



The Hamaspik Gazette

News of Hamaspik Agencies and General Health

DECEMBER '18 • ISSUE NO. 164



GAZETTE SURVEY

The GAZETTE asks YOU:

WHAT DO YOU TAKE FOR HEARTBURN?

A: TUMS; B: MILK; C: ALMONDS

Respond to: survey@nyshainc.org



HEALTH STAT

HOSPITALS REPORTING VISIT REDUCTIONS DUE TO REMOTE PATIENT MONITORING (RPM) TECHNOLOGY

25%

Reporting less ER visits and hospital readmissions

38%

Reporting fewer inpatient admissions

Source: Remote Patient Monitoring 2018, KLAS Research, Oct. 2



HEALTH TIP

LONELY? TALK TO YOUR MAILMAN

Stay social! Loneliness remains a growing global public-health problem, but one reduced by even the simplest interactions—a British government pilot program will see Royal Mail postal workers in three areas check up on lonely people while delivering their mail.

INSIDE

HEALTH

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HAMASPIK NEWS

THE WAVE OF THE FUTURE

NEW YORK STATE SENATOR GUSTAVO RIVERA OF THE BRONX, MEMBER OF THE SENATE'S MENTAL HEALTH AND DEVELOPMENTAL DISABILITIES COMMITTEE, IS FLANKED BY HAMASPIK STAFF AND BENEFICIARIES AS HE VISITS HAMASPIK OF ORANGE COUNTY ON A FACT-FINDING MISSION TO THE FRONT LINES OF DISABILITY SUPPORTS AND SERVICES IN THE GREATER COMMUNITY (SEE PAGE E5).

IN PARALLEL PROGRAMS PER COMMUNITY CUSTOM, THE MEN AND WOMEN OF HAMASPIK OF ORANGE COUNTY'S DAY HAB PROGRAM BENEFIT FROM A DAILY REGIMEN OF INDIVIDUAL STIMULATION AND COMMUNAL INTEGRATION

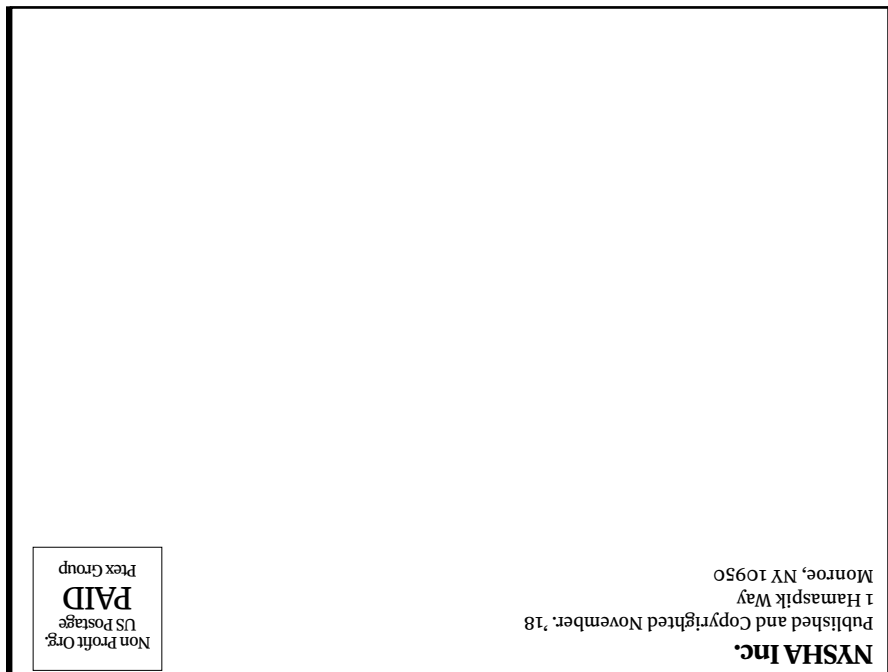


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HEALTH NEWS

Three Diabetics Drop Insulin After 10-Month Fasting Regimen

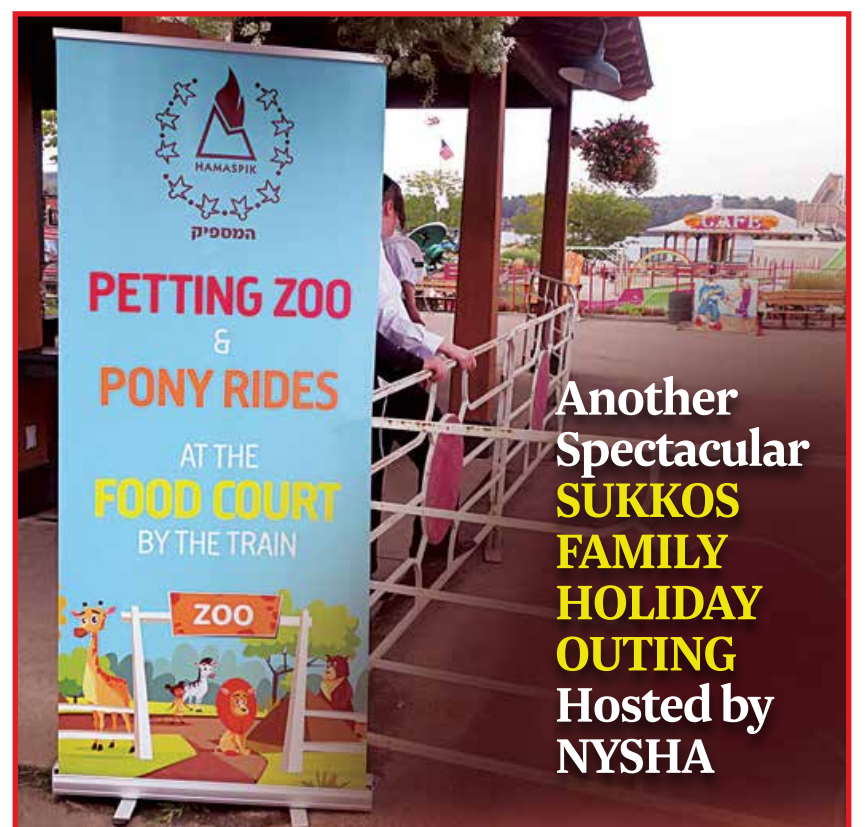
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HAMASPIK NEWS



Another Spectacular SUKKOS FAMILY HOLIDAY OUTING Hosted by NYSHA

SEE PAGE E10 >>

Services Provided by NYSHA AGENCIES

OPWDD

COMMUNITY HABILITATION (COM HAB)

Providing: One-on-one personal aides to help individuals achieve valued outcomes by means of helping them improve their activities of daily living (ADL) skills and long-term life goals

HOME-BASED RESPITE

Providing: Relief for parents of individuals with special needs

AFTER-SCHOOL RESPITE

Providing: A respite program for after school hours and school vacations

DAY HAB PROGRAM

Providing: A day program for adults with disability

SUPPLEMENTAL DAY HAB PROGRAM

Providing: An extended day program for adults with disability

CAMP NESHOMAH

Providing: A day program for children with disability over summer and winter school breaks

INDIVIDUALIZED RESIDENTIAL ALTERNATIVE (IRA)

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

INDIVIDUAL SUPPORT SERVICES

Providing: Apartments and supports for individuals who can live independently

ENVIRONMENTAL MODIFICATIONS

Providing: Home accessibility additions

SUPPORTED EMPLOYMENT (SEMP)

Providing: Coaching and support for people with disabilities to get and keep suitable jobs

ENHANCED SUPPORTED EMPLOYMENT

Providing: Job developing and coaching for people with any type of disability

COMMUNITY PRE-VOC PROGRAM

Providing: One-on-one employment preparation day program for high-functioning individuals

PATHWAY TO EMPLOYMENT

Providing: One-on-one employment discovery program for high-functioning individuals

CARE COORDINATION

Providing: An advocate for the individual to access and coordinate available benefits

FAMILY CARE PROGRAM

Providing: A family to care for an individual with special needs

INTERMEDIATE CARE FACILITY (ICF)

Providing: A facility for medically involved individuals who have developmental disability

INTENSIVE BEHAVIOR SERVICES (IBS)

Providing: Interventional services for people with behavioral issues and their family members

PLAN OF CARE SUPPORT SERVICES

Providing: Support for families of individuals with special needs

FAMILY SUPPORT SERVICES

Providing: Reimbursement for qualifying items or services not covered by Medicaid

PARENTAL RETREATS

Providing: Getaways and retreats for parents of individuals with disabilities

SELF DIRECTION

Fiscal Intermediary (FI) — providing: Accounting and billing for vendors supporting individuals who self-direct their own supports

Broker — providing: One-on-one, independent brokering of all necessary services and supports to individuals who self-direct their own supports

DOH

CARE AT HOME

Providing: nursing · personal care aides · therapy · respite · medical supplies · adaptive technology · service coordination

EARLY INTERVENTION (EI)

Providing: Full evaluations · home-based, community-based and center-based services · parent/child groups · ongoing service coordination · therapy (PT, OT, SLP, vision, nutrition, play, etc.) · special ed · social work · family training/counseling · bilingual providers

NURSING HOME TRANSITION AND DIVERSION (NHTD) PROGRAM

Providing: Service Coordination · assistive technology · moving assistance · community transitional services · home/community support services · E-mods · independent living skills · positive behavioral interventions · structured day program

TRAUMATIC BRAIN INJURY PROGRAM

Providing: Service Coordination · independent living skills training · day programs · rent subsidies · medical equipment · E-mods · transportation · community transitional services · home/community support services

CHILD AND ADULT CARE FOOD PROGRAM

Providing: Breakfast · lunch · supper · snack

HEALTH HOME SERVING CHILDREN (HHSC)

Providing: Intensive, comprehensive care management and family/community support services for children with chronic condition(s) and/or mental health issues at greater risk for relapse and/or lack of care

SENIOR DINING/SOCIAL DAY PROGRAM (SHNOIS CHAIM)

Providing: Daily onsite lunches and social/educational activities for community seniors (Orange County only)

APPLIED BEHAVIOR ANALYSIS (ABA)

Providing: Behavior modification for children with autism covered by private insurance

LHCSA - HAMASPIK HOMECARE

PERSONAL CARE AND SUPPORT SERVICES

Providing: Home health aides · personal care aides · housekeepers · HCSS aides

COUNSELING SERVICES

Providing: Diet/nutrition counselors · social workers

REHABILITATION SERVICES

Providing: Physical therapy · speech therapy · occupational therapy

PACE-CDPAS

Providing: Personal care aides for people in need

SOCIAL AND ENVIRONMENTAL SUPPORTS

Providing: Minor maintenance for those qualifying

SOCIAL MODEL

Providing: A social day program for senior patients

NURSING SERVICES

Providing: Skilled observation and assessment · care planning · paraprofessional supervision · clinical monitoring and coordination · medication management · physician-ordered nursing intervention and skill treatments

HAMASPIK CHOICE

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

HCR

ACCESS TO HOME

Providing: Home modifications for people with physical disabilities

HOME REHABILITATION PROGRAM

Providing: Remodeling dilapidated homes for low income home owners

NYSED

VOCATIONAL REHABILITATION SERVICES

Providing: Employment planning · job development · job placement

JOB COACHING

Intensive and ongoing support for individuals with physical, mental and/or developmental disabilities to become employed and to maintain employment

NYSHA

ARTICLE 16 CLINIC Providing: Physical therapy · occupational therapy · speech therapy · psychology · social work · psychiatry · nursing · 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 Hamaspiik 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 Hamaspiik news

OMH

HEALTH AND RECOVERY PLAN (HARP)

Providing: long-term social, emotional, employment, peer-support and other mental-illness recovery supports

PUBLIC HEALTH AND POLICY NEWS

Growing Number of U.S. Kids with No Vaccinations: CDC



GIVE KIDS THEIR BEST SHOT: VACCINES PREVENT MEASLES AND OTHER DISEASES

Atlanta, Georgia — A negative public health trend has top U.S. health officials rightfully worried. According to a new report by the federal U.S. Centers for Disease Control and Prevention (CDC), a small but growing proportion of the youngest children in the U.S. have not been vaccinated against any disease.

The report says that an estimated 100,000 young children have not had a vaccination against any of the 14 diseases for which shots are recommended.

While most young children—70 percent—have had all their shots, the report also says that in 2017, 1.3 percent of U.S. children born in 2015 and 2016 remained completely unvaccinated. That's up from the 0.9 percent found in an earlier assessment of the kids born in 2011.

Young children are especially vulnerable to complications from vaccine-preventable diseases, some of which can be fatal. Additionally, failing to vaccinate children can also pose a threat to other kids' safety. ★

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► NYSHA NEWS

Profiles in Excellence: Tri-County Care Director of Quality Assurance/Compliance Officer Josh Mawhirter



Josh Mawhirter is Tri-County Care’s soft-spoken, hard-driving quality assurance and compliance officer.

His job is to ensure you’re doing yours—and when that’s your job, diplomacy is the watchword. And diplomatic he is.

Mr. Mawhirter brings to the Tri-County table three years in the insurance field, seven years’ experience in the developmental disabilities industry, and a decidedly helpful BA in Healthcare Administration from Avila University.

Besides having two siblings with autism, his facility with special needs springs from his first disability job in direct care.

“This industry is both personal and professional for me,” he says.

On a typical day, you’ll find Josh in the office at 7:30 a.m.—where he’ll be until 5:00 p.m., working on everything from standard compliance



LINES OF COMMUNICATION: JOSH MAWHIRTER, SEEN HERE ON A TYPICAL DAY, KNOWS WHAT TO SAY TO WHO, AND HOW TO SAY IT

and quality-assurance tasks to network development, training, and communications.

He’ll also frequent log several evening hours several times a week, including Sundays.

What’s the most challenging part of the job?

Staying ahead of problems, he avers. “There is a lot of change happening quickly industry-wide,” the industry authority says. “Tri-County tackles every task as quickly and as responsively as we can.”

Rick Mawhirter retired as Fire Chief of Raytown, Missouri after

decades of service. Wife Mary is National Quality Assurance Manager for the legendary Nielsen ratings firm. Small wonder son Josh is still putting out (and preventing) conflagrations of a different variety—keeping those fires within and without right where they should be. ★

► PUBLIC HEALTH AND POLICY NEWS

New York Crowns Disability Employment Awareness Month with “EmployAbility Pledge”

On one front after another, New York State led the nation in disability rights, services and progress—so why wouldn’t the Empire State do it again?

This past National Disability Employment Awareness Month, marked each year throughout October, the New York State Office for People With Developmental Disabilities (OPWDD) launched yet another brand-new initiative that highlights New York’s status as a progressive leader in the field of disability: the EmployAbility Pledge.

Rolled out publicly just as October came to a close, the program—which encourages New York businesses to embrace inclusion—has participants proudly display that embrace with official OPWDD EmployAbility window decals and website badges.

Businesses taking the Pledge, via the OPWDD’s website sign-up page, will also receive well-deserved recognition on the OPWDD’s site, as well as in official press releases.

The EmployAbility Pledge campaign highlights “the positive contributions that people with disabilities can make in the workplace,” wrote OPWDD Acting Commissioner Kerry A. Delaney in a letter to stakeholders.

The Pledge builds on the efforts of the EmployAbility Toolkit launched



Pledge Now!

When you take the Pledge, you will receive a window decal and a badge for your website designating your business as one that supports inclusion. Your business will also be listed in a press release and on the OPWDD, Employment First Commission, and other partner websites. Add your name to this list today!

STICK IT TO THEM: PARTICIPATING COMPANIES CAN PROUDLY DISPLAY THEIR INCLUSION TO THE PUBLIC, LETTING PASSERSBY KNOW THAT ALL ARE WELCOME

last year, which provides businesses with guidance for employing people with disabilities and an overview of the benefits of hiring people with

disabilities. It also supports the OPWDD’s goal to enable people with developmental disabilities to fully participate in their communities. ★

Hamaspik Gazette

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Happening in Health Today

TALKING GLOVES, TACTILE WINDOWS: NEW TECH HELPS THE DISABLED

London, England — Improvements in artificial intelligence, combined with the decreasing cost of hardware, are making it possible for inventors to develop new products without the need for the deep pockets of governments or big corporations, recently reported the *Associated Press*.

Such inventors, according to the report, are using 3D printers and the increased processing power of home computers to create devices designed for people with motor, vision, hearing and cognitive impairments.

Among the prototype technologies profiled in the report is a British startup called BrightSign. The company is working on a sensor-studded, speaker-equipped glove that detects and then speaks the sign-language words being formed by its wearer.

Other technology in the works is a Ford foray into tactile car windows, allowing blind passengers to “feel” the passing scenery via surface vibrations that roughly convey consistency.

The sector is expected to grow in coming decades along with increasing numbers of people with various disabilities—and decreasing cost of high technology.

NEW BREATHING TUBE SAVES MORE CARDIAC-ARREST PATIENTS IN NATIONAL EMS STUDY

Houston, Texas — The Pragmatic Airway Resuscitation Trial, a first-of-its-kind national study, has now found that more cardiac-arrest patients survive when responders use laryngeal breathing tubes, not the traditional endotracheal tubes (“trachs”), at emergency scenes.

The study divided usage of endotracheal tubes or laryngeal tubes across 27 paramedic crews in five U.S. cities—with about half of some 3,000 emergency patients getting the endotracheal tubes and the other receiving laryngeal tubes.

Researchers found that about 121 of the roughly 1,500 trach patients

survived, while about 162 of the roughly 1,500 laryngeal tube patients survived—or about 40 more patients.

Cardiac arrest is when the heart suddenly stops beating, cutting off oxygen-carrying blood flow to the brain and body. Emergency treatment typically includes *intubation*, or inserting a plastic tube into the airway to keep it open until hospital arrival. Unfortunately, only about ten percent of out-of-hospital cardiac-arrest patients survive.

The study was coordinated by the University of Texas Health Science Center and published recently in the *Journal of the American Medical Association* (JAMA).

LEADING TELEHEALTH COMPANY BOOMING

New York, New York — Virtual doctor visits are booming—and leading virtual-doctor-visit company Teladoc

is spearheading that boom. Teladoc, which will soon be updating its name to Teladoc Health, now serves 22.5 million members—a 48-percent increase over 12 months ago.

In the past 12 months, Teladoc’s total revenue also spiked 112 percent, along with a 41-percent annual increase of paid members to today’s 436,000 members.

TINY TUNNELS FOUND BETWEEN SKULL AND BRAIN

Boston, Massachusetts — According to a new study of mice and humans, tiny tunnels run from skull bone marrow to the lining of the brain and may provide a direct route for immune cells responding to injuries caused by stroke and other brain disorders.

The study by Harvard Medical School was published recently in *Nature Neuroscience*.

Results in mouse brains showed that

during stroke, the skull is more likely to supply immune cells called *neutrophils* to the injured tissue than the *tibia*, a large legbone.

“We always thought that immune cells from our arms and legs traveled via blood to damaged brain tissue. These findings suggest that immune cells may instead be taking a shortcut to rapidly arrive at areas of [brain] inflammation,” said Francesca Bosetti, Ph.D., program director at the National Institute of Neurological Disorders and Stroke (NINDS), which helped fund the study.

HIGH-TECH GLOVE STIMULATES HAND NERVE REGENERATION

Chicago, Illinois — A new glove with a built-in wireless electronic system helps patients with nerve damage to the hands to grow their nerves back, according to a new study.

The technology, described recently in *Nature Medicine*, was developed by the University of Chicago. It was designed to offer non-surgical alternatives to people who had endured peripheral nerve damage due to disease or injury.

The research showed that the glove, which features electrodes that stimulate regrowth of affected nerves, works better than surgery or drugs, enhancing and accelerating recovery and restored hand function. ★



FOR BRAIN-CELL PROTECTION DRUGS, NEW YORK STARTUP SCORES BIG

New York, New York — With \$31 million in funding from several major pharmaceutical firms, Manhattan-based biotech startup Magnolia will now be working on developing a new class of drugs to help treat Alzheimer’s and other neurological conditions.

The company is a partnership between New York’s Accelerator Life Science Partners and Houston’s MD Anderson Cancer Center. It’ll be focusing on drugs

that provide *neuroprotection*, or preventing the brain-cell death process that is part of Alzheimer’s and other diseases.

Promising initial research by MD Anderson indicates that blocking parts of that process has helped preserve brain tissue and enhance memory in animals. Magnolia has meanwhile won the backing of such powerhouses as AbbVie, Eli Lilly, Johnson & Johnson and Pfizer. ★

● ► HAMASPIK NEWS

Sharing the Mission of Furthering Disability Supports

State Senator Gustavo Rivera of the Bronx Visits Hamaspik of Orange County



MEETING OF MINDS: THE PUBLIC SERVANT TALKS SHOP WITH HAMASPIK FOUNDER AND NYSHA PRESIDENT MEYER WERTHEIMER



THE INSIDE SCOOP: PR DIRECTOR, ROCKLAND CO. LEGISLATOR ARON WIEDER WALKS SEN. RIVERA THROUGH THE HAMASPIK GAZETTE



MAN OF THE PEOPLE: SURROUNDED BY THE GENTLEMEN OF THE BUSY DAY HAB PROGRAM, HAMASPIK'S GUEST HITS IT RIGHT OFF



WITH HAMASPIK OF ORANGE COUNTY EXECUTIVE DIR. MOSES WERTHEIMER

Reflecting Hamaspik's broadening base, popular public servant Gustavo Rivera, New York State Senator representing much of the Bronx, recently paid a folksy visit to Hamaspik of Orange County.

Senator Rivera serves on the State Senate's Mental Health and Developmental Disabilities Committee; sharing Hamaspik's community concern for both, the elected official took an up-close-and-personal tour of a community non-profit that is on the front lines of supports for both.

Hamaspik's top brass were on hand on that recent afternoon to personally greet Sen. Rivera as he parked outside 1 Hamaspik Way, Hamaspik of Orange County's looming Admin/Day Hab building in Kiryas Joel, New York.

Said staffers included Hamaspik of Orange County Executive Director Moses Wertheimer, Hamaspik of Rockland County Executive Director Joel Freund, Hamaspik of Kings County Executive Director Hershel Wertheimer, Hamaspik HomeCare Executive Director Asher Katz, Hamaspik Choice Executive Director Yoel Bernath, and Hamaspik founder and New York

State Hamaspik Association (NYSHA) Executive Director Meyer Wertheimer.

Moses Wertheimer served as guide for much of Sen. Rivera's walking tour of the facility.

Hamaspik began as a response both to the Kiryas Joel community's call for disability supports and services, as well as New York State's need for non-profits to answer such calls, Mr. Wertheimer informed the agency's guest.

What began as a single residence for children with special needs in the Kiryas Joel Jewish community eventually branched out to independent special-needs divisions in several counties, Mr. Wertheimer added—plus the Hamaspik HomeCare division servicing ten counties, 80 percent of whose clientele are members of the mainstream population.

One such Hamaspik HomeCare community is the Bronx, local office and all, a fact not lost on Senator Rivera. An animated conversation on the district's old-time Jewish community ensued.

From a starting point on the outdoor front staircase, where he was greeted by the gentlemen of the

Day Hab program, Sen. Rivera got to see Hamaspik of Orange County's full range of daily operations on site.

Accompanied by two aides and a contingent of Hamaspik staff, the Senator was granted first-hand and up-close familiarity with the men's and women's Day Hab divisions, and the several activity rooms, accoutrements and all, that fill them.

He also took in Hamaspik's flourishing After-School Respite (ASR) and Early Intervention (EI) programs, and the state-of-the-art therapy rooms and other spaces that serve them right on site.

The building tour also popped in on Hamaspik of Orange County's Shnois Chaim Senior Day Program, and the onsite branch of the NYSHA Article 16 therapy clinic.

Throughout it all, Sen. Rivera personally met and greeted all of Hamaspik's directors and their staff, with an atmosphere of conviviality prevailing throughout.

The Senator's breezy, man-of-the-people personality especially came to the fore as several individuals supported on-site by Hamaspik

cheerily embraced him, figuratively and—at least in one case—almost literally.

The group then repaired to an upstairs conference room for lunch.

Around a large table, Sen. Rivera and Hamaspik's leaders engaged in a spirited and thoughtful discussion on various publicly-funded Medicaid programs in New York State, both existing and planned, geared towards that mission.

With their combined century-plus of experience, Hamaspik's cadre of division directors chimed in with considered commentary and industry authority, fleshing out points of agreement and building a consensus on where both parties could work together.

The visit concluded with the Senator graciously sharing a few words.

From the podium, Sen. Rivera first thanked his hosts, then reiterated his support for the special-needs support community in general and Hamaspik's mission in particular.

As the event concluded, guests and hosts all came away with the same feeling—that of having caught up with old friends. ★

Public Health and Policy News

insurance plans and will only be selling “interactive” insurance plans that track fitness and health data through wearable devices and smartphones.

Interactive life insurance, pioneered by John Hancock’s partner the Vitality Group, is already well-established in South Africa and Britain and is becoming more widespread in the United States reported Reuters.

Policyholders score discounts for hitting exercise targets tracked on wearable devices, and get gift cards for retail stores and other perks by logging their workouts and healthy food purchases.

In theory, everybody wins, as customers are incentivized to adopt healthy habits and insurance companies collect more premiums and pay less in claims if customers live longer.

U.S. DEPT. OF JUSTICE CLEARS CVS-AETNA UNION

Washington, D.C. — On October 11, the U.S. Dept. of Justice (DOJ) announced that it will not challenge the \$69 billion merger of CVS and Aetna so long as the two divest Aetna’s Medicare Part D business. Aetna has already agreed to sell the business to a subsidiary of WellCare.

According to the DOJ, the sale of

MEDICAID’S ‘BUNDLED PAYMENT’ MODEL DRAWS NEARLY 1,300 PROVIDERS

Washington, D.C. — Close to 1,300 healthcare providers nationwide have signed up to participate in the first wave of the new voluntary bundled payment program launched by the federal Centers for Medicare and Medicaid Services (CMS) since its January 2018 launch, CMS announced in October.

The Bundled Payment for Care Improvement (BPCI) program is the first new advanced alternative payment model (APM) launched under the current administration. It essentially reimburses providers for health results achieved, not medical services provided. Participants include 832 acute care hospitals and 715 physician group practices across 49 states.

The program began on Oct. 1 and will run through Dec. 31, 2023.

JOHN HANCOCK TO SELL ONLY INTERACTIVE LIFE INSURANCE

Toronto, Ontario — John Hancock, the iconic 156-year-old and now Canadian-owned life insurance company, announced in September that it would no longer sell traditional life



WEST HEADING EAST? THE NEW ICD-11 ADDRESSES TRADITIONAL CHINESE CURES

the Medicare Part D business alleviates competition concerns the department had about the tie-up.

With DOJ approval secured for the megamergers of both CVS-Aetna and Cigna-Express Scripts, a major sector of the healthcare industry is under a seismic shift.

CVS Health and Aetna’s merger pairs together one of the largest U.S. drugstore chains, its pharmacy benefit firm and one of the nation’s largest health plans. The deal is aimed at simplifying the healthcare experience for consumers demanding change, according to the companies, which have pledged to “remake the consumer health care experience.”

The deal has already secured shareholder approval and is expected to be complete later this year.

“TRADITIONAL CHINESE MEDICINE” INCLUDED IN NEW GLOBAL MANUAL

Geneva, Switzerland — The World Health Organization (WHO), the U.N.’s global health watchdog,

recently released its 11th edition of the International Classification of Diseases (ICD).

The ICD assigns a code to each of its thousands of listed diseases, conditions, diagnoses and treatments—driving much of modern medicine, including medical billing, record-keeping and health insurance, for decades. (The same is true for the U.S.-based Physician’s Desk Reference (PDR) and, of equal importance, the Diagnostic and Statistical Manual (DSM), which covers psychiatry and mental health.)

But in a controversial move, ICD-11 includes a chapter on “Traditional Chinese Medicine.”

The WHO says that the inclusion “provides guidance to Member States and other stakeholders for regulation and integration of safe and quality assured traditional and complementary medicine products, practices, and practitioners.” But some critics say it amounts to endorsing non-scientific quackery and superstition; others opine that a push by WHO-member China to globally export Chinese medicine, and import global medical tourism, is behind the addition. ★



IS HEALTHCARE GOING RETAIL BIG-BOX? WITH THE NEWLY-APPROVED MEGA-MERGER OF PHARMACY GIANT CVS AND LEADING U.S. HEALTH INSURER AETNA, EXPECT MORE PEOPLE TO COME HERE NOT JUST FOR PRESCRIPTIONS BUT FOR DOCTOR VISITS, TOO

● ► HAMASPIK NEWS

OPWDD Deputy Commissioner Abiba Kindo Visits Hamaspik of Kings County HQ

State Agency Top Brass Gain First-hand Familiarity with Agency's Frontline Work



WELCOMING WORDS: NYSHA PRESIDENT MEYER WERTHEIMER (L), HAMASPIK OF KINGS COUNTY EXEC. DIR. HERSHEL WERTHEIMER (TOP), ROCKLAND CO. LEGISLATOR ARON WIEDER AND HAMASPIK OF ROCKLAND COUNTY EXEC. DIR. JOEL FREUND (R)

It was on a bright morning recently that Abiba Kindo, Deputy Commissioner of the Regional Offices of the New York State OPWDD, paid her first visit to Hamaspik in her newest capacity. Ms. Kindo, a disability supports veteran, assumed that position this past June.

Accompanied by New York City Regional Director Mary Grace Giuliano, Ms. Kindo was greeted at the front doors of Hamaspik's Borough Park central office by Hamaspik leaders.

Hamaspik's special guests were ushered into the office's state-of-the-art third-floor conference room, where Hamaspik Director of Public Relations and Rockland County Legislator Aron Wieder delivered opening remarks.

Over the sit-down luncheon that followed, the high-ranking OPWDD official was warmly introduced to Hamaspik by founder and New York State Hamaspik Association (NYSHA) Executive Director and Hamaspik Founder Meyer Wertheimer.

In his comments, Mr. Wertheimer touched upon the agency's family ethos—comparing the relationships among Hamaspik employees, and between Hamaspik and other agencies, to the warm bonds he enjoyed in the family of his own childhood.

The NYSHA Executive Director also highlighted Hamaspik's ongoing work with all of New York's diverse communities, which is hardly limited to

its own Jewish community of origin.

Hamaspik of Kings County Executive Director Hershel Wertheimer next shared a touching story about "Johnny," a young man with disability, leaving guests and staff alike visibly moved.

Following the downstate Hamaspik executive at the podium was the proud mother of a Hamaspik beneficiary, who spoke from the heart in conveying Hamaspik's dedication to her son—and how much that dedication means to her.

The young man, a gentleman with disability in his 40s, is a regular attendee of Hamaspik of Kings County's Day Habilitation (Day Hab) program—from which he returns home daily feeling "accomplished and knowledgeable," the mother first related.

But it was on a snowy morning this past winter that she found herself looking out her window at a sidewalk and front walk thickly blanketed in white. "How will he get to Day Hab?" she recalled asking herself.

But what's a few feet of snow to a dedicated Hamaspik Direct Support Professional (DSP)?

The overjoyed mother shared how she shortly witnessed her son's Hamaspik van roll up—and a DSP get out, trudge through the knee-deep snow to her front door, and physically carry her beloved son in his very arms back to the van, non-shoveled walk notwithstanding.

An informative Hamaspik video

followed, depicting the size and scope of Hamaspik's current community supports and services via interviews of agency staff and leaders, and footage of supported individuals and their staff in action.

Serving as emcee, Legislator Wieder returned to the podium after the video.

"It takes a special kind of person to work with people with special needs," he said.

He noted that seasoned professionals like the high-ranking OPWDD official could very well be doing better in the private sector, but yet altruistically choose to work with the disability population—exchanging greater financial remuneration for far greater personal reward.

He then suggested with a smile that the last letter of Ms. Kindo's last name be removed. More smiles were seen around the room.

Deputy Commissioner Kindo then rose to share a few words of her own.

In her comments, she briefly touched on her lengthy career with the OPWDD, and how that state agency has changed for the better over the years and decades—including changing its name from the "Office for Mental Retardation and Developmental Disability" (OMRDD) to the more-sensitive, progressive Office for People With Developmental Disability by which it goes now. She also shared that Hamaspik is known statewide for its leadership.

The OPWDD leader next toured the comprehensive facility, gaining first-hand familiarity with the several programs, supports and services operated on site—as well as with the capable and compassionate staff who power them. ★



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► HAMASPIK NEWS | HAPPENINGS AROUND HAMASPIK



Happenings around Hamaspik

A Full Circle of Support



PERSON, CENTERED: THE GROOM'S BROTHER SURROUNDED BY HAMASPIK STAFF

The Fruit of His Labors



NAFTALI, ESROG HUNTER: THE GENTLEMAN TAKES A MOMENT TO SAVOR HIS CATCH

Doing What Needs Getting Done, Without Instruction to Do It

Kings Staff Devotedly Display What Hamaspik is Really All About

When you have just a job, show up, sign in, do job and go home may be all it is. But what a universe of difference it is when your job has you. The true heart, interminable patience and inscrutable compassion that is the Hamaspik Direct Support Professional (DSP) does not work at Hamaspik. Hamaspik works at them—and in them, by them, and through them.

There's no tool that measures love. No meter that senses patience. No device that detects compassion. And no Hamaspik DSP job requirement for any of those abstracts. If they work here, they've already got it.

A gentleman supported by Hamaspik of Kings County recently joined a joyous affair. The young man's physical disabilities keep him in a wheelchair, and they kept him from taking to his feet to join circles of family and friends at the wedding celebration of his own brother.

Handheld footage shows Day Hab Manager Shia Teichman and DSP Chaim Meir Gross, repurposing a two-person safety carry for anything but emergency purposes.

Swinging gently to the music in the middle of a rollicking ballroom as he's literally supported by his Hamaspik staff, the young man positively beams, his face a picture of disbelief, laughter, joy and love all in one.

At the same time, the faces on the crowd surrounding them shout an unspeakable awe, an invisible salute to the total acceptance on display before their eyes, a moment beyond words.

That moment becomes even more indescribable when the groom steps up to dance with his brother. And the young man's smiling response? Well, you'd just have to see it.

Nobody told the young man's Hamaspik DSPs to come to the wedding.

No one had to. ★

Naftali of Wannamaker Hunts for the Perfect Esrog

Some like it bumpy; some, smooth. Some like it bulky; others, small. Some prefer the Italian. Others go for the Chazon Ish. More than a few prefer the Moroccan.

It's the humble citron, the Torah's sacred "fruit of a beautiful tree" interpreted for eons as the lemon-like product of a tree that thrives in Mediterranean climes—primarily Italy's Calabria region and the surprisingly lush orchards of Morocco. An equally strong demand follows the slender, tower-tipped Chazon Ish variety as well.

Come the Sukkos holiday, the taking of the "Four Species," including the citron—far better known as an esrog—frequently becomes a vendor-hopping, fly-specking adventure of high discrimination.

Esrog buying, and the annual cottage industry that springs up around it, has a jargon all its own, with buyers and sellers alike highly

versed in the symmetries, surfaces and flecks that can make or break a prize find. When searching for the perfect esrog, it's anything but just another fruit.

Fortunately, esrog merchants get to know their buyers and their minutest preferences. And for Wannamaker Bridesheim resident Naftali, that's meant a parking-lot purveyor in the middle of Monsey for several years now.

Buying esrogim there not just for himself but for all his fellow residents, Naftali knows what he's looking for.

In past years, he's spent up to an hour poring over the selection at hand, homing in on such details as a well-proportioned *pitom* (the protrusion crowning many esrogim). But this year, he only took 20 minutes before heading out the door with an armful of snugly boxed Moroccans.

Why? Because Naftali is an even more-seasoned pro this time around. ★

► HAMASPIK NEWS | HAPPENINGS AROUND HAMASPIK

Hamaspik Rockland Maintenance Team Takes the Heat

With A/C Crash, Israel Katina and Crew Keep It Cool

“It wasn’t an emergency, like no heat when it’s 50 degrees,” points out Fosse Shvesterheim Manager Mrs. Landau. “It would have just been uncomfortable,” despite being cool enough.

Mrs. Landau describes the hot and sunny recent day when the central air conditioning system at her group home crashed—leaving midday indoor temperatures at a balmy 86.

But after several hours of work by the professional repair team called to the scene, and despite Maintenance Manager Israel Katina’s live remote coordination (he phoned in though being off for the day), the job was still too big to get done by residents’ bedtime.

By nightfall, a call went out to Direc-

tor of Residential Services Moshe Sabel.

Within 30 minutes, reports Mrs. Landau, Mr. Katina and Director of Development Nathan Fried showed up—along with three powerful portable AC units, which they promptly proceeded to install in three residents’ bedrooms. (The remaining residents were moved into rooms with standalone window units.) They worked until 11:00 p.m. to ensure “all systems go.” The massive central A/C system was going to be fixed anyway the next day, as it indeed was, Mrs. Landau reports, and the nighttime indoor temperatures were certainly bearable.

But for Hamaspik of Rockland County’s maintenance crew, uncomfortable-but-safe is hardly good enough. ★

Hamaspik Kings Opens ‘Alterheim’ for Two Seniors with Disabilities

The time was 11:00 a.m. on September 17. The setting was a newly-rebuilt apartment at 959 44th St. But the event—the grand opening and ribbon-cutting for Hamaspik of Kings County’s 44th St. Alterheim—was nothing less than monumental.

The Alterheim (Yiddish for “Senior Home”) is a brand-new residence for two Brooklyn seniors with disabilities. It’s also the culmination of well over three years of Hamaspik of Kings County team effort on their behalf.

That team spearheading that groundbreaking achievement consists of former Hamaspik of Kings County Executive Director Joel Freund (now

with Rockland County), Hamaspik of Kings County Executive Director Hershel Wertheimer, Hamaspik of Kings County Director of Residential Services Cheskel Fisher, and Hamaspik of Kings County Director of Development Naftali Tessler.

The seniors in question, in their 60s, were staring at later years marked by hardship and struggle, Mr. Wertheimer says. Instead, because of Hamaspik’s extensive intervention, they’ll now be enjoying full-time person-centered supports and supervision.

When it comes to finding ways to support people with disabilities, says Mr. Fisher, Hamaspik will be there. ★

Veteran Direct Support Professional (DSP) Begins 13th Year at Grandview Residence

If you’re looking for an expert on direct support and care of young people with significant disabilities, look no further than Hamaspik’s very own Samuel Glick, DSP.

It was in September of 2006 that a young Mr. Glick, having worked several basic positions in retail over several months, sought another job. But it was at Hamaspik that he found his calling.

In September of 2018, Mr. Glick began his “Bar Mitzvah Year” as a Direct Support Professional (DSP) at Hamaspik of Rockland County’s Grandview Briderheim residence.

Samuel says that it took him “a few months” to acclimate to the field. But today, he’s a valued veteran on all things

special-needs related, a veritable agency treasury of disability support tips, tricks and know-how—particularly in communicating with non-verbal individuals. He’s also collected considerable authority on supporting individuals getting healthcare, from routine doctor visits to full-blown medical emergencies.

Mr. Glick humbly notes the experience of fellow longtime DSP Chaim Fisher, too—along with Grandview staffers Levi Horowitz, Joel Braun, and Mr. and Mrs. Shimon Weiss.

So what’s the best part of working for Hamaspik for 13 years? The direct-support powerhouse doesn’t miss a beat: “You come to Hamaspik, you learn how to do *chesed*.” ★

Images of Integration



OUT AND ABOUT, HAMASPIK STYLE: RESIDENTS OF HAMASPIK GROUP HOMES IN THREE COUNTIES WITH STAFF AT A CREEK (L), SHOPPING (TOP), AT A PARK (R)

Making the Cut



A DIFFERENT KIND OF RED TAPE: HAMASPIK STAFF FORMALLY OPEN THE ALTERHEIM

The Very Picture of Experience



STILL OPENING DOORS: SAMUEL GLICK AT WORK, THIRTEEN YEARS IN AND COUNTING

● ► HAMASPIK NEWS

No Rain on NYSHA's Parade!

Despite Dire Forecasts, Community Outing Enjoys Dry Skies and Temperate Weather



GET A (BUS)LOAD OF THAT CROWD! A LOT-FUL OF LARGE TRANSPORTATION VEHICLES STAND AT THE READY AFTER ARRIVAL



THE SWING OF THINGS: HIGH MOMENTS



FUN IN THE AIR: QUASSY'S GIANT SLIDE



REASONABLY ACCOMMODATING: GUESTS WITH TWO NOTABLY NONCHALANT GOATS



LUNCH, ANYONE? SANDWICHES TO GO

Never underestimate the power of prayer.

It was early on the morning of Wednesday, September 26 that Special Events Coordinator Mrs. Brenda Katina took one phone call after another: Is the event still on? Should we cancel?

It was the eve of yet another grand community family outing sponsored by the New York State Hamaspik Association (NYSHA), the umbrella organization supporting Hamaspik agencies across greater New York. And the calls came from concerned parents, the hired petting-zoo operator, and staff at Quassy Amusement Park itself. They all asked about the same thing: the weather reports.

Meteorologists were nearly unanimous across regional news media: the day would be punctuated by thunder, lightning and a relentless downpour of rain. In her heart of hearts, though, Mrs. Katina knew otherwise.

She wasn't the only one praying for dryskies. The Special Events Coordinator later related that her own mother had her precious daughter—and the entire operation over which that daughter was to preside—in her prayers.

Good enough to take to the bank, as far as the Hamaspik mainstay was concerned. Mrs. Katina made the call.

Some eight hours and nary a raindrop later, she was right.

The buses for the annual event, a much-looked-forward-to pillar of NYSHA's supports to the disability community, departed from points upstate and downstate at 10:30 a.m.



EXCITEMENT SKY-HIGH: FOR THIS GUEST, IT'S ANYTHING BUT A WALK IN THE PARK

It was some 90 minutes later that the charter buses, each fully loaded with Hamaspik-supported individuals and their exclusively immediate family members, pulled up at the exciting amusement park on the shores of Lake Quassapung in Middlebury, Connecticut. Hamaspik vans from most agency residences, along with dozens of private family vehicles, also shortly arrived.

For the next five hours, thousands of individuals with disabilities and their parents or caregivers thrilled to a full, and precipitation-free, day of rides and attractions, quite a few of which are fully accessible.

When they weren't riding the Wooden Warrior rollercoaster, the Big Flush looping water slide, or the kiddie train, carousel or Galleon Pirate Ship, guests were trying their hands at the various game stalls, or just enjoying the shade.

Given the intermittent sunshine, (mostly!) blue skies and notable humidity, it wasn't long after arrival that even the most weather-sensitive guests

were noticed to have removed their coats to enjoy the balmy air and buoyant atmosphere.

Music pumped from the bandstand all day—and when it wasn't, it gave way to a Quassy outing mainstay: a live singalong, professional vocalist and all, that has long been a favorite of the children with special needs in attendance.

Taking to the stage, one boy after another joined the singer at the microphone to sing popular songs—and, more importantly, feel that they belonged.

Also serving the capacity crowd on the premises was a sizable sukkah, the outdoor hut that marks the Sukkos holiday. Keeping guests' hunger and thirst at bay was plenty of healthy snacks and drinks, including apple juice, cheese snacks, fresh bananas and packaged pastries.

Clowns and other roving performers were also on hand.

On hand was a contingent of EMTs with the Hatzolah community rescue

corps, who came along to volunteer their time and staff an onsite Hatzolah ambulance. Other than opening its doors to curious children wishing to explore its main bay, it saw no real action.

With the late-afternoon winding down of the event, the menfolk gathered for a minyan (prayer quorum) for the Mincha afternoon prayer service.

Following that, tired but happy guests slowly made their way to the parking lot just past the main gate, where dozens of charter buses and other vehicles awaited.

Of course, no one could leave without collecting Mrs. Katina's signature "parting gift" goodie bags filled with sweet treats.

Once loaded, the dozens of giant buses, family cars and ramp-equipped vans headed back to destinations as near as Brooklyn and far as upstate Rockland and Orange Counties.

Most tellingly, the skies opened to dump their contents—once those vehicles were on the highways back home, as witnessed by astonished riders staring gratefully through rain-pelted windows.

Sukkos, as no *Gazette* reader needs reminding, is synonymous with family fun. And with yet another fun family-friendly community outing to Quassy, the individuals with disabilities served by Hamaspik, and their families, were delivered the message that you're included, too.

And the weather, guided by an unseen Hand, couldn't have been more helpful! ★

HEALTH NEWS

In Study, Three Men with Type 2 Diabetes Stop Needing Insulin after Intermittent Fasting Over Ten-Month Period

Toronto, Ontario — A tenth-month-long tracking study of three men with Type 2 diabetes found that the three men were able to completely quit taking insulin after a series of planned fasts.

The study, conducted by Dr. Jason Fung and colleagues at Toronto's Intensive Dietary Management Program, had the three men fast for 24 hours up to three times a week.

Each fast day consisted of no food (except for one light dinner meal a day), and water, coffee or broth throughout. Each had confirmed Type 2 diagnoses.

According to the study, published Oct. 9 in *BMJ Case Reports*, the new case report says the three



CURED? THREE MEN SEEM TO NEED BLOOD TESTING DEVICES NO MORE

patients also lost weight and their HbA1Cs, a measure of blood sugar levels, improved.

Experts say the study clashes with the widely-held belief that diabetes is strictly a chronic, irreversible disease—though that's been changing in recent years, according to Dr. Fung. "People are focused on giving drugs to Type 2 diabetes," he told a media outlet, "but it's a dietary disease."

However, more research is needed to prove that fasting is a therapeutic regimen for diabetes—and experts urge caution against fasting diets without consulting with doctors first. ★

HEALTHY EATING



Yams - Sweet Potatoes

EASY | YIELDS: 6 SERVINGS

PREP TIME: 0:10 | READY IN: 0:50



Sweet Potato Fries

GREAT HEALTHY SUBSTITUTE FOR REGULAR FRIES

INGREDIENTS:

- 5 sweet potatoes
- 1/4 cup olive oil
- Salt
- Black pepper
- Garlic powder

DIRECTIONS:

- Peel sweet potatoes and slice into thin wedges
- Spread on a lined baking sheet
- Drizzle the olive oil
- Season with salt, pepper, garlic powder
- Bake at 450° for 20 minutes flip bake for additional 20 minutes

CHEF'S TIP:

Never refrigerate sweet potatoes, because cold temperatures will convert the potatoes' starch into sugar and greatly affect the flavor.

BENEFITS:

Sweet potatoes are high in many important nutrients. They contain a good amount of fiber as well as vitamin A, vitamin C, manganese and several other vitamins and minerals. In addition to the nutrients above, sweet potatoes also contain riboflavin, phosphorus, vitamin E, vitamin K, calcium and iron.

EASY | YIELDS: 4 SERVINGS

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



Hassel-back Sweet Potatoes

SWEET POTATOES WITH A TWIST

INGREDIENTS:

- 4 medium sized sweet potatoes
- 1/4 cup oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1 teaspoon parsley flakes
- 1/2 teaspoon paprika

DIRECTIONS:

- Preheat the oven to 425°
- Line a baking sheet with aluminum foil
- Make a series of 1/8-inch slices along each potato, slicing 2/3 of the way through
- In a small bowl, stir together the oil and seasoning, rub the potatoes all over with the mixture, getting in between the slices
- Place on the baking sheet and roast until the center of the potatoes are tender and the outside is crisp, 50 minutes to 1 hour. Halfway through the roasting time, remove the potatoes from the oven and run a fork gently across the tops of the potatoes, using light pressure, to fan the slices and separate them from one another

MEDIUM | YIELDS: 8 SERVINGS

PREP TIME: 0:20 | READY IN: 0:20



Sweet Potato Salad

CRUNCHY SALAD

INGREDIENTS:

- 2 large sweet potatoes
- Spray oil or 1/4 cup oil
- 1 bag romaine lettuce
- 1 red pepper - sliced in thin strips
- 1 yellow pepper - sliced in thin strips
- 1 small red onion - diced

DRESSING:

- 1/2 cup oil
- 1/2 cup vinegar
- 1/2 cup sugar

DIRECTIONS:

- Peel sweet potatoes. Using a peeler continue to peel wide thin strips of the entire sweet potato
- Lay flat on baking sheet, spray oil or drizzle oil on top
- Bake in oven at 450° for 5-10 minutes or until crispy and put aside
- In a large bowl, combine lettuce, peppers and onions
- Place all dressing ingredients in a small container; shake well
- Toss salad with dressing
- Top with the crunchy sweet potatoes

In the Know

ALL ABOUT... THE COMMON COLD

Information sources:
Mayo Clinic, WebMD,
MedlinePlus, U.S. Centers
for Disease Control and
Prevention (CDC)

INTRODUCTION

If you think, “What’s there to know already about the common cold?”, we bet we could surprise you: the common cold causes about one *billion* colds a year in the U.S. alone.

What’s more, according to the U.S. Centers for Disease Control (CDC), those billion infections cause some 22 million lost school days a year in the U.S. alone.

And despite its name, the common cold has little to do with cold. It’s just more common when it’s cold outside because that’s when more people spend more time inside—spreading more viruses.

Read on for a host of common-cold facts common and obscure.

DEFINITION

The common cold is a viral infection of the nose and throat. Specifically, it’s a viral infection of the inside linings of the nostrils and the upper respiratory tract. The virus causing the common cold is called the rhinovirus (“rhino” as in Latin for “nose”). There are many strains of rhinovirus.

While the common cold may not feel harmless, it most often is.

Children younger than six are at greatest risk of colds, but healthy adults can also expect to have two or three colds annually.

Most people recover from a common cold in a week or ten days. Symptoms might last longer for people who smoke. If symptoms don’t improve, see your doctor.

Sneezing, scratchy throat, runny

nose—everyone knows the first signs of a cold, probably the most common illness known. These symptoms are usually caused by a viral infection.

Although the common cold is usually mild, with symptoms lasting one to two weeks, it is a leading cause of doctor visits and missed days from school and work.

Children have about six to ten colds a year. One important reason why colds are so common in children is because they are often in close contact with each other in daycare centers and schools. In families with children in school, the number of colds per child can be as high as 12 a year. Adults average about two to four colds a year, although the range varies widely. Women, especially those aged 20 to 30 years, have more colds than men, possibly because of their closer contact with children. On average, people older than age 60 have fewer than one cold a year.

In the U.S., most colds occur during the fall and winter. Beginning in late August or early September, the rate of colds increases slowly for a few weeks and remains high until March or April, when it declines. The seasonal variation may relate to the opening of schools and to cold weather, which prompt people to spend more time indoors and increase the chances that viruses will spread to you from someone else.

Seasonal changes in relative humidity also may affect the prevalence of colds. The most common cold-causing viruses survive better when humidity is low—the colder months of the year. Cold weather also may make the inside lining of your nose drier and more vulnerable to viral infection.

SYMPTOMS AND CAUSES

Symptoms of a common cold usually appear one to three days after exposure to a cold-causing virus. Signs and symptoms, which can vary from person to person, might include:

- Runny or stuffy nose
- Sore throat
- Cough
- Congestion
- Slight body aches or a mild headache
- Sneezing
- Low-grade fever
- Generally feeling unwell (malaise)

The discharge from your nose may become thicker and yellow or green in color as a common cold runs its course. This isn’t an indication of a bacterial infection.

DIAGNOSIS AND TREATMENT

When to see a doctor

For adults — seek medical attention if you have:

- Fever greater than 101.3 F (38.5 C)
- Fever lasting five days or more or returning after a fever-free period
- Shortness of breath
- Wheezing
- Severe sore throat, headache or sinus pain

For children — in general, your child doesn’t need to see the doctor for a common cold. But seek medical attention right away if your child has any of the following:

- Fever of 100.4 F (38 C) in newborns up to 12 weeks
- Rising fever or fever lasting more than two days in a child of any age
- Symptoms that worsen or fail to



- improve
- Severe symptoms, such as headache or cough
- Wheezing
- Ear pain
- Extreme fussiness
- Unusual drowsiness
- Lack of appetite

CAUSES

Although many types of viruses can cause a common cold, rhinoviruses are the most common culprit.

A cold virus enters your body through your mouth, eyes or nose. The virus can spread through droplets in the air when someone who is sick coughs, sneezes or talks.

It also spreads by hand-to-hand contact with someone who has a cold or by sharing contaminated objects, such as utensils, towels, toys or telephones. If you touch your eyes, nose or mouth after such contact or exposure, you're likely to catch a cold.

Risk factors

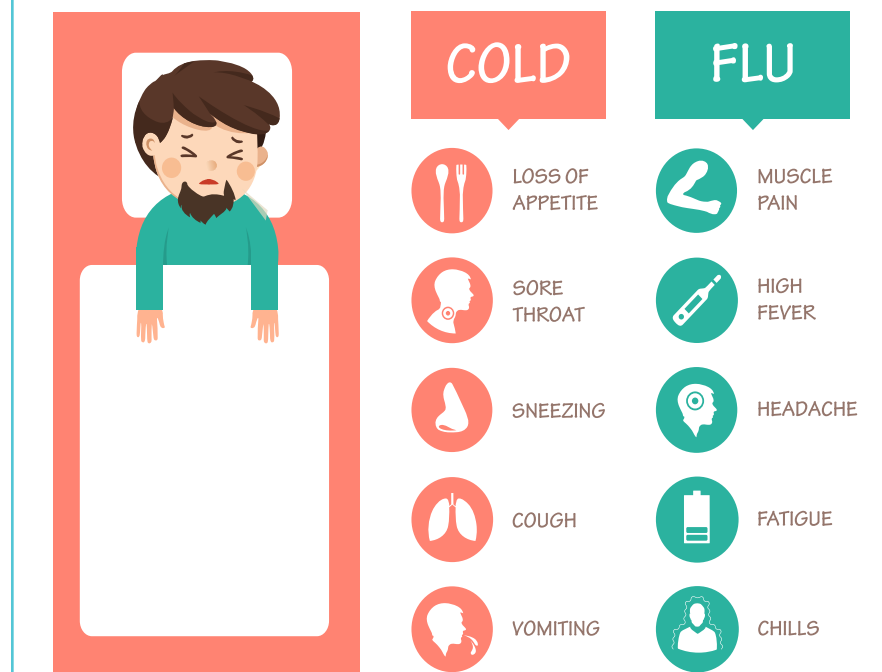
These factors can increase your chances of getting a cold:

- Age. Children younger than six are at greatest risk of colds, especially if they spend time in child-care settings.
- Weakened immune system. Having a chronic illness or otherwise weakened immune system increases your risk.
- Time of year. Both children and adults are more susceptible to colds in fall and winter, but you can get a cold any time.
- Smoking. You're more likely to catch a cold and to have more severe colds if you smoke.
- Exposure. If you're around many people, such as at school or on an airplane, you're likely to be exposed to viruses that cause colds.

Complications

- Acute ear infection (otitis media). This occurs when bacteria or viruses enter the space behind the eardrum. Typical signs and symptoms include earaches and, in some cases, a green or yellow discharge from the nose or the return of a fever following a common cold.
- Asthma. A cold can trigger an asthma attack.
- Acute sinusitis. In adults or kids, a common cold that doesn't resolve can lead to inflammation and infection of the sinuses (sinusitis).
- Other secondary infections. These include strep throat (streptococcal pharyngitis), pneumonia, and croup or bronchiolitis in children. These infections need to be treated by a doctor.

IS IT A COLD OR THE FLU ?



PREVENTION

There's no vaccine for the common cold, but you can take common-sense precautions to slow the spread of cold viruses:

- Wash your hands. Clean your hands thoroughly and often with soap and water, and teach your children the importance of hand-washing. If soap and water aren't available, use an alcohol-based hand sanitizer.
- Disinfect your stuff. Clean kitchen and bathroom countertops with disinfectant, especially when someone in your family has a cold. Wash children's toys periodically.
- Use tissues. Sneeze and cough into tissues. Discard used tissues right away, then wash your hands carefully.
- Teach children to sneeze or cough into the bend of their elbow when they don't have a tissue. That way they cover their mouths without using their hands.
- Don't share. Don't share drinking glasses or utensils with other family members. Use your own glass or disposable cups when you or someone else is sick. Label the cup or glass with the name of the person with the cold.
- Steer clear of colds. Avoid close contact with anyone who has a cold.
- Choose your child care center wisely. Look for a child care setting with good hygiene practices and clear policies about keeping sick children at home.
- Take care of yourself. Eating well, getting exercise and enough sleep, and managing stress might help you keep colds at bay.

MYTHS AND FACTS ABOUT THE COMMON COLD

As you read this, five percent of us are waging war against the common cold. Up to a billion colds a year occur in the U.S. alone, causing about 22 million lost days of school and 50 million lost days of work—adding up to \$25 billion in lost productivity. To make up for it, Americans spend around \$5 billion on over-the-counter remedies.

Colds are the leading cause of visits to the doctor: Antibiotics are prescribed for more than 60 percent of common colds, despite the fact that bacteria are involved in only two percent.

The Cold, Hard Facts

A single cold virus can have 16 million offspring within 24 hours.

The velocity of a sneeze is about as fast as a professional baseball pitcher can throw a fastball—about 100 miles per hour.

Mass Myths

You probably have believed one or two of these myths—they've been around a long time. So let's put them to bed!

Being cold causes a cold. Perhaps the most widespread cold myth of all states that exposure to cold temperatures causes people to catch colds. People have believed this folk wisdom for years, including the popular 18th century doctor William Buchan. This is presumably because colds are much more common in the winter, and cold air often causes a runny nose. However, studies from the 1950s and 1960s showed that when volunteers (actually, prison inmates) were kept chilly or very cold, they were

not more susceptible to infection with a cold virus, and when they had a cold, it did not make their colds worse.

Make the most of it. Some people believe that treating cold symptoms is bad for you because they help you recover. But research has shown that about a quarter of people who catch a cold don't have any symptoms, and beat the virus just as easily. Furthermore, sneezing and runny noses do not eliminate the virus completely, as it is still reproducing in the cells of the nasal lining. In addition, the more you treat your symptoms, the less likely you are to spread your cold.

Feed a cold and starve a fever (or vice versa). The origins of this saying are unclear, but it may have begun as sensible advice that was misinterpreted somewhere along the line. In any case, it probably is not a good idea. Eating well supports your immune system, and you need more fluids than usual when you have a cold if you want to avoid dehydration.

Antibiotics cure the common cold. As noted above, antibiotics usually do not help a cold. Antibiotics work against bacteria, while most colds are viral. When you have a bacterial infection, antibiotics may not be able to treat it. They may actually make colds worse by killing the 'friendly' bacteria and creating an environment more hospitable to the virus. And just in case you aren't already suffering enough, antibiotics can have side effects such as diarrhea and yeast infections.

But there is one cold myth with more than a grain of truth: Chicken soup. Maimonides, a 12th-century rabbi and physician, recommended "soup from a fat hen," and chicken soup has been a traditional cold remedy ever since.

While it certainly feels good when you have a dry, ticklish throat, most believe that 'Jewish penicillin' has no special powers to cure a cold. However, a recent scientific study found that "Chicken soup may provide relief from the symptoms of the cold through its synergistic properties" (in other words, the combination of ingredients and the fact that it's a warm liquid).

The study concluded that chicken soup helps the body clear mucus from the bronchial tubes faster and more effectively than other liquids. It does so because inhaling its warm vapors raises the temperature of the nose and loosens thickened secretions.

According to the researchers, the active ingredients in traditional recipes include celery, onions, carrots, parsley, mushrooms, parsnips, sage, thyme, salt and pepper. These are known for their medicinal and antioxidant properties.

In any case, staying well nourished can only help in the fight against your cold. ★

Status Report

Happening In Hospitals Today



RISING RURAL HOSPITAL CLOSURES: REPORT LOOKS AT UNDERLYING FACTORS

Washington, D.C. — According to a late-September report released by the federal Government Accountability Office (GAO), 64 rural U.S. hospitals were shuttered from 2013 to 2017—over twice as many as those closed between 2008 and 2012.

However, the report noted several key facts, variables and other factors. These include that waves of closures have hit rural U.S. hospitals before, often due to federal policy changes. For example, from 1985 to 1988, 140 rural hospitals—or five percent of rural hospitals then in existence—closed due to the Medicare Inpatient Prospective Payment System created in 1983.

In a similar vein, Medicare payment reductions were also a major factor. In 2016, according to the GAO, the average rural hospital counted on Medicare for 46 percent of gross patient revenue.

However, the report also noted that 53 percent of the hospitals didn't actually close, but merely converted into urgent care, primary care or emergency services facilities.

DANCING PEDIATRIC PA INSPIRES FOLLOWING, HEALING

Orange, California — Tony Adkins, PA-C is a physician assistant (PA) in the pediatric neurosurgery dept. of Children's Hospital of Orange County (CHOC).

His own life story is inspiring enough to make anyone dance: Raised by a single mom, he grew up to join the U.S. Army, marry, become a medical professional—and use the joy of song and dance to bring healing to children beset by serious illness.

Videos of the young PA singing and dancing with his young patients in the beds and hallways of CHOC have earned him an admiring following of over 26,000 worldwide.

Patients are even calling ahead of visits to ensure that he'll be available for a therapeutic dance session.



OVERSPENDING OVERSEAS: A STUDY FINDS STENTS MOST EXPENSIVE IN THE U.S.

“Being celebrated through song and dance brings them much joy and helps to get their minds off their disease,” Adkins recently wrote. “In an area of medicine where the stakes are high and the spirits often low, I believe it's important to create an outlet for kids to have fun because laughter and silliness is one of the best doses of medicine I can provide.”

U.S. HOSPITALS PAY UP TO 6X MORE THAN GERMANY FOR CARDIAC IMPLANTS: STUDY

London, England — British research finds that U.S. hospitals pay up to six times more for coronary stents and pacemakers than do hospitals in Germany.

Researchers looked at quarterly hospital spending between 2006 and 2014 in the U.S., the U.K., France, Italy and Germany—finding, for example, that U.S. hospitals reported paying \$670 for bare-metal stents, as compared to \$120 in Germany.

The research was recently published in *Health Affairs*.

CONSCIENTIOUS CHEF QUILTS RESTAURANT TO REVOLUTIONIZE INSTITUTIONAL FOOD

Berlin, Germany — Professional chef Patrick Wodni, 29, quit his job at a top-ranked Berlin restaurant to do “something useful,” he told *The New York Times* in an Oct. 5 article.

Now heading the Havelhöhe

hospital's food program, he's replaced the facility's commercial frozen-food orders with locally-harvested organic vegetables and fish, cut back on meat usage, and made oats and other bland-tasting health foods taste good, the *Times* reported.

Despite presiding over 550 fresh meals served a day, he's cut the hospital's food costs down to about \$5.50 per person per day, the *Times* noted. “Mr. Wodni has shown it is possible to improve the quality of hospital food while keeping costs low.”

The *Times* also reported that the chef wants to create a bigger revolution—“a first step in transforming the way institutions like schools and hospitals prepare and procure food.”

HOSPITAL THERAPY DOGS CAN SPREAD SUPERBUGS TO KIDS

Baltimore, Maryland — A study by Johns Hopkins University Hospital found that the therapy dogs used by the hospital to boost the spirits of children with serious illnesses can carry dangerous bugs, too.

Doctors were suspicious that the hospital's four trained canines might pose an infection risk to patients with weakened immune systems. So they conducted some tests while the animals were visiting pediatric cancer patients—discovering that kids who spent more time with the dogs had a six times greater chance of coming away with superbug bacteria than kids who spent less time with the animals.

However, the study also found that washing the dogs before visits and using special wipes while they're in the hospital took away the risk of spreading that bacteria.

Pet therapy can help people recover from a range of health problems.

Past studies have shown that conventional pets like dogs and cats, and even horses and other animals, can ease anxiety and sadness, lower blood pressure, and even reduce the amount of medications some patients need. ★



A FACE OF HEALING THROUGH HAPPINESS: CHILDREN'S HOSPITAL OF ORANGE COUNTY'S VERY OWN TONY ADKINS, PA-C



The Senior Care Gazette

News from
the World of
HamaspikCare
and Senior
Health

Hamaspik HomeCare Moving to Expansive New HQ in Spring Valley



NEW HEADQUARTERS, SAME GREAT CARE: HAMASPIK HOMECARE'S NEW LOCATION (INSET: PHOTO ILLUSTRATION OF MAIN ENTRANCE; ABOVE: ACTUAL BUILDING)

It's been long in coming—just ask any of Hamaspik HomeCare's Monsey office employees.

Hamaspik HomeCare, Hamaspik's still-growing and newly-rebranded home care agency formerly known as HamaspikCare, has long since outgrown its quarters at Hamaspik of Rockland County's hub at 58 Rt. 59 in the very center of Monsey. The result? Overcrowding.

The sprawling agency that is today's Hamaspik HomeCare boasts offices in several counties. But while Hamaspik HomeCare continues to bring Hamaspik's brand of superlative home care into members' living rooms and bedrooms, it was rapidly running out of its own room.

Now, however, that problem is slated for permanent alleviation—what with the coming relocation of Hamaspik HomeCare's corporate offices to 5 Perlman Drive in Spring Valley.

The contemporary new workspace

was selected after a months-long search, says Hamaspik HomeCare Chief Operating Officer Mordechai Wolhendler.

The site was ultimately selected for a combination of factors—primarily location. Its placement in a business-heavy area of Spring Valley gives employees the right environment, Wolhendler explains—and its proximity to public transportation, spacious (and accessible!) parking lot and sizable windows certainly help.

Plus, the new HQ is still well within the greater Monsey area.

Hamaspik HomeCare's driven Maintenance Manager, Simcha Klagsbrun, is the driving force behind the new center's interior renovations—presiding as he did over removal and replacement of old walls with new, configuring offices and cubicles alike, and ensuring that a fully-functional office will be up and running, designed from scratch

for maximum efficiency as it is, down to the tiniest detail.

With its operations to be located in spacious new spaces, Hamaspik HomeCare is poised for its next

epoch of robust growth.

Which, given its track record of more than tripling in size over the past four years, is sure to come sooner than you'd think. ★

Alzheimer's gets biggest-ever funding boost in 2019 budget

Washington, D.C. — The largest-ever funding increase for Alzheimer's and dementia research at the National Institutes of Health (NIH) was signed into law on Sept. 28, with the increase of some \$425 million spearheaded by a bipartisan Congressional effort that included New York's Rep. Nita Lowey.

The total annual funding for Alzheimer's and dementia research at

the NIH is now \$2.3 billion, up from just \$448 million in 2011.

Alzheimer's remains the country's expensive disease, costing an estimated \$277 billion—including \$186 billion in direct costs to Medicare and Medicaid—in 2018. Today more than 5 million Americans are living with the disease and by 2050 this number is projected to rise to nearly 14 million. ★



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At Hamaspik HomeCare, you've got a guy on the inside. Whether you need advice on a discharge from a facility or general questions, please call or visit us anytime and speak to Chunya, your dedicated homecare planner.

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it can even be a
family member!



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