



A non-profit community health center established in 1971 to ensure that Asian Americans in New York City have access to quality health care.



ISSUE 49 | SPRING 2016

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5 WAYS TO EASE STRESS

Be proactive where you can and cope in healthy ways:

- 1 Eat well.** Have a balanced diet with plenty of fruits and vegetables. Try to cut down on sugar, alcohol, and caffeine—they can worsen stress.
- 2 Get support.** Look to people you can trust, whether it is a sibling, friend, coworker, or counselor. It's fine not having one person to tell everything; different relationships offer different kinds of support.
- 3 Stay active.** Just a 10-minute walk can improve your mood and lower stress. Find an activity you enjoy and stick with it. If you are already active, pick up a new challenge.
- 4 Sleep.** We know it is easier said than done. Start by creating a healthy bedtime ritual—avoid screen time an hour before bed, take a hot shower, and use your bed only for sleep. Aim for 7-9 hours per night.
- 5 Learn healthy ways to relax.** Breathe deeply and focus your attention on different parts of your body, scanning from head to toe. Read a book or listen to music, and take time to reflect. You can do this during your commute or before bed.

STRESS IS PART OF DAILY LIFE but that doesn't mean it is easy to handle. It can feel constant and out of our control, whether it's from family, work, illness, or school. For Stress Awareness Month, learn how to better manage stress.

We encourage you to care for yourself and loved ones, especially ill and elderly people. If stress becomes serious and starts to interfere with daily life, consider getting professional help. The Health Center is a top provider for bilingual social work and mental health services in New York City.

Social Work Services

(212) 226-1661 (Manhattan)

(718) 886-1212 (37th Ave, Flushing)

(929) 362-3006 (45th Ave, Flushing)

Mental Health Services

(212) 941-2213

HOW MUCH SODIUM IS IN YOUR NOODLES?

Sodium is an important nutrient to help control blood flow and keep our muscles and nerves working. But too much sodium can raise blood pressure and put you at risk for stroke and kidney stones. Add less salt to your food and know how much sodium is in packaged foods to help keep your kidneys and heart healthy.

Salt is often seen as the main source of sodium, but most of it actually comes from restaurant meals and processed foods, like instant noodles. They are simple to make, but one package of noodles can have as much as two days' worth of sodium. Try swapping them for the healthier non-fried noodles like udon or soba (buckwheat) noodles. They are low-sodium, low-fat, and have no additives.



Recommended
1,500 mg of
sodium per day



Over 2,000 mg of
sodium in typical
instant noodle
package



HEALTHY
EATING
CORNER

3 TIPS FOR A LOW-SODIUM DIET

Nutrition Facts

Serving Size (1g) Servings Per Container 2	
Amount Per Serving	
Calories 210	
% Daily Values*	
Total Fat 8g	12%
Saturated Fat 6g	0%
Trans Fat 0g	
Cholesterol 6mg	0%
Sodium 520mg	22%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 11g	22%

Read the nutrition facts. Choose foods that have the least amount of sodium per serving. Aim to have no more than 1,500mg of sodium per day.



Look for healthy sodium labels. Foods with the American Heart Association heart checkmark or that say "No Salt Added," "Low-Sodium," "Reduced Sodium" are better options.



Eat more fresh foods. Limit how much packaged foods you eat. Use more fresh herbs and spices instead of salt to add flavor.

BUILD YOUR OWN NOODLE BOWL

1 Choose your cooked noodle (8 oz or 1 cup): soba, udon, or whole wheat spaghetti

2 Add your lean meat (3 oz): chicken breast, fish filet, or salmon



3 Toss in vegetables (3 cups): broccoli, watercress, spinach, carrots, or mushrooms

4 Mix in your favorite dressing (2 tbsp) or broth (2 cups)

KEEP YOUR KIDS SAFE FROM POISONS

1 POISON-PROOF EVERY ROOM where your child spends time. Watch out for common toxic items such as pills, liquid medicines, cleaners, coins, batteries, and mothballs. Store these in a place where your child CANNOT reach or open, and away from food.



2 USE MEDICINES SAFELY. Do not call medicines candy! When giving your child medicine, always use a tool that can measure the exact amount—not a kitchen spoon. Talk with your doctor before giving your child any traditional remedies or herbal teas.



3 INSTALL A CARBON MONOXIDE ALARM in all sleeping areas. Carbon monoxide is a deadly gas that you cannot see or smell made from burning fuel. Don't use a gas stove or oven to heat your home.



4 STORE ITEMS IN THEIR ORIGINAL CONTAINERS. Medicines and cleaners come with safety caps that make it hard for children to open. Make sure all items are clearly labeled.



5 BE PREPARED. Talk with your child and other caretakers about poison safety. Save the poison control center number on your phone and post it clearly in your home.

 **1-800-222-1222 or 212-POISONS (212-764-7667)**
Available 24 hours a day, 7 days a week for free advice



STAY HEALTHY. GET A CHECKUP. MAKE AN APPOINTMENT!

General Info Line
(212) 226-8339

Website
www.cbwchc.org

268 Canal Street
New York, NY 10013
Internal Medicine
(212) 379-6998
Women's Health
(212) 966-0228

125 Walker Street, 2/F
New York, NY 10013
Pediatrics & Adolescent Health
(212) 226-3888
Teen Resource Center (TRC)
(212) 226-2044
Dental
(212) 226-9339

136-26 37th Avenue
Flushing, NY 11354
Internal Medicine
(718) 886-1200
OB/GYN
(718) 886-1287
Pediatrics
(718) 886-1222

137-43 45th Avenue
Flushing, NY 11355
Family Medicine
(Internal Medicine, Pediatrics
& GYN)
(929) 362-3006

Health Education Department
(212) 966-0461

Social Work Department
Manhattan
(212) 226-1661
37th Ave, Flushing
(718) 886-1212
45th Ave, Flushing
(929) 362-3006

Join us! Your generosity can help us provide quality health services to our community. To support us, send a check to Charles B. Wang Community Health Center, 268 Canal Street, New York, NY 10013 or visit www.cbwchc.org. Donations are deductible to the extent allowed by law.

YOU MAY STILL BE QUALIFIED FOR HEALTH INSURANCE

Here are your options:

Option 1

Apply to plans that are open year-round:

- Medicaid
- Emergency Medicaid*
- Child Health Plus
- Essential Plan**
- Small Business

*Emergency Medicaid:

Helps eligible, undocumented, and temporary immigrant New Yorkers pay for medical costs when they have a medical emergency.

**Essential Plan:

A more affordable health plan that offers the same types of services covered by other health plans, such as doctor's visits, lab tests, prescription drugs, and hospital services. It costs \$0-\$20 a month per person, and there are no deductibles.

Option 2

You may still be able to enroll if you have a life event or change, such as:

- Becoming a lawfully present resident
- Marriage or divorce
- Being pregnant or having a child
- Permanent move to New York State
- Involuntary loss of health insurance coverage

Contact our Certified Application Counselors for health insurance information:

(212) 226-8339 (Manhattan)
(718) 886-7355 (Flushing)

Stay healthy. Visit the doctor when you have received your insurance card.