

June 2023
Newsletter

East Harlem Council for Human Services, Inc.

BORIKEN

NEIGHBORHOOD HEALTH CENTER

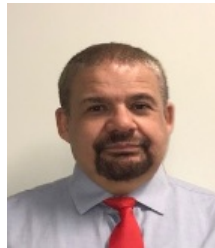
Make sure to follow us on our social media!



A Message From Our CEO

Un Mensaje de Nuestro Director Ejecutivo

Arturo Perez



As we enter the mid-year point of 2023 we are confronted with many challenges but also opportunities in the coming years but the greatest challenge will be this next year when we will be in a period of transition and re-adjustment in a post COVID environment in our operations and finances. It is a blessing that we can say for now that the worst of the COVID crisis is behind us but now we need to re-align our energies to provide the most resourceful manner possible all the health and social services needs that are needed in our community including renewed outreach to all our surrounding NYCHA housing developments and a focus on the most efficient and productive processes possible. From medical and dental primary care, specialty services (Cardiology, Dermatology, etc.), Behavioral Health services, and the critical and always important social services (Head Start and Senior Nutrition) we have provided continued care (that proceeded unabated even during the worst of the pandemic) for the last almost 60 years at EHCHS and next year--- 50 years at Boriken Neighborhood Health Center when we plan to have a Gala Celebration recognizing the great works and dedication over the past 50 years at Boriken. In the past 50 and 60 years the Entity has had many successes and challenges and if there is one take away from the history of EHCHS is that we must always be willing to adapt and change with the times and take action when required - the past few years have especially demonstrated our continuing resiliency and adaptability in the face of change. Meanwhile at Boriken we had this month a wonderful day cruise for our staff as an appreciation of all the good works, effort and dedication of our front line and back office staff during this era of the pandemic and it was a lovely celebration that expressed a heartfelt "thank you" to all our dedicated and hard working staff that made all our efforts possible. This month we also represented EHCHS/Boriken in the Puerto Rican Parade with a fun float of staff and friends showing our pride and support for our community. And we are now in the midst of LGBTQIA Pride and are dedicated and proud to serve our LGBTQIA community in a joyful participation and ethos of welcome, affirmation, and advocacy. Finally, this summer we will participate in Open Streets at Boriken where we will have the 123rd Street corridor closed to traffic on Friday afternoons for weekly mini-fairs of tabling and activities related to all the services that we are providing at EHCHS and on September 16 our annual Boriken Health Fair- see you all at our Open Streets and Boriken Fair this summer!

***"We must let go of the life we have planned, so as to accept the one that is waiting for us.
Find a place inside where there's joy, and the joy will burn out the pain."***

-J. Campbell

Boriken Working With NYCHA Developments

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Boriken Trabajando con los Desarrollos de NYCHA

In the last few months, Boriken has made a focused effort on working and collaborating with the **NYCHA Developments** in East Harlem to see what we can do to provide what these Developments may need, in relation to Health. We began by providing a brunch to the Presidents of the NYCHA Resident Associations to discuss what we can provide to them & what they need as well. This has led to visits to developments including **Jefferson Houses** and **Taft Houses** to host workshops, screenings, presentations, & more!

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En los últimos meses, Boriken se ha centrado en trabajar y colaborar con los **Desarrollos de NYCHA** en East Harlem para ver qué podemos hacer para proporcionar lo que estos desarrollos puedan necesitar en relación con la salud. Comenzamos brindando un brunch a los Presidentes de las Asociaciones de Residentes de NYCHA para analizar qué podemos brindarles y qué necesitan también. Esto ha llevado a visitas a desarrollos incluyendo **Jefferson Houses** y **Taft Houses** para organizar talleres, pruebas, presentaciones y más!



Boriken Staff Day + Cruise

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Día del Personal de Boriken y Crucero

On June 2nd, Boriken held a **Staff Day & Cruise**! A day to reward our staff for all the amazing work they do for our community. There were many activities including introducing our new **Boriken Values Logo** that was designed and created by our own staff! The winners of the design received a gift card.

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El 2 de Junio, Boriken tenía un **Día del Personal y un Crucero**! Un día para gratificar a nuestro personal por todo el increíble trabajo que hacen por nuestra comunidad. Hubo muchas actividades, incluyendo la introducción de nuestro nuevo **Logo para los Valores de Boriken**, que fue diseñado y creado por nuestro propio personal! Los ganadores del diseño recibieron una tarjeta de regalo.



Boriken Attends Harlem Pride

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Boriken Asiste al Harlem Pride

For the first time, **Boriken attends Harlem Pride!** Where we were able to provide information on our services including a **Pride Tote Bag** & more. The event was definitely one to remember & will aim to be back next year!

Por primera vez, **Boriken asiste al Harlem Pride!** Donde pudimos proporcionar información sobre nuestros servicios, incluida una **Bolsa de Mano de Pride** y más. El evento fue definitivamente uno para recordar y apuntará a estar de vuelta el próximo año!



Puerto Rican Weekend

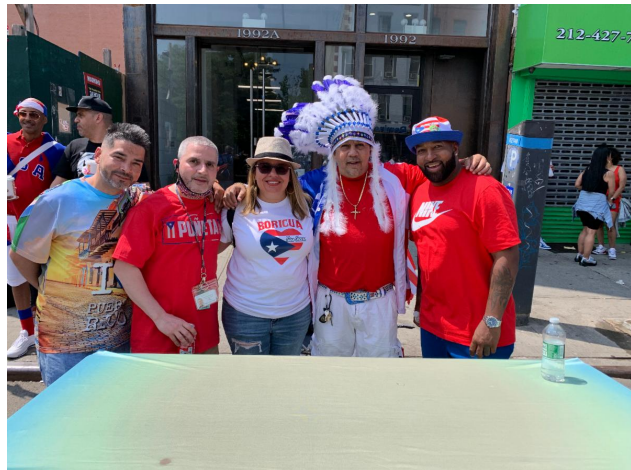
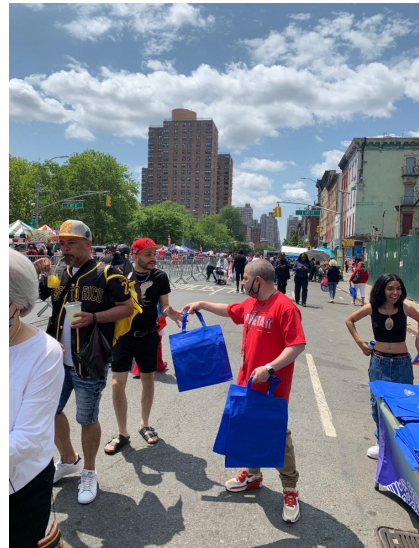
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Fin de Semana Puertorriqueño

On June 10-11, Boriken was able to celebrate Puerto Rican Pride throughout the **Puerto Rican Weekend!** On this weekend Puerto Rican culture is celebrated in the **116th St Festival & National Puerto Rican Day Parade**. For the **second year** in a row, Boriken was able to participate in both events and celebrate with you all!

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El 10 y 11 de Junio, Boriken pudo celebrar el Orgullo Puertorriqueño durante todo el **Fin de Semana Puertorriqueño!** Este fin de semana se celebra la cultura Puertorriqueña en el **Festival de la Calle 116 y el Desfile del Día Nacional de Puerto Rico**. Por el **segundo año** consecutivo, Boriken pudo participar en ambos eventos y celebrar con todos ustedes!



Open Streets 2023

GREAT NEWS! Starting on **July 7th**, Boriken will be participating in **Open Streets!** Where we'll be closing down part of 123rd St between 2nd & 3rd Avenue to make it available for the community to enjoy activities. We'll have space for games for kids, workshops, resources, health screenings, HIV/Hep-C testing, live entertainment, & much more! To stay updated with more news on our Open Streets, check out our social media!

UNA GRAN NOTICIA! A partir del **7 de Julio**, Boriken participará en **Open Streets!** Donde estaremos cerrando parte de la calle 123 entre 2da y 3ra Avenida para que esté disponible para que la comunidad disfrute actividades. Tendremos espacio para juegos para niños, talleres, recursos, exámenes de salud, pruebas de VIH/Hep-C, entretenimiento en vivo y mucho más! Para mantenerse actualizado con más noticias sobre nuestras Open Streets, chequea nuestras redes sociales!



@borikenhealthcenter_ehchs



@borikenneighborhoodhealthcenter



@bnhc2265

OPEN STREETS
BORIKEN NEIGHBORHOOD HEALTH CENTER
ON 123RD ST BETWEEN 2ND & 3RD AVENUE

Every **Friday** Todos los **Viernes**
starting on: comenzando el:
July 7, 2023 **7 de Julio de 2023**

Until: Hasta:
Sept. 15, 2023 **15 de Sept de 2023**

11AM-3PM **11AM-3PM**

(Culminating with our Health Fair on Sept. 16, 2023!) (Culminando con Nuestra Feria de Salud el 16 de Septiembre de 2023!)

Games **Entretenimiento en Vivo**
Resources **Pruebas de HIV/Hep-C**
Activities **Exámenes de Salud**
Workshops **Talleres de Trabajo**
Health Screenings **Actividades**
HIV/Hep-C Testing **Recursos**
Live Entertainment **Juegos**

Located on: Localizado en:
123rd St & 3rd Avenue
Calle 123 y 3ra Avenida

NYC **OpenStreets** REIMAGINING OUR STREETS NEW YORK CITY **DOT**

Welcome to Boriken Dr. Bredy Pierre-Lewis

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Bienvenidos a Boriken Dr. Bredy Pierre-Lewis

As of recent, Boriken has brought in a new Cardiologist! Dr. Bredy Pierre-Lewis is now part of the Boriken team & he joins us with great enthusiasm to help serve our community.

Dr. Pierre-Lewis will be providing services every Wednesday from 8AM-5PM.

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Recientemente, Boriken ha contratado a un nuevo Cardiólogo! Dr. Bredy Pierre-Lewis ahora es parte del equipo de Boriken y se une a nosotros con gran entusiasmo para ayudar servir a nuestra comunidad.

El Dr. Pierre-Lewis brindará servicios todos los Miércoles de 8AM a 5PM



Department Highlight: Nutrition

Enfoque del Departamento: Nutrición



We would like to begin highlighting departments from EHCHS throughout each newsletter! To start off, here's our **Nutrition Department!**

Available for everyone (Adults & Children), Our Registered Dietician Nutritionist, **Andrea Hernandez** is here to talk to you more about our Nutrition Department!

Nos gustaría comenzar a enfocar los departamentos de EHCHS en cada boletín! Para empezar, aqui esta nuestro **Departamento de Nutrición!**

Disponible para todos (Adultos y Niños), nuestra Nutricionista Dietista Registrada, **Andrea Hernández**, está aquí para hablarle más sobre nuestro Departamento de Nutrición!



Hello Everyone,

As a Registered Dietitian Nutritionist, it is my goal to help people understand how the food they eat affects their bodies, minds, health, and overall well-being.

Schedule an appointment with Andrea, the Registered Dietitian Nutritionist today **if you need advice on:**

- What you should be eating
- Weight loss or weight gain
- Making some healthy changes

If you have:

- Diabetes or pre-diabetes
- High cholesterol
- Overweight or underweight
- HIV
- Food allergies
- Are picky eater
- Acid reflux
- Fatty liver
- Or other health issues or if you just want to start eating healthier

Hola a todos,

Como Nutricionista Dietista Registrada, mi objetivo es ayudar a las personas a comprender cómo las comidas que comen afectan sus cuerpos, mentes, salud y bienestar general.

Reserva una cita con Andrea, la Nutricionista Dietista Registrada hoy **si necesitas consejo sobre:**

- Lo que deberías estar comiendo
- Pérdida de peso o aumento de peso
- Haciendo algunos cambios saludables

Si usted tiene:

- Diabetes o prediabetes
- Colesterol alto
- Sobrepeso o bajo peso
- VIH
- Alergias a los alimentos
- son quisquillosos
- Reflujo ácido
- Hígado graso
- O por otros problemas de salud o si simplemente quieres empezar a comer más sano

Also Remember: If you cannot make it to the Health Center **schedule a telephone or telehealth visit today.**

Andrea Hernandez,
Registered Dietitian Nutritionist:

Phone: **212-289-6650 Ext. 298**
Hours of operation: **8AM–4PM**

Thank you and remember... You have to
Eat Well to Be Well.

También recuerde: si no puede llegar al Centro de Salud, **reserva una visita telefónica o de telesalud hoy.**

Andrea Hernandez,
Nutricionista Dietista Registrada:

Teléfono: **212-289-6650 ext. 298**
Horario de Atención: **8AM a 4PM**

Gracias y recuerda... Hay que
Comer Bien para Estar Bien.

Get Your Vaccines Today!

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Obtenga Sus Vacunas Hoy!

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**

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