

The Addabbo Newsletter
Connecting the Community



APRIL 3—9, 2023 National Public Health Week

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Public health is community health and our communities are where we live. It is our connection to those with similar interests, friends, family, faith organizations and social interactions—all things that make us happier people. The pandemic interrupted many of those activities which led to social isolation and certainly an increase in cases of depression. This is even worse in marginalized communities. So many things have created distances from one another including access to healthcare. Postponing healthcare, skipping medication, delaying annual physicals and dental exams take their toll on communities as a whole not to mention the individuals who live in those communities. Yes, Covid is finally taking its place in our rear view mirrors, but its effects linger on. The US was doing better at taking daily steps and exercise, but now after the pandemic, we are averaging fewer steps. Experts says that even a reduction of about 600 steps can lead to public health issues such as heart disease and diabetes. This may seem insignificant, but it's not at all.

One reason that the US ranks so low in health rankings compared to other wealthy countries is a lack of access to community hospitals. Over the past 10 years, many community hospitals have closed their doors and people have to travel greater distances to the nearest hospital.

It is a known fact that people respond better to stress and have stronger immune systems when they are connected to their communities and have the support of community members and partners. Public health, or community health, refers to many skills, activities and disciplines. Things like community gardens (provide access to nutritious foods), sidewalks and parks provide places

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JPA'S SUCCESSFUL HYPERTENSION PROGRAM

In November, 2021, in response to a growing need for blood pressure monitoring of JPA patients, a Hypertension Program was begun. The program enrolls patients with high or uncontrolled blood pressure levels and enables the patients to monitor their blood pressure levels wherever they may be and send the information to JPA. Noel Solomon, age 69, and long time patient at JPA, was one such patient who was under the primary care of Dr. Ari Benjamin. "He was a perfect candidate for this program," explained Dr. Benjamin, "and we have seen such positive results."

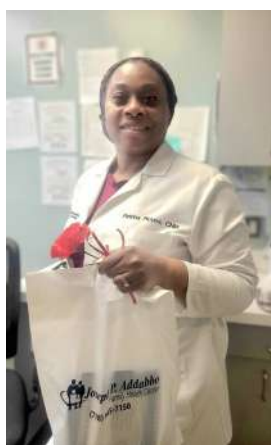
The patients all receive a **free portable blood pressure monitor**, assistance and instructions downloading an app on their cell phones which enables the patients to send in the BP information on a daily basis to JPA. Mr. Solomon has been enrolled for over a year now and has seen

an improvement. "It's helping me control my blood pressure levels and I like knowing that my doctor is reviewing my blood pressure more often and it's under control," says Mr. Solomon. "I know that having high blood pressure can be dangerous but now it's easy to take my blood pressure with the app on my phone and it automatically sends the information to my doctor. JPA staff walked me through the program, helped me set up the app on my phone and explained everything to me so that *it's easy!*" The portable blood pressure monitor is Bluetooth enabled and is operable with batteries or electricity.

"We have had great success with the more than 200 patients in this program," says Dr. Benjamin. "We have seen an overall improvement in our participants and we have room for more in the program." All you need is a diagnosis of high blood pressure to participate and your JPA primary care physician will recommend you for the program.



Noel Solomon, JPA patient, (left) shown here with his son, is a grateful participant in the Hypertension Program.



To our dedicated JPA physicians who are so much more than just doctors. You are trusted counselors, guides, confidants, listeners, consolers, friends and healers. You are deeply appreciated every day of the year, but on Doctor's Day, you are officially recognized for all you do and we thank you!



Picture 1-22 WIC Nutrition Month Festivities

Picture 23-24 KIKI— LGBTQIA Excellence—Paint and Sip Event

Picture 25-26 Outreach at Waterside School for Leadership. (March 23,2023)

Picture 27 Outreach for Women's Health Day at Sites 2 and 3

BROWN EGGS? WHITE EGGS? GREEN EGGS? GRAY EGGS?



Just so you know right from the beginning, eggs come in all sorts of colors depending on the breed of chicken that lays them. Commercially farmed eggs are generally white (laid by chickens with white feathers and earlobes) or brown eggs (laid by chickens with red feathers and earlobes). Believe it or not, eggs can be gray, blue, green—quite a wide variety!



There is no difference in how eggs taste based on shell color. However, when you buy eggs from a farmer's market, you might notice that the yolks are a deeper yellow and the flavor might be a bit "eggier". But this is only because of what the chickens are fed—not because of shell color. A popular rumor is that white eggs are bleached to make them white—this is absolutely not true!



You may also have noticed that brown eggs are a bit more expensive these days but that's **not** because they are healthier for you. Eggs are all the same. If you crack open a brown egg, you'll notice that the inside of the shell is white—it's not brown all the way through. The chicken feed is a little more expensive for the chickens that lay brown eggs and that's why the prices are a little higher.

Other factors can affect the general nutritional content and flavor of an egg as well. White or red hens that are allowed to roam free in the sunshine (called free-range chickens) produce eggs that contain more Vitamin D and fresher eggs may taste a little different. But the color of the eggs isn't a factor.

If the color of eggs isn't important to selecting eggs, then what is? Some eggs are certified as being "organic" which means that they are fed only organic feed and must have access to the outdoors. They have also not been given hormones. Studies have shown that although the hens may have a better lifestyle, unless there is a lot of sunshine involved for greater Vitamin D, there's no benefit to eating organic eggs. This also applies to "cage-free" and "free-range" hens. Omega-3 enriched eggs may offer some limited health benefits. Eggs that come from backyard hens or small farm hens are likely to be the freshest. The diets of those hens includes more grass so in turn, those eggs may have higher contents of Vit. E and Omega-3 fatty acids. But make sure you select eggs from familiar sources so you know the sanitary conditions.

So, egg shell color doesn't really matter at all!

National Public Health Month cont'd.

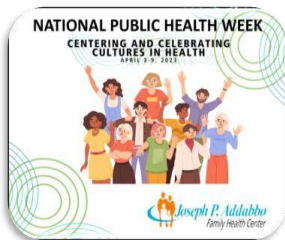
to exercise and walk and even help to reduce the negative health impacts of air pollution.

Unfortunately, many people are unaware of the role that community health plays in their everyday lives. Community health impacts everything—education, safety and crime, financial health, life expectancy, happiness and more. It impacts every facet of life from childhood to adulthood. We take it all for granted because we see it every day and stop noticing the many facets of community health. Just being aware of how our community impacts us on a daily basis in so many ways can make a difference for all of us but particularly in the communities in which we live.

Mental health is a major part of public health. Many people live with mental illness and it is one of the most common health conditions. Each year, one in five Americans will experience some form of mental illness. Fifty percent of mental illness starts by the age of 14 and 75% begins by age 24. Mental health is very much in the forefront these days and we now recognize that it affects people of all ages. Anxiety disorders, bipolar disorders and depression are some of the most common mental health conditions. There is no single cause for mental illness. Early detection and treatment of mental health conditions can lead to improved public/community health. Discussing mental health issues such as anxiety or depression with your primary care provider is always a good thing.

Each day of National Public Health Week is dedicated to a very important and critical component of public health. This is the list for 2023: Monday—Community; Tuesday—Violence Prevention; Wednesday—Reproductive and Sexual Health; Thursday—Mental Health; Friday—Rural Health; Saturday—Accessibility; Sunday—Food and Nutrition.

Every individual can play a role in public health and help make a change for the better in our communities.



JPA BOARD MEMBER, WALTER SANCHEZ —DEPUTY GRAND MARSHAL



Walter Sanchez (right)

The annual St. Patrick’ Day parade stepped off right on schedule on Saturday, March 4th and wended its way through the Rockaway streets lined with enthusiastic onlookers. This year, an esteemed member of our Board of Directors, Mr. Walter Sanchez, was amongst the chosen Deputy Grand Marshals for this year’s parade.

Mr. Sanchez, along with his son, John, is the owner and publisher of The Wave, a weekly Rockaway newspaper since 1893. “We look at the Wave as a vital community service,” says Sanchez. “It’s part of what makes this community so solid.”

Mr Sanchez has served on the Joseph P. Addabbo Board of Directors since he and his family joined the Rockaway community. He also serves as a trustee of

Catholic Charities of Brooklyn/Queens and the president of the board of directors of The Variety Boys and Girls Club of Queens.

He has a rich history in the publishing field and has helped to successfully develop hundreds of young men and women through coaching basketball and tennis at schools in Brooklyn, Queens and Manhattan.

“We congratulate Walter on this well-deserved recognition by the Queens County St. Patrick’s Day Parade Committee,” says Miriam Vega, CEO of the Joseph P. Addabbo Family Health Center. “We value his contributions to our board and know that his contributions to the Rockaway community will continue to make a very positive difference.”

FEEL FREE TO CRY! THERE ARE SOME HEALTH BENEFITS!

Crying is a common reaction to human emotions from birth on. It is beneficial for both your mind and your body. Three different types of tears have been identified: **reflex tears**, **continuous tears** and **emotional tears**—each with a purpose.

Reflex tears clear dust and other irritants from your eyes. **Continuous tears** help lubricate the eyes and protect them from infection and **emotional tears** may have health benefits. Interestingly, continuous tears contain 98% water while emotional tears contain stress hormones and other toxins. Some research indicates that crying flushes stress hormones and other toxins out of your system, but that’s not a certainty.

According to the National Institute of Health, while research is still ongoing, these things are certain: crying is one of the best ways to “self-soothe” because it activates the parasympathetic nervous system which helps your body rest and digest. Crying can also ease both emotional and physical pain because your body releases oxytocin and endogenous opioids (endorphins) which are the body’s “feel good” chemicals. Once endorphins are released, they can make your body go into a somewhat numb stage and a sense of well-being and calm.

Crying, specifically sobbing, can even help lift your spirits when you’re down. When you sob, your body takes in breaths of cool air which can help regulate and even lower the temperature of your brain. A cool brain is more pleasurable to your body and mind than a warm brain—so, your mood may improve after a good sob.

Crying doesn’t only happen in response to sadness. Crying can occur when you are very happy, scared or stressed. Yale University researchers believe that crying may help to restore your emotional equilibrium and the body’s way to recover from very strong emotions.

We all know that a baby cries when first born to help its lungs adapt to life outside the mother and it helps the baby clear out extra fluid in the lungs, nose and mouth. It may also help babies sleep better and longer at night. *Interesting Tilburg University survey facts: On average, American women cry 3.5 times each month while American men cry around 1.9 times each month. Women in China only cry about 1.4 times each month. Men in Bulgaria reportedly cry a mere 0.3 times each month.*

So, go ahead! Cry! It’s okay and may even have some health benefits. However, if you cry excessively and it starts to interfere with your daily life, you should discuss that with your doctor.



SOME INTERESTING HEALTH FACTS YOU MIGHT NOT KNOW.

Here are some fun health facts that we never really think about and might not even know about. Enjoy!

Humans are the only animals with chins. Maybe to help us chew?

The scent of apples and cucumbers can ease claustrophobia but the opposite is true for barbecue smoke.

Eating eggs improves your reflexes because of an amino acid called tyrosine.

Anxiety can make bad odors smell even worse.

Men are more forgetful than women.

Some people have an extra bone in their knee called a fabella.

Riding a roller coaster could help pass kidney stones. The back row is better for passing a stone.

The average adult spends more time in the bathroom than exercising!

Procrastination and impulsiveness are inherited behaviors.

Oatmeal, coffee and bananas help fight depression.

Drinking hot liquids can actually cool you down.

Stress and allergies don't mix. Stress actually can make allergies even worse.

Basking in the morning sun helps with weight loss and has a positive effect on your Body Mass Index.

Massaging your scars will help them fade. Just rub on and around the scar to help reduce the amount of excess collagen that makes the scar thick.

Playing electronic music can keep mosquitoes away! Apparently they don't like it!

Humans consume 600 more calories a day now than they did in the '70s. The size of Americans has also increased. Average dress size is now 16 to 18.

Both depression and anxiety can cause neck and shoulder issues.

High cholesterol can show up on your skin in the form of uneven yellow patches called xanthelasma on the eyelid and around the eyes as a result of overproduction of cholesterol.

Blood donors in Sweden receive a thank you note when someone is benefiting from the blood they donated.

Saying thank you improves your happiness levels. Gratitude may be the key to happiness according to a study published in the Journal of Personality and Social Psychology. Researchers reported that by being thankful, you recognize the good in your life, which is crucial in overcoming depression.



COMMON ILLNESSES IN TEENAGERS

Anyone raising a teenager can vouch for the fact there can be some challenging issues! Teenage years can be confusing for both teens and parents. Not only are teens' bodies changing, their emotions and normal fluctuating hormones are all over the place. Not children but certainly not adults yet. Someone once said that it is a teenager's responsibility to test out limitations and boundaries—a statement no doubt based on real life experiences!! The teenage years are unique for sure!

Common illnesses in this age group are unique as well. We are all exposed to the same germs, but certain illnesses and conditions are more common in this teenage group.

The Common Cold - Average teens will get 2 to 5 colds per year. There's a reason it's called "common".

Influenza (Flu) - Although healthy teens usually recover from the flu without any complications, the flu can get complicated in teens so it bears watching carefully.

Strep throat is an infection caused by the streptococcus bacterium most commonly in school-aged children between the ages of 5 and 15. It needs to be treated with antibiotics after a doctor diagnoses it. Because it is caused by a bacteria rather than a virus, it usually calls for antibiotics. Symptoms of strep throat include a sore throat, fever, headache, swollen glands in the neck and sometimes white patches in the throat.

Mononucleosis or mono (nicknamed the "kissing disease") is spread through the saliva. Symptoms of mono include severe fatigue, fever, sore throat, swollen lymph nodes and sore muscles. Your doctor will usually diagnose mono with a blood test. This infection can be passed by any means that transfers saliva and body fluids, such as kissing, sharing utensils, toothbrushes, drinks and even lip balm.

Gastroenteritis—Stomach Flu is a highly contagious and frequent illness among teens. This is where hand washing is key to spreading as the virus can also spread to surfaces and be picked up by others.

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BAKED PINEAPPLE CHICKEN

Here's a low-fat, tasty dinner that's easy to put together. The ginger and pineapple makes chicken taste like a restaurant dinner—tangy and delicious. Serves 4.

Ingredients

- 4 bone-in chicken breast halves, skin removed
- 2 cans (8 oz each) unsweetened crushed pineapple, undrained
- 1/2 cup chicken broth
- 6 tablespoons reduced-sodium soy sauce
- 2 teaspoons ground ginger, divided
- 2 teaspoons cornstarch
- 4 teaspoons orange marmalade
- *Variation: Add teriyaki to taste.*

Marinate the chicken: Combine the chicken broth, soy sauce and 1 teaspoon ginger in a large resealable plastic bag and add the chicken. Put in the refrigerator for 2 hours or so, turning occasionally.

Instructions

- **Preheat oven to 350°.** Coat a baking dish with cooking spray.
 - **Drain the pineapple, reserving 1 cup juice.** In a saucepan, combine cornstarch and reserved cup pineapple juice and stir until smooth.
 - **Add the crushed pineapple, orange marmalade, lemon juice and remaining ginger.**
 - **Bring to a boil, cook and stir for 1-2 minutes, until thickened.**
 - **Drain the chicken and discard the marinade.**
 - **Place the chicken in the baking dish.**
 - **Cover with the pineapple mixture and bake, uncovered for 45—50 minutes or until the juices run clear.**
- Serve over rice and ENJOY!*



Common Illnesses in Teenagers, cont'd.

Vomiting, diarrhea, stomach cramps, and occasionally fever are common. They can last anywhere from a few hours to several days. Fortunately, these illnesses go away on their own. The biggest concern is dehydration so if no fluids can be kept down, you should consult a doctor.



Sexually transmitted infections (STIs), sometimes called sexually transmitted diseases (STDs), are unfortunately increasingly common among teens. Even before your teen is sexually active, it's important to know how these diseases can affect the body, how they can be prevented and what steps to take if one is exposed. According to the Centers for Disease Control and Prevention (CDC), there are 20 million new cases of STDs diagnosed each year. Half of those are among teens and young adults between the ages of 15 and 24. It is important to know the facts so the subject can be honestly and frankly discussed with your teens. It's not always an easy time, but it too, shall pass.

"Adolescence is a period of rapid changes. Between the ages of 12 and 17, for example, a parent ages as much as 20 years." - Al Bernstein

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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