



The Hamaspik Gazette

News of Hamaspik
Agencies and
General Health

OCTOBER '20 • ISSUE NO. 184



GAZETTE SURVEY

The GAZETTE asks YOU:

HAVE YOU EVER USED A CHIROPRACTOR?

A. YES ; B. NO

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



HEALTH STAT

CHIROPRACTORS IN THE U.S.A.

NUMBER OF JOBS IN 2018	50,300
JOB OUTLOOK, 2018-28	7%
2019 MEDIAN PAY PER YEAR	\$70,340

Source: U.S. Bureau of Labor Statistics



HEALTH TIP

IN WET WEATHER, DO A DRY RUN

Going to be working outside in the rain? Wear a polypropylene innermost layer to wick water and sweat away from skin; don't wear a waterproof rain slicker as outermost layer because it will trap moisture and heat; wear high-visibility reflective strips; and change into dry clothes as soon as you're back inside.

INSIDE

HEALTH

04 More trees, longer lives for denizens of the Big City: study

10 Research links infant screen time to later development of autism

PUBLIC HEALTH & POLICY

14 Cash now, but pay later: Medicare "CARES" for Covid-19, with a price

HAMASPIK

08 Mastering the art of employment with Hamaspik's MasterPick

09 Memorializing Moishe Sternberg: Hamaspik present at unveiling

12 For some, working at Hamaspik is a 2nd-generation family affair

HOSPITALS

18 Best hospitals for adults, and kids: Two new lists boast the top

AUTISM / DISABILITY

03 In the rights arena, people with disabilities defeat Calif. stadium

13 Nation's first Certified Autism Center ER opens in upstate NY

HAMASPIK NEWS

THE FRUITS—AND SALADS AND SIDES—OF SUMMERTIME
BACKED BY A NATURAL BACKYARD BACKDROP, A PICNIC TABLE AT HAMASPIK OF KING COUNTY'S SOUTH 9TH INZERHEIM RESIDENCE FOR YOUNG WOMEN WITH DISABILITIES IS A VERITABLE CORNUCOPIA OF SEASONAL SPIRIT. WITH NUTRITIOUS FRESH FARE PREPARED BY STAFF AT THIS AND EVERY OTHER EVENT THAT CALLS FOR FOOD, GOOD HEALTH AND GOOD TIMES ARE ALWAYS ON THE MENU



HAMASPIK'S HOMES AND OTHER PROGRAMS REGULARLY CUSTOMIZE INDIVIDUAL MENUS BASED ON INTAKE AND DIETARY RESTRICTIONS—AND STAFF'S LOVING TOUCH OF ATTENTION TO PERSONAL PREFERENCE

HAMASPIK HOMECARE NEWS

Hamaspik HomeCare Takes on Senior Loneliness, Slips and Falls

SEE PAGE E19 >>

HAMASPIK NEWS

Monument Unveiled for Moshe Sternberg, Beloved Longtime Hamaspik Resident

SEE PAGE E09 >>

AUTISM NEWS

Employment Enhances Independence of Young Adults With Autism: Study

SEE PAGE E10 >>

Non Profit Org.
US Postage
PAID
Flex Group

NYSHA Inc.
Published and Copyrighted October, 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.

HAMASPIK HOMECARE

LHCSA

Licensed HomeCare Services Agency .

Personal Care Services

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

Support Services

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

Nursing Services

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

Training

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

CDPAS/CDPAP

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

NYC HCR

ACCESS TO HOME

Providing home modifications for people with physical disability.

NYSED SERVICES

ACCESS VR

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

PATHWAY TO EMPLOYMENT

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

NYSHA

ARTICLE 16 CLINIC

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

TRAINING SESSIONS

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

CENTRAL INTAKE

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

THE HAMASPIK GAZETTE

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

OMH

ADULT HEALTH HOME CARE MANAGEMENT SERVICES

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

CHILDREN HEALTH HOME CARE MANAGEMENT SERVICES

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

ADULT HCBS SERVICES

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

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

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

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

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

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

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

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

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

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

CHILDREN HCBS SERVICES

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

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

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

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

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

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

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

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

בעזהשי"ת

Shana Tova

AS WE APPROACH THE NEW YEAR,
WE TAKE STOCK OF OUR ACCOMPLISHMENTS,
PRIDE IN OUR ACHIEVEMENTS, AND
RESOLUTION FOR A FUTURE BETTER AND
BRIGHTER THAN EVER, IN APPRECIATION FOR
ALL THAT YOU'VE DONE AND CONTINUE TO DO,
PLEASE ACCEPT MY HEARTFELT WISHES FOR
HAPPINESS, HEALTH AND SWEETNESS.



SINCERELY

Meyer Wertheimer

FUNDER, HAMASPIK

Happening in Health Today

EXPERIMENTAL “SMART” CONTACT LENSES MAY DIAGNOSE AND TREAT DIABETES

Pohang, South Korea — Imagine if one could diagnose diabetes by simply putting tech-loaded contact lenses in the eyes; with a few scans and signals to a computer, the lenses could tell eye doctors if the patient is diabetic.

That futuristic concept is exactly what biotechnology professors and graduate students at South Korea’s Pohang University of Science & Technology (POSTECH) are currently working on.

The experimental wireless “smart” contact lenses can detect—and treat—diabetic retinopathy just by being worn.

The lenses, which are made of biocompatible materials, first diagnose diabetes by measuring glucose levels in the eye’s tears. They then administer controlled tiny dosages of diabetes drugs.

The research team expects the development of self-controlled therapeutic smart contact lenses with real-time biometric analysis to be quickly applied to other wearable healthcare products.

NEW “CHECKPOINT INHIBITOR” DRUG OFFERS EARLY PROMISE AGAINST TUMORS

Philadelphia, Pennsylvania — Biotechnology firm Compugen now reports positive initial results from an ongoing early-stage study of its newest therapy in patients with advanced solid tumors.

Compugen’s new treatment—like existing drugs based on immunotherapy—works by getting the immune system to attack, hinder or otherwise work against cancer cells.

Specifically, the treatment—currently dubbed COM701—works by harnessing immune checkpoints, which are proteins on certain immune cells that need to be activated (or inactivated) to start an immune response.

Cancer cells sometimes find ways to use immune checkpoints to avoid attack—but so-called checkpoint

inhibitor drugs targeting those checkpoints, like COM701, hold a lot of promise as treatments, according to the American Cancer Society.

Compugen’s new inhibitor primarily targets an immune checkpoint called PVRIG and the protein it binds to, PVRL2.

SURVEY SAYS PATIENTS TRUST WEARABLE HEALTH TRACKERS—BUT ONLY THOSE DOCTOR-PRESCRIBED

San Mateo, California — You’d think that a survey conducted by the maker of consumer medical electronics would present results biased in favor of consumer medical electronics.

But the opposite has turned out to be the case in the aftermath of a survey conducted by no less than consumer electronics giant Sony.

Takeoff Point, a Sony subsidiary, surveyed some 2,000 people on their preferences regarding electronic health monitoring devices such as the still-popular Fitbit wristwatch device.

The results say that nearly 90

percent of patients believe they could better manage chronic conditions with such devices—but only 28 percent would trust a consumer device to help. In the survey’s key finding, three out of four said they would wear a device only used for their specific condition if prescribed by their doctor.

REPORT: AIR AMBULANCES GIVE MOST PATIENTS HUGE BILLS

Los Angeles, California — Considering their noble mission, medical evacuation aircraft, or medevacs (usually helicopters), have a reputation that borders on the dramatic.

But a joint report by the L.A.-based University of Southern California now finds that not only are their life-saving exploits sky-high, so are their prices—especially since most insurance companies will not cover their costs, either.

According to the report, over 75 percent of patients with commercial insurance who were transported by air ambulances were not covered. In fact, some 40 percent faced a bill close to

\$20,000. The report also found that 77 percent of over 36,300 air ambulance transport claims from 2014 and 2017 were out-of-network.

The study also noted that air ambulances have been able to use 1978’s Airline Deregulation Act to avoid regulation by states, even though the industry barely existed then.

HOOKWORM INFECTION MAY HELP PEOPLE WITH MULTIPLE SCLEROSIS (MS)

Nottingham, England — Multiple sclerosis (MS) is one of today’s several common autoimmune diseases, in which the immune system attacks the body—in the case of MS, the body’s nerves.

One possible reason for autoimmune disease is the hygiene hypothesis: Society’s cleanliness has greatly reduced so many bugs today, driving the immune system to attack the body itself.

Considering the idea that a few harmless bugs may not be a bad idea, researchers at England’s University of Nottingham exposed a number of MS patients to hookworms. Those tiny critters, which normally infect the gut, can cause symptoms when in large numbers, but are generally harmless when few.

The researchers applied about two dozen hookworm larvae to the skin of MS patients for about nine months. They found that they had less MS symptoms over 12 months than a control group treated with a placebo. ★

URBAN HEALTH RESEARCH LINKS MORE TREES WITH LONGER LIVE FOR “CITY”-ZENS

Philadelphia, Pennsylvania — Scientific research is quite the global unifier, if a health-related study about the city of Philadelphia, led by the Spain-based Barcelona Institute for Global Health in partnership with the D.C.-based U.S. Forest Service, is any indication.

The research in question says that putting more tree-marked “green” spaces in big cities could significantly reduce premature deaths and related costs among the citizenry of those cities.

Specifically, the joint research concluded that increasing the “canopy,” or ground space coverage, of trees in the city of Philadelphia, Pennsylvania by about one third could prevent over 400 premature deaths a year and save nearly \$4 billion in related economic costs.



A HEALTHIER KIND OF URBAN GROWTH: A STUDY SAYS THAT METROPOLITAN AREAS SHOULD LOOK MORE LIKE THIS—WITH CITY RESIDENTS HEALTHIER FOR IT, TOO

According to the researchers, urban reforestation programs are not only essential for improving public health

but are also a way to reduce health inequities and promote environmental justice. ★

● ► NYSHA NEWS

Helping Your Neighbor, Your Relative, and Even You

How Integrated Health Serves Everyone You Think it Doesn't

"Oh, that's for those people," you may have thought, or still think, when you read about Integrated Health. "Mental health supports?! I don't have mental problems."

It was that very sentiment that Mordechai Neuman, Director of Integrated Health in Rockland County, expressed when the Gazette approached him for yet another article about his program.

How about success stories? the Gazette had asked. The Director was hesitant, not wanting people to get the wrong impression. "You write about this or that, people think, 'Oh, Integrated Health is for people with this issue or that problem—but not for me!'" he explained.

Curious, this writer asked him to elaborate—which ultimately became the theme of this very article.

As it turns out, Integrated Health is quite the ordinary organization for quite the ordinary person. And the people it helps are the very people you'd never stereotypically suspect of "needing help."

With confidentiality carefully guarded and certain details changed

or omitted so as to protect anonymity and privacy, here is one story of success that Integrated Health made possible—involving an ordinary person who just might be your neighbor, your relative, or even the person reading this Gazette article right now.

He's everything you'd call "normal"—at least on the outside. He's 47 years old. Lives in New York's greater Rockland County region. Owns his own house. Been there for years. Married off several kids. Works, makes a decent living, stays involved in the community, functions.

Our man is your standard stereotypical balibus—a Yiddish colloquialism for a proper and well-rounded gentleman,

with the word connoting a married man, master of his house and flourishing family, and a financially-stable member of the community in good standing.

But he also suffers from a physical condition—arthritis of the hip, to be exact. On top of that, concurrent with aging (and age-related weight gain), his hypertension (Yiddish for high blood pressure) is becoming more of an issue, paving the way for yet further complications. Combined, all of that conspired to create issues at his job, which required a good deal of mobility—and ultimately, as a result, he lost his job.

While his wife reached out to Integrated Health after seeing its ads,

the man was hesitant. But after meeting with a friendly Care Manager, he agreed to draw up a Care Plan—and accept the Care Manager's assistance in sticking to it.

After a few weeks, the Care Manager helped him find a new specialist and even secured him an appointment. He also helped him with unemployment benefits, assisted him in touching up his résumé and submit it to several job placement agencies, and continually offers the man and his family a listening ear when the going gets rough. The Care Manager suggested that he speak to a professional therapist to address his low spirits. For now he's still hesitant to do so—but that's fine, too.

Behind the closed doors of his business and personal life, things are starting to look up.

But you'd never know any of it—which, at Integrated Health, is precisely the way it's supposed to be. ★

For more information, call Integrated Health in Brooklyn at 718-387-8400, ext. 13, or 845-503-0444 for the upstate Hudson Valley region.



● ► AUTISM NEWS

For Disability Access Rights and Accommodations, Victory in the Arena

California Stadium Agrees to \$24 Million Out-of-court Settlement, Modifications

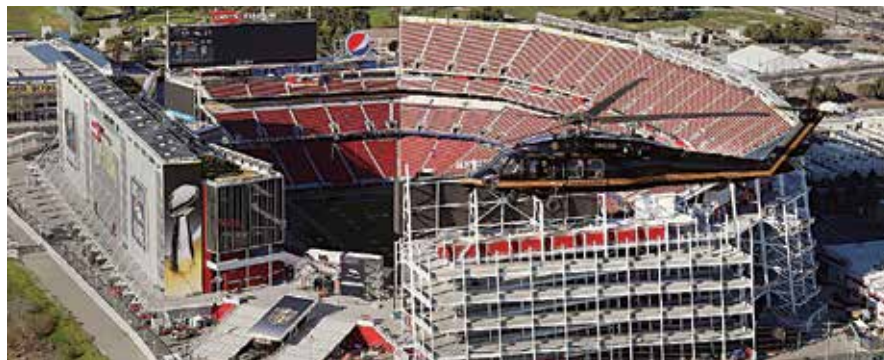
Santa Clara, California — Under federal law, people with mobility disabilities are entitled to equal access to public facilities.

In plain English, that means that office buildings, court houses, airports and so on must have ramps, automatic doors, elevators and reserved parking spaces for people who use wheelchairs, scooters or other devices that enable them to freely move about.

And if they don't, they can get sued.

That's exactly what happened to Levi's Stadium, a massive multipurpose outdoor arena in California.

According to a class-action lawsuit originally initiated by three people affected by mobility disabilities, the stadium had violated state and federal disability access laws by failing to make the overall facility readily accessible to



IN THE ARENA OF DISABILITY RIGHTS: NORTHERN CALIFORNIA'S LEVI'S STADIUM, WHERE ACCOMMODATIONS REQUIRED BY THE AMERICANS WITH DISABILITIES ACT (ADA) STAND

people who use wheelchairs, scooters, or other mobility aids—as well as their nondisabled companions.

Class-action lawsuits involve bringing many claims together in one case,

creating a financial incentive for lawyers to fight for a broader public good.

In this case, the lawsuit won compensation of up to \$4,000 for any individual with a mobility disability

using a mobility aid who purchased or attempted to purchase accessible seating at Levi's Stadium between April 13, 2015 and March 9, 2020.

Attorneys for the three original plaintiffs estimate that up to 6,000 such individuals may have had access problems at the stadium since it opened in 2014.

The suit resulted in the court agreeing to a settlement—in which neither side won or lost—amounting to a total of \$24 million.

Most importantly, the settlement also requires the stadium to: ensure at least 282 accessible parking spaces in its main parking lot; create accessible travel paths within the stadium and to and from entrances; and provide accessible seating and ticketing windows that people can use while seated in a wheelchair or scooter. ★

Hamaspik Gazette

Published and Copyrighted October '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: Hamaspik Gazette, 58 Rt. 59, Suite 1,
Monsey, NY 10952

● ► **HMASPIK NEWS**

New 'Hamaspik Ranch' Breaks Into a Whole New Territory

Sprawling Respite Property Long-Awaited Answer to Parents Across Greater Disability Community

For decades now, it's been a question special-needs parents have asked, but have frequently struggled for answers: Who will care for our kids while we're out? Where will they go? What will we do? Are there any accommodations that allow us parents to rejuvenate while others professionally care for our children at the same time and location?

Now, there's an answer: the Hamaspik Ranch.

Sitting on far-reaching rural acreage, the Hamaspik Ranch is everything Hamaspik's disability community has needed for the longest time. A fully-equipped respite house has arrived.

The Hamaspik Ranch sets its theme of rest and relaxation even before you pull up to the property, what with rustic ranches and spacious fields lining both sides of a bucolic country road in a small country town some 60 miles north of New York City.

Turning off that road, guests pass through the woods along a shade-rich private path. Curving left after passing the estate's private apple grove, they emerge into a picturesque and sweeping open space right out of a real-estate brochure.

A guest house next to a pond with an illuminated fountain stands as a silent friendly sentinel over the property. That tract, which stretches past it in a great field of pristine green, is defined by picturesque and well-designed landscaping.

Passing the guest house and its adjacent pond, the long private driveway skirts the protected state forestland which surrounds the property on three sides. It then draws up to its crown jewel: an elegant farmhouse-style manor, fronted by several tiers of well-placed boulders, dominating the endless grounds. Before it, for an additional measure of charm, stand a set of three-tiered gazebos, each catching the sun's glare on their matching metal roofs and cupolas topped with vintage weathervanes.

The great house features everything a well-equipped and well-run retreat



KING OF THE HILL: THE HAMASPIK RANCH'S CENTRAL HOMESTEAD DOMINATES NEARLY 30 ACRES OF LUSH GREEN GRASSLAND—PLENTY OF ROOM TO RUN, PLAY AND RECREATE



THE PATH TO TRANQUILITY: AT THE HAMASPIK RANCH, THE ROAD TO RESPITE FOR FAMILIES BEGINS WITH A LONG AND WINDING PRIVATE DRIVE FROM STREET TO HOUSE

and respite center could possibly need.

A spacious, state-of-the-art chef's kitchen will produce the healthy and custom-curated meals that guests will require, down to the tiniest dietary details.

On weekday mornings, afternoons and evenings, those meals will be served in the Ranch's beautiful breakfast nook. On the more-formal Friday nights and Jewish holidays, they will be taken in the well-appointed dining room—which, with table lovingly set and surrounded by staff members and their own spouses and children, will complete the picture of a family home away from home.

For rest and recreation, there's no shortage of healthy options on site. (Where do we even begin?)

For starters, let's take a look at the pool out back. Set unobtrusively amid natural flagstones, the sizable aquatic recreational venue boasts an organic jellybean-like shape. It's heated, too—making it the perfect escape for much of the year. It's cool enough for those hot summer days—but if it's not hot enough, there's also its attached outdoor hot tub, therapeutic jets and all, and even a waterfall tumbling over the landscape into tub and then pool. Certified staff lifeguards will be on hand throughout. The pool deck is also sprinkled with an array of relaxing lounge chairs, plus a gleaming full-size grill and outdoor kitchen area for those seasonal backyard barbecues.

For years, Hamaspik has been sending its beneficiaries to orchards

well upstate for apple-picking. With support by Hamaspik's DSPs, residential cooks and even famous chefs and nutritionists, individuals have been baking, cooking or otherwise transforming those fruits into pro-grade treats. Another common Hamaspik outing has been equestrian therapy, with individuals supported by Hamaspik riding trained horses at facilities across the Hudson Valley. With the opening of the Hamaspik Ranch, they'll be getting both. A loose cluster of apple trees on the grounds are ripe for the picking, while an equestrian center at a ranch at the next-door neighbor will be put to good use.

For ordinary unstructured fun and games—simple forms of play like tag, ball-catching or just running about, the Ranch's huge field provides endless space. Outdoor sports of pretty much any sort can be played out here under the open sky.

Down near the property's start, where the guest house (which will house additional staff as needed) sits, the pond will offer leisurely rowing voyages across its tranquil grass-ringed waters.

But it's inside the farmhouse, beyond its inviting full-length front porch, where the real action is. And that's not just the indoor games and living areas available.

The Ranch's numerous sizable bedrooms have been outfitted to accommodate a number of guests. Within them—and indeed, within the walls of the entire spacious home—they'll be granted that comfortable, safe and supervised home away from home, granting their heroic parents the reliable relief they so desperately need while also getting time for themselves.

It is that respite that represents the heart of the Hamaspik Ranch: a one-stop retreat simultaneously hosting individuals, their parents or providers, and staff—and a practical, dependable option for beleaguered parents where previously there was none.

It's a real breakthrough into brand-new territory: over 29 acres of it, in fact. ★

בס"ד

You have been through
some hard challenges.

**YOU CAME OUT
STRONGER.**



**NOW IT'S TIME
TO GIVE BACK.**

And get paid while doing that.

Integrated health is
now hiring and training
**PEER SUPPORT
SPECIALISTS**

Men • Women / Yiddish • English

ALWAYS WANTED TO MAKE A DIFFERENCE IN SOMEONE'S LIFE?
**NOW IS
YOUR
CHANCE!**

- Must identify as actively in recovery from a major life disruption or mental health condition.
- You will become an officially certified "New York Certified Peer Specialist".
- Training is free with minimal commitment for work assignments.
- Payment is based on a fee-for-service structure.



INTEGRATED
HEALTH

HCBS provider for HARP eligible individuals

To apply or for more information,
please contact Sara Leora Grossman
at **845-503-0497**
sgrossman@integratedhealthrc.org

● ► HAMASPIK NEWS | HAPPENINGS AROUND HAMASPIK



Getting Their Hands Full



HANDS-ON PERSONAL GROWTH: WITH TRAINING IN THESE PRACTICABLE LABOR SKILLS, THESE THREE GENTLEMEN ARE ROLLING RIGHT ALONG TO A MORE GAINFUL FUTURE

Caring For Those Who Care For Others

Hamaspiik of Orange County Approved to Provide New Caregiver Family Support and Services Program Across Lower New York State

It's one thing if you care for someone you love. But who's going to care for you?

You're there practically all the time for a beloved family member—an aging grandparent, or a tender child, particularly one with special needs—but who's there for you?

It was with those real-life scenarios in mind—and the grueling burnout that they all-too-often leave in their wake—that New York State's suite of social-services offices provide the Caregiver Family Support and Services Program.

Providing caregivers with a wealth of supports, they serve to ensure that the family caregiver—be he or she a young person caring for an elder, or a senior caring for a grandkid, is not left behind.

Approved in late June by state authorities, Hamaspiik of Orange County was given the green light to launch a new mental-health program in the form of Caregiver Family Support and Services program in seven lower New York State counties: Kings (Brooklyn) and

New York (Manhattan) downstate, and Orange, Rockland, Westchester, Sullivan and Ulster in the greater upstate Hudson Valley region.

According to official state literature, caregivers are eligible for the program's supports if they are 18 and up, and caring for someone who meets care receiver eligibility. In turn, care recipients are officially defined as anyone under 18 with developmental disabilities, adults age 60 and older, or adults with dementia of any age.

Support and assistance available through the program—and hence now available through Hamaspiik—revolve around locating information and resources available to meet the needs of the caregiver, making informed decisions, and building and strengthening natural supports and resources.

With their batteries recharged, caregivers across lower New York will be able to power on—with a little help from Hamaspiik. ★

Retaining the Properties of Hamaspiik of Orange County, and Gaining Employment

MasterPick Skills-Training Program Produces Masterful Maintenance—and Mainstream Work

There's nothing like working with your hands—and then stepping back to take in your handiwork.

If there's one thing that can be said by anyone who's put in a good few hours of home improvement or yard work, it's this: It feels good. Very good. There's nothing like fixing or building something with your own hands, and then enjoying it when it's done.

It's even better when you can “go public” and actually get a paid job with that work.

Both are exactly why Hamaspiik of Orange County operates its MasterPick skills training program.

Geared for higher-functioning young men with disabilities from its Day Hab program, the MasterPick program has been having the gentlemen paint walls, landscape lawns, pound nails and even mark parking lots all across Hamaspiik of Orange County's numerous properties and premises.

Under the leadership of longtime Hamaspiik employee Shlomo Zalman

Rabi (himself the experienced former Director of Hamaspiik of Orange County's Men's Day Hab Program), the young men are being put to productive good work of late all across the agency.

And once they've developed substantial skill, they move on to the most critical step of all: Performing gainful labor for the general public. MasterPick has already gotten numerous calls, with several participants responding to the calls for mainstream maintenance gigs.

You might call it a win-win-win situation.

With Hamaspiik's physical properties needing constant maintenance due to natural wear and tear (not to mention proactive constant use), more than one maintenance crewmember is warranted. The gentlemen of MasterPick then not only get to do something productive, therapeutic and smack in the middle of the mainstream, but also feel good about themselves, too. Then they even get paid.

And what could be better, and what could be more mainstream, than that? ★

● ► HAMASPIK NEWS | HAPPENINGS AROUND HAMASPIK

“Happy Birthday to Us!” At Seven Springs Shvesterheim, a Party for One is a Party for All

Summertime is birthday party time, relates Home Manager Mrs. Neuman.

The Hamaspiik of Orange County group home she helms, the Seven Springs Shvesterheim, has a preponderance of residents who were born in the warm months of June, July and August.

Not that Seven Springs needs anything specific to be happy about—at that residence, as a general rule, the individuals are always happy.

But a birthday party or two throughout the summer doesn't hurt.

The parties celebrate not just the individual and her personal worthiness, but her indispensable, cog-like contribution to the collective as a whole. Residents and staff truly love each other here, and so the personal milestone of one is a reason to celebrate for all—symbolizing a shared love that is greater than the sum of its parts and which represent Seven Springs' unbreakable unity.

One particularly poignant symbol of that bond is the group's custom

of sorts of creating an eight-letter necklace before each such birthday party. With each piece of homemade jewelry bearing one letter, they come together to spell one heartfelt message: “M-A-Z-E-L T-O-V” [“Congratulations!”—ed.]

That's also precisely why birthday parties at Seven Springs are all essentially the same: homogenized by the common structure of dress-up games, crafting activities, carnival-like appurtenances like a cotton-candy machine making things even more exciting, and the usual universal birthday-party staples of birthday cake, colorful cone hats, balloons and ribbons.

There's also the week-long run-up to the party—planning, shopping, baking and all. (This time around, shopping was done with the minimizations of full social distancing.)

Practically only the names are different. But at Seven Springs, that's just the way the Seven Springs family likes it. ★

Monument Unveiled for Moshe Sternberg, Beloved Longtime Hamaspiik Resident

Sternberg Family Members, Hamaspiik Staff and Residents, Present for Ceremony

It was with unusual grief this past Passover that the greater Hamaspiik family bade its final farewell to Moshe “Moishy” Sternberg, a much-beloved longtime resident of the Forshay IRA.

Moishy had been one of the mainstays of that Hamaspiik of Rockland County group home, and, sadly, became one of the community's tragically many victims of the Covid-19 virus. His presence is still sorely missed. Several agency leaders and staffers were present at a respectful distance at his funeral, being there for the Sternberg family and friends in their moment of pain.

So when his family formally unveiled the monument marking Moishy's resting place, Hamaspiik was there once again.

The ceremony was held on Sunday, August 2 at the Congregation Yetev Lev Satmar Cemetery in Kiryas Joel, New York.

Rabbi Yaakov Rotenberg, spiritual leader of the Salke Congregation, shared words of inspiration. Moishy was also a regular at that Monsey synagogue, and Rabbi Rotenberg remembered him fondly. As a number of Hamaspiik staff members and group-home residents stood by, Hamaspiik founder and NYSHA Executive Director Meyer Wertheimer also spoke briefly, sharing how it had been the agency's merit to have served Moishy for so many years.

“Beloved by all who knew him, he greeted all with glowing countenance; his joy was on his face always, its shine unbudging even in pain,” partially reads the epitaph paying eternal tribute to Yehosef Moshe Shmuel HaLevi Sternberg.

“For his friends at Hamaspiik, who aided him with constant devotion, his memory shall not fade,” it concludes—a statement now somberly set in stone. ★

Party's on the House



PUTTING IT ALL ON THE TABLE: A CARNIVAL THEME, REPLETE WITH THE REQUISITE HOT DOGS, POPCORN, ICE CREAM, COTTON CANDY AND OTHER GOODIES, MARKED ONE PARTY



THINGS ARE BOUNCING HERE: WHAT'S A CARNIVAL WITHOUT A “BOUNCE HOUSE”?



SHADES OF RELAXATION: SEVEN SPRINGS' NEW GAZEBO ENHANCES THE BACKYARD

Never to be Forgotten



FOREVER IN OUR HEARTS: (L) A RESIDENT OF THE FORSHAY IRA, MOISHY'S LONGTIME HOME, GRIEVES FOR A BROTHER; THE FINAL WORD ON A BELOVED LIFE WELL LIVED

The Autism Update

News and developments from the world of research and advocacy

SCIENTISTS DISCOVER NEW TREATMENT FOR BRAIN, SPINAL-CORD SWELLING INJURIES

Birmingham, England — Injuries to the brain or spinal cord known as central nervous system (CNS) edema strike some 75 million people around the world a year. The condition is defined by the swelling of brain cells called *astrocytes*.

The condition most commonly results from automobile accidents, sports injuries or strokes. It is typically treated with medically-induced comas to hopefully reduce the swelling and resulting loss of brain and/or spinal cord function.

Astrocytes contain proteins called *aquaporins*, which control water levels inside the cells. With trauma—head injuries or strokes—aquaporins admit more water into astrocytes, making them swell.

But lab experiments on rats have now found that trifluoperazine (TFP), an existing psychiatric medication, largely blocks aquaporins' reaction to trauma—intercepting the swelling process. Involved scientists say the experiment could be a game-changer.

EMPLOYMENT ENHANCES INDEPENDENCE OF YOUNG ADULTS WITH AUTISM: STUDY

Richmond, Virginia — New York State and other jurisdictions have long offered tailored employment services to high-functioning individuals on the autism spectrum, with lives bettered as a result.

But now, the notion that work improves lives of those with autism has been scientifically measured, too.

The Virginia Commonwealth University studied young adults ages 18 to 24 participating in a specific program called competitive integrated employment (CIE).

“Youth who acquired employment continued to develop in most areas while their peers in the control condition displayed plateaued growth,” wrote researchers. Additionally, they wrote, youth with ASD showed impressive improvement in their overall independence after nine months of intervention followed by approximately one year of employment.

“FEMALE PROTECTIVE EFFECT” IDEA UNDERCUT BY HARD DATA

St. Louis, Missouri — It's long been

theorized that girls are more resistant to whatever factors there are in making a child more at-risk for developing autism.

That belief, known in autism research circles as the *female protective effect*, offers an explanation for why autism occurs in about four times as many boys as girls.

However, according to a recent study by Washington University, brothers and sisters of people with autism are equally about two to three times likelier than the general population to have children with autism themselves.

Researchers analyzed data from the Swedish National Patient Register for nearly 848,000 children born from 2003 to 2012—finding no significant difference in autism likelihood between children whose autistic aunt or uncle was their mother's sibling versus their father's.

AUTISM GENOME PROJECT DISCOVERS NEW AUTISM-RELATED GENES

Palo Alto, California — Working

under the auspices of Autism Speaks, a prominent global autism advocacy group, the international Autism Genome Project (AGP) recently made new genetic discoveries from the second phase of its collaborative study

The Project, led by researchers at the Stanford Autism Center at Packard Children's Hospital in Palo Alto, consists of 120 scientists from over 60 institutions and 11 countries.

The new discoveries identified specific genes that give rise to autism. The research also identified new autism susceptibility genes called SHANK2, SYNGAP1, and DLGAP2.

The research also found that individuals with autism spectrum disorder (ASD) tend to carry more submicroscopic insertions and deletions called *copy number variants* (CNV) in their genome than those without ASD.

The findings further support an emerging consensus within the scientific community that autism is caused in part by many “rare variants” or genetic changes found in less than one percent of the population.

TODDLER WITH RARE GENETIC DISEASE, DISABILITY, TAKES FIRST STEPS; WORLD CHEERS

Woodstock, Georgia — Camden Hanson, is your typical toddler.

Not so typical, though, is the fact that the precocious five-year-old also has a highly rare condition called *progressive cerebellar atrophy*, which gives him significant physical disabilities including a general inability to walk.

Recently, though, young Mr. Hanson took his first independent steps—a breakthrough that, after months and month of up to ten therapy sessions a week, was celebrated around the world. Footage of the little boy on his own two feet was shared by his parents and viewed by millions.

In addition to affecting the ability to walk, progressive cerebellar atrophy also affects posture, balance, coordination and speech—making it harder for Camden to talk.

Progressive cerebellar atrophy is so rare, modern medicine has not yet identified which genes cause it. ★



VIRTUALLY GUARANTEED TO CREATE PROBLEMS: A STUDY NOW CONNECTS INFANTS, SCREEN TIME AND AUTISM

INFANT EXPOSURE TO SCREENS TIED TO AUTISM SYMPTOMS LATER IN LIFE

Philadelphia, Pennsylvania — You don't need to be a doctor to know that sitting in front of a screen and staring is not good for your health. But now, a small study by Drexel University College of Medicine finds that babies who watched screens when they were 12 months old showed more autism-like symptoms when they reached age two.

Conversely, the same study found that participating 12-month-old infants who had daily play with their parents

had fewer autism-like symptoms by age two.

Specifically, viewing screens at age 12 months was associated with 4.2 percent greater autism spectrum disorder (ASD)-like symptoms compared with not viewing screens, the researchers wrote in *JAMA Pediatrics*. On the other hand, daily play time with a parent was associated with 8.9 percent fewer ASD-like symptoms compared with less frequent play. ★

New location on Lee Avenue!

A classic Hamaspik move.

gcnymarketing.com

HAMASPIK
CENTER FOR HUMAN SERVICES



המספיק
מרכז עזרה לצרכי הציבור

This September, we'll be serving you from our all-new location. Expect more space, more of our legendary services, and more of the care and safety your entire family loves.

Bigger and better in Williamsburg.

Boro Park: **718.387.8400** | 4102 14th Avenue, Brooklyn, NY 11219 Intake@HamaspikKings.org
Williamsburg: **718.387.8400** | 44 Lee Avenue, 3rd FL, Brooklyn, NY 11211 Intake@HamaspikKings.org
Rockland County: **845.503.0200** | 58 Route 59, Ste 1, Monsey, NY 10952 Intake@HamaspikRockland.org
Orange County: **845.774.0300** | 1 Hamaspik Way, Monroe, NY 10950 Intake@HamaspikOrange.org



HAMASPIK
CENTER FOR HUMAN SERVICES
המספיק
מרכז עזרה לצרכי הציבור

● ► HAMASPIK NEWS

Inside Hamaspik, It's Literally Family

Working for the Same Agency as Parents or Children

Hamaspik has always been like one big family.

Work here long enough, and not only do the individuals you serve become beloved daughters and sons, but the people along whom you work become brothers and sisters, too.

That's all the more the case when your own family joins the Hamaspik family—when its newest members are not just your brothers and sisters but also your beloved own biological daughters, sons, mothers or fathers, too.

For Hamaspik employees, the camaraderie of common mission creates the shared language, laughter and love that defines family. But for a select few who are already family, that common mission redefines “family.” In this series, we give you their stories.

LIKE FATHER, LIKE DAUGHTER

Hamaspik Gazette English-edition writer Mendy Hecht came to Hamaspik in the fall of 2009, when the Hechts' oldest was ten. That daughter, like her three younger siblings, came to visit Tatty (Yiddish for “Daddy”)’s workplace with increasing frequency. As their father’s years at Hamaspik grew, so did their own familiarity with Hamaspik’s facilities and programs geared for the special-needs population—as well as with the members of that community and their unique universe.

Fast-forward through high school and one year of seminary abroad to fall of 2018, and Ms. Hecht, now a young woman of 19, ultimately took a job as a Hamaspik of Orange County Women’s Day Hab.

One year later, Ms. Hecht was thriving and contributing in the Hamaspik world in which she had come of age, and at a job she had come to love—a calling encoded in her blood and a career choice as natural as joining the family store.

Little surprise, then, that, after her wedding and relocation to Brooklyn in winter 2019, Mrs. Yehudis Glaser took up employment with Hamaspik of Kings County’s Day Hab. It wasn’t a job. It was family.



IN THE COMPANY OF FAMILY: MENDY HECHT, GAZETTE WRITER, AND ALSO FATHER OF EXPERIENCED HAMASPIK DIRECT SUPPORT PROFESSIONAL (DSP) MRS. YEHUDIS GLASER

LIKE SON, LIKE MOTHER

Avraham “Avrumi” Schonfeld is your typical high-energy DSP at Hamaspik of Rockland County. Filled with that youthful zip so critical to real success anywhere, and certainly as a Direct Support Professional, young Avrumi has worked with the individuals populating the Men’s Division of his agency’s Day Hab program for over six years.

Mrs. Esty Schonfeld came a mere year after her son. Now working as Manager of the Women’s Division for five years, she shares Avrumi’s bouncy drive or rather, reveals where Avrumi got it.

Their workdays start at basically the same time. Both Schonfelds—who live around the corner from each other in Monsey—are on the job well before 9:00 a.m., when the first “Day Habbars” arrive by bus. They’ll be on site until after 3:00 p.m., when their charges go home.

Between those time-posts, though, Mr. Schonfeld will directly support an assigned group of individuals through their daily activities at 78 Rt. 45 in Spring Valley, the Men’s Day Hab facility. Up the road and around the corner on Rt. 59, Mrs. Schonfeld will direct an entire team of such direct supporters at the Women’s Day Hab.

ALL IN THE FAMILY

The Schonfeld family connection

to Hamaspik, like so many Hamaspik employee families, begins with family

affected by disability.

Sitting in the Gazette’s offices, mother and son wax affectionate about a beloved uncle with Down syndrome—a young man, now in his late 20s, with whom Avrumi lived for a few years as a teenager.

The senior Schonfeld learned from her hardworking son that the Women’s Division of Hamaspik of Rockland County’s Day Hab was seeking a new Manager. Suffice it to say she got the job.

For the Schonfelds, Hamaspik was now family in more ways than one.

So, what’s the best part about working for Hamaspik with family? “We can share stuff,” Schonfeld Senior smiles and says, at the same time clarifying that “sharing” doesn’t include confidential information. “We speak the same language.” ★

**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

● ► AUTISM NEWS

Schenectady’s Ellis Medicine Offers Sensory-Friendly Facilities for Patients with Autism

Upstate New York Hospital ER Now Boasts Nation’s First Certified Autism Center (CAC)

Schenectady, New York — In another first for a state synonymous with firsts, an New York hospital emergency room (ER) became the first in the nation to boast Certified Autism Center (CAC) designation.

The ER at Ellis Hospital, in upstate Schenectady, New York, was granted the coveted designation after an exhaustive review by the International Board of Credentialing and Continuing Education Standards (IBCCES).

To attain CAC status, Ellis ER staff had to first undergo autism training and certification.

The ER now features designed treatment areas with quieter settings, dimmed lighting and a number of other sensory control measures that can significantly improve outcomes for patients with autism. People with autism



OPENING DOORS TO AUTISM ER TREATMENT: THE COUNTRY’S FIRST AUTISM-CERTIFIED EMERGENCY ROOM IS RIGHT HERE IN NEW YORK


spectrum disorder (ASD) are sometimes overwhelmed by the lights and sounds of typical venues, prompting adverse reactions.

“The real importance here is that we were able to take this step toward improving the ER experience for those on the spectrum,” said Dr. Rob McHugh, Chair of the Department of Emergency

Medicine. “Through our training to help our staff better understand the unique needs of individuals with autism, our aim is to turn that understanding into better healthcare outcomes.”


“For those on the autism spectrum, special needs can create barriers to accessing health care when needed. It’s a situation I’ve lived through with

my son, Michael, and unfortunately it’s something that’s all too real for many families,” said New York State Assemblyman Angelo Santabarbara, who had spearheaded the project. “Part of the solution is addressing sensory overload and that’s exactly what the new sensory friendly emergency room at Ellis Medicine is designed to do.”



HEALTHY EATING


CAULIFLOWER



EASY

YIELDS: 4-6 SERVINGS

READY IN: 0:30



Colorful Cauliflower Side Dish

INGREDIENTS:

- 1 fresh or 16oz bag frozen cauliflower, defrosted
- 1 onion, diced
- 1 clove garlic, crushed
- 1 red pepper, diced
- 1 green pepper, diced
- 1 tablespoon consommé soup mix
- 1/2 teaspoon black pepper
- 2 tablespoons olive oil

DIRECTIONS:

- In a sauce pan, sauté onions until golden, stir in crushed garlic, sauté for another 2 minutes
- Add diced peppers, sauté for 5 minutes
- Stir in cauliflower and seasoning, cover pot, and cook on a low flame for 20 minutes

CHEF’S TIP:

Add 1/4 cup milk to the water when boiling cauliflower, this will keep the cauliflower bright white!


BENEFITS:

Cauliflower health benefits includes boosting ultraviolet radiation protection, fighting inflammation, lessen heart and circulatory system issues, lessen cancer risk, supplying vitamin K to the body, improving digestion and detoxifying the body, supporting healthy weight loss, boosting brain health, and the immune system.

MEDIUM

YIELDS: 12-15 PATTIES

READY IN: 0:30



Cauliflower Patties

INGREDIENTS:

- 3 cups frozen cauliflower
- 1 onion, diced
- 2 tablespoons oil for sautéing
- 3 eggs
- 3/4 cup matzah meal (or bread crumbs)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- Oil for frying


DIRECTIONS:

- Defrost cauliflower and mash well until smooth
- Sauté onion
- Stir all ingredients together
- Heat skillet, spray on some spray oil
- Drop 2 heaping tablespoons or 1/4 cup of mixture. Fry each side for 4-5 minutes

MEDIUM

YIELDS: 6-8 SERVINGS

READY IN: 1:30



Hearty Cauliflower Soup

INGREDIENTS:

- 1 onion, diced
- 4 cloves garlic
- 2 tablespoons oil
- 4 carrots, sliced
- 4 stalks celery, sliced
- 1 24oz bag frozen cauliflower
- 1 root parsley
- 1 knob celery
- 2 tablespoons consommé soup mix
- Water to cover vegetables
- 2 tablespoons parsley flakes

DIRECTIONS:

- In an 8-quart pot, heat oil; add onions and garlic; sauté for a few minutes until onions are translucent. Stir in celery and carrots, sauté for a few minutes. Add cauliflower, knob celery and root parsley
- Fill pot with water just about to cover the vegetables; add seasonings
- Bring to boil, then lower flame and cook for about an hour or until all vegetables are cooked
- Remove half of the vegetables; blend soup in an immersion blender; pour back the vegetables you removed from the soup

Public Health and Policy News

But embracing such cutting-edge high-tech is not about keeping up with the times but rather, about the same reason many other industries have done so: cutting costs.

Put otherwise, just as banking or shopping by phone or online costs providers and customers less, so should medicine, argues Ms. Morehouse—a vital point in the ongoing debate on lowering the otherwise ever-upward-spiraling costs of modern healthcare.

MEDICAID CHIEF PROPOSES “VALUE-BASED” DRUG PAYMENTS

Washington, D.C. — Normally, the price of medicine—say, buying prescription pills or having an operation—has a general fixed industry price. This model, in place for decades if not for centuries in Western medicine, is otherwise known as “fee for service.”

But in recent years, the “value-based” model—in which the patient pays more for better outcomes and less for worse, regardless of actual cost—has been gaining ground across healthcare.

The concept got a significant boost this past June from Seema Verma, Administrator of the federal Centers for Medicare and Medicaid Services (CMS). Ms. Verma proposed a rule that would empower state Medicaid offices to use value-based prices for drugs.

“This proposal doesn’t necessarily guarantee lower prices, but it provides a tool in the toolbox for plans to negotiate with manufacturers,” said Administrator Verma on an industry conference call.

ONLINE MEDICINE IS MORE AFFORDABLE: INDUSTRY OP-ED

Phoenix, Arizona — Banks, investment firms, retailers and even taxis are all online and on mobile device apps nowadays. So with that being the case, why should healthcare not be?

That’s the question posited recently in an op-ed by Alexandra Morehouse, chief marketing officer (CMO) for the Arizona-based Banner Health non-profit healthcare system.

It may seem like an obvious question what with the still-growing rise of telehealth and other “symptoms” of the digital transformation that has overtaken many other industries.

HEALTH EXPERT DR. JUNAID BAJWA NOW CHIEF MEDICAL SCIENTIST AT MICROSOFT



COMPUTING HEALTH: NEW EXPERT IN AT MICROSOFT’S HEALTHCARE DIVISION

Redmond, Washington — Like several other tech-oriented global corporations, computing behemoth Microsoft has long branched out into fields well beyond its original product.

Since the early 1990s, the maker of the Windows operating system used by most of the world’s desktop personal computers has operated Microsoft Research, a subsidiary whose mission is to use computer technology to solve major world problems in a number of diverse areas, including medicine.

Leading that effort now is England’s Dr. Junaid Bajwa, a veteran primary-care physician and public health expert who’s worked at several key levels for the National Health Service (NHS), Britain’s equivalent to Medicare and Medicaid.

Dr. Bajwa hopes to “unlock the power of technology to help solve the healthcare challenges of today,” according to a statement.

Microsoft Research currently maintains labs in at least eight locations worldwide, including 6th Ave. in Manhattan’s Flatiron District.

FEDERAL CARES ACT TAKES \$60 BILLION FROM MEDICARE, EXACERBATING LOOMING INSOLVENCY

Washington, D.C. — First, the good news: By definition, “insolvency” just means you have more money going out than coming in—it doesn’t mean you’re bankrupt or have to close. So when Medicare—the federal healthcare program for seniors—approaches insolvency around Year 2023 as projected for years now, you can be sure that someone in government will do something.

But now, the bad news: Because the recently-passed \$2 trillion (yes, *trillion*) CARES Act took some \$60 billion out of Medicare’s Trust Fund, experts now say that Medicare will hit insolvency sooner.

The Coronavirus Aid, Relief, and Economic Security (CARES) Act

was met with universal support and acclaim when it became law in March, “providing emergency assistance and health care response for individuals, families and businesses affected by the 2020 coronavirus pandemic,” as its official text reads.

REPORT: U.S. DISABILITY EMPLOYMENT RISING, BUT MOST COMPANIES NOT ACTIVELY HIRING

Washington, D.C. — If you’re a person with a disability looking for work, there’s good news out of Washington, and not-so-good news.

According to a new report by the Office of Disability Employment Policy (ODEP), a part of the federal U.S. Dept. of Labor, the percentage of U.S. companies reporting employing people with disabilities grew from 18.4 percent in 2008 to 22.7 percent in 2018.

However, while the percentage of companies actively recruiting and hire people with disabilities has been increasing over the past decade, a majority of companies are not doing so.

U.S. employers are increasingly seeing the benefits of hiring people with disabilities, the report says, but they’re also voicing concerns that limit their recruiting and hiring of people with disabilities to fill job vacancies. And perhaps predictably, federal contractors were reported likelier to implement disability-inclusive practices.

WHITE HOUSE EXECUTIVE ORDERS MAY LOWER PRESCRIPTION DRUG PRICES

Washington, D.C. — People with diabetes, seniors and others who rely regularly on long-term medications for health stability may be paying less for their drugs in the near future after the White House issued four executive orders in late July.

The quartet of executive orders centered on drug company discounts, drug importation, pharmacy rebates, and Medicare Part B pricing.

The first directs federally-qualified health centers to pass along discounts on insulin and epinephrine received from drug companies to certain low-income Americans.

The second will allow state plans for safe importation of certain drugs and authorize the re-importation of U.S.-made insulin products.

The third will prohibit secret deals between drug manufacturers and pharmacy benefit manager (PBM) middlemen, allowing patients to benefit from available pharmacy-counter discounts, while the fourth is meant to lower Medicare Part B drug prices. ★



PUTTING HEALTH ONLINE: WITH AN EVER-GROWING ARRAY OF DAILY-LIVING FIXTURES AVAILABLE IN ELECTRONIC FORM, A HEALTHCARE LEADER ASKS, WHY NOT HEALTHCARE?

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.



Tri-County Care

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

In the Know

ALL ABOUT... HAY FEVER (ALLERGIC RHINITIS)

Sources: Mayo Clinic;
American College of Allergy,
Asthma & Immunology
(ACAAI)

Why would they call an allergic condition “hay fever” when it has little to do with hay and doesn’t cause a fever?

Well, it turns out that hay fever is called “hay fever” because back in the agricultural past of England (where the phrase was coined in the early 1800s), symptoms would strike during the fall hay harvest—and “fever” here is based on the Merriam-Webster Dictionary’s second definition of the word, namely: “A state of heightened or intense emotion or activity.”

Of course, it’s possible to be allergic to hay—but usually people with hay fever are allergic to the pollen of grasses, trees and weeds.

Hay fever can be quite the nuisance in daily life, disrupting your work or school performance and generally interfering with life. But hay fever isn’t something you have to learn to live with. Here’s everything you’ll need to know to be... in the know.

DEFINITION

Hay fever is known medically as *allergic rhinitis*. It is an allergic response to pollen and other allergens that is similar to the common cold.

Hay fever causes cold-like signs and symptoms like runny nose, itchy eyes, congestion, sneezing and sinus pressure. But hay fever isn’t caused by a virus.

Hay fever is caused by an allergic response to allergens like as pollen, dust mites, or tiny flecks of skin and saliva shed by cats, dogs, and other animals with fur or feathers (pet dander).

Allergic rhinitis takes two different forms:

Seasonal: Seasonal allergic rhinitis can occur in spring, summer and early fall. It is usually caused by allergic sensitivity to airborne mold spores or pollens from grass, trees and weeds.

Perennial: Perennial allergic rhinitis strikes year-round. It is generally caused by dust mites, pet hair or dander, cockroaches or mold.

Some people may experience both types. There are also non-allergic causes for rhinitis, like cigarette or other smoke, perfumes, cleaning products and other strong odors.

Occupational rhinitis

Symptoms that resemble those of hay fever and that appear or become more serious at work are sometimes referred to by the separate subcategory of *occupational rhinitis*. This is a condition in which symptoms are triggered or further aggravated by workplace allergens like cleaning products, chemical fumes, certain types of dust, and corrosive gases.

SYMPTOMS

Hay fever signs and symptoms can include:

- Runny nose and nasal congestion
- Watery, itchy, red eyes (allergic conjunctivitis)
- Sneezing
- Cough
- Itchy nose, roof of mouth or throat
- Swollen, blue-colored skin under the eyes (allergic shiners)
- Stuffy nose due to blockage or congestion
- Postnasal drip
- Fatigue (often reported due to poor quality sleep as a result of nasal obstruction)
- Puffy, swollen eyelids

Seasonal factors

Symptoms may start or worsen at a particular time of year. Triggers include:

- Tree pollen, which is common in early spring
- Grass pollen, which is common in late spring and summer
- Ragweed pollen, which is common in fall
- Dust mites, cockroaches and dander from pets can be bothersome year-round (perennial); symptoms caused by dander might worsen in winter, when houses are closed up
- Spores from indoor and outdoor fungi and molds are considered both seasonal and perennial

Is it hay fever or common cold?

Because the symptoms of both can be similar, here’s how to help distinguish one from the other:

- Hay fever does not cause a fever; the common cold can cause a low-grade fever
- Hay fever does not cause body aches; the common cold can
- Hay fever symptoms appear almost immediate after exposure to allergens; the common cold

will start one to three days after exposure to the rhinovirus

CAUSES

Hay fever is caused by the immune system identifying a harmless airborne substance as harmful. The system then produces antibodies to this harmless substance. The next time you come in contact with the substance, those antibodies tell the immune system to attack it. In turn, that causes a reaction that leads to the signs and symptoms of hay fever.

Common “triggers,” or microscopic items causing the immune-system reaction, include:

- Outdoor allergens like pollens from grass, trees and weeds
- Indoor allergens like pet hair or dander, dust mites and mold
- Irritants like cigarette smoke, cosmetics, chlorine, cleaning solutions, hairspray, laundry detergent and automobile exhaust

Risk factors

The following can increase risk of developing hay fever:

- Having other allergies or asthma
- Having atopic dermatitis (eczema)
- Having a blood relative (such as a parent or sibling) with allergies or asthma
- Living or working in an environment that constantly exposes you to allergens—like dander from a pet animal, or dust mites

Complications

Problems that may be associated with hay fever include:

- Reduced quality of life. Hay fever can interfere with activities and reduce productivity. For many people, hay fever symptoms lead to absences from work or school
- Poor sleep. Hay fever symptoms can keep you awake or make it hard to stay asleep, which can lead to fatigue



and generally not feeling well (a.k.a. malaise)

- Worsening asthma. Hay fever can worsen symptoms of asthma like coughing and wheezing
- Sinusitis. Prolonged sinus congestion due to hay fever may increase susceptibility to sinusitis—an infection or inflammation of the membrane that lines the sinuses
- Ear infection. In children, hay fever often is a factor in middle ear infection (otitis media)

DIAGNOSIS

For the best and most thorough diagnosis, it's best to see an allergist.

Your allergist may start by taking a detailed history, looking for clues in your lifestyle that will help pinpoint the cause of your symptoms. You'll be asked, among other things, about your work and home environments (including whether you have a pet) your family's medical history and the frequency and severity of your symptoms.

After all that, the allergist will perform one or both of the following tests:

- Skin prick test. You're watched for an allergic reaction after small amounts of material that can trigger allergies are pricked into the skin of your arm or upper back. If you're allergic, you develop a raised bump (hive) at the site of that allergen.
- Allergy blood test. A blood sample is sent to a lab to measure your immune system's response to a specific allergen. Also called the *radioallergen sorbent test* (RAST), this test measures the amount of allergy-causing antibodies in your bloodstream, known as immunoglobulin E (IgE) antibodies.

TREATMENT

It's best to limit your exposure to substances that cause your hay fever as much as possible. If your hay fever isn't too severe, over-the-counter medications may be enough to relieve symptoms. For worse symptoms, you may need prescription medications.

Many people get the best relief from a combination of allergy medications. You might need to try a few before you find what works best.

If your child has hay fever, talk with your doctor about treatment. Not all medications are approved for use in children. Read labels carefully. Medications for hay fever include:

Nasal corticosteroids

These prescription nasal sprays help prevent and treat the nasal inflammation, nasal itching and runny nose caused by hay fever. For many people they're the most effective hay fever medications, and

they're often the first type of medication prescribed.

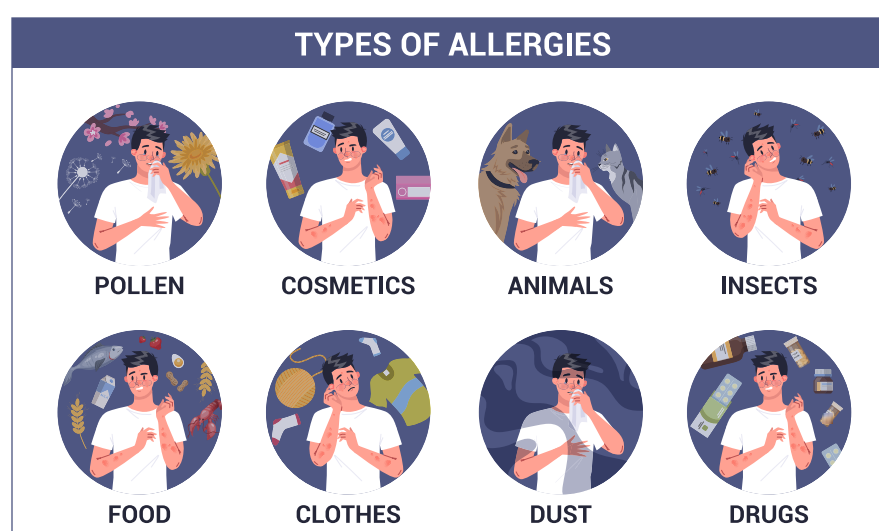
Antihistamines

These preparations are usually given as pills. However, there are also antihistamine nasal sprays and eyedrops. Antihistamines can help with itching, sneezing and a runny nose but have less effect on congestion. They work by blocking histamine, a symptom-causing chemical.

Decongestants

These medications are available in over-the-counter and prescription liquids, tablets and nasal sprays. Oral decongestants include Afrinol and Sudafed, and nasal sprays include Afrin and Neo-Synephrine.

Cromolyn sodium



This is available as an over-the-counter nasal spray that must be used several times a day. It's also available in eye-drop form with a prescription. It helps relieve hay fever symptoms by preventing the release of histamine.

Nasal ipratropium

Available in a prescription nasal spray, ipratropium helps relieve severe runny nose by preventing the glands in your nose from producing excess fluid. It's not effective for treating congestion, sneezing or postnasal drip.

Oral corticosteroids

Corticosteroid pills such as prednisone sometimes are used to relieve severe allergy symptoms. Because the long-term use of corticosteroids can cause serious side effects such as cataracts, osteoporosis and muscle weakness, they're usually prescribed for only short periods of time.

Other treatments for hay fever include:

Immunotherapy. If medications don't relieve your hay fever symptoms or cause too many side effects, your doctor may recommend allergy shots (immunotherapy or desensitization therapy). Immunotherapy helps the body build resistance to the effects of

the allergen, reduces the intensity of symptoms caused by allergen exposure and sometimes can actually make skin test reactions disappear. As resistance develops over several months, symptoms should improve.

Two types of immunotherapy are available: allergy shots and sublingual (under-the-tongue) tablets.

Over three to five years, you'll receive regular injections containing tiny amounts of allergens. The goal is to get your body used to the allergens that cause your symptoms, and decrease your need for medications.

Under-the-tongue (sublingual) allergy tablets. Rather than getting shots, you have tiny amounts of allergen in pill form dissolve in your mouth, usually daily.

Rinsing your sinuses. Rinsing your

sterile room, there's really no practical way to avoid getting hay fever. If you do have it, the best thing to do is to lessen exposure to the allergens that cause symptoms. Take allergy medications before exposure to allergens, as directed by your doctor.

In the meantime, here are some things to do to avoid triggers in your home and daily routine:

- Keep windows closed during high pollen periods
- Use air conditioning in your home and car
- Wear glasses or sunglasses when outdoors to keep pollen out of your eyes
- Use "mite-proof" bedding covers to limit exposure to dust mites and a dehumidifier to control mold. (If you smell mildew, you likely have mold)
- Wash your hands after petting any animal and have a non-allergic person help with pet grooming, preferably in a well-ventilated area or outside
- Don't hang laundry outside—pollen can stick to sheets and towels
- Use an allergy-grade high-efficiency particulate air (HEPA) filter in your home ventilation system, particularly your bedroom, and change it regularly
- Avoid outdoor activity in the early morning, when pollen counts are highest
- Stay indoors on dry, windy days
- Use a dehumidifier to reduce indoor humidity
- Avoid mowing the lawn or raking leaves.
- Wear a dust mask (such as a NIOSH-rated 95 filter mask) when cleaning house or gardening
- Wash sheets and blankets in water heated to at least 130 degrees Fahrenheit
- Spray insecticide designed to kill dust mites and approved for indoor use
- Consider removing carpeting, especially where you sleep, if you're highly sensitive to dust mites

PROGNOSIS

The entire process of allergic rhinitis can be a prolonged one. You first discover you have it. You then go to a doctor and/or allergist to get officially diagnosed. You then have to engage in the painstaking and prolonged process of thoroughly inspecting your work, home and recreational environments to determine what the trigger(s) of your allergic rhinitis are. You then have to follow your doctor's expert recommendation(s) on which medication(s) to try until you get your hay fever under control.

Regardless of the hassle of the abovementioned process, though, when you're finally done, you'll be able to breathe easier—literally. ★

PREVENTION

Other than isolating yourself in a



Status Report

Happening In Hospitals Today

MONTEFIORE HEALTH SYSTEM URGED BY SEN. SCHUMER TO KEEP OPEN MOUNT VERNON HOSPITAL

Mount Vernon, New York — U.S. Senator Charles “Chuck” Schumer (D-New York) participated in a recent demonstration outside the grounds of a struggling hospital serving Mt. Vernon.

The economically disadvantaged town is located in the otherwise-prosperous upstate Westchester County.

Sen. Schumer personally joined local lawmakers and hospital workers at the rally, which called upon Montefiore Health System—which owns and operates Mount Vernon Hospital—to stay open. In recent months, the 121-bed facility had shuttered its intensive care unit (ICU) and began winding down other services.

“In the face of the greatest public health crisis we have faced... you do not close down hospitals and constrict access to health care in a community like Mount Vernon,” Schumer reportedly said.

ENGLAND PROGRESSING WITH TESTS OF HOSPITAL-SUPPLY DRONE

Newport, Isle of Wight — With the landing of a large fixed-wing drone in this island village, British hospital care took another major leap forward.

The Windracers ULTRA unmanned flying vehicle, which can carry up to 220lbs for about 620 miles, underwent the first of several test flights in late May bearing a payload of medical supplies. The drone lifted off from a Southampton airfield and landed ten minutes later on the Isle of Wight, where its cargo was driven to a hospital nearby.

The Isle of Wight is an isolated island off the southern coast of England. Islanders living in such far-flung locations worldwide, whether waterlocked or not, have long run the risk



IN THE SYSTEM: SEN. SCHUMER CALLED FOR MOUNT VERNON HOSPITAL’S RESCUE of reduced medical care in emergency situations.

But for several years now, unmanned aerial drones have been increasingly eyed worldwide in a growing number of unrelated pilot programs meant to counter that situation.

U.S. NEWS RELEASES 2020-2021 LIST OF BEST HOSPITALS FOR KIDS

New York, New York — The authoritative *U.S. News & World Report* released its annual list of best hospitals nationwide for pediatrics recently. Here are 2020-2021’s Top Ten Children’s Hospitals across all specialties:

1. Boston Children’s Hospital
2. Children’s Hospital of Philadelphia
3. Cincinnati Children’s Hospital Medical Center
4. Texas Children’s Hospital (Houston)
5. Children’s Hospital Los Angeles
6. Children’s Hospital Colorado (Aurora)
7. Children’s National Hospital (Washington, D.C.)
8. Nationwide Children’s Hospital (Columbus, Ohio)
9. UPMC Children’s Hospital of Pittsburgh
10. Lucile Packard Children’s Hospital Stanford (Palo Alto, Calif.)

While New York’s hospitals regularly rank high on most “Top Hospitals” lists, no Empire State facility made the list this year—but at least those that

did are New York’s neighbors in the Northeast.

U.S. HOSPITALS TO OPERATE IN THE NEGATIVE WITHOUT GOV’T FUNDING: REPORT

Chicago, Illinois — According to a recent report commissioned by the influential American Hospital Association (AHA), about half of hospitals in the U.S. could be operating on negative margins by the end of 2020.

According to the report, median operating margins for hospitals which average 3.5 percent. However, in the first quarter of 2020, they fell to -2 percent and are currently at minus-three percent.

Making matters worse is the fact that, without federal emergency funding from the March 2020 CARES Act, that number would have fallen to -15 percent, according to the report.

Further negative results are projected for the rest of 2020 without further government financial intervention, the AHA is now saying—urging Congress for more funding.

PATIENTS FORCED OUT BY HOSPITAL BED SHORTAGES FACE INCREASED MORTALITY

Trondheim, Norway — A public-health study conducted by the Norwegian

University of Science and Technology found that rates of mortality increase among hip surgery patients discharged too early from hospitals so as to make room for other patients.

Fridays were the prime times for such patients to be discharged, researchers found—along with the day before holidays and times when hospitals are overbooked.

Of the 60,000 patients over 70 years old scrutinized, 13 percent passed away within 60 days after surgery and 27 percent within the first year.

The researchers found specifically that there was a difference of about four percentagepoints in the 60-day mortality rate between patients discharged for space reasons and other patients.

In 2016, half of patients had bed rest for five days or less, compared to only 25 percent in 2010, researchers added. The study was published in *Clinical Epidemiology*.

WORLD’S TOP HOSPITALS 2020 PUBLISHED

New York, New York — Not to be outdone by the number of reputable rankings of U.S. hospitals, *Newsweek* recently published a list of top worldwide hospitals. Naturally, the top three were American hospitals, of course. (Baltimore’s legendary Johns Hopkins took the No. 6 spot.)

Topping the list (not to mention regularly topping U.S. “Top Hospital” lists, and in quite a few specialties), is the Rochester, Minnesota-based Mayo Clinic.

The Cleveland Clinic, which puts its home state of Ohio on the map as frequently as Mayo does with Minnesota, took the second spot (as it often does behind the Mayo Clinic on numerous U.S. hospital lists, too).

No. 3 is Massachusetts General Hospital, in patriotic Boston.

The top three were followed by such diverse locales as Canada’s Toronto General (#4), the UniversitätsSpital in Zürich, Switzerland (#7), Singapore General Hospital (#8), and the Karolinska Universitetssjukhuset in Solna, Sweden (#10). ★



PUTTING ADVERSE PATIENT OUTCOMES TO BED: A STUDY IN NORWAY FINDS THAT HOSPITAL PATIENTS DISCHARGED EARLY DUE TO BED SHORTAGES DO WORSE LATER



The Senior Care Gazette

News from
the World of
Hamaspik
HomeCare and
Senior Health

At Hamaspik HomeCare, Combating the National Senior-Loneliness Epidemic

Agency Encourages Families to Stay Involved With Simple, Practical Tips

"In some ways, social distancing began well before the current coronavirus outbreak," writes Nicole Van Groningen, MD, a doctor at the L.A.-based Cedars-Sinai Medical Center, in a recent editorial.

The average size of an American's social network (as defined by number of confidants) declined by over one-third from 1985 to 2009, Dr. Van

Groningen reports. In fact, she notes, a recent survey of 10,000 people finds that about 63 percent of men and 58 percent of women qualify as lonely.

That's all the more reason that a growing number of experts consider loneliness in seniors a growing national epidemic. And that's exactly why Hamaspik HomeCare incorporates *diversional activities*, or things the

client likes to do, in each client's Plan of Care, notes agency Field Nurse Leah Lichstein, RN—and even trains aides to provide said activities.

However, she points out, the grim reality is that seniors' adult children are typically busy full-time with their own work and kids. In turn, that often leaves them with little time for their own parents—which is why the

veteran nurse, and other agency staff, offer families these simple tips:

- Set regular check-in times for the senior(s) in your life. For example, if your parents know that you call every Tuesday night at 7:00 p.m., they'll have something to look forward to.
- Send cards, letters and pictures—especially those with Zaidy and Bubby in them.
- Ask stimulating questions that encourage seniors to share their thoughts. For example, a grandchild can tell about day camp, and ask how camp was "back then."

Best of all, have a granddaughter call Bubby to say Tehilim together, or have a grandson call Zaidy to learn something with him, offers Mrs. Lichstein. The Tishrei holiday month especially opens precious windows for living descendants to visit, adds Hamaspik HomeCare Executive Director Asher Katz—creating memories for all to cherish for years to come. You'll bridge the generations—and you'll make a concrete contribution to your loved one's health, too!

Preventing Slips and Falls in our Senior Population

Hamaspik HomeCare Addresses this Serious Community Issue

It was the night before Passover a few years ago when a Monsey senior, was getting ready to leave her condo for her daughter's home out of town. She was manipulating a suitcase down the front steps.

The next thing she knew, she woke up on the asphalt. She didn't know how she had gotten there. She didn't know what time it was. She was bleeding.

Dazed, she made it up the neighbors' steps and rang the bell. The neighbor, a young father, opened the door, took one look, and immediately called Hatzolah.

Suffice it to say she spent Passover at home that year—with her stalwart and loyal daughter and son-in-law, and their own little kids, dropping everything at quite literally the last minute to enjoy the Seder not at their own table but "by Mommy."

With the growing Baby Boomer population, fall prevention among seniors is a pressing issue—and a growing one, too. Hamaspik

HomeCare Director of Nursing Rena Milgraum and Field Nurse Leah Lichstein offer the following simple tips and tricks to help prevent those dangerous slips and falls in seniors' homes:

- Take the right steps: Staircases—as in tripping and falling down them—are the culprit in one incident too many for seniors. Help eliminate these hazards by installing grab bars and railings.
- Shower yourself with safety: Install those critical grab bars in showers, bathtubs and bathrooms.
- Redecorate: Create clear paths through each room. Get rid of unstable pieces like decorative end tables. Push chairs and couches against the wall for stability.
- Reach easy: Ensure that objects frequently used in cupboards can be reached without ladders or stools.
- Light up your nights: Because many falls occur when seniors get up and out of bed at night, place

nightlights in bedrooms and bathrooms.

The proverb, "an ounce of prevention is worth a pound of cure," is a most relevant one.

Staying safe is key to staying healthy and enjoying old age—and Hamaspik HomeCare is here to help make that happen. ★

**WHY STRUGGLE ALONE
WITH CARING FOR YOUR
ELDERLY LOVED ONES?**

*Call today to see if they qualify
for home care!*

*Call Hamaspik HomeCare's
Intake Dept. directly at*

845-503-0700

