



The Hamaspik Gazette

News of Hamaspik Agencies and General Health

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GAZETTE SURVEY

The GAZETTE asks YOU:

HAVE YOU OR ANYONE IN YOUR FAMILY EVER HAD HEPATITIS?

A: YES; B: NO

Respond to: survey@myshainc.org • 845-655-0667



HEALTH STAT

THE ABC'S OF HEPATITIS

A	About 24,900 new infections each year
B	About 22,600 new infections in 2018; est. 862,000 living with hep. B
C	About 50,300 new infections in 2018; est. 2.4 million living with hep. C

Source: Viral Hepatitis fact sheet, U.S. Centers for Disease Control (CDC)



HEALTH TIP

FOR LIVER HEALTH, MILK THISTLE CAN'T HURT

Milk thistle, a plant named for its large leaves' white veins, contains the natural active ingredient silymarin, which alternative medicine believes beneficial for hepatitis. With studies showing mixed results, the jury's still out—but the science also says milk thistle is safe and may even help.

INSIDE

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HAMASPIK NEWS

BETTING THE FARM ON HANDS-ON EXPERIENTIAL ENRICHMENT

WHILE A FRIENDLY FARM ANIMAL CHECKS OFF HIS DAILY BUCKET LIST, THIS YOUNG MAN WHO REGULARLY ATTENDS HAMASPIK OF ORANGE COUNTY'S DAY HABILITATION (DAY HAB) PROGRAM HAS CLEARLY GOT HIS GOAT. LIFE-ENRICHING EXPERIENCES, WHETHER AT A PETTING FARM OR ELSEWHERE, ARE ALL PART OF THE DAILY CURRICULUM AT HAMASPIK'S DAY HABS AND OTHER PROGRAMS FOR PEOPLE WITH INTELLECTUAL/DEVELOPMENTAL DISABILITY (I/DD).



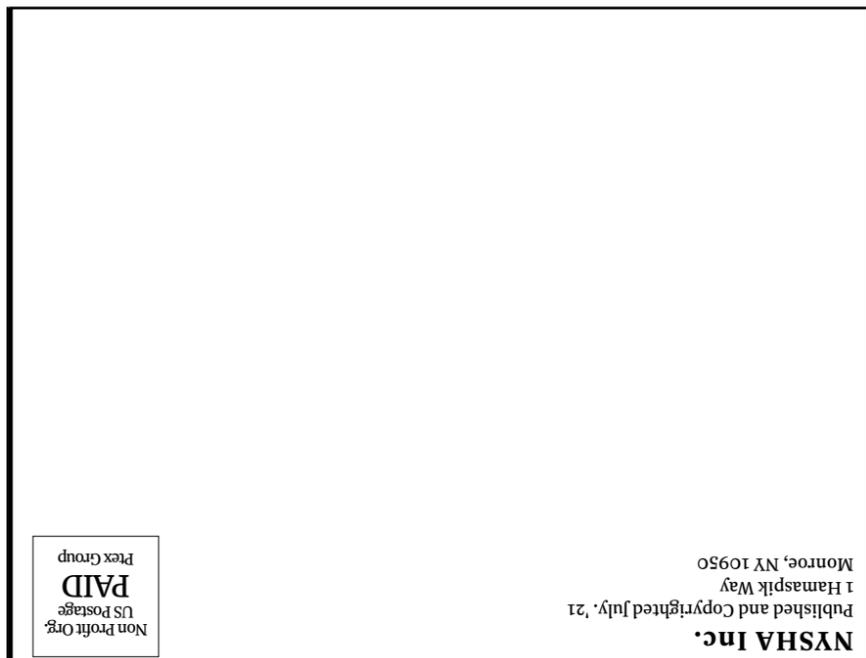
HAMASPIK SUPPORTS CHILDREN AND ADULTS WITH SPECIAL NEEDS WITH A RICH SPECTRUM OF PROGRAMS AND SERVICES, INCLUDING AFTER-SCHOOL RESPITE (ASR), COMMUNITY HABILITATION (COM HAB), AND THE COMFORT HEALTH/INTEGRATED HEALTH SUPPORT PROGRAM FOR INDIVIDUALS WITH BEHAVIORAL NEEDS

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HEALTH NEWS

Where Children Stay When Parents Are Away: Hamaspik Rockland's new Respite Retreat

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HAMASPIK NEWS

Sons Enjoy Two-Week "Summer Camp" While Parents Get Much-Needed Seasonal Break

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HEALTH NEWS

Paralyzed Mice Walk Again in Protein "Transplant," Sparking Hope for Human Spinal-Cord Repair

SEE PAGE E3 >>

Services Provided by NYSHA AGENCIES

OPWDD SERVICES

INDIVIDUALIZED RESIDENTIAL ALTERNATIVE (IRA)

A supervised residence for individuals who need out-of-home placement.

INDIVIDUALIZED SUPPORT SERVICES (ISS)

Paid housing expenses and support for individuals who can live independently.

HOME FAMILY CARE (HFC)

Places individuals with developmental disabilities into private homes to care and support the individual.

DAY HABILITATION (DH)

A day program for adults with disabilities designed to develop skills, greater independence, community inclusion etc.

Site Based: Day Habilitation Service delivered in an OPWDD certified facility.

Without Walls: Day Habilitation Service delivered in a community-based setting.

Stars Day Program: Day Habilitation Service delivered in an OPWDD certified facility for higher-functioning individuals.

COMMUNITY HABILITATION (CH)

Working one-on-one with individuals in their home or in the community to achieve valued outcomes by helping them develop daily living skills and achieve long-term goals.

COMMUNITY PRE VOCATIONAL

Working with individual to prepare them for paid community employment- Teaching individuals job skills and other related social skills to enhance their ability to obtain employment in the future.

SUPPORTED EMPLOYMENT (SEMP)

Working with individual to support and provide them with necessary coaching so they can successfully engage in paid competitive employment.

FAMILY SUPPORT SERVICES (FSS)

Support for the individual's family by reimbursing them for certain qualifying items or services, otherwise not available to them.

INTENSIVE BEHAVIORAL SERVICES (IBS)

Short-term interventional services for people with behavioral issues and their family members.

RESPIRE:

Home and Community-based respite services to provide a relief for the individual's caregiver and family.

At-Home: Respite services delivered in the home of the individual.

After School: Respite program provided every day after school hours.

Sundays: Respite program provided every Sunday.

Legal Holidays: Respite program provided on all legal holidays when school is not in session.

Summer Break/Camp Neshomah: Full day respite program during the summer break weeks.

Stars Night Program: Respite services delivered in the evening hours to high-functioning individuals by taking them out in the community and doing recreational and stimulating activities with them.

Weekend Getaway: A weekend retreat for individuals receiving respite services.

Hamasmid: After-School program for mainstreamed individuals engaging in recreational activities.

SELF-DIRECTION

The Individual or their advocate takes direct responsibility to manage their services and self-direct their budget.

Fiscal Intermediary (FI): Assists individual or their advocate in implementing their Individual Support Agreement and to manage financial accountability and employer responsibilities.

Brokerage: Assisting individuals or their advocate in creating and managing their budget.

PARENTAL RETREATS

Providing: Getaways and retreats for parents of individuals with disabilities

DOH

EARLY INTERVENTION (EI)

Providing a range of services to help young children (ages birth-3) who have a specific delay in their development.

Group Development Model (GDM): Providing Early Intervention services in a group-setting.

Therapy: Providing OT, PT, SLP, Vision, Nutrition, Play, Special Education, Family Training etc. to help the child develop appropriately.

Evaluations: Providing full evaluations to assess child's skills and development.

NURSING HOME TRANSITION AND DIVERSION (NHTD)

Waiver services to help individuals who need nursing-home level of care safely remain home and avoid nursing home placement.

Service Coordination (SC): Provides coordination to the individual in gaining access to needed waiver and Medicaid State Plan services, as well as other local, state, and federally funded educational, vocational, social, and medical services.

Community Transitional Services (CTS) / Moving Assistance (MA): Provides moving assistance with packing and transporting individual's possessions and furnishings when he/she must be moved from an inadequate or unsafe housing situation to a viable environment.

Environmental Modifications (EMODS): Provides Internal and external physical adaptations to the individual's home, that are necessary to assure the health, welfare and safety of the individual and avoid institutionalization.

Vehicle Modification (VMODS): Modifications to a vehicle that is used to improve the individual's independence and access to services and supports in the community.

Assistive Technology: Provides durable medical equipment and supplies for the individual to increase their level of independence, safety, and functional limitations.

TRAUMATIC BRAIN INJURY (TBI)

Waiver services to help individuals who had a traumatic brain injury.

Service Coordination (SC): Provides coordination to the individual in gaining access to needed waiver and Medicaid State Plan services, as well as other local, state, and federally funded educational, vocational, social, and medical services.

Community Transitional Services (CTS) / Moving Assistance (MA): Provides moving assistance with packing and transporting individual's possessions and furnishings when he/she must be moved from an inadequate or unsafe housing situation to a viable environment.

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Assistive Technology: Provides durable medical equipment and supplies for the individual to increase their level of independence, safety, and functional limitations.

SENIOR DINING/SOCIAL DAY PROGRAM (SHNOIS CHAIM)

Providing: Daily onsite lunches and social/educational activities for community seniors (Orange County only). Meals funded by NYSOFA, Orange County OFA and the Administration of Aging.

HAMASPIK CHOICE

MLTCP:

Providing: A managed long-term care plan (MLTCP) approved by New York State.

HMO/INSURANCE

ABA

Behavior modification services for children with autism.

Social Group: ABA service delivered in a group setting.

One on One: ABA service delivered on a one-on-one basis in the child's home or community.

HAMASPIK HOMECARE

LHCSA

Licensed HomeCare Services Agency .

Personal Care Services

Our PCA/HHA assist individuals with personal care needs, activities of daily living, and light housekeeping. They are extensively trained, and screened, and are supervised by RN.

Support Services

Our HCSS Certified Aides assist those enrolled in the NHTD or TBI Medicaid Waiver Programs with oversight and supervision, in addition to personal care services.

Nursing Services

Providing: skilled observation and assessment - care planning - paraprofessional supervision - clinical monitoring and coordination - medication management - physician - ordered nursing interventions and skilled treatments.

Training

Providing: free PCA training and competency testing for those interested in a home care career.

CDPAS/CDPAP

As an alternative to traditional homecare, this program empowers the client to hire, train, and set the schedule of their personal assistants (PA). The PA's may be family members and can even live in the same home.

NYC HCR

ACCESS TO HOME

Providing home modifications for people with physical disability.

NYSED SERVICES

ACCESS VR

Assist individuals to achieve and maintain employment and to support independent living through training, education, rehabilitation, and career development.

PATHWAY TO EMPLOYMENT

Employment planning and support services that provide assistance for individuals to obtain, maintain or advance in competitive employment or self-employment.

NYSHA

ARTICLE 16 CLINIC

Providing: Physical therapy · occupational therapy · speech therapy · psychology · social work · psychiatry · nutrition

TRAINING SESSIONS

Providing: SCIP · CPR and first aid · orientation · MSC CORE · AMAP · annual updates · Com Hab/ Respite · Family Care · Supported employment

CENTRAL INTAKE

Providing: The first contact for a person or family in need of Hamaspik services

THE HAMASPIK GAZETTE

Providing: A bilingual monthly newspaper keeping the community up-to-date on all major news in medicine, public health, disability, hospitals, senior care, and general Hamaspik news.

OMH

ADULT HEALTH HOME CARE MANAGEMENT SERVICES

Intensive, comprehensive care management for Adults with chronic condition(s) and/or mental health issues at greater risk for relapse and/or lack of care.

CHILDREN HEALTH HOME CARE MANAGEMENT SERVICES

Intensive, comprehensive care management for children with chronic condition(s) and/or mental health issues at greater risk for relapse and/or lack of care.

ADULT HCBS SERVICES

Behavioral Health Home and Community-Based Services for eligible adults over the age of twenty one.

Community Psychiatric Support and Treatment: Support and treatment to achieve functional improvement and stability, while working to attain the personal goals in a community setting.

Family Support and Training: Family training and support to engage the family in the treatment planning process and provide them with emotional and informational support to enhance their skills to assist in the recovery.

Psychosocial Rehabilitation: Assists with rehabilitating functional deficits and interpersonal or environmental hardships associated with the behavioral health condition.

Empowerment Services-Peer Support: Peer-delivered services designed to promote skills for coping with and managing behavioral health symptoms, while utilizing recovery-oriented principles.

Habilitation: Assist to acquire and improve skills such as: communication, self-care, socialization, mobility, etc. to successfully reside in home and community-based setting.

Intensive Supported Employment: Assists to obtain and keep competitive employment.

Prevocational Services: Prepares for employment, developing strengths and soft skills that contribute to employability.

Transitional Employment: Strengthens the work record and skills toward the goal of achieving assisted or unassisted competitive employment.

Ongoing Supported Employment: Ongoing follow-along support when holding down a job.

CHILDREN HCBS SERVICES

Behavioral Health Home and Community-Based Services for eligible children from birth to twenty one.

Prevocational Services: Designed to prepare a youth (age 14 or older) to engage in paid work, volunteer work, or career exploration. Prevocational Services are not job-specific, but rather are geared toward facilitating success in any work environment.

Caregiver Family Support and Services: Teaches skills to caregiver/family's that will enhance their ability to care for the child/youth in the home and/or community.

Community Self Advocacy Training and Support: Provides family and caregivers with techniques and information not generally available so that they can better respond to the needs of the Individual related to their disabilities.

Community Habilitation: Provides assistance with learning social skills, daily living and health related duties by working with the individual on goal-oriented tasks.

Supported Employment: Designed to prepare youth with disabilities (age 14 or older) to engage in paid work.

Planned Respite: Provides short-term relief for the individual's family/caregiver while supporting the individual's mental health, substance use and/or health care goals.

Day Habilitation: Provides assistance with learning social and daily living skills in a certified agency setting.

► TRI-COUNTY CARE NEWS

Upgrading Individuals to a Better Life— With a Little Help From Upgraded Software

After Months of Trials, Tri-County Care's New EHR System Goes Live; Staff React Positively to User-Friendly Tools

Tri-County Care's hundreds of Care Managers statewide now have better software on their office computers statewide. It allows them to better and more easily do their jobs statewide.

"People are excited as they're entering the system and seeing all the new features. They like the user friendly layout as well," says Ellie Cunningham, Tri-County's Transition Project Manager.

That new system is the culmination of an upgrade that's taken months.

After scrutinizing various vendors this past fall, Tri-County settled on Core Solutions' Cx360 software package. That system, already available in a self-explanatory New York IDD Community Edition, was further customized for the New York-based Tri-County Care to meet the agency's specific requirements, Cunningham continues.

"The 'off the shelf' version was

built for other providers of OPWDD services," she elaborates. "However, the needs of a CCO are not the same as a service provider, so there has been substantial customization to meet our unique business needs. They also designed the capabilities for our person-centered assessments and Life Plan templates from scratch to our specifications."

"Person-centered" refers to an upgrade in its own right—the mission shift in recent years by the New York State Office for People With Developmental Disabilities (OPWDD) towards making the individual's wants and needs the axis of every program and service to every feasible extent.

That includes synthesizing each individual's personality into each program's very paperwork—including the individual's initial assessment upon applying for OPWDD services.

That person-centered individuality is also hard-wired into the resulting Life Plan—the overarching reference document that not only lists the programs used and the goals for each, but which also functions as a birds-eye 'road map' for getting the individual to the place in life he or she wants.

"Because the act of moving data... to a new system is monumental, we have a whole in-house team dedicated to this process," adds Cunningham—with additional daily support meetings with Core's own dedicated client techies.

The customized new software underwent testing by a select group of staff for several months, then shifting to a "soft start" agency-wide in late June. It went live the first week of July.

So, why is the new software better? What does it allow staff to do that before now they could not do?

"One of the biggest improvements

is in data and metrics as it allows us to create much more detailed and accurate reports," explains the Transition Project Manager. "In the new system, the Care Managers can pull reports relevant to their own caseloads, set themselves tasks and reminders to accomplish things for each member, and identify and record presenting problems. When they select a member, the list of relevant tasks and presenting problems are listed at the top of the page as active reminders."

With ever the eye towards perpetual improvement, the Care Coordination Organization (CCO) known as Tri-County Care has done it again.

But this time, it's not finding yet a better way to support individuals with intellectual/developmental disabilities (I/DD) "out there"—it's a better way to support those who support them "in here." ★

► HAMASPIK NEWS

"Transplanted" Artificial Proteins Induce Nerve Regeneration, Healing in Paralyzed Mice

Restored Ability to Walk Could Hold Major Promise for Treatment of Human Paralysis

Bochum, Germany — If a paralyzed mouse could walk again, so potentially could a paralyzed human.

That's the hope behind recent promising lab research on severely injured mice.

Paralysis, or total inability to move, has been the tragic lot of one injury victim too many. Paralysis, whether of the entire body from the neck down or just from the waist down, is usually caused by injuries to the spinal cord.

In turn, injuries to the spinal cord—the central bundle of nerves inside the spine connecting the brain to the rest of the body—usually occur due to falls or car accidents.

Injuries to the spinal cord can cause paralysis simply because damaged nerves don't grow back.

The challenge for scientists has thus long been figuring out how to make them grow back. And it seems that a group of researchers at Ruhr-Universität Bochum may now have figured out how to make them grow back—at least in paralyzed mice.



HEALED MICE TODAY, HUMANS TOMORROW? THIS COLLEGE ON THE RUHR MAY BE ON THE BANKS OF A BREAKTHROUGH

With the help of a virus, of course.

Unlike, say, damaged skin or muscle which does grow back, damaged nerves don't grow back—resulting in the broken 'phone line' between the brain

and body that results in numbness and inability to move.

In other cases of damage, the body produces a protein called interleukin 6 that prompts the process of

regeneration, or cells growing back. With damage to spinal-cord nerves, however, interleukin 6 (IL-6) is not produced—and so the nerves do not grow back.

What scientists did here is use a lab-made artificial version of IL-6 called hyper-interleukin-6 (HIL-6). They then essentially "transplanted" HIL-6 proteins into the cells of the damaged nerves by getting a harmless virus to carry them in.

In the paralyzed mice, the so-called "designer protein" HIL-6 induced spinal-cord cells to produce more HIL-6 themselves.

The result was that the previously paralyzed mice began walking within three weeks. ★

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- Free eyeglasses and eye care.
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- Free emergency and urgent health care outside the USA.
- Physical and occupational therapy.
- And much more!

Are there any costs?

All premiums, and many other services are \$0!

Happening in Health Today

SCIENTISTS USE '4D PRINTING' TO MAKE BLOOD VESSELS FOR SPINE-SURGERY PATIENTS

College Park, Maryland — There has been an increase in the number of people over 65 who have needed spinal fusion surgery. But with that comes a need to *vascularize*, or provide functioning blood vessels, to newly-fused spinal bones.

Researchers presented a solution: They designed a microchannel scaffold made of a combination of collagen and hydroxyapatite, with each strut consisting of micrometer-scaled microchannels. The microchannels have induced growth of blood vessels in a mouse model.

Spinal fusion is frequently performed to restore spinal stability in patients with spinal diseases, such as spinal stenosis, vertebral fractures, progressive deformities, and instability. In the past two decades, there has been marked increase in the number of people over 65 years in age who have needed spinal fusion surgery.

ADULTS ARE MORE GENEROUS WHEN AROUND CHILDREN: STUDY

Bath, England — New psychology research suggests that, when in the presence of children, adults are more compassionate and donate more to charity.

The research, conducted by social psychologists at the University of Bath and Cardiff University and funded by the Economic and Social Research Council (ESRC), examined how the presence of children influences adults' compassionate motivations and behaviors.

Across eight experiments and more than 2,000 participants, the researchers asked adults to describe what typical children are like. After focusing on children in this way, participants subsequently indicated higher motivations towards compassionate values.

In a field study built on those findings, the researchers found that adult passers-by on a shopping street

were likelier to donate when more children were around.

When no children were present and all passers-by were adults, researchers observed roughly one donation every ten minutes. But when children and adults were equally present, adult passers-by made two donations every ten minutes.

STUDY: WHEN WALKING FOR EXERCISE, DON'T WALK WITH PARTNER

West Lafayette, Indiana — While walking remains a universally beneficial

form of exercise that costs little more than time and commitment (and no gym memberships!), walking together for exercise with a spouse or friend may “unintentionally reduce health benefits” Purdue University researchers now find.

Why is that? Because both partners slow down compared to their pace when walking alone.

“What we wanted to find was that the slower partner walked faster to match the speed of the faster partner,” said Shirley Rietdyk, professor in the department of health and kinesiology at Purdue. “Unfortunately we didn't find

that.”

The study recruited 72 couples ranging in age from 25 to 79 years old. They first walked alone so researchers could measure their typical solo walking speed. The same measurements were done when the partners walked together. It turned out people walked fastest when they walked alone.

WEARABLE ELECTRONIC SKIN COULD MONITOR YOUR HEALTH

Tokyo, Japan — Doctors may be just a few years away from tracking your vital signs via electronic skin worn on the body.

Researchers in Japan say they have developed an ultra-thin, lightweight e-skin that is stuck to the chest area using water spray and can be worn for a week at a time.

The technology was developed by Takao Someya, a professor at the University of Tokyo's Graduate School of Engineering. It has yet to undergo clinical trials, but Someya says he has started working with partners to develop manufacturing processes.

Made from the flexible material of polyvinyl alcohol along with a thin layer of gold, the e-skin is a wearable sensor that can pick up signals such as heartbeat and electrical impulses from muscle movement.

A small wireless transmitter strapped to the chest will send heartbeat data to a nearby smartphone or laptop, or to the cloud, allowing a doctor to monitor it remotely.

EXPERIMENTAL NEW DEVICE TESTS SWEAT, NOT BLOOD, FOR SUGAR LEVELS

Chapel Hill, North Carolina — For the millions of people who live with diabetes, a painless new sensor that measures blood sugar in human sweat may mean far fewer finger pricks.

For decades, the cornerstone of diabetes management has been the monitoring of blood sugar to ensure it remains within target range. But the pain and inconvenience of daily finger pricks can be a deterrent for many.

The investigational new touch-based test measures blood sugar in sweat—applying a personalized algorithm that correlates it with glucose in blood. According to a new proof-of-concept study, the test is currently over 95-percent accurate at predicting blood glucose levels before and after meals.

The new sweat test isn't yet ready for mass production and mainstream availability, as large-scale studies are still needed to validate the approach.★

ENVIRONMENTALLY-FRIENDLY VIRUS FILTER MADE OF MILK AND METAL



MILKING IT FOR ALL IT'S WORTH: A MILK-BASED MICROSCOPIC FILTER CATCHES VIRUSES

Zurich, Switzerland — In recent research at Switzerland's ETH Zurich university, scientists have invented an experimental and environmentally friendly filter that traps viruses in water by “magnetically” attracting them. It also works for viruses in the air.

The filter consists of a membrane made essentially of—get this—milk and metal.

Scientists first used heat to *de-nature*, or chemically disassemble, proteins of *whey*, the usually-discarded liquid

produced when cheese is made. Those proteins turned into *filaments*, or microscopic strings. They then added *iron hydroxide*, a powder containing the metal iron. The protein filaments and iron hydroxide bonded to form a microscopic lattice. With enough raw material, that lattice formed a physical membrane that could be placed in water.

The filter catches viruses because its metal's positive electrical charge attracts viruses' negative charge. ★

● ► HAMASPIK NEWS

Giving Caring Families That Vital Break

While Parents Get Summer Vacation Time, Individuals Living in Family Care Program or Own Homes Hosted by the Hamaspik Estate for Two-Week “Overnight Camp” Program



BONDING: COMMUNITY VOLUNTEER YIRMI ROSENBERG WITH SHLOIMY



BACK-PORCH DEAL: ENJOYING THE SHADE AND THE BREEZY OUTDOORS, YOEL, SHLOIMY, YIDEL AND HERSHEY TALK TORAH ON THE ESTATE’S RELAXING PATIO



ALL IN THE FAMILY: MR. BERKOWITZ AND SON WITH HIS BELOVED “BOYS”



MUSIC IN THE AIR: VOLUNTEER VISITORS FROM KIRYAS JOEL ADD A CHORUS OF TALENTED VOICES TO THE ALREADY-UPLIFTING ATMOSPHERE AT THE ESTATE



NOT “LION”! SHLOIMY IS ROARINGLY HAPPY AT SPACE FARMS IN NEW JERSEY

Only parents of children with special needs really know the challenges of parenting children with special needs.

But Hamaspik comes in a pretty close second.

Hamaspik’s altruistic Direct Support Professionals (DSPs), directors, managers and other staff work on the front lines with parents, knowing firsthand that what they endure daily is not easy. In fact, quite a few have immediate family members affected by disability themselves.

And that is why Hamaspik of Orange County yet again hosted a group of individuals with intellectual/developmental disability (I/DD) for two weeks this past summer at the Hamaspik Estate: to give their loving, caring and admittedly-tired parents another revitalizing summer break.

This summer’s program was conceived and directed by Hamaspik of Orange County’s very own Moshe Hersh Berkowitz, DSP.

Throughout the year, the dedicated and difference-making employee is in regular contact with the parents of the youngmen attending the Day Habilitation

(Day Hab) where he’s employed. Hearing their challenges and appreciating their mighty efforts, Mr. Berkowitz elected as summer approached to proactively respond in classic Hamaspik fashion: By inventing another program.

Working with staff across Hamaspik of Orange County, including Hamaspik Estate Manager Mr. Moshe Brach, Moshe Hersh planned two weeks of 24/7 supervision for a group of gentlemen. These would be individuals living with providers of Family Care—a flagship Hamaspik of Orange County program and the largest of its kind in New York State. Individuals residing with their own birth parents were also included.

Together, the program would give Family Care fathers and mothers, as well as biological parents, an all-important restorative summer break from direct parenting.

Of course, the two-week program would benefit attending individuals, too.



The “overnight camp” program, as Mr. Berkowitz describes it, was held

from late June through early July on the spacious premises and grounds of the picturesque Hamaspik Estate in rural Warwick, New York. Manning the program were Mr. and Mrs. Berkowitz, along with Hamaspik staff licensed EMT and certified lifeguard Mr. Moshe Landau.

It was “a major project,” Moshe Hersh says—and given its “curriculum,” he has every reason to call it that.

Each day at “camp” began with a 7:30 a.m. wakeup by staff, with the gentlemen respectfully roused from their comfortable beds in the Estate’s well-appointed bedrooms. Showers, brushing teeth and other staples of a healthy morning hygiene routine followed. Then it was off by van to nearby Bloomingburg for a morning *minyan* [prayer group—ed.], in keeping with Hamaspik’s faith-based community activities, followed by a nutritious fresh breakfast at 10:30 a.m. back at the Estate.

Daily Torah study is part of the programming at every mainstream Jewish summer camp, and this Hamaspik program was no different with the daily study at 11:15 a.m. of a volume of the

Mishnah, the ancient compendium of Jewish law.

From 12:00 noon through 2:00 p.m. every day, the “boys” were treated—like campers at any given day camp—to an exhilarating regional outing. Such exciting day trips included visited to an area bowling alley, a Chuck E. Cheese family entertainment center, a petting zoo, a family farm, The Castle family fun center, and even the LegoLand New York Resort in Goshen.

Another Torah-study session marked the day upon their return, with 45 minutes spent in the afternoon on the same subject as the morning. A “free time” break was up next.

At 4:00 p.m., the gentlemen were given the option of a refreshing swim in the onsite backyard pool (complete with outdoor Jacuzzi and aesthetics-enhancing waterfall). At 5:30 p.m., dinner was served.

Once suitably satiated after that meal, “campers” spent their evenings playing no shortage of indoor games like checkers, jigsaw puzzles and other tabletop favorites.

Evenings were also marked with special guests: singers, illusionists and other entertainers who excited the “campers” with exclusive private shows.

By the time each day was over, the gentlemen were tired but satisfied. Retiring to bed, they would rest up from the day’s rigors of structured summer fun—and recharge for another fun day ahead tomorrow.

But most importantly, on each of those very same days, loving and richly-deserving parents slept in a little each morning—knowing their loved ones were being well-cared for in the best of hands.





Daily Chizuk for Daily Challenges

Nishmoseini — Ground-breaking Hotline For Parents of Children With Special Needs

Caring for a child with special needs is no picnic. Each day, new challenges arise, questions crop up, and dilemmas demand attention. Unfortunately, parents who are starving for *chizuk* and inspiration have almost no way to obtain it. Of course, they gain tremendously from Hamaspik's annual Shabbaton and parent support groups, but there's no organized system that provides ongoing emotional support throughout the year. Hamaspik, seeing their daily struggle, created a hotline that will give these hard-working heroes some daily inspiration.

"*Nishmoseini* wasn't created in a week," says Mr. Yoel Leib Landau, manager of the hotline. "For months, we've been speaking to dozens of parents to hear more about their challenges and what topics they'd be interested in."

The hotline boasts a slew of speeches—divided by topic—from the most powerful *rabbanim*, *mashpi'im*, and speakers of our generation. In addition to the speeches, there are several other sections. The daily Q&A is where parents can leave a question to be answered by *dayanim* the very next day.

The personal stories provide inspiration from other parents going through similar challenges. And the "coffee room" section allows parents to speak directly with fellow caregivers, sharing their questions, thoughts, and dilemmas. With separate rooms for men and women and a high-quality privacy system that limits who can log into the section, the coffee room is a comfortable, safe place to connect with other parents.

"Our mission is to provide services, support, and hope to people going through challenges so they can lead a fulfilling, productive life," says Mr. Hershel Wertheimer, Executive Director of Hamaspik of Kings County. "Therefore, our services don't stop with the individuals. Parents of children with developmental delays are going through challenges, too, and so we want to give them the support and hope they're waiting for." ★

For the *Nishmosieni* hotline call: USA: 1718-760-1111 Israel 972-72-370-1821 London 443-30-325-1266 Canada (438) 228-2500

For The Birds



"CHICK" THEM OUT! BABY CHICKENS WERE ALL THE RAGE AT HAMASPIK OF ORANGE COUNTY'S AFTER-SCHOOL RESPITE (ASR) PROGRAM ONE FINE-FEATHERED RECENT DAY

All Chickened Out at Hamaspik Orange's After-School Respite (ASR) Program

Kiryas Joel-Based Daily Children's Program Visited by Baby Birds

You might even call it pediatric chicken therapy.

Pet chickens have been increasing in popularity, particularly in hip urban areas.

What's more, schoolchildren will sometimes come home telling you that their field trip consisted of visiting a farm, where they got to interact with live chickens.

But here, both came together as the adorable children of Hamaspik of Orange County's After-School Respite (ASR) Program first soaped their hands thoroughly—and then proceeded not to visit chickens but to have chickens visit them.

Several dozen of the irresistibly cute baby birds, bundles of fuzzy yellow that they are, were introduced to the young Hamaspik crowd in for a hands-on encounter with their newest human friends. The experience was held on the grassy field of a spacious local Orange

County park.

The little boys and girls of the ASR program, squealed, oohed and aahed as the harmless birds gently pecked and pitter-pattered about, allowing their hosts to hold, handle, pet and otherwise interact with them hands-on.

Over the course of their brief time, the children acclimated to their flightless avian friends, overcoming that initial hesitation and fear as they were photographed with birds in their hands, on their shoulders or even on their heads.

When it was over, in an abundance of hygiene, all participants thoroughly washed their hands again.

"We loved interacting with our guest chickens," wrote Mrs. Schnitzer, the ASR program's talented and devoted Director, in her weekly note to parents. "It was a wonderful, fun and sensory rich experience. We're looking forward to next time!" ★

● ► HAMASPIK NEWS | HAPPENINGS AROUND HAMASPIK

In Blast to an Agrarian Past, Hamaspik OC Men's Day Hab Visits Local Farm

Bloomingsburg-based Property Evokes Pastoral Life of Old

So, what was it like to live without electricity, running water and paved roads?

Fortunately, most of today's farms do have electricity, running water and even paved roads—but still do have that rustic, natural look and feel that is the hallmark of the classic homestead of old.

And recently, the gentlemen of Hamaspik of Orange County's Men's Day Habilitation (Day Hab) program got a first-hand taste of all that—by visiting Fleishman's Farm in nearby Bloomingsburg.

That farm, complete with chickens, cows, goats, a horse and the requisite watchdog—and the barns and coops to house them all, of course—is about 30 minutes by car away from the village of Kiryas Joel, home to Hamaspik of Orange County.

But the property isn't just located at the end of a quiet dead-end dirt road, notes devoted Day Hab staffer Mendel Klein. It's also straight out of the shtetl, the vaunted village of European Jewish

lore, he adds—“like in the *alter heim*” [Yiddish for “old home”—ed.].

“Every summer we bring the farm to Hamaspik, as recently as last week,” he explains. “But here, we went down to a real farm, so we got the look and sense of that *shtetl*.”

During their visit, the young men were taken on a tour of the complex by the owner, himself a Chasid in full garb like his guests. They took in the resident fowl and surrounded themselves with the friendly goats—even getting the chance to milk some of them.

They also took note of the farmer's casual, comfortable bond with the otherwise-intimidating farm animals—observing how he not only confidently interacted with them, but even talked to them and called them by their given names.

The Day Hab gentlemen and staff were only there for a short while. But the visit connected them not just with the farming of modernity, but with echoes of eternity. ★

Time Machine (Sort of)



VISITING A DIFFERENT ERA: WHILE [NAME HERE], DSP HOLDS UP A LIVE CHICKEN FOR THE GENTLEMEN TO TOUCH (TOP), YOEL (LEFT AND RIGHT) HAS HIS HANDS LITERALLY FULL

Prayers on the Wings of an Angel

Day Hab Pays Respects at Resting Place of Legendary Early Leader in American Chasidic History

Russian-born Rabbi Chaim Avraham Dov Ber Levine (1860-1938) lived the latter part of his life in America, where he became known as “the Malach” [angel—ed.]. He earned his informal title for the stalwart asceticism and ideological purism he demanded of himself and the young disciples who studied at his feet in prewar Williamsburg, Brooklyn.

In his lifetime, students, Chasidic Rebbes and rabbinical leaders alike looked up to him as a pillar of unwavering moral standards. After his passing, a small but important group of students—known as “the Malachim” (“angels”)—kept up his philosophy with a yeshivah, synagogue and community that exists to this day in both Monsey and Brooklyn.

And to this day, his influence on America's Orthodox community is still

felt thanks to the uncompromising spiritual values that supported the laying of that community's foundation in the '20s and '30s.

As such, his final resting place at Riverside Cemetery in Saddle Brook, New Jersey is considered a pilgrimage site by many Orthodox Jews today, with many flocking to his grave to offer up personalized prayers.

Among those pilgrims recently were none other than Dovid and Yitzchok, two of the gentlemen who regularly benefit from Hamaspik of Rockland County's Day Hab program.

Having heard about the Malach, they expressed their wish to pray by his spiritual side by reciting some chapters of Tehilim [Psalms—ed.].

“So they asked their staff;” simply states Day Hab Manager Pinchas Knopfler, “and off they went!” ★

A Prayerful Place



PORTAL FOR PERSONAL SPIRITUAL PRAYERS: YITZCHOK (T-LEFT) AND DOVID (B-LEFT) OPEN THEIR HEARTS AND SOULS AT THE SACRED GRAVE OF “THE MALACH,” RABBI LEVINE

The Autism Update

News and developments from the world of research and advocacy

AUTISM SPEAKS LAUNCHES NATIONWIDE AUTISM CARE NETWORK

New York, New York — Autism Speaks, the high-profile autism advocacy group, recently launched its national Autism Care Network. The Network, according to the organization, is “the first and only learning health network of its kind focused on bringing better autism care to communities, faster.”

The Network consists of a partnership between Autism Speaks and 20 leading autism treatment and research centers across the U.S. and Canada, including the Northeast’s legendary Children’s Hospital of Philadelphia (CHOP). It will “deliver faster implementation of best practices and research findings about autism care” by the real-time collection and sharing of data from patient visits and treatment outcomes.

“The Network brings people on the spectrum and their families, researchers and healthcare teams together to find solutions that improve care and quality of life years earlier than traditional research,” read an official press release.

AUTISM OCCURRING IN EARLY ADULTHOOD, LATER IN LIFE: STUDY

Cardiff, Wales — Autism is generally seen as a childhood condition—a condition that is noticed and diagnosed in early life.

But as it turns out, there are quite a few people who develop the defining behaviors of autism spectrum disorder (ASD) in adulthood, according to a new study.

“To date there have been no population-based prospective studies investigating the natural history of autistic symptoms from childhood to adulthood,” reads the text of a University of Cardiff study.

The study looked at existing British public-health data on youths from childhood to age 25.

Researchers found data that challenged the conventional wisdom that autism primarily strikes the young. In fact, according to the study, “ASD symptom levels that emerged early tended to decline across development... For others, [autism] symptoms emerged across adolescence and adulthood. This

FEDERAL AIRPORT SECURITY PERSONNEL TO RECOGNIZE AUTISM-TRAVELER DESIGNATION

Reston, Virginia — For an industry wracked by recent reports of passenger mistreatment, especially those with disabilities, there’s some good news now for air travelers with autism.

The U.S. Transportation Security Administration (TSA) is now conducting new training and implementing new procedures to better serve individuals with disabilities, according to recent reports.

The change at the TSA came after Rep. Dan Kildee (D-Mich) and others spearheaded efforts to have the federal agency adopt existing guidelines in effect in Michigan and other states.

Primarily, the change consists of allowing travelers with autism who cannot speak due to the condition to present “Communication Impediment

challenges our current understanding that ASD symptoms inevitably first manifest early in development.”

NEW FEDERAL BUDGET BOOSTS SPECIAL-ED, DISABILITY SERVICES

Washington, D.C. — Washington’s newly-passed federal budget for 2022 includes significant expansions of funding for home and community-based services for people with disabilities. It includes \$400 billion that will help allow people with disabilities to live in their communities and not nursing homes or other institutional settings.

The increase in home and community-based services funding was originally part of President Joe Biden’s American Jobs Plan, which was unveiled earlier this year. Now in the budget, the funding will help people who have been on waiting lists access Medicaid supports in the community while also strengthening the workforce of direct support professionals.

The budget also includes \$16 billion for services provided to students in preschool through high school under the Individuals with Disabilities



AUTISM TRAVEL TAKING OFF: THE TSA IS NOW ENACTING NEW DISABILITY TRAINING

Designation” documentation. The designation, to be presented to TSA personnel at security

screenings, would waive the need to verbal respond to officers’ questions. ★

Education Act (IDEA), an increase of \$2.7 billion.

DIFFERENT GENDERS, DIFFERENT AUTISM BRAIN REGIONS: STUDY

New Haven, Connecticut — It is well established that autism occurs much more frequently in boys than in girls, and that girls seem to have a greater resilience to developing the condition. However, scientists remain unsure why.

But now, new research by Yale University finds that autism may develop in different regions of the brain in girls than boys—indicating a possible explanation for that phenomenon.

The research also finds that girls with autism have a larger number of genetic mutations than boys, suggesting that they require a larger ‘genetic hit’ to develop the disorder.

The findings appeared recently in the journal *Brain*.

One of the reasons that researchers don’t know more about why autism tends to affect boys more frequently than girls is the fact that most studies have been based on male-predominant

samples, Yale researchers also noted.

TEENS WITH AUTISM CAN GET DRIVER’S LICENSES—WITH SPECIAL TEACHERS AND EXTRA TIME

Philadelphia, Pennsylvania — A study by the famed Children’s Hospital of Philadelphia (CHOP) says that young adults with autism can in fact get driver’s licenses and become mainstream drivers—so long as driving instructors have specialized training and are willing to spend significantly more time with them.

Those findings were recently published in the *American Journal of Occupational Therapy*.

Researchers extensively interviewed 17 specialized driving instructors who were also occupational therapists (OTs), driving rehabilitation specialists or licensed driving instructors who had also completed additional training on how to teach people with autism how to drive.

Given the rigid, concrete and step-by-step thinking common to youths with autism, instructors reported success with deliberate, prolonged and methodical repetition of specific driving skills. ★

ת"ס

~~"A picture is worth a thousand words"~~

Sometimes, a few words are needed to get the full picture!

Progress Notes 8/20/21

Note#000158

Client relayed that she was not able to reach the nurse to schedule her next home visit for this Thursday to administer her **injection**. Care Manager will call the nursing agency to confirm that someone will come. Client also has a **dental** procedure for which Care Manager arranged **transportation**. We also spoke about client's upcoming **psychiatry** appointment. Client wants to her medications changed as she believes it is causing her negative side effects. Client's daughter had asked Care Manager to help her mom find a **nutritionist**, and Care Manager inquired whether client would be interested in joining a local Nutrition group. Client was optimistic about idea, and we did a conference call to set up an intake appointment.

Note#000429

Client reached out to Care Manager, she has been up all night and she is not feeling her best. She was crying on the phone and expressed feelings of **self-harm**. Care Manager alerted supervisor and we were able to get in touch with client's daughter, brother, and her **HCBS** worker. Care Manager stayed on the phone with client and was able to help her **regulate**. Client was reminded that she can take her prescribed Clonazepam for such events. Care Manager made sure she was safe and arranged for the HCBS worker to go over and be there with client. Care Manager will **check in** later again.

Actual notes* of the work our **CARE MANAGERS** do with our **clients** daily

(* with slight modifications to protect client identity)

Note#000301

Client contacted Care Manager that she received paperwork from **SSI**, as well as documentation request from State **Disability Assistance (SDA)**. In addition, she received a **medical bill** for a device that she was supposed to return to the company months ago but was unable to since she was **hospitalized** at that time. Care Manager assisted client in understanding her SSI award letter and compiling and submitting necessary documentation for SDA. Care Manager contacted the medical company that owns the medical device and **advocated** for an extended return grace period without incurring penalties. Care Manager then assisted client in processing the UPS return.

Care Management is available **FREE** to all adults with NYS Medicaid who are battling mental illness

UPSTATE 845-503-0444
Intake@IntegratedHealthRC.org
www.IntegratedHealthRC.org



BROOKLYN 718-387-8400 ext 13
intake@hamaspikings.org

● ► HAMASPIK NEWS

Introducing the Respite Retreat—a 24/7 Home Away From Home for Youths With Special Needs, Hamaspik-Style

Spacious, Centrally-Located Home in Monsey Now Servicing Hamaspik and Comfort Health Clients; Spacious Grounds, Professional Staff on Site ‘Round-the-Clock for Proactive Supervision

“Where do we leave Chaim overnight?”

“Who’s going to watch Leah until we get back?”

“How do we go away for Shabbos without taking Sarah with us?”

Parents of children with intellectual/developmental disabilities (I/DD) will confirm this: One of the most wrenching, and most common, challenges of special-needs parenting is temporary child care.

Those questions have often been the only reason too many parents have had to miss the wedding of a beloved relative or friend. Or the reason they couldn’t stay with their parents for a night. Or even the reason they couldn’t spend a Shabbos weekend away from home.

But now, Hamaspik of Rockland County has an affirmative, authoritative answer—and the best possible one at



FIELD OF DREAMS: IMAGINATIVE PLAY ABOUNDS HERE



HOME AWAY FROM HOME: THE RETREAT’S WELCOMING FRONT

that: the Respite Retreat.

And for the Rockland County special-needs parents serviced and supported by Hamaspik, it’s a dream come true—and one that couldn’t have come sooner.

Under the auspices of the Site-Based Respite program, long a staple of the New York State OPWDD, Hamaspik’s public-service partner, the Respite Retreat

provides parents with professional, proactive supervision and care for their children for afternoons, nights and weekends.

The Respite Retreat is available for boys up to nine years old and girls up to age 21. The Retreat will be available for all short-term needs of Rockland’s special-needs families—primarily vacations and family celebrations.

But standard babysitting this isn’t. In fact, it’s anything but.

Centrally located in the Airmont/Montebello area of Monsey, the huge house—complete with giant backyard—is perfectly placed roughly equidistant from every Monsey neighborhood, making it a short drive over regardless of where parents live.

But best of all, it’s fully-staffed 24 hours a day, seven days a week—and not just by any staff but by Mrs. Fraidy Steinberg, DSP, the Retreat’s highly-trained on-site point person who literally lives there.

Backed by her capable husband, Mr. Shmuel Steinberg, Mrs. Steinberg knows first-hand just how much parents love and dote on their children—especially those with special needs. As a veteran of several Hamaspik programs, she is personally familiar with many parents and their daily challenges. Like them, she’s served on the front lines of special-needs parenting.

As such, the Steinbergs get it. Like every Hamaspik employee.

As a home away from home, the Respite Retreat does exactly what its title implies: it provides parents of children with I/DD a viable option for professional child care.

Upon arrival, guests are greeted by Mrs. Steinberg’s trademark warm

welcome, then ushered into the house. Mrs. Steinberg will chat with her guest’s mother, quickly getting up to speed on all the adorable quirks and nuances that make individuals, individuals. The beloved child will then be brought into the kitchen, where he or she will be offered a choice of healthy snacks and drinks.

After that welcoming acclimation, the guest(s) will be treated to the home’s options of indoor and outdoor activities—board games around the table, or a simple game of catch out in the backyard.

Later in the evening, dinner will be served, with food prepared to each guest’s exacting specifications and preferences.

Finally, with the fall of night, guests will be lovingly ushered off to bed, patiently supported through whatever bedtime ritual they’re accustomed to, including bathing or showering, tooth-brushing and personal hygiene, medication if required, and finally, under the blankets and lights out!

While Mrs. Steinberg serves as the capable frontline face of the Retreat, she is backed by the “back room” competency of Mrs. Fisch, who serves as the program’s Manager.

Mrs. Fisch is to the Retreat what a concierge is to a hotel—not only taking parents’ calls and booking their children’s stay, but also answering all their questions and addressing all their unique concerns.

Given the Respite Retreat’s ongoing success, the Manager gets straight to the point when asked by the *Gazette* for any positive feedback being heard from parents: “They’re very happy,” Mrs. Fisch says. “They felt they were taken care of.”

Which, of course, they were. ★

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HEALTH NEWS

Experimental Hydrogel-laced Bandages Protect Wounds from Bacterial Infections

Bacteria-Fighting Substance Could Dramatically Reduce Hospital-Acquired Infections

Gothenburg, Sweden — Hydrogels, or water-based gels, have been around for decades—just ask any chemistry professor.

In plain English, hydrogels consist of artificial or natural substances that can absorb a huge amount of water. Hydrogels are commonly used nowadays in contact lenses, disposable diapers, and medical bandages.

But making news in the hydrogel world recently is an experimental new hydrogel developed by researchers at Chalmers University in Gothenburg, Sweden.

This one contains not medication or antibiotics, as do many mainstream hydrogel products in hospital usage today, but peptides—specifically,



BACTERIA BEWARE! AN INFECTION-PREVENTING HYDROGEL DEVELOPED BY CHALMERS UNIVERSITY MAY CUT DOWN HOSPITAL-ACQUIRED INFECTIONS (HAIs)

peptides that largely prevent bacterial infections.

To preface: Bacterial infections that patients get while being treated in hospitals are an all-too-common problem. Making them worse is that

many such hospital-acquired infections (HAIs) are also antibiotic-resistant—meaning the bacteria don't get killed by most, or even all, antibiotics used to treat such HAIs. While experts are working on a number of solutions,

from improving hospital hygiene to developing new antibiotics, HAIs remain a major problem, primarily because of superbugs, or strains of bacteria that can resist most or even all existing antibiotics.

Meanwhile, scientists have long known that peptides, or small chains of protein, fight bacteria—so they've been trying to use peptides to fight HAIs. The problem is that peptides fall apart when they touch bodily fluids like blood.

But now, Chalmers researchers have figured out how to put peptides in a hydrogel. And so far, the resulting antibacterial hydrogel has been shown to protect wounds from bacterial infection—including bacteria that normally resist antibiotics. ★

HEALTHY EATING

Corn

EASY | YIELDS: 6 SERVINGS

PREP TIME: 0:10

Simple Corn Salad

INGREDIENTS:

- 1 Can corn
- 3 sour pickles - cut in small cubes
- Box grape tomatoes - halved sliced
- 1/4 cup slices olives
- 1 red pepper - cut in small cubed

DIRECTIONS:

- Add all salad ingredients in a container
- Add dressing ingredients and toss well

DRESSING:

- 2 tablespoon mayo
- Salt to taste
- 1/2 teaspoon sugar
- Dash of black pepper

CHEF'S TIP:

To store corn, leave the corn in the husk and refrigerate as soon as possible. If corn has been husked, place it in a plastic bag and store in the refrigerator. It is best to eat it as soon as possible. Corn cut off the cob can be frozen for 6 months to a year.

BENEFITS:

Corn is nutritious, providing fiber, which aids in digestion, plus folate, thiamin, phosphorus, vitamin C, and magnesium. Just for fun, before you bite into that cob at your next barbecue, take a closer look: The average ear has 800 kernels, arranged in 16 rows, with one strand of silk for each kernel.

EASY | YIELDS: 8-10 SERVINGS

PREP TIME: 0:10 | READY IN: 1:10

Grilled Corn On The Cob

SIMPLE AND DELICIOUS

INGREDIENTS:

- Fresh Corn on the cob
- Olive oil
- Salt
- Black pepper
- Garlic powder

DIRECTIONS:

- Lay each cob on a large piece of foil.
- Drizzle with olive oil, and season with salt and pepper and garlic
- Roll up in the foil.
- Place on the grill on about medium heat for 20 minutes turning occasionally.

EASY | YIELDS: 8-10 SERVINGS

PREP TIME: 0:05 | READY IN: 0:25

Corn Soup

HEART-WARMING DELICIOUS, NOT YOUR TYPICAL SOUP

INGREDIENTS:

- 2 tablespoon oil
- 1 large onion - diced
- 4 cloves garlic
- 2 potatoes - cubed
- 4 15oz can corn
- 1 tablespoon consommé soup mix
- Salt to taste
- Dash of black peppers
- 6-8 cups water
- Parsley flakes for garnish

DIRECTIONS:

- Sauté onion and garlic
- Add potatoes and sauté for 5 more minutes
- Add corn
- Season with soup mix, salt, black pepper
- Add water
- Bring to boil, lower flame and simmer for 1 hour
- Blend soup till smooth

as a characterizing flavor in cigarettes and ban all characterizing flavors (including menthol) in cigars,” reads a press release. “This decision is based on clear science and evidence establishing the addictiveness and harm of these products and builds on important, previous actions that banned other flavored cigarettes in 2009.”

Menthol is currently the last allowable flavor in cigarettes.

HEART-ATTACK ER VISITS REBOUNDING AFTER PANDEMIC DROP

Oakland, California — It’s not that people were having less heart attacks. It’s that people were more afraid to go to hospitals. That’s the conclusion of research on data for emergency rooms (ERs) over the early months of the coronavirus pandemic.

For the study, published recently in the *Journal of the American Medical Association*, investigators with the California-based Kaiser Permanente healthcare system analyzed weekly numbers for adults hospitalized in their system for heart attack or suspected stroke from late January 2019 through January 2021.

The findings showed that weekly rates declined during the initial surge, then recovered to 2019 rates—also finding that during the subsequent and much larger COVID-19 surges, hospitalization rates for heart attacks were stable.

According to researchers, the numbers suggest that public health campaigns urging people to seek care if they had signs or symptoms of a stroke or heart attack were effective.

PHYSICIAN ASSISTANTS (PAS) RETITLED PHYSICIAN ASSOCIATES; CHANGE TO ROLL OUT SLOWLY

Alexandria, Virginia — The American Association of Physician Assistants (AAPA) recently ended a years-long process of boosting their profession’s relevance and impact with a new name.

After a vote by over 27,000 member PAs and PA students, the title “Physician Associate” was selected, finally closing a process started in 2018 and ending with four possible new titles.



PLANNING FOR THE NEXT PANDEMIC: IN A PUBLIC-PRIVATE PARTNERSHIP, HHS IS WORKING ON TECHNOLOGIES THAT WILL HELP IT RESPOND MORE NIMBLY AND QUICKLY TO FUTURE CRISES

The newly-renamed PAs have at least a Masters level education consisting of 27 months of classroom work and over 2,000 hours of clinical rotations. They work in a variety of medical settings and perform a range of functions.

However, according to the AAPA, implementation is expected to take several years, with an estimated cost of \$21.6 million. The organization also says that PAs should currently refrain from calling themselves “physician associates” until legislative and regulatory changes can be made, to avoid confusing patients.

THREE-YEAR STUDY FIND MAJOR WORLD CITIES HAVE UNIQUE BUGS

New York, New York — Over a three-year span, dozens of scientists from New York’s very own Weill Cornell Medical College took nearly 5,000 samples from 60 cities around the globe.

From ticket counters to turnstiles to seats on the subway, the scientists would swab surfaces for three minutes to gather genetic material for sequencing.

The resulting data showed that although 31 species could be found in 97 percent of the cities, each area’s microbiome was a unique mix.

What’s more, those unique blends also included thousands of species of viruses and bacteria that had never been documented before.

Major world cities swabbed for their resident microbial signatures included Paris, Rome and, of course, the Big Apple.

“If you gave me your shoe, I could tell you with about 90-percent accuracy the city in the world from which you came,” said Weill study leader Dr. Christopher Mason a press release.

HHS LAUNCHES \$50M VENTURE CAPITAL PARTNERSHIP TO DEVELOP FUTURE PANDEMIC TECH

Washington, D.C. — Private-sector

purists, rejoice!

In the endless debate over whether privately-funded or government (read: taxpayer)-funded research is best for public health, the U.S. Dept. of Health and Human Services (HHS) has now essentially taken both sides—by launching a \$50-million venture capital partnership.

The public-private partnership between HHS and the nonprofit Global Health Investment Corporation will develop and commercialize technologies and medical products that aid the U.S. in responding to future pandemics and other public health security threats.

The initiative is being led by BARDA Ventures, the venture arm of the Biomedical Advanced Research and Development Authority (BARDA), a subdivision of HHS.

With BARDA Ventures funding, GHIC plans to collaborate with global companies to source promising products with the potential to strengthen health security.

SIMPLIFIED 9-1-1 INSTRUCTIONS SPUR MORE BYSTANDER CPR IN L.A.

Los Angeles, California — By switching to a simpler, easier-to-understand set of spoken guidelines for its 9-1-1 dispatchers, the City of Los Angeles was able to significantly increase the number of callers guided over the phone in performing CPR on people having cardiac arrest.

In a recently-published study, researchers found that the rate of callers with limited English proficiency engaging in so-called *telecommunicator CPR*, or CPR performed by a bystander with live instruction from a 9-1-1 operator, rose from 28 percent to 69 percent.

The new system, dubbed the Los Angeles Tiered Dispatch System (LA-TDS), was created after Los Angeles dispatchers were retrained to ask fewer questions and treat vague answers regarding life status as suggestive of gasping or struggling to breathe—often a symptom of cardiac arrest. ★

Public Health and Policy News

BAN ON MENTHOL CIGARETTES NOW ON FDA’S AGENDA

Silver Spring, Maryland — They’re not quite banning menthol cigarettes just yet—they’re just planning to.

According to the U.S. Food and Drug Administration (FDA), the first steps have been taken towards the eventual outlawing of the sale of cigarettes with the added flavor of menthol. The substance, derived from mint plants, gives cigarettes a minty and less-harsh taste.

At the same time, the FDA is gearing up to ultimately ban flavored cigars, too.

“The FDA is working toward issuing proposed product standards within the next year to ban menthol



NON-MINT CONDITION: THE FDA PLANS TO ELIMINATE MINT-BASED MENTHOL FLAVORS

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In the Know

ALL ABOUT... TUBERCULOSIS

Sources: American Lung Association, National Institute of Allergy and Infectious Disease (NIAID), Mayo Clinic, U.S. Centers for Disease Control and Prevention (CDC)

If you want to be grateful that you live in 2021 America, here's a sobering bit of history—including relatively-recent American history.

Until 1882, when German researcher Dr. Robert Koch discovered *Mycobacterium tuberculosis*, the bacteria that causes tuberculosis (TB), the disease killed one out of every seven people living in the United States and Europe.

Before then, outbreaks of TB had killed up to one out of every four people in various European countries across the centuries.

Over the past 200 years, TB has claimed the lives of more than one billion people—more deaths than from malaria, influenza, smallpox, cholera, and bubonic plague combined.

While it got its name in 1834, it wasn't until the 1940s that the first TB-treating antibiotic, streptomycin, was developed at New Jersey's Rutgers University—finally heralding the beginning of the end of TB's centuries-long reign of terror. Until then, TB in America was largely treated by patients in sanatoriums with societal isolation and nutritious good food. In fact, America's second-ever such sanatorium was built right here in 1884 in upstate Saranac, New York. (By 1953, there were 839 such sanatoriums nationwide, with a capacity for 136,000 patients.)

Today, thank God, TB is largely a thing of the past that people no longer fear. However, while now rare, TB is still around. Here's everything you'll need to know about it—with the hope that this article will constitute the most exposure you'll ever have to it.

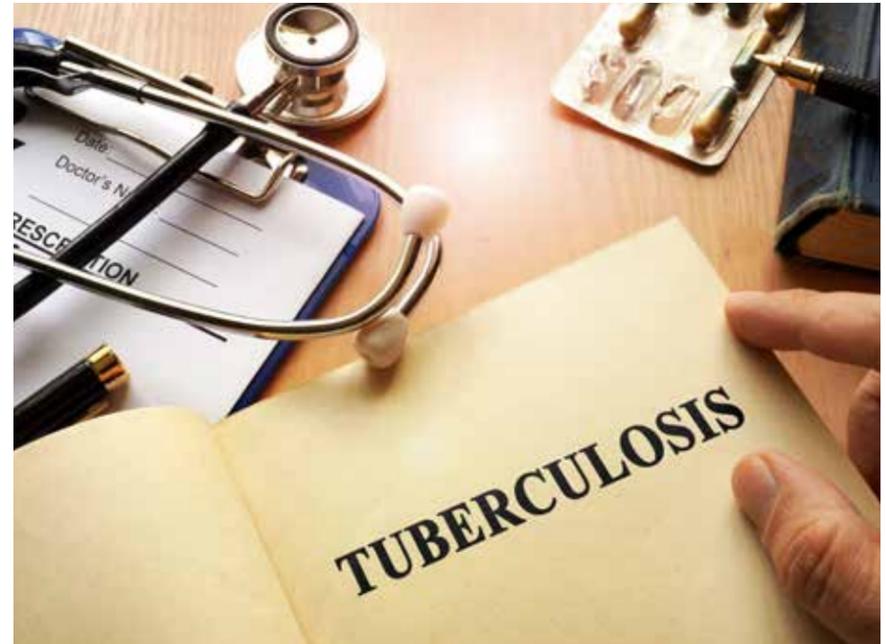
DEFINITION

Tuberculosis is a potentially serious infectious disease that mainly affects the lungs. The bacteria that cause tuberculosis are spread from one person to another through tiny droplets released into the air via coughs and sneezes. (Interestingly enough, though, the American Lung Association (ALA) says that TB is not easily spread from person to person.) Without treatment, TB can be fatal.

Many strains of tuberculosis resist the drugs most used to treat the disease. People with active tuberculosis must take several types of medications for many months to eradicate the infection and prevent development of antibiotic resistance.

Although the body may harbor the bacteria that cause TB, the immune system usually can prevent the person from becoming sick. That's why doctors make a distinction between *latent TB* and *active TB*.

In latent TB, the person has a TB infection but the bacteria are inactive



and cause no symptoms. *Latent TB isn't contagious*. However, it can turn into active TB, so treatment is important. In active TB, the person gets sick and in most cases contagious to others. Active TB contagiousness can occur in the first few weeks after infection, or even years later.

SYMPTOMS

Signs and symptoms of active TB include:

- Coughing that lasts three or more weeks
- Coughing up blood
- Chest pain, or pain with breathing or coughing
- Unintentional weight loss
- Fatigue
- Fever
- Night sweats
- Chills
- Loss of appetite

Tuberculosis can also affect other body parts, including the kidneys, spine or brain. When TB occurs outside the lungs, symptoms vary depending on which organs are involved. For example, TB of the spine may cause back pain while TB of the kidneys might cause blood in the urine.

Complications

Examples of tuberculosis complications include:

- Spinal pain. Back pain and stiffness are common complications of tuberculosis
- Joint damage. Tuberculous arthritis usually affects the hips and knees
- Swelling of the membranes that cover your brain (meningitis). This can cause a lasting or intermittent headache that occurs for weeks. Mental changes also are possible
- Liver or kidney problems. The liver and kidneys help filter waste and impurities from the bloodstream. These functions become impaired if the liver or kidneys are affected by

tuberculosis

- Heart disorders. Rarely, tuberculosis can infect the tissues that surround the heart, causing inflammation and fluid collections that may interfere with the heart's ability to pump effectively. This condition, called *cardiac tamponade*, can be fatal

CAUSES

Tuberculosis is caused when the *Mycobacterium tuberculosis* bacteria spreads from person to person through microscopic droplets drifting through the air. This can happen when someone with the untreated, active form of tuberculosis coughs, speaks, sneezes, spits, laughs or sings—propelling bacteria-laden moisture droplets into the air. The droplets are then inhaled by the other person.

While TB is contagious, the good news is that it's not easy to catch, says the Mayo Clinic. According to the Clinic, a person is much likelier to get TB from someone he or she lives with or work with than from a stranger.

Drug-resistant TB

Another reason TB is still a major public-health problem (despite incomparably smaller than even 50 years ago) is because of the increase in drug-resistant strains of *Mycobacterium tuberculosis*. Since the first antibiotics were developed to fight TB over 60 years ago, some TB germs have developed the ability to survive despite medications, and that ability gets passed on to their descendants.

Drug-resistant TB strains emerge when an antibiotic fails to kill all of the targeted bacteria. The surviving bacteria become resistant to that particular drug and frequently other antibiotics as well. That's why some TB bacteria are now resistant to the most commonly-used antibiotics like isoniazid and rifampin. Other TB strains have also developed resistance to less-common

antibiotics like fluoroquinolones, or injectable medications like amikacin and capreomycin.

Weakened immune system

A healthy immune system often successfully fights TB bacteria, but the body can't mount an effective defense if its resistance is low. A number of diseases, conditions and medications can weaken the immune system. These include:

- Diabetes
- Severe kidney disease
- Certain cancers
- Cancertreatmentslikechemotherapy
- Drugs to prevent rejection of transplanted organs (immunosuppressants)
- Some arthritis, Crohn's disease, and psoriasis drugs
- Malnutrition
- Very young or advanced age

Other risk factors

- Lack of medical care. People with low or fixed income, who live in a remote area, have recently immigrated to the U.S. (especially from TB-prone countries), or are homeless, may lack TB care
- Alcohol use. Excessive consumption of alcohol weakens the immune system and makes one more vulnerable to TB
- Tobacco use. Using tobacco greatly increases the risk of getting TB
- Health care work. Regular contact with people who have TB increases chances of exposure to TB, as does working in a residential care facility, homeless shelter, psychiatric hospital—or, in fact, any place where there is overcrowding and poor ventilation

DIAGNOSIS

See a doctor if you have a fever, unexplained weight loss, drenching night sweats or a persistent cough. These are often signs of TB, but they can also result from other medical problems. The doctor can perform tests to help determine the cause.

A TB diagnosis is usually arrived at when the doctor takes a patient history to determine if he or she may have been exposed. Next, during a physical exam, the doctor will use a stethoscope to listen to the patient's lungs and check the neck's lymph nodes for any swelling.

If the doctor suspects TB, they may order a skin or blood test.

The skin test is done by injecting a small amount of fluid called tuberculin into the skin in the arm. The patient will return to the office within 48 to 72 hours to have the arm checked for any developing bump or induration (thickening) of the skin. The patient will

then be informed if he or she is positive or negative. If positive, it usually means TB infection—but does *not* differentiate between latent or active TB.

Because the skin test isn't 100-percent accurate, the doctor may order further testing.

At that point, a TB blood test measures how the immune system reacts to the germs that cause TB. This information will more precisely confirm or rule out latent or active TB, and only requires one office visit.

Finally, if the skin or blood tests indicate the need for further analysis, the doctor may order a chest X-ray or CT scan to look for visible signs of TB in the lungs. They may also check the sputum (coughed-up mucus) for bacteria, to see whether one has active TB and if so, which strain. These tests can take one to two months before results are available.

According to the CDC, people with increased risk of TB should be regularly screened for latent TB infection. These include:

- People in contact with infected individuals
- People from a country where TB is common
- People who live or work in areas where TB is more common, like prisons or nursing homes
- People who work in health care and treat people with a high risk of TB
- Children exposed to adults at risk of TB

TREATMENT

Latent TB

In cases of diagnosed latent TB,

preventive therapy is recommended. This treatment kills germs that could cause problems if the disease becomes active. The most common preventive therapy is a daily dose of the antibiotic isoniazid (INH) taken as a single daily pill for six to nine months.

Active TB

In cases of diagnosed active TB, the patient is most likely to be treated with a combination of antibacterial medications for a period of six to 12 months. The most common treatment for active TB is isoniazid INH in combination with three other drugs: rifampin, pyrazinamide and ethambutol. The patient may begin to feel better only a few weeks after starting to take the drugs—but treating TB takes much longer than other bacterial infections. The patient must continue taking all that medication as prescribed for the entire time ordered by the doctor indicates or he or she could get sick again.

PREVENTION

If one tests positive for latent TB, the doctor may advise to take medications to reduce risk of developing active TB. Tuberculosis is only contagious when it is active and affecting the lungs. So if someone with latent TB can prevent it from becoming active, it won't transmit to others.

Protect family and friends

If you have active TB, keep your germs to yourself. It generally takes a few weeks of treatment with TB medications before you're no longer

contagious. Here are some tips:

- Stay home. Don't go to work or school or sleep in a room with other people during the first few weeks of treatment for active TB
- Ventilate the room. Germs spread more easily in small closed spaces where air doesn't move. If it's not too cold outdoors, open the windows and use a fan to blow indoor air outside
- Cover your mouth. Use a tissue to cover your mouth anytime you laugh, sneeze or cough. Put the dirty tissue in a bag, seal it and throw it away
- Wear a mask. Wearing a surgical mask when you're around other people during the first three weeks of treatment may help lessen the risk of transmission
- Finish your entire course of medication. This is the most important step you can take to protect yourself and others from tuberculosis. When you stop treatment early or skip doses, TB bacteria have a chance to develop mutations that allow them to survive the most potent TB drugs. The resulting drug-resistant strains are much deadlier and more difficult to treat

PROGNOSIS

Even though TB can sound like a scary disease (a fact made even scarier by the fact that millions of people worldwide are estimated to be carrying latent TB without any symptoms), TB can almost always be prevented, or treated if contracted, with early-enough and sufficient-enough intervention. ★

TUBERCULOSIS

signs and symptoms

BLOOD COUGH

FEVER

CHEST PAIN

CHILLS

LONG-TERM COUGH

WEIGHT LOSS

FATIGUE

NIGHT SWEATS



PATIENT AWAKE DURING SURGERY SUES HOSPITAL, OR STAFF

O'Fallon, Missouri — First, the context: There are millions of inpatient surgical procedures performed across the U.S. each year—with virtually all of them routine and successful.

However, when medical professionals make a mistake—like forgetting to turn on the *sevfluorane*, a “knockout gas” that puts patients to sleep during major surgical procedures—it will make sensational headlines coast to coast.

That's what happened with Matthew Caswell, who went into Progress West Hospital in suburban Missouri for surgery to repair a hernia and remove a fatty lump from the back of his neck.

While he was given a paralytic, which renders patients unable to move or speak, an anesthesiologist simply forgot to then knock Mr. Caswell out with the *sevfluorane*—allowing him to feel the pain of the procedure for 13 minutes. He is now suing two OR staffers and their employer.

IN ANOTHER HEALTH MOVE, MICROSOFT BUYS VOICE-RECOGNITION COMPANY NUANCE

Redmond, Washington — If you're a radiologist (in plain English, doctor who does MRIs and CAT scans) working

in a major hospital, chances are you're already using Nuance or other such software.

Nuance Communications, and its competitors, make artificial-intelligence (AI) computer systems that basically do the typing for you—meaning, you talk to the computer (or it listens to conversations between doctors and patients) and it fills out patient information for you. The Nuance system has been used in hospital radiology departments for several years now—allowing radiologists to enter patient data faster than typing on computer keyboards.

But now, computing titan Microsoft has bought out Nuance for over \$16 billion—reflecting Big Tech's increasing role in health care. For example, a growing number of hospital rooms now offer Amazon's voice-controlled Alexa or Echo devices for patient usage.

RURAL HOSPITALS AMONG BENEFICIARIES OF \$1 BILLION IN FEDERAL COVID FUNDING

Washington, D.C. — The U.S. Department of Health and Human Services (HHS) made close to \$1 billion available to strengthen COVID-19 response efforts and increase vaccinations in rural communities. A major recipient of that government largesse will be rural hospitals.



IF YOU CAN'T BEAT 'EM, BUY 'EM: LIKE OTHER INNOVATORS, MEDICAL VOICE-RECOGNITION SOFTWARE COMPANY NUANCE IS GETTING BOUGHT OUT BY THE MICROSOFT JUGGERNAUT

“Support to small rural hospitals for COVID-19 testing, strengthening vaccine allocation and confidence, and vaccine outreach will help rural residents make informed health decisions about COVID-19 to protect themselves and their communities,” said HHS Secretary Xavier Becerra in a press release.

The funding includes some \$398 million to existing grantees of the Small Rural Hospital Improvement Program (SHIP) to work with approximately 1,730 small rural hospitals (those with less than 50 beds) and Critical Access Hospitals on COVID-19 testing and mitigation.

AMBULATORY SERVICES JOBS LEAD HEALTHCARE INDUSTRY RECOVERY, SAY FEDS

Washington, D.C. — According to new data from the federal Bureau of Labor Statistics (BLS), the healthcare industry is doing good: Some 23,000 jobs were added in May 2021 alone, virtually all in ambulatory service roles.

Additionally, according to that report, hospitals saw their first gains in several months—posting about 2,900 newly-filled openings.

While healthcare employment is still working its way back to pre-pandemic levels, some of its sectors are recovering faster than others.

According to the BLS definition, ambulatory service jobs include those in doctors and dentists offices as well as outpatient and home health care.

Overall, the U.S. healthcare sector employs about 16 million people.

Early evidence suggests some shortages and trouble finding talent as an exhausted workforce pivots to post-pandemic life, with a number of hospitals recently posting steep sign-on bonuses to attract the nurses they need.

SHUTTERED HOSPITALS AND CORONAVIRUS PANDEMIC HITS RURAL BLACK COMMUNITIES HARDEST

Chapel Hill, North Carolina —

As if America's poor rural Black communities didn't already have enough problems, now a study of America's rural hospitals has found another.

According to recent research from the University of North Carolina at Chapel Hill, a record 19 rural-country hospitals closed in 2020, more than in any other year. Rural counties, which are defined as having less than 50,000 residents and at least 50 miles from a major city, are home to substantial numbers of poor Blacks.

Making matters worse, an analysis of that study by health-news outlet STAT News found that Covid-19 death rates in counties where rural hospitals closed were 37 percent higher than in their states overall—translating to disproportionately higher rates of pandemic deaths among rural Blacks than elsewhere.

WITH FEDERAL AID, TEETERING RURAL HOSPITALS MAY REVAMP AS STANDALONE ERS



SIGN OF THE TIMES: FLAILING RURAL HOSPITALS TO REVAMP AS ER-ONLY FACILITIES

Washington, D.C. — Amidst the ongoing darkness of rural-hospital closures, one ray of hopeful light has appeared: Reinventing endangered hospitals as stand-alone emergency-room (ER) facilities.

In a bipartisan letter to the U.S. Centers for Medicare and Medicaid Services (CMS), U.S. Senators Charles Grassley (R-Iowa) and Amy Klobuchar (D-Minnesota) asked the agency to prioritize implementation of a new Rural Emergency Hospital designation.

Under that new designation, itself buried in the nearly 6,000-page stimulus act signed late last year, small rural hospitals can become eligible for increased federal funding—if they close in-patient operations (plain English: not offer hospital beds for overnight stays) and redesign themselves to become emergency rooms that also offer some outpatient services.

The government must prioritize and make use of that new measure to aid struggling rural hospitals before more close, the Senators wrote. ★



The Senior Care Gazette

News from
the World of
Hamaspik
HomeCare and
Senior Health

Yes, But What Do They Do?”

Hamaspik HomeCare Presents Plain-English Answers to the Questions Everyone Has About HamaspikCare

Sure you’ve seen the ads. They’re everywhere. Especially the ones with the happy-looking senior citizens telling you how great Hamaspik HomeCare is.

“So Hamaspik HomeCare is something for senior citizens?” you’re thinking. “Like Bubby and Zaidy? Like when they need someone to help them get dressed?”

Well, yes. That sort of thing. But there’s a lot more to it. And it’s not just for Bubbies and Zaidies. Children or young adults with physical disabilities may also qualify. Even those that only require supervision can utilize this benefit, given certain conditions.

Anyway, Hamaspik HomeCare is what they officially call a licensed home

care services agency (LHCSA). In plain English, it’s called “home care” because its aides that go to people’s homes to provide them with care.

But it’s not just aides—it can also be nurse and therapists. People at home could need those, too.—for example, if someone had a stroke, God forbid, and has to learn how to walk or talk again—a home care agency like Hamaspik HomeCare will send in an aide and if needed arrange a nurse and therapist on a weekly basis to help the person regain his or her skills.

Another 2 programs Hamaspik HomeCare focuses on are the NHTD and TBI programs. The NHTD program is intended for the seniors that are in need of constant supervision and care

and want to remain safely at home or avoid being placed in a nursing home. With this program eligible seniors will be approved for full time care- 24/7 aides in the comfort of their home. The TBI program is for people who had traumatic brain injury, like due to stroke or car accident. With those, a patient will also qualify for skilled homecare aides around the clock.

Still, the main thing Hamaspik HomeCare and other such home-care agencies do is provide aides. There are two kinds of aides: Home Health Aides, or HHAs, and Personal Care Aides, or PCAs. Most of the aides sent out by Hamaspik HomeCare are licensed HHAs, because those are on a higher level of care (and they also have

a higher level of training)—and most of Hamaspik Home Care’s patients need that higher level of care.

For patients who are most comfortable being cared for by their own family members, Hamaspik HomeCare also offers the CDPAS program. Officially called the Consumer Directed Personal Assistance Service (CDPAS), this program basically means that anyone, including certain specific direct relatives like grandchildren, can help out around Bubby or Zaidy’s house and get paid for it.

In order to proceed with any of the services patients must have Medicaid. Hamaspik Homecare assists and guides members with the full Medicaid application and process so that they can be eligible for the much needed homecare services.

Please call Hamaspik Homecare at 855-426-2774, ext. 700 and our intake specialist are eagerly waiting to serve you or your loved ones.

Benefits of Omega-3

Science-Based Benefits of Fatty Acids Found in Fish or Over-the-Counter (OTC) Supplements

“Eat fish, live longer” has long been an unofficial slogan of the fish industry. But given the fact that salmon, tuna and other fish are the best natural sources for omega-3 fatty acids, eating fish may help you live longer, and may help you live healthier, too. Here are several health benefits of omega-3 supported by science (in fact, few nutrients have been studied as thoroughly as omega-3!):

- Omega-3 can fight inflammation, which otherwise contributes to heart disease and cancer.
- It can improve eye health; getting enough omega-3 is linked to reduced risk of age-related macular degeneration (AMD), one of the world’s leading causes of permanent eye damage and blindness.
- Heart disease risk factors improve with regular consumption of omega-3. It can: greatly reduce levels of triglycerides (a type of fat), lower high blood pressure in people with hypertension (high blood pressure), and even lift

levels of HDL “good” cholesterol, promoting heart health.

- The natural fatty acid also helps keep your body’s arteries smooth and damage-free, which helps prevent the blood clots that result in heart disease.

Omega-3 has plenty to offer in the arena of mental health, too.

For starters, omega-3 can help prevent depression and anxiety. Studies indicate that people who regularly consume omega-3 are less likely to be depressed. What’s more, symptoms improve when people with depression or anxiety start taking omega-3 supplements. In people with bipolar disorder or other mental illnesses, omega-3 has also been shown to reduce frequency of mood swings and relapses, as well as decrease behavioral difficulties. Additionally, omega-3 has been shown to help fight Alzheimer’s and other forms of age-related mental decline. In fact, one review of controlled studies suggests that omega-3 may be beneficial at onset

of Alzheimer’s, when symptoms are still very mild.

For bone and joint health, studies indicate that omega-3 can also boost bone calcium levels, improving bone strength and thus reducing risk of osteoporosis.

Finally, a number of studies have tied sleep deprivation to many diseases, including obesity, diabetes and depression—all of which

disproportionately affect seniors. But studies have also found that omega-3 improves sleep, both in quantity and quality.

So take omega-3 supplements from the health-food store (if you don’t like salmon, that is) to help you enjoy a better quality of life. ★

Hamaspik HomeCare brings you these articles to help you or your loved one achieve a better quality of life. Having a home health aide (HHA) can also improve quality of life for you or your loved one. Please call Hamaspik HomeCare Intake at 845-503-0700 to see if you qualify for a home health aide.

WHY STRUGGLE ALONE WITH CARING FOR YOUR ELDERLY LOVED ONES?

Call today to see if they qualify for home care!

Call Hamaspik HomeCare’s Intake Dept. directly at

845-503-0700



בס"ד

“Thank You, Hamaspik HomeCare”

- The Homecare Agency that keeps me safe 24 hours a day -



Hamaspik HomeCare
Legendary Support, Extraordinary Care

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