

The Addabbo Newsletter
Connecting the Community



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HYDRATE—HYDRATE—HYDRATE



You've heard it. I've heard it. We've all heard it. *STAY WELL HYDRATED*—especially in the warm weather! What exactly does “well-hydrated” mean? It sounds simple enough, but it doesn't mean the same for all of us. Confusing for sure! It can depend upon our physical well-being or medical conditions, climatic conditions, how much clothing we have on, how much and for how long we are exercising and how much we perspire. Quite a few variables—so how are we supposed to know if we are well hydrated?

Since water is our bodies' primary chemical component (it makes up approximately 50% to 70% of our body weight), every cell, organ and tissue depends on water to survive and work the way they should. Water is essential to keeping our temperature normal, lubricating joints, helping our muscles work better (including your heart muscle), protecting sensitive tissue and aiding in waste production. Even mild dehydration can make a difference in your body and make you listless and tired.

You might say to yourself, “I'll make sure to drink whenever I'm thirsty.” Unfortunately, that's not good enough because when you realize you are thirsty, you're already dehydrated! A reasonable goal and an easy one to remember, is to drink 8 glasses of water a day. But again, for some people, 8 glasses of water could be more than needed and others may need more. Two ways to tell if you're sufficiently hydrated is if 1) you're seldom thirsty and 2) your urine is colorless or light yellow. In general, it's a good idea to drink a glass of water with each meal and between meals, before during and after exercise and of course, when you feel thirsty.

Water is not the only fluid to rely on. Your diet can provide a significant portion of liquids you need as well. For instance, milk, juice and herbal teas are mostly water. Fruits and vegetables such as watermelon and spinach are almost 100% water by weight. Generally speaking, about 20% of recommended fluids come from food and the rest (80%) from drinks. Coffee counts as a fluid, but stay away from caffeine as it acts as a diuretic and causes you to lose fluids. Even when you are sitting in the sun just relaxing, your body needs more fluids so keep that water bottle handy! Summer is the perfect time to activate those water bottles you have hidden in your kitchen cabinets. Show them off and carry them with you wherever you go!

If you're not a water drinker, try adding some fruit to the water for flavor.



WHAT'S SO IMPORTANT ABOUT YOUR ANNUAL ADULT CHECKUP?

When was your last routine, annual checkup? This year? Last year? 2 years ago? Prior to the Covid-19 pandemic? If your answer was anything other than “this year” or “last year”, you are overdue for that annual adult checkup!

Our bodies are remarkable but their parts need to work together to keep us healthy and functioning well. That's just what annual checkups do: they make sure everything is working as it should and working together as a healthy team.

A few reasons why annual checkups are especially

important are:

- 1) Catching a disease early greatly improves the chances of effective treatment and management so you can live a full life. Diabetes/prediabetes are excellent examples.
- 2) Effective monitoring of a chronic condition such as COPD, high blood pressure, diabetes or high cholesterol can prevent the condition from getting out of control. Your provider can regulate your medications, keep track of how effective they are and change them if necessary.

Continued on page 4





NOW YOU CAN MAKE YOUR OWN APPOINTMENT USING

HEALOW OPEN ACCESS

WE ARE EXCITED TO INTRODUCE HEALOW OPEN ACCESS, AN EASY-TO-USE TOOL DESIGNED TO IMPROVE YOUR HEALTHCARE EXPERIENCE.

WITH HEALOW OPEN ACCESS, YOU CAN TAKE CONTROL OF SCHEDULING YOUR OWN APPOINTMENTS EASILY, SAVING YOU TIME AND STREAMLINING YOUR HEALTHCARE EXPERIENCE!

**To get started,
simply follow the
QR Code**



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](tel:718-945-7150), who will be happy to guide you through the process.

<https://healow.com/apps/practice/joseph-p-addabbo-family-health's-center-inc-arverne-ny-16534?v=1>



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Pictures 1-15 Outreach Events: Hope Day, Rockaway Youth Summit, Battalion Pentecostal Assembly Church's Community Fair, Queens Library Resource Fair and St. Rose of Lima School's Community Fair and Chris Frazier's Sports Day. Busy month for outreach events.

Picture 16 Prabjot Peliaintern and Jillissa Cassanova, two of the three Spring Interns from the 2023 Spring Internship Global Kids Program. The interns worked at JPA's Site 3. Not shown in photo is Amy Yeintern.

Annual Checkups continued



- 3) Annual checkups are also very much about prevention. Annual blood tests combined with a complete family health history can help your provider guide you in making some lifestyle changes that could potentially change your life.
- 4) Your provider can guide you through the decision-making process of which vaccinations are right for you: pneumonia, shingles, covid boosters, etc. He/she will know your health history and can recommend appropriate steps to take to prevent other illnesses.
- 5) An annual checkup provides you with the opportunity to ask questions and have discussions with your provider. Your provider is there to assist you and listen to you. If you have issues at home that are difficult, your provider can better understand why you might be suffering from severe stress and can refer you for assistance.

Additionally, the Joseph P. Addabbo Family Health Center has made it easier for you to schedule your annual appointment for a checkup. We have introduced **Healow Open Access** which means you can make your own appointment on line or by visiting www.addabbo.org and clicking on Make an Appointment.

We have also brought on additional providers which means that appointments are more readily available and will reduce the wait time to see your provider.

“As a provider, I look forward to telling my patients that they are doing well, that their medical conditions (if any) are well managed and that their health futures are bright,” says Ari Benjamin, M.D., Chief Medical Officer at JPA. “Please consider making your annual checkup appointment today!”

A HUMAN BODY QUIZ...WHAT DO YOU KNOW?

Here are a few multiple-choice questions to test your knowledge about the human body.



1. The paper-thin tympanic membrane can be found in what body part? Colon? Ear? Throat? Lung?
2. Which of the following body parts has the most bones? Skull? Rib Cage? Hand? Foot?
3. Which of these bodily responses is a holdover from animal ancestors dealing with cold? Increased saliva production? Increased sweating? Pupil dilation? Goosebumps?
4. Which of your muscles never tires? Gluteus maximus? Heart? Tongue? Triceps?
5. Stress can cause hair to turn gray. True or False?
6. Which of these body parts continues to get bigger with age? Thumb? Ear? Spine? Femur?
7. The “funny bone” is actually what type of anatomical part? Bone? Nerve? Muscle? Organ?
8. Human embryos have a tail for several weeks during gestation. False? True?
9. Where are red blood cells created? Bone? Brain? Spleen? Heart?
10. Lunulae are small whitish half circles visible on what body part? Kneecap? Nose? Elbows? Fingernails?

- Answers:
1. Ear
 2. Hand (The hand has a total of 27 bones.)
 3. Goosebumps
 4. Heart
 5. True
 6. Ear (Both ears and noses get bigger as people age but they don't grow. They are pulled by gravity and stretch.)
 7. Nerve
 8. True
 9. Bone (Bone marrow produces all red blood cells, platelets and most white cells.)
 10. Fingernails.

Here's an interesting fact: If a frozen drink gives you "brain freeze", press your thumb against the roof of your mouth to stabilize the temperature and ease the pain of the "brain freeze"!

NEW RADIOLOGY SERVICES AT JPA

RADIOLOGY is the field of medicine that uses imaging techniques to diagnose and treat disease. Diagnostically, it is used to determine whether or not a medical condition exists. We're all familiar with X-rays, MRI's and CT scans that produce incredible images of our internal bones, muscles and organs. We also know that this technology needs large spaces and specially built rooms to house them, thus we have radiology centers. There are however, other important radiologic diagnostic tools and JPA is now proud to include these tools among its comprehensive services: ultrasound, sonogram and echocardiogram, cardio duplex, arterial duplex, pelvic (female and male), scrotum doppler, venous duplex, abdominal, abdominal aorta, renal artery doppler and renal CF/doppler.

Should your provider determine that further testing is necessary to correctly diagnose or confirm a medical

condition, he or she can now schedule you for testing at JPA instead of at a huge diagnostic center which could be an inconvenient distance away from your home or very difficult to get to.

A qualified technician will perform the tests using equipment similar to what one might see at a bedside in a hospital. The results will be interpreted by a radiologist or cardiologist and fully explained to you by your own provider.

Radiology services are up and running at JPA's Site 2 at 1288 Central Avenue, Far Rockaway, at Site 5 at 118-12 Guy R. Brewer Blvd. Jamaica and at Site 6 at 120 Richards Street, Brooklyn, NY. The services will be expanded to Sites 1 and 3 in the near future.

Traditional referrals will still be made for diagnostic studies that are beyond the scope of JPA services.



HOW TO HAVE A CONSTRUCTIVE ARGUMENT

It's really okay to disagree or bicker. Unfortunately, many of us don't know how to disagree constructively so we can reach better outcomes. **Bickering better** has a place in both personal and professional lives so it is to our advantage to learn how to do it right.

A good rule to remember is to **discuss** an issue rather than argue or bicker about it. Play fair and don't push those buttons to egg the other person on. One thing that helps is to use the word "we" instead of "you" and "me" - and helps to focus on the things the parties agree on.

A good rule is to respect the other person by listening **to what they are saying carefully**. Sometimes in an effort to get our own message across and "win" the argument, we forget that there are other valid opinions as well as our own. It's not just about letting another person talk either, it's also about us **really hearing** what they have to offer even if we don't agree.

Many times, in our eagerness to push our own points of view, we misunderstand what another person is saying. It can help by repeating what you think the other person is saying until both of you clearly understand what is being said.

Keep your comments about the topic at hand. Arguing doesn't have to be unkind so keep the personal insults out of the discussion.

Don't require the last word. Both of you feeling the need to have the last word in an argument can quickly lead a conversation into that doomed area of a never ending disagreement.

Never use words to make the other person feel insignificant, silly or that their opinion has no meaning. That will only result in the person shutting down and/or just digging in even more.

Apologize if you need to. Acknowledge if you've misunderstood or if you've been wrong.

Talking over the other person is never a good idea. Wait your turn to speak and don't constantly interrupt to make your point over and over, ad nauseum.

Don't always be so sure you're right. Just believing that you're right doesn't always make it so. Be open to the possibility that someone else might have a better idea or the correct outcome.

Accept it when you're wrong and conversely, be a gracious "winner". If we are proven wrong, that's nothing to be ashamed about because we have learned something. Don't chortle about winning an argument either. It's just bad form.

Following those simple rules will definitely make your next "discussion", "argument" or "bicker" less stressful. If you must bicker, at least do it better!



MIHIR PATEL, DNP and MILLICENT ROBERTS SCOTT, LPN A "5-STAR" TEAM

Millicent Roberts Scott, LPN, began working at JPA in 2019 as an agency nurse. Her nursing experiences at JPA helped her realize her passion: genuinely caring about the people in the community she treats. Her priorities of making patients comfortable and cared for while providing necessary care are what makes her the exceptional nurse she is. "It's essential to create a trusting and comfortable environment", says Nurse Millicent. "Every patient has their unique needs, and each requires compassionate care. They know if your interest in them is genuine and they react accordingly and tend to be more receptive to taking better care of themselves."

She knows all about providing quality customer care because prior to her nursing career, she owned and operated a hair salon where she learned firsthand how important it is to provide quality customer service. Millicent became a nurse because of her deep desire to help others. That desire runs in her family. Her oldest daughter is a traveling ER nurse and her grandmother was a nurse who instilled in her the passion for making a positive impact on people's lives – particularly through challenging times. "I love what I do," Millicent says. "Every day brings new opportunities to make a difference in someone's life. The gratitude and appreciation that I receive back from patients and their families reinforce my passion for nursing."

She loves working at JPA. On a daily basis, she is impressed with the commitment to excellence and collaborative team approach demonstrated by the staff. "I have a 2-hour commute back and forth each day," says Millicent, "so I definitely choose to be at JPA and my commitment is to this community and to the JPA family." That commitment is obvious to Marie Gallant, RN, BSN, Assoc. Director of Nursing. "Millicent is a great employee and a great nurse," says Nurse Gallant. "During Covid when providers were in short supply, she took it upon herself to administer at least 50 to 60 Covid vaccinations a day. She is a great asset to her department, to JPA and to her patients."

Millicent is continuing her nursing education in college and acknowledges the support of her colleagues and family as she balances work, school and a family. She loves spending time with her loving 10-year-old daughter, Chassidy, who recently won 1st place in Jui Jitsu, her beautiful new niece now 3 months old and helping manage her son's (Christian Cartier) music career.

Mihir Patel, DNP, is a recent addition to the medical staff at JPA as a Doctor of Nursing Practice, or DNP. Dr. Patel joined the staff in March of 2023 and has made a very positive difference for the organization and for his patients.

Working as a team with his nurse, Millicent Roberts Scott, LPN, the duo has incorporated the finest goals of JPA and the finest qualities in themselves.

Dr. Patel attended NYU where he became a Family Nurse Practitioner in 2017, and since then, has continued to advance his personal mission to provide quality health care to groups of patients who have been underrepresented. During the pandemic, as he pursued his DNP at Stony Brook University, he functioned as a primary care provider in multiple clinic sites across NYC. It was during that time that he witnessed first hand the complexities and difficulties of delivering sustainable and quality health services from the lens of both administrator and provider. During that time, many of his colleagues left the medical profession due to burn-out leaving an increased number of patients without any continuity of care. "The pandemic also changed how a patient interacts with healthcare," says Dr. Patel. "I decided at that time that I would prioritize my own health and lead by example to my patients and community." He practiced what he learned and realized that there was a deep connection between the mind, body and spirit especially to people who found themselves in situations they had never experienced before. He also began learning about holistic wellness and what that means to people and how they can improve their health and longevity with this perspective.

"I listen during the times when time is not always afforded and I offer what I want for myself, my family and my friends," explains Dr. Patel. "I try to integrate all of the care my patients need including care coordination, nutrition, psychotherapy, exercise, physical therapy, rehabilitation, referrals, etc." He believes that at its core, knowledge and understanding of people's history, teamwork, inclusion and listening all play a vital role in his and JPA's success and says he has met a "tremendously inspiring group of patients" and colleagues at JPA.

In Dr. Patel's free time, he enjoys dancing, hiking, meditation, yoga and traveling.



Millicent Robert Scott, LPN (left) and Mihir Patel, NP (right) make a great 5-Star Team at JPA.

PB&J FRENCH TOAST

Who doesn't love a peanut butter and jelly sandwich? Here's a twist on a traditional sandwich that will delight your kids and provide an awesome breakfast or simple supper!



Ingredients

- 1/4 cup creamy peanut butter
- 1/4 cup grape jelly or other variety
- 8 slices of sandwich bread
- 2 large eggs
- 1/4 cup 2% milk
- 2 tablespoons butter
- Strawberries, blueberries or other fruit.

Instructions

- Spread the peanut butter and jelly on 4 slices of bread and top with remaining slices of bread.
- Whisk eggs and milk until blended.
- On a griddle, melt the butter over medium heat.
- Dip both sides of the sandwiches into the egg mixture and place on the griddle.
- Toast for 3 to 5 on each side until brown.
- Top with fruit and/or drizzle with maple syrup!

THINK AGAIN—THESE THINGS ARE **NOT** TRUE

FALSE

Bottled water is better than tap water!

(Bottled water isn't regulated like tap water.)

Touching a toad or frog gives you warts. *(They do release protective secretions if they are in something's or someone's mouth, so don't taste them.)*

People with red hair are going extinct. *(Never!)*

People's hair & nails grow postmortem. *(Nope!)*

Dogs sweat through their tongues. *(Dogs cool off by panting but sweat through their paws.)*

Healthy teeth are always bright white. *(Enamel is actually a pale yellow.)*

Hair turns gray quicker if you dye it. *(It's basically genetics so dye away!)*

Every person has a unique fingerprint. *(The odds are low that someone else has the same fingerprint, but it is possible!)*

Salt makes water boil faster. *(Actually, salt makes it take longer to boil.)*

Bats are blind. *(Granted, they use sonar, but they can definitely see.)*

Standing too close to a microwave is dangerous. *(If that were the case, they would be banned.)*

Going to bed with wet hair will give you a cold. *(You get sick from viruses and bacteria—period!)*

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.

Our Locations:

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Jamaica, NY 11434

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