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MANAGING YOUR EVERYDAY STRESSES AND ANXIETIES

by Stan Popovich

Everybody deals with stress and anxiety, however the key is to know what to do when you’re stressed out. It is not always easy to keep your feelings from getting the best of you. With this in mind, here are seven tips that a person can use to help manage their daily stresses and anxieties before they get out of control.

1. **Get all of the facts of the situation:** Gathering the facts of a certain event can prevent us from relying on exaggerated and fearful assumptions. By focusing on the facts, a person can rely on what is reality and what is not. Most importantly, do not focus on your fearful thoughts when you’re stressed out.

2. **Take a break:** Sometimes, we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper, or do an activity that will give them a fresh perspective on things.

3. **Carry a small notebook of positive statements with you:** Another technique that is very helpful in managing fear is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that relaxes you, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed, open up your small notebook and read those statements.

4. **You can’t predict the future:** While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated and can affect the results of any situation. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

5. **Challenge your negative thinking with positive statements and realistic thinking:** When encountering thoughts that make you fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. Focus on the reality of your situation and not on your thoughts. Your fearful thoughts can make things worse so try to focus on something positive when you get anxious.

6. **Divide your activities into separate steps:** When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one step at a time. Completing these smaller activities will make the stress more manageable and increase your chances of success.

7. **Take advantage of the help that is available around you:** There are many individuals who have been expertly trained in the field of psychology to help you find ways to manage fear and anxiety. Seek out someone whom you trust to provide sound advice and guidance. This same professional can also help you create an action plan for dealing with your fears and anxieties in the future.



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MULTI-TALENTED

by Rix Quinn

My dog gets excited when I say the word “dog park.” He knows he’ll see friends there. But yesterday was different. There was only one other mixed breed dog, working with his owner. “Your dog appears really alert,” I said. “Does he do tricks?” “Sure,” the guy said. “I am teaching him to be an impressionist.” The puppy sat down, and when the man said “Speak,” the dog emitted a long “baaaaa.” The man explained, “Right now he’s learning to mimic a sheepdog.”

Next, the guy tossed a small rubber ball, and the dog chased it. I smiled. “Now, I guess you’re teaching him to be a retriever.” The man nodded yes. Then he took off his wrist watch, and showed it to the dog. The man would point to a number, and the dog would scratch the dirt the number of times the owner pointed to. The puppy guessed every number right.

“That’s great,” I said. “So right now you’re teaching him to imitate a watchdog?” “No,” the man replied. “A clocker spaniel.”

**HAVE A HAPPY
AND SAFE 4TH!**

THE BUSINESS MODEL OF MEDICINE

by Dr. Sharon M. Cadiz

“The most common way people give up their power is by thinking they don’t have any.” ~Alice Walker, author and activist

It didn’t take my husband’s recent stroke to help me realize the failings of our modern model of medicine that looks more like a business model than a prevention or treatment model. My journey began when my husband and I were a lot younger and poorer; he as an art student and returning veteran after serving during the Vietnam Era; and me as an undergraduate studying education at Queens College; both of us at the time married, without children. Out of necessity, I began a quest to uncover ways to pursue health outside of some of the institutions that we believed were beyond our modest means. In retrospect, the difference in the price of health care in the 1970’s compared to the shockingly high costs of medical care today is quite dramatic. I consulted a short list of books including: Diet for a Small Planet by Frances Moore Lappe; Back to Eden by Jethro Kloss; Cooking with Mother Nature by Dick Gregory and Survival Into the 21st Century: Planetary Healers Manual by Viktoras Kulvinskis. Since then, the model of medicine has catapulted us into the realm of ridiculousness that even surprises the medical practitioners who are finding themselves as sick as their patients. AARP did a revealing, but not surprising, article a few months back discussing the trend of doctors leaving the profession either because they are retiring and aging out; or because the “cost” of managing within a system that shuns compensating them for best practice; concurrently, forces them into complicity with the greed of a corporate model of profit-driven adherence to bottom line accountability. If there is a “gold standard” of health care, you can be sure that most of us cannot afford it.

Just like the other basics of human existence, such as housing have been “flipped” to provide profit instead of shelter...Just like the food system that could potentially be good medicine, has been transformed into something that serves up generous portions of things that make us sick...Just as the purveyors go about their business of marketing poisonous substances that have created childhood obesity and diabetes, along with lifelong diseases and disabilities, consumers are trained to consume the products. The pharmaceutical industry that used to help to eradicate diseases like tuberculosis; small pox and measles has been redesigned to use medicine as a “cash cow” for money making profit. That industry succeeds at both ends of the spectrum, ensuring that they can make money; not on cures with short-time possibilities for their bottom line, but with continued patient use of their pharmaceutical substances that most of us consume and pay for “out of pocket,” or with health care coverage. “Big Farm” and “Big Pharm” collude with government to create a “perfect storm” for those in need of care. The result is that instead of putting away savings for the proverbial “rainy day,” or securing a decent quality of life, we are paying the ever increasing bills for disease care.

The addictive nature of sugar as a source of inflammation at the root of heart disease and other maladies; in addition to certain “carbs” and hormone filled dairy products and livestock remind us that if we are dependent on these things, we are actually feeding and supporting an industry that, in essence, is out to kill us. They are not even worried about the numbers of us who expire from our addictions because they have simply devised a strategy to work at the other end of the age continuum to start our babies and young children off earlier on Coke, cake, candy, pop tarts and daily doses of pesticide riddled, sugar-laden cereal that kids get to eat from neat little zip lock plastic bags.

This is only part of a bigger picture that is coming into focus more and more as we experience the multi-dimensional, concurrent crises on the political, social and economic fronts. Going to war is just another way that the unsuspecting public is being separated from their right to quality health care; life; liberty and the pursuit of happiness. It is another way that exploitation and manipulation of the public is used to distance them from their rights to quality health care, life, liberty and the pursuit of happiness; making profit and greed the operating principle.

Before I leave this topic of the interplay and cross-sectional relationship of food, healing and well-being, let me underscore the point with my own personal experience. After it was determined by an MRI that my husband had not one, but two strokes that were revealed, I listened to this report and asked a simple question of the attending physician who was a neurologist: “Besides medication compliance, what lifestyle changes might support my husband and limit the possibility of another stroke?” His reply was equally simple and direct as he answered without hesitation: “A Mediterranean diet and exercise.” I then said: “please put that in his discharge plan,” hoping that this recommendation would have equal weight alongside the medication regimen that was proposed to reduce risk factors associated with a stroke. Let me add that just before this exchange with the doctor, he and another medical practitioner, who was virtually a silent witness, stood on opposite sides of my husband’s hospital bed where he was deposited after returning from the MRI. He was clearly in a groggy state as they nudged him and called out his name. He had to be sedated because he could not tolerate a closed MRI, and the option of an open MRI was not available. I was present just a few paces away in a chair as they tried to stir him, presuming that when he opened his eyes that he was awake and aware. Of course, this was not the case because days later when I asked him

about what he knew about the outcome of the MRI, he was clueless. So let me recap that the patient was in the dark about the fact that he had had a stroke. Instead, he was under the impression that the episode had something to do with his tendency to experience periodic bouts of Bell’s Palsy that have occurred over the years. Finally, in an effort to gather up the best way to support my husband, without wanting to be “a nagging wife,” and instead with the hope of seeing him empowered for making positive lifestyle choices, I asked him to show me his discharge plan which consisted of three pages listing “Active Outpatient Medications,” and “Follow-up Instructions should he experience a negative reaction to the new drug that he must now inject twice daily” because “he may have a condition which causes clotting.” The plan details what to look for in case of an adverse reaction to the new drug. He was given a list of “Useful phone numbers” including “911, the Emergency Room, Pharmacy and the 24-hour Suicide Prevention LifeLine,” but NO mention of the lifestyle changes that the neurologist recommended which included “a Mediterranean Diet and Exercise.”

I am clearly in this quest for complementary support for my husband’s care all alone; therefore, I am taking the reins to personally advocate for him in the role of a person who wants him healing and thriving. If it is too much of an “ask” for the medical team and the medical profession to grasp the concept of why it is important to help him activate his self-directed and proactive options for self-care, then I suppose my point has been made about medical care priorities. I do not assume that it is their role to make him take care of himself; however, just in the same way that medication is used as a protective factor to reduce the risk of future strokes, why not add an emphasis on lifestyle changes and partner with me? Standards across systems of care including medical; dental; optical and coverage of behavioral health put many people in the dubious position of being priced out of services; or left with a limited view of possible ways to cope in order to arrive at an improved state of overall health and well-being. I can count myself lucky in my efforts to get behavioral health services, but as in my husband’s case, such efforts for comprehensive, coordinated care are not always affordable, achievable or accessible. My advocacy for health care needs is added to the work of managing other issues such as annual rent increases that have my husband and me paying more rent in retirement than we paid when we were working. Our joint advocacy extends to struggling to get him Access-Ride for his doctor’s visits to the Veterans Administration Hospital; part of a care system for veterans which is facing a budget cut of 83,000 staff and a possible closing of the 23rd Street facility.

Before I close, my neighbor Linda Milazzo, upon finding out that I intended to write this article, gave me a note that she composed expressing her frustration. She writes: “I am really upset not only for me, but for all people who are suffering...my few friends have given up hope, faith and trust in the system...No one cares except for power and greed.” We can survive our losses, change and our frustration with the way that things are happening in health care; housing; the economy and politics but, at some point, we need to stand up and do what is necessary to bring about positive change. As for me, I intend to deliver this article to members of my husband’s medical team; the governor and the State Education Department and those who license and monitor standards of care. Best practice values; the Hippocratic oath and the principle of “first do no harm,” need to guide care; not a price list or a reimbursement schedule. The medical care industry must acknowledge the impact of its stress producing practices on the health of the public. Leaders will not make this right. It is up to us to demand better in order for care to become better. Tell your stories to those capable of making improvements because each victory moves us closer to the desired change. Be a victor, not a victim. Power to the People!

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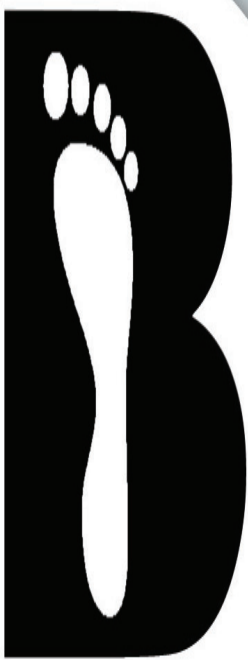
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RIDE INTO SUMMER!

by Cyclo Pete

Summer is upon us, Woodside! And nice weather and longer days are the best time of year for getting in some epic bike rides! Read on for some ride ideas in our area, and to get an idea of how to plan for your big summer on the bike. So take out your bike map and let's draw up some ideas.

The Short Local Ride - Diversity Plaza

If you haven't been on a bike in a while, start with a quick two mile jaunt over to our next door neighborhood. Diversity Plaza in Jackson Heights is an iconic nearby destination. If you're starting at the Sunnyside Arch, just take Queens Boulevard East to 69th Street, head north to 41st Avenue, and north to Roosevelt on 73rd Street. The beginning of this ride has a little bit of climbing and should be a good test of your condition.

The Medium Destination Ride - World's Fair Marina

There are few better places to be on a summer's day than the waterfront. To get to the World's Fair Marina, you can continue north from Diversity Plaza to 34th Avenue and head east to 108th Street which will merge onto 31st Drive and connect to the promenade. Biking along the water is a pleasure, and it's only about 5 miles from our starting point on 46th Street!

The Long Odyssey Ride - The Flushing Park Ring

To make this a long ride, consider heading southeast to Queen's own "green emerald" of parks. Downtown Flushing can be tricky, but if you take College Point Boulevard south to Maple Avenue, then onto Kissena Boulevard for about a mile, you'll end up in Kissena Park, which opens up excellent access to the famous Cunningham Park, the historic Vanderbilt Parkway, and out to Alley Pond Park. This is a 15 mile ride and will have you at Little Neck Bay!

Are you ready to roll this summer? If so, consider planning your rides in segments as I've done here. This way, you can adjust and still get a good ride in, even if you don't get out as far as you might have planned. Take snacks, breaks, and if you get tired you can usually bring your bike onto the LIRR as needed to get home quicker. So think about where you might want to go this summer, and ride safe, Woodside!



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108th Community Council

NATIONAL NIGHT OUT

FOOD & BEVERAGE

DONATIONS

Make a difference with your donation.

We are looking for food and beverages donations for **Night Out**. As always all council donations are used exclusively for the purpose of advancing public safety, quality of life, and police-community relations.

Checks are preferred and payable to the
108th Community Council
Mail to:
108th Precinct
547 50th Ave
Queens, NY 1101
Attention Community Affairs

This year’s National Night Out will be on Tuesday, August 5, 2025, 5:00 to 8:00 pm at Lou Lodati Park, Located On Skillman Avenue between 41st Street and 42nd Street

Contact Us:

- 347-602-3616 – Diane Ballek
- 917-670-4463 – Kevin Romero
- 108communitycouncil@gmail.com





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No Cover / BYOF
2 drinks minimum



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Ask us about this!

Free ACs for Essential Plan members with Asthma Symptoms

Applications should only take 5-10 minutes to complete and are processed on a first come, **first served basis until August 31st** while funding lasts. Applicants get an update on if the application was approved within two to three weeks.


Eligibility




To qualify, you must submit an application for the Essential Plan Cooling Program and meet the following eligibility requirements.

- Be enrolled in NY State of Health's Essential Plan
- Have persistent asthma
 - Meaning you experience asthma symptoms such as shortness of breath, wheezing, coughing attacks, chest tightness, or chest pain much of the time or need a daily medication for asthma to control your symptoms
- Have not received a cooling unit in the past five years through the Home Energy Assistance Program (HEAP) Cooling Program.
- Request installation at the permanent residential address on file with NY State of Health
- Agree to program terms and conditions

Additional :
New York State Home Energy Assistance Program (HEAP) is continuing to offer low-income households financial assistance towards purchasing an AC unit.



Scan for Application & Program Overview



NEW SCHOOL CROSSING GUARDS

- P.S. 150 and P.S. 343 The Children's Lab School have new crossing guards.

JOB OPPORTUNITY

- P.S./I.S. 78 and P.S. 384 Hunters Point Elementary School are looking for crossing guards.
- Visit nyc.gov/site/nypd/careers/civilians/school-crossing-guard.page to learn more and apply.

FREE ENGLISH CLASSES

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July 1 - August 28

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EMAIL: hlbrick@aol.com
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Central Astoria Waterfront Concert Series

Thursday Evenings at 7:30pm
(Astoria Park Ditmars Lawn)

07/10/25 BonJourney (Pop/Rock)
07/17/2025 Men of Soul (Soul/R&B)
07/24/25 CC&THEBOYS (Country)
07/31/25 The Sky High Band
(90s/2000s Hits)



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MON-FRI

5-8PM

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Need it the Most

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31-31 60th Street
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718-278-8114 - Office
Food Pantry is Open
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<http://CCWoodsideNY.org>

St. Raphael
35-20 Green Point Ave Long Island City, NY 11101
718-729-8957 - Office
Food Pantry is Open
Thursday 10:30AM to 12:00PM
Saturday 1:30PM to 3:00PM
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