



The Hamaspik Gazette

News of Hamaspik
Agencies and
General Health

APRIL '20 • ISSUE NO. 179



GAZETTE SURVEY

The GAZETTE asks YOU:

HOW OFTEN DO YOU EAT FRUIT?

A. DAILY; B. OFTEN; C. SELDOM; D. NEVER



HEALTH STAT

NEW YORK: STATE OF PUBLIC HEALTH (IMPROVEMENT)

	2016	2019
No. of doctors per 100,000:	206.2	230.7
No. of mental health providers per 100,000:	259.2	291.1
Growth in overall providers, 2016-2019		12%

Source: 2019 Annual Report, America's Health Rankings (UnitedHealth Group)



HEALTH TIP

GIVE YOURSELF A VACATION

If you can afford it, visit a wellness retreat. While these have existed unlabeled for centuries (think: hot springs), these venues are now among 2020's top health trends—delivering ranges of professional therapies for body, mind, heart and soul alike across stays of several days.

INSIDE

HEALTH

04 Blow it big time: study says playing in brass band good for body, mind

13 Lower heart-disease risk afoot: Italian study links gout, heart woes

PUBLIC HEALTH & POLICY

03 Mood food: new psychonutrition field says Mediterranean diet best

14 New York experts in editorial: more vaping, not less, with any e-cig ban

HAMASPIK

06 The fullest range of Respite needs, met by Hamaspik of Kings County

08 The house is in-house: Hamaspik Orange's new IRA is inside an IRA

12 Hamaspik of Rockland County Men's Day Hab remembers Shloime

HOSPITALS

18 Historic: Women now majority of students in U.S. medical schools

AUTISM / DISABILITY

10 "Autism cure" companies warned by FDA to cease hawking unapproved stem-cell products

HAMASPIK NEWS

WITH MAINSTREAMING, NOT MISSING THE BOAT FOR THESE GENTLEMEN FROM HAMASPIK OF KINGS COUNTY'S MEN'S DAY HABILITATION PROGRAM, IT'S SMOOTH SAILING AND BLUE SKIES AS THEY PLY THE WATERS OF THE MAINSTREAM WHILE ENJOYING A VIRTUAL VOYAGE AT THE RECENT NEW YORK CITY BOAT SHOW IN THE JAVITS CENTER.



DISABILITY
INTEGRATION HAS
BEEN A NEW YORK
STATE OPWDD
MISSION THAT
HAMASPIK HAS
ALWAYS SHARED

HAMASPIK HOMECARE NEWS

Hamaspik HomeCare Opens Central New Office in Queens

SEE PAGE E19 >>

HAMASPIK NEWS

Hamaspik of Orange County Day Hab Launches Health and Fitness Regimen

SEE PAGE E8 >>

AUTISM NEWS

Study Suggests Twenty-Five Percent of Kids on Spectrum Go Undiagnosed

SEE PAGE E10 >>

Non Profit Org.
US Postage
PAID
Plex Group

NYSHA Inc.
Published and Copyrighted April, '20
1 Hamaspik Way
Monroe, NY 10950

Services Provided by NYSHA AGENCIES

OPWDD SERVICES

INDIVIDUALIZED RESIDENTIAL ALTERNATIVE (IRA)

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

INDIVIDUALIZED SUPPORT SERVICES (ISS)

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

HOME FAMILY CARE (HFC)

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

DAY HABILITATION (DH)

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

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

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

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

COMMUNITY HABILITATION (CH)

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

COMMUNITY PRE VOCATIONAL

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

SUPPORTED EMPLOYMENT (SEMP)

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

FAMILY SUPPORT SERVICES (FSS)

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

INTENSIVE BEHAVIORAL SERVICES (IBS)

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

RESPITE:

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

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

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

Sundays: Respite program provided every Sunday.

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

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

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

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

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

SELF-DIRECTION

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

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

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

PARENTAL RETREATS

Providing: Getaways and retreats for parents of individuals with disabilities

DOH

EARLY INTERVENTION (EI)

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

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

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

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

NURSING HOME TRANSITION AND DIVERSION (NHTD)

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

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

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

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

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

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

TRAUMATIC BRAIN INJURY (TBI)

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

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

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

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

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

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

SENIOR DINING/SOCIAL DAY PROGRAM (SHNOIS CHAIM)

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

HAMASPIK CHOICE

MLTCP:

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

HMO/INSURANCE

ABA

Behavior modification services for children with autism.

Social Group: ABA service delivered in a group setting.

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

LHCSA - HAMASPIK HOMECARE

PERSONAL CARE SERVICES

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

SUPPORT SERVICES

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

CDPAS/CDPAP

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

NURSING SERVICES

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

TRAINING

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

NYC HCR

ACCESS TO HOME

Providing home modifications for people with physical disability.

NYSED SERVICES

ACCESS VR

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

PATHWAY TO EMPLOYMENT

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

NYSHA

ARTICLE 16 CLINIC

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

TRAINING SESSIONS

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

CENTRAL INTAKE

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

THE HAMASPIK GAZETTE

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

OMH

ADULT HEALTH HOME CARE MANAGEMENT SERVICES

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

CHILDREN HEALTH HOME CARE MANAGEMENT SERVICES

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

ADULT HCBS SERVICES

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

Community Psychiatric Support and Treatment:

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

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

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

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

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

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

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

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

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

CHILDREN HCBS SERVICES

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

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

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

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

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

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

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

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

● ► NYSHA NEWS

Comfort Health: Chaos Stabilized

With Professional Intervention, Top Student Rescued from Bottom of Heap, Restored to Star Status

Comfort Health has only been around for about six months. But in that short time, it's already successfully helped so many.

Kids have gotten back on track with their lives. Children have been mainstreamed. And with a proper evaluation and diagnosis, a 15-year-old boy on the verge of a breakdown was helped, and a crisis averted.

That story begins just over a year ago.

"Yanky" (name changed for privacy) was 14 at the time. Yanky had been a top student—and an inveterate perfectionist. With tests, it was never anything but acing everything.

But suddenly, Yanky was unable to bear the pressure of perfectionism. He just stopped studying. He also abandoned all school or home rules, going from conformity to chaos almost overnight.

Going from "top kid" to bottom of the class was devastating. In ever-increasing desperation, Yanky's parents tried a succession of doctors, medications and therapies—to no avail.

Things got worse for young Yanky before they got better. With summer

came camp—and the most difficult period in his life so far.

For most boys, camp means socializing and growing with peers. For Yanky, his social withdrawal—which had already kicked in before the season—only intensified when away from home. Now,

then that they made the call.

By the time Comfort Health's Care Managers got involved, Yanky hadn't been in school for months. Yanky's parents had heard about Comfort from a community activist—and its Care Managers got to work from the first

Based Services (HCBS); Yanky was HCBS-approved within a week. Under HCBS, Yanky was assigned a team of trained "paras," or paraprofessionals. They immediately started on his social skills, time-management skills, and perfectionism.

Comfort Health's initial involvement typically begins with a referral for a full assessment done by paras—and the paras used by Comfort are known as the best. The same highly-skilled professionals who helped Yanky have also helped many others—not always in cases as complex as his, but before Comfort Health, the community had no integrated system to handle such issues.

In three months, Yanky's life had been turned around.

Seeing that Yanky was now getting help, his yeshivah agreed to take him back. And with that help, Yanky is soaring once again. ★

For more info, contact Comfort Health in Rockland at 845-503-0400, in Brooklyn at 718-408-5400 or in Orange 845-774-0300.



his symptoms of obsessive-compulsive disorder (OCD) appeared. Staff couldn't rouse Yanky in the morning—not to get up and play, and not even to eat.

Yanky's parents were doubly devastated now. To see him fail in all areas of life was daunting enough—but now, but they were completely lost. It was

phone call. They skillfully assessed the situation, consulted in-house mental-health professionals, and drafted a plan to bring Yanky back.

Comfort Health got Yanky a terrific psychologist, who pinpointed his exact issues. Care Managers also identified a need for Home and Community

● ► PUBLIC HEALTH AND POLICY NEWS

Food for your Mood: Study Finds Mediterranean Diet Best for Mental Health, Western Worst

London, England — "You are what you eat," the well-known old saying goes. It would logically follow, then, that "happy" foods make you happy and "sad" foods make you sad.

But to scientifically explore the notion that food directly affects happiness (or, conversely, depression), the field of nutrition has evolved a new area of research called *psychonutrition*.

Also known as *nutritional psychiatry*, the field scientifically studies which foods—more specifically, which ingredients in those foods—affect which parts of the brain.

A good example of this is a new study by the Institute of Psychiatry at King's College of London.

In it, researchers focused on the *hippocampus*, the part of the brain that (among other functions) serves as a "cell factory," producing new brain cells that keep the brain healthy and functioning. Scientifically, this is called *neurogenesis*.

Unrelated research has linked neurogenesis in the hippocampus to a person's mood and cognition. Stressful



HUNGRY FOR MENTAL HEALTH? HEAD EAST, NOT WEST: A BRITISH STUDY FINDS THAT THE MEDITERRANEAN DIET, LIKE THE MEAL SHOWN HERE, IS BEST FOR BRAIN FITNESS AND MOOD

experiences reduce neurogenesis in the hippocampus, while antidepressant drugs appear to promote it.

The researchers analyzed a number

of existing studies on various diets and their effects on the hippocampus.

They found that the so-called Mediterranean diet was best for the

healthy functioning of the hippocampus, while the Western diet—the diet followed by much of the United States and the most-developed countries of the Western world—was worst for the hippocampus.

In more detail, the Mediterranean diet was found to be best for neurogenesis—and hence mood and cognition—because of its heavy emphasis on raw foods containing omega-3 fatty acids and vitamin D, both also linked to increased neurogenesis and decreased depression.

Conversely, the Western diet—which is heavily stocked with highly-processed foods high in sugar and fat—was found to be worst for neurogenesis, and worst for mood and cognition. ★

Hamaspiik Gazette

Published and Copyrighted April '20 by:
NYSHA, Inc., 58 Rt. 59, Suite 1, Monsey, NY 10952
Distributed free. USPS Presorted Non-profit Mail
Postmaster: Return service requested
© All Rights Reserved



EXECUTIVE DIRECTOR: Meyer Wertheimer
WRITER: Mendy Hecht
TEL: 845-655-0613
FAX: 845-655-5613
MAIL: Hamaspiik Gazette, 58 Rt. 59, Suite 1,
Monsey, NY 10952

Happening in Health Today

FIRST STUDY ON “VAPING” LINKS E-CIGARETTES TO LUNG PROBLEMS

San Francisco, California — The first study on the long-term health effects of electronic cigarettes (e-cigs) has found that people who use e-cigs are 30 percent likelier than nonusers to develop chronic lung disease, including asthma, bronchitis and emphysema.

The study looked at 32,000 U.S. adults and began in 2013. It concluded its data collection in 2016 and concluded its analysis in 2019.

Those who smoked regular, combustible cigarettes had a higher risk of developing chronic lung diseases than those who used only e-cigs. But the study also found that many adult smokers who tried e-cigarettes ended up using both forms of tobacco—and that combining regular and e-cigs more than tripled the risk for developing chronic lung diseases.

The research adds to a growing body of evidence that vaping can cause physical harm.

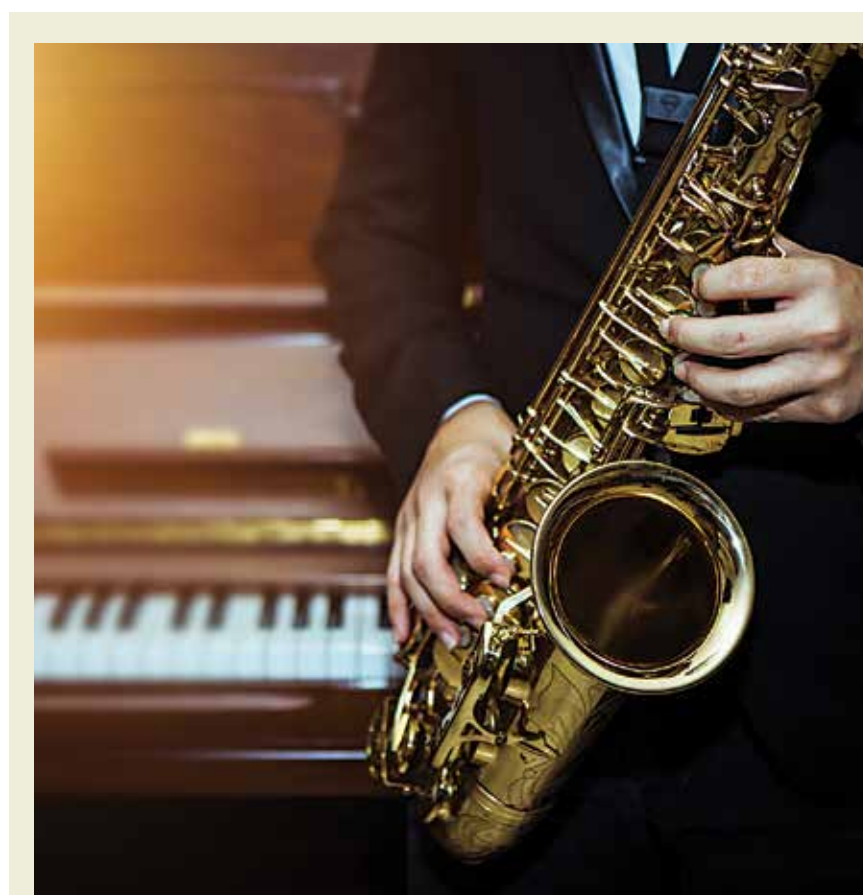
PARKINSON’S DRUG CURBS ALZHEIMER’S DELUSIONS, TOO: STUDY

San Diego, California — A drug designed to curb mental delusions in people with Parkinson’s disease has now been shown in a preliminary study to do the same for people with Alzheimer’s and other types of dementia.

The drug, Acadia Pharmaceutical’s Nuplazid, has been FDA-approved since 2016 for psychosis related to Parkinson’s. It apparently works by blocking a brain chemical that seems to spur delusions.

But now, a trial of Nuplazid for people with Alzheimer’s was successful enough to warrant stopping the trial. If regulators agree, the drug could become the first treatment specifically for dementia-related psychosis and the first new medicine for Alzheimer’s in nearly two decades.

About eight million Americans have dementia, and studies suggest



BLOW IT BIG TIME: PLAYING IN A BRASS BAND IS GOOD FOR OVERALL HEALTH, SAYS STUDY

FOR IMPROVED MENTAL, PHYSICAL HEALTH, PLAY IN A BRASS BAND

Sheffield, England — If you don’t regularly play trumpet, trombone or other such brass instrument in a group of musicians known as a brass band, here’s a good reason to start now: A British study finds that regular brass-band members experience a wide array of mental and physical health benefits.

The study finds that the physical playing of the instrument has long-term benefits to the lungs and

healthy breathing, while the playing and otherwise socializing together with other musicians in a brass band (or any other band or social setting, for that matter) has long-term social and mental-health benefits.

It’s long been known that listening to music improves a person’s health and decreases stress. But this study shows that making the music yourself is also just as good. ★

that up to 30 percent of them develop psychosis.

STUDY ASSOCIATES LIFETIME DRINKING WITH GREATER CANCER RISK

Tokyo, Japan — A review of data on thousands of hospital patients across Japan over several decades has yielded a telling correlation. The researchers

found a higher rate of cancer among those patients who reported a lifetime of light drinking of alcohol.

In addition to having their medical history documented, volunteers were asked about their drinking habits, including how much they drank daily and how long they had been drinking altogether. Using this data, the study’s authors compared roughly 63,000 adult patients diagnosed with

cancer to the same number of roughly matching patients who did not have cancer.

People who drank a standard drink a day (defined as a two-ounce shot of whiskey, six-ounce glass of wine, or a 17-ounce glass of beer) were five percent likelier to develop cancer, researchers found.

STUDY FINDS LEUKEMIA DRUG MAY HELP TREAT PARKINSON’S

Washington, D.C. — A small comparison study of some 75 people with Parkinson’s disease finds some significant improvement in those taking cancer drug Tasigna over those getting a placebo.

Tasigna, which normally treats the form of cancer called leukemia, was given to the Parkinson’s patients in either 150 or 300 milligrams a day for a year. Others got a dummy drug.

After a year, the study found that the Parkinson’s patients getting Tasigna had a higher overall quality of life—as well as higher levels of dopamine in the brain. Dopamine is the natural brain chemical whose dwindling levels cause several of the symptoms of Parkinson’s.

Parkinson’s causes movement problems including stiffness and tremors. Existing drugs can treat those symptoms, but not the underlying loss of brain cells that causes the disease.

GREEN LIGHT EXPOSURE TO TREAT CHRONIC PAIN GROWING AROUND COUNTRY

Tucson, Arizona — “Going green” now has a new meaning.

Normally, the phrase refers to making lifestyle or shopping choices that supposedly best help the environment—like driving a less-polluting car or not buying disposable items.

But now, several researchers and medical professionals around the country are experimenting with relieving chronic pain with... green light.

A number of unrelated experiments seem to indicate that prolonged daily exposure to light exclusively in the shade of green can drastically cut down migraine headaches (both in number and in intensity), reduce PTSD in war veterans, cut down on post-operative and fibromyalgia pain, trigger positive emotions, and otherwise reduce chronic pain.


The advantage of green-light exposure therapy is that it involves no drugs. How or why it works, however, remains unknown. ★

The Hamaspik family cares for yours

Wondering what's available for your special needs loved one? From in home services, community or site based programs to reimbursements that will support your loved one and empower your family. Best of all: we will walk you through the process of getting the care they deserve.



HAMASPIK
CENTER FOR HUMAN SERVICES
המספיק
מרכז עזרה לצרכי הציבור


 Community Habilitation (Com Hab)

 Family Support Services (Reimbursement)

 Day Habilitation

 Home Based Respite

 Prevocational Services

 Achosainu Academy

 After School Respite

 Self Direction

 ISS Apartments

Unsure if your loved one is eligible for services? **Call 718.387.8400**

Boro Park:

4102 14th Avenue
Brooklyn, NY 11219
Phone: 718.387.8400
Fax: 718.599.3261

Williamsburgh:

295 Division Avenue
Brooklyn, NY 11211
Phone: 718.387.8400
Fax: 718.599.3261

Rockland County:

58 Route 59, Suite 1
Monsey, NY 10952
Phone: 845.503.0200
Fax: 845.503.1200

Orange County:

1 Hamaspik Way
Monroe, NY 10950
Phone: 845.774.0300
Fax: 845.774.0500

email: intake@hamaspikkings.org

● ► HAMASPIK NEWS

Hamaspik's New Definition of "Respite" Takes Community by Storm

There is "Respite." And then there is "Hamaspik Respite."

"Respite hours" are a commonly-known phenomenon in the world of developmental disability, in which parents and caregivers get to take some time for themselves to rejuvenate from the hard work it takes to raise a child with special needs. "Respite services" are commonly provided as a babysitting service for the purpose of relieving the parents for some time.

However, when Hamaspik takes on a program, it takes on new meaning.

Hamaspik of Kings County's Respite programs, which serve all ages, introduce participants to a zest for life. The following are examples of the several Respite programs currently run by Mr. Yehudah "Yidel" Spangelet, Hamaspik of Kings County's Director of Day Services.

The Alef Bais Center is a cultural-competence program that focuses teaching Alef Bais and kria, Parshah and Yomim Yovim to children ages four through nine who have Down syndrome or other disabilities. The program runs each school-day afternoon to give moms some time to rejuvenate and prepare for the work lying ahead when their children come home in the evening.

"I never imagined that my daughter with special needs will be able to join a program that will teach her kria and about Yomim Yovim just like my other kids," says one satisfied mother.

At the Alef Bais Center, children learn in a fun, loving environment with a person-centered approach. The schedule is packed with fun, educational lessons from highly skilled and professional teachers—including a kria professional and a licensed program director.

"We have seen much success," says Mr. Spangelet. "The first class of kids (who just went into their third year) now knows how to read full words."

The Alef Bais Center also runs a summer program that continues the work of the entire year in a day-camp-themed setting—giving the kids the same learning as the school year but also swimming, trips, arts and crafts and more.

The Playhouse Center in Williamsburg and the Haktanim program in Borough Park are Hamaspik of Kings County's two newest After-School Respite programs. Both are open during the week and even

with a smile.

Hamaspik of Kings' Fit with Friends is a night program that gives girls the opportunity to spend time exercising together. Led by a professional exercise instructor, Fit with Friends teaches

up. Running three afternoon hours each day, seven days a week (except for winter Fridays) Ahavas Golda's mission is for each girl to grow by achieving personal goals—like homework, baking, computing, art and music (except for Shabbos/Yom Tov, of course!)—with help from volunteers.

Hamaspik of Kings County's Respite programs all also provide full-day Sunday hours, door-to-door transportation, warm nutritious suppers, local Shabbos afternoon programs (with pedestrian pick-ups and drop-offs)—and even several on-site (and off-site) Shabbatons a year. They are in operation whenever schools are closed—be that mid-winter vacations, legal holidays, or just ordinary Sundays.

In addition to coming away having enjoyed a Shabbos filled with davening, singing and play, notes Mr. Spangelet, supervisors also oversee every interaction to ensure that they are meaningful and involve the teaching of practicable life skills, too.

Most importantly, these programs give moms daily time to rejuvenate and prepare for the work lying ahead when their children come home each evening.

"Imagine being able to prepare supper while knowing that your child with special needs is being cared for in a productive environment for extra few hours a day," says one satisfied mother. "My daughter used to come home from school at three in the afternoon. That meant that I couldn't do any other tasks for the day."

Hamaspik is known for creatively providing services well beyond minimum requirements. Parents of the many children in Hamaspik of Kings County's Respite programs report positive increases in their children's overall functioning since joining—and a tremendous increase in their ability and strength to care for their child with special needs. ★

For more information about Hamaspik of Kings County's wealth of Respite programs, please call 718-302-3333 x 5211 or e-mail hschwartz@hamaspikkings.org.



IT'S ALL IN THE (PLAY)HOUSE: HAMASPIK OF KINGS COUNTY'S RANGE OF RESPITE PROGRAMS ARE AS FILLED WITH LIFE, ENERGY, JOY AND BENEFIT AS COLORFUL AS ARE THEIR INDIVIDUAL LOGOS

Shabbos, and are designed for young boys and girls up to the age of nine. The programs consist of loads of fun while gaining very important individualized life skills. Rooms at both sites are fully stocked with games, books and therapeutic items—with the goal being to ensure that every child goes home

girls new exercises while ensuring a wonderful experience—and helping individuals enhance their self-esteem while staying healthy and productive.

The Ahavas Golda program is another Respite program run by Hamaspik of Kings. It caters to high-functioning girls ages six and

Friday Afternoons / Ages 8-9

● Social Friday.



Join us to improve your child's self-confidence and social skills in a group setting.



A project run
by Hamaspik

Contact Reiny Steif / 845.503.0239 Rsteif@hamaspikrockland.org

FOR CHILDREN WITH ASD ELIGIBLE FOR ABA SERVICES.

Grow
today.

● ► HAMASPIK NEWS | HAPPENINGS AROUND HAMASPIK

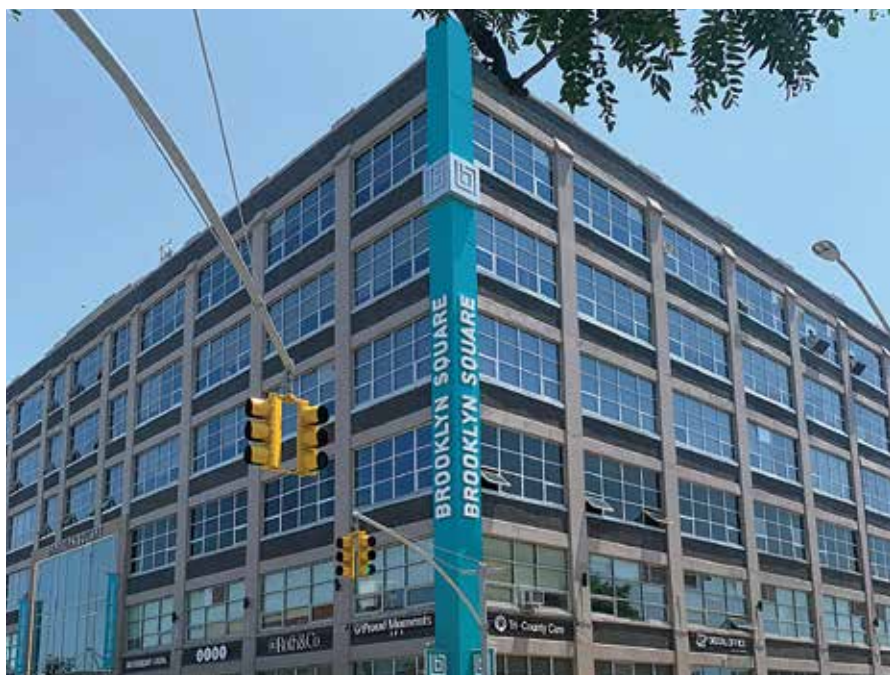


Inside Job



HOME IS WHERE THE HOME IS: THIS HAMASPIK OF ORANGE COUNTY FACILITY IS NOW THE SITE OF TWO OFFICIAL RESIDENCES, BOTH NAMED BAKERTOWN SHVETERHEIM

Building a New Future



NEW CENTURY, NEW INDUSTRIES, SAME STEEL DETERMINATION: BUILT 100 YEARS AGO, THE FLATBUSH INDUSTRIAL BUILDING NOW HOUSES A TRI-COUNTY CARE OFFICE

Complex-needs Person Needing a Home Gets a Home Inside a Hamaspiik Home

Hamaspiik of Orange County, OPWDD Leaders Deliver Creative Housing Solution

Talking about bringing solutions home!

But that's almost-literally what a joint effort by Hamaspiik of Orange County and the New York State OPWDD has pulled off after a year of collaboration.

Hamaspiik of Orange County's Family Care program had long supported C.L. Hamaspiik scrambled while C.L. was graciously hosted short-term by community family, friends and well-wishers.

Director of Residential Services Solomon Gelb recalled an empty bedroom at the agency's Bakertown residence and thought, "Why not?"

One year and dozens of conversations later between Hamaspiik staff and Orange County-based officials with the Office for People With Developmental Disabilities (OPWDD), that single bedroom was now the Bakertown Shvesterheim Supervised Individualized Residential Alternative (IRA). It is an official OPWDD residence within an official OPWDD supportive residence created

with the state agency's vital assistance and full blessing. With its mixed certification, it is also the first of its kind.

The creative solution was an effort by a team of OPWDD regional officials: now-retired Regional Deputy Director Mary Newhard, now-retired Director of Development Jill Lipson, current Regional Deputy Director Maksym Lider, Lewis Prescott, and Debbie Newman, joined by OPWDD Division of Quality Improvement (DQI) official Christina Ferri. Their Hamaspiik counterparts were Director of Quality Improvement Joel Grosz, Director of Residential Services Solomon Gelb, Director of Community Residential Services Joel Greenfeld, Home Managers Mr. and Mrs. Moshe Y. Hershkowitz, and Executive Director Moses Wertheimer.

With that sole bedroom now an officially-designated IRA, and with newly hired and trained staff, fire and emergency plans and all, Bakertown—and C.L.—now has a home within a home. ★

A Tri-County Care Office Grows in Brooklyn

A Snapshot of the Borough's TCC Hub

In the heart of the borough once hailed as "the essence of America," some things never change.

Upon its 1920 completion, the gargantuan Flatbush Industrial Building at 3611 14th Avenue in deep Brooklyn's Kensington neighborhood was a seven-story symbol of early Roaring Twenties industriousness.

Over the next century, thousands of workers animated its cavernous chambers as dozens of enterprises came and went.

But back then, they built things to last.

So it's no wonder that what began life 100 years ago still stands—and it's most appropriate that at Brooklyn Square, that iconic monolith's newest

white-collar iteration, one of the dozens of marquee names snapping up space is Tri-County Care.

As a Care Coordination Organization (CCO), Tri-County Care gives individuals with disabilities the independent, conflict-free Care Managers required for anyone receiving supports from the New York State Office for People With Developmental Disabilities (OPWDD).

"Tri-County Care prides itself for its diversity," says Mrs. Blimi Kornbluh, VP of Human Resources. "We employ, and serve, the population's every ethnicity, race and background"—a fact confirmed with a glance around Tri-County's

CONTINUED ON PAGE 9 ►►

● ► HAMASPIK NEWS | HAPPENINGS AROUND HAMASPIK

Hamaspik of Orange County Day Hab Launches Health and Fitness Regimen

Men's, Women's Day Programs Now Regularly Visiting Regulation Pool, Gym

Not just meeting their individuals' needs, but doing so in a communally sensitive way, is what the Day Habilitation (Day Hab) programs at Hamaspik of Orange County have always done.

Come to think of it, so has every other Hamaspik program, for that matter.

Among those person-centered needs, of course, is keeping a keen eye and ear out for the day-to-day health and fitness needs of the individuals with disabilities supported by those Day Hab programs.

That's why the Men's and Women's Divisions of Hamaspik of Orange County's Day Hab program are now regularly, and separately, visiting a giant indoor pool and a gymnasium. Both not only offer gender-specific hours but also proudly facilitate said, and the Day Hab has entered a renewed continuous contract with both.

Commenting on the new regimen of health and fitness, Hamaspik of Orange County Director of Day Services Joseph Grunbaum says that its goal

is "to incorporate healthy movement and exercise in a fun and stimulating environment."

"Regardless of the outdoor weather, this has become a highlight of the week as the individuals look forward to working out and socializing in a meaningful way!" Mr. Grunbaum adds.

The former facility is an Olympic-sized indoor pool while the latter is GymPros, a gymnastics studio geared for the community from which Hamaspik's beneficiaries hail.

Besides releasing energy while also building up strength and stamina, the gentlemen are also having a wonderfully therapeutic time at the individual visits to each facility, reports Hamaspik of Orange County Men's Day Hab Director Yehudah "Yidel" Kleinman.

"They love it!" he exults. "They come back each time with smiles." ★

For more information on Day Hab, contact Joseph Grunbaum at 845-774-0310 or JGrunbaum@hamaspikorange.org.

Tri-County

◀ CONTINUED FROM PAGE 8

central hub. (In fact, Tri-County Care staff boasts a combined fluency in 33 languages.)

Close to 100 employees occupy the sprawling TCC workplace at Brooklyn Square. Roughly half are Care Managers, backed by Specialists in Entitlements, Intake, Human Resources, and Quality Assurance—and with new weekly hires evincing the non-profit's still-exploding growth and success.

With Brooklyn's thousands of children and adults with disabilities now getting their OPWDD services through the gateways of CCOs like Tri-County Care, the Brooklyn Square office is a buzzing hive of activity. Care Managers are constantly working with individuals, both those newly enrolled and those already in the system and coming over from existing non-profit providers. With

profiles built and individualized care plans crafted, the Care Managers then actively occupy themselves with matching those individuals with the services—and services providers—who are best suited for them. Finally, once individuals are fully "on-boarded," Care Managers continue to regularly advocate for each every day—answering questions, resolving difficulties, and helping individuals and their loved ones provide ongoing medical, mental-health and all-around supportive care.

So centrally located was the giant industrial building that it had its own spur to the South Brooklyn Railway, giving Brooklynites a convenient commute to the employment powerhouse.

Today, a powerhouse of a different kind is delivering access of a different kind, as people from all across Brooklyn stream spoke-like to the disability-supports hub that is Tri-County Care. ★

Fit for Day Hab



MAKING THE JUMP: THE DAY HABBERS TRY THE GYM'S LONG RUNNING TRAMPOLINE



WHAT GOES UP MUST COME DOWN: LEARNING THE ROPES (L); A HAPPY LANDING (R)

Day Hab Goes Into Sloomoo



POSITIVELY SLIMEY: THE SLOOMOO (PRONOUNCED SLEW-MOO) INSTITUTE, NOW IN NEW YORK, LETS VISITORS (LIKE HAMASPIK OF KINGS' MEN'S DAY HAB) MOLD COLORED, SCENTED AND REMARKABLY THERAPEUTIC SLIME INTO OBJECTS OF CREATIVE ART

The Autism Update

News and developments from the world of research and advocacy

FAULTY IMMUNE CELLS MAY UNDERLIE ANXIETY IN PEOPLE WITH AUTISM

Hangzhou, China — According to new research on lab mice, some cases of anxiety may stem from a faulty immune system. Anxiety commonly accompanies autism.

The study, conducted at Zhejiang University in Hangzhou, China, focused on immune cells called CD4+T cells—tracing their effects on mouse brains.

Researchers gave two groups of lab mice—one with the T cells and one without—repeated stressful experiences. After one week, the group with the T cells demonstrated anxious behavior. The other group did not.

What's more, when they transplanted the T cells from the anxious mice into the non-T cell mice, those mice also demonstrated anxious behavior.

The findings are the latest in a wave of research into the progressive theory that immune cells influence neurological conditions like autism and anxiety.

AUTISM COMMUNITY SHIFTING TOWARDS MORE EMBRACE OF "STIMMING"

New York, New York — A behavior common among people with autism, particularly those with non-verbal or non-social tendencies, is "stimming," which is short for "stimulating"—meaning, engaging in self-stimulating repetitive physical movements or actions like arm-flapping, tapping, or rocking back and forth.

Stimming was initially viewed as negative and otherwise undesirable by Hans Asperger and Leo Kanner, the European doctors largely viewed as the discoverers and pioneers of autism in the 1940s, leading to a decades-long rejection of stimming by the establishment.

But now, the autism community—meaning, leading researchers and treatment centers—is moving away from discouraging stimming to embracing the behaviors, to the extent they are not harmful to the quality of life of people with autism or those around them.

Stimming remains widely understood as the person's reaction to overstimulation.

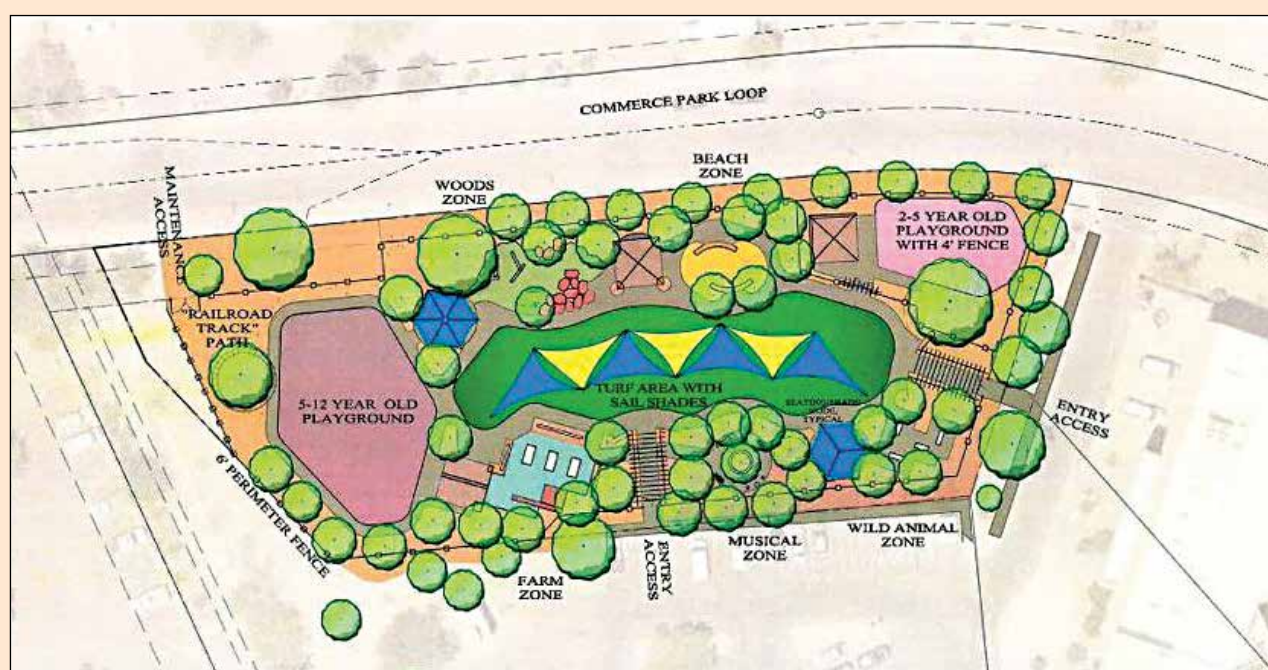
FIRST AUTISM-FRIENDLY PARK COMING TO TUCSON

Tucson, Arizona — Our very own Empire State has long had them, what with Western New York being home to the Autism Nature Trail (ANT), the one-of-a-kind outdoor recreation area created specifically for people with autism. Next-door Pennsylvania is home to Sesame Place, America's first full-fledged mainstream theme park that's also entirely designated autism-friendly by the Autism Society.

But now, Arizona is catching up to the East Coast—

as Tucson is slated to get its first outdoor park designed specifically for kids on the spectrum. The park will be located next to the new Intermountain Academy center in the city's Westside district.

The \$2 million, two-acre park will be different than a normal park because it will feature several different outdoor sensory play areas. Unlike typical parks, it will also be surrounded by a fence, giving children—and parents—an additional sense of security and safety. ★



PARK IT RIGHT HERE: A BLUEPRINT OF TUCSON, ARIZONA'S FIRST FULLY-DEDICATED PUBLIC PARK FOR KIDS ON THE AUTISM SPECTRUM

STEM-CELL "AUTISM CURE" COMPANIES WARNED BY FDA

White Oak, Michigan — The U.S. Food and Drug Administration (FDA) has recently taken several enforcement actions against various companies hawking unapproved stem-cell products.

The companies in question advertise various microbiologic and genetic products that they claim can treat and/or cure a number of conditions, including autism—with little to no backing science.

For example, the Yorba Linda, California-based Liveyon, LLC was warned by the FDA that its unapproved stem cell products "put patients at risk" due to the possibility of microbial contamination. The FDA's safety alert warned the public about unapproved products based on stem cells and exosomes—membrane-bound sacs that shuttle molecules between cells.

Liveyon's stem cell products are reportedly being increasingly prescribed for autism, even though the therapy is unproven and potentially dangerous.

TWENTY-FIVE PERCENT OF KIDS ON SPECTRUM GO UNDIAGNOSED, STUDY SUGGESTS

Newark, New Jersey — According to a new study based on data from the U.S. Centers for Disease Control and Prevention (CDC), a substantial number of children who meet the criteria for autism are failing to receive a formal diagnosis.

The study, published recently in *Autism Research*, found that 25 percent of those on the spectrum have no diagnosis, and that these overlooked children are likeliest to be black or Hispanic.

To arrive at their conclusions, researchers analyzed data on 266,000 children in 11 states from the CDC's Autism and Developmental Disabilities Monitoring Network. Educational and medical records for each child were evaluated to determine if they qualified for an autism diagnosis.

The research found that almost 4,500 of the children were on the autism spectrum, but that around

1,125 of them reported no official diagnosis.

HARM OF SELF, OTHERS COMMON AMONG YOUTHS WITH AUTISM: STUDY

New York, New York — According to a new study, close to one-third of young people with autism (ages three through 25) put themselves or others in danger during any given three-month period.

The survey of their parents also finds that nearly one in four of those youths will also not see a mental health professional during that same time.

Researchers found that with children under 12, incidents tended to be related to wandering, fleeing and self-injury. With young people ages 12 to 25, episodes more often involved physical and verbal aggression, usually aimed at parents.

However, one drawback of the study is that of the thousands of families affected by autism that the printed survey was mailed to, only 462 families (or seven percent) completed it. ★

We've got you. Covered.

The days of making dozens of calls are over. Tri-County Care will help you apply for Medicaid during the enrollment process.

We double down to get you enrolled, no matter what.



Coordinating care for
individuals with special needs.

- | | | | | | |
|----------------------------|----------------------------------|---------------------------------|-----------------------|-------------------------------|-------------------------------------|
| Boro Park
3611 14th Ave | Williamsburg
295 Division Ave | Five Towns
700 Rockaway Tpke | Monsey
58 Route 59 | Kiryas Joel
1 Hamaspik Way | Staten Island
260 Christopher Ln |
|----------------------------|----------------------------------|---------------------------------|-----------------------|-------------------------------|-------------------------------------|

Tri-County Care is a New York State Hamaspik Association (NYSHA) product.

TriCountyCare.org • 844.504.8400 Ext. 2

● ► **HMASPIK NEWS**

Hamaspik Rockland's Day Hab Fondly Remembers Beloved Friend at Yahrzeit Event

Individuals, Staff, Family Gather to Celebrate Life, Legacy of Shlomie Teitelbaum



AS A FATHER TO A SON: GRAND RABBI HENOAH TEITELBAUM, MONSEY'S SASOVER REBBE, PAYS HOMAGE TO HIS DEAR DEPARTED SHLOMIE—AND TO THE HAMASPIK OF ROCKLAND COUNTY DAY HAB PROGRAM THAT WAS SUCH A VITAL PART OF SHLOMIE'S DAILY LIFE

It was six years ago that Hamaspik of Rockland County's Men's Day Hab program—and the entire Hamaspik family—was steeped in sorrow. After a lifetime of medically-complex conditions, Shlomie Teitelbaum's time had come.

Gathered in front of the men's Day Hab facility in Monsey, individuals and staff alike participated in Shloime's funeral, whose procession had stopped at a place that was a veritable home to him.

This past February 2nd, the 7th day of the Jewish-calendar month of Shvat, marked the fifth yahrzeit of a young man who was so much a part of daily life at Day Hab—and whose legacy of perseverance, sensitivity, humor and happiness still is.

Gathered around tables in the Day Hab's dining room, individuals, family members and Hamaspik staff took in a video tribute to Shlomie's years of life at Day Hab.

Per tradition, a volume of the Mishnah (the compendium of Jewish religious law) was completed, with the spiritual power of its study a boon to the soul of the departed.

But the highlight of the event was the words of Shlomie's father, Monsey's venerable Grand Rabbi Henoah Teitelbaum, the Sasover Rebbe, who participated to pay tribute to his special son.

"It's beautiful and emotional to see what all of you have done for him in the past... but what we're watching here is only a fraction of the awesome work you



GONE BUT NOT FORGOTTEN: THE GENTLEMEN OF HAMASPIK OF ROCKLAND COUNTY'S DAY HAB, WHICH SHLOMIE TEITELBAUM ATTENDED FOR YEAR, TAKE IN A SPECIAL VIDEO MONTAGE PREPARED FOR THE YAHREITZ BY DEVOTED LONG-TIME DAY HAB DIRECTOR PINCHOS KNOPFLER

did and seeing what a great, quality time Shlomie had here with you," he said. "However, up in Shamayim [Heaven—ed.], where Shlomie is now, there is a full

recording of every second—nothing gets forgotten there. Shlomie remembers all of you and is for sure asking in Shamayim for all the best for you." ★

The COVID-19 coronavirus—like flu—is NOT automatically a fatal disease.

PREVENTION

1. Wash your hands frequently with soap and warm water for 20 seconds
2. Sneeze into your sleeve or a tissue—never into bare hands
3. Avoid touching your eyes, nose or face

4. Be alert in crowds; as with flu, social distancing (including not shaking hands) helps reduce the spread of any respiratory virus, including COVID-19. ★

Sources: CDC, MedlinePlus, Johns Hopkins Medicine

**YOUR ULTIMATE
SOURCE FOR GROUP
INSURANCE SOLUTIONS!**



Reliable Brokerage, Inc.

We get you protected.



888.783.6286

CALL FOR YOUR NO-OBLIGATION INSURANCE QUOTE

HENRY KELLNER & ASSOCIATES

E-mail us at: info@reliablebrokerage.com

Visit us on the web at: www.ReliableBrokerage.com

HEALTH NEWS

Italian doctors: gout can cause heart inflammation and failure

Rome, Italy — A group of cardiologists at Rome’s Sapienza University claim in a case study that gout can directly cause heart inflammation and failure.

Gout is the buildup of tiny crystals in the joints, leading to severe sudden pain and tenderness.

According to the Italian doctors, untreated gout can cause *myocarditis*, or inflammation of heart muscle tissue, by depositing gout crystals in the *myocardium*, or heart muscle tissue.

The doctors’ conclusion was published recently in the *Annals of Internal Medicine*. It was based on their experience treating a 49-year-old man in their hospital.

The 49-year-old man had been hospitalized for symptoms of heart inflammation, but also had symptoms of gout. He had stopped taking his gout medication several months earlier due to side effects. His heart pumping



PEDESTRIAN GATEWAY TO THE HEART OF THE (PEDESTRIAN) MATTER: SAPIENZA UNIVERSITY RESEARCH LINKS GOUT, COMMONLY STRIKING THE FEET, TO HEART WOES

strength was also significantly below normal level.

Based on several blood tests and


heart scans, doctors found that the patient had significant deposits of gout crystals in the cells of his heart.

Upon treating him for four weeks with medications to reduce both gout crystals and heart inflammation, his cardiovascular condition and heart pumping strength greatly improved.

Gout is well-known for increasing uric acid in the blood, leading to crystals made of urate being deposited in the joints, kidneys, and soft tissues, causing gout.


In their report, doctors noted that unrelated research has found urate crystals in the heart’s vessels and valves—but that their research is the first to report a connection between gout and heart disease.

“On the basis of our experience with this patient, we conclude that gout can cause myocarditis with cardiac dilatation [heart enlargement—ed.], cardiac dysfunction, and heart failure, particularly in patients with tophaceous [involving buildup of crystals—ed.] and untreated gout,” the doctors wrote. ★



HEALTHY EATING


BEETS



EASY

YIELDS: 4 SERVINGS

READY IN: 0:20



Simple Roasted Beets

INGREDIENTS:

- 4-5 beets
- 1 onion
- 3 tablespoons olive oil
- Salt to taste

DIRECTIONS:

- Preheat oven to 425°
- Peel and slice beets and onions into 1/4 inch rounds, place in bowl
- Drizzle olive oil over sliced beets and onions, toss to combine. Place sliced beets in single layer on prepared baking sheet and sprinkle with salt
- Roast in preheated oven until beets are fork tender (about 10-15 minutes)


CHEF'S TIP:
Use beet juice for natural pink coloring!

BENEFITS:
Beets are loaded with vitamins and minerals, are low in calories and fat, and are a good source of fiber, which is beneficial for digestive health. Beets also contain inorganic nitrates and pigments, both of which have a number of health benefits.

EASY

YIELDS: 6 SERVINGS

READY IN: 1:00



Beet Salad

INGREDIENTS:

- 6 beets, peeled
- 1 tablespoon sugar
- Juice of 1 fresh lemon
- Salt to taste


DIRECTIONS:

- Place beets in a pot and fill with water; bring to boil
- Lower flame and simmer until beets are tender when pierced with fork (about 45 minutes)
- Cool; cut beets into bite-size pieces
- Place in serving bowl
- Toss in the lemon juice, sugar, and salt
- Best served chilled

EASY

YIELDS: 4-6 SERVINGS

READY IN: 1:00



Apple Beet Salad

INGREDIENTS:

- 4 beets, peeled
- 2 yellow apples, peeled
- 1 tablespoon sugar
- 1 tablespoon lemon juice

DIRECTIONS:

- Place beets in pot and fill with water; bring to boil
- Lower flame and simmer until beets are tender when pierced with fork (about 45 minutes)
- Cool; cut beets into bite-size pieces
- Place in serving bowl
- Shred apples and add to beets
- Add remaining ingredients, mix well

© 2020 Recipes by Mrs. Chana G. Laufer

For all your personal cooking and catering needs, contact chanagitty@gmail.com

Public Health and Policy News

NEW YORK PUBLIC-HEALTH EXPERTS LEND PEN IN EDITORIAL AGAINST VAPING BANS

New York, New York — In a recently published editorial, health experts from Manhattan's very own Columbia University and New York University joined several peers from across the country in cautioning against public-health efforts to ban or roll back the public's access to electronic cigarettes (e-cigs) and other such "vaping" devices.

The academics' argument is that such "Prohibitionist" bans will only create a growing black market for such items, leading to more—not less—people actually using them. They believe that such efforts may thwart the sincere efforts of adult smokers who are trying to quit regular cigarettes by using e-cigs instead.

The article goes against what most U.S. public health officials now say—namely, that there is no safe vaping.

RATES OF MOST DEADLY TYPE OF SKIN CANCER ARE FALLING FOR YOUNG PEOPLE

Seattle, Washington — A study

just published in *JAMA Dermatology* found that while the incidence of melanoma continues to rise in older adults (those 40 and older), it has remained stable in people in their 30s and fallen steadily in those under 30.

What's more, the study found, in adolescents and young adults (those ages 10 to 29), the number of diagnosed melanomas fell by about 23 percent.

Skin cancer is the most common type of cancer in the United States, according to the American Academy of Dermatology, and melanoma, the most serious type of skin cancer, results in more than 9,000 deaths each year. Overall rates of melanoma have risen continuously since 2001. But there is some good news.

"While we still have a long way to go," says researcher Jennifer Gardner of the University of Washington School of Medicine in Seattle, "there is a very optimistic downtrend in younger populations."

OBESITY AND UNDER-NUTRITION HITTING 1/3RD OF LOW- AND MIDDLE-INCOME COUNTRIES

Geneva, Switzerland — New global public-policy research says that over a third of countries with low- or middle-income economies are suffering from both obesity and undernutrition.

That means that in those countries, which are particularly in sub-Saharan Africa, south Asia, east Asia and the Pacific, many citizens are either eating too much unhealthy food (creating obesity) or not getting enough food at all (undernutrition).

According to Dr. Francesco Branca, Director of the Department of Nutrition for Health and Development at the World Health Organization (WHO), the world is facing a new nutrition reality.

"We can no longer characterize countries as low-income and undernourished, or high-income and only concerned with obesity," he said. "All forms of malnutrition have a common denominator—food systems that fail to provide all people with healthy, safe, affordable, and sustainable diets."



THE NEW FACE OF THE FDA: DR. HAHN

FORMER MD ANDERSON CANCER CENTER LEADER NOW NEW FDA COMMISSIONER

Washington, D.C. — The former chief medical officer (CMO) of MD Anderson Cancer Center of Houston, Texas, Dr. Stephen Hahn, is now the head of the U.S. Food and Drug Administration (FDA).

Dr. Hahn, an oncologist, now takes the top spot of Commissioner at the U.S. government's food and medicine watchdog. He replaces Dr. Scott Gottlieb, the previous FDA Commissioner, who resigned to spend more time with his young family.

Much of the conversation during Hahn's confirmation process in the U.S. Senate centered on vaping, which the FDA governs under its tobacco division.

Dr. Hahn didn't offer much in the way of specifics but pledged to always follow science and data over politics.

LESS AMERICANS NOW PASSING AWAY IN HOSPITALS THAN HOMES

Boston, Massachusetts — Possibly reflecting a more organic, naturalistic and healthy trend, a new report now says that U.S. deaths due to natural causes are

occurring more in private homes than in hospitals.

The change would mark the first time in American since the early 1900s that more people are passing away surrounded by the love and comfort of their own homes than in hospitals.

"It's a good thing," said lead report author Dr. Haider Warraich of the Veterans Affairs Boston Healthcare System. "Death has become overly medicalized over the last century."

Dr. Warraich found that in 2003, 40 percent of deaths from natural causes happened in hospitals.

In 2017, however, that number had dropped to 30 percent.

Over the same period, deaths in homes rose from 24 to 31 percent.

FIRST DISPOSABLE DUODENOSCOPE APPROVED BY FDA

Bethesda, Maryland — In response to a number of patients getting serious infections in U.S. hospitals due to reused equipment (among other sources), the FDA has now approved the first disposable duodenoscope.

A duodenoscope is a long tube with a tiny camera on one end. It's inserted into the patient to examine and treat the pancreas and bile duct. But U.S. hospitals are estimated to use duodenoscopes on patients some 700,000 times a year, reusing the same ones repeatedly.

Because duodenoscopes are notoriously hard to sterilize, they are too often the cause of infection in new patients after picking up and transmitting bugs from earlier patients.

But now, Boston Scientific's new Exalt brand-name duodenoscope can be used once and then trashed.

The FDA designated the Exalt a "breakthrough" device and expedited its approval. ★



DISPOSING OF INFECTIONS: BOSTON SCIENTIFIC'S NEW EXALT DUODENOSCOPE IS THE FIRST SUCH FDA-APPROVED DISPOSABLE; EXISTING DEVICES ARE NOTORIOUSLY BUG-RIDDEN

Start the year healthy with ComfortHealth!



A new Medicaid-sponsored care management and services agency dedicated to the health of individuals who require medical care physically, emotionally, or mentally.

- ◆ Finding the right doctors
- ◆ Assembling a connected care team
- ◆ Arranging doctor appointments
- ◆ Reducing future hospitalizations
- ◆ Helping eliminate medical error
- ◆ Providing additional parent resources

Services

- ◆ Skills development
- ◆ ComHab
- ◆ Respite Services
- ◆ Prevocational Services

Comfort 
HEALTH

Downstate (NYC) Call:
718.408.5400
4102 14th Ave. Brooklyn, NY 11219

Rockland:
845.503.0400
58 Rt. 59 Monsey, NY 10952

Orange:
845.774.0300
1 Hamaspik Way Monroe, NY 10950



In the Know

ALL ABOUT... ATOPIC DERMATITIS

Sources: Mayo Clinic

INTRODUCTION AND DEFINITION

Atopic dermatitis, a chronic inflammatory skin disease, is often referred to as “eczema,” which is a general term for the several types of inflammation of the skin.

Atopic dermatitis is the most common of the many types of eczema and onset typically begins in childhood and can last through adulthood.

The cause of atopic dermatitis is a combination of genetic, immune and environmental factors. In atopic dermatitis, the skin develops red, scaly and crusted bumps, which are extremely itchy. Scratching leads to swelling, cracking, “weeping” clear fluid, and finally, coarsening and thickening of the skin.

Atopic dermatitis usually begins during infancy or childhood. But it can strike people at any age.

Most often, it affects skin on the face, hands, feet, inner elbows and backs of the knees.

In many cases, eczema goes into remission and symptoms may disappear altogether for months or even years.

For many kids, it begins to improve by the age of five or six; others may have flare-ups throughout adolescence and early adulthood.

Atopic dermatitis is *not* contagious, so there’s no need to keep a baby or child who has it away from siblings, other kids, or anyone else.

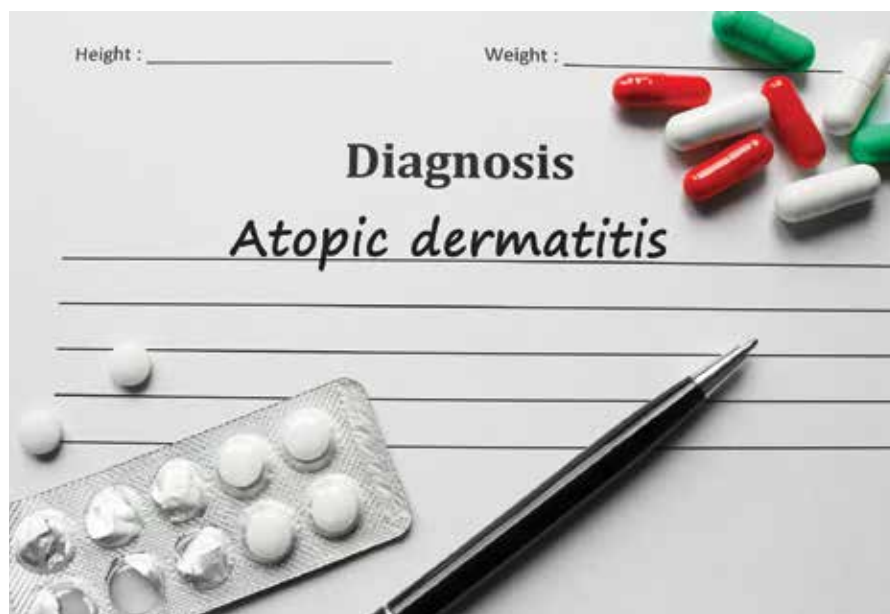
Atopic dermatitis currently has no cure. But treatments and self-care measures can relieve itching and prevent new outbreaks. For example, it helps to avoid harsh soaps, moisturize skin regularly, and apply medicated creams or ointments.

SYMPTOMS

Atopic dermatitis signs and symptoms vary widely from person to person. They include:

- Dry skin
- Itching, which may be severe, especially at night
- Red to brownish-gray patches, especially on the hands, feet, ankles, wrists, neck, upper chest, eyelids, inside the bend of the elbows and knees, and in infants, face and scalp
- Small, raised bumps, which may leak fluid and crust over when scratched
- Thickened, cracked, scaly skin
- Raw, sensitive, swollen skin from scratching

Atopic dermatitis most often begins before age five and may persist into adolescence and adulthood. For some people, it flares periodically and then clears up for a time, even for several years.



See a doctor if you:

- Are so uncomfortable that the condition is affecting sleep and daily activities
- Have a skin infection—look for red streaks, pus, yellow scabs
- Continue to experience symptoms despite trying home remedies

Seek immediate medical attention if the rash looks infected and you have a fever.

CAUSES

Healthy skin helps retain moisture and protects the person from bacteria, irritants and allergens. But in atopic dermatitis, a variation in a gene affects the skin’s ability to provide that protection. The result is that the skin can then be affected by environmental factors, irritants and allergens by which it is normally not affected.

In some children, food allergies may play a role in causing atopic dermatitis.

Risk factors

The primary risk factor for atopic dermatitis is a personal or family history of atopic dermatitis, allergies, hay fever or asthma.

Complications

Complications of atopic dermatitis may include:

- Asthma and hay fever. Atopic dermatitis sometimes precedes these conditions. Over half of young kids with atopic dermatitis develop asthma and hay fever by age 13
- Chronic itchy, scaly skin. A skin condition called *neurodermatitis* (lichen simplex chronicus) starts with a patch of itchy skin. Scratching the area only makes it itchier, and people with it eventually may scratch it simply out of habit. This condition can cause the affected skin to become discolored, thick and leathery
- Skin infections. Repeated scratching which breaks the skin can cause open sores and cracks. These then increase

the risk of infection by bacteria and viruses, including the herpes simplex virus

- Irritant hand dermatitis. This condition especially affects people whose work requires that their hands are often wet and exposed to harsh soaps, detergents and disinfectants
- Allergic contact dermatitis. This condition is common in people with atopic dermatitis
- Sleep problems. The itch-scratch cycle can cause poor sleep quality

DIAGNOSIS

Atopic dermatitis does not require any lab test to be identified or diagnosed. A doctor will likely make a diagnosis by examining the skin and reviewing the patient’s medical history. However, the doctor may also use patch testing or other tests to rule out other skin diseases or identify other conditions that may be accompanying the atopic dermatitis.

Atopic dermatitis is sometimes confused with other skin conditions, such as *seborrheic dermatitis* (better known as “cradle cap”), *psoriasis* (a genetic disease that causes the skin to become scaly and inflamed), and *contact dermatitis* (caused by direct skin contact with an irritating substance, such as a metal, medicine, or soap).

If you suspect that a certain food caused an atopic dermatitis rash, tell the doctor and ask about identifying potential food allergies.

The doctor will want to rule out other diseases and conditions that can cause skin inflammation, so your child might need to be seen more than once before a diagnosis is made. The doctor might recommend sending your child to a dermatologist or an allergist.

An allergist can test to see if the rash is an allergic reaction to a substance. This might involve one or more of the following:

- A blood test
- A patch test (placing a patch of suspected allergen, such as dyes or

fragrances, on the skin)

- Scratch/prick tests (placing suspected allergens on the skin or injecting them into the skin)

Your doctor also may ask you to eliminate certain foods (such as eggs, milk, soy, or nuts) from your child's diet, switch detergents or soaps, or make other changes for a time to find out whether your child has a reaction to something.

TREATMENT

Atopic dermatitis can be persistent. The typical patient will typically need to experiment with various treatments over months (or even years) to control it. And even if treatment is ultimately successful, signs and symptoms may return in yet another flare-up.

This is why it is important to recognize the condition as early as possible in the

Another class of prescription-only creams contains drugs that are called *calcineurin inhibitors*. Such drugs include Protopic and Elidel. However, these drugs affect your immune system. They are used by people older than age two to help control any skin reaction to an irritant. Apply it only as directed, after you moisturize. Also, avoid strong sunlight when using these products. These drugs have a black box warning about a potential risk of cancer. But the American Academy of Allergy, Asthma & Immunology has concluded that the risk-to-benefit ratios of topical Protopic and Elidel are similar to those of most other conventional treatments of persistent atopic dermatitis and that the data don't support the use of the black box warning.

A more recent prescription ointment called Eucrisa has been shown to be considerably effective, particularly in young children with atopic dermatitis.

medication is used to treat people with severe disease that does not respond well to other treatment options. Because Dupixent is newer, it doesn't have a long track record in terms of how well it helps people. Studies have shown it to be safe if used as directed, but it's very expensive.

Wet dressings

An effective, intensive treatment for severe atopic dermatitis involves wrapping the affected area with topical corticosteroids and wet bandages. Sometimes this is done in a hospital for people with widespread lesions because it's labor intensive and requires nursing expertise. You can also ask your doctor about learning how to do it at home.

Light therapy

This treatment is used for people who either don't get better with topical treatments or who rapidly flare up again

embarrassed or frustrated by their skin condition.

Relaxation, behavior modification and biofeedback

These approaches may help people who scratch habitually.

Infant atopic dermatitis

Treatments for atopic dermatitis in babies (infantile atopic dermatitis) include:

- Identifying/avoiding skin irritants
- Avoiding extreme temperatures
- Lubricating your baby's skin with bath oils, creams or ointments

See your pediatrician if these measures don't improve the rash or if the rash looks infected.

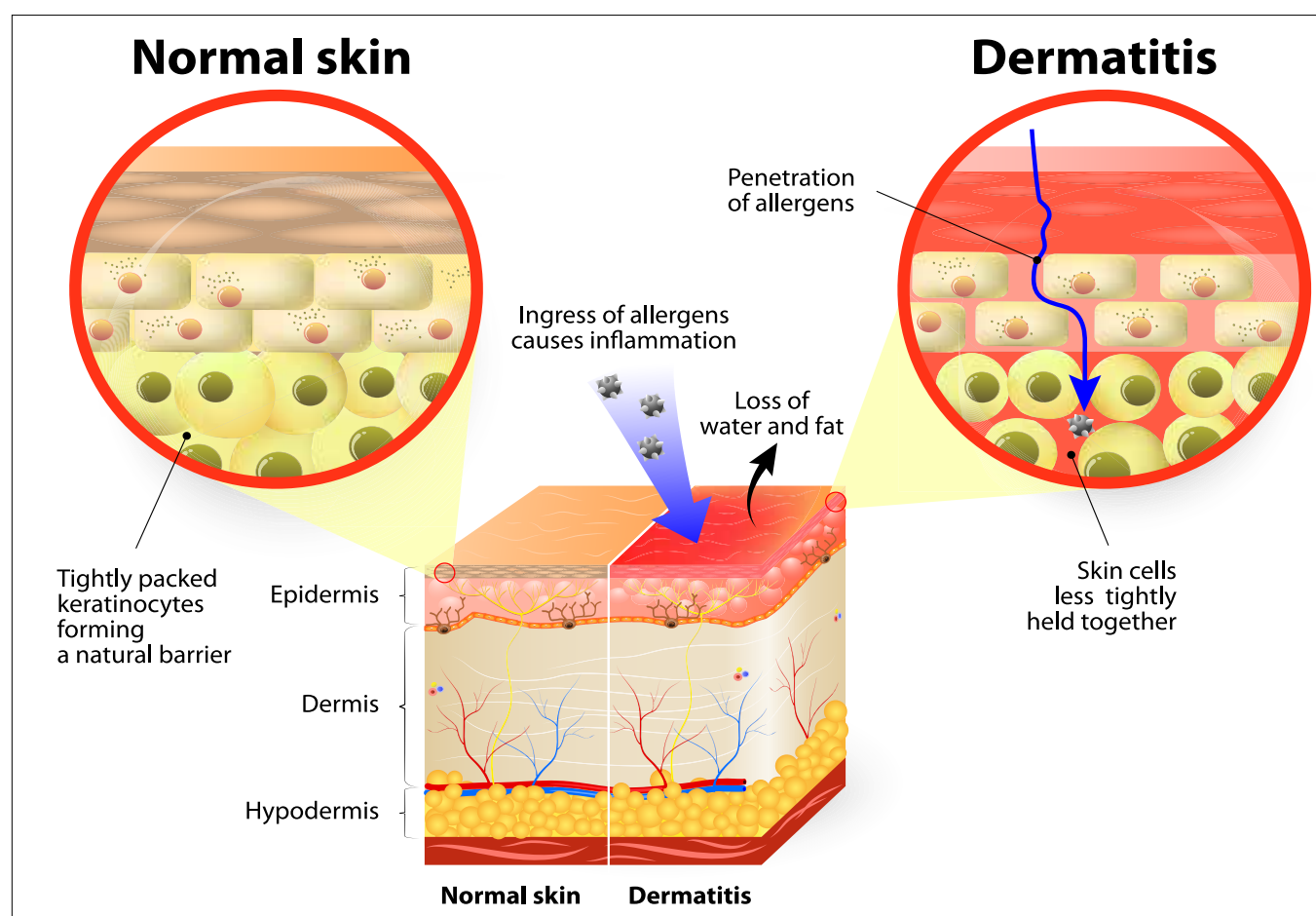
The baby may need a prescription medication to control the rash or to treat an infection.

The pediatrician may also recommend an oral antihistamine to help lessen the itch and to cause drowsiness, which may be helpful for nighttime itching and discomfort.

PREVENTION

These tips may help prevent atopic dermatitis flare-ups and minimize the drying effects of bathing:

- Moisturize skin at least twice a day. Creams, ointments and lotions seal in moisture. Choose the products that work well for you. Using petroleum jelly on a baby's skin may help prevent development of atopic dermatitis
- Try to identify and avoid any triggers that worsen the condition. Things that can worsen the skin reaction include sweat, stress, obesity, soaps, detergents, dust and pollen. Reduce your exposure to your triggers
- Anything that causes sweating can irritate the rash. Avoid strenuous exercise during a flare-up
- Infants and children may experience flare-ups from eating certain foods, including eggs, milk, soy and wheat. Talk with your child's doctor about identifying potential food allergies
- Take shorter baths or showers. Limit baths and showers to ten to 15 minutes. And use warm water, not hot water.
- Use only gentle soaps. Choose mild soaps, because deodorant soaps and antibacterial soaps can remove the skin's more natural oils and leave skin excessively dried out
- Dry off carefully. After bathing or showering, gently pat the skin mostly dry with a soft towel, but then apply moisturizer while the skin is still damp



process, so that you can nip a flare-up in the bud and start treatment as early as possible. If regular moisturizing and other self-care steps don't help, your doctor may suggest one or more of the following treatments:

Medications

Medications that treat atopic dermatitis begin with various creams and lotions—both over-the-counter (OTC) and prescription-only. These constitute the patient's first line of offense.

Creams that control itching and help repair the skin begin with a corticosteroid cream or ointment, which your doctor may prescribe. Apply it only as directed, after you moisturize. This is because overuse of this drug may cause side effects, including thinning of the skin.

Drugs to fight infection

Your doctor may prescribe an antibiotic cream if your skin has a bacterial infection, an open sore or cracks. The doctor may recommend taking oral antibiotics for a short time to treat an infection.

Oral drugs that control inflammation

For more-severe cases, the doctor may prescribe oral corticosteroids like prednisone. These drugs are effective but can't be used over the long term because of their potential serious side effects.

Dupixent for severe atopic dermatitis

More recently, the Food and Drug Administration (FDA) has approved an injectable new drug called Dupixent. This

after treatment. The simplest form of light therapy (phototherapy) involves exposing the skin to controlled amounts of natural sunlight. Other forms use artificial ultraviolet A (UVA) and narrow-band ultraviolet B (UVB) either alone or with medications.

Though effective, long-term light therapy has harmful effects, including premature skin aging and an increased risk of skin cancer. For these reasons, phototherapy is less commonly used in young children and not given to infants. Talk with your doctor about the pros and cons of light therapy.

Counseling

Talking with a therapist or other counselor may help people who are

Status Report

Happening In Hospitals Today

NEW UNIVERSAL FEEDING TUBE STANDARDS CREATING MORE PROBLEMS THAN SOLUTIONS

Columbus, Ohio — With the hospital industry and community being as complex as it is, you're guaranteed several running debates among professionals and patients on various parts of the vast machine.

One such current debate is the growing adoption of the ENFit® feeding tube standard.

Feeding tubes, known medically as *enteral tubes*, are small plastic lines of varying widths that allow people of all ages who cannot eat and swallow normally to get pureed or liquefied food injected directly into the stomach.

On one side of the debate is an industry group called the Global Enteral Device Supplier Association (GEDSA), which has largely imposed a universal size upon all newly manufactured enteral tubes. The goal was to eliminate coupling problems in the wake of several avoidable tragic mistakes.

On the other side are “tubies,” slang for tube-feeding adults, and families of tube-fed children and other individuals, who say that the new ENFit standard is too narrow to facilitate feeding.

HISTORIC: WOMEN NOW MAJORITY OF U.S. MEDICAL STUDENTS

Washington, D.C. — If you've noticed an increasing number of female doctors over the past decade or two, you're on to something: Women enrolling in medical school has been rising steadily over the years—so much so that now, for the first time in U.S. history, there are more women than men in medical schools.

According to the most current information from the Association of American Medical Colleges (AAMC), female medical students crossed the 50-percent majority line in 2019, with 50.5 percent of all U.S. medical-school students being women that year—up a



FEEDING DISSENT: A NEW UNIVERSAL FEEDING-TUBE STANDARD HAS STOKED RESISTANCE

critical one percent from 2018, which recorded 49.5 percent.

The milestone reflects the ongoing increase of women in medicine; in 2015, 46.9 percent of medical students were female.

SURVEYED YOUNG DOCS LINK MOOD TO POLITICS

Ann Arbor, Michigan — According to the University of Michigan's ongoing Intern Health Study, politics are increasingly negatively affecting the moods of young new doctors.

The Intern Health Study measures stress and mood in thousands of participating medical interns at over 50 institutions around the country each year. In its most recent update, the Study found that the biggest change in interns' moods was reported after the 2016 presidential election.

Young physician trainees surveyed were likelier to report a decline in mood following political events than non-political ones, researchers found.

HOSPITAL PATIENT ALARMS REMAIN PROBLEMATIC: REPORT

San Francisco, California — A report by Kaiser Health News highlights the persistent problem existing in hospitals created by patient alarms.

The alarms, which go off whenever a device detects danger or change to a patient's condition, are meant to alert nurses and improve patient care.

However, the ongoing real-life experience for hospital staff and patients alike is that there are too many alarms and warning sounds constantly going off. The result is that many alarms get ignored by staff, resulting in patient harm in situations of real emergencies.

According to the report, even a single machine—a breathing ventilator—can set off up to 40 different sounds.

The good news is that a growing number of hospitals are working on reducing the number of alarms and alerts that both nurses and patients are being bombarded with.

NEW YORK LAW ELIMINATES MORE ER RED TAPE IN MEDICAL EMERGENCIES

Albany, New York — Thanks to legislation newly signed by Gov. Andrew Cuomo, New Yorkers visiting ERs for medical emergencies now have a good few less things to worry about.

Previously, ER staff would have to first get approval from insurance companies for certain specific medical procedures or treatments before providing them to patients having medical emergencies.

The new law exempts ERs from having to wait for so-called “pre-authorizations” or “prior authorizations” before administering added medical treatment in emergencies.

The legislation requires insurance companies to cover additional procedures related to existing surgical or other invasive procedures, concurrent symptoms, or associated side effects.

MT. SINAI HOSPITAL SURGEON REMOVES MELON-SIZED TUMOR FROM NECK OF PATIENT, 81

New York, New York — New Jersey resident Milton Wingert, 81, made history several ways recently—all primarily revolving around the ball-sized, six-pound tumor that ballooned from his neck between his chin and upper chest.

For months, Mr. Wingert tried to find a surgeon willing to attempt to excise the growing tumor.

None were willing to try, finding it too life-threatening and otherwise risky.

Fortunately for Mr. Wingert, Mt. Sinai Hospital lead head and neck surgeon Dr. Nazir Khan took on the challenge.

The seven-hour surgery, which proceeded with at least two back-up emergency plans in place in case it started going wrong, was ultimately a success. ★



SOUNDS ENOUGH: THIS TYPICAL INPATIENT SCENE CAN BE ACOUSTIC OVERLOAD FOR STAFF



The Senior Care Gazette

News from
the World of
Hamaspik
HomeCare and
Senior Health

Bringing Hamaspik HomeCare's Royal Touch to Queens

Growing Agency Opens Newest Branch Office in Sprawling Borough

For a home-care agency that's always treated its patients like royalty, it's perhaps fitting that Hamaspik HomeCare now has a local office in the sprawling borough of Queens.

Now, the hundreds of clients getting Hamaspik HomeCare nurses, personal care aides (PCAs), home health aides (HHAs) and therapists right at home don't have to rely on the agency's otherwise-perfectly-capable offices in Brooklyn.

All they need to do is walk into the agency's newest neighborhood location. Or they could call.

The Queens office was conceived and launched due to simple logistics, explains Hamaspik HomeCare COO Mordechai Wolhendler—it was just too hard to service that many Queens residents from Brooklyn. And with an ever-ballooning patient base in Queens over the past several years, it was only a matter of time before a local beachhead became the reality it is now.

The new office, centrally ensconced in Queens' bustling Jamaica district, is also conveniently close to an LIRR train station—lending Long Island beneficiaries easy access to services, too.

Besides providing local customer service to Queens residents, the new office will also provide human-resources and training services to agency employees.

Qualified local employees, including HHAs, PCAs, nurses and Scheduling Coordinators, have been newly recruited, according to Mr. Wolhendler.

Coming from a niche culture itself, Hamaspik HomeCare knows a thing or two about catering to niche cultural sensitivities, like those of the sizable Caribbean-American and Latino populations in that district of Queens. (Also furthering Hamaspik HomeCare's

reach is an agency office in upstate Westchester County currently in the works.)

That's all the more reason that Hamaspik HomeCare's new Queens regional office is a vital community resource that rightfully exudes that local "been here forever" vibe.

"We're here to provide services for their needs," says Mr. Wolhendler, "and jobs for the community." ★

For Hamaspik HomeCare services in Queens, or for more information, please call 718-408-6700.

Unpaid U.S. caregivers providing \$470 billion a year in assistance: AARP study

Washington, D.C. — A report out from the influential American Association of Retired Persons (AARP) finds that in 2017 alone, some 41 million unpaid family caregivers—usually middle-aged adults—provided the equivalent of approximately \$470 billion in unpaid assistance.

The report estimates that these family caregivers provided a total of 34 billion hours to adults limited in daily activities due to old age or various diagnoses. The \$470 billion figure is based on the average American caregiver's hourly wage of \$13.81.

The report also suggests that high-population, relatively high-wage states like New York are some of the main drivers of unpaid care across the country. California caregivers generate an estimated \$63 billion unpaid assistance per year, while New York and Florida tie at \$31 billion each. ★

Seniors in Northeast face highest economic insecurity



STATE(S) OF SENIOR INSECURITY: FOR OLDER AMERICANS, THE U.S. NORTHEAST IS THE SOCIO-ECONOMICALLY WORST IN THE COUNTRY FOR INDEPENDENT LIVING, SAYS THE CENTER FOR SOCIAL AND DEMOGRAPHIC RESEARCH ON AGING AT THE UNIVERSITY OF MASSACHUSETTS

Boston, Massachusetts — According to new research by the University of Massachusetts Boston's Center for Social and Demographic Research on Aging, seniors living in New York, Massachusetts and Vermont are most likely to not have enough income to independently cover basic needs like hous-

ing, food, transportation and health care.

The "Elder Index" report also says that 50 percent of America's seniors living alone struggle to make ends meet.

When state rankings for singles and couples are averaged, half of the worst states for senior financial security

are in the geographic Northeast: New Hampshire, New York, Maine, Massachusetts and Vermont.

The report suggests the Northeast's overrepresentation in the study is a factor of high living expenses that make it hard for seniors to live without safe, secure and fixed incomes. ★

ב"ה

Hundreds of answers. Four locations. One name.

Got questions about home care options for your elderly, ill, disabled or bedridden loved ones?

Just ask us! Hamaspik HomeCare's team of healthcare experts can provide you with the answers you need most.

We are a Licensed Home Care Service Agency (LHCSA) faithfully serving the community for over a decade.

So give us a call, walk into your local Hamaspik HomeCare office or simply send over an email... and ask away.

CDPAS | NHTD/TBI | Home Health Aides | Personal Care Aides | Therapy Services | Social Workers

Administrative Office

5 PERLMAN DRIVE SPRING VALLEY, NY 10977

Regional Offices

1 HAMASPIK WAY, MONROE, NY 10950

295 DIVISION AVENUE, BROOKLYN, NY 11211

1105 McDONALD AVENUE, BROOKLYN, NY 11230



Hamaspik HomeCare
Legendary Support, Extraordinary Care

1.855.HAMASPIK • www.hamaspikcare.org • info@hamaspikcare.org