

The Addabbo Newsletter  
Connecting the Community

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MARCH IS NATIONAL NUTRITION MONTH

National Nutrition Month is officially here. *Fuel for the Future* is this year's theme focusing on the role we all play that contributes to the well-being of our colleagues, community members, future living beings on earth and certainly, to ourselves. The easiest way to fuel our own future is the food choices we make now. In recent years, plant-based diets have gained popularity for their many benefits to both the environment and human health as well as to our overall well-being. From reducing greenhouse gas emissions to reducing the risk of chronic diseases, switching to a plant-based diet can have a significant impact in various aspects of our lives.

One of the main reasons that a plant-based diet is beneficial to the environment is because it requires fewer resources to produce. The production of animal-based products such as meat, dairy and eggs require significantly more land, water and energy compared to plant-based foods like fruits, vegetables and whole grains. This means that a plant-based diet can help reduce your carbon footprint and contribute to a healthier planet.

In addition to being better for the environment, a plant-based diet can also improve your health. Studies have shown that people who follow a plant-based diet tend to have lower rates of chronic diseases such as heart disease, diabetes and certain types of cancer. Plant-based foods are naturally rich in vitamins, minerals and antioxidants, and they are also typically low in saturated fat and cholesterol. Moreover, eating a diet rich in fruits, vegetables and whole grains can lead to clearer, healthier skin.

But the benefits don't stop there. A plant-based diet has also been shown to improve mental well-being by reducing symptoms of anxiety and depression. This is likely due to the fact that plant-based diets are typically rich in nutrients that are important for brain health, such as omega-3 fatty acids, vitamin B12, and iron.

*Cont'd. on page 3*

NEW JPA DIRECTOR OF FACILITIES—MS. JENNIFER BENABE

JPA introduces Ms. Jennifer Benabe and welcomes her to its team in the position of Director of Facilities. Ms. Benabe brings with her an exceptionally extensive background and certification in facilities management and planning. Since 2016, she has been the Manager of Planning and Preparedness for all Sheltering Arms offices and new program sites. She was responsible for overseeing space planning and management, health and safety compliance, emergency preparedness, fire safety and general operations support including maintenance operations, purchasing, fleet and record management. From 2010 to 2016, Ms. Benabe was the Director of Facilities Management and Planning at Sheltering Arms.

Throughout her career, she knew that she wanted to work in the health care industry. She has always been keenly aware of how important it is to safeguard the lives of those in any environment

and has, since the beginning of her career in the facilities field in 2000, been dedicated to her field. She is very excited to join the JPA healthcare team and we are excited to have her.

Besides her very busy career, Ms. Benabe has found the time and energy to play an instrumental role in the Sheltering Arms Foster Care Youth Mentoring Program. This is an organization that recognizes the challenges many vulnerable foster children face when trying to establish a career or gain employment. This mentorship program and its mentoring team are responsible for many success stories and it has been a very rewarding endeavor.

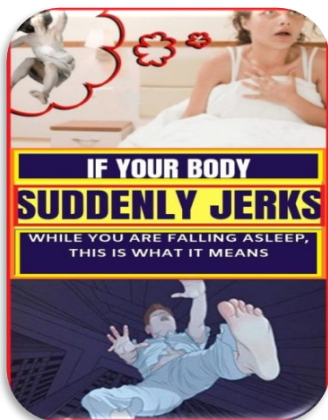
She's not just about work as she enjoys traveling – as long as it's somewhere near a warm tropical island – where she can learn more about hospitality and wellness practices – things she likes to share with others.





Picture 1-6 Congressman Gregory Meeks presenting a check for the Diabetes Wellness Center.  
 Picture 7-8 Farewell to retiring Bhagwati Sookdeo. She served JPA for 21 years as a JPA Medical Assistant.  
 Picture 9-18 Our staff as they wholeheartedly participated in National Wear Red Day.  
 Picture 19 A great Black History Month display by Nadia Ayala, LPN and Feleisha Williams, MA.  
 Picture 20 A young dental patient working diligently on a JPA coloring book for Pediatric Dental Month.

## SLEEP STARTS—HYPNIC JERKS



Have you ever drifted off to sleep and suddenly felt like you were falling so you jerked awake? Did you ever hear a loud snapping noise or see a bright light? How about muscles twitching involuntarily like you've been shocked? Obviously, these involuntary movements or experiences can interrupt you *just as you're about to fall asleep*. What **ARE** these and why do they happen?

No one really knows exactly why the body twitches just as sleep is about to occur, but experts agree that it's nothing to worry about. Sleep starts, officially called "hypnic jerks" are normal, and can happen at any age to both men and women. Sleep specialist Dr. Raj Dasgupta at the University of Southern California's Keck School of Medicine, has studied these sleep starts and has determined that almost 70% of the population experience sleep starts at some point. They are related to the same

involuntary muscle movements that cause hiccups. They are benign phenomena that really aren't tied to any health concerns or conditions. "Mostly they are just annoying..." says Dr. Dasgupta. Some researchers say sleep starts are related to fatigue or sleep deprivation but most agree that they are random triggered by a variety of reasons. Some say alcohol consumption or caffeine might cause them, but no one really knows.

Although most are completely harmless, if you should injury yourself like biting your tongue during a sleep start, you may want to consult your primary care physician or if you have multiple muscle jerks during the day.

To help prevent hypnic jerks or sleep starts, try practicing meditation and mindfulness to relax before falling asleep and keep to a sleep routine.

### MARCH IS NATIONAL NUTRITION MONTH CONT'D.

Additionally, some people find that adopting a plant-based diet aligns with their spiritual beliefs, as it is a way to show compassion for all living beings and the planet.

However, it's important to remember that not all plant-based diets are created equal. To get the most health and well-being benefits, it's important to choose a variety of whole, minimally processed foods. This can include things like fruits and vegetables, whole grains, legumes and nuts and seeds. It's also a good idea to avoid processed foods that are high in added sugars, unhealthy fats and salt.

In conclusion, switching to a plant-based diet can have a significant impact on the environment, health and well-being. By choosing a variety of whole, minimally processed plant-based foods, you contribute to fueling not only own your future, but the future of your brothers, sisters, uncles and future living creatures on this earth.

Just to give you a head start on trying a **plant-based recipe**, this recipe for "Mac, Cheese & Broccoli" appeals to the entire family. Give it a try!

#### Ingredients:

- 2 cups whole wheat elbow macaroni
- 2 potatoes
- 1 small onion, chopped
- 1/2 carrot, finely chopped
- 1 clove garlic, minced
- 3/4 cup water
- 1/2 cup cashews
- 1/4 cup soy milk
- 1/4 cup nutritional yeast
- 1 tablespoon lemon juice
- 1 teaspoon sea salt
- 1 dash ground paprika
- 1 dash cayenne pepper
- 2 tablespoons water
- 2 cups chopped broccoli florets

#### Directions:

- Cook macaroni in lightly salted water—about 8 minutes. Drain.
- Boil 2 potatoes—about 20 minutes—peel and chop.
- Combine cooked and chopped potatoes, carrot, onion and garlic in a small pot over medium heat with 2 tablespoons water and cook about 3 minutes.
- Transfer this mixture to a blender and add 3/4 cup water, cashews, soy milk, nutritional yeast, lemon juice, salt, paprika and cayenne. Blend until smooth.
- Cook broccoli until soft.

Pour sauce over elbow macaroni in a large bowl, mix thoroughly, top with cooked broccoli and serve on a large platter.

That's all there's to it! Except to enjoy!

Article submitted by Guan Feng, Nutrition Coordinator, WIC Dept.

## CONGRESSMAN MEEKS PRESENTS DIABETES WELLNESS CENTER CHECK

On Wednesday, February 15th, Congressman Gregory W. Meeks presented a check for \$325,000 to the Joseph P. Addabbo Family Health Center. The funds will be used to create a Diabetes Wellness Center at JPA to treat the large numbers of diabetic and pre-diabetic patients seen at JPA and in the Rockaways. As Miriam Vega, CEO, accepted the check, she thanked the Congressman for his ongoing critical support of JPA and explained that “the Diabetes Wellness Center has long been a dream of ours at JPA. These Federally appropriated funds will allow JPA to become a leader in diabetes care in the community.”

For those diagnosed with diabetes, including pre-diabetes, this funding will assist JPA in rising to the forefront of diabetes treatment in the community.

The Diabetes Wellness Center will not only address the disease but provide diabetes and pre-diabetes patients with comprehensive and individualized care to successfully manage their health. These services will include cardiology, podiatry, ophthalmology, expanded dental services, hypertension treatment and monitoring, culturally sensitive nutrition assistance as well as individual-family therapy support among other services.



## THE IMPORTANCE OF GOOD POSTURE

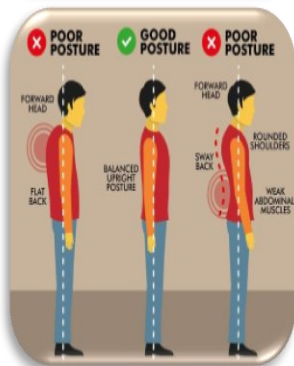
Do you remember being told as a child to “stand up straight”? “Don’t slouch!” Most of us groaned and rolled our eyes when told to correct our posture but as it turns out, those instructions were totally correct and very important. Correct posture doesn’t just make you look better, but it effects what goes on inside your body as well. Good posture is also important because it centers your weight over your feet. Any balance helps strengthen your sports abilities, walking, going up and down steps, carrying packages and even helps you maintain correct form when exercising thus reducing injury. Physical reasons for maintaining correct posture is that overly tight muscles decrease your range of motion.

Although back and neck conditions top the list of potential posture woes, there are others including internal issues, headaches and breathing difficulties. Some other consequences of bad posture or slouching are Incontinence, constipation, heartburn and slowed digestion. Slouching increases abdominal pressure which puts pressure on the bladder. Slouching puts pressure on the abdomen, which can force stomach acid in the wrong direction. Bloating and poor carbohydrate absorption can also result from that slouched poor posture. Your internal organs need room to function properly and properly absorb necessary nutrients. In other words, bad posture can be really be a menace to your digestion.

Fortunately, bad posture can be reversed. It’s not something that will happen overnight but over the course of a few weeks or months, it can improve greatly. Being mindful of your posture is a great start. For those who hunch over a computer, laptop or desk all day, you’ve already noticed that standing up or moving your neck isn’t so easy after a few hours at work. Here are some things to strive for when being mindful of your posture:

- Keep your chin parallel to the floor and your shoulders even (roll your shoulders up, back and down to help)
- Do not flex or arch your spine to overemphasize the curve in your back
- Keep your arms at your sides with elbows straight and even and your hips even
- Your knees should be even and pointing straight ahead
- Distribute your weight evenly on both feet.

**\*\* Remember, your laptop or computer should be positioned so you have to sit up straight to see it.**



## SOME FUN FOOD FACTS

*Eatfirst.com* put together some fun food facts that are not only interesting, but good to know. Enjoy!

**Dark chocolate has huge health benefits:** it can lower cholesterol, lower blood pressure, reduce stress and improve vision!

**Raspberries are a member of the rose family** as are cherries, apricots, plums, pears, apples, quinces, peaches, strawberries and blackberries. They typically have flowers with 5 equal petals around a central core. Unlike many other fruits, once picked, unripe raspberries do not ripen.

**Broccoli contains more protein than steak** and it doesn't come with all those saturated and trans fats or cholesterol!

**Apples give you more energy than coffee.** Thanks to its high carbohydrate, fiber, Vitamin C and minerals, eating apples are the perfect and healthy option to stay energized all day.

**Brussels sprouts may be the most hated vegetable,** but they are among the most nutritious veggies out there. They are packed full of vitamins and minerals, have virtually no calories, no fat, no cholesterol and they fill you up!

**Pistachios are actually fruits.** They are actually the seeds of a fruit removed during processing. Like other "nuts", they are extremely good for you.

**Avocados are fruit** and are classified as berries with a large seeds rich in Vitamin C, E, K and B-6.

**SPAM is not a mystery meat you get in a can.** It's actually short for "Spiced Ham"!

**Peanut butter is not entirely junk food!** Studies have shown that peanut butter can help lower cholesterol, aid in weight loss and prevent type 2 diabetes. When heated to 2,200 degrees Celsius, it can also be used to create diamonds!

**Cucumbers have many uses.** You can rub a cucumber slice on your mirrors to prevent fogging up after a hot shower. The fragrance is spa-like. It also removes pen marks—use the outside waxy coating to erase pen writing! *Cucumbers are 96% water.*

**The stickers on fruit are actually edible** so you don't have to worry if you accidentally chomp on one. However, just because they are ok to eat doesn't mean you should eat them.

**Some pretty cool facts about bananas:** Bananas are berries. Bananas can float in water. Bananas can help improve your mood and blood pressure. Rubbing the inside of a banana peel on a mosquito bite can help stop itching. Humans share about 50% of their DNA with bananas. Bananas are the world's third most popular fruit after tomatoes and apples.

Interesting...

## READ THE NUTRITION FACTS LABEL

We've all been advised to read the Nutrition Facts Label on the food we purchase but in actuality, many of us really don't pay too much attention to them unless we have a specific reason to look at them. The truth is that the labels offer families very simple tips to make informed food choices.

The information listed on the Nutrition Facts Label is generally based on one (1) serving of the food so it is important that we pay careful attention to the size of one serving. For instance, the serving size maybe 1 cup, but we might be eating 2 cups—so the calories and nutritional values have to be doubled. This is especially true when eating snacks like tortilla chips. *Try this: put the amount of chips you would normally eat in a bowl and then read the serving size on the Nutrition Facts Label for the product. The label might read 11 chips, but there might be 22 in your bowl. So, if the calorie count is 140 for 11 chips, it's now become 280 calories.* Plus, if you add some dip or salsa to the mix, that snack suddenly becomes something higher in calories, salt and even sugars.

When looking at the Daily Value (%DV) shown, bear in mind that it shows how much a nutrient in 1 serving of the food contributes to a total daily diet. *Tip: if it shows 5% or less of a nutrient per serving, that is considered low while 20% or more of a nutrient per serving is considered high.* We should aim to choose foods that are higher in dietary fiber, Vitamin D, calcium, iron and potassium and lower in saturated fat, trans fat, sodium and added sugars. *100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.*

Over 70% of dietary sodium comes from eating packaged and prepared foods. Most Americans eat too much sodium. 20%DV or more sodium is considered high and you may want to avoid that food.

**TIP:** You should always check with your primary care physician or nutritionist about a diet that will help you reach your weight and health goals. Eating properly can be confusing so consulting a nutritionist can be very helpful for you and your family



Nutrition Facts	
Serving size 2/3 cup (15g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
Total Fat 12g 24%	
Saturated Fat 5g 10%	
Trans Fat 0g 0%	
Cholesterol 0mg 0%	
Sodium 75mg 15%	
Total Carbohydrate 31g 13%	
Dietary Fiber 4g 8%	
Total Sugars 12g 24%	
Includes Top Added Sugars 20%	
Protein 3g 6%	
Vitamin D 20% 10%	
Calcium 20% 20%	
Iron 10% 40%	
Potassium 20% 40%	

How many "average one-sitting servings" are in the package

The amount of food an average person would eat at one sitting

Calories per serving

## SIMPLIFY YOUR LIFE

**If we get real, simplifying one's life isn't all that easy!** There are lots of recommendations out there to browse through if you are really interested in the simplification process, but for sure, it's easier said than done. This is true mostly because we are used to our busy, complicated lives. Many people juggle family, work, a busy schedule, children's activities, bills and a daily list of things to do. Somehow, we are conditioned to believe that the more we do, the more we achieve, the more we earn and spend, the more successful or happy we are. Nonsense, really, but such is life and no wonder we feel tired or stressed! We have become used to prioritizing the things we HAVE to do instead of those things we WANT to do. Maybe this spring, it's time for a change or at the very least, a modification, so one day doesn't just melt into the next—like a hamster running in its wheel. Simplifying is about changing your focus to finding easier ways to do what you have to get done and leaving yourself some extra time for you. Here are a couple of ideas to get started.

**Simplify your meals:** Once a week take a look at your calendar so you know what's happening for the following week. Make a simple meal plan based on that and stick to it. Making a shopping list helps.

**Simplify your home:** Think about decluttering your home and creating some open space. We all have tons of unnecessary things hanging around gathering dust—maybe it's time to either pack them away or donate them.

**Simplify your wardrobe:** Deciding what to wear is a major decision faced every day. Maybe we should figure out what we are comfy in, what looks good and what we like and get rid of the things that have been hanging there for a very long time, unused and some with the tags on from that sale that was too good to pass up.

**Simplify your paper clutter:** We all have that pile of paper somewhere we're going to get to eventually. Be smart and buy a few folders, label them, scan important documents and organize them. You'll feel less stress if you know exactly where to go to find something. (Getting rid of appliance manuals for appliances you no longer have will free up a LOT of space!)  
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## BASIC NUTRITION QUIZ

Test your expertise in basic nutrition by taking this True or False quiz.

1. Butter has more calories than margarine. T or F
2. All calories beyond what the body needs is stored as fat. T or F
3. A slice of toast has fewer calories than a slice of bread. T or F
4. Fats are fats; all types of fat are equally bad for you. T or F
5. Lentils are a good source of protein. T or F
6. Children who are still growing are the only ones who need the nutrients found in milk. T or F
7. A fat baby is a healthy baby. T or F
8. The way food is prepared and cooked makes a difference in how many calories it has. T or F
9. Carbohydrates are more fattening than fats and protein. T or F
10. Many forms of cancer can be avoided with proper diet and lifestyle. T or F
11. To promote weight loss, you should eat a small breakfast and a large dinner. T or F
12. A carrot is one of the highest sources of Provitamin A. T or F
13. Exercise can help you to lose weight by decreasing your appetite. T or F
14. If you eat enough calories, you are sure to get enough vitamin and minerals. T or F
15. Fasting (not eating) is a good, safe way to lose weight. T or F

Answers: 1-F (they are basically the same); 2-F (some are stored as muscle fuel); 3-F; 4-F; 5-T; 6-F; 7-F; 8-T; 9-F (they are about the same); 10-T; 11-F; 12-T; 13-T; 14-F; 15-F



## SHEET PAN DIJON-ROASTED CHICKEN THIGHS

*Dijon mustard adds tangy flavor to chicken thighs—only 5 ingredients—and the result is deliciously simple and tasty (only one pan to wash) dinner!*



### Ingredients

- 1 large head of broccoli cut into florets (about 4 to 5 cups)
- 3 tablespoons olive oil—divided
- 4 large bone-in, skin on chicken thighs (with the skin removed)
- 1 1/2 tablespoons Dijon mustard
- 1 lemon

The recipe can easily be doubled or tripled depending on the size of your family. Just adjust the cooking time. The sheet pan can be lined with aluminum foil or parchment paper to make clean up even easier!

### Instructions

- Preheat oven to 450°. Line a pan with foil or parchment paper.
- In a large bowl, toss the broccoli with 2 tablespoons oil. Spread in an even layer on the prepared pan and season with salt and pepper.
- Using the same bowl, add the chicken and 1 tablespoon oil. Toss to coat and season the chicken with poultry seasoning to taste.
- Place the chicken between the broccoli florets and brush the tops of the chicken with the Dijon.
- Roast 30 to 35 minutes until chicken is cooked through.
- Finely grate zest from the lemon over the chicken and broccoli.

## SIMPLIFY YOUR LIFE cont'd.

SIMPLIFY



**Own less:** Sometimes we own so many things that they wind up owning us. If you have trouble letting go of “stuff”, there are tons of resource articles written about how to declutter “stuff” and they can help a lot.

**Simplify your mornings and your evenings:** Wake up just a little earlier so you can enjoy your cup of coffee before the day really begins. It helps! Also, create an evening routine that includes a few things to get ready for the next day and unwind so you’re ready for some good night’s sleep!

**Declutter your mind:** Instead of tossing and turning at night worrying about how you’re going to get everything done and all the possible consequences of life in general, write down your concerns instead. Give those thoughts up to a piece of paper that will be there for you but get those thoughts out of your mind!

**Simplify your daily routine:** Ever get to the end of the day and feel like you haven’t accomplished that much? It might help to create some small daily habits that will keep you on track and uncluttered both in mind and spirit.

These are just a few suggestions of many to get started. It is not so simple to simplify, but you’ll be glad you did! Just find a place to start and do it knowing that it will make your life easier and more enjoyable!

*balancethroughsimplicity.com Antonia*

## 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,**

## Our Locations:

6200 Beach Channel Dr.  
Arverne, NY 11692

1288 Central Ave.  
Far Rockaway, NY 11691

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Jamaica, NY 11434

118-11 Guy R. Brewer Blvd.  
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