

# NHCAC MONTHLY SCOOP

January News &amp; Events

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## NJFLP Conference

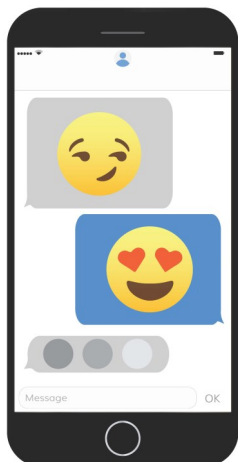
Our President/CEO Joan M. Quigley was present at the New Jersey Family Planning League (NJFPL) office in Newark on January 31, 2019, when Governor Phil Murphy announced that an additional 10,000 New Jerseyans received comprehensive and enhanced preventive health care following the restoration of \$7.5 million for family planning services for the Fiscal Year 2018 and Fiscal Year 2019 budgets. The funding restoration has allowed clinics to expand services and hours, bringing the total number of people served to nearly 110,000. Since the reinstatement and continuation of funding, the NJFPL has increased their network to 47 sites—including five additional centers now providing family planning services. The NJFPL funds 10 agencies that operate these 47 sites in 21 counties throughout the state. The additional sites are Zufall Health Centers in Dover and Hackettstown and us, the **North Hudson Community Action Corporation in Harrison and Englewood**, as well as the DAYAM (Department of Adolescent and Young Adult Medicine) program at Rutgers Newark.



## Family Planning Campaign 2019

NHCAC alongside Erbach Communications Group has created a new campaign for 2019 to target a younger audience for our Family Planning Program. Our goal is to let teens know that we are here. The campaign strives to portray NHCAC as a no judgement, hassle free, safe place to get the services you need. You will see some new material and pop up banners at your site very soon. Be on the look out!

**Hanging out or  
Deeply in love?**



**A little planning can  
make all the difference.**

Contraception • Screenings  
High Quality Education



(201) 201-0200 | nhcac.org  
Call or click for a confidential appointment.

**Late night with friends or  
Late night feedings?**



**Prom or Parenting?**



**Graduation or baby gear?**



**Protect your future.**

Contraception • Screenings  
High Quality Education



(201) 201-0200 | nhcac.org  
Call or click for a confidential appointment.

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### NHCAC Head Start Program



Our Head Start Program staff, Denise Honore, Lesvia Matos, Shelly Algoo and Erika Pavon met with Congressman Albio Sires and Senator Cory Booker to advocate on behalf of NHCAC Head Start and the benefits of supporting the Head Start Program.

They are making their rounds and ensuring their voices are heard!

Keep up the great work!



## Save the Date



NORTH HUDSON COMMUNITY ACTION CORPORATION  
HEAD START &  
EARLY HEAD START PROGRAM



Please join us for an  
educational workshop  
on the benefits of

**Breastfeeding**

Presented by WIC  
Breastfeeding Counselors

Breakfast will be served

All attendants will receive gifts and  
the chance to win a free stroller

**Date: Thursday,  
February 14th,  
2019**

**Time: 10:00am**

**Location: 5800  
John F Kennedy  
Blvd. West New  
York, NJ 07093**

**Reserve your spot today!**

**Please contact:  
Jeniffer Garcia  
[jgarcia@nhcac.org](mailto:jgarcia@nhcac.org)  
201-617-0901 ext. 25607**



Educational Workshop

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### NHCAC Partners with a Pharmacy Delivery Service

On January 1, 2019 NHCAC began to offer our patients the opportunity to sign up for a pharmacy delivery service through PillPack. PillPack who was recently purchased by Amazon, are known for their customer service and reliability. If you know of any of our patients who can benefit from this service please reach out to your site champion and/or coordinator.

**PRESCRIPTIONS**  
DELIVERED TO YOU  
**ON TIME & AT NO EXTRA COST**



Receive personal attention from a dedicated Patient Care Advocate who will keep up with your refills and make sure you have them when needed.

Never miss a dose.

Personalized service.

No charge for delivery.

**Call today to learn more:**  
**855-220-5178**



**RECETAS**  
ENTREGADAS A USTED  
**A TIEMPO Y SIN COSTO ADICIONAL**



Reciba atención personal de un representante de salud quien coordinará que nunca le falte el medicamento, para asegurarse que usted los tenga disponibles cuando los necesite.

Nunca le va a faltar su medicina.

Servicio personalizado.

Envío gratis.

**Para más información llámenos hoy al:**  
**855-220-5178**



### Orthodontic Consult Appointments now being made only through our Call Center

Orthodontic services are now being offered at our Jersey City Health center located at 324 Palisade Avenue. For any of our patients or clients in need of braces, or asking for such information, please have them call our Call Center at 201-210-0200 to schedule a consultation today!



201-210-0200



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### Patient/Client Compliments January 2019



#### Internal Medicine:

*"I write this to praise Dr. Hamal; she is thorough & professional in following up on my care and encourages me to follow up on my referral appointments.*

*Dr. Sujovolsky was very nice and helpful, the staff is also very friendly and efficient."*

#### Women's Health Services:

A patient called and stated that Dr. Borja is an angel from heaven and he is the best obstetric she ever had. He will go above and beyond for his patients and always shows that he cares. Dr. Borja did an excellent job while delivering my daughter. I will follow this doctor to any place he will go.

#### Dental:

*"It's so amazing how North Hudson has a great staff member. But never in my life have I seen a child looking forward to go to the dentist. I can honestly say my daughter is one of them. Every time she sees Dr. Sladky, she runs to him just to give him a hug. He made my daughter have an excellent experience and I will always be grateful. I will always recommend this dentist and location. We are looking forward to our next appointment."*

#### All Services:

*"Even if we came late to North Hudson with no appt, these doctors would always take care of us no matter what. As a patient, I will stand up for them any time.*

*Thank you for everything."*

#### Call Center:

Caller requested to speak to me reference to our appt clerk Amber Cruz; he stated that he has worked as a rep for AT&T for over 30yrs and knows customer service that he wanted to express how polite and pleasant Amber was over the phone. He understands that many times calls come in to place a complaint but he did not want her to go unnoticed and wanted to thank us.

#### Emergency Assistance

*"Hi, I wanted to extend my thanks and gratitude as a landlord to the Rapid Re-Housing team, in particular Lylybell Salmeron and inspector James who were excellent to work with, going above and beyond helping place two excellent families into a building I own as soon as possible. Without their care and concern – fast responses, follow-up, and availability – I think it could have taken at least another month of the families being in shelters before they were placed. I would recommend Rapid Re-Housing as a terrific benefit to prospective tenants in need as well as landlords."*



# NHCAC MONTHLY SCOOP

## IT Tips on Ransomware & 20 Most Common Keyboard Shortcuts Everyone Should Know

### What is Ransomware?

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Ransomware is a form of malware that targets your critical data and systems for the purpose of extortion. Ransomware is frequently delivered through spear phishing emails. After the user has been locked out of the data or system, the cyber actor demands a ransom payment. After receiving payment, the cyber actor will purportedly provide an avenue to the victim to regain access to the system or data. Recent iterations target enterprise end users, making awareness and training a critical preventive measure.

### Protecting Your Networks from Ransomware

#### Protecting Your Networks

#### Educate Your Personnel

Attackers often enter the organization by tricking a user to disclose a password or click on a virus-laden email attachment.

Remind employees to never click unsolicited links or open unsolicited attachments in emails. To improve workforce awareness, the internal security team may test the training of an organization's workforce with simulated phishing emails.

### The 20 Most Common Keyboard Shortcuts Everyone Should Know

Shortcut Description	Windows	Mac
Select the entire page	Ctrl + A	Cmd + A
Copy selected information	Ctrl + C	Cmd + C
Cut selected information	Ctrl + X	Cmd + X
Paste copied information	Ctrl + V	Cmd + V
Open a file	Ctrl + O	Cmd + O
Save a file	Ctrl + S	Cmd + S
Undo the last operation	Ctrl + Z	Cmd + Z
Redo the last operation	Ctrl + Y	Shift + Cmd + Z
Find text in the current document/page	Ctrl + F	Cmd + F
Task Manager	Ctrl + Shift + Esc	Alt + Cmd + Esc
Application Switcher	Alt + Tab	Cmd + Tab
Run an Application	Win + R	Cmd + Space
Minimize the current window	Win + ↓	Cmd + M
Minimize all windows	Win + M	Alt + Cmd + M
Jump to the application's menubar	F10	Shift + Cmd + /
Take a screenshot	Print Screen	Shift + Cmd + 3
Open a new browser tab	Ctrl + T	Cmd + T
Close the current browser tab	Ctrl + W	Cmd + W
Open a previously closed tab	Ctrl + Shift + T	Shift + Cmd + T
Focus and select web browser's address bar	Ctrl + L	Cmd + L