

The Addabbo Newsletter
Connecting the Community



MAY IS NATIONAL NURSES MONTH—NURSES MAKE A DIFFERENCE

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Years ago, nurses were once regarded as lowly doctors’ assistants who wore crisp uniforms, white nursing hats, white stockings and shoes. Things have certainly changed now as nurses are recognized as highly specialized professionals with a wide range of skills who provide a crucial link between patients and doctors. We all know that Florence Nightingale laid the foundation for nursing as a front-line nurse during the Crimean War. She was responsible for instituting measures that drastically reduced infections and saved lives. She made a difference then and the national theme continues to date: **Nurses Make a Difference.**

Once Covid-19 took hold, today's nurses became a mainstay of care in hospitals and medical centers. Some nurses had just begun their careers, others were seasoned professionals and all of them risked their lives to take care of their patients. Hope, heartbreak, empathy, resilience and exhaustion—all hallmarks of what nurses exemplified. They rightly earned the admiration, respect and gratitude for what they did—and continue to do today as they work in an array of settings and specialties.

Physically, mentally and spiritually, nursing is a demanding career field. Most nurses love their career choices, but stress is ever-present. Nurses often comment about the long shifts, staffing shortages, physical demands, people they cannot save, not enough time with patients, mental exhaustion, feeling undervalued and/or feeling under appreciated. In order to be a successful nurse, more than a nursing degree is needed. Compassion, critical thinking, emotional stability, empathy, physical stamina, good communication skills and a passion for lifelong learning are essential to being a good nurse.

This time of recognition provides us all with the opportunity to tell the nurses we know that we appreciate what they do and how much of themselves they give on a daily basis. They deserve our gratitude.

NATIONAL STROKE AWARENESS MONTH *Time is Brain*

A stroke is a medical condition where poor blood flow to the brain results in cell death causing parts of the brain to stop functioning properly. A stroke happens in the U.S. every 40 seconds, and someone dies of it every four minutes. *Everything about a stroke demands speed.* The diagnosis of a stroke must be prompt and the treatment must be immediate. For every minute a stroke is untreated, a person can lose around 1.9 million neurons, according to the National Stroke Association. This is where the slogan “Time is Brain” comes in.

F.A.S.T. Everyone should know how to recognize the symptoms of a stroke. Commit this acronym to memory now and never forget it. It could save your life or someone else’s life.

F. FACE: A classic symptom of a stroke is a drooping **face** which usually affects only one side.

The person may not be able to smile or show usual facial expressions.

A. Arms: Weakness in one or both arms may indicate a stroke. If the person is drooping an arm or unable to lift it, it may be a stroke.

S. Speech: Someone having a stroke may have garbled speech that almost sounds like they’re intoxicated. They may struggle to communicate or to understand your words. If a person is unable to repeat a simple phrase, they might be having a stroke.

T. Time: **Time to call 911.** The faster stroke is treated, the more likely the patient is to recover.

A stroke could happen on your street, in your workplace, at a store where you shop — anywhere. If you’re prepared, you could save a life—or your own!





art- HEALTH competition

Enter your creative art piece on
What does HEALTH mean to you?

*Age
Groups:*

- I - Age 5-7
- II - Age 8-10
- III - Age 11-14

Winners

1st Prize \$50
2nd Prize \$35
3rd Prize \$25
In each age group



Entry Rules:

To enter, please send or bring your artwork to
**Marketing Department
Joseph P. Addabbo Family Health Center
120 Richards Street
Brooklyn, New York 11231**

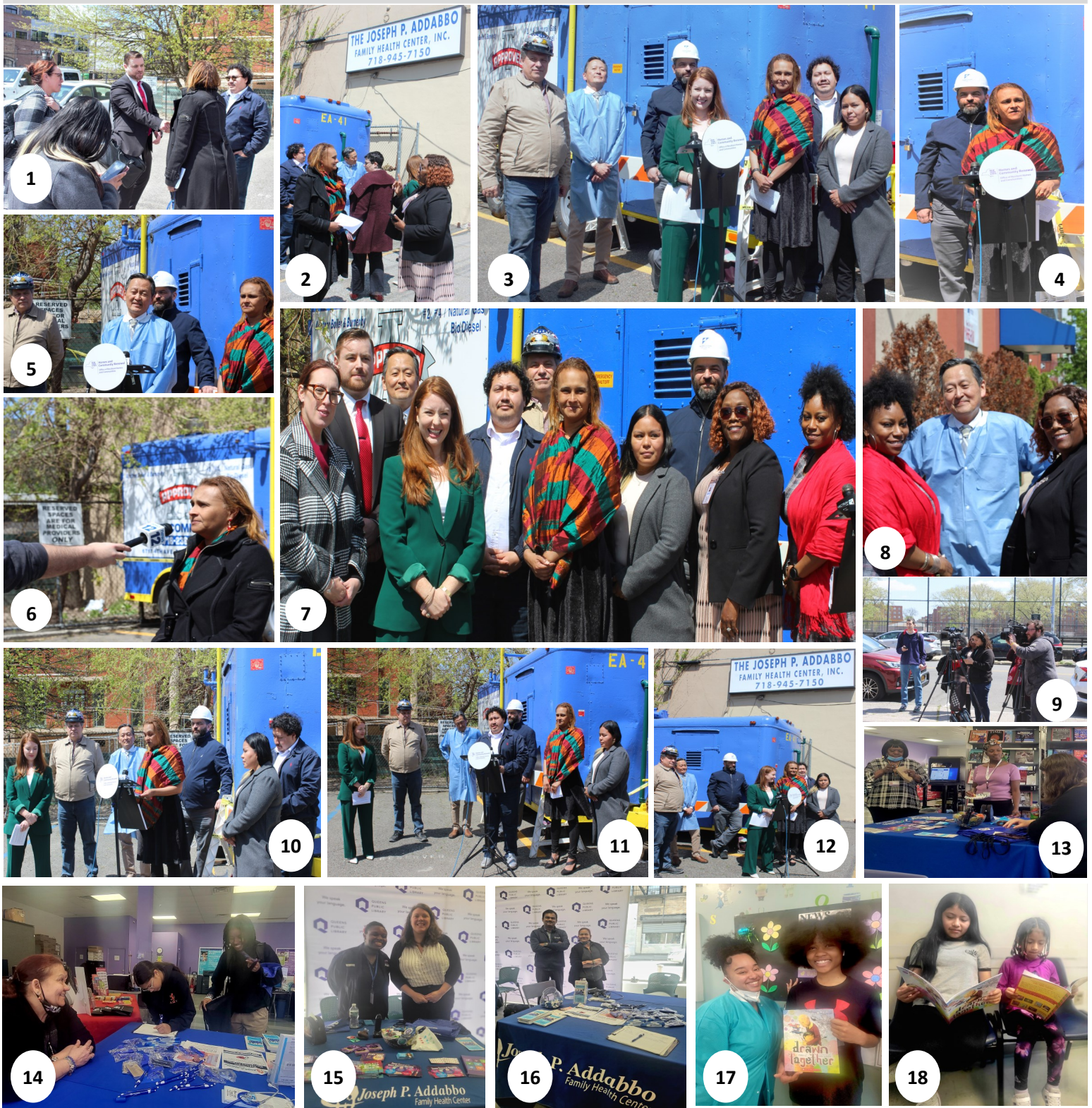
All entries must include your **NAME, AGE,
GUARDIAN'S CONTACT NUMBER AND EMAIL**

Winning entries will be displayed on the
JPAFHC Red Hook's TV screens and
will appear in a mural.

**Deadline
June 30th**



**Winners
announced
July 14**



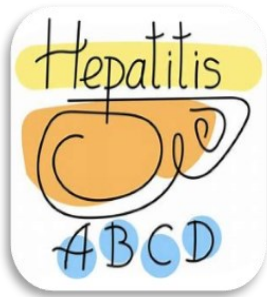
Picture 1-12 Groundbreaking for \$4 Million Resiliency Project at JPA's Site 6

Picture 13-16 Outreaches including Far Rockaway Teen Library

Picture 17-18 Reach Out and Read Program at JPA

THE ABCs of HEPATITIS

May is Hepatitis Awareness Month! Hepatitis infections affect millions of people in the US every year and Hepatitis B and C cases are on the rise in the US. The World Health Organization (WHO) estimates that 354 million people currently live with chronic Hepatitis B and C globally.



Hepatitis is an inflammatory condition of the liver that can lead to scarring of liver tissue. There are five (5) different kinds of hepatitis viruses: Hepatitis A, B, C, D and E. Fortunately, Hepatitis D and E are extremely rare in the US. Hepatitis A and E are typically caused by contaminated food or water and Hepatitis B, C and D are usually transmitted through bodily fluid contact such as blood and mucous membranes. Hepatitis A, B, C and D can all be spread through sexual contact but Hepatitis B and C are most often spread through injection drug use.

Most people with hepatitis do not have symptoms as they can take decades to develop. Common symptoms include jaundice, fever, fatigue, loss of appetite and nausea. The lack of symptoms for hepatitis makes testing and vaccination very important aspects of controlling the spread. **Hepatitis A, B and E have vaccinations available.**

The Centers for Disease Control and Prevention (CDC) recommends that all adults get tested for Hepatitis B and C at least once in their lifetime and all pregnant women should be tested once during every pregnancy. More frequent testing is recommended for people who inject drugs or share needles. The Joseph P. Addabbo Family Health Center (JPA) offers two types of hepatitis testing: rapid and laboratory testing. Testing should be discussed with your health care provider. Rapid Hepatitis C testing is a walk-in service at all five (5) JPA locations and results are ready within 20 minutes. The laboratory Hepatitis C test can be added to any lab order—just ask your provider.

There is no medication treatment for Hepatitis A; however, over 99.5% of people survive the infection and have a lifetime immunity to Hepatitis A. There is no cure for Hepatitis B but there are treatments available that slow the damage to the liver. Hepatitis C is treatable and more than 95% of people with Hepatitis C can be cured within 8 to 12 weeks after diagnosis. There is currently no vaccine for Hepatitis C.

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WELCOME TO JPA

A warm and enthusiastic welcome to the new members of our unique, dedicated and energetic team. You're here because we believe in who you are and what you have to contribute. We look forward to growing with you as together we take the Joseph P. Addabbo Family Health Center to new heights in healthcare for the communities we serve.

Facey Alwyn	Mechanic	Regina M. McMahon	Credentialing Mgr.
Nonna Badlova, MD	Family Medicine	Lydia E. Molina	COO
Clifford Barker, MD	Diagnostic Radiology	Boris Novik, MD	Diagnostic Radiology
Lataya Bell-Compass	LPN	Mihir J. Patel, DNP	Nurse Practitioner
Jennifer Benabe	Facilities Director	Rene Perrin	Patient Navigator
Sparkle Berry	Clerk	Jeni S. Promax	H.R. Assistant
Gale Besson	OB/GYN	Joseph Racanelli, MD	Diagnostic Radiology
Alejandro R. Bosch	Custodian	Yeni M. Reyes	Medical Assistant
Kevin Brunson	Custodian	Erna Rismawaty	Senior Accountant
Tempii Champion	RITE Counselor	Ali Salman, MD	Cardiovascular Dis.
Julissa Cruz	Dental Assistant	Nichole M. Taylor	Patient Navigator
Sarah Danley	Program Manager	Christine Uzoigwe, MD	Pediatrics
Clarissa M. Figueroa	WIC Clerk	Carol N. Williams	Nurse Practitioner
Lisa Fisher, MD	Diagnostic Radiology		
Abigail Galette	PrEP Navigator		
Johanny Hidalgo	Medical Assistant		
Rosaulina Lizardi	Dental Assistant		



“WHEN CHILDREN LEARN TO READ, THEIR OWN STORIES BEGIN”



All children need strong, positive and nurturing relationships to grow and develop. These parent/caregiver-child relationships often begin at birth and are essential for healthy physical, cognitive and emotional development. It's vital that children benefit from reading and other language-rich experiences starting at birth to 5 years of age. Reading together furthers language, promotes brain development and provides an opportunity for families to build powerful, lasting bonds.

The Reach Out and Read Program partners with more than 230 health providers in NY alone to put new, age-appropriate books in the hands of children. With books in hand, reading out loud during pediatric visits becomes something to look forward to plus the child goes home with a new book to read with his or her

family. JPA is proud to be a Reach Out and Read partner—one that supports parents as children's first and most important teachers. When children are read to as young children, it gives them a boost ahead when they start school.

Reach Out and Read builds on the unique relationship between parents and medical providers to develop essential early literacy skills in young children via the existing health infrastructure.



SOME INTERESTING FACTS ABOUT NURSES

Nursing has a long history and is always the case with history, there are facts that get lost. Here are some nursing facts that you might not know.

- According to history books, most nurses were men until about the 19th century.



- The starched white nurses' cap we remember from days gone by is actually patterned after a nun's habit designed to keep hair out of the way.
- The first nurse to earn a Nursing diploma in the U.S. earned it in 1873. Her (Linda Richards) diploma is in the Smithsonian in Washington, DC.
- The first nursing school opened in India in 250 BC!
- US First Lady Mary Todd Lincoln was a volunteer nurse during the Civil War.
- According to the World Health Organization, Nepal has only 5 nurses per 100,000 people.
- Home Health Care demands the highest number of nurses as many patients will soon be retiring and this is where a part of their fortune is planned to be spent.
- Male nurses make up one-third of the U.S. military nurses.
- Although male nurses only make up 7% of the total Nursing population, an estimated 41% of them work as certified nurse anesthetists (CRNAs), one of the highest-paid specialists in the Nursing profession.
- About 53% of [male nurses prefer to take associate degree in Nursing](#) while 13.9% of them take the diplomas. For female nurses, it's the exact opposite.



Nurses: The Heart of Healthcare

**Nurses are the heart of healthcare-
Compassionate caregivers who work tirelessly to
help those in need.**

**They are the unsung heroes,
The ones who stay strong in the face of adversity,
And put others before ourselves every single day.**

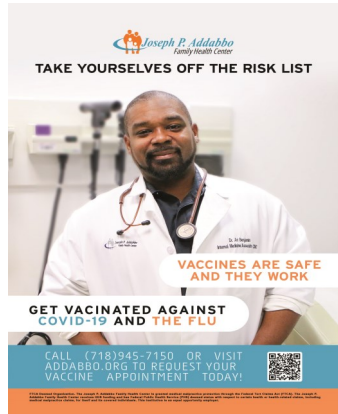
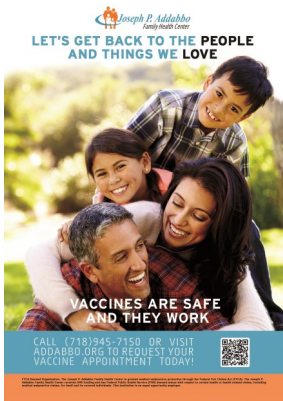
**From long hours and endless shifts,
To treat patients with kindness and compassion,
They are dedicated to their work,
And always striving to be better.**

**Whether working in a hospital or clinic,
Or another healthcare setting,
Our common goal unites them -
To provide the best possible care for their patients.**

**So next time you see a nurse,
Take a moment to thank them,
For they are the heart of healthcare,
And we are so grateful for everything they do.**

JPA STAFF FEATURED IN ADS IN ROCKAWAY, JAMAICA & RED HOOK

Watch for some bus shelter ads to appear this spring and summer in the Rockaways, Jamaica and Red Hook, Brooklyn. This year, our ads feature Ari Benjamin, MD, Betsy Varghese, MD, Marie Gallant, RN and Carolyn Fortune, RN. The theme is to promote routine, Covid-19 and flu vaccinations.



PROTECT YOURSELVES AND YOUR FAMILY FROM COVID-19 AND THE FLU! GET VACCINATED NOW.
Together we can protect our community.



ADDABBO.ORG

Request your vaccine today: (718) 945-7150

\$4 MILLION RESILIENCY PROJECT BEGINS AT JPA, RED HOOK

NYS Homes and Community Renewal Commissioner RuthAnne Visnaukas announced the state of construction on a \$4 million project to implement resiliency measures at JPA in Red Hook. The resiliency measures include elevating the building's electrical system, elevator machine equipment and boiler room to an area outside the 100-year floodplain and installing a 100-kW elevated backup power generator which will allow JPA to continue functioning during a major storm.

During Superstorm Sandy in 2012, water entered Red Hook through the harbor and Gowanus Canal inundating all but a few elevated blocks. JPA experienced significant damage and was closed for repairs leaving the community without vital health and social services during a very critical period of time.

At the formal groundbreaking ceremony on Wednesday, April 19th, Miriam Y. Vega, PhD., CEO of JPA, spoke of her appreciation. "We welcome these additional levels of storm protection for us and for our community. It's like an additional safety net for us."

Dr. Vega went on to say "during the darkness of a storm, one instinctively seeks out someplace where the lights are on to help them feel safer and less isolated. Thanks to the efforts of those here today and the Resilient Homes and Communities projects, we will be that facility that will be able to keep its lights on in the storm and remain open to provide critically important healthcare services."

The project will be completed in partnership with the Dormitory Authority of the State of New York. DASNY President and CEO, Reuben R. McDaniel, III, said that DASNY "is proud to support this work to protect this important facility and ensure that they can continue serving the Red Hook community in the event of weather emergencies." Local Councilmember Alexa Aviles pointed out that JPA is "Red Hook's only Federally Qualified Health Center (FQHC)... it is long overdue that we break ground and move forward with these critical resiliency upgrades." Brooklyn Borough President, Antonio Reynoso, acknowledged the contributions of JPA and the importance of it being able to stay open during storms.



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Sweet-and-Sour Meatballs—Easy for Spring

A delicious and simple family supper. Cooked chicken chunks can also be used instead of meat.

Ingredients

- 1 can (20 oz.) unsweetened pineapple chunks
- 1 package (12 ounces) frozen fully cooked homestyle or Swedish meatballs
- **OR—make your own small meatballs**
- 1 large green pepper, cut into 1" pieces
- 3 tablespoons cornstarch
- 1/3 cup cold water
- 3 tablespoons cider vinegar
- 1 tablespoon soy sauce
- 1/2 cup packed brown sugar
- *Hot cooked rice, if desired*
- *Green onions for garnish*

Instructions

- **Drain pineapple, reserving juice. Set pineapple aside. Add enough water to juice if needed to measure 1 cup. In a large skillet over medium heat, cook the meatballs, green pepper and juice mixture until heated through.**
- **In a small bowl, combine the cornstarch, cold water, vinegar and soy sauce until smooth. Add brown sugar and reserved pineapple to the pan; stir in cornstarch mixture. Bring to a boil; cook and stir until thickened, about 2 minutes. If desired, serve with rice and top with green onions.**



ABCs of HEPATITIS cont'd.

There are some valuable tips for preventing hepatitis infections and they are as follows:

- Get vaccinated for Hepatitis A and B.
- Get tested at least once in your lifetime for Hepatitis B and C.
- Use condoms.
- Use clean needles at all times, especially when injecting drugs.
- Go to licensed tattoo artists and piercers.



Hepatitis Awareness Month is designated in May to raise and spread awareness about hepatitis. Agencies across the country work to promote the importance of hepatitis vaccinations and its effective care and treatment as well as raise awareness about the consequences of it if it goes untreated. The most important thing to do is get tested and begin treatment. The stigma or feeling judged or discriminated against that surrounds hepatitis infections is one reason why many people avoid getting tested. Not getting tested prevents people from getting the treatment needed to cure the disease. ***It's Best to get the Test!***

Sarah Danley MPH, JPA's HIV/HEP C Prevention Manager contributed this article.

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**

**114-39 Sutphin Blvd.
Jamaica, NY 11434**

**118-11 Guy R. Brewer Blvd.
Jamaica, NY 11434**

**120 Richards Street
Brooklyn, NY 11231**

**Call Us At:
718-945-7150**

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