

March 2022
Newsletter

East Harlem Council for Human Services, Inc.

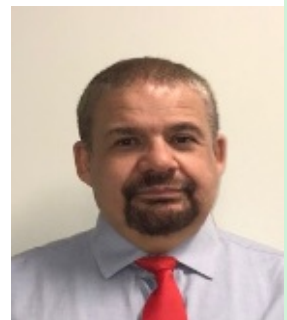


Make sure to follow us on all our social media platforms!



Message from our CEO: Arturo Perez

After more than 2 very difficult years of the COVID-19 pandemic it appears that we are finally turning a corner to improved conditions with consistent low positivity rates and variants that cause less severe disease and are susceptible to vaccination. We can only hope that the trends continue for the remainder of the year. Meanwhile in this newsletter we want to celebrate the dedicated work of all our staff and temporary workers doing such good work in the areas of COVID-19 vaccinations and testing. March is also Women's History Month and we have been featuring some of our great women's staff in daily electronic newflashes throughout the month of March. In addition, March is also Behavioral Health Month and in the aftermath of the COVID pandemic behavioral health services will be more critical than ever. Featured below is an excerpt from a recent NY Times report that addresses one of the major behavior health problems that has been exacerbated by the pandemic and a possible cure:



"Well before a global pandemic tore us away from our loved ones...experts were warning of 'an epidemic of loneliness' in the United States... researchers attribute (this) to a variety of factors, including a lack of social support, infrequent meaningful social interactions, poor physical and mental health and an imbalance in daily activities. A potential cure? Kindness toward others. Something as simple as volunteering can improve our health, ease feelings of loneliness and broaden our social networks. Opportunities to give back –both in person and virtually— are more commonplace than they were last year, and the need for volunteers hasn't let up, especially at food pantries."

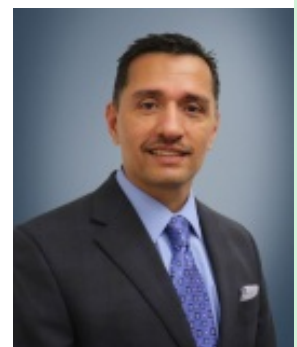
At Boriken/EHCHS we continue our tradition of volunteer service at all levels from our dedicated and resourceful board members to our Head Start parents, Community Board 11 board members and of course working closely with our food pantry contributors.

"Whatever community organization, whether it's a women's organization, or fighting for racial justice ... you will get satisfaction out of doing something to give back to the community that you never get in any other way."

— Ruth Bader Ginsburg

Message from our CMO: Adam Aponte

As always, we hope that you and your families are doing well and staying healthy. At Boriken we continue to extend our services to our community and are working each day to address your healthcare needs whatever they may be. We are seeing some positive trends on the COVID front. COVID-19 infections are considerably down across the City including in our community. We continue to provide access to COVID vaccines offering both the Pfizer and the Moderna vaccine 6 days/week. We have administered over 10,000 vaccine doses! While COVID trends are going in the right direction we still encourage all of you to continue to take precautions. Get vaccinated if you have not already done so, get your booster if it is time for that, wear mask particularly indoors when there are crowds, wash your hands regularly and continue to social distance. While we all want to resume a sense of normalcy however it is wise to continue to take precautions until we are certain we have this under control.



In March we celebrated Women's History Month. We celebrate the many women in history that have helped to shape this country. At Boriken we are equally proud of all the work that the amazing women of our health center do each day to care for our patients. From our medical assistants to our nurses, social workers, dentists, medical providers, operations team & our administrative staff, we have a dedicated workforce of women who truly care about the community we serve. We applaud their efforts and are grateful that they are part of our team.

In March we also celebrated Social Workers' Month. Our Social Workers are key members of our clinical team. They work with our patients to help identify and obtain resources for them and their families. They provide ongoing therapy for patients experiencing things such as depression and anxiety. We could not do our work effectively without the assistance of our social workers and during this month we want to take extra time to thank them for their work.

Finally, we would like to thank you for your support and allowing us to serve you and this community. We are honored to be serving East Harlem as a health center for over 38 years. We are committed to continuing this effort and ensuring you all have access to quality health care that is sensitive to our cultural and meets everyone's needs.

Social Work Month: A Message from Olga Victor, Director of Behavioral Health

In March we celebrated Social Work Month. Here at Boriken our social workers are an important part of our clinical team. Our social workers provide individual and family therapy services, they see patients suffering of depression and anxiety and provide on-going therapy. Depression and anxiety have increase during this period of the pandemic and I would like to share some tips on how to deal with depression symptoms:



- **Routine:** Routine is important as depression can take away the structure of your day. Be self-aware of how you plan your day.
- **Positive thoughts and positive relationships:** Surround yourself with positivity, your thoughts, actions, activities, and the people around you. Nothing is more uplifting.
- **Set daily goals:** Feeling you have no purpose makes your self-image and depression worse. Set yourself some daily goals. Start very small, something you can succeed at easily and then make them more challenging as you feel better.
- **Healthy eating:** When depressed you can skip meals or eat junk because its easier. Develop a list of healthy foods that you can indulge in such as; fruits, veggies, fish, chicken. Stay away from alcohol as it may give you a temporary high but when it wears off, you will feel worse.
- **Sleep:** Getting enough good quality sleep is important when depressed and just being in bed because you don't want to get up is not the same thing at all. A bedtime regime will help you by going and getting up from bed at the same time.
- **Exercise:** Exercise temporarily boosts feel good chemicals called endorphins. Making the effort to move and burn some calories will increase your confidence and make you feel good about yourself.
- **Try something New:** It's easier when we are down to do keep doing the same old thing. Although some routines are important, trying something new at a time when you are down can give a boost of energy that you need. Walking/driving a new path to the shops you usually go to, may open your mind to something new. Trying a new food, change your exercise routine.
- **Talking:** Talking is always good for the soul. Whether is with a professional or a friend, talking may bring a different insight to your feelings and lift your mood.

Depression should never be overlooked or ignored. Please reach out to our behavioral health department to make an appointment to see a social worker if you feel you have symptoms of depression or anxiety.

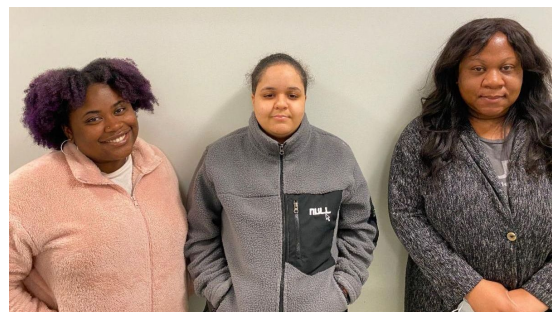
Employee Highlight: Los Promotores & The Community Health Workers

The National Hispanic Alliance and Funds for Public Health New York granted Boriken a grant to help us provide the East Harlem Community Education, Awareness, Advocacy and Support on COVID-19 Vaccinations and Health Care. These grants provided us the opportunity to hire a team of Promotores and Community Health workers who daily were out in the field and at our vaccination site outreaching and providing health screenings to the residents of East Harlem and all Vaccine Site Visitors.

Here are the Community Health Workers & Los Promotores!



Los Promotores



Community Health Workers

We asked them what were some of the tasks they focused on while they were here & as well, their favorite part of being able to work as a Promotor/CHW.

Here's what they said!

Los Promotores



Cynthia

I conducted many screenings & surveys at the Boriken events. As well, I also assisted on bagging and prepping the giveaways for the events. The little that we were able to do and help people get the services they needed was probably my favorite part while working as a Promotor.



Lynette

Some of the tasks I focused on included bagging/prepping giveaways for the events hosted by Boriken & going out to the community with flyers to promote the vaccine. My favorite part about being a Promotor is feeling like I'm giving back to the community! I grew up here, so I feel like I have to give back.



Justin

Some of the tasks I did included helping spread accurate information relating to COVID-19 & the vaccinations. Personally, my favorite part of working as a Promotor was just being able to interact with the community!

Community Health Workers



Gaby

As a CHW, we had to focus on getting the community vaccinated in the Boriken vaccination site, as well perform health screenings for those interested. My favorite part working as a Community Health Worker was just being able to learn more about the community of East Harlem!



Melissa

While working at the vaccination site, at times it can get a bit hectic with how many people wanted to get vaccinated, so crowd control was a key component of ensuring everything went as smooth as possible. Personally, as a CHW I loved helping people get the access to resources to improve their quality of life!



Chi

We had to ensure that paperwork was in order for those receiving the vaccine which included registering people, inputting the information and much more! I think just being able to help out the community in general was probably my favorite part of being a CHW.



Ashley

We helped bring more awareness to the community about the health services & vaccination site available at Boriken. My favorite part of being a Promotor is that we get to be one with the community. We are able to offer the healthcare services to the community & as well promote the vaccine to ensure safety.

Upcoming Events from Boriken:

Apr. 1: Outreach Event at
Wagner Houses,
451 E 120th St, 12PM-4PM

Apr. 5: Outreach Event at
Community Christian Church,
216 E 120th St, 12PM-2PM

Apr. 8: Outreach Event at
JCA Barbershop,
242 E 116th St, 12PM-2PM

Apr. 11: Onsite Event with
Exodus Transitional Community at
Boriken, 12PM-2PM

Apr. 14: Outreach Event at
Lakeview Houses,
4 E 107th St, 12PM-2PM

Apr. 16: Easter Jam Hop at
White Park,
106th St, 2PM-6PM

Apr. 19: Outreach Event at
Play Up Studio,
1992 3rd Ave, 12PM-2PM

Apr. 22: Onsite Event at
Boriken, 12PM-2PM

Apr. 28: Outreach Event at
Isaac Houses,
419 E 93rd St, 12PM-2PM

Boriken Neighborhood Health Center | East Harlem Council for Human Services, Inc.

Getting Better Together



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Have any questions?
Call us at: 212-289-6650

Visit our website:
www.boriken.org

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