

WOODSIDE HERALD

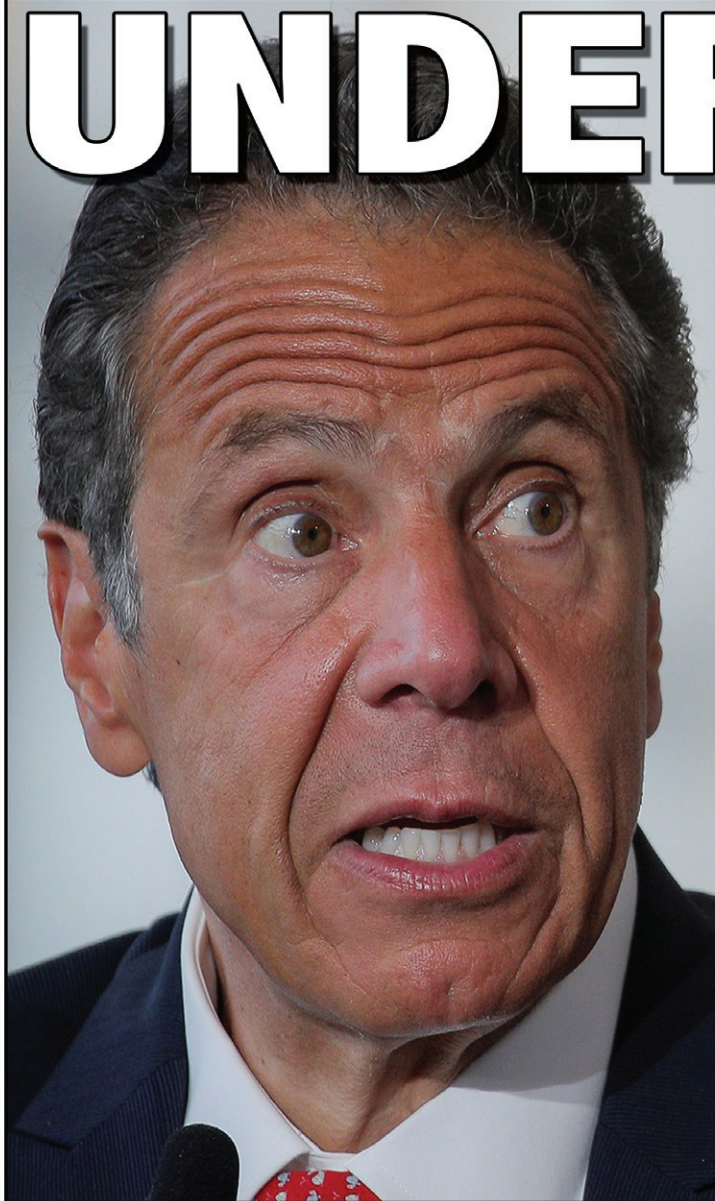
SERVING SUNNYSIDE-WOODSIDE AND LONG ISLAND CITY

VOL. 88 NO.10

WOODSIDE, L.I.C., N.Y. FRIDAY, MARCH 5, 2021

FREE

UNDER FIRE



“The allegations against Gov. Cuomo are serious and disturbing. New Yorkers need to have faith that their leaders are not abusing the great power they have been entrusted with by the public. I support a truly independent investigation into the claims made by Lindsey Boylan and Charlotte Bennett. The investigation should be handled by Attorney General Letitia James in a thorough and expeditious manner. In order for this to happen, the governor’s office must refer the matter to the Attorney General and that referral must include subpoena power.”

*-Statement from Speaker Corey Johnson
Re: Governor Andrew Cuomo Sexual Harassment Allegations*



“When the COVID pandemic first struck New York last year, we needed quick, decisive action, which is why we granted Governor Cuomo the temporary emergency powers that helped our state when we were the epicenter of the pandemic. Now that our COVID numbers are improving and New York has the vaccine, it is time that we get back to legislating. I will be supporting legislation on Friday to end Governor Cuomo’s temporary emergency powers.”

*- Statement from Senator Joseph Addabbo
Re: Repealing Gov. Cuomo’s Emergency Powers*

IMPROVE WORKPLACE COVID-19 SAFETY STANDARDS & SUPPORT WORKFORCE

The Senate Democratic Majority advanced legislation to stand up for workers in New York State. This package will enact the “NY Hero Act” sponsored by Deputy Majority Leader Michael Gianaris, which requires the creation of health and safety standards for COVID-19 and other airborne infectious diseases in the workplace guaranteeing a greater employee voice in the workplace. This package also includes legislation to encourage employer use of shared work programs to avoid layoffs and legislation to increase the amount of shared work benefits to the maximum allowed by federal law. In addition, these bills will promote career paths into healthcare, permit employee time off for vaccinations to be administered, and grant an enhanced death benefit to families of deceased public employees. Bill Sponsor, Deputy Majority Leader Michael Gianaris said, “Too many workers have already sacrificed their health for our community’s benefit. The New York HERO Act will honor their efforts by giving workers the tools to protect themselves while on the job. I appreciate the support for this proposal from my colleagues in both houses and so many organizations throughout New York.”

The legislation passed by the Senate includes:

NY Hero Act: This bill, S.1034A, will implement airborne infectious disease standards requiring employers to implement an infectious disease exposure prevention plan.

Shared Work Program Petition: This bill, S.17A, will allow employees to petition their employer to apply for the shared work program in order to avoid layoffs or to rehire laid off workers.

Vaccination Leave: This bill, S.2588A, will grant public and private employees four hours of time off, per dose, to receive the coronavirus vaccine.

Healthcare Employment Incentivization: This bill, S.3470, will require the New York State Department of Labor and Department of Health to establish a program to incentivize unemployed individuals to enter short-staffed jobs in healthcare by expediting training and certification.

Shared Work Program Benefit Extension: This bill, S.4049, to increase the amount of unemployment insurance benefits an employee can claim under the shared work program to limits of the federal maximum.

Public Employee Death Benefit: This bill, S.4681, will extend previously enacted accidental death benefits to the families of frontline workers who have passed away due to COVID-19.

Legislature to Pass Legislation Repealing Governor's Emergency Powers

Senate Majority Leader Andrea Stewart-Cousins and Assembly Speaker Carl Heastie announced on Tuesday, the Legislature will pass legislation repealing the temporary emergency powers that were granted to the governor last year at the start of the COVID-19 pandemic. The legislation will allow current directives pertaining to preserving the public health to continue.

At the beginning of the COVID-19 pandemic, the New York State Legislature passed legislation to give the governor emergency powers to allow a nimble response as a global pandemic struck New York. These temporary emergency powers allowed the governor broader powers to issue executive orders, and are set to expire on April 30. The legislation introduced today will repeal the temporary emergency powers immediately, while allowing executive actions critical to public health to remain.

Standing directives taken by executive action which manage the spread or reduction of COVID-19, facilitate the vaccination process or require use of face coverings, will remain in effect for an additional 30 days. While these can then be extended or modified, the governor will be required to notify relevant Senate and Assembly committee chairs as well as the temporary president of the Senate and the speaker of the Assembly with the need for the extension or modification, and the threat to public health and safety, and provide an opportunity to comment. The governor cannot extend actions beyond the first 30 days unless they explicitly relate to the COVID-19 pandemic.

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IGNORING YOUR MENTAL HEALTH ISSUES AND YOUR ADDICTIONS CAN BE A MISTAKE

by Stan Popovich

As a person who struggled with fear and anxiety for over 20 years, the one thing I learned was that ignoring your mental health issues can be a very costly mistake in your life.

Making excuses and not getting help for your anxieties and depression will only make things worse for you.

As a result, this is what I did when I started to realize that my mental health problems were starting to interfere with my life.

Know the warning signs: When I first started dealing with my fears and anxieties, I thought that it was just a phase and that it would go away. I was wrong. My fears and anxieties would come and go on a regular basis and it started to be a major factor in my life. I knew that something was wrong and that I had to do something.

Do not make the mistake of doing nothing: I knew of some of my friends and colleagues who had similar issues with fear, anxiety,

and depression who didn't get any help. As a result, some of these people could not hold down a job and they became very distant and unresponsive. I decided that I needed to find a way to manage my fears and anxieties and to get my life back on track.

Get some professional advice from a counselor: My first step was to talk to a mental health counselor, and I would always take notes on what I learned from each session I went to. In addition, I read many books and I learned what worked, what didn't work, and what I needed to do to improve my situation. I realized that the more I learned the easier things got for me.

I did not make excuses: With a lot of practice, I became very good at dealing with my fears and anxieties. I realized that the answers to my problems were out there, however it was up to me to find those techniques that would get rid of my fears and anxieties. Making excuses would not improve on my situation.

I was persistent: There were times I felt like giving up because my fears and anxieties were so powerful and I didn't know what to do. I worried about what would happen and that just made my fears that much stronger. During those times, I made it a point to learn from my experiences so that I would be better able to handle these situations in the future.

Your situation is not hopeless: There are many mental health support groups in your area that can help get your life back on track. The people at these groups are willing to help you, but you must be willing to make the choice of getting better.

Do not wait until it is too late: I read stories of people who ended their life because they didn't get the help they needed to manage their mental health issues. Do not make excuses and do not let fear stop you from getting assistance. Every problem has a solution. You just have to make the effort to find the answers.



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STAYING SHARP DURING THE PANDEMIC

by Dr. Sharon M. Cadiz

If you have noticed changes in your mood or energy as we move into March following a series of snow storms in the previous month; and a year of the pandemic; or have witnessed an increase in physical conditions that accompany feelings of loneliness or isolation, it may be time to do what Stephen Covey talked about in his famous book "The 7 Habits of Highly Effective People" namely, "sharpen the saw." His meaning is interpreted as: "preserving and enhancing the greatest asset you have—you." It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental and spiritual." What could be better as we experience the strong winds of powerful change in the month that roars in like a lion and celebrates women in all their glory. Let's also acknowledge the mounting losses and a diminished capacity among some who have bravely coped, but who are now feeling the cumulative effect of a year of stress and multiple challenges. For some, the struggles of aging have compounded the complex journey and accelerated the process with distressing consequences that range from boredom; loneliness; depression and dementia on top of the threats to health from the virus, access to testing, vaccines and hope to manage the growing concerns about resistant mutations. Here is where we need to call for reinforcements to bolster us so that we can, indeed, "sharpen the saw" to keep us resilient and thriving.

The past week was filled with many shocking announcements about very public figures; a momentous full moon; climate change disasters in Texas; and some final relief from a series of local snow storms that prompted more isolation and hibernation. It was announced that our hometown celebrity, 94 year old Tony Bennett, has been suffering from the onset of Alzheimer's disease. A beloved local leader and female champion for equity in the community also announced her cancer diagnosis. The Governor, who was praised and lauded for his masterful handling of the pandemic just months ago, came under attack on multiple fronts. Altogether, these events have the potential for triggering some negative fear based emotions.

Just this past weekend, I attended the virtual monthly meeting of my family's book club which is called: "Nuclear Fusion." I was offered the opportunity to chose this month's selection prompted by a CBS Sunday Morning broadcast featuring the CNN Chief Medical Correspondent Dr. Sanjay Gupta. In the segment, he talked about the ways to build resiliency and protective factors to address the ominous risk factors for the dreaded Alzheimer's disease and the normative aspects of the aging process. The hopefulness and simplicity of his remarks, coupled with his expertise as a distinguished neurosurgeon and professor at Emory University at the Emory University School of Medicine; as well as his real life standing as a family man committed to practicing what he preaches, impressed me so much that I picked up his new book entitled: "Keep Sharp: Build a Better Brain at Any Age" and recommended it to the book club. It offers a "simple 12-Week Program for launching a plan to practice lifestyle approaches that can support each of us. According to the endorsement of the book by the always forward looking Bill Gates: "we can dramatically improve human life, and "Keep Sharp" is a helpful primer for anyone who wants to better understand brain function and how to preserve it." I would like to share some of the recommendations from Gupta to further

the goal of helping us withstand the turbulence and uncertainty that currently challenges us with added burdens. For the sake of clarity, I have taken the liberty of grouping his recommendations into the categories of mind, body and spirit to capture the holistic nature of his lifestyle practices that he says can actually override "inheritance."

Mind: Just say "no" to multitasking. He says, "At some point, the number of things you can do effectively at one time diminishes"/"ending attempts to multitask can actually be a good thing for the brain." Building "cognitive reserves" through cognitive stimulation suggests benefits from being a lifelong learner. Surprisingly, he notes that video games may "make better and faster use of visual input" compared to certain brain stimulating activities and crossword puzzles. Gupta recommends staying in the moment. Meditation adds to the benefits of stillness and a relaxed mind ready to take on the challenges of life. He was made a believe by a rare introduction to meditation by His Holiness the Dalai Lama using something called "analytical meditation" to ease the transition to this habit for Gupta's scientific mind bent toward problem solving.

Body: Sleep "is medicine." He stresses the importance of sleep related to brain health and also recommends patterns of daily living that include periods of rest and relaxation to accompany healthy sleep hygiene. Gupta believes that both are essential. He makes many strong recommendations for healthy eating that include the familiar Mediterranean diet and a colorful plate "eating the rainbow" and adding fiber. He suggests getting omega -3 from food sources rather than supplements; eating fatty fish, nuts, seeds, using olive oil, spices like turmeric and *limiting sugar*. Regular flossing was deemed important because it "removes debris and bacteria buildup that can ultimately lead to gum disease and increased risk of stroke. Smaller portions are suggested and most importantly, we are told to HYDRATE because the brain thrives with proper amounts of water. Exercise and movement are characterized as "anti-aging and anti-depressant" activities. Yoga is cited for multiple benefits including deep relaxation and holistic integration of mind, body and spirit.

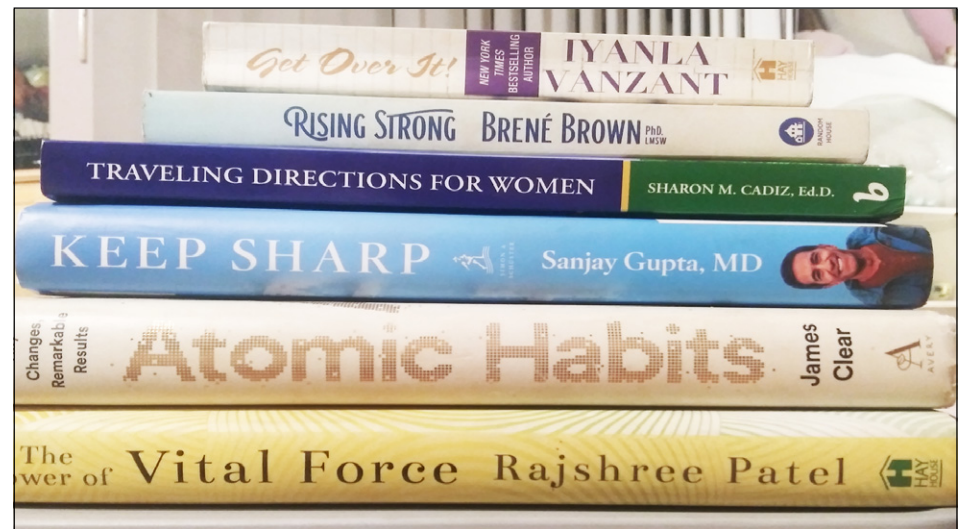
Spirit: Social support is the premiere ingredient in what Gupta refers to as "a rich, dynamic, complex life." He recommends connecting with those you care about on a regular basis. Imagine the adage about 'putting all of your eggs in one basket.' For example, if you are a workaholic with no time for family, or a recluse who shuns close contact, one trip and you will fall into the desperation of deep loss and despair because you put everything into *one thing* instead of having multiple sources of support and connection. A sense of purpose is a key factor in resilience. He says, don't retire from life or meaningful engagement and work.

I can attest to the value of keeping stimulated and supported by the many great books that you can find which provide guidance for the journey that we are currently on. Even the AARP magazine is a wonderful source of information. You don't have to be an elder to be curious or concerned about the aging process. Gupta confirms, based on the research, that the stage is set for Alzheimer's decades before symptoms appear, so young people need to be aware and proactive. Many of us hear cancer or Alzheimer's and we think we have a death sentence. Well, in all honesty as I recall many comics including one "old school" comic, Red Skelton, say: "Nobody get out this alive," so instead of bracing ourselves with fear-based dread, let's think about the beautiful prospects for

our quality of life and life that is well-lived. Instead of wringing our hands and feeling helpless and hopeless, let's get busy helping ourselves to a bright future. Remember the Law of Attraction: "What you think about you bring about. "Think about the positive changes you can make to support your chances of having a full, rich life.

Last week I, too, succumbed to some awful feelings that left me depleted and down hearted. I felt as though I were dying inside from the realization of all the personal and collective losses. The contemplation of my own aging process brought into focus from the fact that I fully retired in September of 2020 left me wondering about memory loss and a fading sense of energetic connection to my life's purpose. A narrowing and shrinking sense of my current situation started to emerge, and I was left in a corner of my life based on the illusion created by several days of hibernation during the snow storms; bad news from various sources and a glaring lack of meaningful connection and movement in my life. This was scary and I had to plow my way back to an improved perspective complete with hopefulness, energy and a sense of meaningful purpose. I did what I have taught

thousands of people to do over the years through my books and seminars; namely, to begin to use relaxation breathing; become still; reach out and most importantly, MOVE. I sat quiet and breathed like I was trying to save my own life. I connected with neighbors and friends in the community; got busy with my aerobics class, stretch workout and yoga practice and suddenly was restored. All the while I know that, just as Covey warned, the "saw" can get dull again and I will need to sharpen it before I can cut down those negative patterns of thought that cycle through my mind and are felt in my body and spirit. I am looking forward to continuing my purpose-driven work by writing my newest book tentatively entitled: "Never Far Away"; a collection of poetry and essays as a chronicle of the life lessons that I have learned on my journey. Yes, as Helen Keller notably said: "All the world is full of suffering. It is also full of overcoming it." I sincerely hope that you will read this week's humble offering and be encouraged and uplifted as you cope with personal or shared struggles. March promises to come in like a lion, but also has a tendency to go out with the gentleness of a lamb. Hang on. Stay sharp and be well.



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