

# NHCAC MONTHLY SCOOP

September News &amp; Events

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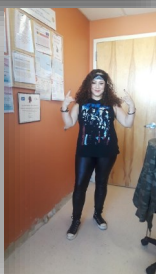
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## 6th Annual Corporate Wide Ice Cream Social

North Hudson Community Action Corporation held its 6<sup>th</sup> Annual Corporate Wide Ice Cream Social on Friday, September 27<sup>th</sup>, 2019 at the former HCST Field House in North Bergen. Amazing talent was provided by our very own employees, Ivan Romero and Alejandra Perez of our Jersey City Health Center. Great costumes, updates from our department heads, ice cream and lots of laughs. We can not wait to see what 2020 brings!





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Ice Cream Social FUN Continued!





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Ice Cream Social FUN Continued!



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### Housing Counseling On Another Level



Homeownership  
Done Right.®

The Housing Counseling Department has earned another level of recognition for the delivery of home buyer education. The department received a Certificate of Adoption from the National Industry Standards (NIS) Committee indicating that the level of homeownership counseling meets their high performance standards for delivery of services on a group or individualized basis. Sandra Castano, the department's HUD Certified Housing Counselor, has attained expertise in the home buying process (pre purchase/post purchase), money management, credit, awareness of predatory lending practices, mortgage financing, delinquency intervention, refinancing, and home maintenance. Sandra has held workshops for staff at other NHCAC departments and can offer an evening session at your site as well. Reach out to Sandra for a one-on-one session or group opportunities for other services such as budget counseling, how to improve your credit score, landlord duties and tenant rights and much more. All services are provided in English and Spanish and other languages as well. Contact Sandra at 201.866.3140 or dial Ext. 24115.

### Flu Vaccination

#### Why should people get vaccinated against the flu?

Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die from flu-related causes every year. An annual seasonal flu vaccine is the best way to help protect against flu. Vaccination has been shown to have many including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death in children.

#### How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Traditional flu vaccines (called "trivalent" vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. There are also flu vaccines made to protect against four flu viruses (called "quadrivalent" vaccines). These vaccines protect against the same viruses as the trivalent vaccine and an additional B virus.



CENTERS FOR DISEASE  
CONTROL AND PREVENTION



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September Health & Resource Fairs

In the month of September NHCAC’s Outreach team were present at the following health and resource fairs:

Date	Event Type	Organiza- tion	Address	Time	Who Attended
September 14th	Community Health Fair	JC Dept of Health & First Pentecostal Church of God	80-82 Griffith Street, Jersey City	10am – 2:00pm	Christina Hernandez  Scarlett Estrada
September 15 <sup>th</sup>	Family Health Fair	Iglesia Adventista Del Septimo Dia	220 Walker Street, Cliffside Park	10am-2:00pm	Christina Hernandez  Scarlett Estrada
September 16 <sup>th</sup>	Resource Event	CareFinders	171 Main Street, Hackensack	10am - 3:00pm	Sara Grajeda  Scarlett Estrada
September 23 <sup>rd</sup>	Parent Café	4CS of Passaic and North Hudson	220 Passaic Street, Passaic	6pm - 8:00pm	Amanda Martinez
September 27 <sup>th</sup>	Resource Event	CareFinders	576 Main Ave, Passaic	11am – 3:00pm	Sara Grajeda  Scarlett Estrada

WIC Foods from Around the World

Save the Date: October 16, 2019

Location: 407-39th Street, Union City, NJ 07087

Time: 10:00am-12:00pm

NORTH HUDSON  
COMMUNITY ACTION CORPORATION

**The WIC Program**

Invites you to try foods from around the world



WORLD FOOD DAY

There will be infused water and food demonstrations!

Location: 407- 39<sup>th</sup> Street, Union City, NJ 07087

Date: October 16<sup>th</sup>, 2019

Time: 10:00am – 12:00pm

NORTH HUDSON  
COMMUNITY ACTION CORPORATION

**El Programa de WIC**

Te invita a probar comidas de alrededor del mundo



WORLD FOOD DAY

Tendremos Infusiones de agua y demostraciones de comida

Lugar: 407- 39<sup>th</sup> Street, Union City, NJ 07087

Fecha: Octubre 16, 2019

Hora: 10:00am – 12:00pm

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## Patient/Client Compliments



### North Bergen:

**Dr. Sujovolsky** gets the job done. Every time I have a health problem, she gets to the bottom of it. I've been seeing her since 2015, and she has shown so much respect to me and my mother. She has the solution to everything. **Dr. Sujovolsky** is a great doctor; I don't ever want to lose her.

**Dr. Sujovolsky** provides excellent services, they all do at the clinic.

Great service from everyone.

This note is one of praise towards the doctors and the nurses and office staff of the NB clinic. I have been coming to appointments with my daughter for some time and the care provided has been excellent at every level. The office staff is extremely professional and at the same time human. They are attentive to every detail, extremely helpful with referrals, questions, solutions. Especially helpful is **Ms. Elizabeth Romero, Registration Clerk**.

The service was good, the personnel were great and the doctors were excellent. Thank you

NB staff and providers are courteous, friendly, always greet with a smile, professional and it's a pleasure to go to the NB site.

**Maria De Leon, Administrative Coordinator** is personable, willing to assist any time one might have any issues, patient/listens w/care and very attentive.

### WNY: Internal Medicine

I saw **Dr. Perlmutter** for the first time today. She was EXCELLENT. Thorough, careful, a great clinician all around.

### Union City Peds:

First I want to thank North Hudson for all the great help especially from **Dr. Hutton** and everyone that works there. **Cynthia Echeverria, Registration Clerk** was good with registration; the security guard was also very friendly. The nurse was super friendly and helpful. **Sandra Ghobryal, CMA and Mirtha Aguirre, CMA** always happy. I recommend this clinic to all parents; I am very pleased with the service. It's not easy to find a place where the service is 5 stars. Thank you

### WNY Dental:

Thank you to all the Registration Clerks: **Maria Caycho, Janina Delgado and Marianela Suarez**, for the love and attention that you always give me.

### Call Center:

I received a compliment from a client for **Jeanette Arroyo, Appointment Clerk**, patient stated Jeanette was great and wonderful, she was very alert of the situation. Got to the problem with no problem, got to the bulls eyes. She worked very professional, was very informative and helpful, the young lady was very calm and spoke right to the point. I just wanted her to get recognized for her work.

Patient called to compliment the Call Center on their willingness to assist; they were magnificent and accommodated their need for an immediate appointment.

Patient wanted to leave a compliment stating **Stephanie Toro, Appointment Clerk** is helpful and we are lucky to have her - once the patient spoke to Stephanie she was able to be directed/transferred to the appropriate staff at the site.

Patient shared that they were very pleased with the service she received via phone with **Jose Cotto, Appointment Clerk**, stated they have been a patient for about 3yrs with NHCAC and Jose's assistance and advisement of what to bring on day of visit was very helpful. He was a pleasure to deal with.