

The Addabbo Newsletter
Connecting the Community

INSIDE THIS ISSUE:

NATIONAL HEALTH CENTER WEEK— AUGUST 6TH—12TH

“THE ROAD MAP TO A STRONGER AMERICA”

National Health Center Week	1
Congratulations!	1
Inserts	2,3
Congratulations contd.	4
Thunderstorm Safety	4
JPA Expands Dental Svcs.	5
Heat Cramps Exhaustion and Stroke	5
August Message from Dr. Mirian Y. Vega, CEO	6
What Providers Wish Patients Would Tell Them	6
Summer Fruit Salad Recipe	7
Bet You Didn't Know These Recognition Days Existed	7

Community Health Centers (CHCs) such as the Joseph P. Addabbo Family Health Center play an incredibly significant role in providing primary care and public health services to communities including the underserved or underinsured populations. Federally Qualified Health Centers (FQHCs) are non-profit organizations that operate under Federal standards and are considered the safety net health centers of this country. Safety net providers are exactly that—providers that make sure that primary care is available to vulnerable and low-income U.S. residents (about 27 million patients annually) regardless of their ability to pay, many of whom have complex medical conditions and a high need for social services. During the pandemic, CHCs were instrumental in making sure that routine health care along with pandemic care, vaccinations, etc., remained available to the general population.

No individual should be unable to receive healthcare due to a lack of funds or lack of accessibility. As a result, CHCs are sources of community strength because they provide comprehensive care to EVERYONE regardless of income or insurance status.

Good health is particularly important as the population ages— health is wealth! Once you are on the right path to good health, you can live your life to its fullest potential and enjoy it to the max. CHCs provide you with that opportunity.

The purpose and mission of CHCs is clearly the provision of healthcare services but it is integral to its mission to locate CHC's facilities in locations the target population can easily access. This is to alleviate as many health care disparities as possible and make comprehensive health care conveniently accessible to families and communities. Here's what you can do to acknowledge National Health Center Week: 1) Get a health checkup 2) Encourage others to do so as well by informing them about how important it is to get regular checkups and 3) Make sure to keep up your medications properly and practice healthy nutrition and exercise habits. **Let's all celebrate National Health Center Week by getting healthy!!!**

CONGRATULATIONS and WELCOME!

Miriam Y. Vega, PhD, Chief Executive Officer of the Joseph P. Addabbo Family Health Center recently announced the promotions of several JPA employees. In doing so, she stated that it was “always a pleasure to be able to promote within the JPA family.” She went on to say that “these promotions are all within the JPA family and are richly deserved.”



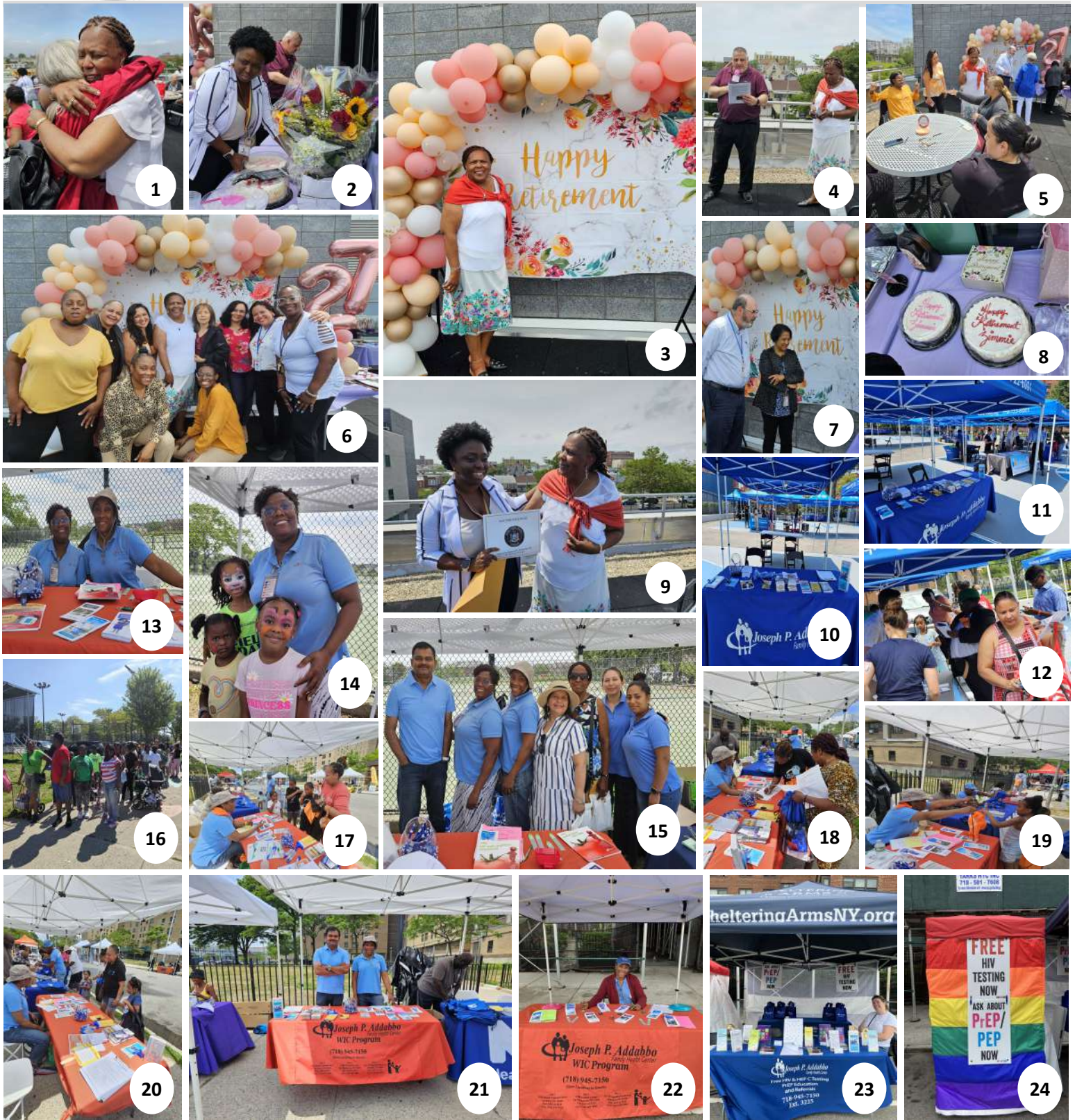
Alan Friedman, DDS
Chief Dental Officer



Marie R. Gallant, RN-BSN
Director of Nursing



Cont'd On Page 4



Pictures 1-09 Retirement party for Ms. Zimmie Baiden, Director of WIC, a 27 year employee at JPA.
 Pictured 10—24 June and July were very busy months for outreaches. These pictures represent just a quick overview of the many events JPA attended: 9th Annual Peace Fest, Seniors Health Fair at Seagirt Adult Daycare Center, National HIV Testing Day in NYC, Spirit Week on Beach 17th Street, Queens Baptist Church in Queens Village, Summer Fun Fest on Beach 54th Street, Challenge Prep Family Day in Bayswater Park.

Take Control Before You Lose Control!

Are you dealing with blood pressure levels that **ALMOST** reach the Hypertension Levels? Then you could benefit from our Hypertension Program!

FREE
Bluetooth BP
Machine



Ask your primary care provider
about our program today.



Joseph P. Addabbo
Family Health Center

718-945-7150
www.addabbo.org

CONGRATULATIONS cont'd

Melissa Ramos, Director
Dental Operations



Yolanda Florez
WIC Director



WELCOME TO JPA

Frances Best-Ferrer, RN
Regional Nurse Manager

Luis Echevria
Custodian

Eugene Milford, DDS
Returning Dentist

Theodore Ravago
Outreach Coordinator

INSIDE AND OUTSIDE THUNDERSTORM SAFETY

It's summer time and the heat is on—it's a perfectly lovely day and you're relaxing in the back yard or on the beach. And then, the trees begin to sway, the sky begins to get dark and suddenly you hear the distant sound of thunder! We think to ourselves, "Oh Oh", but chances are, as long as the thunder seems far away, we don't move too quickly—we just begin to watch the sky to see if the storm is getting closer or moving away. In actual fact, that rumble of thunder you hear now means that the storm is only about 10 miles away and already potentially dangerous.

Every year the National Weather Service and the CDC sound the alarm and publish materials on thunderstorms and their dangers. A refresher course is never a waste of time and can save lives.

Thunder isn't dangerous—just loud and scary but the lightning that precedes it is dangerous and can kill in many ways. Although a direct strike is the most fatal, other injuries such as blunt trauma, skin lesions and burns, brain, muscle and eye injuries can occur simply by touching a car or metal object struck by lightning. An electrical current can travel through the ground as well so it is clear that going inside is the best choice of action.

That being said, precautions should be taken inside the house as well. Lightning can travel through plumbing (metal pipes) and **it is best to avoid all water during a thunderstorm.** This includes dish

washing, washing your hands, taking a shower or taking a bath.

To avoid any lightning danger, remember to stay off porches and balconies during a storm. Don't go near windows or doors and according to the US Centers for Disease Control and Prevention (CDC) you are further warned not to lie down on concrete floors or lean against concrete walls. The agency also recommends that you **NOT** use anything at all connected to an electrical outlet such as computers or electronic equipment. Cell phones and cordless phones are safe as long as they are not connected to an outlet through a charger.

Most deaths and injuries happen when people are outside mostly during summer afternoons and evening storms. About 180 people a year are injured by lightning strikes and of those, 10% die.

If you are outside and cannot find a path to get inside, do **NOT** lie on the ground since electrical current can travel through the ground. Do **NOT** seek shelter underneath a tall tree because lightning can strike the tree and the current can travel throughout the tree. As a very last resort, if you simply cannot reach shelter inside, the CDC says to crouch down in a ball-like position, put your feet together, squat low, tuck your head and cover your ears. **Always seek a safe shelter first.**



JPA EXPANDS DENTAL SERVICES

Alan Friedman, DDS, Chief Dental Officer at the Joseph P. Addabbo Family Health Center, is pleased to announce that JPA's dental services at its Site 6 located at 120 Richards Street in Red Hook, Brooklyn, have been expanded to 5 days a week, Monday through Friday, beginning August 1st.



"We are really very excited about being able to add these expanded services," says Dr. Friedman. "We know that our patients have had to wait for dental appointments and this expanded service will make it much easier and faster to get treated."

As a reminder, it's time to make back-to-school dental checkup appointments for your children. Now is a great time to get those appointments made to avoid any last minute urgency!

IT'S HOT! LEARN ABOUT HEAT CRAMPS, EXHAUSTION & STROKE

You only have to listen to the weather reports these days to know that the world is getting warmer. Worldwide, people are confronted with sustained heat unlike ever before. Extreme heat is a period of time of high heat and humidity with temps above 90 degrees for at least two to three days. Lately, the extreme heat has been lasting more than a week in some areas. Even the ocean temperatures in certain areas of Florida are in the 80's and 90's.



There is hot, and then there is really really hot! During periods of extreme heat, your body has to work more than usual to maintain a normal temperature and that's where the problems come in—problems that can lead to serious illness and even death. Older adults, children, sick and overweight individuals are at greater risk during spells of high heat. We need to know how to recognize heat stroke and other heat related issues. It could save lives.

Heat stroke is the most dangerous form of heat-related illness. Heat stroke is when the core body temperature rises to dangerous levels and during a stroke, the body cannot regulate temperature. **It's a growing threat and unfortunately, there is no available treatment except to cool the victim down—quickly!** There is also the possibility that heat stroke, even if caught in time, might lead to health issues later in life.

But, it's not just about the body being too hot, the real danger of heat stroke is that it involves some level of nervous system dysfunction and can cause a massive body-wide inflammatory response that puts every body system in danger including the kidneys and heart. Heat stroke is a very very

serious event. Since not every place we go has "quick cooling" resources like air conditioning or ice baths, it is important that we learn to recognize the early warning signs and do something about them quickly. If you live near a hospital, patients generally recover from heat stroke very quickly, but if not—it can be a dangerous situation.

HEAT STROKE: Signs of heat stroke are extremely high body temperature (above 103 degrees), red, hot and dry skin with no sweat, rapid strong pulse and dizziness, confusion or even unconsciousness. Get the victim to the ER or Dial 911 immediately—do not give the person anything to drink.

HEAT CRAMPS: Signs of heat cramps are muscle pain in the stomach, arms or legs.

HEAT EXHAUSTION: Signs of heat exhaustion are heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting.

If you have signs of heat cramps or heat exhaustion, go to a cooler location and cool down by removing excess clothing and taking sips of sports drinks or water. Call your healthcare provider if symptoms get worse or last more than an hour.

During the hot summer months, check on family members, older adults and neighbors. If using a mask, make sure you use one that is made of breathable fabric such as cotton instead of polyester.

Consider your pet's safety, too. Make sure they have plenty of cool water and shade. Hot streets and sidewalks can be harmful to their paws.

"A WORD or TWO" from Miriam Y. Vega, PhD, CEO

We are pleased to announce that Miriam Y. Vega, PhD, CEO of the Joseph P. Addabbo Family Health Center, will be contributing a monthly column to our Newsletter. Welcome to the lineup, Dr. Vega!



Despite the August heat, I tend to love this month and welcome its arrival. After all, my son was born in August! Also, of the three summer months, August tends to have the least rainfall. August is also "happiness happens" month, and that is what I would like to focus on a bit in this column.

Use this month to find things that make you happy in life overall (at work, with family), however you define happiness. Take this month to rejuvenate.

I know that I love exercising. I wake up at 6 am and exercise by the pier for an hour finding joy in strengthening my core and taking care of myself.

Good health can lead to many other wonderful things happening in your life from being able to travel to spending more time with loved ones.

If you wonder as to what exercise routines to take on, you can always schedule a wellness visit with your primary care provider (PCP) and go over a comprehensive health plan.

Speaking of personal health plans, August is also National Immunization Month. Here at JPA, we are ready to provide you with our age-related recommended immunizations and vaccines. Your provider will know which vaccines are appropriate for you.

It's important that you discuss both your exercise routines and your immunizations with your PCP. Both will keep you on the path to good health!

WHAT PROVIDERS WISH PATIENTS WOULD TELL THEM

These days, it's all about rushing through the day and unfortunately, that sometimes means rushing through doctors' appointments, both for the provider and the patient. Patients can be missing opportunities to ask providers key questions about their health. Providers wish that patients would be more involved in their health as well and that often means asking more questions. There are times when patients hesitate to ask about some very basic issues and if they did, providers and patients could make better use of appointment times.



In general, most providers would like patients to ask more about preventative care like what tests are age-appropriate and what vaccines they should get. Patients should also want to make sure that their providers fully understand their complaints. Between medical jargon and lack of communication on the patient's part, there can be a breakdown.

Letting your provider know what matters to you the most can be helpful. For instance, it could be joint pain or sleep issues or you may want to know how you can stay robust and healthy for as long as possible. Your goals can assist your provider in the decisions he makes about your care.

Your provider always wants you to understand your condition and any medications he or she prescribes. So, please ask your provider about them. Are there

any side effects? What exactly does this medication do? Providers want their patients to understand why they are taking their medication and how long they'll need to take it. Ask your provider if there are any support groups or programs for your condition, i.e. diabetes, stroke, hypertension.

Providers have no problem with patients asking them about routine vaccinations. Are you due for any boosters or other vaccines? In fact, many doctors prefer that you do ask them about vaccinations.

It's always important to ask your provider about the best way to contact him or her should you need anything between visits or have an issue with your medication. Communication is important.

Typically, you see your provider for a specific problem such as a cold or stomach upset or another issue that needs fixing. But no matter the reason for your visit, the more information you provide to your provider the better he or she can understand you and your perspective. Do you have a very large and busy family? Do you have any free time to concentrate on just you? Do you work at several jobs or are you living with a lot of stress?

Communication is important in the world today—all over, but communication between you and your provider is essential to living a healthier life!

CREAMY, DELICIOUS FRUIT SALAD

We all love fruit salads. This one is simple and perfect for summer and cooling off on a hot summer's day. Make enough because people will want second helpings for sure! Good for all holidays, too!



Ingredients

- 3/4 cup Pina Colada yogurt
- 3/4 cup Key Lime yogurt
- 12 oz. cold evaporated milk (whipped)
- 2 tbsp. lime juice
- 2 cups mandarin oranges, drained
- 1 can (15. oz) peaches in light syrup, drained
- 1 cup miniature marshmallows
- 1 cup unsweetened crushed pineapple
- 1/2 pitted cherries (or other favorite fruit)

Instructions

- Whip the cold evaporated milk with 1 tbsp. lime juice. *You can substitute heavy whipping cream if you wish.*
- In a large bowl, combine the whipped milk with 1 tbsp. lime juice.
- Gently fold in the rest of the ingredients.
- Cover and refrigerate.

When ready to serve, you can add a sliced banana on top and/or some shredded coconut and enjoy!

BET YOU DIDN'T KNOW THESE RECOGNITION DAYS EXISTED!



August 1—National Girlfriend Day
 August 2—National Ex-Girlfriend Day
 August 4—National Chocolate Chip Cookie Day
 August 4—International Beer Day
 August 6—National Sister's Day
 August 6—American Family Day
 August 10—National Lazy Day
 August 12—National Middle Child Day
 August 12—National Garage Sale Day
 August 13—National Left Handers' Day
 August 15—National Relaxation Day
 August 16—National Tell a Joke Day
 August 17—National Black Cat Appreciation Day
 August 19—National Potato Day

August 20—World Mosquito Day
 August 22—National Tooth Fairy Day
 August 23—National Spongecake Day
 August 23—National Cheap Flight Day
 August 24—National Waffle Day
 August 24—International Strange Music Day
 August 26—National Dog Day
 August 26—Women's Equality Day
 August 27—National Just Because Day
 August 28—National Rainbow Bridge Remember Day
 August 30—National Beach Day

For even more, check out CALENDARR.COM

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:

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

Follow us on:




Check Us Out At:
addabbo.org