporosis later in life. But the key factor here is that men need to take more control of their own health and encourage their sons to do the same. Fortunately for men, many of the health conditions and diseases that men face can be prevented or treated—if they are diagnosed early enough.

Of course, unintentional injury is also a common threat to men’s wellbeing and health. It is important to manage risky behavior such as drinking too much or overdoing it when your body sends you messages that you should rest a while. Commonsense precautions such as using sturdy safety ladders and wearing a seat belt count too! We all have fathers, brothers, sons and friends that are men and we want the men in our life to be happy and healthy and be with us for many years. Encouraging them to take care of themselves helps. In our society, many men are encouraged to be macho and invincible, and oftentimes that means they ignore symptoms and put off doctor appointments because "they’re fine." Men's Health Week, June 13th through 19th, is all about putting some peer pressure in the opposite direction!

Men’s Health Week and Father’s Day (June 19th), are good times for men to remind themselves that health is also about happiness. It’s okay for men to pamper themselves. Take a hike, go on a walk, play a round of golf, read a book or take a nap...this is a great opportunity to encourage men to do what they find relaxing.

And a note to women—this is the perfect time to encourage the men in your life to truly take care of themselves. Even help them make their annual doctor’s appointment!

JPA’S NEW CHIEF MEDICAL OFFICER: ARI BENJAMIN, M.D.

It is with great pleasure that Miriam Y. Vega, PhD, Chief Executive Officer, announces the appointment of Ari Benjamin, M.D. as the new Chief Medical Officer at the Joseph P. Addabbo Family Health Center. Dr. Benjamin joined JPA in 2018 as a practicing healthcare provider and its Associate Medical Director. As such, he has been a long-standing member and integral leader of the JPA Senior Leadership Team.

Dr. Benjamin brings his administrative talents as well as his first-hand understanding of patient care to the CMO position. “He is well known for his uncompromising patient advocacy and team building abilities,” says CEO Miriam Vega. “Time and time again, he has demonstrated his leadership abilities as we have all navigated through the changing and ever-evolving challenges of the Covid-19 pandemic, and we are delighted that he has accepted the position of Chief Medical Officer at JPA.”

He inherited the spirit of community from his family and was eager to go to medical school to fulfill his life’s dream of being able to make a positive difference. Dr. Benjamin enjoys the balance of patient care at Addabbo and the opportunity to sit at the table and have a meaningful voice in the important decisions. “During my recent years at Addabbo, I have been living my dream of providing care to those who truly need it and having an impact on how that care is delivered,” says Dr. Benjamin. “I am humbled that I have this opportunity.”
Join us for **FREE!**

- Food*
- Games
- Prizes and Giveaways*
- Fun for the whole family
- Health screenings
- Interactive Workshops
- Job readiness support

**Job Fair**

We're Hiring! Bring your resume. Onsite screening for open positions.

Health Insurance information and Enrollment. Bring proof of income and SSN.

*While supplies last

Come Out and Nourish Your Mind, Body, and Spirit!
Fall Safety Should Be a Top Priority

For anyone who has suffered a fall and resulting injuries, it won’t come as a surprise that it is the second leading cause of unintentional injuries every year. Scores of people fall each year at home and at work resulting in broken limbs or worse, death. According to the National Safety Council, falls are 100% preventable—yes, 100% preventable!

We tend to think we’re always safe on flat ground, but the thousands of injuries each year tell us otherwise. Household falls are exceedingly common and frightening especially since we consider ourselves safe in our own homes. At home or at work, many of the same rules apply. When taking on a project:

- Practice all of the ladder safety tips
- Keep the work area clear of hazards and immediately clean up spills
- Read all instructions and safety precautions on all your equipment
- Don’t wear loose clothing that can get caught in equipment
- Remove home hazards. Take a look around. Your living room, kitchen, bedroom, bathroom, hallways and stairways could be loaded with hazards. This is true especially if older adults are living in the home.
- Keep floors and surfaces clear of clutter
- Keep file cabinets and desk drawers closed
- Keep electrical and phone cords out of traffic areas
- Install handrails on stairways
- Consider changing your footwear. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall
- Never stand on chairs, tables or any surface with wheels
- Properly arrange furniture to create open pathways
- Light up your living space. Keep your home brightly lit to avoid tripping on objects that are hard to see. Place night lights in your bedroom, bathroom and on stairways.
- Make an appointment with your doctor to make sure that you are aware of any side effects of medication that could make you dizzy or weak.

One out of five falls causes a serious injury such as broken bones or a head injury. Each year, 3 million older people are treated in emergency departments for fall injuries and over 800,000 patients a year are hospitalized because of a fall injury, most often because of a head injury or hip fracture.

THINK PREVENTION FIRST!

MIRIAM VEGA, PhD, HEALTHCARE HERO IN 2022

Miriam Y. Vega, CEO of the Joseph P. Addabbo Family Health Center, was selected as one of New York’s Healthcare Heroes for 2022 by Schneps Media. Spotlighting excellence and applauding innovation, this year’s Healthcare Heroes were highlighted as those who consistently deliver and support quality care. Under her leadership, JPA has been established as a healthcare leader assisting the communities it serves through some of the most difficult days of the COVID-19 pandemic.

“I must also include the Addabbo Healthcare Team in this award,” says Vega. “It is because of the current staff, many of whom have personally experienced the challenges of the pandemic, that comprehensive medical services continued to be provided as we now all seek to slowly recover from the pandemic. Our overall goal is to make sure that patients return to the very critical routine healthcare monitoring and services.”

Dr. Vega and members of the JPA team were present at the awards ceremony at Terrace on the Park on May 12, 2022.
A MESSAGE FROM KAYE GLOVER, SENIOR PROJECT MANAGER

Some of you may remember me from my work with the FEMA vaccination clinics at Sites 1 and 2 this past summer. I had the pleasure of working with a fantastic group of staff and providers. With their support, we were able to significantly increase the vaccination rate of residents in Far Rockaway and surrounding areas. For those of you who are new to the JPA family as an employee, patient or friend, allow me this chance to highlight the impressive work of the JPA team. In only 2 months, operating only on weekends, we were able to vaccinate nearly 5,000 patients. To put this into context, the vaccination rate was around 28% in May 2021 when we began. When we completed the program in August 2021, it was over 50%. This groundbreaking work has undoubtedly made it possible for students to return to school, businesses to reopen and for us to return to a sense of normalcy.

I was recently given the opportunity to work with the JPA Team again to coordinate and manage a City Council Faith Based Initiative to promote HIV/AIDS awareness. We are planning an event that will provide these resources, several workshops as well as health screenings to improve the overall health of the communities served by JPA.

“The Health, Faith, and Community Summer Wellness Fair” will be held at Site 1 in the parking area on Sat., June 25th from 11 am to 4 pm. This will be a festive event with free food, fun activities and giveaways. (See flyer on Page 2.) We definitely want this event to be well attended to ensure that as many people as possible have the opportunity to take advantage of this fun and important health event.

I am honored to have another opportunity to work with a phenomenal team and look forward to reporting on what I anticipate will be another outstanding achievement for the JPA Team.

Kaye Glover, Senior Project Manager

IT’S TIME TO ENJOY THE GREAT OUTDOORS!

Summer is just around the corner—finally! Just as many people have done over the past 2 years of the pandemic, spending time outdoors remains a priority. During the month of June, Great Outdoors Month, it’s a great time to put the spotlight on the time we spend outdoors and a few reasons why it is good for us. This is the perfect time of year to reduce the time spent inside on electronic devices with a bike ride, a walk to a local park or a trip with the kids to the playground. After a long winter and a not-so-great spring, there’s no wrong way to get outside and there is a lot to be gained by rediscovering the natural world around us. So, put down your phone, leave social media for a while, take a deep breath and start enjoying the outside. Wilderness Redefined explains some benefits from being outdoors to take into consideration when you decide what you’re going to do outside on a lovely day!

Stress Reliever. Spending time in nature relieves stress in both teens and adults. We all know that high levels of stress when not managed well, are associated with depression, obesity, and high blood pressure. Strengthens Immunity. Healthy doses of nature will help increase your level of white blood cells to help your body battle germs. Betters Your Short-Term Memory. Urban settings are full of traffic, street noise, lights, and lots of people. These things pull our attention in several directions. This makes it hard to sharpen our focus and recall things we just learned. Improves Vision. This can be especially true for young children. Staying on electronic devices have a harmful effect particularly on children’s eyes (near-sightedness) and studies suggest that outdoor activities have protective effects on their eyes. Dim indoor lighting causes the eyes to work harder to see clearly and the outdoor light keeps eyes from working any harder than they need to. Increases Vitamin D. Vitamin D gained through proper exposure to sunlight is beneficial in not only improving our immune system but some research suggests it has pain management qualities as well. Aids in Sleep. When our sleep cycle is off balance or we aren’t sleeping well enough, it can cause health issues. Getting outdoors and exposing ourselves to sunlight helps to reset our circadian rhythm and restore a more natural sleeping pattern.

The sample of health benefits presented here have been well documented and researched to give you a glimpse into how important the outside can be. Going outside to enjoy these benefits can be used as part of a healthy lifestyle or treatment plan you and your healthcare providers have decided upon.
EMPLOYEE SPOTLIGHT ON MELISSA RAMOS

Melissa Ramos, Dental Operations Manager, has been with JPA since 2014 and came on board as a Dental Treatment Coordinator. In 2019, Melissa was promoted to Dental Operations Manager where she oversees administrative as well as clinical operations for the entire JPA dental department.

She became a certified dental assistant in 1996 and while working in that capacity, a doctor she worked with encouraged her to continue her education by going back to school to become a dental hygienist. And go back to school she did – at NYU’s College of Dentistry Hygiene Program.

Over the years, Melissa has worked with many dentists including specialists who performed all dental procedures from implants to surgeries. During her time in these dentists’ offices, she learned all aspects of running a dental office including administration and billing. She also worked for the insurance company, Healthplex, and was trained on government group dental claims. She returned to overall office management because she missed working directly with patients. Suffice it to say, Melissa makes a very competent—and very busy—Dental Operations Manager!

Dr. Alan Friedman, Dental Director at JPA, says, “Melissa oversees patient scheduling, manages patient relations, orders dental supplies and deals with dental insurance companies. She also monitors dental assistant coverage for our dentists and makes sure that each site has a dentist to treat patients each and every day.” Dr. Friedman went on to explain that she does payroll for the department, monitors sick and vacation time as well as trains new employees in the dental department. “She is the glue that holds our busy department together,” says Dr. Friedman.

When she’s not busy taking care of the JPA dental department, she spends time with her son, (“who is a wonderful 10-year old”, Melissa explains), enjoys sitting and relaxing on the beach and spending time with friends and family.

AS WE CELEBRATE PRIDE MONTH IN JUNE, LET’S NOT FORGET NATIONAL HIV TESTING DAY

“Pride Month is for everyone to embrace who they are while letting the world know — in style! The rainbow aptly signifies the colorful activities and flavors of this month-long celebration. These include massive rallies, pride parades, parties, workshops, concerts and countless more LGBTQ+ events to attract participants from all over. The Pride community takes huge pride in their movement, going all out for the festivities with elaborate costumes, makeup, and, of course, glitter — so that they sparkle for the whole world to see! ”

The Joseph P. Addabbo Family Health Center would like to recognize our LGBTQ+ staff and patients during this special LGBTQ+Pride Month. We acknowledge and celebrate our staff and patients who are LGBTQ+ as well as strive to create safer and healthier environments for colleagues and patients. The Month of Pride was first celebrated in 1970 here in NYC after the 1969 Stonewall riots in Greenwich Village and every year since then, NYC has been the host of the biggest LGBTQ+Pride celebration in the world: a celebration of self-affirmation, dignity, equality and visibility. Our Project RITE team will be hosting various events throughout the month of June and will be joining in the Queens Pride celebration on June 5th.

June 27th is National HIV Testing Day! This year’s theme is “HIV Testing is Self-care: Take care of you and others too.” This date is commemorated annually as an occasion to widely encourage people to get tested for HIV. The CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once a year as part of routine healthcare. People at higher risk should be tested more often. During the COVID-19 pandemic, there has been a spike of sexually transmitted infections. Taking an HIV test is the first step in taking charge of your health. At JPA, we offer free and confidential testing along with vital services to ensure that if you are negative—you stay negative or, if you have HIV, we connect you to comprehensive services.

HIV testing is an act of self-care, and knowledge of status is the gateway to engaging in prevention or treatment services that enable individuals, regardless of their status, to live a long and healthy life!
CILANTRO LIME CHICKEN: Quick, Easy and Inexpensive

Your family will really enjoy this fresh-tasting cilantro lime chicken tortilla meal. And you’ll love how easy it is to get supper on the table. You can make this ahead and freeze it as well or serve it fresh from the pot. It’s nutritious, delicious and inexpensive. This recipe should serve 6 people.

**Ingredients**

- 3 large chicken breasts boneless and skinless,
- 2 Tbsp. olive oil
- 1 lime juiced
- 1 cup cilantro chopped
- 2 garlic cloves minced
- 1 red pepper diced
- 19 oz. can black beans rinsed and drained
- 12 oz. can kernel corn drained
- 1 purple onion minced
- 1 tsp. chipotle spice (or to taste)
- Dash of salt and pepper

**Instructions:**

- Cube the chicken and sauté in a pot with olive oil until no longer pink.
- Combine the rest of the ingredients into the same pot and simmer until chicken is thoroughly cooked.
- Serve on flour tortillas with salsa, sour cream, and guacamole.

This recipe can also be prepared and frozen in zip lock bags. On the day of serving, just empty the contents into a pot and simmer until done. Some people actually prefer freezing to let the flavors ripen!

WELCOME TO ADDABBO

The Joseph P. Addabbo Family Health Center would like to welcome the following team members:

- Maria Concepcion — LPN
- Mery Arana— Clerk
- Mechelle Hackson—Temp in Medical Records

Welcome to the JPA Team! We look forward to working with you.

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 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