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PEOPLE AND THEIR PETS—THE BENEFITS

Relationships between people and their pets are symbiotic which means that they benefit both the pets and the humans. More than 85 million American homes have at least one animal as a pet. Human-animal relationships are important in society as they foster intimacy, nurturance and connection with nature. Now however, studies are showing that our furry creature pets promote positive physical and psychological health in humans. Some of the simple benefits of owning a pet are: Walking a pet provides an opportunity for low-risk and low-intensity exercise; Petting your animal can relax and reduce stress levels and reduce anxiety due to the release of oxytocin as well as promote a sense of well-being; Companionship is a benefit particularly to those who live alone including seniors; Socialization is often the result of walking your pet as animals are often used as social ice-breakers to begin conversations with others; Mood Boosters while playing with your pet or talking to your pet makes you feel better when sad, depressed or worried. There are also studies that point to pet ownership combatting ADHD, abating the development of allergies and assisting with the regulation of diabetes (there are dogs who recognize when a diabetic’s blood sugar drops) and promoting overall heart health. Plus, let’s not forget the all-important, unconditional love!

Meet Seronica Bradley’s 7-year-old Yorkie, Neo. He’s so loving and protective of her and loves to be cuddled. His favorite place is outside on her terrace barking at the birds flying by.

Meet Carla Lewis-Peters’ 4-year-old American Pittie, Rocko. He actually enjoys having his teeth brushed, lots of belly rubs, cuddles and baths. Loves new toys, wearing bow ties, long walks, enjoys being the life of the party (K-9 and human) and is always by Carla’s side.

SUMMER YOUTH EMPLOYMENT PROGRAM AND JPA

Although it is universally recognized that youth benefit from work experience and early exposure to career pathways, providing appropriate employment and work experience opportunities remains a pressing challenge. Additionally, the pattern of unemployment indicates racial, ethnic and class disparities. For example, Black and Hispanic/Latino youth are more likely to be unemployed than their white counterparts and youth in low-income households have unemployment rates well below youth in high income households. In NYC, approximately 22% of youth ages 16-24 are unemployed, which is double the national rate. JPA is an active participant in NYC SYEP and has hosted many young people at its various sites. 2022 was no exception.

The adverse effects of youth unemployment are well documented. Young adults who are unemployed tend to earn lower wages in subsequent years. Prolonged unemployment can lead to a decrease in physical and mental health as well as an increase in risky behaviors such as smoking and alcohol consumption. At JPA, SYEP participants are able to experience a “first job” situation with guidance and opportunities to explore their interests and develop workplace skills such as communication, critical thinking, decision-making and problem-solving skills as well as self-management. They are also exposed to work norms and culture as well as an opportunity to build a professional network and learn how to manage money.
WHY WE SHOULD WASH OUR HANDS

Given the Covid 19 pandemic and now Monkeypox, we hear over and over again, “Wash Your Hands”. Yes, it can get tedious for sure, but it is one of the most effective ways to stop the spread of germs and stay healthy. It is also one of the simplest - soap and water. Keeping hands clean can prevent 1 in 3 diarrheal illnesses and 1 in 5 respiratory infections, such as a cold or the flu. Well worth the effort, don’t you think? Statistics show that only about 5% of the population washes their hands properly.

Many germs that can make people sick are spread when we don’t wash our hands with soap and clean, running water especially at key times such as after using the bathroom, when preparing food, before eating and after coughing, sneezing, or blowing your nose. Handwashing with soap and water is not only simple and inexpensive, but also can dramatically reduce the number of young children who get sick. These are some frequent questions that people have about hand washing:

Do I really need to wash my hands for 20 seconds? Scientific studies show that you need to scrub for 20 seconds to remove harmful germs and chemicals. Washing for less time will remove fewer germs. Make sure to scrub all areas of your hands, including palms, backs of your hands, between your fingers and under your fingernails.

Should I dry my hands using a paper towel or an air dryer? There is currently not enough scientific evidence to determine which is more effective. Both are effective ways to dry your hands. Whatever method you use, make sure to dry your hands thoroughly as germs are spread more easily through wet hands.

Do long fingernails harbor more germs and harmful bacteria? Long painted fingernails are very pretty, but in a study at the Infectious Disease Society of America, it was found that artificial and natural nails longer than 3 millimeters beyond the tip of the finger (or the length of a pencil tip), carry more harmful bacteria and yeast under them than short nails. So, if you have long nails, handwashing including under the fingernails is even more important.

Is it better to use warm water or cold water? Use your preferred water temperature – cold or warm – to wash your hands. Warm and cold water remove the same number of germs from your hands. The water helps create soap lather that removes germs from your skin when you wash your hands. Water itself does not usually kill germs; to kill germs, water would need to be hot enough to scald your hands.

Which is better, hand sanitizer or handwashing? Washing hands with soap and water is the best way to remove all types of germs and chemicals. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.

So, keep washing those hands to stay safe!

Summer Youth Employment Program cont’d. from page 1

Development and Revitalization Corporation, Boys and Girls Club and Catholic Charities of Far Rockaway. We hosted a total of fifteen youth across three of our sites. The experience was beneficial for both JPA and the youth. We look forward to continuing this partnership with SYEP of NYC to provide opportunities for the youth of our city. We also congratulate the JPA participating youth for their successful completion of the program and thank the JPA staff members who mentored them. The following were the youth at JPA this summer.

Site 1
Crystal Liow
Gabriella Risudeo
Jamia Carter

Site 2
Jaylin Dixon
Khaliyah Favor
Francine Park
Safiyah Purcell
Briggette Ramkaran
Elizabeth Singh

Site 3
Tanisha Chhetry
Tenzin Paldon
Nicole Figueroa
Laura Colin
Jennifer Sibri-Chillogalli
Asef Faiyaj
**EMPLOYEE SPOTLIGHT— BRIDGETTE GUY-MCFARLANE**

Bridgette Guy-McFarlane, MA, is a proud Jamaican. Growing up, she attended school in Jamaica and Alberta, Canada. She participated in track and was actually a sprinting star, although not quite as fast as Usain Bolt (a Jamaican sprinter widely considered to be the fastest in the world)! In 2000, Bridgette immigrated to the United States with her children and began working as a department manager at the Burlington Coat Factory. After she was laid off in 2009, her daughter encouraged her to pursue a career in the nursing field. Her daughter accompanied her to the Allen School in Jamaica, NY where she immediately registered as a student. It was on that day that her journey to become a Medical Assistant began.

She completed her training in 2009 and was urged by her advisor to seek an internship at JPA in the hopes that she would eventually be hired. She began her internship in Pediatrics and GYN at Site 1. She then transferred to Site 2 Pediatrics and other departments for training. There just happened to be a vacancy in the GYN department at Site 2 and she was officially hired by JPA on Christmas Eve, December 24, 2009. She is now officially working in Pediatrics at Site 2.

Bridgette has been very happy as part of the JPA family for the past 13 years. “Working with patients is my passion so I enjoy going above and beyond for them”, says Bridgette. “Because it’s my passion, it’s what I do best and I have developed a priceless and extraordinary relationship with my patients.” She credits Sarah Wills, LPN, Maria Sanchez, RN and Ann Yadgarov, RN who encouraged JPA management to hire her. “I enjoy caring for people and especially those who are in need,” says Bridgette. “My goal is to continue to advance myself and improve my skills.”

Diana Catalan, ACM at Site 2, says “Bridgette is always smiling and in good spirits. Our pediatric patients love her and sometimes come in just to say hello!” That alone says a great deal about Bridgette!

Bridgette enjoys reading romantic books and cooking. She’s married, has two children and two grandchildren. Outside of work, she enjoys excursions and when the weather is good, you can find her “just hanging out in my back yard, having a BBQ with jerk chicken and dancing to some reggae music!”

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**PEOPLE AND THEIR PETS cont’d. from page 1**

Meet Hunter, Dr. Betsy Varghese’s rescued 8-week-old kitten. She was found wandering the streets and weighing only 1 lb. After much care, she is now thriving and is Queen of the Castle! She loves to chew on Amazon boxes, watch birds from the windowsill or hunt dark shadows, toes and ankles.

Meet Tia, Barbara Yergo’s 14-year old Tibetan Spaniel who obviously loves to smile! Such a happy face!

Meet Alvin, Liz Sulik’s 13-year-old Yorkie. He loves riding along in the golf cart but his putting needs some work!

Meet Princess, Nadia Brumell’s 5 year-old Teacup Yorkie who enjoys relaxing in the sun, barking and chasing the cat around the house! Although she’s all bark and no bite, she’s very protective of Nadia and loves to cuddle all day long.

Meet Hunter, Dr. Betsy Varghese’s rescued 8-week-old kitten. She was found wandering the streets and weighing only 1 lb. After much care, she is now thriving and is Queen of the Castle! She loves to chew on Amazon boxes, watch birds from the windowsill or hunt dark shadows, toes and ankles.

**OUR PETS**

**A POEM TO MY BEST HUMAN FRIEND**

You feed me when I’m hungry,
You put water in my dish,
You let me sleep on anything,
Or in any place I wish.

You let me lick your hands
Or even lick your face,
Despite the fact I’ve licked myself
In every private place!

You’ll always have my loyalty,
Up to the bitter end,
Because after all, it’s plain to see
That you are my best friend!

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RISK MANAGEMENT AT JPA

Risk management in healthcare is the process of identifying threats that could possibly harm the organization, its patients, staff or anyone else within the facility. It is how an organization, including JPA, identifies and aims to prevent hazardous situations—in other words, how it prepares for anything in advance and mitigates the risks. In healthcare, nothing takes priority over preventing harm to people and it is a process that goes on every day. Once identified, healthcare staff members develop a means of addressing it and correcting it.

All organizations conduct risk management in some way. Commercial banks install safes to protect their depositor’s money from theft. Towns and cities have traffic lights and stop signs to lessen the threat of dangerous and speeding driving. Risk management is particularly important in healthcare because hazards can impact health and patient privacy. For example, a healthcare organization has a policy that requires all staff to use hand sanitizer before seeing a patient to address the spread of bacteria and germs. HIPAA guidelines are also in place to protect sensitive patient information, data and health records. All of these and more play critical roles in risk management. However, effective risk management is more than just these threats; it also involves developing, implementing and practicing policies and protocols to address them and involves a collaborative effort from the CEO down. It is difficult to ensure that no mistake or wrongdoing ever occurs, but adequate preparation will help staff address those that do.

JPA supports the establishment of a just culture that emphasizes implementing evidence-based best practices, learning from analyzing errors and instead of just placing the blame and a punishment, provides constructive feedback. In this type of culture, unsafe conditions are readily and proactively identified, reported and analyzed and mistakes are openly discussed and remedied. Individuals are still held accountable for compliance with patient safety and risk management practices.

Risk management is a very important process because it empowers an organization with the necessary tools so that it can adequately identify and deal with potential risks with the ultimate goal of keeping everyone safe.

CHOLESTEROL IS LIKE CAKE—GOOD IN MODERATION

Over the years, we have learned to think that cholesterol is a bad thing, but it’s misleading to call cholesterol an evil, artery-clogging fat because cholesterol performs a lot of important functions. However, our bodies produce all the blood cholesterol they need which is precisely why experts recommend that people eat as little dietary cholesterol as possible while on a healthy eating plan.

Blood cholesterol is a waxy, fat-like substance made by the liver and is essential for one’s good health! Cholesterol builds healthy cells, makes hormones and helps digest fatty foods. In other words, our bodies need cholesterol. But what our bodies do not need is too much, or high cholesterol. Too much cholesterol contributes to the development of fatty deposits in blood vessels which eventually make it difficult for enough blood to flow through the arteries. At times, these deposits can break suddenly and form a clot that can cause a heart attack or stroke.

High cholesterol can be inherited, but it is often the result of unhealthy lifestyle choices. Factors that can increase your risk of unhealthy cholesterol levels include: Poor Diet—eating too much saturated fat or trans fats such as fatty cuts of meat or full-fat dairy products, packaged snacks or desserts; Obesity—having a body mass index (BMI) of 30 or greater puts one at higher risk; Lack of Exercise—exercise helps boost a body’s HDL (the “good” cholesterol); Smoking—cigarette smoking may lower the “good” cholesterol levels; Alcohol—drinking too much can increase the total cholesterol level, and Age—unhealthy cholesterol is much more common in people over 40. As a person ages, the liver becomes less able to remove the “bad” cholesterol.

Continued on Page 7
THE HUMAN BODY—SOME INTERESTING FACTS

The human body is a pretty incredible and amazing thing. Each organ in our bodies has its own unique way of supporting and coordinating with the overall body. Each function supports the body every second. Here are a few things about the human body that we ordinarily don’t think about.

• The human brain can only survive for 4 to 6 minutes without an oxygen supply and only weighs about 3 pounds.
• We actually see things upside down with our eyes and our brain turns the image the correct way up.
• Astronauts cannot cry in space due to lack of gravitational force.
• Human eyes are made up of over 2 million working parts.
• When we look at someone we are attracted to, the pupils of our eyes actually expand up to 45%.
• Babies are born color blind—always.
• The sound of the heartbeat is made by the four valves of the heart closing.
• The human brain is more active at night than during the day.
• It’s not possible to tickle yourself.
• The small intestine is about 22 to 23 feet long.
• The smallest bone in the body, stapes, is in the ear.
• The nail on the middle finger has the fastest growth rate while the thumb is the slowest. Nails grow faster in the summer than in the winter and fingernails grow faster than toenails.
• As we grow older, our nose lengthens and moves downwards.
• Like fingerprints, tongue prints are also unique.
• The human tongue has 3000 to 4000 taste-buds.
• During your lifetime, you will produce enough saliva to fill two swimming pools. If your saliva cannot dissolve something, you cannot taste it.
• There is only 1 cup of blood in a newborn.
• If a beard is not shaved, it can grow up to 30 feet over a lifetime.
• The gluteus maximus (buttocks) is the largest muscle in the human body and can contribute to back pain.
• We don’t sneeze when we sleep because the nerves responsible for sneezing are asleep as well.
• The sense of smell is the only sense organ that is directly connected to the area of the brain where memories are formed and emotions are processed.
• Humans can make about 10,000 unique facial expressions.
• The largest joints in the body are the knees.
• If you measure your height in the morning, you will be taller because the cartilage in our bones compresses during the day.

For more interesting body facts, go to smartdailyjournal.com/human-body-facts

BACK TO SCHOOL BACKPACKS FOR JPA KIDS

Backpacks are always some of the most critical acquisitions for kids going back to school and JPA is privileged to have donations of beautiful backpacks from two sources this year: BlueNovo and Empire Blue Cross and Blue Shield. A substantial donation from BlueNovo allowed us to purchase backpacks for the kids at Site 6 and Site 2 and Empire BC/BS also gave out backpacks at the JPA Sites. We sincerely thank both BlueNovo and Empire Blue Cross Blue Shield for their generosity and we know that many of our JPA pediatric patients went home from their pediatric visits this month with a new beautiful school backpack in hand.
**STUFFED PEPPERS**

This is an easy and tasty way to make healthy oven-baked stuffed peppers. The recipe features a flavorful mixture of familiar ingredients and spices and is a very popular one-dish oven meal to be enjoyed!

### Ingredients
- 4 to 6 large green, yellow or red bell peppers
- 1 & 1/2 to 2 lbs. of lean ground beef OR turkey
- 1 finely chopped or grated large onion
- 1 & 1/2 cup cooked rice (leftover rice is great)
- 2 teaspoons Italian Seasoning
- 1 teaspoon garlic powder—or 2 garlic cloves minced
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cans (15 oz. each) tomato sauce, divided
- 1/2 to 1 cup shredded mozzarella cheese

### Instructions
- Preheat oven to 400 degrees F. Cut off tops of peppers, remove seeds and membranes and rinse.
- Brown ground beef and onion in a large skillet and drain the fat by rinsing under hot water in a colander. Put the meat back into the skillet and add the garlic, rice, seasonings and mix well until blended.
- Stuff the peppers with the mixture.
- Pour 1 can of the tomato sauce into the bottom of a 9” baking dish. Place the stuffed peppers upright into the dish.
- Cover the peppers with remaining tomato sauce and cover tightly with foil.
- Bake for 35 to 45 minutes or until peppers are tender. Sprinkle shredded mozzarella on peppers and bake another 5 minutes until cheese is melted.
- Serve with salad or Italian bread and enjoy!

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**Cholesterol. cont’d. from page 5**

So, help keep your cholesterol levels down by limiting the amount of animal fats and salt, lose those extra pounds, quit smoking, exercise more, drink alcohol in moderation if at all, manage stress and eat a diet that features lots of fruits, whole grains and veggies. Normal or healthy levels of cholesterol are different depending on your age and sex, so it is important that you discuss your personal cholesterol levels with your doctor—so you know exactly where you stand and can adjust your lifestyle habits accordingly.

High cholesterol usually causes no signs or symptoms. A complete cholesterol test can be ordered by your provider to determine whether your cholesterol is high and to estimate your risk of heart attacks and other forms of heart disease and diseases of the blood vessels. Some foods can help you lower your cholesterol such as oatmeal, oat bran and high fiber foods, fish like salmon, trout, herring, tuna and mackerel that are rich in Omega 3 fatty acids, almonds and other nuts, avocado, and olive oil instead of other fats in salad dressings or to sauté vegetables. A healthy lifestyle can make a big difference and your provider will also discuss whether or not you may need medication to help lower your cholesterol levels.

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**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, telediagnosis 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.

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**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.**

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**For the safety of everyone, please continue to wear your masks, maintain social distancing, avoid large gatherings and wash your hands frequently.**

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www.addabbo.org