

The Addabbo Newsletter
Connecting the Community

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BREAST CANCER AWARENESS MONTH

We all know someone who has been touched by cancer. It doesn't matter where you live or who you are, breast cancer may touch you, your friends or your loved ones. As uncomfortable as it might be, it is absolutely critical to understand the warning signs of breast cancer, your risk and what's normal for you. That way, if there are any changes, you can act quickly.

The Covid pandemic has effected early detection because so many people delayed their regular screenings. This in turn, delayed or disrupted timely treatment. Because of continuing research and increased knowledge about breast cancer, treatments have changed over the years and there is more hope for patients dealing with this disease. Unfortunately, the pandemic has also highlighted disparities in detection and treatments for rural and low-income people. Black women in the U.S. are nearly 40% more likely to die from breast cancer than white women. But the best chance for survival for everyone, including men, is early detection.

What causes breast cancer? No one really knows the exact causes of breast cancer. Doctors don't always know why one woman develops breast cancer and another doesn't. Most of the time, an exact cause cannot be pinpointed. What is known is that breast cancer is always caused by damage to a cell's DNA.

A breast cancer risk factor is something that may increase the chance of getting a disease such as having a family history of breast cancer. It is true that women with certain risk factors are more likely than others to develop breast cancer but having a risk factor does not mean that a woman will necessarily get breast cancer. Many women who have risk factors never develop breast cancer. There is a lot of misinformation out there resulting in common breast cancer myths. For instance, finding a lump in the breast does not necessarily mean you have cancer. Only a very small percentage of breast lumps turn out to be cancer. Men can also get breast cancer; it doesn't only effect women. Breast cancer is not contagious and there is no evidence that deodorants, cell phones, microwaves or mammograms cause breast cancer.

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THE ART OF RELAXING AND REFRESHING



Who remembers being told to "relax" when the doctor, nurse or physical therapist is about to give an examination, vaccination or a manipulation of some sort? HAH! As if relaxing is going to make everything painless—not necessarily true! When told to "relax", people respond in a variety of ways and very few of them result in actual relaxation. We know it's good for us and we should do it, but most of our bodies really don't know how to do it. When we relax, the flow of blood increases around our body giving us more energy. It helps us to have a calmer and clearer mind which aids in positive thinking, concentration, memory and decision making. Relaxation slows our heart rate, reduces our blood pressure and relieves tension. It also aids digestion as we absorb essential nutrients more efficiently when relaxed, which helps to fight off disease and infection. Some experts actually call relaxing by another name, "Refreshing". So, how do we really relax, refresh and de-stress?

Not only should we start our day feeling refreshed, but we should continue to refresh at various points throughout our day! Schedule in 5 minutes a few times during your day to reduce stress levels and give your energy levels a boost. Here's a few relaxation or *refreshing* techniques that are quick and easy to do: **Focus on your breathing.** *It is so effective at calming the system and it has a measurable physiological effect. A review of existing studies published in the American Journal of Cardiology found that even short-term slow*

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The Addabbo Newsletter

Connecting the Community



October

IS ALL ABOUT PINK!

**BREAST CANCER
AWARENESS MONTH**

**Don't delay. Get your
screening TODAY!**

JOIN US IN WEARING PINK ON THURSDAY, OCTOBER 13TH!

AGING CHALLENGES AND CHOICES

I'm too young to be this old
It is like catching a cold
It happens before you know
The years fly by and then you're getting old.

But life is to be lived each day
Never stop learning
Keep busy
Find a laugh
And life will be the best.

By Catherine Pulsifer, © 2011

Ask anyone who is going through the aging process, (or the "seasoning" process) it's not necessarily as easy as we would like. Every morning can be a challenge as we rise and experience a pain or some discomfort that wasn't there the day before!

The fastest-growing segment of the population is the senior citizen group. Despite advances in health care, many elderly people have chronic, incurable progressive diseases and need assistance with the activities of daily living. The greatest challenge facing us as we age is the prevention of physical disability and the extension of "active life expectancy." Fortunately, recent studies suggest that healthy ("successful") aging is achievable, with sound planning for old age.

Illnesses like diabetes, congestive heart failure and some forms of dementia can be delayed or even prevented. Even loss of muscle strength with aging is partly preventable. Perhaps most importantly, a positive attitude helps us to overcome illness and personal losses while we look forward to days to come.

As we age, we make choices about our lifestyle, health care, personal pursuits, and our plans for old age. A few "steps to successful aging" as offered by the renowned Cleveland Clinic will help guide us to healthy and active golden years.

Adopt and maintain healthy habits. Avoid cigarette smoking. Have no more than one alcoholic beverage in a 24-hour period. Exercise regularly with weight-bearing, maintaining the triad of weight-bearing, aerobic and balance activities. Maintain a comfortable weight. Get regular medical checkups. Avoid falls, head injuries, and medications that cause confusion (either over-the-counter or prescription).

Keep yourself stimulated. Enjoy hobbies and interests with passion, particularly social activities such as dancing (often provided activities at senior centers). Strengthen family relationships. Engage in adult educational activities to challenge your mind. Identify any physical limitations, such as difficulty walking or problems with balance. Actively start a discussion about these limitations and use medical resources to overcome them. Use nearby resources such as community support and local senior centers.

Work to maintain dignity and good health in old age. Choose a doctor knowledgeable in the medical care of older adults and one you trust. Communicate your goals of care to your family and physician. Check about long-term care insurance. Express your advance directives in writing.

The Art of Relaxation

Cont'd. from page 1

Breaths can reduce your resting heart rate and lower blood pressure.

Practice Meditation on a regular basis as it slows down the aging process, lowers blood pressure and has physiological, psychological and biological benefits to the human body and reduces anxiety.

Practice progressive muscle relaxation (beginning at your toes, tighten and relax the muscles throughout your body).

Try visualization by imagining a relaxing place and focus in on the details, i.e. *on the beach on a sunny day, cool breezes off the ocean, gulls calling in the background and the sound of waves against the shore.*

Take some "me" time—take up a hobby, take a quiet walk and focus on your surroundings and sounds around you.

Hum your way to relaxation. The Mayo Clinic cites humming as a potentially effective way to relax, refresh and feel cheerful. To reap the full benefits of humming, it should be combined with the Bhramari (Bee breath) method.

<https://connect.mayoclinic.org/blog/living-with-mild-cognitive-impairment-mci/newsfeed-post/humming-your-way-to-relaxation/>



EMPLOYEE SPOTLIGHT— NADIA BRUMELL, LPN



Nadia Brumell, LPN

Nadia Brumell, LPN, grew up in Rockaway for the most part and was always very involved in getting an education and being the best she could be. She served as the President of her high school class for 2 years before receiving a partial scholarship to the University of Albany. She graduated with a degree in science but because of her love for children, she became a Pre-K teacher after her graduation in 2018 for a short time. In 2019, Nadia made the decision to pursue a career in nursing and entered an accelerated program. Despite numerous personal and family challenges including the untimely death of a beloved aunt (who encouraged her every step of the way and who was to be her first patient) and eye surgery which left her unable to see for several months, she persevered and graduated from nursing school in 2019 and passed her NCLIS exam.

She had always had a love of children and decided to focus on becoming a pediatric nurse. A job opening became available at JPA, and she was hired in August of 2021. In only a short period of time, she has accomplished a great deal in her position. “She has incredible professional, organizational and people

skills,” says Marie Gallant, RN-BSN, Associate Director of Nursing at JPA, “and the children in pediatrics love her!”

Nadia credits the team at Site 3 for being great teachers and for their abilities. She loves being a part of that team. Nadia realizes that many of her patients go through a lot and she enjoys being able to put a smile on their faces. She also does her best to make their visits go as smoothly as possible.

Her career aspirations include becoming a Nurse Practitioner specializing in Pediatrics. During her free time, she enjoys singing and dancing and keeping company with family and friends.

She was recently engaged and in her spare time, is busy planning their wedding which she admits is the highlight of her life right now. Nadia is a very happy person and notes that in most pictures of her, you will see her fingers in a peace sign!

She looks forward to a long career at JPA and advancing her education along the way.

Breast Cancer Awareness Month *cont'd. from page 1*



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 bus is a regular visitor to our various sites. Through these partnerships, more convenient and comprehensive care to women is 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.

Dates for the Mammography Bus:

Site 1—6200 Beach Channel Drive, Arverne
October 6, November 3 and December 1
9:00 AM to 4:30 PM

Site 2— 1288 Central Avenue, Far Rockaway
November 16 9:00 AM to 12:30 PM

Site 3—114-39 Sutphin Blvd., Jamaica
October 26— 9:00 AM—4:30 PM

Site 5— 118-11 Guy R. Brewer Blvd., Jamaica
November 16 2:00 PM to 5:00 PM

Site 6—120 Richard Street, Brooklyn
October 20 9:00 AM to 4:30 PM



Making an appointment today can save your life for tomorrow.

EYE SAFETY AT HOME

How many times did we hear our parents warn us about damaging our eyes? “Don’t cross your eyes or they will get stuck that way.” “Turn on a brighter light when reading!” There are many myths surrounding our vision and eyesight. Most of these have been repeated so often that everyone just assumes they are facts. But they’d be wrong. There are however, many reasons why you should be very careful of your eyes, especially at home! We usually expect that our homes are safe places, but each year, household accidents that damage our eyes are increasing. Here are a few common sense safety tips that focus on accident prevention at home.



Protect your eyes during yard and garden work. Flying dust, debris and harmful chemicals can be very damaging to your eyes. Mowing the lawn can be dangerous if there are branches and stones that could be kicked up by the lawn mower. You often see landscapers wearing eye protection glasses—this is done for eye safety especially if you are dealing with chemicals.

If you are a DIY (Do It Yourselfer), it is important to protect your eyes in home workshops. Paint, varnish and other chemicals should be properly stored and special care should be taken when working with them. A small splash of a chemical could land in the eye and cause serious damage. Also be especially careful when working with batteries.

Some cleaning supplies contain hazardous chemicals which can cause damage to your eyes and potentially even blind you. Avoid mixing cleaning solutions together and read labels carefully. Make sure to check the direction of spray nozzles so they are away from you and if it is very breezy in a location, make adjustments in the direction you are standing.

Children can be harmed by toys that are not age-appropriate. Teach them not to snap rubber bands or aim any projectiles at another child. Choose shatterproof toys and yes, they shouldn’t be running around the house with sharp objects in their hands. *(Sounds like something our mothers used to say, but they were right!)*

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JPA COMMUNITY OUTREACHES



Having a community outreach program is all about lending a helping hand to the community. In order to do that, we also lend an ear to the needs and problems faced by community members. We provide general health information, free HIV/AIDS testing, free testing for glucose and blood pressures and information about how to access social services and health insurance, if needed. Members of the JPA Outreach/Marketing Team set up tables at local events, speak to parents’ associations in schools and participate in outreach events throughout the year. Here are a few pictures of our team in the community.

If you want JPA at your event, please visit our website and use the JPA Outreach Request Form www.addabbo.org/outreach-request-form/ or call 718-945-7150.



This is what being an integral part of our communities is all about.

WHY YOU SHOULD YOU HAVE A PRIMARY CARE PROVIDER?

Most adults will need to enter the health care system at some point in their life. Having a PCP team that gets to know you as an individual, your health goals, lifestyle/cultural habits, medical history, medications, family health history and personality will make it easier to get the care you need.



Staying healthy is best done with the expert care of a Primary Care Provider.

Primary care physicians (PCPs) who see adult patients for common ailments as well as manage chronic conditions such as high blood pressure, diabetes, heart disease, obesity, anxiety, and depression. PCPs also have expertise in managing multiple treatments, medications and the interactions between them. In other words, they can address the entire person.

No one knows you quite like your PCP. Because they know so many details about your personal life, your PCP is able to help you prevent disease through proactive health screenings and lifestyle modifications. And because they actively monitor your overall health, when something is wrong, they are more likely to catch it early. People don't always experience symptoms during the early stages of chronic disease, but your doctor knows what to look for because they know the results of your routine check-ups, your risk of any hereditary diseases and are already actively looking for early signs that may indicate a problem.

They also assist in mitigating potential disease complications by helping you manage your chronic issues

such as diabetes, high blood pressure, heart disease and high cholesterol. Your PCP won't just leave you to manage a chronic condition on your own. They will help you develop a treatment plan which will help keep your chronic condition under control.

When something does come up that requires a more specialized approach, your primary care provider can reach out to their network of specialists for a referral. For example, if your annual mammogram comes back abnormal, they can connect you with a breast health specialist who can do further advanced testing and provide specialized treatment if necessary. Your PCP will coordinate with specialists and help coordinate your care and medications.

Your primary care doctor will be able to treat most of your health care needs. As a general rule, visit your PCP for any non-emergency illnesses, injuries and chronic disease management, including follow-ups, physicals, immunizations, screenings, prescription refills and common illnesses such as colds, cough, flu or fever, minor burns, cuts and other injuries.

Remember the "four C's" of primary care: Contact, Comprehensive health care, Continuous and Coordinated care.

ADDABBO TEAM HIGHLIGHTS



Julie Collazo

MAJOR MILESTONE! Julie Collazo, Senior Clerk at Site 1, just celebrated a major milestone — 34 years as an Addabbo team member. Julie joined our team 34 years ago in 1988 as a Clerk and worked her way to becoming a Senior Clerk. "Working at Addabbo has given me an opportunity to work with people of the community," explained Julie. "Working with people is something I am passionate about. My motivation to stay for 34 years has been the sense of community and support from my colleagues as well as the great employment benefits."

Congratulations, Julie!!!



Nichole Albanese, Director of Development
 Sarah Danley, Program Manager, Wellness Department
 Nicole Taylor, Patient Navigator, Wellness Department
 Johanny Hildalgo, Dental Assistant, Dental Department
 Julissa Cruz, Dental Assistant, Dental Department
 Alexanddo Bosch, Custodian

NO FUSS BLACK BEANS, CHICKEN AND RICE — ONE DISH

This no-fuss, one pot, black beans, chicken and rice is one of the most convenient meal recipes imaginable. Super easy, tasty, simple and extremely nutritious.

Ingredients

- 1&1/2 to 2 lbs. of chicken, cut into cubes
- 1 finely chopped large onion
- 1 15 oz can of black beans, drained
- 2 tbsps. Tabasco sauce—or more to taste
- 2 cups uncooked brown rice
- 2 tbsp. olive oil
- 1 tsp. salt
- 3 green onions chopped (use before serving)

** Serve with a tossed green salad. And, when rice is cooked, a can of tomato pieces can be added.*

Instructions

- In a large pan, heat the olive oil and add onions and chicken and cook for 3 to 5 minutes until the chicken has browned a bit.
- Add the remainder of the ingredients except for the green onions.
- Turn the heat to medium low and add 4 cups of water.
- Mix the ingredients in the pan, cover and let cook for 20 to 25 minutes until the rice is tender and the water has been absorbed.
- Make sure to keep an eye on the rice to make sure no additional water is needed.
- Top with green onions before serving.



Eye Safety at Home Cont'd. from page 5

Safety at the computer. Computers, cell phones, digital screens and gaming devices are a big part of our lives these days. Many spend hours and hours staring at screens of one sort or another, Perhaps the biggest recommendation is that for every 20 minutes spent looking at a screen, spend 20 seconds looking at something else like a non-digital item. Also, remember to blink often to avoid dry eye.

Limit time involving strobing videos. Video games are immersive and people often lose track of the time they play at one time. This can also lead to eye strain and neck issues. Keep the room well lit and take frequent breaks. Your eye doctor may be able to help prescribe eyecare products for protecting your eyes from LED displays.

Prevention is always the best action to take. But accidents can still happen. If chemicals or debris get in your eye, don't rub them. Flush your eye with clean water for 15 minutes and call your eye doctor's office for guidance. If it is an emergency, visit your local emergency room or urgent care without delay. To keep your eyes doing their best for you, visit your eye doctor at least once a year.



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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Check Us Out At:
www.addabbo.org