

HAMASPIK GAZETTE



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News of Hamaspiik Agencies and General Health

ROCKLAND JOURNAL:

County Executive Scott Vanderhoef, Visiting Hamaspiik Offices, Honors Special Consumer

Lively Discussion of Voting Access for Disabled

It was a splendid early afternoon in mid-April when C. Scott Vanderhoef, the County Executive of Rockland, paid a wonderful visit to Hamaspiik agency offices in Monsey.

There, the honorable executive learned first-hand of Hamaspiik supports and services for people with disabilities - one of which turned out to be the star of the moment.

Eliezer Friedrich, though physically handicapped, is a very active advocate on behalf of his fellow consumers. With his energetic mind, and grasp of government and politics, Eliezer serves as a tireless activist for all his colleagues. As part of his role, Mr. Friedrich successfully maintains friendships with many officials and personal who appreciate his devotion to assist people in need.

In short order, the County Executive and Mr. Friedrich were seen talking like best of friends, together headlining the lavishly pre-

pared tables in Hamaspiik's large conference room at the Monsey Hub. Mr. Friedrich then introduced attending office staff to Mr. Vanderhoef.

Indeed, it was a remarkable scene to watch this energetic consumer seriously politicizing and discussing important issues subjects with the chief executive. Among

other themes of importance to Hamaspiik and people with disabilities, they discussed the growing array of services tailored to the specific needs of people with different

disabilities and health challenges.

Mr. Friedrich told the visiting county leader how fortunate he feels, living with several friendly consumers under utmost care and respect at the "Forshay Briederheim" - one of half a dozen Hamaspiik Community Residences in Rockland. It was in the grand dining room of Forshay, Mr. Friedrich related, where he recently hosted a lunch in honor of John Faso, the GOP gubernatorial candidate in '06. The reach of Mr. Friedrich's dynamic advocacy brought a very positive reaction from the county leader.

Mr. Vanderhoef strongly admired Mr. Friedrich's broad acumen, including his insights about government on local, state and federal levels. He was particularly amazed, seeing Mr. Friedrich's knack for remembering phone numbers, as Eliezer pulled out - offhand - a direct contact number of a close acquaintance to Mr. Vanderhoef.



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Hamaspiik Group-Home Project in Borough Park Wins "Community Board 12" Approval

The new set of Hamaspiik group residences for special girls in Borough Park is inching forward on a steady pace, just recently winning the green-light of Community Board 12 to go ahead with the project.

Hamaspiik, as you will recall from early winter, purchased a significant 3 story house, a traditional yet attractive Brownstone building,

located at 1115 38th street, between 12th and Ft. Hamilton avenues, to be converted into separate IRA community residences for 2 groups for special needs girls.

Both group-homes will have its own set of full accommodations and complete furnishings for the consumers, including kitchen, dinette, dining room and recreational areas,

says Mr. Joel Freund, Executive Director of Hamaspiik of Kings County.

The long journey of such a complex project finds Hamaspiik advanc-

ing, slowly but steady, one step in the process, then another, one of which is the official approval form the local Community Board. This, after the wholehearted support and

devotion from the honorable Wolf Sender, longtime District Manager of CB12.

As of today, the Hamaspiik network of agencies is featuring more than a dozen residences for special consumers in the heart of their local community. ■



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HAMASPIK GAZETTE

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Project VOTE

Mr. Friedrich brought up the issue of limited wheelchair access at voting booths, stressing the challenge of people with limited abilities to cast their vote. If all citizens with disabilities would be given an equal opportunity to vote, Mr. Friedrich explained, their voices would be listened to more closely with very positive results.

Mr. Vanderhoef appreciated Mr. Friedrich for bringing up this issue, asserting that New York State officials as well as the Justice Department in Washington are constantly seeking solutions to improve voter accessibility. The procedure of reforming the voting system is taking longer than expected. However, said Vanderhoef, wheelchair access will be implemented sooner than many expect.

The issue of voter accessibility is dear to Mr. Friedrich, who is heading the Hamaspik "Project VOTE" and will thus lead a major voting drive amongst hundreds of Hamaspik consumers, staff, and their respective family members, urging everyone to exercise their freedom to vote and actively partake in the elections this season. He expressed optimism that the reformation of the voting system will already be in place by then, so that the disabled consumers shall easily cast their vote to elect the next President of the United States and other government officials.

Ready to Assist

Mr. Vanderhoef thanked Hamaspik for their vital role in helping so many individuals of all ages, in group homes, family care or other alternative settings and, of course, in



Lively Discussion of Voting Access for Disabled

the comfort of their own home. In so doing, Hamaspik serves an example, locally and statewide, of how an agency for health and human services should perform.

Turning his attention to Mr. Friedrich, Mr. Vanderhoef expressed his gratitude for his advocacy and devotion. He assured Mr. Friedrich that he will keep him informed about important County developments concerning him and the general disabled population.

In conclusion, Mr. Vanderhoef thanked Hamaspik for arranging this important meeting and committed

himself to be of assistance to the agency in their effort to provide continuing services and expand its programs. He then mentioned some of Hamaspik's useful programs which have a positive impact on the greater community, such as the full service "Early Intervention" program with Hamaspik's in-house therapists, "Pace" aides - for senior citizen and/or physically limited persons, "Access to Home" - which renovates the home of the disabled, etc.

"This is merely the commencement of a positive association between Hamaspik consumers and

Rockland County", Mr. Vanderhoef concluded with enthusiasm as Mr.

Friedrich and Hamaspik staff warmly applauded. ■



WILC.

Making a world of difference

Nursing Home Transition

and

Diversion Waiver Program

The Nursing Home Transition and Diversion Waiver Program (NHTD), is a program of the Department of Health contracted to the Westchester Independent Living Center (WILC). The Regional Resource Development Center housed at WILC serves the Lower Hudson Valley including Westchester, Rockland, and Putnam, Dutchess, Ulster, Orange, and Sullivan counties.

The Nursing Home Transition and Diversion Waiver Program identifies, assesses, plans, and supports the transition of nursing home residents, who are eager to and capable of returning to community living, back to integrated community living settings of their own choosing. In addition, the program assists in the diversion of persons at risk of being placed in a skilled nursing facility.

Services offered through the Nursing Home Transition and Diversion Waiver Program:

- Service Coordination
- Independent Living Skills Training Services
- Home Community Support Services
- Structured Day Program Services
- Community Integration Counseling
- Positive Behavioral Interventions and Support
- Respite Services
- Environmental Modifications
- Assistive Technology
- Respiratory Therapy
- Peer Mentoring
- Moving Assistance Services
- Community Transitional Services
- Congregate and Home Delivered Meals
- Home Visits by Medical Personnel
- Nutritional Counseling/Educational Services
- Wellness Counseling

If you have any questions please call NHTD Waiver staff, at (914) 682-3926

Your Home is Never Too Far...

For people coping with disabilities, the reality of staying home may seem like a distant goal that's impossible to achieve. Hamaspik crosses the path of obstacles and climbs the mountain of hardships with you, fulfilling your special needs and bringing you home.



Some options through this Hamaspik Program:

- Modified Bathroom • Walk-In Tub • Bedroom Relocation
- Handicap Stair Lifts • Kitchen Modification
- Outside Ramps • Elevator & Much more

To get an Application:

Call: 845.356.8400 ext. 232

E-Mail: irosenberg@hamaspik.org

or at Hamaspik Office:

58 Rt. 59 Suite 1, Monsey NY 10952



HAMASPIK
Access to Home



So, What's Happening in Your Health Today...?



A WAKE UP PILL?

There is a new "Wake Up on Time" pill developed by Cathy Beggan, New Jersey, because of her own need to wake up, instead of snoozing six times, and to be more alert in the mornings. She used to take a special blend of herbs and vitamins in the morning, and it gave her energy through the day.

Beggan consulted with chemists and developed a special coating to delay the release of the pill's ingredients for five to seven hours, about the average night of sleep for an American. She concocted a blend of energy-boosting B-vitamins, guarana seed extract, riboflavin and niacin. She claims that after 7 hours of sleep she wakes up without an alarm clock and has energy that a drink of coffee may be too much. However, Dr. Gary Zammit, director of the Sleep Disorder Institute in Manhattan and clinical associate professor at Columbia University, says "I don't know of anything that indicates that these ingredients are helpful in improving daytime function when taken at night."

Wake Up on Time (\$29.95 for 40 pills) is currently available at Wall Mart. It will be in all major retail outlets by August.

HEALTH VIOLATIONS, A REVENUE SOURCE

In 1982, there were 200 outbreaks linked to tainted foods. In 2006, the most recent year for complete statistics, there were only 85. Regardless, violations of safety standards in public eateries are still so prevalent that Suffolk County collects \$300 million annually in fines.

David Graham of the Suffolk County Health Department agreed that problems with tainted foods are declining. But outbreaks and safety violations at restaurants and other food establishments remain public health realities.

A DOCTOR AND CLINIC AT... YOUR OFFICE

American employers are offering wellness coaching to employees at on-site clinics, discovering a way they can save money they spend on health insurance and boost employee productivity. Large employers -- from financial firms to health-care companies -- have on-site clinics, offering everything from primary care to travel medicine and nutrition counseling, through staff of physicians, nurse practitioners, registered nurses including specialists, such as nutritionists. Some also offer pharmacy services.

With the average cost of providing health care to an employee at

about \$10,000 a year, businesses can see big savings fast by offering one-stop health-and-wellness shops. David Beech, a senior health-management consultant at Hewitt Associates Inc., said a clinic serving about 1,000 employees -- usually considered the minimum number for critical mass -- can expect to make hard-dollar savings of \$70,000 in the first year, mainly because of fewer visits to the emergency room and self-referrals to outside specialists. These savings can rise to \$250,000 annually by the third year when preventive savings kick in. Productivity also gets a boost because workers spend more time on the job.

Because of employees' concerns about privacy, clinics typically are run by outside parties.

THIRD DEGREE FAULT

In papers filed in the Massachusetts state court, a plaintiff charges that a Petsmart in Warwick, Rhode Island, in March 2005 sold a severely infected hamster to a woman [not named in the suit.] That woman later died of stroke and her liver was implanted in the plaintiff's husband. A month later, he died of the same hamster-based infection.

Two other people who received organs from the same woman died and one became seriously ill, the suit says.

SAFETY AT WORK

The House and Senate labor committees are calling for tighter regulations on hazards such as flammable dust and more protection under official law for workers in the oil, gas and food-processing industries, while the Occupational Safety and Health Administration (OSHA) prefers to seek voluntary compliance from employers on safety goals rather than establishing new mandatory regulations.

OSHA says it has exceeded its

inspection goals in each of the past two years, and that recent declines in the rates of reported workplace injuries and illnesses, including a 17% reduction since 2002, indicate its success.

BILL TO SUSPEND MEDICAID PAY CUTS

The House Energy and Commerce Committee's health panel unanimously passed a bill, which would put a moratorium on seven rules that, among other things, would end federal payments for physician training and transportation of Medicaid-eligible children to school. Congress put some of the rules on hold last year; that moratorium expires June 30. The new legislation would hold the rules in abeyance until April 1, 2009.

The push to stop the rules has support from all of the nation's governors, who already face budget crunches because of declining revenue: more than half the states predict budget deficits for next year. Medicaid accounts for 20% or more of state spending, and the number of enrollees tends to rise when the economy slows.

The Congressional Budget Office has estimated the rules would save the federal government \$1.65 billion for fiscal 2008 and 2009. In the current fiscal year, federal government will pay \$196 billion of Medicaid's \$345.6 billion.

HANDS-ONLY "C. P. R."

According to new guidelines from the American Heart Association, lives can be saved through chest-compression - the hands-only portion of CPR - avoiding the need for mouth-to-mouth ventilation for adults who have collapsed. The heart association issued the statement after concluding that hand compressions can sustain life until emergency personnel arrives.

An estimated 310,000 adults in the United States die each year from sudden cardiac arrest, occurring outside a hospital or emergency room. Without immediate, effective CPR, a person's chance of surviving decreases 7 percent to 10 percent per minute. With the new guidelines, "We may be able to double or triple the number of people who survive," said Dr. Akram Boutros, chief administrative officer at St. Francis Heart Hospital in Roslyn.

MADE IN THE U.S., APPROVED IN RUSSIA

Russia's health authority approved Oncophage, a new drug to help stem the growth of cancer cells in kidneys.

Traditional cancer treatments kill both cancerous and normal cells. But after many years of setbacks, research in therapeutic cancer vaccines is starting to show promising results and attract the investments of large pharmaceutical firms, but the field remains risky and so far, no drugs have been approved for use in the States.

Oncophage, therefore, as one of a new class of anti-cancer agents, has not met the stringent thresholds of U.S. regulations, so the drug's developer, Antigenics, took its case to Moscow.

US FIRM IN RUSSIAN PHARMACEUTICALS MARKET

Speaking of Mother Russia - TPG, the U.S. leveraged-buyout giant, paid \$800 million to buy a majority stake in SIA International Ltd., the largest pharmaceutical distributor in Russia. The deal is notable because TPG is paying cash for the stake, rather than borrowing much of the money, and it's the largest private-equity transaction ever in Russia.

SIA, which had revenue of \$2.7

billion last year and has 15,500 employees, distributes almost a quarter of all the pharmaceuticals sold in Russia.

FISH OIL IS BRAIN BOOST

Researchers at Aberdeen University in the UK found that some older people whose diets are high in omega-3 oils do better in mental tests than those without the oils in their diets. In other words: the oils can reduce the risk of developing Alzheimer's.

Omega-3 oils are found in nuts, seeds and oily fish like salmon.

PHYSICIANS SUPPORT NATIONALIZING HEALTH INSURANCE

Approximately 59% of U.S. physicians support legislation that would establish a national health insurance program, and 32% oppose such a system, according to a survey by the Indiana University School of Medicine.

Back in 2002, a survey found that 49% of physicians supported national health insurance and forty percent opposed it.

For the current poll, the authors surveyed more than 2,000 physicians, which researchers say reflects the opinion of the nation's 800,000 physicians.

TREXIMET APPROVAL FOR MIGRAINE

The U.S. Food and Drug Administration has approved GlaxoSmithKline's migraine pill Treximet. Treximet is a follow-on product for Glaxo's migraine drug Imitrex which will lose its patent protection in 2009.

Other pills to lose patent are Lamictal for epilepsy and Requip for Parkinson's disease and restless-leg syndrome, and Imitrex for migraines. Glaxo has sought regulatory approval for modified versions of all three.

JOHNSON & JOHNSON UP 40%

Health products maker Johnson & Johnson reported a 40 percent jump in first-quarter profit, mainly due to the weak dollar boosting foreign revenues and a charge that depressed results a year ago.

The world's No. 6 pharmaceutical company based in NJ reported net income of \$3.6 billion, for the first three months of the year, up from \$2.57 billion a year ago. Revenues rose 7.7 percent to \$16.19 billion from \$15.04 billion a year earlier.



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Letters or Address Change?

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