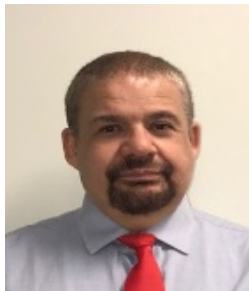


Make sure to follow us on our social media!



A Message From Our CEO, Arturo Perez



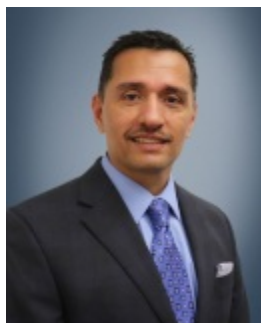
Arturo Perez

“meatspace”

I learned a new word the other day from my pastor: meatspace. From a NY Times newsletter Peter Coy explains that meatspace “refers simply to the physical world, where we have tangible bodies made of ...meat. It’s a word that didn’t need to exist until the invention of cyberspace. Technological progress gives us a new perspective on things we once took for granted, in this case reality itself.” Here at Boriken and in our programs of the East Harlem Council for Human Services including Head Start, School Health, and Senior Nutrition we have been in meatspace for the great majority of the time since the start of the pandemic and now with improved conditions of COVID infections and vaccinations and treatments we are rapidly entering into a new era of post COVID life that we are fully embracing with open arms. This Summer and early Fall we are especially focusing on outreach to the youngest members of our community bringing them back to in person medical and social services, and direct access to all the childhood vaccinations that are so important in early childhood development including now the COVID vaccines for children under 5 that have recently become available. We not only have a staff of experienced and knowledgeable pediatricians at Boriken but also nurse practitioners, physician assistants, WIC nutritionists, pediatric case managers/ social workers and early childhood educators that provide a full spectrum of medical and social services and valuable information to the children and families of our community. Personally, I’m a big fan of meatspace and believe it offers more than just virtual cyberspace with greater opportunities for engagement and a more holistic approach to care and understanding. But virtual time is here to stay and we need to move on to a brighter and better future using all the technology available to us to deliver the best services, experience and information that our community deserves in both cyberspace and meatspace. We cannot go back to the past but we can slowly and incrementally make the present and the life to come even better.

"I may walk slowly but I never walk backward." - Abraham Lincoln.

A Message From Our CMO, Dr. Adam Aponte



Dr. Adam Aponte

Saludos,

As always, we hope that you and your families are doing well and staying healthy. Our Health Center continues to work hard to provide the very best primary and preventive care services to our community. As the summer approaches we are focusing our attention to our pediatric patients. In this newsletter you will learn about the return of one of our pediatric providers, Dr. Beatriz Sotelo, and Dr. Nora Barmawi provides you with some summer tips to help keep your children healthy. I also want to remind you all that the COVID-19 vaccine is now available to all children ages 6 months and older. The FDA and CDC have most recently approved vaccines for children as young as 6 months old and found both the Pfizer and Moderna vaccine to be safe and effective. We will be offering both these vaccines to our community and we encourage you all to take advantage of this opportunity and protect your youngest children as well as other members of your family. As summer approaches now is the time to begin planning for your child’s annual health exam as well as ensure they are up to date on all their immunizations.

Throughout the summer we encourage you to visit our health center during our tabling events where we provide information on various health topics, conduct screenings and give you access to our community partners and information on their services. This will lead us to our annual health fair to be held on Saturday, September 17th, 2022. We hope you will join us for this full day event as we provide health education, entertainment, health screenings, giveaways and have a lot of fun!

Finally, we would again like to thank you for your support and allowing us to serve you and this community. We continue to be honored to provide essential healthcare to this community and take this responsibility with the utmost seriousness. We hope you have a wonderful summer.

Adam Aponte, MD, MSc, FAAP
Chief Medical Officer
Boriken Neighborhood Health Center.

Welcome Back Dr. Beatriz Sotelo!



We are happy to announce that Dr. Beatriz Sotelo has returned to our health center!

Dr. Sotelo has over 30 years of experience as a physician. She completed her pediatric education at SUNY Downstate and has spent most of her career in the United States working in community health centers similar to ours. She has a passion and dedication for working with underserved populations particularly Latinx communities. We are pleased Dr. Sotelo has returned home and look forward to her helping us re-build our pediatric services.

Here is Dr. Sotelo explaining why she decided to return back to Boriken! As well, what drives her passion for working in communities like ours.

I really enjoyed working here before & I think this clinic is really community-oriented, organized, and efficient. It aims to focus on the patients. The reason why I love working in communities like East Harlem is because I am Peruvian and I enjoy working with the Hispanic/Latinx community. The people feel more comfortable when they feel like they can find someone to relate to.

The 65th National Puerto Rican Day Parade



For the first time, The East Harlem Council for Human Services (Boriken Neighborhood Health Center, Bilingual Head Start, and the Senior Nutrition Program) attended the Puerto Rican Day Parade! We were honored to participate & celebrate Puerto Rican Pride!



Schools Out!

A Message For Our Children & Parents During Summer

Dr. Nora Barmawi, our very own Pediatrician has provided us with some tips for children & parents during the summer! Read below.



Heat Tips

- Hydrate well with water by taking water breaks often
- Apply sunscreen (SPF 30) and reapply every two hours even on cloudy days
- Wear a hat and sunglasses
- Wear lightweight clothing when outside
- Stay in the shade when possible

Water Tips

- Always supervise your children around any body of water regardless of age and ability to swim
- DO NOT leave child unattended in a car or other closed up spaces
- Children should swim only when there is a lifeguard supervising





Environment Precaution Tips

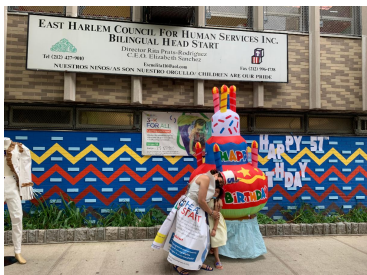
- Use insect repellent as needed (AAP/CDC recommendations for children older than 2 months is to use 10-30% DEET containing repellents)
- Check skin for ticks if going on hikes or are spending time outside in woody areas
- Do not buy/use fireworks at home as they can cause to major injuries or burns
- Stay at least 500 feet away from firework launch sites as fireworks and firecrackers could be loud and cause permanent hearing damage

Medical Check Ups

- Schedule your child's annual exam now so you are ready for the upcoming school year
- Come to clinic for pre-travel appointment if you are traveling outside of the US
- Return to clinic for routinely scheduled follow-up appointments



Happy Birthday Head Start!



On June 1st, East Harlem Council for Human Services, Bilingual Head Start Program celebrated their 57th birthday!



Families & children from both Head Start sites (111th St & 116th St) came out to celebrate.

Let's all wish Head Start a happy birthday & thank you for all that you do for our children!



Head Start Visits Boriken!

Here is the DAPC from Bilingual Head Start learning more about Boriken Neighborhood Health Center & the many services that are offered for themselves and their families.

Boriken at the NYC Pride Parade



Here is Boriken's Health Navigator, Rafael Rosa attending the 2022 NYC Pride Parade, alongside others that received some of our travel kits! We are honored to be able to participate in the parade this year!



Upcoming Events:



7/8: Central Park, 110th St & 5th Ave,
1PM-3PM

7/12: On-Site Event, 2265 3rd Ave,
1PM-3PM

7/15: Krispy Kutz Barbershop,
502 E 117th St,
12PM-3PM

7/21: Marcus Garvey Park,
124 St & 5th Ave,
12PM-3PM

7/26: On-Site Event, 2265 3rd Ave,
1PM-3PM

7/28: Bilingual Head Start, 440 E 116th St,
2:30PM-4:30PM

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

Getting Better Together



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

Visit our website:
www.boriken.org

East Harlem Council for Human Services, Inc. | 2265 Third Avenue, New York, NY 10035-2231

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