

The Addabbo Newsletter
Connecting the Community

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STAYING SAFE IN THE SUN

Summer has finally arrived! While the sun is shining brightly, this is a perfect time to highlight the risks of those summer rays on your skin and eyes. Those warm rays feel so wonderful after months of cooler weather, but we all have to remember to protect ourselves from UV-A and UV-B rays as both can damage the skin. The American Cancer Society estimates that more than one million new cases of skin cancer will be diagnosed this year. *Everyone's* skin and eyes can be affected by the sun and other forms of UV rays. People with light skin are much more likely to have sun damage, but darker-skinned people, of any ethnicity, can be affected, too.

The immediate danger of too much sun is something we are all familiar with—sunburn. However, the sun's most serious threat is its role in causing skin cancer. Fortunately, it can be prevented! You may have heard that the body needs sunlight to make vitamin D, but nowadays, many foods are fortified with vitamin D so sun exposure is not as important as it used to be.

The sun can do some very harmful things: cause skin cancer, cause vision problems, suppress your immune system and cause premature aging of the skin. Fortunately for us, there are things we can do to minimize those harmful effects. **Anyone** who spends time outside should use a sunscreen including men, women and children, people who tan easily and those who don't, both fair-skinned and dark-skinned people.

Sunscreens, when used correctly, are very effective. Everyone should use a sunscreen with an SPF of at least 30. Here are some simple rules to follow when using sunscreen: 1) Apply sunscreen at least 20 to 30 minutes before being exposed to 30 minutes or more of sunlight 2) Reapply sunscreen every 2 hours or more frequently while outdoors *especially* if you go swimming or perspire 3) Cover all exposed areas of your body, and 4) don't skimp.— smooth it on rather than rubbing it into your skin. *Continued on page 6*

WHAT IS AUTISM SPECTRUM DISORDER?

Autism is a neurodevelopmental disorder which means that it affects how a child develops. It is present in utero which means it happens before birth. It is a spectrum disorder, meaning that an effected child can display a wide range of symptoms ranging from language skills, behavior and sensory issues. Children on the spectrum can also vary greatly on their cognitive abilities. Diagnosis usually occurs when a child is a toddler or, in some cases, not until a child is of school age. Boys are four times as likely to have it than girls although girls can be underdiagnosed due to the belief that certain behaviors are acceptable to their gender. This often leads to girls having to struggle for years before a proper diagnosis is made. About 30 to 40 percent of children with autism may also have ADHD along with the disorder. Having one child with autism increases the chance of having another but we don't yet know the actual mechanism of inheritance.

Signs of autism in a child younger than 3 may include: failure to respond to his/her name, disinterest in sharing or showing objects of interest to the parent, not affectionate as well as disliking displays of affection and a preference for solitary play. In older children, there may be lack of eye contact, inability to carry on a conversation effectively and preference for solo play. In all ages, there may be repetitive behaviors noted such as spinning, hand clapping, turning switches on and off repeatedly, becoming extremely

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HEALTH, FAITH, AND COMMUNITY SUMMER WELLNESS FAIR



The Joseph P. Addabbo Family Health Center (JPA) held a Health, Faith, and Community Summer Wellness Fair on Saturday, June 25th. Hundreds of community residents were in attendance to take advantage of the many health screenings, job opportunities and HIV resources available. The beautiful weather provided the perfect backdrop for the festive, entertaining and educational fair.

JPA's Human Resources Department was on site to recruit for available job opportunities and received 275 resumes! Our WIC team was on hand and provided WIC program materials to many families. HIV and HCV tests were available and HIV resources and information were distributed.



As attendees entered the beautifully transformed parking area, they were greeted by songs of praise followed by prayers and blessings offered by local faith leaders. CEO Miriam Vega spoke of the significance of having a Multifunctional Specialty Health Center in the community and Senator Joseph P. Addabbo, Jr., spoke about his family's continuing commitment to JPA and the community. The attendees also had the opportunity to talk with local elected officials.

A designated "Kid's Corner" was decked out with life-size games and the children enjoyed sack races, egg tosses and many other fun activities. Food and ice cream trucks along with a dessert cart were on site to provide free food and drink and a prize wheel allowed many to win prizes and participate in the raffle. Every attendee left with a gift bag of goodies!



The event was chock-full of activities for the whole family: face painting and games galore for the kids, glucose, blood pressure screenings and COVID testing were provided by JPA clinical staff. Residents had access to our knowledgeable providers who presented informative, interactive workshops on asthma, diabetes and hypertension. Music, drumming, dance and comedy performances were provided throughout the event.

The Summer Wellness Fair was a collaboration between Far Rockaway faith leaders, DHMH and community partners. This collaboration allowed us to offer vision screenings, information about adult day care, healthy living tips, holistic wellness, job readiness training and mental health and trauma counseling. This event will undoubtedly go a long way in helping to improve the health of the Far Rockaway and surrounding communities.

This event was held to raise awareness, provide education and resources and help reduce the spread of HIV/AIDS. We know that access to quality preventative care is critical and JPA remains committed to providing services to those most in need.

What is Autism Spectrum Disorder *cont'd from page 1*



Louis Velasquez, MD FAAP
Director of Pediatrics, JPA

upset when something is done out of routine and an extreme sensitivity to textures, noises, colors or lights. Higher functioning individuals may have an all-consuming interest in just one topic and know everything about that topic (i.e., all about dinosaurs, Disney princesses or video games). They also tend to ignore things in which they have no interest at all. Due to sensitivity to textures, some children may have issues with nutrition and consuming age-appropriate foods. Many can have speech difficulties as well. Some children with autism spectrum disorder have difficulty learning while others have normal or high intelligence but may have trouble communicating and applying what they know.

At routine pediatric visits beginning at about 18 months of age, your child's pediatrician will begin asking questions about his or her behavior and observe your child's development in order to screen for this disorder. When suspected or when you, as a parent, raise concerns, referrals will be made to a specialist for further evaluation and ultimate diagnosis. Early Interventions can be extremely helpful for future outcomes so it is even more important that children see their healthcare providers as scheduled. No two children are ever identical in how autism affects them, so necessary therapies are all tailored to each individual child to make sure they have every opportunity as they grow and develop.

While there is no cure for autism spectrum disorder, early treatment can make a very meaningful difference in the lives of many children as well as for the families who care for them.

EMPLOYEE SPOTLIGHT—TATIANA BERRIOS



Tatiana Berrios
Call Center Analyst
Supervisor

Tatiana Berrios, JPA’s Call Center Analyst Supervisor, has been with the Joseph P. Addabbo Family Health Center (JPA) for nearly 8 years. She began her career at JPA as an operator in the Call Center answering phones, fielding a myriad of patient questions, directing calls and making appointments. Prior to working in the Call Center, Tatiana worked as a Pharmacy Technician for two years at Dawn Pharmacy, one of JPA’s 340B pharmacies at Site 2. She enjoyed the dynamic family atmosphere at JPA and wanted to be a part of it. She kept applying for a position at JPA and finally landed a position as an operator in the then new department—the Call Center.

“Since I had previously spent a lot of time working in Upper Manhattan, I wanted to experience a different dynamic and one of diversity,” explains Tatiana. “Working in Manhattan was a great experience, but I definitely prefer JPA!”

Tatiana spent quite a few years as an operator before applying for the position of Call Center Analyst Supervisor. She realized that the Call Center needed some improvement but was quite intimidated by the idea of taking on a critical leadership position at first. A trusted colleague repeatedly encouraged her to apply for the position. She eventually applied, was hired in the

new capacity and has held that position for more than a year. There have been many changes implemented and many improvements made,” she says, “but there are always new challenges to tackle. I work with a great team which makes my position very rewarding and fulfilling.”

Adriana Velasco, JPA’s COO, has noticed Tatiana’s dedication to her role as the Call Center’s Supervisor. “Tatiana’s role at JPA is extremely important and she is very proactive. Since she took over the position, the number of missed calls has decreased and the timeliness of answered calls and appointments has greatly improved. I appreciate her forward thinking and sense of urgency. I know Tatiana loves her job and she proves that each and every day.”

Along with her full time position at JPA, Tatiana is currently pursuing a degree in Health Administration and Nursing! In whatever spare time she does have, she loves hiking and traveling and has just returned from Ensenada, Mexico. She journals and reads a great deal and is currently helping a good friend promote his new apparel line. Tatiana is hopeful that her continuing education and degree will help her continue to make a difference in the community.

REMINDER: SUMMER SAFETY TIPS

Summer is too short to miss due to a safety mishap or unintentional injury that can be easily avoided. We all know these tips but with summer here now, it never hurts to have a reminder.

STAY HYDRATED— Proper hydration helps regulate body temperature, support brain function and mood. Hydration keeps our joints lubricated and our digestion smooth. Be prepared and have a water bottle handy.

WATER SAFETY— It goes without saying that no swimming is allowed without a lifeguard present. There are no exceptions to this rule. We are already hearing about senseless drownings this year. One is too many.

BICYCLING— Always take safety precautions when riding a bike. Bicyclists sometimes have to share a road with vehicles, so being alert and wearing proper gear is critical. Even on bike paths, accidents and injuries can happen. Wearing proper shoes is also important—flip flops don’t make for bike safety.

SKATEBOARDING— Everyone who skateboards falls. The main thing to remember is to be protected with the proper head and body gear so that serious injuries do not happen.

PEDESTRIAN SAFETY— Distracted walking has become a huge problem. We often see people texting or using their cellphones while walking and not paying attention. This makes our vulnerability even more pronounced when walking, crossing streets and negotiating traffic. It’s best just to pay attention to your surroundings.

FIREWORKS— We love fireworks at BBQ’s, parades and other special events, but during the month of July especially, fireworks accounts for plenty of visits to the emergency room, some with serious burns. Tempting as it is to shoot off fireworks, displays are best left to the professionals and are far safer.



**STAY SAFE
THIS SUMMER WHILE
YOU HAVE FUN!**

HOW TO GET THE MOST OUT OF YOUR DOCTOR VISIT



Excellent healthcare is about clear, open and honest communication with your family's team of providers. It is very important to get the most out of your time with your doctor and make the most of your appointments. Here are some ways to help you communicate effectively with your healthcare team:

- Come to your appointment prepared with a written list of questions or concerns you want to ask the doctor.
- Be open and honest about any and all symptoms.
- If you do not understand what the doctor tells you, ask your doctor to explain it again so you can understand. Don't ever be afraid to ask questions.
- Ask questions about the diagnosis: is it contagious and when can you expect to feel better?
- Ask questions about any medications prescribed: what they are for and are there any side effects you should look for?
- Make sure to share information with the doctor, including all medications, vitamins or herbal medications you take. Better yet, bring the actual bottles of pills or a clearly written list, including dosages.
- Openly discuss any problems you or family members are experiencing, e.g. anxiety, attention span, depression, etc. Be sure to sign up for the Patient Portal so you have access to your medical records from wherever you are.
- Ask your provider/doctor what you and your family can do to take better care of yourselves overall. For example, lose/gain weight, exercise more or adopt better nutrition habits, etc.

Remember: The more information your provider has about you and your family's health and the more you participate in your care and the better the healthcare decisions you can make together.

3 SUMMER FRUITS AND THEIR HEALTH BENEFITS



Ah yes! Summer fruits in season are usually fresher, tastier and more nutritious. Seasonal fruits are also better for you as they are typically allowed to ripen naturally so the plant has more exposure to sun and has higher levels of antioxidants. Plus, in-season fruits are usually at their best price — which means you can eat healthfully *and* stick to your budget. **Watermelons, mangos and strawberries** are great examples of summer fruits—all healthy and good for you!



Watermelons are high in vitamin A (important for eye health and boosting immunity) and in vitamin C (which strengthens the immune system). It has good levels of vitamin B6 and is a good source of potassium that's necessary for water balance and preventing muscle cramps—and keeps your heart healthy,

Mangos have more than 20 vitamins and minerals and lots of fiber (which helps you stay full and is essential for good digestion). They are an excellent source of vitamin A (good for your eyes and immune system) and vitamin C (which help fight infection and chronic disease) and a good source of potassium — in fact, they have even more of this mineral than bananas! Plus, when you eat a mango, you'll get the benefit of the antioxidant zeaxanthin, which filters out harmful blue light rays and helps protect eye health.



Strawberries are the most popular berry in the U.S. but they are technically not a berry or a fruit. They are one of the top 50 foods containing the most antioxidants per serving according to a study published in The American Journal of Clinical Nutrition — so they are powerful disease-fighters. Strawberries are high in vitamin C, fiber and manganese (a trace mineral needed for many vital functions). They are also a good source of potassium and folate (one of the B vitamins that converts carbs into energy, among other benefits).

With their vibrant colors and tastes and their nutrition content at their peaks, now is the time in our area to enjoy summer fruits. No matter how you eat them, if they're ripe, they are sure to be delicious.

THE ULTIMATE YUMMY TURKEY BURGER

This is a great red-meat alternative for a summer meal. It is delicious, tender, tasty and juicy and can be cooked on the grill outdoors or indoors on the stove in a grill pan. They're quick, simple to make, flavorful and guaranteed to be a family summer favorite. Turkey burgers are definitely not bland anymore!



Ingredients

- 2 lbs. ground turkey
- 1/4 cup breadcrumbs
- 1 tbsp. dried or fresh parsley
- 1/3 cup finely diced red onion
- 2 garlic cloves minced
- 1/2 cup finely diced red bell pepper
- 2 tsp dijon mustard
- 1 egg
- 1 tsp Worcestershire sauce
- 1 tbsp. cold milk
- Dash of salt and pepper

Instructions:

- Mix all the ingredients together in a large bowl . The mixture may be a little “loose”, but this is okay.

Shape into patties and place on the grill or in a grilling pan with a small amount of olive oil or cooking spray and cook over a medium flame—turning only once or twice —and cook 4 to 6 minutes on a side. Internal temperature should read 165 degrees F.

Serve with your favorite summer side dish and enjoy the flavors!

Toppings: avocado, mayo, tomato, pickle, sauteed mushrooms and/or lettuce.

Staying Safe in the Sun cont'd from page 1



Protection from sunburn is not the most important reason for wearing sunscreen: **reducing the damage from the sun is.** Your skin can be harmed by constant sun exposure, whether or not you see or feel a burn.

In general, sunscreens are safe for children over age 6 months and if used regularly in childhood, they can prevent skin cancers from developing in later life. If you have any questions regarding the use of sunscreen for your children, please check with your pediatrician.

Remember, staying out of the sun is best but when you can't, try to limit exposure between 10 am and 3 pm when the sun is the strongest, wear sunscreen and protective clothing, a wide-brimmed hat and sunglasses that filter UV light. We love the outdoors during this time of year and by following a few simple steps, we can stay safe and protect our skin—it's the only one we have.

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**

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www.addabbo.org**