

The Addabbo Newsletter
Connecting the Community

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TIME TO TALK ABOUT MEN AND THEIR HEALTH

“Recognizing and preventing men’s health problems is not just a man’s issue. Because of its impact on wives, mothers, daughters, and sisters, men’s health is truly a family issue.” United States Congressional Record.

June 12th through June 20th is National Men’s Health Week. The timing is appropriate because it is celebrated during the week before Father’s Day. The week is all about healthy bodies, exercise, good diet and most importantly, regular visits to the doctor. So whether you are a man or just love them, this is the time to change their habits for the better. Perhaps one of the best things any of us can do is to encourage the men in our lives to see their healthcare provider for a check up. To help us do that, let’s try to understand them!

The Cleveland Clinic did a survey to determine the top reasons why men don’t visit their doctors. 72 percent of all men surveyed said they would rather clean the bathroom than see their doctor! The number one excuse men use to avoid the doctor is that **they are too busy**. Next on the list is **fear** of finding out something may be wrong, followed by **discomfort** with certain physical exams, such as prostate checks. It’s amazing that many men can spend 3-5 hours golfing or watching a ball game but can’t find the time to visit a doctor even once a year for a check up. It’s certainly time to change that!

On average, men live five years fewer than women and are more likely to suffer from 9 out of the 10 top causes of death in the US including heart disease, cancer, stroke and diabetes which means that far too many men experience compromised quality of life issues due to diseases that are preventable! If you have trouble convincing the men in your life to get a check up (at least once a year) use the famous analogy of preventative maintenance on cars. Tune ups, oil changes and tire rotations are necessary to extend the life of a car—why not extend men’s life-spans as well with a “tune up” at least once a year!

Macho men are less likely than women to visit a doctor and when they do make an appointment, tend to downplay their symptoms. The stereotypical “macho” man, the provider, the tough one, the brave one — all of the foregoing somehow translates into too many men feeling too vulnerable and avoiding a doctor.

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KUDOS TO MEMBERS OF JPA’S HIV CARE & PREVENTION TEAM!

Members of our HIV Care & Prevention Team represented JPA at the NY Links Quality Improvement Conference on April 18-19, 2023. The conference promoted improvement activities in linkage and retention in HIV care and provided a forum for peer learning. The JPA team was selected for 2 poster presentations: improving viral load suppression for PLWH as well as increasing HIV testing at our centers. Presenting for JPA were Tina Burke, BA-CCR Program Manager; Natana Cruickshank, MPH-Director of Programs and Training and Sara Danley, MPH-HIV/HCV Prevention Program Manager. Also attending the conference was Carla Lewis-Peter, MPH, Program Manager-Project RITE.





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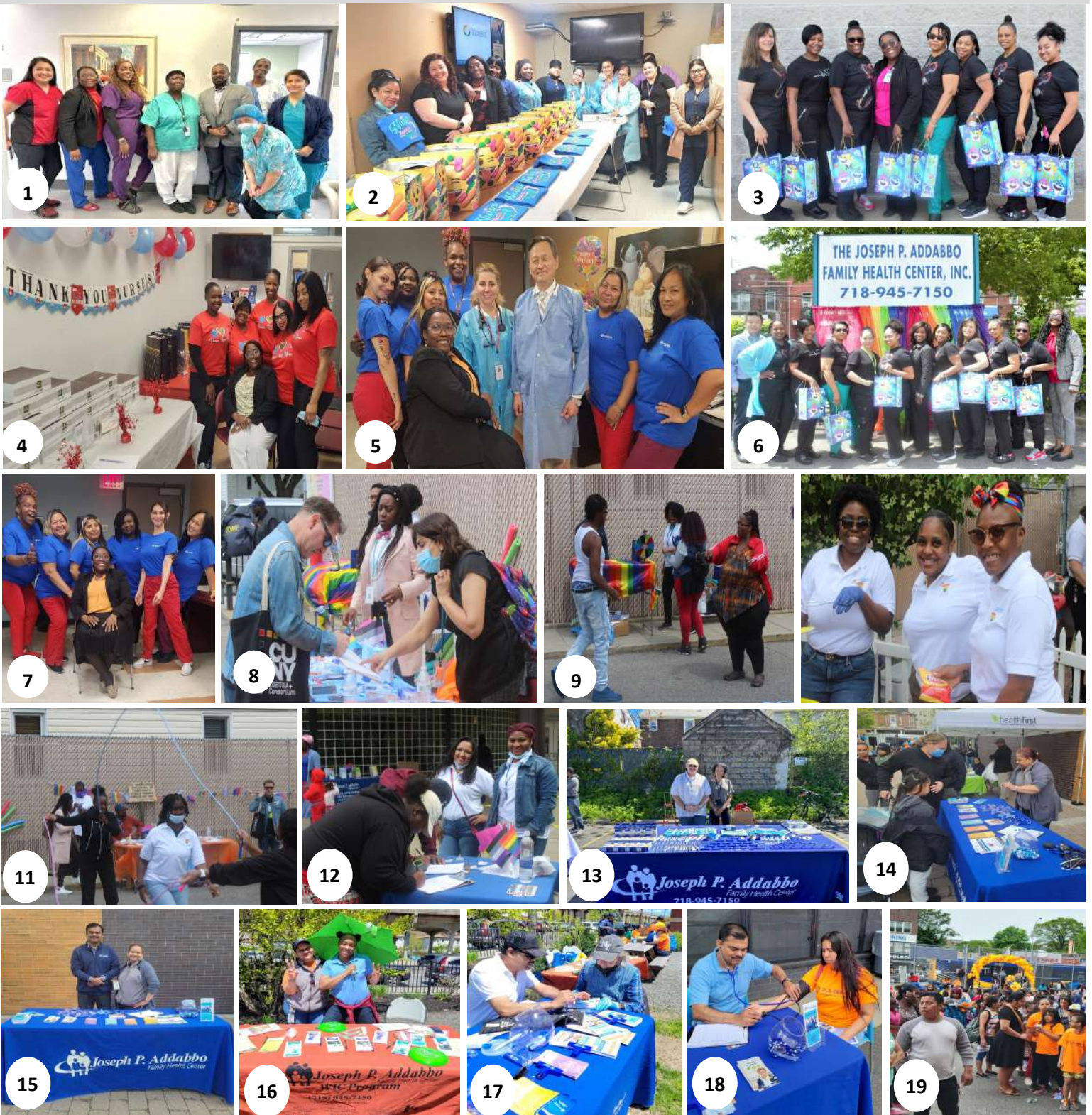
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If you have any questions or need assistance with scheduling your appointment, our team of call center representatives is here to help. Feel free to reach out to our friendly staff at **718-945-7150**, who will be happy to guide you through the process.



Picture 1-07 Nurses Week events—SPECIAL THANKS to HEALTHFIRST and GSK for their generous donations
 Picture 08-12 Pre-Pride Kick-Off Event – at Site 3 (Games, Music, Prizes, Fun and Free Swag)
 Picture 13 Outreach at Morning Star Missionary Baptist Church (May 6, 2023)
 Picture 14-15 Outreach at PS 253Q (May 4, 2023)
 Picture 16-17 Outreach at Rockaway Initiative for Sustainability & Equity—RISE(May 6th, 2023)
 Picture 18-19 Outreach at Samantha Smith Public School (May 13, 2023)

HOME SAFETY QUIZ—ARE YOU AN EXPERT?

We all want to feel safe in our own homes. It can be somewhat daunting because there are so many things to consider based on the ages and capabilities of those living together. Here's a quiz to test your home safety knowledge and see how you score!

1 How often should you replace your smoke alarm?
Every 3 years, Every 5 years or Every 10 years?

2 What should you do if your smoke alarm keeps going off while you're cooking?

Ignore it—it's bound to happen; Move it or Replace it with a different type of alarm; or Take the batteries out and replace them when your done cooking?

3 Which of these appliances uses the most electricity?

Vacuum Cleaner, Iron, 42" HD Television?

4 What should you do in a fire?

If it's only a small one, try to put it out; Gather your important possessions and get out; Get out and call the fire department?

5 What should you NEVER take into the bathroom?

Personal alarms, Newspapers, Plug-in radios?

6 What can carbon monoxide poisoning be mistaken for?

Food poisoning, Flu, Cold or All of them?

7 What should you do if you have a minor burn or scald?

Put ice on the affected area, Treat the area with cool or cold water or Apply antiseptic cream to the area?

8 When handling RAW meat, which should you NOT do?

Wash raw meat before cooking it, Store raw meat at the bottom of your refrigerator, Use a separate chopping board when preparing raw meat?

9 Which of the following can help prevent falls?

Keep your feet healthy and wear appropriate shoes, Exercise regularly, Ask your provider or pharmacist to review your medication?

10 What should you do to candles if you leave the room? Take them with you, Blow them out, Pour out the hot wax or Cover them with paper?



Answers:
1 Every 10 years. Test your alarms once a month and keep them clean. If your alarms are battery powered, change batteries every year.
2 Move it or replace it with a different kind of alarm, such as a heat alarm. Never take the batteries out.
3 Iron. Be careful not to overload a socket.

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WELCOME and CONGRATULATIONS!!!!

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.

WELCOME TO OUR TEAM!!

Zelma Barnes Davis, Revenue Cycle Manager, Finance Department
Cristian Mendez, Data Analyst - Ryan White/Wellness Department
Brownson Irondi, Nurse Practitioner
Howard Steven Rinheimer, MD

Making a difference starts with one step, with one foot and then the next... Congratulations to the following JPA dedicated employees who began their steps at JPA 25 or more years ago. You have made a huge difference over the past years and have touched the lives of so many.

Kathleen Lynch-Gaffney, SSW	38 years
Julia Colazzo, Senior Clerk	35 years
Roberta Hellman, MD	33 years
Lola Vereen, Clerk	31 years
Nichelle Walker, Qual. Mgmt. Spec.	29 years
Anna Yadgaraov, Clinical. Site Mgr.	27 years

Zimmie Baiden, WIC Director	27 years
Carla Crawley, ACM	26 years
Tia Paulk, Medical Assistant	26 years
Consolacion Soberano, DDS	25 years
Pilar Gamboa, DDS	25 years

THANK YOU!



Men and Their Health, cont'd.



These unnecessary feelings also travel from generation to generation so it also affects youngsters as well. Young boys often follow their dads. It's not to say that strong women behave in the same manner, but the difference is that women don't lose that "tough" status when they display weakness or vulnerability.

Cultural beliefs are based upon history and not necessarily today's more modern culture. There was definitely a time in history when families were dependent upon the hard physical labor of a man to provide for everyday needs but it is time that we bring men up to date with their medical care.

Here are a few suggestions from the Cleveland Clinic about how to get the men you love to the doctor:

- Research and help him choose a primary care

provider and schedule an appointment for him.

- Make him feel more comfortable by going with him to the appointment.
- Help him make a list of his health history.
- Lead by example, scheduling your own annual visit for the same day and time.
- Increase his exposure/comfort level by having him take the kids to their appointments.
- Provide an incentive for going, such as a dinner at his favorite restaurant or tickets to a sporting event.

Above all, remind the men in your life that they are loved. Taking care of their health now is the most promising way to extend the years and quality of their lives, not just for their benefit, but for yours.

SUMMER SKIN AND EYES—BOTH NEED SUMMER CARE



Summer is a time for beach days, pool parties and vacations. It's also a great time for a skin care makeover and a reaffirmation of good skin and eye care. We know that sunlight and hot, dry weather affects our skin and our eyes differently than the cold days of winter. But how many of us really change our skin care and eye care with the seasons? Dermatologists and ophthalmologists strongly advise that we do and here are a few suggestions we should be following to take proper care of ourselves in the summer.

SUMMER SKIN CARE

Rule Number 1: Apply sunscreen often (every 2 hours or so) including at least SPF 30, broad spectrum protection and lip protection.

Rule Number 2: Keep your summer moisturizer lightweight with SPF 30 in it. Heavy moisturizer isn't necessary - lightweight is best.

Rule Number 3: Go lighter on the makeup. Heavy makeup can clog the skin. Best to let your skin breathe.

Rule Number 4: Exfoliate at least twice a week to cleanse the pores. Use a gentle exfoliant and never exfoliate sunburned skin.

Rule Number 5: If you want to be tan, use self-tanners. All tan is the result of sun damage! There are some good self-tanners on the market now.

Rule Number 6: Dress smart. Wear loose clothing and sun protective clothing if possible. Also, even if just walking the dog, wear a wide brimmed hat to protect your face, ears, eyes, neck and shoulders.

Rule Number 7: Wash your face, but not constantly. Your body makes natural moisturizers that hold water in the skin. When you wash those away, the top of the skin can be dehydrated. Stick to showering once a day. Rinse your face with a gentle cleanser and lukewarm water in the morning and at night. Lukewarm water is much better than hot water.

SUMMER EYE CARE

The summer sun can have devastating effects on your eyes if you don't take proper precautions. Experts recommend the following to keep your eyes safe during those hot days of summer sun:

Wear sunglasses. They act as a barrier to the harmful UV rays. Even opt for oversized "Jackie O" sunglasses.

Use lubricating eye drops to moisturize the eyes just as you use moisturizer to moisturize your skin.

Do not rub your eyes. Our hands can carry germs, dust and other irritants which can cause eye infections and irritations. Wash your hands frequently.

Hydrate your eyes by drinking water. Fluids are essential for summer skin care and summer eye care. Dry eyes are common during the summer months and drinking fluids will combat this condition.

Stay out of the hot sun during the hottest part of the day, if possible. It is crucial to protect your eyes from the UV rays during those hot hours.

Wear a hat! Just as with your skin, a hat will protect your eyes against those harmful UV rays especially during the hottest hours of the day.

Home Safety Quiz cont'd.



4. If there is a fire, GET OUT and STAY OUT and CALL 911. Don't try to put out a fire yourself—leave it to the firemen.
5. Water conducts electricity so you should never bring powered appliances such as radios, heaters or hair-dryers into the bathroom. If you're worried about falling in the bathroom, install grab rails or a bath seat.
6. All are correct. Breathing in carbon monoxide can give you symptoms like a cold, flu or food poisoning. It is extremely dangerous and can be fatal so this is something to take very seriously. Make sure to get a carbon monoxide alarm to give you an early warning and get your appliances serviced and tested.
7. If you get a minor burn or scald, treat the area with cool or cold running water for about 20 minutes. Never use ice, iced water, creams or greasy substances such as butter to treat a burn or scale. If it is serious, seek medical help.
8. When dealing with raw meat, **NEVER WASH RAW MEAT**—it can spread bacteria!
9. All answers are correct: keep your feet healthy, wearing suitable footwear, regular exercise and reviewing your medication all can help prevent falls. Falls can happen to anyone and most don't result in serious injury but they can affect confidence and well-being. Take all precautions to avoid a fall especially if you are elderly and live alone.
10. When leaving a room where candles are burning, just put them out. You can always re-light them easily. It's easy to forget they are burning and that's just a disaster waiting to happen.

If you got all 10 correct, you're an EXPERT!

If you got 7—10 correct, you're pretty good at safety, but don't get complacent.

If you got 4—6 correct, it's a good start, but you've got more to learn.

If you got 0—3 correct, you've got some serious brushing up to do. Take some time to learn about simple household safety.

BIRDS, THEIR SONGS AND OUR MENTAL HEALTH



A recent study of participants from Europe, US, Australia and China found that everyday encounters with birds boosted the mood of people with depression as well as the general population. In a story published by *The Guardian*, researchers said findings “suggested that visits to places with a wealth of birdlife, such as parks and canals, could be prescribed by doctors to treat mental health conditions.” They added that their findings also highlighted the need to better protect the environment and improve biodiversity in urban, suburban and rural areas in order to preserve bird habitats.



Over the course of two weeks, the participants were prompted at random intervals to record how they were feeling, including whether they were happy or stressed, whether they could see trees and whether they could see or hear birds. The researchers found that participants' average mental well-being scores **increased** when they saw or heard birds, including among those who disclosed they had been diagnosed with depression. This beneficial effect lasted beyond the moment of encountering birds. Participants scored higher than those who did not encounter birds.

While nature in general might improve mental well-being, birds may be especially effective because we can **both see them and hear them**, said Sheehan Fisher, a psychologist and an associate professor at the Northwestern University Feinberg School of Medicine.

Focusing on birds and other aspects of the natural environment can get us out of our ruminative thoughts and to a space where we can simply enjoy the moment,” he added. “And that’s especially true if you live in a city. Sometimes you get so caught up in the rush you don’t stop and smell the roses” (*or listen to the birds*). “Simply setting aside five minutes or so to appreciate the natural world around us can make us feel better,” Fisher said. “It can give your brain a chance to recuperate and relax and be more mindful of nature,” he added. “Being purposeful about including that in your routine can be a part of self-care.”

So, when it’s warm you might want to eat lunch outside in a park and listen to the birds sing. You could walk back to work feeling totally refreshed and happy! Yes, there are apps you can get as well, but there really is no substitute for Mother Nature.

SUPER EASY FRENCH FRIED ONION CHICKEN

Awesome crunchy baked French Fried Onion chicken that goes with any side dish. It's quick and easy for the summer months ahead. It's also delicious cold and great for picnics!



ONLY 3 INGREDIENTS—SERVES 6

- 3 cups crushed French's French Fried Onions
- Honey Mustard enough to coat chicken
- 2 lbs. skinless, boneless chicken breasts halved

Note: This can be served with any summer side dish—hot or cold. Its easy, crunchy and delicious.

Instructions

- Preheat the oven to 375 degrees.
- Crush the French Fried Onions and place in a bowl.
- Coat the chicken with Honey Mustard and dip the chicken into the French Fried Onions thoroughly covering the chicken.
- Spray a baking tray with Pam, place chicken on the tray and bake in the oven for 1/2 hour or until the juices of the chicken run clear.

CEO, MIRIAM Y. VEGA, PhD HONORED



JPA is pleased to announce that its CEO, Miriam Y. Vega, PhD, has once again been selected as one of the Schneps Media Healthcare Heroes. Dr. Vega joins other renowned 2023 healthcare leaders from Queens who have distinguished themselves as outstanding leaders of Queens-based healthcare organizations. This is a particularly notable award given the fact that while the United States is emerging from the pandemic, there are substantial challenges facing not only FQHC's like JPA, but all healthcare organizations.

"JPA, like so many other healthcare providers across the country, faces both financial and medical staffing shortages occasioned in part by the pandemic," says Dr. Vega, "and it will take some time and effort to emerge from these challenges." Dr. Vega goes on to explain that "teamwork is everything and JPA has a team that works together to benefit our patients. I am very honored to receive this award and I share this award with our JPA team."

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.

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