



The Hamaspik Gazette

News of Hamaspik
Agencies and
General Health

FEBRUARY '19 • ISSUE NO. 166



GAZETTE SURVEY

The GAZETTE asks YOU:

WHAT KIND OF BREAD DO YOU REGULARLY EAT?

A: WHITE BREAD; B: SPELT; C: WHOLE WHEAT

Respond to: survey@nyshainc.org



HEALTH STAT

A DOSE OF REALITY

73.7 MILLION

Number of U.S. children today

9 MILLION

U.S. children today on prescription
medications for at least three months

Source: National Health Interview Survey, 2017; ChildStats.gov



HEALTH TIP

MAKE MENTAL HEALTH YOUR BUSINESS

Non-stop work is great for entrepreneurship, but not for mental health. Here are three quick brain-boosters: Detox from social media, open up about feelings, and get enough sleep.

Source: Entrepreneur, Dec. 18, 2018

INSIDE

HEALTH

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AUTISM / DISABILITY

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HAMAPIK HOMECARE NEWS

NEW HEADQUARTERS, NEW NAME, NEW ERA

AT HAMASPIK HOMECARE'S BRAND-NEW HEADQUARTERS AT 5 PERLMAN DRIVE IN UPSTATE SPRING VALLEY, DRAMATICALLY INCREASED NEW WORKSPACES IS SLATED TO TRANSLATE INTO DRAMATICALLY INCREASED HOME-CARE SERVICES ACROSS THE 13 COUNTIES IT SUPPORTS.



WITH THE BABY-BOOMER RETIREMENT POPULATION ROBUSTLY GROWING, THE NEED FOR THE HOME HEALTH AIDES (HHAs), PERSONAL CARE AIDES (PCAs) AND REGISTERED NURSES (RNs) PROVIDED BY HAMASPIK HOMECARE IS GREATER THAN EVER.

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NYSHA NEWS

Tri-County Care Intake Depts. Busy with Growing Applicants

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HAMASPIK NEWS



**Communal Warmth at Hamaspik:
Day Hab Visitor Dr. Baruch Cunin
Reflects Agency-Wide Integration**

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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 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

HEALTH AND RECOVERY PLAN (HARP)

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

HEALTH NEWS

Nerve Transfer Surgery Restores Movement, Hope to Kids Paralyzed by Recurring Rare Disease

Most Young Patients with Acute Flaccid Myelitis (AFM) Recover with No Permanent Damage

St. Louis, Missouri — Acute flaccid myelitis (AFM) is a mysterious rare disease that hits about one out of every million people. Most patients are children.

However, the condition seemingly strikes the U.S. every two years. Mysteriously, it does not seem to be striking other countries. And most mysteriously, doctors do not yet know what causes it.

For 2018, at least 62 cases of AFM have been confirmed in 22 states as of mid-October—with at least 65 additional cases in those states being investigated as possibly being AFM.

The U.S. Centers for Disease Control (CDC) is monitoring the situation and considering appointing a task force. While they don't know its cause, some kind of virus is suspected, as all cases begin with cold-like symptoms and fever, followed days later with muscle weakness or paralysis in the face, neck, back or limbs.

Most recover fully.

And for pediatric AFM patients who don't, pioneering Washington University surgeon Dr. Amy Moore has recently been performing several nerve transfer surgeries on kids recently, replacing leg nerves that don't work with ones that do. ★



NYSHA Article 16 THERAPY CLINIC

SERVING INDIVIDUALS
WITH SPECIAL NEEDS

Certified by


NYSHA's Article 16 Clinic provides clinical services to individuals who are developmentally disabled. Following a comprehensive evaluation, we offer a full range of clinical services. Our professional service team develops specialized treatment planning based on each individual's needs.

 We accept Medicaid

For evaluations, appointments and to schedule a visit to the clinic call
718.26.NYSHA
6 9 7 4 2

NYSHA Clinic locations: 293 Division Ave. Brooklyn, NY 11211
1 Hamaspik Way. Monroe, NY 10950



Psychiatry



Counseling



Speech Therapy



Nutrition Services



Psychological Evaluations



Occupational Therapy



Physical Therapy

●► NYSHA NEWS

Across New York's Disability Community, Tri-County Care Takes In Positive Change

Agency's Intake Team in Four Offices Delivering Responsiveness, Expanded Services

With the advent of the Care Coordination Organization (CCO), the world of supports and services provided to New Yorkers with disabilities continues to change for the better.

And for a growing number of New Yorkers with disabilities applying for the first time with NYSHA's CCO, Tri-County Care, the process of getting those supports and services has never been better.

Under the new CCOs, which provide "Conflict Free" care management to first-time applicants and existing beneficiaries alike, more applicants are getting disability supports and services for the first time.

That's certainly the case with Tri-County Care, where its Intake Dept. across four regional offices (Albany, Brooklyn, the Bronx and Rockland County)



have been deftly processing a marked uptick in new applicants.

That process is enhanced and well-oiled by Intake's extensive collective experience with

the New York State Office for People With Developmental Disabilities (OPWDD).

Whether contacting Tri-County's Intake Dept. directly, or getting referred by the OPWDD, applicants qualifying for OPWDD supports and services are ultimately handed off to Tri-County's team of Care Coordinators, who in turn—per the CCO model's mission—enroll them with any number of provider agencies whose specific programs best benefit them.

So, what does that look like on the front lines?

"We're busy," says one Tri-County intake staffer.

"The phone is always ringing."

"We're very responsive," chimes in another.

And best for the applicant of all? "No waiting list," adds the first staffer. ★

●► HEALTH NEWS

Non-exercise Far Worse than Smoking, Diabetes and Heart Disease: Study

Cleveland, Ohio — A 14-year fitness tracking study of over 122,000 patients of the prestigious Cleveland Clinic found that those who did little regular physical exercise have a risk of premature death that is 390 percent higher than those who smoke, have diabetes, or have heart disease.

In other words, according to the study, limited regular exercise is worse than smoking, having diabetes or heart disease.

What's more, according to the study, people who did no regular exercise at all—living a so-called sedentary lifestyle—have a risk of death that is 500 percent higher than those who smoke, have diabetes, or have heart disease.

The study results were "extremely surprising," senior author and Cleveland Clinic cardiologist Dr. Wael Jaber said.

"Being unfit should be considered as strong of a risk factor as hypertension, diabetes and smoking, if not stronger than all of them," he said. "It should be treated almost as a disease that has a prescription, which is called exercise."

The study was published recently in the journal *JAMA Network Open*. ★



MEDICAL TREATMENT CENTER? IF UNFITNESS IS A DISEASE, GYMS LIKE THE ONE SHOWN HERE ARE LARGELY ITS CURE

Hamaspik Gazette

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EXECUTIVE DIRECTOR: Meyer Wertheimer

WRITER: Mendy Hecht

TEL: 845-655-0613

FAX: 845-655-5613

MAIL: Hamaspik Gazette, 58 Rt. 59, Suite 1,
Monsey, NY 10952

Happening in Health Today

IMMUNE CELLS “TRAINED” BY SKIN MICROBIOME PROMOTE RAPID RESPONSE TO WOUNDS

Bethesda, Maryland — In a new report recently published in *Science*, researchers with the National Institute for Allergy and Infectious Disease (NIAID) describe how recognition of the skin microbiome helps immune cells in those tissues quickly repair tissue when the skin is injured.

The findings further researchers' understanding of the importance of these *commensal microbes* in health and immunity.

U.S. ORGAN TRANSPLANT RULES GET AN OVERHAUL

Washington, D.C. — The powerful but obscure United Network for Organ Sharing (UNOS) panel, which governs which chronically ill people get critical organ transplants and when, overhauled its decision rules in December.

Under its new system, the patient with the most urgent need for a transplant will have first claim on any organ from a compatible donor within a 150-mile radius, then a 250-mile radius and on up to a 500-mile radius. This process will continue with the priority given to the sickest people.

The Dec. 3 vote from the UNOS board followed decades of gridlock among the nation's top transplant centers over the existing policy that prioritized transplant candidates based on where they lived in proximity to donors. It was prompted by a major lawsuit from critically ill transplant candidates who couldn't get access to livers and HHS intervention last summer.

INFECTIONS MAY RAISE MENTAL-ILLNESS RISK IN CHILDREN

Aarhus, Denmark — In a study published recently in *JAMA Psychiatry*, researchers at Aarhus University Hospital traced a connection between some infections and mental illnesses like schizophrenia, depression and bipolar disorder. The study shows that a wide variety of infections are linked to

a higher risk of many mental illnesses in children and adolescents.

The findings support the idea that infections affect mental health, possibly by influencing the immune system.

For the study, researchers gathered data on hospitalizations and prescription medications for the 1.1 million children born in Denmark between Jan. 1, 1995, and June 30, 2012.

For all mental illnesses—excluding depression and bipolar disorder—the team found that hospitalization for infection was associated with 84 percent higher risk of later diagnosis with mental health disorder at a hospital, and a 42 percent more risk of being prescribed medication for such illness.

“GENE MIST” FLU SPRAY ORIGINATES IN LLAMAS

La Jolla, Calif. — Scientists at the Southern Calif.-based Scripps Research Institute, and colleagues in Belgium and elsewhere, are working on a sort of genetic “vaccine” against the flu—a “gene mist” to be sprayed directly into the nose—based on antibodies derived from the camel-like South American animals known as llamas.

Scientists first gave llamas traditional flu shots, which produced antibodies. Analysis of those antibodies led to the identification of four types that protected against a wide range of flu viruses.

Further research found the essential parts of the four antibodies that recognize flu viruses, which each targeting a different and largely unchanging location on the viruses' surfaces.

Those four antibodies were then fused together in a lab to create a broadly protective, four-in-one “nanobody” antibody. In tube tests, the new effectively targeted and neutralized dozens of flu A and B viruses, including several types of bird flu.

Researchers then inserted a bioengineered gene with the instructions for the four-in-one antibody into a harmless virus, and then sprayed that virus into the noses of mice.

The viruses inserted the genes into respiratory cells, which in turn produced the four-in-one antibody.

A week later, the mice were exposed to various flu viruses—but were protected.

While the “gene mist” flu “vaccine” might not be ready for humans, the strategy holds considerable promise, especially for infants and children, seniors, and people with fragile or compromised immune systems. ★



TISSUE CHIPS FLOWN TO INTERNATIONAL SPACE STATION FOR MICROGRAVITY RESEARCH ON AGING

Cape Canaveral, Florida — A recent launch of a SpaceX rocket to resupply the International Space Station carried unique cargo this time: tissue chips, or research technology that reflects the human body.

When traveling in space, astronauts experience physiological changes normally associated with aging, such as bone loss, muscle deterioration and altered immune systems. When the astronauts return to Earth, the changes often reverse.

Designed to work like human organs, tissue chips mimic living human tissues and cells. Each immune system chip includes three types of cells: a specific type

of immune cell; cells from bone marrow, which make immune cells; and cells from the lining of blood vessels, where immune cells encounter infection.

A few dozen of the immune system chips are traveling to the space station, where they will stay in an incubator. After two weeks, the chips will be frozen and preserved. Later, they will be transported back to Earth for analysis.

By sending immune chips into space, scientists hope to be able simulate the aging process of the immune system and understand how it affects the body's ability to repair itself as it grows older. ★

●► NYSHA NEWS

Annual Agency-Wide Motivational Staff Appreciation Chanukah Event Hosted by NYSHA

High-Profile Rabbi, Celebrity Journalist Headline Chanukah Festivities



SHULEM LEMMER TAKES IT TO THE STAGE

On Tuesday, Nov. 27, hundreds of employees from all five Hamaspiik divisions—and for the first time, their spouses—attended the annual Chanukah staff appreciation event hosted by the New York State Hamaspiik Association (NYSHA).

The event is held every year for the staff of Hamaspiik of Kings County, Hamaspiik of Orange County, Hamaspiik of Rockland County, Hamaspiik HomeCare, and Hamaspiik Choice.

This year's event was held at the Venetian, a social hall in Garfield, New Jersey.

Couples arriving at the 6:00 p.m. official starting time were greeted as usual by Mrs. Brenda Katina, Hamaspiik's very own Special Events Coordinator and a driving force for community disability mainstreaming. Besides Mrs. Katina, this year's event was equally produced by months of hard work by Hamaspiik of Orange County Executive Director Moses Wertheimer.

Once on the premises, guests encountered a buffet reception accented with live parlor music. The men and women who respectively form the brotherhood and sisterhood of the Hamaspiik family were seen catching up with each other and making new friends. Over small round tables, the gentlemen enjoyed fine food while meeting coworkers or their spouses, while the ladies likewise enjoyed equal company.

Following that hour-long reception, the house lights dimmed to usher guests on to the main event.

Entering the table-laden central ballroom, guests were pleasantly surprised to encounter a bandstand, band and all. The live music, backed by the voices of the Yedidim vocal ensemble



HAMASPIK FOUNDER: MR. WERTHEIMER



A SEAT AT THE TABLE: GUESTS CAME AWAY APPRECIATED FOR THEIR CONTRIBUTIONS

and framed by industrial stage lighting and fog effects, set the stage for the motivational atmosphere to come.

Further rounding out that atmosphere was a veteran glassblowing artisan whose live demonstration ran off to one side throughout the evening.

In the first of several surprises (none of the featured speakers or performers were announced in advance), an energetic and tall young man emerged from backstage to formally welcome the crowd in his capacity as Master of Ceremonies. Avraham Yaakov Turkeltaub, better known by his "Turx" non de plume, proceeded to demonstrate equal facility at wittiness as reportage from the White House, where the professional journalist also serves as a senior correspondent.

Setting the tone with no shortage of jokes, the colorful Turx then dramatically introduced the next surprise—superstar tenor and signed mainstream recording artist Shulem Lemmer, who thrilled the crowd with several classic Yiddish selections.

Emcee Turx then noted community motivational speaker and activist Rabbi Zecharia Wallerstein.

Rabbi Wallerstein's inspiring

message focused on Hamaspiik's spirit of giving to people in need—with special emphasis on the little-broadcast fact that much of Hamaspiik's staff themselves have immediate family affected by special needs. (Shortly after his speech, Rabbi Wallerstein was found in the lobby exchanging community aid resources with Hamaspiik staff, furthering a high moment of inspiration and motivation.)

Mr. and Mrs. Chaim Mendel and Brenda Katina, among Hamaspiik's founding pillars, were next honored for their outstanding contributions to the greater cause of disability supports.

Hamaspiik's team of division heads and program leaders were then honored as well for their vital roles.

Gathering on stage for a group photo were Executive Directors Yoel Bernath of Tri-County Care and Hamaspiik Choice; Moses Wertheimer of Hamaspiik of Orange County; Joel Freund of Hamaspiik of Rockland County; Hershel Wertheimer of Hamaspiik of Kings County; and Hamaspiik HomeCare's Asher Katz.

In turn, they welcomed to the stage Hamaspiik founder and NYSHA president Meyer Wertheimer, presenting



LIVE (NOT) FROM THE WHITE HOUSE: CHAIM MENDEL KATINA (L) WITH TURX



COMEDY TIMES THREE: THE LIVE SKIT

him with a rhyming poem expressing their appreciation for always being there for them. The poem, written by Hamaspiik of Orange County Family Care Liaison Mendel Rosenfeld, was also set in professional calligraphy.

Also honored were event hosts and hostesses, who went above and beyond the call of duty at the gala as equally as they do throughout the year.

Mr. Wertheimer took the podium for a few moments, speaking about where Hamaspiik has been as an agency and a family, where it is now, and where it's headed.

Reviewing the size and scope of the entire family of divisions, and the life-changing community supports and services that they provide, the NYSHA leader personally thanked every staff member by name.

Further entertainment followed with performances by child soloist Shulem Brodt, a live comedy skit, and surprise raffles for various prizes and gifts. Those included handcrafted glassware from the on-site glassblower, a grand-prize raffle of round-trip tickets for two to Switzerland (plus a set of brand-new luggage), and a bartender literally juggling bottles and glasses to spectacularly fill an array of amazing cocktails.

The event underscored NYSHA's tradition of appreciating its hardworking employees, at scales large and small. A Nov. 8 luncheon for staff of Hamaspiik of Orange's Shnois Chaim Senior Day Program was one such small event. The event at hand was NYSHA's largest one.

Regardless, guests left well after 12:00 a.m.—tired after close to six hours of festivities, but motivated and uplifted for another year of community-boosting activities.



● ► HAMASPIK NEWS | HAPPENINGS AROUND HAMASPIK



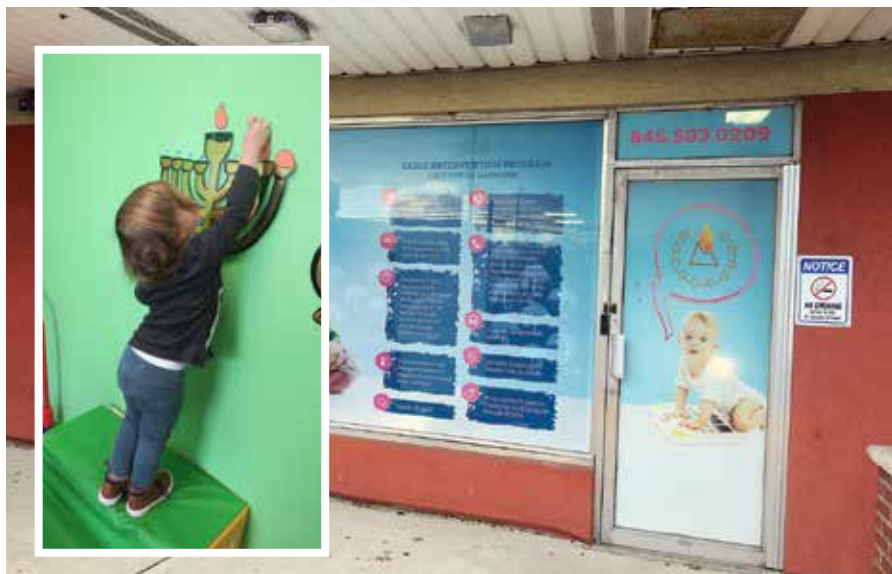
Happenings around Hamaspik

Getting to Their Heads



FIRED UP: AT THE FIRE MUSEUM, YOSEF CHAIM AND ZALMY WEAR MORE THAN ONE HAT

Standing Up for More Kids



BRIGHTENING LIVES: EI KIDS LIKE THIS LITTLE GUY (INSET) CAN NOW GET THE HEALTH HOME SERVICING CHILDREN (HHSC) PROGRAM FROM HAMASPIK OF ROCKLAND, TOO

Stoking the Fires of Personal Growth—and Patriotism

Hamaspik of Kings County Men's Day Hab Visits NYC Fire Museum

It was on a most fateful Tuesday morning in September of 2001 that over 300 of New York's Bravest paid the ultimate price for their bravery.

Some 16 years later, on a chilly Thursday in late 2018, a small group of gentlemen with Hamaspik of Kings County's Day Hab program paid homage to their spirit and sacrifice—and to the Bravest who came before those heroes of September 11.

Having recently learned at Day Hab about American history in general and New York history in particular, the young men had expressed interest in visiting an authentic Big Apple firehouse

And considering September 11th's permanent place in the public conscience, they wanted to learn more about that day of infamy, too.

They accomplished both at the New York City Fire Museum.

Located in a once-active firehouse at Manhattan's 278 Spring St., the Museum is FDNY's official public repository of all things Fire Department-related.

Laid out across the facility's

floors is a tangible (and with several specimens, touchable) summary of the Department's history, from horse-drawn firefighting equipment from its earliest days to handheld tools used as recently as the 1980s. The gentlemen enjoyed taking all that in.

But most impressive of all on the Hamaspik guests (besides the elevator, ramps and other disability accessibility hardware in place throughout) was the Museum's September 11 exhibit.

Oversized photos gave the visitors the full picture of the devastation, with images of smashed firetrucks and battered helmets amid Ground Zero rubble conveying the scope of 9/11/01. Hamaspik staff report that the gentlemen stood by silently for several long minutes, overcome with emotion.

The Hamaspik group left the informative venue after a good two hours of browsing. But when they did, its contents—and their unspoken message of courage and service—came with them. ★

Bringing the Health Home Program to New York's Youngest as Early as Possible—with Help from Hamaspik

Very few New York State non-profits that provide the Early Intervention (EI) program are also state-approved to provide the Health Home Servicing Children (HHSC) program in, as is Hamaspik of Rockland County.

But then again, very new non-profits' staff regularly go above and beyond the call of duty as do those at Hamaspik.

In recent months, the New York State Dept. of Health (DOH) has been pushing for HHSC services to be brought to as many qualifying children in need as possible—with provider partners like Hamaspik of Rockland County being asked to cast the widest possible net.

As such, with Hamaspik of Rockland County long running its successful EI program

for tiny tots with developmental delays, At-Home Services Director Moshe Laufer applied for DOH approval to provide HHSC to his agency's adorable EI kids.

In late November, the application was approved—rendering any EI child who qualifies for HHSC now able to apply.

Health Home, a state Medicaid program, provides a wealth of medical supports to qualifying individuals with dual diagnoses—and now, thanks to Hamaspik, is available to even more children. ★

Hamaspik's HHSC is for Rockland County residents only. For Intake, call 845-503-0200.

► HAMASPIK NEWS | HAPPENINGS AROUND HAMASPIK

An Integrated, Exhilarating Early Start on the Chanukah Spirit

Women's Day Hab Hosts Local Girls High School, with Choir, for Pre-Holiday Party

If the pre-Chanukah festivities at Day Hab were this exciting, one can only imagine how uplifting Chanukah itself must be!

The Festival of Lights ran from December 3rd through the 10th this year. But to get an early start on the bright and cheery spirit of the holiday, the Women's Division of Hamaspik of Rockland County's Day Habilitation (Day Hab) Program hosted a "Pre-Chanukah Party" on Nov. 27.

The event, held at the Hamaspik Terrace social hall in the heart of Monsey, was rife with Chanukah imagery, with tables set and walls decked with dreidel and menorah themes.

Along one wall were no less than three "Make Your Own" stations, at which guests could choose to make their own dreidels, menorahs and even that holiday favorite—doughnuts!

However, the central feature of the event underscored Hamaspik's ongoing community inroads, and the community's inroads into Hamaspik. That feature was the attendance of

the entire student body of Masores Bais Yaakov, a local private girls high school.

Besides bringing a crowdful of friendliness and good cheer to a fun-filled holiday celebration, the high schoolers brought their own in-house school choir. That vocal group had everyone singing and clapping along—and was also accompanied on keyboard by several members of STARS, Hamaspik's program for high-functioning adults. For their part, the STARS members had practiced extensively for their performance, having had biweekly music instruction—and at the party, instrument and voice came together seamlessly.

But most important was the very fact that the high school group came.

Considering that even up to a few years ago, such a mainstreaming "People First" community event would have been unheard of, the fact that a group of young women with and without disabilities all gathered in the same room for the same reason was a miracle in itself. ★

With Travel of Personal Choice, Moishy's a Frequent Flyer

Resident of Hamaspik's Forshay Briderheim Enjoys Trip to Family Event Overseas

The Saturday Shabbos is the "Day of Rest," of course.

But on a recent post-Shabbos Saturday night, the scene was anything but restful—as Forshay Briderheim resident Moishy and staff rushed out the door practically the moment Shabbos was over—culminating the Day of Rest, not to mention weeks of painstaking preparation and planning together with Home Manager Mrs. Fischer for that moment.

Their destination was John F. Kennedy International Airport, where Moishy was catching a late-night trans-Atlantic flight with family whose final destination was Bnei Brak.

In turn, that majority-Orthodox city was the site of a wedding where

Moishy would be attending as the honored guest that he was—and beloved family member that he is.

For one enjoyable long week, Moishy enjoyed the company of cousins, uncles, grandparents and other relatives who were as thrilled to see him as he them.

But the Friday before his trip, the Hamaspik of Rockland County Day Hab program that Moishy attends daily couldn't quite see him off without at least some farewell fanfare. That program hosted a goodbye party that day—and an equally grand "Welcome Back" party a bit over a week later.

The only question now is: where was Moishy flying higher? Guess we'll have to ask Moishy himself! ★

Chanukah Across Hamaspik



TAKING THE FLOOR: A PRIVATE LIVE CONCERT FOR THE ROCKLAND MEN'S DAY HAB



IN THE HOUSE: RESIDENTS OF THE ARCADIAN RESIDENCE AT THEIR CHANUKAH TABLE

A (Well-) Round(ed) Trip



"WORLD"-WIND: MOISHY AT LOCAL ZOO (INSET), WARM WELCOME BACK AT DAY HAB

The Autism Update

News and developments from the world of research and advocacy

AUTISM SPEAKS-GAMESTOP PARTNERSHIP AWARDS PROGRAMMING GRANTS TO PEOPLE WITH AUTISM

New York, New York — The NXT GEN Coders Program provides grants for organizations that teach digital skills to people across the autism spectrum, training them for careers in computer programming and coding. The program is funded by GameStop and administered by Autism Speaks.

In late November, the first 14 fourteen recipients of the Autism Speaks-GameStop NXT GEN Coders Program were announced by both organizations.

Among the 14 organizations to secure a NXT Gen funding grant are three in New York State.

Friends of Green Chimneys in upstate Brewster will be funded to create an afterschool coding club for students with autism ages 10-18. Manhattan's Tech Kids Unlimited will get funding for enhancing existing day and summer camps that offer digital and coding programs, as well as online coding and social skills for beginners. And the Westbury, New York-based We Connect The Dots will be funded for scholarships, support training resources, modifications to curriculum, and mentors to support student's success.

COURT ALLOWS AUTISM GROUP HOME TO SUE NEIGHBOR FOR HARASSMENT

Trenton, New Jersey — On Dec. 10, a state appeals court allowed the Middleton, New Jersey-based Oasis Therapeutic Life Centers to proceed with a lawsuit against neighbors charging harassment and disability-based discrimination.

The suit alleged that the neighbors engaged in vandalism, trespassing and other forms of harassment to keep the Center from opening on a farm property that it had purchased for purposes of building a group home for young adults with autism.

In allowing the suit to proceed, the court found that the "Plaintiff's complaint alleged that defendants' interference with... efforts to purchase property for use as a group home for autistic individuals violated the New Jersey Law Against Discrimination (LAD)... it is, in fact, unlawful to discriminate against a buyer because of the disability of a person intending to live on the premises, even if the



PEOPLE WITH AUTISM NOT MORE VULNERABLE TO PHISHING ATTACKS: STUDY

Birmingham, Alabama — A study by the University of Alabama at Birmingham's Department of Computer Science noted that the detailed-oriented nature of individuals with autism may make them equally equipped as people without autism to detect phishing attacks.

The study investigated the correlation between social health disorders and phishing, a type of social engineering attack usually deployed against typical computer users to steal their personal data.

The study specifically examined if individuals with autism are more susceptible to counterfeit websites than those without autism. Due to diminished social skills, the theory was that individuals with ASD are likelier to be deceived by phishing attacks. But participants with autism spent significantly longer on real websites than the fake websites.

Overall, the study's findings showed that individuals who were on the spectrum may not be more prone to phishing attacks compared to people without autism. ★

buyer does not fit within the protected class."

FINES, NO PRISON, FOR AUSTRALIAN COUPLE WHO GAVE SON CANNABIDIOL FOR AUTISM

Rockhampton, Queensland — An Australian court handed down a fine of \$900 to a couple who had home-treated their five-year-old son's autism with home-grown cannabidiol, or oil from the cannabis plant. The court also declined to hand down a prison sentence; the couple could have been looking at up to 25 years behind bars.

Cannabis is largely illegal across most developed countries, but its essential oil extract has proven beneficial for several medical conditions, including Dravet syndrome, a hard-to-treat form of epilepsy.

While some maintain that cannabidiol reduces symptoms in children with autism, scientific research on the subject is scant.

NEW STUDIES NOW PUT AUTISM RATES AT 1 IN 40

Iowa City, Iowa — According to new research, nearly three percent of American children are now diagnosed with autism spectrum disorder (ASD), revealing that ASD is far more common than once thought.

A federal study released in early December concluded that one in 40 U.S. children are on the spectrum disorder, as did a second study published Dec. 3 in *JAMA Pediatrics*. Previously, it was estimated that one in 59 children have autism.

According to the University of Iowa's Dr. Wei Bao, lead researcher on the second study, 30 percent

of diagnosed kids aren't getting treatment. But it might be that untreated children have a very mild form of autism, he noted.

The reasons more kids are identified with autism are unclear. It's speculated that it is a combination of a real increase in the condition, coupled with better diagnosis and changing definitions of autism that have identified more forms of the disease.

Autism spectrum disorder covers a wide range of behaviors that affect a child's social and communication skills. It's often marked by difficulty communicating, engaging in repetitive behaviors and restricted interests. In its most serious manifestation, children can be nonverbal and appear cut off from the world. Many children, however, have less severe forms of autism and are able to function in school and in social situations. ★

● ► HAMASPIK NEWS

Achosainu Academy Rallies Sisters around Growth and Hope

New Hamaspik of Kings County Program Caters to Community's Highest-functioning



OPENING DOORS: ACHOSAINU'S ENTRANCE TO BIGGER AND BETTER

Nobody should feel they're any different. Isn't that the idea of integration? Shouldn't you always feel you're among sisters?

That's exactly the idea of Achosainu (a word meaning "our sisters") Academy, a brand-new program created by Hamaspik of Kings County for young women with the lowest levels of disability—and, of critical importance, the highest levels of function.

Achosainu is modeled after the typical Day Habilitation (Day Hab) program offered by New York State OPWDD-affiliated non-profits like Hamaspik across the state—but that's just about where the similarities end.

Designed to be a fully independent and freely functioning institution in its own right, Achosainu provides the highest level of adult education and practical skills training to its students.

Revolving around the slogan "Learning together," Achosainu Academy keeps its students busy—learning, gaining and growing, that is, and bonding and laughing together along the way.

Since its launch (itself after months of exhaustive research and



CRESCENDO: IN ACHOSAINU'S NEW MUSIC ROOM, A WEEKLY PROFESSIONAL INSTRUCTOR LEADS HER STUDENTS ON A JOURNEY OF GROWING PERSONAL SKILLS

development) in early November, Achosainu has assembled a strong cadre of motivated participants from the immediate Williamsburg area of Brooklyn which it serves.

Following a serious, rigorous and meticulously designed curriculum, students enjoy a weekly regimen of meaningful skills education, with each day featuring a different concrete subject.

Each week at Achosainu begins with a bang—or a sizzle, splash, whoosh or pop, that is.

That's because Mondays are "Science Days" at the Academy, with students engaging in hands-on (and safe, of course) scientific experiments that have been conveying to them such staples of our physical universe like color and electricity.

Thursdays are marked by learning to play the piano.

With new identical keyboards set up in a semicircle an Achosainu activity room, the young women have been familiarizing themselves with those ivory keys. With a professional music teacher lovingly guiding them, students are building their manual dexterity and note familiarity—not to mention, of course, how to play a couple of basic tunes using color-coded keys that coordinate with custom-created "sheet music."

It's the same thing with sewing.

Achosainu's designated "sewing day" has students learn how to deftly wield needle and thread, as well as safely operate a sewing machine

wearable—items.

As with the music instruction, a professional (in this case, a practiced seamstress) provides support and education here, too.

Other classes include cooking and even singing.

Under the leadership of Hamaspik of Kings County Day Hab Manager Mrs. Taub, Achosainu's newly-hired and duly-trained Direct Support Professionals (DSPs) were hand-picked for their sensitivity, caring, professionalism and poise.

Those are all qualities critical to working with a niche population that wants nothing more than to be treated the same as everyone else.

Because, after all, they are like everyone else.

And at Achosainu, they find that sisterhood of sameness.

Not just with each other or even with their staff, but with the world out there at large, too. ★

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Public Health and Policy News

initial treatments costing \$9,500 to \$15,000 and follow-up “booster” treatments ranging from \$5,000 to \$8,000 each.

GOV'T RELEASES FOUR-PART REPORT ON REDUCING HEALTHCARE COSTS

Washington, D.C. — According to a wide-ranging plan recently released by the federal government, healthcare's biggest problem is ballooning costs—and the solution is to create more consumer choice and provider competition in four general areas.

The first set of suggestions targets the healthcare workforce, calling for better reimbursement for telehealth, multistate medical licenses, and widened scope of practice for physician assistants (PAs) and dental hygienists.

The second addresses the provider market. It recommends roll-backs on state certificate-of-need statutes that limit building new hospitals, as well as reduced restrictions on doctor-owned hospitals.

A third area of recommendations targets health insurance—calling for expanded health savings accounts (HSAs), potentially to all Americans, including Medicare enrollees, as well as more usage of association health

COMPANIES CITED BY FTC FOR FAKE AUTISM, CEREBRAL PALSY TREATMENT

Washington, D.C. — Regenerative Medical Group and Telehealth Medical Group were cited by the Federal Trade Commission for “deceptively” charging thousands of dollars for therapies they claimed could treat autism, cerebral palsy and other conditions.

According to the FTC, both companies marketed stem cell therapy injections as a treatment for multiple conditions even though there was no evidence to support the claims. On their websites, the companies went so far as to say the injections could “reverse autism symptoms,” the FTC said.

The FTC complaint also alleges that the therapy was marketed for treatment of cerebral palsy, Parkinson's disease, multiple sclerosis, macular degeneration, osteoarthritis, strokes, chronic kidney disease and heart attacks, all without any evidence.

Between 2014 and 2017, Regenerative Medical Group and Telehealth Medical Group took in some \$3.31 million from the injections, the FTC said. The companies provided



LAYING DOWN THE (MEDICAL) LAW: THE FTC FINES FAKE AUTISM, CP TREATMENTS

plans; short-term, limited-duration insurance plans; and Medicare Advantage plans.

The final set of suggestions call for more consumer-focused healthcare—increased price transparency and patient access to medical records.

STRONGER ECONOMY LOWERS U.S. 2018 MEDICAID ENROLLMENT: REPORT

New York, New York — According to a new report by the non-profit Kaiser Family Foundation, a stronger economy and new eligibility systems were primary factors behind lower Medicaid enrollment growth across all U.S. states in 2018.

The report, “Medicaid Enrollment & Spending Growth: FY 2018 & 2019,” is based on interviews and

data provided to Kaiser by Medicaid directors in all 50 states and the District of Columbia.

RETIRED NYU PROF. SLAMS GOV'T-FOOD INDUSTRY COMPLEX IN NEW BOOK

New York, New York — According to the new book *Unsavoury Truth: How Food Companies Skew the Science of What We Eat*, studies in the news that claim a range of health benefits of various foods are typically paid for by companies selling those foods.

Companies might also be paying researchers who lead such studies, and tax dollars may also have supplemented that “research” because federal agencies regularly partner with corporations to promote foods.

The book is authored by Dr. Marion Nestlé (curiously, not related to the Nestlé food giant), emeritus professor of nutrition at New York University (NYU).

For example, Dr. Nestlé writes, Coca-Cola was recently caught funding academics to publish studies that shifted the debate on obesity away from the consumption of sodas to lack of exercise. A study of media reports generated by these studies found that journalists helped to keep this money hidden in at least 30 news articles that failed to mention the scientists' financial ties to Coca-Cola.

Ignoring the “Follow the Money” rule means that reporters are failing to inform their readers and the public, according to Dr. Nestlé. “Unless reporters take on this challenge,” she writes, “you are on your own to figure out how skeptical you need to be about news reports.” ★



IT DOES ADD UP: HIGHER EMPLOYMENT MEANS LESS MEDICAID ENROLLMENT: STUDY

● ► PUBLIC HEALTH AND POLICY NEWS

George H.W. Bush, signer of Americans with Disabilities Act (ADA), 1924-2018

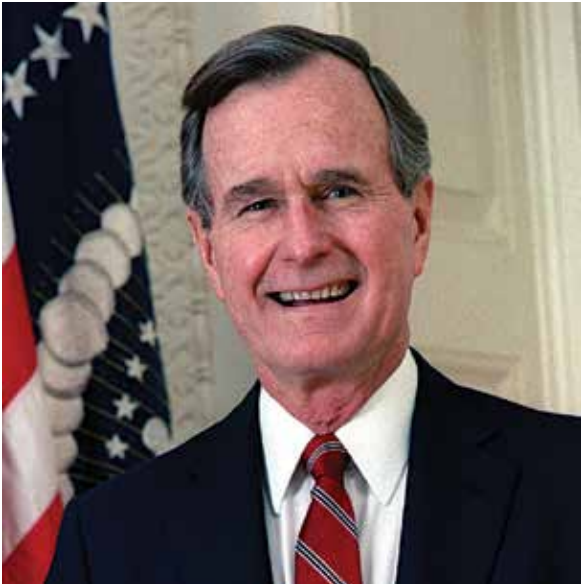
Houston, Texas — George Herbert Walker Bush, who served as the 41st U.S. President from 1988 to 1992 and who passed away on Nov. 30, was widely eulogized and fondly remembered by the nation’s disability community for his signing of the watershed Americans with Disabilities Act (ADA).

The sweeping land-mark legislation ushered in a progressive new era of rights and supports for Americans with disabilities.

The bill, signed by Bush into law on July 26, 1990, helped lay the groundwork for the “people first” lan-

guage widely used today that puts disability-related descriptors second.

Most significantly, it made “reason-able accommodation” the law of the land, making it a federal requirement for employers to provide “any change or adjustment to a job or work environment that permits a qualified applicant or employee with a disability to participate in the job application process, to perform the essential functions of a job, or to enjoy benefits and privileges of employment equal to those enjoyed by employees without disabilities.”



EMPOWERER-IN-CHIEF: SOME 28 YEARS LATER, THE ADA CONTINUES TO SUPPORT AND CHANGE U.S. LIVES

HEALTHY EATING

Tomatoes

EASY

YIELDS: 4 SERVINGS

PREP TIME: 0:10

READY IN: 0:10

Easy Tomato Salad

INSANELY EASY TOMATO SALAD

INGREDIENTS:

- 4 ripe tomatoes
- 1 purple onion
- 1 crushed garlic
- Salt to taste
- Dash of black pepper
- 2 tablespoons mayonnaise

DIRECTIONS:

- Cube tomatoes
- Slice thinly the onions
- Mix everything together

CHEF'S TIP:

Have lots of extra tomatoes going bad? Cube them, place in a Ziplock bag, and store them in the freezer. Use for any dish that asks for cooked tomatoes. Tomatoes in freezer are good for about six months.

BENEFITS:
Tomatoes provide good amounts of vitamin E (alpha tocopherol), thiamin, niacin, Vitamin B6, folate, magnesium, phosphorus, copper and other resources. In recommended daily value, tomatoes provide 38% of vitamin C, 30% of vitamin A, and 18% of vitamin K. Best of all: no fat or cholesterol.

EASY

YIELDS: 8-10 SERVINGS

PREP TIME: 0:20

READY IN: 0:30

Heaven Dairy Tomato Soup

THIS SOUP IS ONE-OF-A-KIND — DIFFERENT AND DELICIOUS

INGREDIENTS:

- 1 onion - diced
- 2 cloves garlic - crushed
- Oil for sautéing
- 1 16oz can diced tomatoes
- 1 16oz can tomato sauce
- 1 46oz can tomato juice
- 46oz water (same amount as tomato juice)
- 3 tablespoons sugar
- 1 tablespoons cooking vinegar
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- Salt to taste
- 1 cup heavy cream
- 1 cup shredded cheese - optional

DIRECTIONS:

- Sauté onion and garlic until golden
- Add diced tomatoes and sauté for additional 5 minutes stirring every few minutes
- Add rest of ingredients
- Bring to boil
- Simmer for about 10-20 minutes
- Optional - when serving, top with shredded cheese

EASY

YIELDS: 4-6 SERVINGS

PREP TIME: 0:20

READY IN: 0:10

Homemade Marinara Sauce

EASY HEALTHY MARINARA SAUCE, GREAT WAY TO HIDE YOUR VEGGIES

INGREDIENTS:

- 1 onion - diced
- 2 cloves crushed garlic
- 2 tablespoons olive oil
- 1 carrot - grated
- 1 red pepper - diced
- 1 green pepper - diced
- 1 tomato - diced
- 1 small zucchini- diced (optional)
- 6oz tomato paste
- 15oz tomato sauce
- 1 tablespoons oregano
- 1 tablespoons basil
- 1/2 teaspoon garlic powder
- 1 teaspoon sugar
- Salt to taste

DIRECTIONS:

- Line a baking sheet with parchment paper
- Sauté onions and garlic until golden
- Add all vegetables (carrots, tomatoes, peppers, squash) sauté for about five more minutes, stirring to prevent burning
- Add the rest of the ingredients
- Bring to boil
- Blend in an immersion blender
- This sauce freezes very well

In the Know

ALL ABOUT... ANXIETY

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

INTRODUCTION AND DEFINITION

It's normal to experience anxiety in life—occasionally.

But people with anxiety disorders have intense, excessive and persistent worry and fear about everyday situations—and frequently.

What's more, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).

These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. People with anxiety may avoid places or situations to prevent these feelings.

Examples of anxiety disorders include *generalized anxiety disorder*, *social anxiety disorder* (social phobia), *specific phobias* and *separation anxiety disorder*. One may have more than one anxiety disorder. Sometimes anxiety results from a medical condition that needs treatment. But whatever form of anxiety one may have, treatment can help.

Basic facts and statistics

National prevalence data indicate that nearly 40 million people in the United States (18 percent) experience an anxiety disorder in any given year. Approximately eight percent of children and teenagers experience an anxiety disorder with most people developing symptoms before age 21.

Only about one-third of those suffering from an anxiety disorder receive treatment, even though the disorders are highly treatable.

In addition, according to the World Health Organization (WHO), one in 13 people around the world suffer from anxiety.

The WHO reports that anxiety disorders are the most common mental disorders worldwide with specific phobia, major depressive disorder and social phobia being the most common anxiety disorders.

SYMPTOMS

Common anxiety signs and symptoms include:

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

Several types of anxiety disorders exist:

- *Agoraphobia* (ag-uh-ruh-FOE-be-uh) is a type of anxiety disorder in which you fear and often avoid places or situations that might cause you to panic and make you feel trapped, helpless or embarrassed.
- *Anxiety disorder due to a medical condition* includes symptoms of intense anxiety or panic that are directly caused by a physical health problem.
- *Generalized anxiety disorder* includes persistent and excessive anxiety and worry about activities or events—even ordinary, routine issues. The worry is out of proportion to the actual circumstance, is difficult to control and affects how you feel physically. It often occurs along with other anxiety disorders or depression.
- *Panic disorder* involves repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks). You may have feelings of impending doom, shortness of breath, chest pain, or a rapid, fluttering or pounding heart (heart palpitations). These panic attacks may lead to worrying about them happening

again or avoiding situations in which they've occurred.

- *Selective mutism* is a consistent failure of children to speak in certain situations, such as school, even when they can speak in other situations, such as at home with close family members. This can interfere with school, work and social functioning.
- *Separation anxiety disorder* is a childhood disorder characterized by anxiety that's excessive for the child's developmental level and related to separation from parents or others who have parental roles.
- *Social anxiety disorder* (social phobia) involves high levels of anxiety, fear and avoidance of social situations due to feelings of embarrassment, self-consciousness and concern about being judged or viewed negatively by others.
- Specific *phobias* are characterized by major anxiety when you're exposed to a specific object or situation and a desire to avoid it. Phobias provoke panic attacks in some people.
- *Substance-induced anxiety disorder* is characterized by symptoms of intense anxiety or panic that are a direct result of misusing drugs, taking medications, being exposed to a toxic substance or withdrawal from drugs.
- Other specified anxiety disorder and unspecified anxiety disorder are terms for anxiety or phobias that don't meet the exact criteria for any other anxiety disorders but are significant enough to be distressing and disruptive.

You should see your doctor if:

- You feel like you're worrying too much and it's interfering with your work, relationships or other parts of your life
- Your fear, worry or anxiety is upsetting to you and difficult to control
- You feel depressed, have trouble with alcohol or drug use, or have other mental health concerns along with anxiety
- You think your anxiety could be



linked to a physical health problem

- You have suicidal thoughts or behaviors—if this is the case, seek emergency treatment immediately
- Your worries may not go away on their own, and they may get worse over time if you don't seek help. See your doctor or a mental health provider before your anxiety gets worse. It's easier to treat if you get help early.

CAUSES

The causes of anxiety disorders aren't fully understood. Life experiences such as traumatic events appear to trigger anxiety disorders in people who are already prone to anxiety. Inherited traits also can be a factor.

Medical

For some people, anxiety may be linked to an underlying health issue. In some cases, anxiety signs and symptoms are the first indicators of a medical illness. If your doctor suspects your anxiety may have a medical cause, he or she may order tests to look for signs of a problem. Examples of medical problems that can be linked to anxiety include:

- Heart disease
- Diabetes
- Thyroid problems, such as hyperthyroidism
- Respiratory disorders, such as chronic obstructive pulmonary disease (COPD) and asthma
- Drug misuse or withdrawal
- Withdrawal from alcohol, anti-anxiety medications (benzodiazepines) or other medications
- Chronic pain or irritable bowel syndrome
- Rare tumors that produce certain fight-or-flight hormones

Sometimes anxiety can be a side effect of certain medications. It's possible that your anxiety may be due to an underlying medical condition if:

- You don't have any blood relatives (such as a parent or sibling) with an anxiety disorder
- You didn't have an anxiety disorder as a child
- You don't avoid certain things or situations because of anxiety
- You have a sudden occurrence of anxiety that seems unrelated to life events and you didn't have a previous history of anxiety

Risk factors

These factors may increase your risk of developing an anxiety disorder:

- Trauma. Children who endured abuse or trauma or witnessed traumatic events are at higher risk of developing an anxiety disorder at some point in life. Adults who experience a traumatic event also can

develop anxiety disorders.

- Stress due to an illness. Having a health condition or serious illness can cause significant worry about issues such as your treatment and your future.
- Stress buildup. A big event or a buildup of smaller stressful life situations may trigger excessive anxiety—for example, a death in the family, work stress or ongoing worry about finances.
- Personality. People with certain

emotional response to mental illness.

A mental health specialist helps you by talking about how to understand and deal with your anxiety disorder. It should be tried first, with secondary approaches added to enhance recovery.

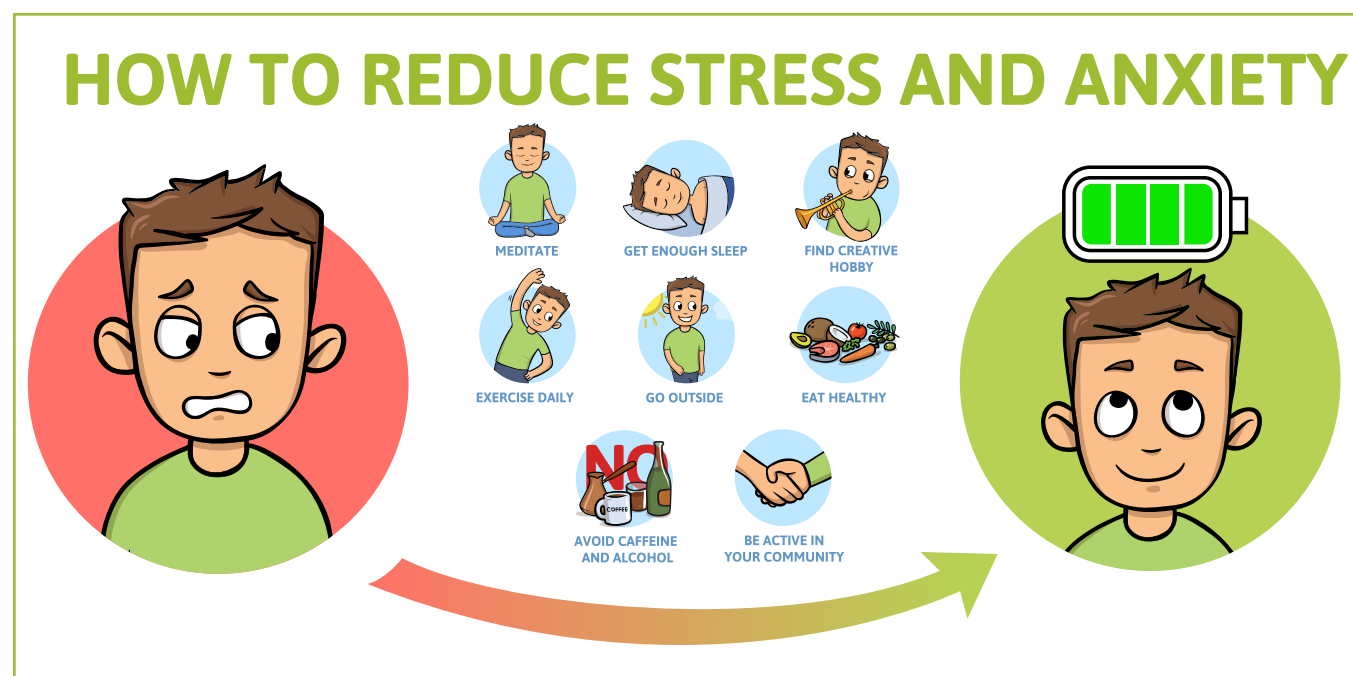
- Cognitive behavioral therapy: This a certain type of psychotherapy that teaches you how to recognize and change thought patterns and behaviors that trigger deep anxiety or panic.

bedtime routine. Talk to your doctor if you still have trouble sleeping.

- Ask your doctor or pharmacist before taking any over-the-counter (OTC) meds or herbal remedies. Many contain chemicals that can make anxiety symptoms worse.

PREVENTION

There's no way to predict for certain what will cause someone to develop an



personality types are more prone to anxiety disorders than others are.

- Other mental health disorders. People with other mental health disorders, such as depression, often also have an anxiety disorder.
- Having blood relatives with an anxiety disorder. Anxiety disorders can run in families.
- Drugs or alcohol. Drug or alcohol use or misuse or withdrawal can cause or worsen anxiety.

Complications

Having an anxiety disorder does more than make you worry. It can also lead to, or worsen, other mental and physical conditions, such as:

- Depression (which often occurs with an anxiety disorder) or other mental health disorders
- Substance misuse
- Trouble sleeping (insomnia)
- Digestive or bowel problems
- Headaches and chronic pain
- Social isolation
- Problems functioning at school or work
- Poor quality of life

TREATMENT

- Psychotherapy: This primary approach for treating anxiety is a type of counseling that addresses the

- Medication: In addition to the primary treatments of psychotherapy and/or cognitive behavioral therapy, various antidepressant drugs can have a secondary role in enhancing those treatments and boosting the effectiveness of overall treatment and recovery. Such drugs include Lexapro and Prozac. Certain anticonvulsants (typically taken for epilepsy) and low-dose antipsychotic drugs can be added to help make other treatments work better. Anxiolytics are also drugs that help lower anxiety; these include Xanax and Klonopin. They're prescribed for social or generalized anxiety disorder as well as for panic attacks.

Managing symptoms

These tips may help you control or lessen your symptoms:

- Cut down on foods and drinks that have caffeine, such as coffee, tea, cola, energy drinks, and chocolate. Caffeine is a mood-altering drug, and it may make symptoms of anxiety disorders worse.
- Eat right, exercise, and get better sleep. Brisk aerobic exercises like jogging and biking help release brain chemicals that cut stress and improve your mood.
- Sleep problems and anxiety disorder often go hand in hand. Make getting good rest a priority. Follow a relaxing

anxiety disorder, but you can take steps to reduce the impact of symptoms if you're anxious:

- Get help early. Anxiety, like many other mental health conditions, can be harder to treat if you wait.
- Stay active. Participate in activities that you enjoy and that make you feel good about yourself. Enjoy social interaction and caring relationships, which can lessen your worries.
- Avoid alcohol or drug use. Alcohol and drug use can cause or worsen anxiety. If you're addicted to any of these substances, quitting can make you anxious. If you can't quit on your own, see your doctor or find a support group to help you.

PROGNOSIS

Many people feel that a diagnosis of anxiety is a stigma, unfortunately going to great lengths to hide the fact that they suffer from this mental illness. But anxiety is not a sign of weakness—and confessing your challenges to a professional who can help is a sign of courage and strength that should be hailed and celebrated!

And indeed, once you're seeing a competent licensed professional and getting the psychotherapy that you need, statistics show that your prognosis is likely to be overwhelmingly good. ★

Status Report

Happening In Hospitals Today



SURGICALLY INTERPRETED LAW: THE U.S. COURTHOUSE IN TRENTON, NEW JERSEY

HEALTHCARE MAKES ECONOMY'S MOST HIRES IN NOVEMBER

Washington, D.C. — This past November, healthcare was the fastest-growing of all sectors of the U.S. economy, according to the U.S. Bureau of Labor Statistics (BLS)' November 2018 jobs report.

Having added 32,100 new jobs during the month, healthcare ran neck-and-neck with professional and business services, whose official BLS figure was 32,000 new jobs. By contrast, the manufacturing sector added 27,000 jobs during the month, while retail trade made 18,000 new hires.

Within healthcare, ambulatory services dominated November hiring, adding 19,200 jobs and comprising 60 percent of new healthcare hires. Hospitals continued their healthy hiring streak in November with 12,700 new jobs; outpatient care centers added 5,800 jobs (up 61 percent from the previous month), while doctors' offices added 5,500 jobs, 49 percent more than October.

However, hiring in dentists' offices dropped by 91 percent over October, while, while medical and diagnostic labs actually shed around 900 jobs.

JUDGE FINDS FOR SURGEON IN \$209,000 REIMBURSEMENT CASE

Trenton, New Jersey — A New Jersey judge has refused to dismiss a lawsuit

between an orthopedic surgeon and insurance giant Aetna for the company's failure to reimburse the surgeon some \$209,000.

U.S. District Judge Anne Thompson decided in favor of Cary Glastein, M.D.

Dr. Glastein performed medically necessary surgery in October 2016. Because he was not in-network with Aetna, he contacted the insurer first, and Aetna sent him a written authorization for the procedure. The surgeon billed Aetna \$209,000 but never received reimbursement.

The verdict goes against several

previous other New Jersey federal court cases involving surgeons and out-of-network providers, in which judges ruled in favor of providers.

INDUSTRY MARKED BY NUMEROUS DISPUTES ACROSS 2018

New York, New York — Labor disputes made hospital headlines throughout 2018, according to a December analysis by industry outlet *Healthcare Dive*—with nurses demanding better staffing ratios from major chains Tenet and Community Health Systems, nonprofit systems like University of California Health and Kaiser Permanente, and a handful of smaller independent hospitals.

Fights over the ratio of nurses to patients fueled strikes, rallies and even a midterm ballot initiative in Massachusetts, but it wasn't the sector's sole labor battle in 2018. The year saw heated collective bargaining negotiations, hospitals busting union activity and big struggles over benefits and wages for service workers.

Staff shortages and medical benefits are two primary pain points for mental health professionals at Kaiser's San Francisco Medical Center, and 4,000 of them kicked off a five-day strike in early

December after six months of contract negotiations.

NEW YORK SCORES BIG ON TWO SEPARATE 'BEST HOSPITALS' LISTS

New York, New York — How hospital raters rate hospitals varies—with quality measures scrutinized by one ignored by another, and vice versa.

But 2018's "Best Hospitals" rankings released by *U.S. News and World Report* and the lesser-known "Top Hospitals" list by The Leapfrog Group have one thing in common: they both feature New York hospitals.

John R. Oishei Children's Hospital of upstate Buffalo was one of Leapfrog's 118 national finalists.

Downstate, Manhattan's NewYork-Presbyterian snagged the #10 spot on *U.S. News'* Top Ten national hospitals overall.

(Manhattan's NYU Langone and Mount Sinai Hospital respectively snagged 15th and 18th place.)

NINE HOSPITALS ON "BEST PLACES TO WORK 2018" LIST

Los Angeles, California — Of the 100 best places to work in 2018 as rated by actual surveyed employees, nine were hospitals—and of those, two are New York hospitals.

Manhattan's NewYork-Presbyterian and Memorial Sloan-Kettering Hospitals respectively took the #64 and #66 positions on the coveted list.

The "Best Places to Work" is an extensive survey executed yearly by contemporary U.S. workforce analyst Glassdoor.

Besides the hospitals, several healthcare-related companies made the list

Those include the #12 Intuitive Surgical of Sunnyvale, Calif., maker of the Da Vinci robotic surgical system, and 35th placed Trilogy Health Services, the Louisville, Ken.-based senior living and long-term healthcare services company. ★



HAPPY (AND HEALTH-Y) WORKERS: NINE U.S. HOSPITALS ARE ON THIS YEAR'S "BEST PLACES TO WORK"



The Senior Care Gazette

News from
the World of
Hamaspik
HomeCare and
Senior Health

New Headquarters, New Name, New Era for Hamaspik HomeCare

Spacious Independent New Complex Ushers in Next Generation of Growth



SPACE: THE NEXT FRONTIER: AT HAMASPIK HOMECARE'S SPACIOUS NEW HEADQUARTERS, ROOM TO GROW—AND TO BETTER TRAIN TEAMS OF CARE STAFF (RIGHT)

The dust had hardly settled the morning of Friday, November 23 as Hamaspik HomeCare's dozens of employees busily bustled about, settling in to their brand-new home.

The scene at 5 Perlman Dr. was a study in organized chaos. Construction workers were still installing finishing touches as Hamaspik HomeCare nurses, scheduling coordinators and

other staff were breaking in their new workstations, adjusting swivel chairs and monitors and unpacking boxes of ubiquitous personal desk effects.

Hamaspik maintenance staffer Nathan Fried, in-house techie Aaron Rubinstein and Hamaspik HomeCare IT manager Simcha Klagsbrun were tweaking the network, fine-tuning the phones and otherwise ironing out wrinkles.

A number of staff returned to the scene Sunday, Nov. 25 to put the final puzzle pieces in place.

And the morning of Monday, Nov. 26, employees—and members—arrived to find a spotlessly pristine and otherwise showroom-clean workplace.

A long and orderly room filled with cubicles is fronted by a disarming contemporary reception desk.

Directly to the left of the entrance is a spacious and high-tech training room for Hamaspik HomeCare's cadre of home health aides (HHAs) and personal care aides (PCAs), complete with an unavoidably enormous big screen dominating its front wall.

Stretching along the main area's left wall are offices for the agency's head staff, while to the rear of the cavernous

room lies a spacious cafeteria—with a short hallway to its left leading to the agency's executive spaces.

The cavernous, contemporary new workspace, and the year-long planning move behind it, were prompted by the growth of the several divisions and departments under the auspices of the New York State Hamaspik Association (NYSHA) at NYSHA's regional hub on Monsey's Rt. 59.

Those divisions are: Hamaspik of Rockland County, the Hamaspik Choice managed long-term care (MLTC) plan, the Tri-County Care Coordination Organization (CCO), a satellite branch of the NYSHA Article 16 Clinic—and, of course, Hamaspik HomeCare.

With offices for all of those entities under one roof, the need progressively grew for a standalone center for Hamaspik HomeCare from which to exclusively serve the needs of hundreds of Rockland County families.

And with its spacious brand-new offices, Hamaspik HomeCare not only has that standalone center, along with a new name, but is also poised to enter an expansive new era, too.

'Right to know the lowest price' bills signed Pharmacies now freed to inform patients of cheaper alternatives

Washington, D.C. — In a little-reported development that experts say has major repercussions, the Patient Right to Know Act and the Know the Lowest Price Act were recently signed into law.

Both bipartisan bills ban the long-standing "gag clause," which made it illegal for pharmacists and counter clerks to tell patients they could save money on drugs by paying cash or trying lower-cost alternatives.

Gag clauses were a key piece of the high-drug-price puzzle. Recent studies suggest that 23 percent of

commercially insured patients overpay for medications, a significant piece.

The ratification "puts an end to gag clauses, so all Americans will know how to get the best deal on prescription drugs and will no longer be left in the dark," said Centers for Medicare and Medicaid Services (CMS) Administrator Seema Verma.

The development stands to especially benefit seniors, who increasingly depend on an increasing—and increasingly expensive—array of medications to maintain their health. ★



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