

The Addabbo Newsletter
Connecting the Community

INSIDE THIS ISSUE:

FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Children's National Dental Health Month	1
Welcome Lydia Molina, COO	1
American Heart Month	2
The Most Annoying Buzzwords	3
Dental Health Month Cont.	3
New Diabetes Wellness Center	4
Take Seaweed, For Instance The New Superfood for 2023?	4
Tripledeemic—Now is Not the Time to Stop Being Careful	5
Does Going to the Doctor Cause You Anxiety?	5
Can Indoor Plants Help Lift the Winter Blues?	6
New Community Resource Coming to Rockaway	6
A Really Good Turkey Meatloaf Recipe	7
Valentine's Day Quiz	7



Yes! Children's dental health is so important that it gets its own month on a national level!

Your child's first dental visit should be around the time of his or her first birthday and then regularly thereafter. Your dentist will check for any cavities in your child's baby teeth, teach you how to prevent dental disease and follow the eruption and position of your child's teeth as they grow. Baby teeth set the stage for strong, healthy permanent teeth so it is important that your children and their teeth visit the dentist regularly.

Did you ever wonder why taking care of your child's baby teeth is so important? Aren't those teeth just going to fall out and be replaced by adult teeth? So, why bother at all? The fact is that baby teeth have many important roles in the mouth, They are vital in your child's ability to eat, speak and smile properly. Baby teeth help keep the space in the jaw for adult teeth so if your child loses a baby tooth too early, your dentist will decide how best to maintain space in the mouth so the adult tooth can come in normally. Unfortunately, childhood dental caries or tooth decay is a big problem.—a problem that can be eliminated. There are several things you can do to keep your child's mouth healthy.

Start proper oral hygiene habits as soon as possible. Gently clean your infant's gums and any erupting teeth after each feeding with a gauze pad or damp washcloth. As your child grows, remember to brush twice a day (morning and night) with fluoride toothpaste to prevent cavities. For children younger than age 3, use a thin smear of toothpaste and for children 3 years or older, use a pea-sized amount of toothpaste.

Watch your child's diet. What your child eats and drinks can hurt their baby teeth. Some drinks like fruit juice and soda can have high amounts of sugar and acid. If your child eats large amounts of sugar, it will take a minimum of 30 minutes to neutralize the acidity that is created by decay-producing bacteria. A sugary snack several times a day means that your child's mouth is always acidic, increasing the chance for tooth decay. Substitute fresh fruit, veggies, milk, cheese, lean meat and nuts which are far better for teeth than chips, candy and cookies.

Cont. on Page 3

WELCOME TO LYDIA MOLINA, CHIEF OPERATING OFFICER



Ms. Lydia Molina joins the Senior Management Team at the Joseph P. Addabbo Family Health Center as its Chief Operating Officer. Her most recent role was that of Associate Unified Administrator in the Department of Obstetrics & Gynecology and Women's Health at Montefiore Medical Center where she managed twelve ambulatory care centers and nine clinical divisions along with a number of departmental special projects.

Ms. Molina earned her B.A. from John Jay College of Criminal Justice CUNY and her master's degree in Business Management and Leadership from the CUNY School of Professional Studies. She specializes in the development of new workflows and strategic planning to optimize operations across the board. Using and

analyzing metrics to drive performance and accountability, both clinical and non-clinical, operations have been positively impacted by her management skills and training initiatives throughout her career.

"Please join me in welcoming Ms. Molina as she joins our JPA team," says Miriam Vega, CEO. "I am certain that her skills and areas of expertise will prove to be very positive additions to our team."

"I'm really looking forward to being a part of the JPA leadership team and eager to take on the new challenges ahead as Chief Operating Officer at JPA," says Ms. Molina.

When away from work, she enjoys spending time with family and traveling with friends.



5 STEPS TO PREVENT HEART DISEASE AND STROKE

1. KNOW YOUR RISK

Discuss your risks for heart disease and stroke with your doctor.

Make sure to eat a balanced diet. Cut down on junk foods and eat a heart healthy diet.

2. EAT A BALANCED DIET

3. BE PHYSICALLY ACTIVE

*Try walking 10,000 steps a day.
Sit less and move more!
It's good for your heart!*

Know your Body Mass Index (BMI) and discuss your weight goals with your doctor.

4. WATCH YOUR WEIGHT

5. DON'T TAKE IT LIGHTLY

Most people know to take heart health seriously but they put it off. Don't wait until something happens. Talk to your doctor now.

February is American Heart Month

THE MOST ANNOYING “BUZZWORDS” - HOW MANY DO YOU USE?

A buzzword is, by definition, a word or phrase used by members of some in-group, having little or imprecise meaning but sounding impressive to outsiders. The same is often said of acronyms.

Every year, there seem to be new “buzzwords” that make their way into our conversations both in and out of the office or business setting. These trendy words are generally substituted for more common words. Presumably, we think that using these buzzwords makes us sound smarter or more educated. There are journalists or bloggers that take annual surveys to find out the most annoying buzzwords of the year and here are some buzzwords along with their meanings to enjoy!

Bandwidth: *An excuse for not doing it...*

Circle Back: *Let’s not do it now...*

Deep Dive: *Look into the details...*

Flesh Out: *Gather even more details please...*

Helicopter View: *A very wide overview...or synopsis*

Impactful: *To make this more meaningful...*

In the Pipeline: *Coming—but maybe not...*

Lockstep: *Let’s make sure we’re together*

Move the Needle: *Make measurable gain...*

On My Radar: *I probably forgot about that...*

Paradigm Shift: *Significant change but with a marketing spin on it...*

Skillage: *Fancy way of saying skill set...*

Synergy: *Cooperation or interaction...*

Take Ownership: *Just admit to doing it ...*

Toolkit: *Skillset...*

Wheelhouse: *Interest area or area of expertise...*

There are also certain buzzwords that one should not use when preparing a resume such as “fast learner”, “team player”, “results driven”, “self-motivated”, “flexible” and more! And, just to be sure we don’t include them, there’s a special app called *Resume Buzzword Checker* to help you avoid using a rather long list of inappropriate buzzwords!

To be sure, we’re all somewhat guilty of using too many acronyms and buzzwords in the interest of brevity, but the important thing to remember is that we don’t all speak the same language and using phrases or buzzwords unknown to some can be exclusionary and quite intimidating. Sometimes, we’re just better off using the descriptive words we already know to get the message across!



CHILDREN’S DENTAL HEALTH Con’t. from page 1

Drink plenty of water. The water in New York City is fluoridated so the fluoride will strengthen the enamel and prevent cavities. Drinking water will also help keep your child hydrated and will reduce the acidity of the mouth during the course of the day when they cannot brush their teeth.

Prevent baby bottle tooth decay. Don’t let your child go to sleep with a pacifier or baby bottle filled with anything but water. Overnight, when the teeth are exposed to sugary fluids (including breast milk and baby formula), there can be a dramatic increase in tooth decay. It is a common problem that can easily be eliminated!

Ask about Dental Sealants. For children ages 6 – 15, dental sealants are 90% effective in preventing tooth decay. Virtually every insurance company covers this quick, non-invasive and totally painless procedure. “The success rate for the dental sealants is phenomenal”, explains Dr. Alan Friedman, JPA’s Dental Director. A sealant is a coating that is placed into the grooves and pits of your child’s molars (back teeth). Since most cavities in children form on those biting surfaces, sealants can prevent food from getting stuck in those tiny grooves and pits and reduce cavity formation. Ask your dentist when it is appropriate for your child to have sealant.

All children visiting JPA’s Dental Center receive a screening, necessary x-rays, cleaning, fluoride treatment – and *even some special gifts before they go home.* Our experienced dental staff will monitor the growth of your child’s permanent teeth and make suggestions regarding crowding, gaps and malocclusions (bad bites). Since all NYC public schools require that children have a yearly dental checkup, we recommend you make an appointment soon!

Knowing how important it is that children’s dental habits get an early start, JPA is very excited about expanding our pediatric dental services in the very near future. Our goal is to give every child a very Happy and Healthy Smile! After all, a healthy smile is very contagious, so it’s a very good thing to spread around!



NEW DIABETES WELLNESS CENTER COMING TO JPA

SPECIAL THANK YOU TO SENATOR CHARLES SCHUMER AND CONGRESSMAN GREGORY MEEKS

As we enter a new year, we take great pleasure in announcing that the Joseph P. Addabbo Family Health Center is the recipient of federal funding specifically earmarked for a new Diabetes Wellness Center at our primary location at 6200 Beach Channel Drive in Arverne, N.Y.

For those diagnosed with diabetes, including prediabetes, this funding will allow JPA to rise to the forefront of diabetes treatment in the community. The Diabetes Wellness Center will provide peer and nutrition support, engagement, education and outreach with a focus on the coordinated provision of appropriate primary care services – all enormous health benefits to JPA patients and the entire community.

We want to thank Senator Charles E. Schumer for his efforts in securing this critical funding for JPA and Congressman Gregory W. Meeks both of whom continue their valuable support of JPA and the critical care it provides to the communities it serves. We are very grateful for their dedication to improving access to quality health care not only for our patients, but for all Americans.

This funding award is a very exciting way to welcome 2023.



TAKE SEAWEED, FOR INSTANCE! THE NEW SUPERFOOD FOR 2023?

Anyone who has eaten sushi has probably enjoyed some seaweed in some way, perhaps wrapped around something or in a seaweed salad. It's delicious, but it hasn't become a household name—at least not yet!

As far back as 14,000 years ago, there is evidence that seaweed was used as food and medicine in Asia, Europe and South America. Over recent years, researchers have found that seaweed is not only a healthy food, but also a contributor to clean ocean water. During these times when some in the fishing industry are losing their livelihoods due to global warming, seaweed farming may be an economic stimulant as well. It's what growers call an "unfed" crop meaning that it doesn't need anything to grow except ocean water. Seaweed removes carbon and nitrogen from the ocean waters which lead to ocean acidification—this benefits fish, oysters and crabs amongst other sea creatures. And that's just what seaweed does for the environment! It is packed with beneficial nutrients for people as well.

For starters, seaweed is an excellent source of iodine. It offers a high concentration of two main essential minerals—iodine and iron, both of which are critical for a healthy body. Iodine supports a healthy thyroid function. It also has a high level of fiber content which works in the body to help with the regulation of insulin levels and blood glucose levels and, thanks to that high fiber content, gives your gut a healthy boost. There are many types of seaweed and each offers its own unique blend of essential vitamins and minerals, but all variations are rich in iron and iodine. Seaweed is also low in calories while being a good source of carbohydrates, protein, healthy fiber and polyunsaturated fatty acids. Vitamins B, E, C and A are also found in seaweed. The plant contains antioxidants and helps to reduce inflammation all over the body due to those same beneficial immune system boosting antioxidants.

Seaweed can also help with weight loss! Seaweed contains high concentrations of fiber and very few calories. The high fiber content helps people stay satisfied longer, leading to less snacking. When a person avoids overeating, weight loss is a natural result. Seaweed also takes longer to digest, and the compound fucoxanthin helps to actively attack fat. Seaweed is good for your heart health and helps reduce the acidity in your mouth which can lead to better oral health! You can add Omega-3 to its benefits, too!

Just in case you're thinking about eating it every day, **don't!** Due to its high content of iodine, it's probably best to eat it only once or twice a week and it's always a good idea to check with your physician to make sure you can personally benefit from all the nutrients seaweed has to offer!



NOW IS NOT THE TIME TO STOP BEING TRIPLEDEMIC CAREFUL!

“Tripledeemic” - there isn’t any real definition for this new term but in today’s world, it refers to a collision of RSV, flu and Covid-19 happening together now, during the winter months. There is obvious concern that our hospital emergency departments and beds could be overwhelmed. It is good news that all three of these viruses aren’t raging together, but all three are still very much around us. Even though we have relaxed our protocols, it is too early to relax altogether. One reason for concern is that we haven’t been exposed to the flu virus for several seasons due to covid protocol so we are very vulnerable. Another reason is that many of the masking and other covid prevention protocols no longer play a big part in our lives so those charming viruses can reach us easily.

The CDC recently said that we may be in a decline in all three of these viruses but now is definitely not the time to throw caution to the wind. We are all sick and tired of having to think twice and three times before going out with friends or spending time with family. Knowing how each of the viruses spreads could help us navigate our protocols to stay healthy.

Covid-19, flu and RSV are all respiratory viruses but they spread in different ways. At the beginning of

Covid, we washed down our fruits and vegetables with bleach until we learned that COVID doesn’t spread through surfaces—but instead, *it spreads from sneezing, coughing and expelling respiratory droplets and aerosols. RSV can be transmitted by breathing in virus-containing respiratory droplets from someone who has RSV. It can also be spread by touching a surface or object that’s come in contact with the virus.* Handwashing and cleaning surfaces are more critical with RSV. Flu spreads *from respiratory droplets, aerosols and contaminated surfaces.*

The obvious solutions:

- Avoid people who are sick.
- Wash your hands frequently with soap & warm water.
- Avoid touching your face if your hands aren’t clean.
- Avoid sharing eating utensils, drinking glasses or personal items like toothbrushes.
- Limit close contact with people in smaller enclosed areas. Wear a mask as well if caring for someone who is sick.
- Get vaccinated with up to date covid boosters and your annual flu vaccine.
- When in doubt, use a rapid Covid test.
- Remember—we aren’t in the clear quite yet!

DOES GOING TO THE DOCTOR CAUSE YOU ANXIETY?

Do you experience some anxiety before going to the doctor especially if you’re overdue for that annual checkup? Ever experience those “what ifs”? Many people only go to the doctor when something is wrong so they are conditioned to hear the words, “you’re sick” and no one wants to hear that. It’s not easy to hear that there is something wrong with you, but at least you’ll know what it is and can start treatment to get better. In actual fact, the anxiety that might be keeping you from seeing your doctor can actually be causing physical issues like high blood pressure and sleep deprivation.

Seeing your doctor routinely on an annual basis or on a recommended basis, is actually a very good thing and will provide you with a much better handle on your health. So, here are some helpful thoughts to deal with that pre-visit anxiety.

Just acknowledge the anxiety you feel and let it go. Distract yourself to keep yourself mentally engaged.

Don’t start with Google. Googling any medical symptoms is a downward, anxiety-fueling spiral.

Remind yourself that your doctor is on your side! A doctor is like a personal trainer—they work with you to keep you healthy and feeling your best!

Try meditating or listening to relaxing music on the way to the doctor. Talk to a friend about pleasant things. Don’t dwell on things that probably won’t happen anyway.

Try doing puzzles, read or play video games while you’re waiting in the waiting room.

Compliment yourself on the fact that you are doing the right thing for yourself and your family by monitoring your health so you can stay healthy.

Once you walk out the door after your appointment, you’ll feel much more in control of your health!



CAN INDOOR PLANTS REALLY HELP THOSE DREARY DAY WINTER BLUES?



YES! According to researchers, indoor plants can help lift some of those winter blues. You're not alone if you feel a little down during those wintery drab months. The excitement of the holidays is gone and typical winter weather brings long stretches of cold, grayish days where we tend to stay cooped up inside. Winter tends to just drag on and on, doesn't it? But, take heart—relief may be only a few indoor plants away! Let's take a look at some of the benefits of indoor plants. Plants convert the carbon dioxide you exhale back into the oxygen you breathe. In other words, certain plants can filter indoor air of pollutants. Spider plants, bromeliads and orchids are three of the best air purifying plants you can have. Fresh air is always a good thing and it generally make us feel better!



Another way to reduce those winter blues is to take a little time to care for indoor plants. Taking time out will give your brain a break from the digital world around us all and everyday stresses. The smell of the flowers and touch of the soil can actually help you de-stress. Remember—stop to smell those roses!



Studies also show that colors can put you in a better mood, especially red! Red is a warm and inviting color that provides an instant mood boost. Pink promotes tranquility and peace while white can provide clarity and freshness. When a blooming flower is combined with a colorful pot, you are sure to smile.

For those who aren't the best at caring for plants and struggle to keep them alive, there are a few you may want to try: **Anthuriums** are colorful, very easy to care for plants that bloom for long periods of time especially during the winter months. **Money trees** and **Pothos** grow easily and add a deep rich color of green. **Mother-in-law's Tongue or Snake Plant** is a tall hardy plant that almost grows on its own. **Aloe Vera** is another great plant for struggling indoor gardeners. The **Peace Lily** actually tells you when it needs water—it droops! All of the plants just mentioned like light (not necessarily sun) and just a little water. They will brighten up a winter's day especially if you play a little music and chat with them. Even beginning (inept) gardeners should be able to nurture those plants with just a little kindness and care.

A NEW COMMUNITY RESOURCE CENTER COMING TO ROCKAWAY

A new Family Enrichment Center for Rockaway and Broad Channel is slated to open its doors within the next few months. Ocean Bay Community Development Corporation (OBCDC) was awarded a grant to start a new program designed by the Administration for Children's Services called Family Enrollment Centers or FECs. There are currently 30 new sites planned Citywide over the next two years. The Rockaway site is the fourth FEC to open. The eventual space for the FEC will reflect a design specifically for the Rockaways. No two FEC sites around the City will be designed in the same way so each can reflect the character of their own community.



Led by the FEC team at OBCDC, community partners and residents across the entire peninsula are meeting in person and virtually to provide ideas and will have input on the offerings they expect to experience. The FEC has already been hard at work forming working relationships with community organizations and has already organized an initiative called **No Family Left Behind** to support families that were impacted by the recent floods. An **MKL Day of Service** was held where the FEC partnered with community-based organizations to give away clothes, food items, toys, PPE and more in the community.

Curtis Turney-Rentas, the new FEC's director states, "Not only will this program address the needs of toddlers, children, young adults, seniors and families, but our goal is to strengthen members of the community and support healthy family functions which will result in generational wealth—financially, mentally, educationally and physically." Turney-Rentas further explained, "This isn't going to be just another building where we tell residents what they need. We're getting their insights now." To this end, the first Town Hall meeting was held where many residents actively participated and suggested ways the new Center can support the community while reflecting the real needs of the community. Watch for future Town Hall meeting notices. The community's participation and suggestions will ensure that the community will have an opportunity to *make today's dreams become a reality tomorrow*, the mantra for OBCDC.

A REALLY REALLY GOOD TURKEY MEATLOAF

This is a very tasty recipe for turkey meatloaf and a nice change from a red meat meal. This is not just your ordinary turkey meatloaf—it is filled with flavor and the leftovers taste great the next day, too!



Ingredients

- 2 pounds ground turkey
- 1 cup Italian bread crumbs
- 2 eggs
- 1/3 cup tomato sauce
- 2 teaspoons Worcestershire sauce
- 1 onion finely chopped
- 1 tablespoon butter
- 2 tablespoons chopped parsley
- 1 teaspoon Italian seasoning
- 1 cup zucchini finely shredded

Topping:

- 1/3 cup tomato sauce
- 1/3 cup chili sauce
- 1 tablespoon brown sugar

Instructions

- Preheat oven to 400°. Line a pan with foil and spray with cooking spray.
- Cook onion and butter until onion is translucent (about 5 minutes) and cool.
- In a bowl, combine bread crumbs, eggs, Worcestershire sauce and tomato sauce. Let sit 5 minutes and add remaining ingredients and mix.
- Do not overmix.
- Form into a loaf and bake for 35 minutes.
- Combine topping mixture and spread on the top of turkeyloaf and bake an additional 20 minutes or until the center reaches 165°.

Serve with mashed potatoes and fresh carrots! Yum!

VALENTINE'S DAY QUIZ—FEBRUARY 14TH

How many of these Valentine's Day questions can you answer correctly?

1. How many heart-shaped boxes of chocolate are sold on Valentine's Day every year?
2. How many people propose marriage on Valentine's Day?
3. About how many roses are sent each Valentine's Day?
4. Which U.S. state produces the most roses?
5. What popular website debuted on February 14, 2005?
6. How much money do Americans spend on chocolate for Valentine's Day each year?
7. Besides Valentine's Day, what other day is best known for sending the most roses?
8. How many people buy Valentine's Day gifts for their pets?
9. How many Valentine's Day Cards are exchanged each year and who buys the most—men/women?
10. How many stems of roses are purchased each Valentine's Day?

1. \$35 Million 2. 200,000 3. \$50 Million 4. California 5. YouTube 6. \$1 Billion 7. Mother's Day 8. \$9 Million 9. 1 Billion cards are exchanged and women buy 85% of them. 10. 189 Million



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,

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718-945-7150

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www.addabbo.org