



ISSUE 51 | WINTER 2017

Beat the Winter Blues.....1
Healthy Eating Corner.....2
Men’s Health.....2
Read with Your Child.....3
Enroll in Health Insurance..... 3

5 WAYS TO BEAT THE WINTER BLUES

- 1 Soak up the sun.** Open the blinds and sit near bright windows. Try to go outside, especially during the first two hours after you wake. Even if it’s cloudy, outside light can help.
- 2 Exercise.** Regular physical activity can make you happier and more energetic. You can do chores to fast music or jog around the block. Make it a social activity and ask a friend to join.
- 3 Plan a trip**—and take one, if you can. Just the act of planning a day trip can boost your mood. If you are able to travel, look into visiting warm and sunny places.
- 4 Stick to a routine.** Regular sleep, exercise, and balanced meals all do good for your health. Keep a daily journal to help lower stress and anxiety levels.
- 5 Ask for help.** It can be scary at first, but remember that you are not alone. Try talking to a trusted friend or counselor. Be open about the support you need.

Internal Medicine
 Manhattan (212) 379-6998
 37th Ave, Flushing (718) 886-1200
 45th Ave, Flushing (929) 362-3006

The environment can affect our health, including how we feel. With the shorter and colder winter days, you may find yourself:

- Eating or sleeping too much
- Feeling tired or irritable
- Having trouble focusing
- Withdrawing from friends

These and other changes from your typical feelings and behaviors are part of **seasonal affective disorder (SAD)**. SAD is a kind of depression that often takes place during fall and winter. Less sunlight during these seasons can disrupt your body’s balance of chemicals and lead to a lower mood.

Just because SAD occurs seasonally does not mean you should take it lightly. Your full emotional and physical health is important. Try opening up to friends and family for support. If symptoms start to interfere with your daily life, talk to your doctor. The Health Center can help you.

DID YOU KNOW?

SAD can also occur during the summer months. Symptoms include appetite loss and trouble sleeping.

START THE YEAR RIGHT WITH VEGETARIAN'S DELIGHT

It is tradition to eat **Vegetarian's Delight** on the first day of Lunar New Year (January 28, 2017). Packed with a variety of vegetables, this dish is favored for good luck and health.

Here are some common ingredients found in a Vegetarian's Delight and the nutrients you can get from this wealth of vegetables:

Vitamin C		
Strengthens your immune system	Lotus root	
Vitamin A		
Supports eye health and immune system	Chinese celery	Snow pea
Fiber		
	Carrot	Snow pea
Improves bowel movements		
	Wood ear	Lotus root
Potassium		
Keeps muscles and nerves healthy	Lotus root	Chinese celery
Protein & Calcium		
Builds stronger bones and muscles	Fresh tofu	Beancurd sticks
Iron		
Keeps red blood cells healthy	Wood ear	

Tips for Making a Healthy Vegetarian's Delight:

- ✓ Try new vegetables, like asparagus!
 
- ✓ Flavor with fresh ingredients and use less sodium.
 
- ✓ Add high fiber noodles, like konnyaku noodles.
 
- ✓ Serve with brown rice.
 

The Health Center would like to wish you and your loved ones good health, wealth, and luck for the Year of Rooster!

WE OFFER MEN'S HEALTH SERVICES



DID YOU KNOW?

Men can get the HPV vaccine (up to age 26) to prevent genital warts and some cancers.

Schedule an appointment by yourself or with your partner(s). If you have no insurance, the Health Center offers services that are low-to-no cost based on your family size and income.

- ✓ Sex education, birth control, emergency contraception, and cancer screenings
- ✓ Physical checkups, STI/HIV test and treatment, vaccines, and general lab tests
- ✓ Preconception and infertility counseling

For more information, call (212) 966-0228.
If under 21 years old, call (212) 226-2044.

DISCOVER THE REWARDS OF READING

How You and Your Child Can Benefit from Reading at an Early Age

Reading is essential to a child's development. Children exposed to reading at an early age gain language skills that help them succeed. These include thinking, listening, and memory skills. Reading also provides precious time to bond with your child. Your attention will help grow their emotional health and social skills.

For over 15 years, our Pediatrics Department has been part of a nationwide program called **Reach Out and Read**. This program allows us to provide high-quality books for patients who are 6 months to 5 years old at their routine checkups. We have given out more than 50,000 books.

"Children will often ask for the book we gave them to be read during naptime."

– Dr. Loretta Au,
Section Chief of Pediatrics

As smartphones and technology become more available, try to limit your child's screen time. Bright screens can make it hard for your child to sleep at night. It also increases their risk for gaining too much weight. Instead, open a book. Just 10 minutes of reading together can be beneficial.



Tips for Reading with Your Child

- ✓ Read out loud together.
- ✓ Talk about the pictures. You don't have to read the entire book to tell a story.
- ✓ Use fingers to point at pictures and underline words or sentences.
- ✓ Choose books about daily life events (e.g., going to school or the dentist).
- ✓ Visit your local library and discover more books together.

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
Obstetrics & Gynecology
(OB/GYN)
(212) 966-0228

125 Walker Street, 2/F
New York, NY 10013
Pediatrics
(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
Obstetrics & Gynecology
(OB/GYN)
(718) 886-1287
Pediatrics
(718) 886-1222

137-43 45th Avenue
Flushing, NY 11355
Internal Medicine, Pediatrics,
GYN, and Family Medicine
(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.

SIGN UP FOR HEALTH INSURANCE DURING OPEN ENROLLMENT

Open enrollment for the NY State of Health is from:

**November 1, 2016
to
January 31, 2017**

Call **(212) 226-8339** in Manhattan or **(718) 886-7355** in Queens for more information or to meet with our navigators to apply for health insurance. Medicaid, Essential Plan, and Child Health Plus are available to enroll all year long.

WE HAVE EXPANDED TO A NEW FACILITY NEAR YOU!

Internal Medicine, Pediatrics, Gynecology,
and Family Medicine

**137-43 45th Ave, Flushing, NY 11355
(929) 362-3006**

We are dedicated to providing high-quality and comprehensive primary health care for you and your family—regardless of your ability to pay. We accept most major health insurance.

