



The Hamaspik Gazette

News of Hamaspik Agencies and General Health

JUNE '21 • ISSUE NO. 191



GAZETTE SURVEY

The GAZETTE asks YOU:

DO YOU HAVE DENTAL INSURANCE?

A: YES; B: NO

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



HEALTH STAT

WHO HAS DENTAL BENEFITS TODAY

Approx. U.S. pop. with dental benefits, 2018	260 million
Those with private benefits	172.8 million
Those with Medicaid, Medicare or CHIP plans	87.6 million

Source: National Association of Dental Plans (NADP)



HEALTH TIP

TAKE A BITE OUT OF DENTAL-INSURANCE WOES

Here are four tips to help avoid dental insurance with no teeth: 1. Get group coverage—these usually cover more for less; 2. For individual coverage, use a broker—don't shop yourself; 3. Ask before treatment if your favorite dentist is in-network; and 4. Know what your plan covers.

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SOCIALLY SERVING IN ROCKLAND COUNTY

PAYING YET ANOTHER FRONTLINE COMMUNITY VISIT TO HAMASPIK'S MEN'S DAY HAB PROGRAM IN THE HEART OF MONSEY, COMMUNITY LIAISON MOSHE GROSS AND DEP. COMMISSIONER JOHN J. FELLA OF THE ROCKLAND COUNTY DEPT. OF SOCIAL SERVICES REPRESENT THE DIVERSE FACE OF ONE OF NEW YORK'S MOST FLOURISHING REGIONS



WITH INNOVATIVE, SIZABLE AND GROWING TRACKS FOR MEN AND WOMEN IN THREE COUNTIES, HAMASPIK'S SEVERAL DAY HABILITATION PROGRAMS HAVE LONG SERVED AS A THERAPEUTIC BRIDGE BETWEEN CHILDHOOD AND ADULTHOOD FOR COMMUNITY MEMBERS WITH A WIDE RANGE OF SPECIAL NEEDS

HEALTH NEWS

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Services Provided by NYSHA AGENCIES

OPWDD SERVICES

INDIVIDUALIZED RESIDENTIAL ALTERNATIVE (IRA)

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

INDIVIDUALIZED SUPPORT SERVICES (ISS)

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

HOME FAMILY CARE (HFC)

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

DAY HABILITATION (DH)

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

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

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

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

COMMUNITY HABILITATION (CH)

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

COMMUNITY PRE VOCATIONAL

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

SUPPORTED EMPLOYMENT (SEMP)

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

FAMILY SUPPORT SERVICES (FSS)

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

INTENSIVE BEHAVIORAL SERVICES (IBS)

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

RESPIRE:

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

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

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

Sundays: Respite program provided every Sunday.

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

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

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

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

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

SELF-DIRECTION

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

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

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

PARENTAL RETREATS

Providing: Getaways and retreats for parents of individuals with disabilities

DOH

EARLY INTERVENTION (EI)

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

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

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

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

NURSING HOME TRANSITION AND DIVERSION (NHTD)

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

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

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

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

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

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

TRAUMATIC BRAIN INJURY (TBI)

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

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

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

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

SENIOR DINING/SOCIAL DAY PROGRAM (SHNOIS CHAIM)

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

HAMASPIK CHOICE

MLTCP:

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

HMO/INSURANCE

ABA

Behavior modification services for children with autism.

Social Group: ABA service delivered in a group setting.

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

HAMASPIK HOMECARE

LHCSA

Licensed HomeCare Services Agency .

Personal Care Services

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

Support Services

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

Nursing Services

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

Training

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

CDPAS/CDPAP

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

NYC HCR

ACCESS TO HOME

Providing home modifications for people with physical disability.

NYSED SERVICES

ACCESS VR

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

PATHWAY TO EMPLOYMENT

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

NYSHA

ARTICLE 16 CLINIC

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

TRAINING SESSIONS

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

CENTRAL INTAKE

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

THE HAMASPIK GAZETTE

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

OMH

ADULT HEALTH HOME CARE MANAGEMENT SERVICES

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

CHILDREN HEALTH HOME CARE MANAGEMENT SERVICES

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

ADULT HCBS SERVICES

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

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

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

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

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

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

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

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

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

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

CHILDREN HCBS SERVICES

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

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

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

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

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

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

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

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

► TRI-COUNTY CARE NEWS

Giving COVID-Vulnerable Individuals Their Best Shot

Tapped by New York State DOH, Tri-County Care and ChemRx Team up to Privately Vaccinate Developmental-Disability Population

When that first call came in, other calls shortly went out. And in no time at all, they'd answered the call.

It was Tri-County's first COVID clinic—a daylong event in response to the New York State Dept. of Health (DOH)'s call to vaccinate New York's disability population against coronavirus.

Held on the premises of Tri-County's Long Island City regional office, it saw staff join forces with the professionals of ChemRx in protecting the state's most vulnerable.

When done, participants went home feeling like they'd taken one huge step in the direction of normalcy. And over 100 individuals with intellectual/developmental disabilities left secure in the knowledge that they were now COVID-safe.

Making the introduction

It all began when the New York State Dept. of Health (DOH) put out a call to

several Care Coordination Organizations (CCOs), including Tri-County Care.

New York's CCOs are the face of the state's disability services and supports. Conceived several years ago by the state Office for People With Developmental Disabilities (OPWDD), the CCOs serve today as impartial gateways to a wealth of disability resources. And central to the CCO is the Care Manager (of which Tri-County boasts several regional teams)—the trained advocate connecting the person with disability with supports and services serving him or her best.

Given their frontline access to New York's disability population, the DOH wanted the CCOs to provide those critical COVID-19 vaccinations to the individuals they support—with a little help from medical professionals.

The Long Island, New York-based ChemRx long-term care pharmacy services provider (among others) was tapped to lend that expertise.

For Tri-County Care and ChemRx, then, a marriage of convenience was arranged, and staffers with the two companies were shortly communicating.

Getting the best shot

It was less than two weeks later that individuals with disabilities began trickling in through the front doors of 2215 43rd Ave. in the Queens neighborhood of Long Island City, where Tri-County Care maintains an office. Both local individuals supported by that office, and those driving in from beyond, were served.

Mostly accompanied by caregivers or loved ones, they were cheerfully ushered in by Tri-County's team, then directed to the vaccine clinic set up onsite by ChemRx and its expert nurses.

The event's success lay in the fact that it was by invitation only, creating a safe space of familiarity, notes Tri-

County VP of Operations Nechama Nissenbaum, RN. "Most of the other [vaccination] places are public places," she says, where individuals might have been subject to uncomfortable stares.

Staff was especially cognizant of the fact that many are incapable of enduring long wait lines, and thus assisted arrivals in getting their jabs in a timely fashion per pre-arranged appointments.

"We are having a ball here. Your staff is the greatest!" wrote Ne'Chrystie Green, ChemRx Account Manager, to her Tri-County counterparts, at the height of the action. "Your clients really love you. The stories they tell are amazing! Thank you for allowing us to help service the people you support!"

Despite the masks, you could see the smile in the eyes of all present, recalls Japhé Deliat, Tri-County's Vice President of Diversity and Staff Development.

"Everyone," he said, "was eager and ready to get this job done." ★

► PUBLIC HEALTH AND POLICY NEWS

Despite Ongoing World Development, Snakebite Remains Global Problem

Most Venomous Bites Occur in Rural Regions; India Tops World in Numbers

Seattle, Washington — You'd think that with the ever-progressing modernization of the world, led by Western societies, age-old health threats like poisonous snakes would be passé—and you'd be right.

That's because most snakebites worldwide take place in undeveloped rural areas—not exactly the cosmopolitan concrete jungles that most modern cities are today.

However, getting bitten by venomous snakes remains a persistent problem in much of the world, primarily in undeveloped regions of Third World countries—so much so that in 2017, the World Health Organization (WHO) declared snakebite a Category A Neglected Tropical Disease.

The declaration brought increased funding for efforts to combat and prevent snakebite in the world's most undeveloped, and therefore snakebite-prone, regions.

Most recently, the Seattle-based



DON'T SLITHER THITHER: RARE IN THE U.S., FATAL SNAKE BITES STILL PLAGUE THIRD WORLD

Institute for Health Metrics and Evaluation (IHME) presented modeling estimates on snakebite at the American

Society of Tropical Medicine & Hygiene's virtual meeting.

So, how big indeed is the global

problem of snakebites?

Well, in 2019, it's estimated that roughly 65,000 people around the world died after getting bitten by poisonous snakes—mostly in India, Indonesia, Nigeria, Pakistan and Bangladesh (in that order).

Of those, nearly 81 percent, or about 52,000, occurred in India—a country which, despite impressive development of its big cities and its increasingly-global competitiveness, still features vast swathes of undeveloped rural country that is home to millions of poor people, and snakes. Of those 52,000 cases, nearly 47,000 came from just four types of snakes.

On the other hand, an estimated 7,000-8,000 bites by venomous snakes—primarily, various species of rattlesnakes—occur yearly in the U.S., according to the CDC, with about five being fatal. ★

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Happening in Health Today

person was wearing.

According to researchers, the technique might one day be used to improve memory in people with memory disorders.

STUDY LINKS LIFELONG IMPACT TO CHILDHOOD DIET

Riverside, California — A new study in mice suggests that eating too much fat and sugar as a child can alter one's microbiome for life, even if one learns later to eat healthier.

The study, by the University of California at Riverside, is among the first to show a significant decrease in total number and diversity of gut bacteria in adult mice who had been fed an unhealthy diet when young.

The *microbiome* refers to all the bacteria as well as fungi, parasites, and viruses that live on and inside a human or animal. A healthy body keeps a healthy balance of pathogenic ("bad") and beneficial ("good") such microorganisms. But if that balance is disturbed, the body could become susceptible to disease.

Overall, researchers found that early-life Western diet had more long-lasting effects on the mouse microbiome than did early-life exercise.

As one researcher put it, "You are not only what you eat, but what you ate as a child!"

LIFETIME MILD WEIGHT GAIN MAY ACTUALLY BE GOOD: STUDY

Hershey, Pennsylvania— Finally, some good news for Americans understandably sick and tired of the latest dieting trend: It now turns out that not only may a few extra pounds be okay—but, according to new findings at the Milton S. Hershey Medical Center, they may even add a few years to your life.

Hershey researchers reviewed data from the famous Framingham Heart Study, since 1948 the world's longest-running ongoing health survey.

They specifically analyzed two groups: One, people who had a normal body mass index (BMI) of 18.5 to 24.9 at age 31 but who had gradually gained weight by age 80; and two, people with that same BMI at age 31—but who had *not* gradually gained weight by age 80.



MAKING GAINS: RESEARCHERS AT HERSHEY MEDICAL CENTER, CENTRAL PENN.'S LARGEST HOSPITAL, ASSOCIATED SLIGHT LIFETIME WEIGHT INCREASE WITH SOME HEALTH BENEFITS

The study found that the gradual gainers lived longer than their counterparts who maintained their younger normal weight throughout their life span.

Modest extra body weight in old age, including lean tissue mass and fat mass, might provide protection against nutritional and energy deficiencies, according to researchers. ★

EXPERIMENTAL DRUG SEEMS TO CLEAR BRAIN OF ALZHEIMER'S PROTEINS

Indianapolis, Indiana — After several recent years of high-profile failures of drugs with great initial promise, another new Alzheimer's drug actually does have promise.

Indiana-based pharmaceutical giant Eli Lilly recently announced heartening results of a two-year-long trial of its experimental Alzheimer's drug donanemab.

In the Phase 2 trial, involving 272 patients with mild to moderate Alzheimer's, patients who got the drug had a 32-percent slower rate of mental decline than those given placebo.

According to Dr. Daniel Skovronsky, Lilly's chief scientific officer, the key breakthrough here is that patients no longer had brain amyloid after six to 12 months of treatment with the drug.

Amyloid proteins, which build up in the brains of Alzheimer's patients in clumps called *plaques*, eventually interfere in the brain's function (along with clumps of proteins called *tau*).

LUNG CANCER RATES DROP 31 PERCENT IN NEAR-30 YEARS

Atlanta, Georgia — Good news, America! From 1991 to 2018, U.S. lung cancer death rates have dropped an impressive 31 percent.

That uplifting report comes from the authoritative American Cancer Society, which credits improved lung cancer treatment as the major reason for the decline. Indeed, from 2017 to 2018 alone, a record 2.4 percent drop was also registered.

Accordingly to the Society, about 3.2 million cancer deaths were prevented from 1991 through 2018 due to declines in smoking, earlier detection, and improvements in treatment that led to long-term decreases in deaths from the four leading cancers—which include the most-common lung cancer.

Additionally, the positive numbers reflect better treatment for the most common subtype of the disease: non-small cell lung cancer (NSCLC).

Lung cancer also accounted for 46 percent of the overall decline in cancer deaths in the past five years.

STUDY PARTICIPANTS REMEMBER MORE AFTER BRAINS STIMULATED BY MAGNETS

Evanston, Illinois — Not that this ever happened to your average *Gazette* reader (at least as an adult)—but if, as a child, you held magnets to your head and then later discovered that your daily memory had improved, scientists may now know why.

Researchers at Northwestern University used something called transcranial magnetic stimulation (TMS) to improve the working memory of participants.

Study volunteers were first subjected to TMS applied to their *hippocampus*, the brain region responsible for memory. Volunteers were then shown videos of realistic daily activities to measure how memory works during everyday tasks.

Following stimulation, study participants more accurately answered questions about the content of the video clips, like what color shirt a

CUFF-FREE BLOOD PRESSURE MEASURING DEVICE IS WEARABLE

Melbourne, Australia — New biomedical technology being developed and tested by Australia's Monash University will eventually allow people to take their own blood pressure anywhere and anytime—without that uncomfortable traditional inflating cuff squeezing your upper arm to measure your blood pressure.

The two-part wearable device consists of an earlobe clip that gets signals from a transmitter worn against the chest. By measuring time elapsed from heart pump to blood reaching the earlobe, the system can calculate approximate blood pressure in real-time.

For right now, though, the experimental technology can measure a patient's blood pressure anytime while lying down, sitting, or pedaling an exercise bike—but not while walking, running or otherwise moving about. It boasts accuracy as high as 93 percent—and without using the tightening arm balloon that's been used for nearly a century. ★

HAKTANIM, A GIANT LEAP FOR SMALL MANKIND!



HAKTANIM is dedicated to giving supportive care and entertainment to children (aged 2-6) with special needs.

With trained, Yiddish speaking, staff members for each child, a variety of enriching activities, and carefully planned group trips, Haktanim is sure to become each child's home away from home.

BOYS AND GIRLS: AGES 2-6

CALL US
718.387.8400 X 5250
for information and enrollment

A Project by Hamaspik Kings

Hamaspik Twilights™ is a full suite of after school and weekend programs, each distinctly designed for various age groups and life stages within the OPWDD community.



AFTER SCHOOL PROGRAMS

Powered By  Hamaspik

● ► HAMASPIK NEWS

Mother of the House

Mrs. Esther “Ettty” Brach, 1963-2021

When it came to knowing the children, Inzerheim Manager Mrs. Ettty Brach had their number: their medication dosages, frequencies, side effects and, of course, their doctors’ numbers.

That’s because the residents of Hamaspik of Orange County’s Inzerheim weren’t her charges. They were her children.

Roots

Esther Brach (née Kaufman) was born February 11, 1963 into a family of proud Romanian Chasidim. Her father and grandfather, Rabbi Avrohom Yosef Kaufman and Rabbi Moshe Kaufman, were the scions of a staunch Sigheter dynasty—and the only members of their immediate family to survive the horrors of the Holocaust.

Born in Tiberias, a bastion of Chasidic austerity and spirituality since the Baal Shem Tov’s times, young Ettty Kaufman grew up steeped in the rarified atmosphere of that ethereal city. When she was only five, her family relocated to Antwerp, Belgium, where her parents embedded themselves within that city’s Chasidic nucleus. It further imprinted their only child’s very DNA with a passion for the movement’s wisdom and wit of old, a branding that would last a lifetime.

Introduced to her husband at the traditional age of 18, she became the proud wife of Rabbi Yehoshua Brach, himself of similar Chasidic background, in 1981. The young couple first lived for several years in Antwerp, Belgium, later relocating to upstate New York’s Kiryas Joel (“KJ”), spiritual epicenter of the Satmar Chasidic denomination to which they unflinchingly belonged.

Surrounded by their own people, Rabbi and Mrs. Brach quickly became community pillars. They were even later joined by her parents in KJ, where her esteemed father worked in education until his passing and her mother took up employment at a community pharmacy, where she doled out prescriptions and heartfelt personal blessings to customers alike.

Throughout it all, Mrs. Brach remained an old-school European classic, with mannerisms and faith invoking an era long gone. She bore the loss of her only son, who passed mere months after birth, with silent grace. She doted on her only daughter



WHERE THE HEART IS: THE ORIGINAL INZERHEIM’S WELCOMING EXTERIOR WAS ONLY MATCHED BY A WARM INTERIOR FIRED BY MRS. BRACH

(and later, grandkids) as only a mother could. Despite her busy schedule, she was her grandchildren’s second mother. And she never failed to find time for her entire extended family—siblings, siblings-in-law, nieces and nephews alike. If a family member was hospitalized, she would be there with a tender visit of support.

In addition to her monumental professional duties, she even managed to serve as a provider with Hamaspik of Orange County’s Family Care Program, taking a child with special needs into her own home, where he lived for well over a decade.

But the highlight of her life was her 22 consecutive years as the Inzerheim’s Program Director. She knew it was her mission.

The advocate

Robin Tambarino, PT, the Inzerheim’s resident physical therapist, remembers Mrs. Brach’s arrival over two decades ago—recalling a veritable transformation from reserved observer to authoritative advocate. “Without looking at any paper or book, she could tell you any medication or issue,” Mrs. Tambarino recalls—testimony seconded by every staffer interviewed.

In fact, Mrs. Brach wielded an encyclopedic memory of every drug ever prescribed for any resident—and precisely when, down to the very dates, they had started, stopped or modified any medication. She was a walking case history of each. She confidently commanded the utility or futility of any regimen, and, if her gut intuited

otherwise, could respectfully but firmly hold her own with any differing medical professional. And she knew many.

Across the years working with the Inzerheim’s medically-involved, high-maintenance residents, Mrs. Brach spent many a day and night in doctors’ offices, or at hospital bedsides during not-infrequent medical crises, speaking for and defending her beloved children.

“She advocated all the way,” remembers Residential Director Solomon Gelb. “She never took no for an answer.”

“Once you’re connected with the individuals, you see they need an advocate,” says Mrs. Daleh Neuman, Manager of Hamaspik of Orange County’s Seven Springs Shvesterheim IRA, asked for the one thing she’ll always remember about Mrs. Brach. “And she did it with her whole heart.”

“She would walk through walls,” testifies Moses Wertheimer, Executive Director of Hamaspik of Orange County. “And, I would add, she was successful.”

The diplomat

The Inzerheim’s parents and staff bodies, and Hamaspik staff, had the most respect for Mrs. Brach—because she wasn’t just an advocate for her children but a diplomat, an arbiter and avatar of nuanced and complex emotions in parents and staff alike. With fluency in several languages, whimsical sense of humor, and sensitivity to all, she interfaced with everybody.

“We were pretty close friends. We spoke about a lot of personal things,” remembers Mrs. Tambarino. “She was there for me. I could call her for anything.”

Of parents, “She was their everything,” remembers Mrs. Malky Yabra, Director of Hamaspik of Orange County’s Women’s Day Hab program. “She mended their broken hearts. She always had the right word.”

“She was my social worker,” one mother says, revealing Mrs. Brach’s ever-tactful supportive side. When appropriate, she would open her own heart, sharing her own pain but with that unyielding message of strength.

But while she could be strong, she could be equally soft. When she forgot something, she would confess it. She apologized when necessary.

At the same time, she wisely presided over her staff body. With a keen eye and heart honed by years of leadership and intuition, she handpicked employees with all the right stuff—people with the heart needed for the children and the humility needed to seamlessly support coworkers as a unit. Mrs. Brach likewise went to bat repeatedly for her team, petitioning administration for improvements and occasionally treating her staff to lunch alike.

That steady helm amidst crashing waves came to the fore when the coronavirus pandemic washed tsunami-like over society, upending and inundating daily operations at the group home. But Mrs. Brach, the ever-faithful captain, didn’t fail her post

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● ► HAMASPIK NEWS

Mother of the House

◀ CONTINUED FROM PAGE 6

amidst the raging storm—not only staying on her watch a veritable tower of calm but charging her own staff with strength. With some employees fearful of contracting COVID and yet others actually coming down with it, Mrs. Brach deftly kept the Inzerheim together and firing on all cylinders throughout, pulling off the impossible task of maintaining a full complement of staff on site. Because it would take more than a rampaging virus to hinder or arrest the indefatigable Manager.

Special Events Coordinator and Hamaspik pillar Mrs. Brenda Katina remembers a “beautiful heart.” When Mrs. Katina saw the Burberry dresses Mrs. Brach had bought for two granddaughters, she asked if she might have them for her own two girls when the dresses were outgrown. One year later, neatly packed in a garment bag, both arrived at Mrs. Katina’s door.

The mother

“We need more than an article for such a woman who gave away her life for these children,” declares the mother of one resident, contacted by the *Gazette*.

Mrs. Brach was always available for the Inzerheim’s parent body, she testifies. Their joy was her joy and their sorrow was hers, too—so much so that when one very medically-involved resident tragically passed, Mrs. Brach took it so much to heart that she briefly but seriously took ill.

That Inzerheim parent recalls how Mrs. Brach would carry a pocket phone on the High Holidays in case of life-threatening emergencies, and how she once called her about her daughter all the way from China, where she had accompanied her husband on a business trip.

The same mother remembers her husband initially balking at group-home placement, feeling it too institution-like. One visit to the Inzerheim changed that. “When he saw how much dignity and respect it’s run with, he agreed,” she says.

She remembers the home-like atmosphere pervading throughout—down to the real dishes for daily meals and the aromas of pre-Shabbos food in the air every Thursday night. She also recalls her meticulous attention to each resident’s wardrobe—even notifying a local school one day to not photograph one resident because she wasn’t wearing the right outfit.

Today, she invokes Mrs. Brach’s “dedication and devotion” to the Inzerheim children, asked for the one thing she’ll always remember. “Who’s

going to fight for them now?”

“Mrs. Brach was an angel,” recalls Leonard Leven, M.D., the home’s longtime psychiatrist. “It was beautiful to see that these young women were taken care of with love and compassion like family members.”



Taking ill before Purim, Mrs. Brach—true to form—kept her dread diagnosis to herself, helming her ship until she no longer could. Succumbing

a mere month after doctors found a growth, her passing came as a shock to all. She was 58.

Her funeral was held at Kiryas Joel’s central synagogue. When Rabbi Brach, a lifetime’s stalwart soulmate, took the podium, he merely asked his dear departed wife to keep advocating now from On High.

Following a brief procession by automobile, and surrounded by hundreds of family members, friends and Hamaspik staff members who had known her for years, Esther Brach was laid to rest at the Congregation Yetev

Lev Satmar Cemetery in the center of the Village of Kiryas Joel.

She is survived by her husband, a brother and sisters, daughter and son-in-law, and several grandchildren. She was mourned by Hamaspik staff, who recently marked her Shloshim with a motivational talk by Chai Lifeline’s Rabbi Dr. Dovid Fox, PhD.

But grieving most of all is her beloved Inzerheim.

“Mrs. Brach was Mommy,” laments Joy Stimmel, LCSW, Inzerheim’s longtime social worker. “She was the head of the family. We are all bereft.” ★

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● ► HAMASPIK NEWS | HAPPENINGS AROUND HAMASPIK



A Fun-Filled and Growth-Oriented Camp

Kinderville looks forward to an exciting summer

Spirited music. Encouraging cheers. Beaming smiles all around. It's Kinderville—a unique camp geared for children ages 5-9 who have special needs. It's a place where they can grow and gain more skills while having sparkling-eyes-kind-of-fun.

With characteristic Hamaspiikness, Kinderville has selected the very best staff in the special-needs world. “We only considered counselors who were already volunteers in one of Hamaspiik’s programs,” says Mrs. Chani Seide, Kinderville Director, “as they’ve been carefully vetted and know our standards. We received a staggering 500+ applications, and handpicked the counselors who will be the best fit for our camp. There were so many suitable candidates, but we were looking for a unique combination that’s hard to come by.

Baruch Hashem, we feel privileged to be working with people who have the skill, talent, and warmth that will make our camp amazing.”

Mrs. Seide herself comes with many years of experience working with the special needs population as well as camp programs. Her focus is on continuing the children’s education so that what they’ve accomplished throughout the year won’t fall to the wayside. Under the spell of fun and carefree entertainment, the Kinderville *kinderlach* will be attaining new skills and becoming more independent.

Until now, parents struggled to find the right summer program for their children with special needs where their children could be cared for properly. At Kinderville, parents can be secure with the knowledge that their child is being loved and cared for with heart. ★

On a Roll



STRIKE! JONATHAN (L) AND PINCHAS (R), BOTH REGULARS WITH HAMASPIK OF ROCKLAND COUNTY MEN’S DAY HABILITATION PROGRAM, ENJOY A RECENT LOCAL BOWLING OUTING

“Strive”-ing for Science



ORDINARY INGREDIENTS, EXTRAORDINARY RESULTS: MIXING TWO HARMLESS SUBSTANCES PRODUCES THE EXCITING, COLORFUL FOAM VOLCANO SHOWN HERE

Experiencing Experiential Experiments

Hamaspiik Rockland’s ‘Strive Seminary’ Program Brings on the Hands-On

“I thought it would be something interesting the girls would enjoy watching and doing,” begins Mrs. Braun, Director of Hamaspiik of Rockland County’s Strive Seminary program for high-functioning young women.

The *Gazette’s* just asked her if live demonstrations of physics and mechanics—you know, the experiments that make the world a place of endless fascination—are a regular part of the curriculum at Strive.

They are, it turns out, and have been for some time.

At Strive Seminary, Mrs. Braun has presided over demonstrations that have turned ordinary household ingredients into exciting displays of chemical reactions safely at work.

One turned over-the-counter items into an explosion of harmless, colorful and rapidly-billowing foam that rose, and kept rising for some time to everyone’s delight.

Another such experiment involved putting a spoonful or two of baking

soda into an empty balloon and then partially filling an ordinary empty soda bottle with vinegar. (Did you know that mixing baking soda and vinegar in a range of proportions will result in a range of fascinating chemical reactions? The *Gazette’s* writer didn’t!) Next, stretch the mouth of the balloon over the bottle’s neck, invert the bottle to spill the vinegar into the balloon... and watch it suddenly inflate.

As everyone knows, when vinegar and baking soda are mixed, hydrogen ions in the vinegar react with the sodium and bicarbonate ions in the baking soda, first creating sodium acetate and carbonic acid, the latter which then immediately proceeds to decompose into water and carbon dioxide gas—and hence the balloon’s rapid inflation.

“The goal of Strive is to broaden our girls’ knowledge and teach them the most possible,” says Mrs. Braun—and the projects help them achieve just that. ★

● ► HAMASPIK NEWS | HAPPENINGS AROUND HAMASPIK

The Miraculous Recovery of Luzy

Hamaspik of Orange County Men's Day Hab, Greater Hamaspik Family Celebrates Return of Luzy Feldman

King David (Psalms 118:24) said it best: "This is the day that the Lord made; we shall exult and rejoice thereon!"

It was the day Shmiel Eluzur "Luzy" Feldman, long a Day Hab regular and resident at Hamaspik Orange's Acres Briderheim, came back home. And rejoice they did, masks and all—staff and fellow "Bridersheimers" who had pined for him all along and now welcomed him with open arms. Gratitude to God was felt by all.

But 12 months earlier, the day was grim.

Luzy had been hospitalized after getting COVID-19 in March 2020. But defying the odds, Luzy regained consciousness after a lengthy intubation.

Once a stint at Garnet Health Medical Center ended positively, it was off to the Lakewood Center in New Jersey for months of rehab.

Luzy's advocate and mother Mrs. Zelma Feldman, herself a longtime former Hamaspik Medicaid Service

Coordinator (MSC), fought for her son throughout.

Acres Managers Mr. and Mrs. Lipa Laufer were also in constant contact with caregivers, even visiting when they could and assuring he got the best care until his return.

After a weeks-long later stay in Brooklyn's Boro Park Center for advanced rehab, and with prayers by the whole Hamaspik family from the get-go, Luzy finally returned.

"He looks like a new person!" says dedicated Day Hab Direct Support Professional (DSP) Mendy Klein.

"It's impossible to explain in an e-mail how thrilled he is to be back homewith his peers," writes Hamaspik of Orange County Residential Director Solomon Gelb. "He has not stopping smiling ear to ear."

"The funny thing is, he's back to normal, as if nothing happened," says Day Hab staffer Moshe Berkowitz. "Now that he's back, the Day Hab is back to normal!" ★

An Upscale Reading Experience

Williamsburg Welcomes the New State-of-the-Art Library Run by Achosainu Academy

Jewish libraries are synonymous with books, books, and more books. But upscale décor? Comfortable couches? A place to read and relax?

Enter Sparks Library, and let the ambience overtake you. The design, the comfort—it's a luxurious reading experience. As you search for a book, a smiling librarian approaches you. She's polite, kind, and ever so helpful. Listening to what you're looking for, she nods and leads you to one of the many bookshelves displaying a variety of books in your preferred genre.

As you look around, you see people ensconced in comfortable couches that blend beautifully with the soothing décor. You too, take a seat and find yourself engrossed in your book in no time. You've stepped out of the everyday grind of life and have entered a reading utopia—where you and your

book are the only things that exist. It's calm. It's peaceful. It's rejuvenating.

Who is behind this?

Achosainu Academy is a one-of-a-kind Day Hab experience, where young ladies with special needs get to actualize their passions and dreams, learning real-life skills that enable them to grow more independent.

With the opening of the library, Achosainu Academy is truly servicing the community while creating jobs for their girls. The public can now enjoy a library to sit in and relax, and the Achosainu girls can get fulfillment by organizing the books, assisting the visitors, and keeping track of the inventory. ★

Stop by and enjoy an unparalleled reading experience at 12 Harrison Ave. in the heart of Williamsburg!

A Triumphant Comeback



SOME THINGS NEVER CHANGE: LUZY CHECKS OUT SOME GIFTS (L) AND GREETIS ALL (R)



SAFE AND SOUND IN HIS BED AGAIN: LUZY'S COZY BEDROOM AT THE ACRES BRIDERHEIM

On Track for a Great Summer

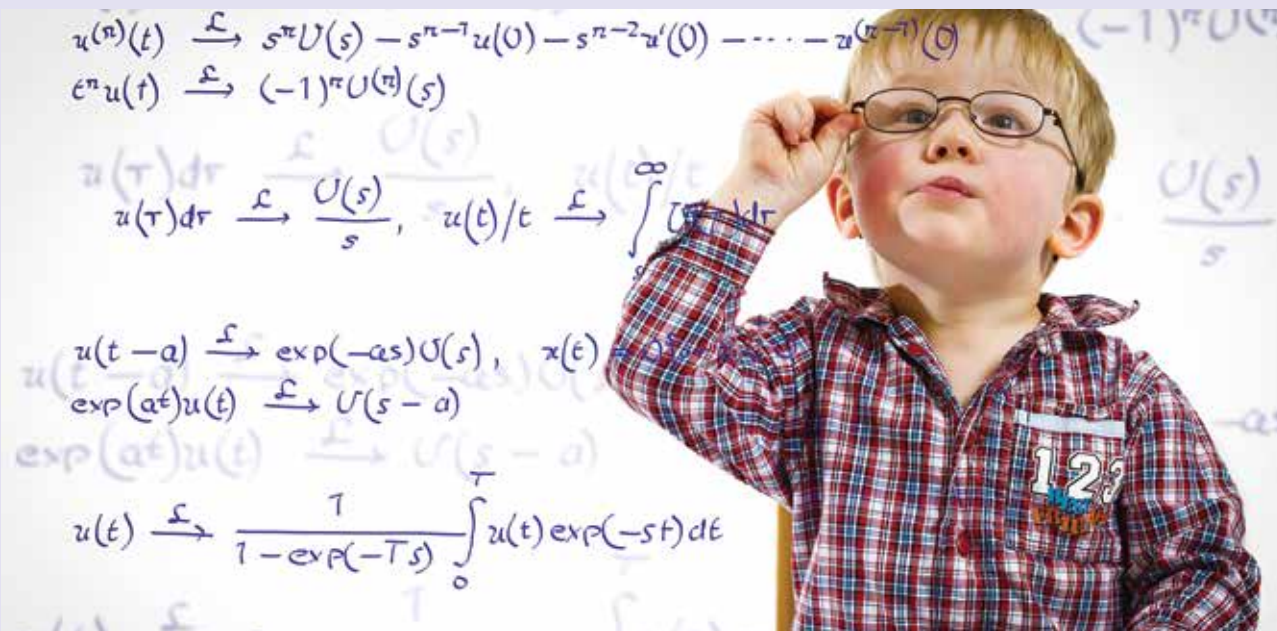


KICKING BACK AT KINDERVILLE: HAMASPIK'S NEW SPECIAL-NEEDS DAY CAMP INCLUDES ON-SITE GO-KARTS (TOP), OUTDOOR BALL GAMES (R), OR JUST ENJOYING THE SUN (L)

The Autism Update

News and developments from the world of research and advocacy

INTELLIGENCE IN KIDS ON SPECTRUM RISES WITH AGE



UPWARDLY-MOBILE NUMBER-CRUNCHING: PEOPLE WITH AUTISM ARE ASSOCIATED WITH HIGH—AND NOW, INCREASING—IQ

London, England — People's level of intelligence quotient (IQ)—the universal gold standard of measuring an individual's mental function and capacity worldwide—generally does not change.

However, a study by Kings College London now finds that IQ in young people with autism increased by an average of 7.48 points between ages 12 to 23.

The long-term study followed 126 people on the spectrum for over a decade. They ranged in function from

low-IQ severe intellectual disability to individuals with IQs in the superior range. They were tested first at age 12, then at 16 and finally at age 23.

The IQ gains were greatest among those who had a history of early regression in language, the study found. In that group, the increase was 15.4 points compared to just 6.6 points in individuals without regression.

The study was published in the *Journal of the American Academy of Child and Adolescent Psychiatry*. ★

Miami. “But we are saying that this study presents a promising direction in how ABR testing can be used as a method for precise autism detection at birth.”

AIRLINES CRACKING DOWN ON “EMOTIONAL SUPPORT” ANIMALS

Forth Worth, Texas — In the aftermath of swelling complaints by passengers and staff, a number of commercial airlines have enacted strict new rules against the bringing of “emotional support” animals aboard flights.

Among them is the Ft. Worth-based American Airlines, which no longer allows “emotional support” animals and other pets on its planes that don't meet strict service animal requirements for individuals with disabilities.

Now, travelers on American will need to complete a federal form two days in advance before traveling with a service animal.

Also, according to a strict new rule from the U.S. Dept. of Transportation (DOT), a service animal is defined as “a dog that is individually trained to do work or perform tasks for the benefit of a person with a disability.” The DOT also “no longer considers an emotional support animal to be a service animal.”

GENETIC ROOTS FOR COMMON BRAIN MALFORMATION TRACED

St. Louis, Missouri — Researchers at the Washington University School of Medicine have now found the genetic source of a common birth brain malformation called Chiari 1.

About ten in every 1,000 children is born with Chiari 1, but about nine of those will grow up normally with no problems. In about one out of those ten, though, the condition causes headaches, neck pain, hearing, vision and balance disturbances, or other neurological symptoms.

The researchers found that Chiari 1 malformation can be caused by variations in two genes linked to brain development, and that children with large heads are at increased risk of developing the condition.

The condition occurs when the lowest parts of the brain are found below the base of the skull.

The findings could lead to new ways to identify people at risk of developing Chiari 1 malformation before the most serious symptoms arise.

STUDY FINDS AUTISM YOUTH PHYSICAL ACTIVITY DROPS MOST BETWEEN AGES 9-13

Corvallis, Oregon — If you want to help guarantee the future physical health of children with autism, it seems best to work on their physical health and fitness when they're ages nine through 13.

That's the conclusion of a study by Oregon State University (OSU), which has found that the nine-to-13 bracket is when kids with autism spectrum disorder (ASD) otherwise show the biggest drop in active time.

The study used data on families in Ireland covering a nine-year period. That data was collected in three interviews of participating children—at ages nine, then 13, and finally 17 or 18.

In comparing 88 children with autism to 88 without, the nine-year survey found a marked disparity in the amount of physical activity, especially in adolescence. At 13, youth with autism reported only one or two days of moderate to vigorous physical activity in the previous two

weeks, compared with nine or more days among youth without autism.

AUTISM CLUES MAY BE FOUND BY NEWBORN SCREENINGS

Miami, Florida — Researchers looked at almost 140,000 auditory recordings from children born in Florida and matched them with the state's educational records.

They later found that kids diagnosed with autism showed slower brain responses during the infant hearing tests.

The University of Miami researchers now say that a simple routine test widely administered to newborns nowadays may also be able to detect autism in newborns.

The tests, which measure a baby's auditory brainstem response, or ABR, to test for healthy hearing, could also offer clues about whether they are on the spectrum, says the new study.

“We're not at the point just yet where we're telling clinicians to use ABR testing as a determinant for autism in babies,” said Elizabeth Simpson, an associate professor at the University of

AUTISM RESEARCH FURTHERING GUT-BRAIN CONNECTION

Durham, North Carolina — Duke University's Institute for Brain Sciences is really getting to the gut of it—and quite literally.

For the past several years, lead researcher Prof. Diego V. Bohorquez has been investigating the connection between the digestive system and the brain. His research is especially intriguing when it comes to autism, as children with autism are known to frequently cope with gut issues.

In fact, critical connections between the brain and other organs, such as the intestines or the kidneys, were described by the ancients centuries ago. Today, Dr. Bohorquez is taking a look at cells in the GI tract called *neuropods*—and their relation to the brain and autism.

Neuropods were recently found to form extensions similar to neurons, and that those extensions connect to nerve fibers in the gut. In turn, they relay signals to the vagus nerve, which connects to the brain. Those signals were also found to reach the brain in milliseconds. ★

בס"ד



☎️ Caller @ 4:45 PM

“ My brother Chaim was hospitalized after his last relapse and is finally being discharged, but I’m concerned. I don’t think he’s set up with the right help.

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● ► HAMASPIK NEWS

School-Day Parental Respite and Personal Growth With Some Helpful Reptiles

Animal Therapy Just One of Many Therapeutic Tracks at Hamaspik Rockland's UpClub After-School Respite Program

So Spikes the Bearded Dragon visited me, and frolicked on the classroom floor as we all looked on with glee. Little boys and girls loved that rascal Spikes, and brought him bugs and fruity snacks and other things he likes.

That's one way one might report goings-on of late at UpClub, Hamaspik of Rockland County's take on your standard OPWDD-supported After-School Respite program.

After-School Respite (ASR) is one of the most vital and valuable offerings from the New York State Office for People with Developmental Disabilities (OPWDD). Essentially unchanged in design since inception, the program—purveyed for years now by community partners like Hamaspik—grants afternoon respite to special-needs parents on school days.

That means that after school, a child with special needs will spend several hours each afternoon at a specially-designed respite program, not at home,

giving parents much-needed downtime.

The program also frees up time for parents to lavish attention on other members of their brood—too-often siblings who feel that their brother or sister with disability is getting the lion's share.

But babysitting this is not. In fact, it's anything but.

Changing things up

UpClub is very different from a traditional respite program.

While UpClub provides a standard warm and structured place where children of varying degrees of challenges can spend off-school hours, that's where any similarities to ordinary ASRs end.

For youths in UpClub's separate division for teens and young adults, a typical afternoon at UpClub begins with homework—either their own or helping younger friends complete theirs. The adolescents then move on to an

array of educational and skills-building activities (depending on the day of the week). These include group painting sessions, Zumba and yoga physical-fitness classes, nutrition, scrapbooking, cooking, jewelry-beading and even vocational training.

In UpClub's division for its youngest attendees, each operating afternoon kicks off with a short free-play session—and one in which caring staff play alongside them, simultaneously having fun and modeling age-appropriate play skills. Little “students” then segue to a fully-developed and hands-on educational curriculum that reinforces and underscores a number of staples the kids are familiar with from daytime school hours, including reading, writing and holidays. Staff members executing that curriculum are no less than experienced special-needs preschool teachers.

Both divisions are also served hot, fresh and nutritious dinners before going home each day—lending mothers and fathers one less thing to worry about once their kids get back.

Oh, and then you've got the lizards.

A whole different animal

Animals are very therapeutic, friendly creatures that teach the kids compassion, trust and patience. Thanks to a local visiting petting zoo and therapeutic animal center, the young people at UpClub get to get up close and personal with yet another member of the animal kingdom each week.

Past weekly animal therapy sessions have featured live rabbits, chickens, snakes, goats and yes, a sheep.

Recently, that weekly session featured herpetoid helpers in the form of two leopard geckos and one bearded dragon.

Kicking off that interactive session, the children first donned toy lizard tails and learned how leopard geckos can detach that very limb and flee should a predator get ahold of their tails. They learned about the vegetables and bugs that lizards eat, even getting to hold the live worms that are food for many lizards.

The kids met Spikes the Bearded Dragon—first feeling his soft belly, smooth head and spiky sides as they held him one by one on their laps and



HELPFUL HERPETOID: SPIKES WITH A RAPT YOUNG ONLOOKER AT HAMASPIK'S UPCLUB

then watching him crawl about the floor, even snagging bugs from their hands with his sticky tongue. Later interviewed by the *Gazette*, Spikes had little to say other than, “Crunch, crunch.”

The children next met leopard geckos Dotty and Sunny. They were very gentle in not pulling on the geckos' tails while holding them and feeling their soft, bumpy skin.

Besides having a great time in meeting and learning about these unique creatures, the lizard encounter encouraged UpClub's children to socialize with each other and even with the animals. It also stimulated learning in a fun environment and provided sensory integration.

Just the tip

But at UpClub, Spikes is just the tip of the iceberg.

Interviewed by the *Gazette*, one experienced staff member reported witnessing “many” examples of charges improving at UpClub. “I've watched timid and even anxious teenagers come out of their shell,” she testified. “I've watched shy and even at times sad little kids light up with the widest of smiles and spirit,” she said. “I've watched self-conscious preteens blossom into confident young ladies and make lasting friends. I've even watched staff find their passion and get so much more in return.”

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► PUBLIC HEALTH AND POLICY NEWS

Off-Label Usage of Tyvaso Helps People with Interstitial Lung Disease (ILD)

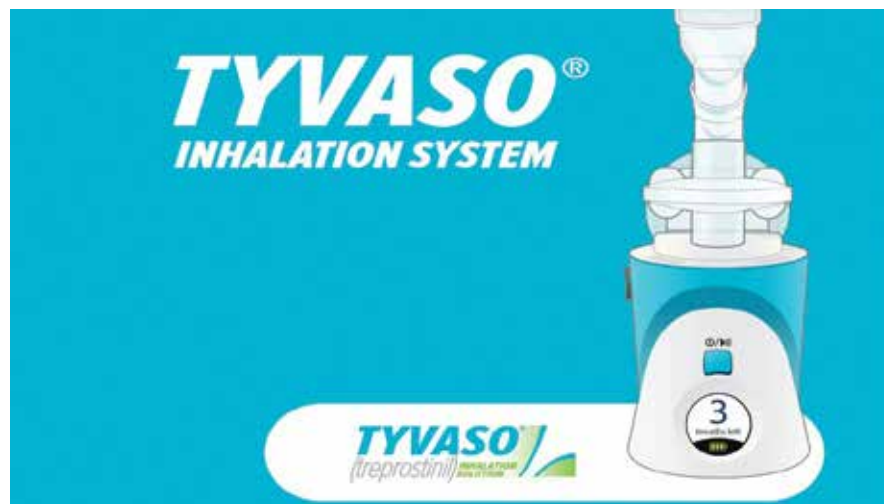
Super-Expensive Blood-Vessel Drug Shows Benefit in Study of Scarred-Lung Patients

Falls Church, Virginia — *Off-label usage*, or the application of Drug A for Diagnosis B, is one of the most powerful weapons in a good doctor's arsenal.

Put in plain English, a physician with experience, confidence and common sense is authorized by law to prescribe an existing arthritis drug for, say, asthma, if he or she believes it may help.

Recently, the creative power of off-label usage came to the fore again when a study of Tyvaso was found to help patients with interstitial lung disease (ILD).

Tyvaso is an inhaled spray medication that treats *pulmonary arterial hypertension (PAD)*, or narrowing and hardening of the blood vessels that service the lungs. Interstitial lung disease is a broad term for progressive scarring of the tissue surrounding the lungs' air



SAME LABEL, DIFFERENT USAGE: BLOOD-VESSEL DRUG TYVASO FOUND TO HELP LUNG PATIENTS

sacs and blood vessels.

People with ILD tend to suffer pulmonary hypertension, or high blood pressure in the blood vessels servicing

the lungs. That high blood pressure is caused by those vessels becoming hard and narrow due to the ILD.

There are currently no drugs

specifically approved for pulmonary hypertension caused by ILD.

But in a new study of 326 ILD patients, researchers have now found that those taking Tyvaso were able to better exercise on a treadmill than those not taking it.

The study had half on the drug and half on placebo. Over the course of four months, those inhaling Tyvaso every day were able to go farther on a six-minute walk on a treadmill than those not getting the Tyvaso spray.

Tyvaso, made by the Maryland-based United Therapeutics, has been FDA-approved for PAD since 2009. It works by relaxing and widening blood vessels.

However, Tyvaso (generic name: treprostinil) currently costs over \$100,000 a year—which may prompt coverage refusal by insurance companies. ★

HEALTHY EATING



SPAGHETTI SQUASH!

EASY | YIELDS: 8-10 SERVINGS
PREP TIME: 0:45 | READY IN: 0:40



Spaghetti Squash

FOLLOW THESE SIMPLE INSTRUCTIONS FOR THE MAIN INGREDIENT FOR SEVERAL DISHES!

INGREDIENTS:
• 1 spaghetti squash

DIRECTIONS:
• Pre-heat oven to 400°
• Slice spaghetti squash in half lengthwise
• Scoop out seeds with spoon (set seeds aside)
• Place both halves on baking pan cut-side down
• Bake at 400° for 40 min
• Flip to cool
• Make spaghetti strands by scraping insides of squash with fork

You now have vegetable spaghetti to replace regular spaghetti!

NOTE: Use this prep for all the recipes here.

CHEF'S TIP:

Roast the seeds set aside earlier by first rinsing and drying them, then placing on a baking sheet, sprinkling some salt, and drizzling 1 tsp oil on top. Roast in oven at 300 for 20-25 minutes, stirring every few minutes.

BENEFITS:

Spaghetti squash is known for the vegetable spaghetti you can make from it, plus its low calories—and high nutrition! Spaghetti squash is free of saturated fats and cholesterol but rich in antioxidants, dietary fiber, minerals and vitamins—making it commonly recommended by dieticians for cholesterol-control and weight-loss programs.

EASY | YIELDS: 15-20 BLINIS
PREP TIME: 0:45 | READY IN: 1:00



Squash Spaghetti with Vegetables

YOUR HEART WILL ENJOY THIS HEART-HEALTHY SIDE DISH AS MUCH AS YOU WILL!

INGREDIENTS:
• 1 spaghetti squash
• 1 onion - diced
• 2 cloves garlic - chopped
• 1 red pepper - cubed
• 1 green pepper - cubed
• 1 tomato - cubed
• 1 zucchini - cubed
• Oil for sautéing
• Salt to taste
• 1/4 tsp black pepper
• 1/2 tsp garlic powder

DIRECTIONS:
• Make spaghetti strands as instructed
• Pour oil into medium saucepan
• Sauté onions on low-medium flame for 5 minutes, or until golden
• Add diced tomato, peppers, and zucchini; sauté for another 10 minutes or until tender
• Mix sautéed vegetables into spaghetti strands
• Season with salt, pepper, and garlic powder

EASY | YIELDS: 12 SERVINGS
PREP TIME: 0:50 | READY IN: 1:15



Sweet Spaghetti Squash Kugel

QUICK AND EASY SOUP FOR ANY OCCASION!

INGREDIENTS:
• 1 large (3lb) spaghetti squash
• 3 eggs
• 1 tbsp vanilla sugar
• 2 apples shredded
• 1/4 cup oil
• 1/4 cup honey
• Dash cinnamon
• 1/2 cup ground almonds

TOPPING (OPTIONAL)

• 1/2 cup ground almonds
• 1/4 tsp cinnamon
• 1/2 tsp sugar

DIRECTIONS:
• Preheat oven to 350
• Make spaghetti strands as instructed
• Mix all ingredients together in large bowl
• Pour mixture into a 9x13 baking pan.
• Mix topping ingredients together in medium bowl
• Sprinkle topping mix over kugel mix in pan
• Bake uncovered at 350 for 1 hour

Serve warm or cool

Public Health and Policy News

40 hospitals in Washington State, according to the state hospital association, spurring officials to alert staff members and pull them off the shelf.

Among the hospitals victimized by the elaborate scam, engineered by dubious actors in China and elsewhere to capitalize on the U.S. pandemic, are the elite Cleveland Clinic and the renowned Mayo Clinic.

According to 3M, the leading U.S. producer of N95s, more than ten million counterfeits have been seized since the pandemic began and the company has fielded 10,500 queries about the authenticity of N95s.

EARLY WARNING SYSTEM FILLS IN GAPS IN INFECTIOUS DISEASE SURVEILLANCE

New York, New York — Researchers at New York's very own Columbia University have developed an infectious disease early warning system that includes areas lacking health clinics participating in infectious disease surveillance.

According to researchers at Columbia's Mailman School of Public Health, the approach compensates for existing gaps to support better observation and prediction of the spread of an outbreak, including to areas remaining without surveillance.

The new early warning system optimizes the selection of surveillance sites then applies a computer model to data from these sites in order to forecast the geographic spread of influenza, including to rural areas lacking surveillance. The researchers say their method would be effective

MILLIONS OF PRIZED N95 MASKS COUNTERFEIT; MOST MADE IN CHINA

Minneapolis, Minnesota — The now-ubiquitous N95 masks are prized for their ability to filter out 95 percent of the minuscule particles that cause Covid-19.

However, for months now, fake N95 masks have been pouring into the country, mostly from China. What's more, they have fooled health care leaders from coast to coast.

As many as 1.9 million counterfeit 3M masks made their way to about

for other respiratory outbreaks, including human metapneumovirus and seasonal coronavirus, which have similar transmission routes.

TENNESSEE APPROVED FOR FIRST MEDICAID BLOCK GRANT PROGRAM



SIGN OF CHANGE: WITH BLOCK GRANT, TENNESSEE'S MEDICAID MAKES HISTORY

Washington, D.C. — Tennessee recently became the first U.S. state to secure approval for a federal waiver that would allow it to create a Medicaid block grant program in the state.

The program, called TennCare III, uses a modified block grant that increases funding if Medicaid enrollment goes up and decreases if enrollment drops. It also allows the state to create a formulary of covered prescriptions drugs without federal approval and gives it the authority to negotiate directly with drugmakers.

Tennessee's request is approved for ten years. The Biden administration could attempt to roll back the program, but the state would be able to challenge such a move.

Proponents of block grants argue that states can better handle their budgets and should have more flexibility. Opponents say the policy could push states to restrict enrollment and benefits.

JOINT HEALTHCARE 'DISRUPTER' CLOSES DOWN

New York, New York — Just a few years ago, the joint healthcare venture dubbed Haven was expected to function as a major industry disrupter.

However, this past February, the joint effort by industry powerhouses Amazon, Berkshire Hathaway and JPMorgan Chase officially closed down operations.

The joint venture, which was to serve as a non-profit, health care-focused entity, would have had the three major companies combine resources to create better health care solutions—and lower costs—for employees and their families.

Prior to the closure, the company had noted that it has been able to

explore a “wide range of health care solutions, as well as pilot new ways to make primary care easier to access, insurance benefits simpler to understand and easier to use, and prescription drugs more affordable.”

SIXTH ANNUAL LAW ENFORCEMENT AND PUBLIC HEALTH (LEPH) CONFERENCE

Philadelphia, Pennsylvania — The City of Brotherly Love was the site this year of the sixth annual Law Enforcement and Public Health (LEPH) Conference.

The LEPH 2021 conference aimed to address the broadest range of issues that connect public health to public safety. They included fostering tangible collaborations between the sectors of law enforcement, public health and communities; ensuring that law enforcement and public health missions are driven by the needs, values and concerns of the people they serve; and redistributing responsibilities across systems in furtherance of community safety and wellbeing.

Other goals focused on included bringing a lens focused on racial, ethnic and socioeconomic equity to both public health and law enforcement systems.

Previous LEPH conferences worked to enhance local, national and international political and institutional leadership; understand, develop and sustain partnerships; and promote the critical role of education and training.

USDA GUIDELINES COVER BABIES AND TODDLERS FOR FIRST TIME

Washington, D.C. — Guidelines for how Americans should eat healthily are nothing new—the U.S. Dept. of Agriculture (USDA) and the U.S. Dept. of Health and Human Services (HHS) have been issuing them for years.

But now, the newest USDA and HHS dietary guidelines include recommendations for babies and toddlers for the first time.

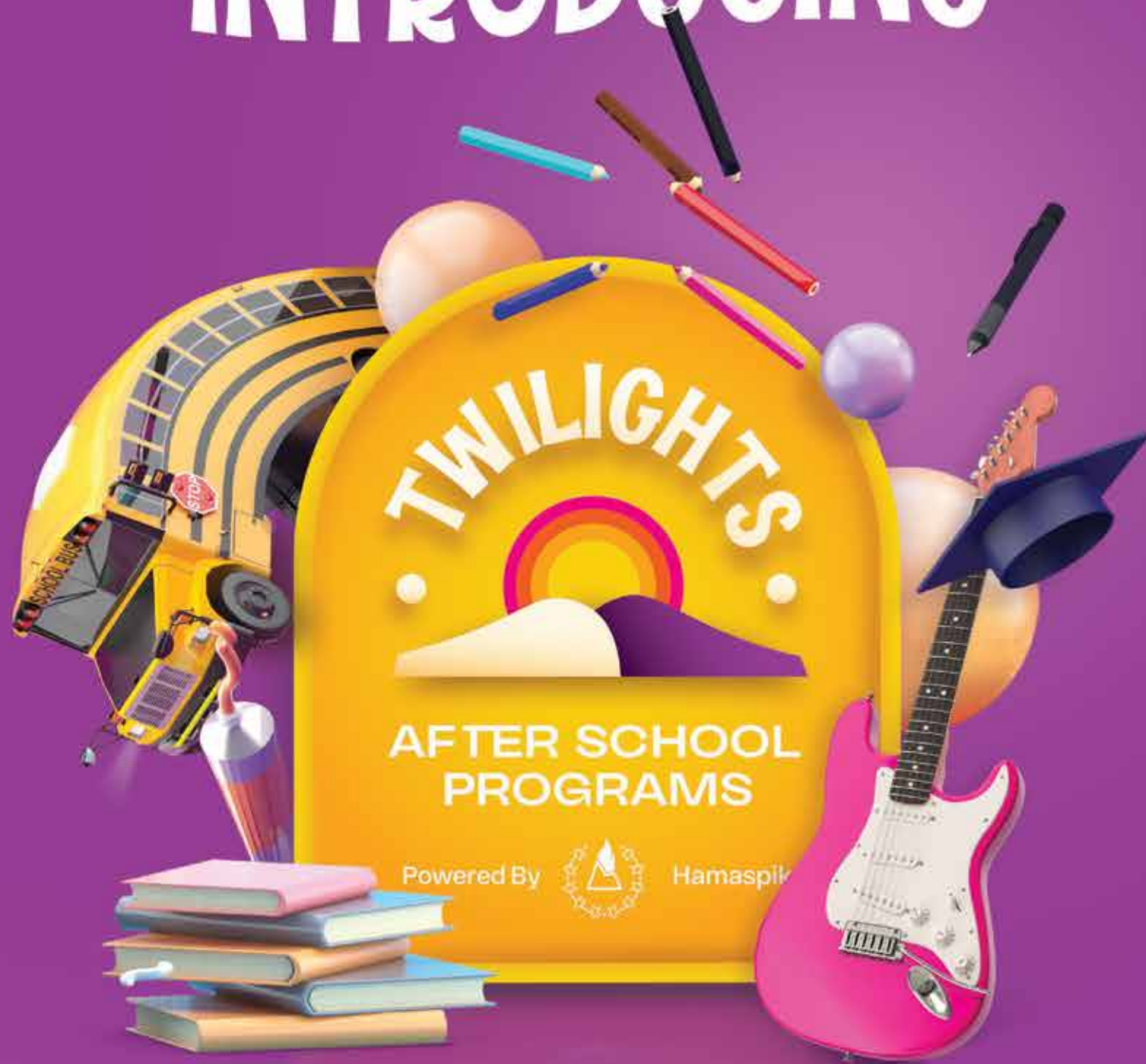
Parents and guardians should avoid added sugar in a child's diet, the committee recommended, because of the strong link to childhood obesity and future chronic health conditions. Prior research has found that on average, infants consume a teaspoon of added sugar a day while toddlers consume about six teaspoons a day.

Used by health care professionals and policymakers for decades now, the guidelines help dictate much of what Americans of all ages will eat over the next five years. ★



MASKING DECEPTION: DISTURBINGLY-AUTHENTIC FAKE N95 MASKS HAVE BEEN FLOODING THE U.S. HEALTHCARE MARKET; MOST ARE BEING MANUFACTURED AND EXPORTED BY CHINA

INTRODUCING



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chronic sinus infections. Some people with a chronic nasal inflammation and irritation and/or asthma can develop a type of chronic sinusitis that is not caused by infection. Appropriate treatment of sinus infection often improves asthma symptoms.

Complications

Serious complications of chronic sinusitis complications are rare, but may include:

- Vision problems: If a sinus infection spreads to the eye socket, it can cause reduced vision or possibly blindness that can be permanent
- Infections: Uncommonly, people with chronic sinusitis may develop inflammation of the membranes and fluid surrounding the brain and spinal cord (meningitis), an infection in the bones, or a serious skin infection

DIAGNOSIS

If you think you have a sinus infection, see your allergist for proper diagnosis. In most cases, sinus infection treatment is easy. By intercepting a sinus infection early, you can avoid symptoms and complications later.

To first check for possible chronic sinusitis, a doctor will feel for tenderness in the nose and face, and then examine the inside of the nose.

Methods for diagnosing chronic sinusitis include:

- Looking into the sinuses: A thin, flexible tube with a fiber-optic light inserted through the nose allows the doctor to see the inside of the sinuses
- An allergy test: If a doctor suspects that allergies might be triggering chronic sinusitis, the doctor might recommend an allergy skin test. A skin test is safe and quick and can help detect what allergen is responsible for such nasal flare-ups
- Samples from nasal and sinus discharge (cultures): Such lab cultures are generally unnecessary for diagnosing chronic sinusitis. But when the condition fails to respond to treatment or is worsening, a doctor may swab the inside of the nose to collect samples that might help determine the cause, such as bacteria or fungi. Specifically, knowing which precise bug is causing the condition will allow doctors to best target it with the right treatment
- Biopsies: A danger of more serious types of fungal sinus infection is that the fungus could penetrate into nearby bone. Only a bone biopsy can determine if this has happened. Biopsies involving sinus tissue are taken with flexible instruments inserted through the nose. Biopsies of the sinus tissue are also used to test for *immotile cilia syndrome*, a

rare disorder that can cause people to suffer from recurrent infections, including chronic sinus infection, bronchitis and pneumonia

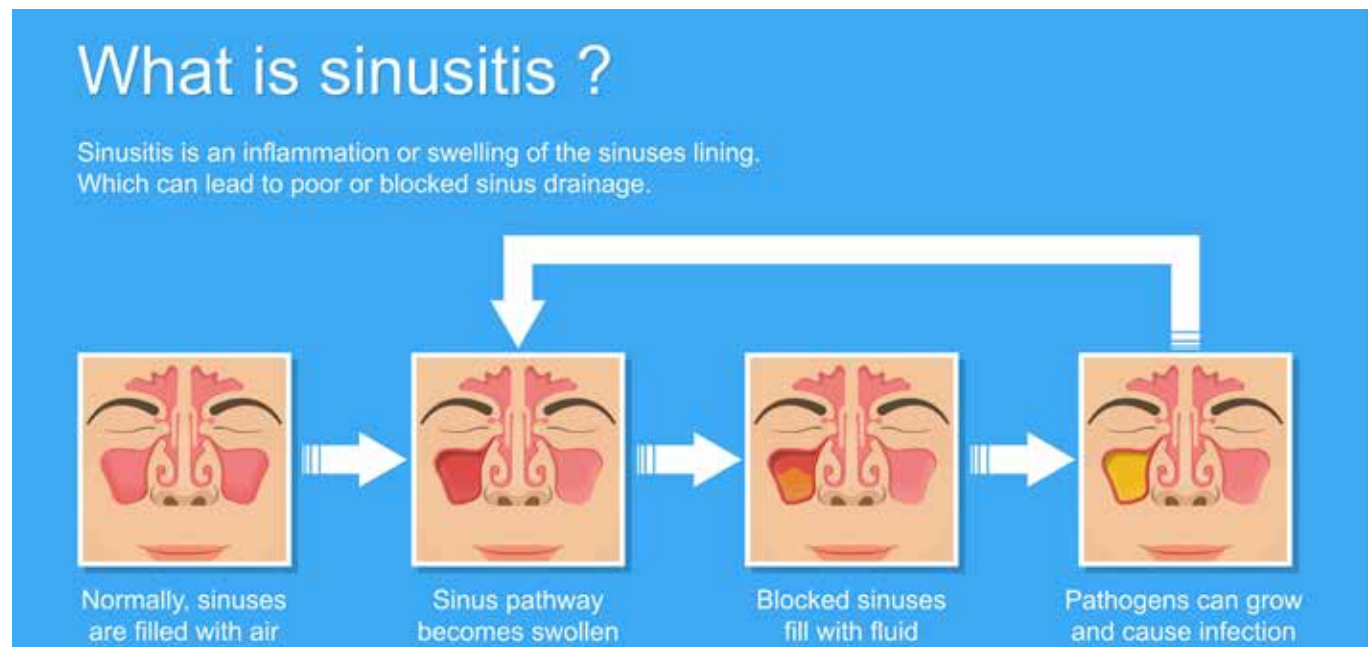
- If a sinus infection lasts longer than eight weeks, or if standard antibiotic treatment is not working, a sinus CT

up tolerance

- Antibiotics: These are sometimes necessary for sinusitis if one has a bacterial infection. If a doctor can't rule out an underlying infection, he or she might recommend an antibiotic, sometimes with other

help ease pain and help mucus drain

- Rinse out the nasal passages: Use a specially designed squeeze bottle, saline canister or neti pot to rinse the nasal passages. This home remedy, called nasal lavage, can help clear the sinuses



or MRI scan may help an allergist diagnose the problem. These might pinpoint a deep inflammation or physical obstruction that's difficult to manually detect by a doctor using a traditional endoscope

TREATMENT

- Antihistamines: These block inflammation caused by an allergic reaction so they can help to fight symptoms of allergies that can lead to swollen nasal and sinus passages
- Nasal corticosteroids: These nasal sprays help prevent and treat inflammation. Examples include fluticasone, triamcinolone, budesonide, mometasone and beclomethasone. However, overuse of topical nasal decongestants can result in a dependent condition in which the nasal passages swell shut, called rebound phenomenon. Some contain drying agents that can thicken mucus. Only use if prescribed
- Saline nasal irrigation, with nasal sprays or solutions, reduces drainage and rinses away irritants and allergies
- Oral or injected corticosteroids: These medications are used to relieve inflammation from severe sinusitis, especially if one also has nasal polyps. Oral corticosteroids can cause serious side effects when used long term, so they're used only to treat severe symptoms
- Aspirin desensitization treatment, if one has reactions to aspirin that cause sinusitis. Under medical supervision, the patients is gradually given larger doses of aspirin to build

medications. These are standard treatments for bacterial sinus infections, and are usually taken from three to 28 days, depending on the type of antibiotic. However, overuse and abuse of antibiotics have been causing a major increase in antibiotic resistance. Therefore, patients with sinus symptoms should consider taking an antibiotic only if symptoms (including discolored nasal discharge) persist beyond seven to ten days.

- Immunotherapy: If allergies are contributing to sinusitis, allergy shots (immunotherapy) that help reduce the body's reaction to specific allergens might improve the condition.
- Endoscopic sinus surgery: In cases resistant to treatment or medication, endoscopic sinus surgery might be an option. For this procedure, the doctor uses a thin, flexible tube with an attached light (endoscope) to explore the sinus passages. Depending on the source of obstruction, the doctor might use various instruments to remove tissue or shave away a polyp that's causing nasal blockage. Enlarging a narrow sinus opening also may be an option to promote drainage

Lifestyle and home remedies

- Rest: This can help the body fight inflammation and speed up the process of recovery
- Moisturize the sinuses: Drape a towel over the head while breathing in vapor from a bowl of medium-hot water. Keep the vapor directed toward the face. Or take a hot shower, breathing in the warm, moist air to

PREVENTION

To reduce risk of getting chronic sinusitis, take these steps:

- Avoid upper respiratory infections: Minimize contact with people who have colds. Wash hands frequently with soap and water, especially before meals
- Manage allergies: Work with a doctor to keep symptoms under control. Avoid exposure to known personal allergens whenever possible
- Avoid cigarette smoke and polluted air: Tobacco smoke and air contaminants can irritate and inflame lungs and nasal passages
- Use a humidifier: If the air at home is dry, which typically results from forced hot air home heating systems, adding moisture to the air may help prevent sinusitis. Be sure to keep the humidifier clean and free of mold with regular, thorough cleaning
- Protect the sinuses by staying well-hydrated
- Treat symptoms of sinusitis promptly with steam inhalation, decongestants, and nasal irrigation. If you don't recover as expected, or if you have serious sinusitis or warning symptoms, see your doctor for antibiotics and, possibly, nasal steroids
- Do your best to prevent catching colds by washing hands properly and keeping distant from cold sufferers—and if you do catch a cold, blow your nose properly to keep bacteria from flooding into the sinuses ★



Status Report

Happening In Hospitals Today



VITAL SIGNS OF THE TIMES: WHEN THE STETHOSCOPE FINALLY MEETS TODAY'S COMPUTERS

AGE-OLD STETHOSCOPE GETS HIGH-TECH MAKEOVER

Santa Clara, California — Computers have been around for decades. So have stethoscopes. Why not combine them?

That's the concept behind the HD STeth, a curiously high-tech update on the vaunted heart-listening device recognized worldwide as a symbol of medicine.

The HD Steth device, made by California-based HD Medical, combines the classic stethoscope—invented in 1816—with a modern-day electrocardiograph (ECG).

Doctors can now hear a patient's heartbeat and also get detailed heart information normally needing a separate ECG device. The device also plays the heart's sounds louder than a normal stethoscope, allowing doctors to detect heart problems that are otherwise hard to hear.

The intelligent stethoscope uses powerful software to help doctors capture, record, replay and visualize both heart sounds and ECG waveforms on a smart device—providing advanced cardiac evaluation on the spot that can both save time and lives.

OVER 31,000 HOSPITAL JOBS ADDED IN DEC. '20

Washington, D.C. — The economy very well may be bouncing back—at least if you work in a hospital.

That's because, according to the U.S. Bureau of Labor Statistics (BLS), U.S. hospitals and health systems

added 31,500 jobs in December 2020 alone—even as U.S. jobs overall declined that same month by 140,000.

The figures represent the biggest monthly increase in hospital jobs since the start of the coronavirus pandemic.

At the same time, office-based providers like doctors and dentists also boosted their ranks that December. Unfortunately, nursing and residential care facilities dropped over 13,000 jobs at the same time.

Healthcare overall added 38,800 jobs in general in that month—including ambulatory health care services, which swelled by 20,700.

The only other healthcare-related to grow during that window was child day care services, which added some 3,900 jobs that month.

MORE HOSPITAL NURSES JOINING LABOR UNIONS DUE TO PANDEMIC

Asheville, North Carolina — Besides jobs at hospitals growing in general, there's another increase at said care centers of late: healthcare workers' interest in joining labor unions.

According to a recent report by National Public Radio (NPR), nurses and other frontline staff are mobilizing, organizing and otherwise demanding better pay—but more than that, better personal protective equipment (PPE) and other supplies—as a direct result of the coronavirus crisis.

Nurses at Mission Hospital

in Asheville, North Carolina, for example, are interested in joining a national union—motivated by long-standing concerns that only became heightened during the crisis.

Among those concerns are a reported struggle to find masks and other protective equipment, inconsistent staff testing for covid, and sometimes not even being notified about possible exposure to covid-positive patients.

MOTION-DETECTING DEVICE, AI SOFTWARE PREDICTS AND PREVENTS PATIENT FALLS

Lincoln, Nebraska — Patients falling to hospital floors from their beds is a perennial industry problem—and one that costs hospitals millions each year.

According to recent studies, approximately two to three percent of hospitalized patients fall each year, resulting in nearly one million falls in U.S. hospitals, and with approximately one-fourth of those resulting in injury. What's more, falls are the most common adverse incident reported in hospitals.

To help drastically prevent that, Nebraska-based company Ocuvera combines the Azure Kinect depth camera made by Microsoft (originally for computer games) with its own high-tech artificial intelligence (AI) software system. The Ocuvera system watches patients in their beds and then alerts

nurses by smartphone if patients are about to take a dangerous step—helping the hospital reduce falls by patients most at risk. It's now in use in a growing number of hospitals.

SUSPENDED NON-EMERGENCY SURGERIES COST HOSPITALS \$20 BILLION IN 2020

Philadelphia, Pennsylvania — Year 2020 was a year to remember for far more than one reason—and for hospitals, according to a recent analysis, for a financially painful one, too.

Research published in the *Annals of Surgery* finds that U.S. hospitals lost over \$20 billion from suspending elective surgeries over three months at the beginning of the COVID-19 pandemic.

The *Annals* article found that the revenue loss from halted electives was consistent across all hospital types, but existing trends for urban non-teaching facilities and those in rural areas put them at increased financial risk.

UBER HEALTH NOW WORKING WITH 1,000-PLUS ORGS.

San Francisco, California — In early 2020, Uber Health boasted around 15 employees—but currently, that division of the leading ride-sharing company now partners with more than 1,000 healthcare organizations to provide medical transportation around the U.S. and world. It originally launched in 2018.

One of those partnerships is with American Logistics, a certified service network that gives more transportation access to those in need. Using the Uber Health platform for non-emergency medical transportation (NEMT), healthcare providers can schedule precise rides for patients, get real-time GPS tracking of the ride and message drivers directly within the platform.

According to several studies, some 3.6 million people miss appointments due to lack of transportation each year—driving (no pun intended) traditional healthcare companies to partner with NEMT companies to reduce patient no-shows, recapture lost revenue and help patients, especially those in vulnerable low-income populations. ★



ANOTHER SIGN OF THE TIMES: UBER HEALTH, NOW WITH 1,000 PARTNERS, HAS ARRIVED ON THE GLOBAL NON-EMERGENCY MEDICAL TRANSPORTATION (NEMT) SCENE FOR GOOD



The Senior Care Gazette

News from
the World of
Hamaspik
HomeCare and
Senior Health

The Secret to Putting Insomnia to Rest

“What’s the big deal about being unable to fall asleep?” you may ask. After all, many older adults do experience insomnia at some point in their lives—and usually as a result of something major weighing heavily on them, like stress or a traumatic personal life event.

That kind of insomnia usually goes away.

But for some people, especially seniors, insomnia is a long-term problem.

The good news is: Whichever insomnia you may have, you don’t have to put up with sleepless nights. Here are the basics.

There are three general types of insomnia: *acute*, *chronic* and *comorbid*.

Acute insomnia frequently strikes adults at some point in their lives, but

is defined by lasting only a few days or weeks. This is the kind caused by life, so to speak—like when you can’t fall asleep after hearing bad news. Chronic insomnia is defined by disrupted sleep that occurs at least three nights per week and lasts at least three months. And comorbid insomnia is insomnia that occurs with another condition, like anxiety, depression, arthritis or even back pain.

Additionally, all insomnia consists either of *onset* (being unable to fall asleep) or *maintenance* (waking up and being unable to fall back asleep).

Further primary insomnia symptoms include fatigue or low energy, trouble concentrating, irritability, increased accidents, and strained relationships with family, friends and caregivers.

Insomnia can be distinguished from

a normal, passing sleep problem—and then formally diagnosed—when it’s been carrying on for quite some time with no obvious psychological cause.

Diagnosing insomnia and pinpointing its specific cause(s) may involve physical exams, blood tests to check for thyroid problems or other related conditions, answering a sleep-habits questionnaire, recording a sleep log for a couple of weeks, and finally, testing at a sleep center.

So besides life’s woes, what causes insomnia?

Chronic insomnia is usually triggered by unhealthy sleep habits, body clock disruptions, unhealthy work habits, or unhealthy social behaviors, all of which disrupt sleep. Comorbid insomnia is usually caused by medical or mental-health problems like natural aging, anxiety, depression, sleep ap-

nea, Alzheimer’s or Parkinson’s. Medications for other conditions can also interfere with sleep.

Treatment can include any combination of behavioral, psychological or medical approaches. These include changing sleep habits, changing medications or cognitive behavioral therapy.

An average of one-third of life is spent sleeping. But most cases of insomnia can be treated. By following a customized treatment plan from a doctor and/or sleep specialist, you should be able to put insomnia to rest. ★

Contact Hamaspik HomeCare’s Intake Dept. at 845-503-0700 to see if you or your loved qualify for a home health aide, which can help give seniors a better quality of life.

The Ins and Ouches of Arthritis: What You Need to Know for No Pain in Your Knees

“Arthritis” is medical jargon for “joint inflammation.” If that sounds vague, that’s purposely so: Arthritis is actually a category that includes about 100 different diagnoses.

Because osteoarthritis and rheumatoid arthritis are the two most common ones, we’ll focus on those. So: Osteoarthritis is *breakdown of the cartilage in the joints*. Rheumatoid arthritis is *immune system attacking the joints’ linings*.

In osteoarthritis, loss of cartilage causes bone ends to rub together and eventually get damaged—causing pain, swelling, and reduced motion. Osteoarthritis usually strikes the spine, hips, hands or knees.

Rheumatoid arthritis is one of many different forms of the immune system attacking the body. Here, the immune system attacks the linings of joints, causing pain and damage.

How is arthritis treated?

So the doctor gave your loved one an arthritis diagnosis. Now what?

Treatment typically consists of

exercise and medication. It often can include surgery.

Depending on the type or severity of osteoarthritis or rheumatoid arthritis, the doctor may send the patient to a physical therapist (PT) or occupational therapist (OT). A PT is a highly trained specialist in body muscle movement and repair. An OT is similar, but works on specific skills needed for daily living and working—especially those related to the hands. The doctor will prescribe specific rehabilitation and strengthening exercises for the affected joints, and the PT or OT will walk the patient through exercise routines that target the affected joints.

At the same time, there is a wide array of medication, both over-the-counter and prescription, which a doctor may prescribe depending on exact location and level of symptoms.

If conservative treatments like exercise and/or medication don’t help, a doctor may suggest surgery. Like exercise or medication, surgery for arthritis depends on the exact personal case—and no two are exactly the same.

Surgical options include:

- Joint repair, in which joint surfaces can be smoothed or realigned to reduce pain and improve function
- Joint replacement, in which an artificial hip, knee (the two most common replacements) or other joint replaces the damaged natural one
- Joint fusion, used more often for smaller joints, in which the ends

of the two bones in the joint are removed and then locked together to heal into one rigid unit

At the end of the day, arthritis doesn’t have to ruin your day. Be vigilant and proactive. Work regularly with your doctor to dominate your arthritis instead of it dominating you—and, with the wide array of remedies available, you can take much of the “ouch!” out of arthritis. ★

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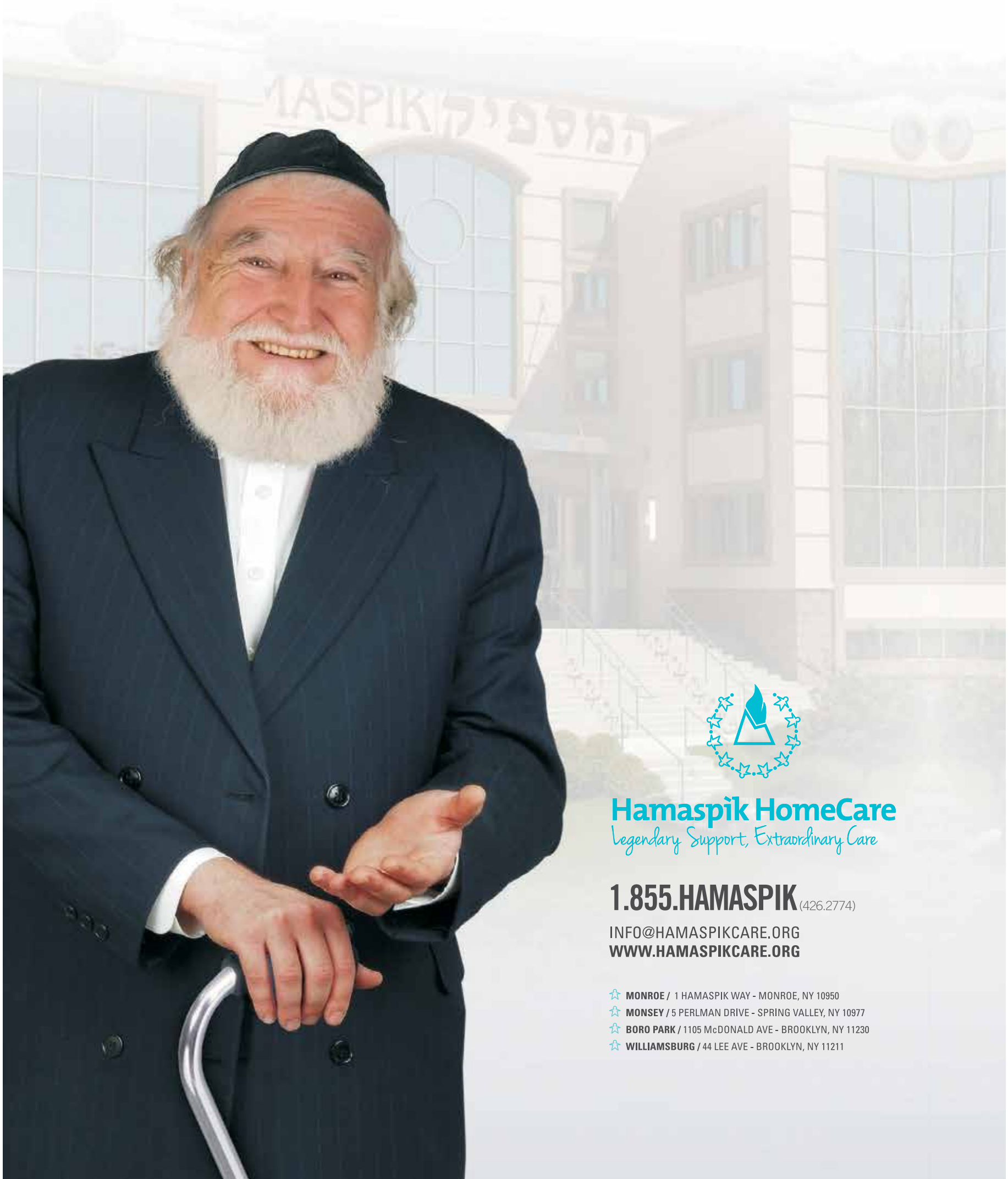
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