

The Addabbo Newsletter
Connecting the Community

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NATIONAL HEALTH CENTER WEEK AUG. 7TH—AUG. 13TH

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National Health Center Week is an annual celebration to raise awareness about the mission and accomplishments of America's health centers like the Joseph P. Addabbo Family Health Center (JPA) over the past 50 years. Did you know that health centers provide comprehensive care to 30 million patients at 11,000 sites in every state and territory in the U.S.? Health centers also save the health system more than \$24 Million annually in reduced emergency, hospital and specialty care costs.

This year's celebration honors those frontline providers, staff and beloved patients who have lost their lives during the COVID-19 pandemic. It is worth noting that community health centers all over the U.S. found innovative and unique ways of continuing the provision of preventative and primary care to their patients to make sure that patients and providers maintained a solid connection. JPA was no exception as it continued to provide healthcare to its patients even throughout the worst days of the pandemic. Health centers have been there to provide support, care and help in times of pain and loss and continue to provide hope and a vision for a better future. ***We remember with great fondness our beloved family practice physician, Dr. Charlie Chen, who lost his life to COVID 19 on April 28, 2020.***

Each community health center has a board of directors who live in the community served by the health center. Board members are either patients or members of the community who represents others served by the health center in terms of demographics such as race, ethnicity and gender. The Board of Directors is the voice of the community and during this week, we also celebrate and thank those who serve in this capacity for JPA. We also recognize health care workers in every capacity for their dedication and devotion to providing the services that are integral to providing health care. We thank them and recognize them for their efforts and service. Despite the pandemic, they continued to work and prove their dedication and passion for what they do—for the patients.

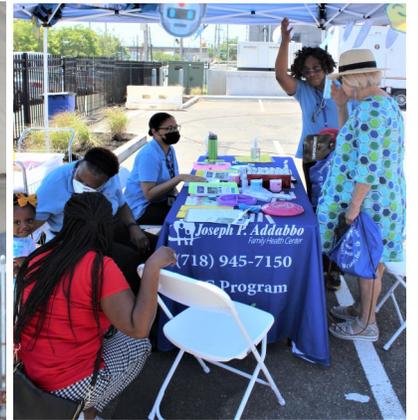
BACK TO SCHOOL PHYSICALS - NOW'S THE TIME

Being a parent can be very hard work! Anyone who is raising children will attest to that. It doesn't matter what grade your child is going to enter, there is always a check list of things to do to prepare. Parents can get so busy with parenting and life in general, that they tend to leave a child's back to school physicals until the last minute. That's why it's a good idea to make your appointment now, so you'll be all set when it's time for your children to return to school.

One of the top things to take care of is your child's back to school annual wellness exam and sports physical. The Covid pandemic interrupted many of these routine but critical physicals and vaccinations and it's not too early to start thinking about them now, yes, in August! This is especially true when your child enters adolescence when many changes are taking place in their bodies.

Very often, back to school annual check-ups are the only times many kids and teenagers have with their pediatricians every year. This provides an opportunity for the pediatrician to examine the child thoroughly as well as address any emotional, developmental or social concerns. It is very important that the parent convey any concerns they may have to the pediatrician during these exams. For example, as a parent or guardian, you may have noticed your child seems depressed or anxious—this should be brought to the pediatrician's attention so if any interventions are needed, they can be timely accomplished.





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ADDRESSING, NORMALIZING AND TALKING ABOUT MENTAL HEALTH

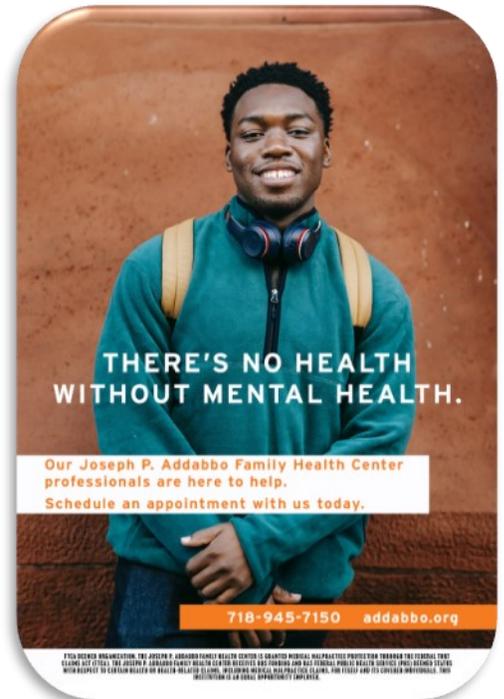
The New York City Council has provided funding to the Joseph P. Addabbo Family Health Center (JPA) specifically to address mental health among people of color in our Queens Community.

As a Federally Qualified Health Center, JPA serves some of the most vulnerable populations in the Queens area. Undoubtedly, our community has been disproportionately affected by COVID-19 and other challenges faced by many vulnerable communities. Currently, JPA does not have the technical capacity to screen and identify all patients who are struggling with their mental health. With this funding, JPA plans to create a launchpad for more sustainable screening and referral system for access to much needed services.

By training all levels of staff to deliver screenings, we can identify patients who need support at different points of care with the additional benefit of normalizing discussions about mental health. Addressing the stigma attributed to mental health is a major hurdle to overcome in not only our communities, but in many across the country. Through the provision of health education and information via the creation of a health education campaign, we can begin to open the door to increased awareness and conversation. The content once created and shared, will have a sustainable impact for the communities served by JPA.

This funding enabled JPA to create and utilize mental health-related bus shelter advertising as a step towards beginning a conversation about these issues.

The patient groups, while short term, will go hand in hand with the work we will be doing in normalizing mental health discussion and treatment while also providing patients with coping tools from which they can continue to benefit into the future.



The photos shown are the full-sized panels that will appear in 30 bus shelters across the Rockaways and Jamaica, Queens areas through the months of July and August.

BACK TO SCHOOL PHYSICALS

Cont'd. from Page 1

Routine and preventative immunizations are also critical. School forms often require a detailed current record of your child's vaccinations which your pediatrician will have on record.



Another good reason for that annual exam is to determine if it is safe for your child to participate in extra-curricular sports activities. It is extremely important that you make sure your child is healthy enough to participate safely. Exercise-specific issues including injuries, nutrition and training will be addressed during the exam. Overtraining injuries have actually become huge problems among young people.

Pediatricians also act as good sounding boards for parents. If a parent or guardian is struggling with things like making ends meet, family issues, school issues, etc., it is important to discuss these things with the pediatrician. Talk to your pediatrician honestly and openly so they can help you receive the information and possible referrals you might need. A healthy parent helps make a healthier child!

Be sure to make an appointment with your child's pediatrician before the last minute. It will relieve some of the stress associated with getting them ready to go back to school.

EMPLOYEE SPOTLIGHT—SHAUN JOHNSON, ACM, SITE 1



Shaun Johnson
ACM Site 1

A Far Rockaway native, Shaun Johnson is the ACM (Administrative Clinical Manager) at Site 1 and has been with the Joseph P. Addabbo Family Health Center (JPA) since October of 2003. Shaun began his JPA career in Marketing, moved to Human Resources and worked at Sites 1, 2 and 7 before assuming the ACM position at Site 1.

Although his family moved to New Jersey when Shaun was young, after his graduation from the University of Maryland Eastern Shores with a degree in Business Administration, it was a family member who encouraged him to seek a job at JPA in Rockaway. When asked why he wanted to return to Rockaway, his response was quick and simple... “I felt like I grew up there and wanted to have a position where I could help people who needed it.” So, he applied for an entry position at JPA. Shaun was also greatly influenced by his grandmother, also a resident of Far Rockaway, who was deeply involved in the community and worked tirelessly to make improvements that would benefit its residents. She instilled that mission in Shaun in an early age. Also encouraged by other members of his family who undertook service careers, he felt he could best achieve his goal of serving an underserved population by working at JPA and, after almost 19 years, he has never looked back!

As an ACM, Shaun feels that he is the “connection” between Administration and the practical application of policies as they effect JPA patients. Also, as an ACM, he able to connect patients to the services they need. Problem solving is also an integral part of his position as ACM and he always feels very gratified when an issue has been resolved to everyone’s satisfaction.

“We are grateful for all Shaun’s years of hard work and dedication to both JPA and its patients,” says Miriam Vega, JPA’s CEO. “He shows great calm in the face of everyday challenges and that is a strength we greatly value.” JPA provider, Dr. Betsy Varghese works closely with Shaun. “Shaun is an asset to any team,” she says. “He’s a respectful team player and strong team leader, and it’s a pleasure to work alongside him.”

Most recently, while still assisting patients at JPA on a daily basis, he has been assisting his family and 13-year-old daughter who has, thankfully, now been pronounced cancer free after a battle with the frightening disease. Shaun admits he doesn’t have a lot of spare time these days, but when he does, he enjoys spending time with his family, playing basketball, taking a swim or spending some quiet time fishing.

MAMMOGRAPHY PARTNERSHIP



The Joseph P. Addabbo Family Health Center (JPA) is privileged to have a partnership with the American-Italian Cancer Foundation (AICF) to provide no-cost breast cancer screening services. The AICF mammography van is a regular visitor to our various sites in the Rockaways and Jamaica, Queens.

In 1987, AICF launched its Mobile, No-Cost Breast Cancer Screening Program in response to increasing community needs and the Foundation’s commitment to improving access to breast cancer screening services to the medically underserved, ethnically and linguistically marginalized women. During the pilot year of the program, 425 women were screened over 22 days. Over the last 35 years, AICF has provided mobile breast cancer screening services in New York City to over 116,000 women.

Using a community-based approach to recruit patients, AICF works in close collaboration with over 200 community organizations that are already providing services to their target population, medically underserved women. It proactively recruits trusted community-based organizations to host their Mammography Bus. These partners include health centers, social service providers, schools, religious institutions, local banks and senior centers. Some of their closest collaborators are the community health centers that offer many primary care services but don’t have the capacity to offer mammograms. Together, through these partnerships, more comprehensive care to women can be provided.

*How to make your appointment: Call 1-877-628-9090. Eligibility: Women aged 40-79 currently living in NYC; Women aged 50-79 without health insurance currently living in NYC or No Mammogram in the past 12 months. The services are at No-Cost, No Co-Pays and Deductibles are waived. Uninsured patients are welcome. **Making an appointment today could save your life!***



WHAT'S THE MEANING OF "NOMOPHOBIA"?

The increase in cell phone use, especially during the Covid pandemic, has given rise to a new term: **Nomophobia: the fear of going without your phone (no-mobile-phone phobia). Are you chained to your cell phone?**



Techjury recently published an article that listed some pretty incredible statistics about cell phone use. Here are just a few of them that stood out:

- ⇒ The average user unlocks their phone about 150 times per day or more;
- ⇒ 66% of the world's population shows signs of nomophobia;
- ⇒ 75% of users use their phones in the bathroom;
- ⇒ 71% of users sleep next to their phone;
- ⇒ Users spend an average of 2 hours and 51 minutes per day on their cell phones while family time only lasts about 45 minutes;
- ⇒ The average user touches their phone more than 2500 times per day! .

There is also a dopamine connection going on in your body when you use your cellphone. Your brain contains several pathways that transmit a feel-good chemical called dopamine when you are in rewarding situations. For many, social interaction stimulates the release of dopamine. So many people use their phones as tools of social interaction, that they get accustomed to constantly checking them for that hit of dopamine that's released when they connect with others on social media. The app programmers count

on that, i.e., likes and comments. We just **have** to know how many there are and from whom.

Teens are at the greatest risk. Excessive use is so common amongst teens that the majority never turn off their phones and they routinely check their phones at least once an hour.

How do you know if you or a loved one might have an overuse problem with your phone? Some of the signs include:

- ⇒ You reach for your phone the moment you wake up, are alone or bored;
- ⇒ You wake up during the night to check your phone;
- ⇒ Your phone use has caused an accident or injury that occurred while driving and texting, or walking and texting;
- ⇒ You spend more and more time on your phone;
- ⇒ The use of your phone interferes with your job performance, schoolwork or relationships, and
- ⇒ People in your life are concerned about your excessive cell phone use.

Cell phones have become such powerful tools that for many people, they feel indispensable. Is your attachment to your phone just a social phenomenon or a genuine life-altering addiction?

If you think you or a loved one might have a problem, reach out to your therapist or doctor for some tips on how to modify your cell phone behavior.

STOP AND SHOP AND JPA

The Joseph P. Addabbo Family Health Center has been fortunate to receive over \$3,400 during the past few months from our participation in the Stop and Shop Community Bag Program. JPA has participated in the programs in the Rockaway stores as well as in the Stop and Shop location in Howard Beach. Whenever Stop and Shop sells a reusable shopping bag to its customers, a portion of the sales comes to JPA as a donation.



Stop and Shop appreciates the impact that nonprofits have in their local communities. To spread the word about the important work nonprofits do, Stop and Shop interviewed some of the organizations that have benefitted from its Giving Programs. JPA is featured in the Stop and Shop Feature Page where you will find an interview provided by our CEO, Miriam Y. Vega, PhD. The following link will take you to the website where JPA was featured. <https://stopandshop.2givelocal.com/stories/>

JPA has been selected to participate in this Giving Program once again. During the month of August, JPA will receive a portion of the Community Bag Program proceeds from the Stop and Shop located at 112-15 Beach Channel Drive, Rockaway Park, NY. Thank you to Stop and Shop for including JPA!



LET'S TALK CHILDREN'S TEETH



Establishing good oral habits with your children early on will help encourage healthy patterns that can last a lifetime. Healthy teeth play an important role in how children learn to chew, smile, talk and can even help their confidence in their social and educational life.

Parents should make a dental appointment for their child around the time of his/her first birthday and regularly thereafter. The dentist will teach you how to prevent dental disease, check for cavities and watch for developmental and orthodontic problems.



It is important to establish a “dental home” for your child where your dentist will not only establish a rapport with your child but encourage and involve your child in proper oral care at an early age.

Unfortunately, tooth decay is still one of the most common chronic diseases affecting children between the ages of 6 and 19. Parents can protect their children's teeth by following the following tips:

- Choose a toothbrush with a small head a soft bristle. Always brush along the gum line in a circular motion, cleaning a few teeth at a time.
- Use a pea-sized amount of fluoride toothpaste from 18 months to 6 years of age. From 6 on, use a thin layer of toothpaste and encourage your child to spit out toothpaste after brushing.

- Teeth should be brushed along the gum line and all surfaces of the teeth twice a day—after breakfast and before bed. Young children should have an adult supervise them.
- Drink plenty of water. Water should be the primary drink for a child during the day. NYC water has fluoride in it which protects teeth from decay.
- Limit sweet drinks like soda, fruit juice, sport and energy drinks which can cause tooth decay. Even diet soft drinks contain acids which can damage teeth.
- Avoid adding sugary foods to your child's lunchboxes and substitute it with healthy non-sugary snacks.
- Make sure to ask your dentist about dental sealants and fluoride treatments. Dental sealants can reduce cavities by 90% and fluoride will strengthen enamel against tooth decay.

Note to Parents: If a parent feels anxious about a dental visit, they can inadvertently convey those fears to a child. It's generally a good idea not to use the word “pain” or “hurt” as it raises a possibility a child might not have thought of. Dentists often reward children with a gift which helps make it a happy experience for them.

**Roses are red,
Violets are blue,
Time for your dental
cleaning
and maybe a check-up
too!**

Alan Friedman, DDS
Director of Dentistry

HYPERTENSION AND WHAT IT MEANS



We hear this word “hypertension” all the time these days. For years, every medical checkup we received included someone taking our blood pressure but many still don't know exactly what that means. Actually, hypertension is just another name for *high blood pressure*, something we have all heard about.

Hypertension is a common condition but one that can lead to severe health complications and increase the risk for heart disease, stroke and even death. High blood pressure is called the “silent killer” because it usually has no warning signs or symptoms, and many people do not even know they have it. The good news is that it is easily detected with a simple blood pressure test—the same ones that are part of a routine doctor's visit. In most cases, you can manage your blood pressure to lower your risk for serious health problems.

Why is blood pressure important? Blood pressure is a **measure of the force that your heart uses to pump blood around your body**. Your arteries carry blood from your heart to other parts of your body. Blood pressure has two numbers: Top number (systolic pressure) and the bottom number (diastolic pressure). If the measurement reads 120 systolic and 80 diastolic, you would say, “120 over 80.” The higher the blood pressure of an individual and the longer it goes uncontrolled, the greater the damage to the body. High blood pressure can seriously damage important organs like your heart, brain, kidneys and even your eyes.

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DELICIOUS KEBOBS—TURKEY AND HERB

Turkey and Herb Kebob is a healthy, fast and delicious kebob to prepare. These kebobs are made in a jiffy in a **skillet** so there is no fuss, no heating up the grill and really not much preparation, just the meat and some fresh herbs and spices. This is an amazingly tasty Persian dish that everyone will enjoy! Recipe makes 4.



Ingredients

- 1&1/4 pounds lean ground turkey
- 1/3 cup thinly sliced scallions (white and light green parts only)
- 1/4 cup finely chopped fresh dill
- 3/4 tsp. ground turmeric
- 1/2 tsp kosher salt
- 1/4 tsp freshly cracked pepper

Instructions cont'd.

- Divide the mixture into 4 equal-sized balls. Make the balls into round patties of about 1/2 inch thick on a square piece of parchment paper. *(Using the paper makes it easier to transfer the kebobs to the skillet and if you make them ahead of time, the paper makes stacking easier.)*
- Heat a skillet over medium heat—no oil needed.
- Add the kebobs to the hot skillet. Cook over medium heat 5 mins on each side or until golden brown and juices run clear. Inside temp: 160 F.

Instructions

- Mix all the ingredients in a bowl and knead for a few minutes until well combined.

Serve over rice, Persian flat bread or pita bread, with fresh herbs, tomatoes, raw onions and/or a fresh salad.

What is Hypertension, cont'd. from page 6



Your doctor will discuss what your blood pressure should be, monitor it carefully and help you control it. Because your blood pressure normally rises and falls during a day depending on your activities, a person is considered to have high blood pressure or hypertension when one's blood pressure is *consistently* high.

Risk factors can include **age** (hypertension is more common in people over 65), **ethnicity** (some ethnic groups are more prone to hypertension than others), **weight** (obesity is a primary risk factor), **alcohol and tobacco use**, **cardiovascular disease**, **diabetes**, **chronic kidney disease** and **high cholesterol** can lead to hypertension especially as people age.

Ask your primary care physician about JPA's Hypertension Program, a blood pressure monitoring program to manage hypertension. Using an app and a FREE Bluetooth blood pressure machine, you can stay in touch with your physician who can monitor your blood pressure and help control your hypertension.

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**