Holiday Greetings from Ngozi Moses

HOLIDAY GREETINGS and BEST WISHES for a Great Start to 2015.

Dear Community Partners, Supporters and Friends,

We had a great year continuing our partnership work. Your support of our Mission and the engagement with the collective work that we have done over the more than 25 years is highly appreciated and valued. I look forward to continuing the collaborations in 2015.

In this newsletter we will focus on sharing our collective work. Please help to promote this information and provide feedback.

Stay safe and enjoy the season’s delicious foods. In this issue we have provided some Health Promotion Tips (e.g. toxins in cash register receipts) that we hope you will find useful as you go about your regular life activities and urge you to share with others.

Ngozi Moses, Executive Director, BPN

Using Health Information Technology to Enhance Community Services in Brooklyn

This year, BPN became the lead agency and coordination entity for the NYS Department of Health’s Health Information Technology (HIT) Project in Brooklyn. It is a pilot project funded by the New York State Department of Health that uses HIT to enhance community service coordination for pregnant and parenting women in Brooklyn.

Building upon the 2012-2013 Brownsville Action Community for Health Equality (BACHE) Project and Community Based Service Navigation (CBSN) System, the BACHE project was funded by the CDC REACH (Racial and Ethnic Approaches to Community Health) Program with support from the Infant Mortality Reduction Initiative (IMRI) coalition project.

The goal is to address gaps in care for mother and child by closing the referral loop and ensuring better care transitions in underserved communities. This project comes out of the Medicaid Redesign recommendation to improve care delivery by supporting projects that use technology to link medical providers and social service organizations.

Using a new software platform, communication will be stronger between providers and promote timely referrals, coordinated care, and better risk screenings. Future partnerships with other medical and social service agencies are welcomed.

For more information on how to join the Project Advisory Group please contact:
Rebecca Shore, Project Coordinator
Rshore@bpnetwork.org

For a list of the HIT partner organizations please visit
WWW.BPNetwork.Org
Did you know that Cervical cancer is the easiest female cancer to prevent, with regular screening tests and follow-up?

Almost all cervical cancers are caused by human papillomavirus (HPV), a common virus that can be passed from one person to another during sex. Some HPV types can cause changes on a woman’s cervix that can lead to cervical cancer over time, while other types can cause genital or skin warts.

HPV is very common. For most women, HPV will go away on its own; however, if it does not, there is a chance that it can lead cervical cancer.

Cervical Cancer Prevention

Two tests can help prevent cervical cancer—

The [Pap test](#) (or Pap smear) looks for precancers, cell changes on the cervix that may become cervical cancer if they are not treated appropriately.

The **human papillomavirus (HPV) test** looks for the virus that can cause these cell changes.

Cervical Cancer Screening

Cervical cancer is the easiest female cancer to prevent, with regular screening tests and follow-up. Pap tests are recommended for all women ages 21 to 65 years old.

HPV Vaccine

HPV vaccines offer the best protection to girls and boys who receive all three vaccine doses and have time to develop an immune response before being sexually active with another person. That’s why HPV vaccination is recommended for preteen girls and boys at age 11 or 12 years.

For more information and prevention tips please visit [www.BPNetwork.org](http://www.BPNetwork.org)

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University of Massachusetts Collaborates with BPN on A Pregnancy Storytelling

**University of Massachusetts (UMass)** team has selected and outreached to BPN as a NYC/NYS community based organization partner for their multi-state project. New York women to share their Pregnancy Stories!

The University of Massachusetts (UMASS-Worcester) are using women’s stories to create a series of videos that contain stories of African-American and Latina women pregnancy stories. UMASS is funded by WellPoint Insurer to develop peer-to-peer material and child health educational messages related to service utilization. These videos will represent an innovative, customized educational tool for families. The videos will be developed in a DVD format and will be available online. The UMASS team just finished conducting all focus groups and videos nationwide and now have all of the

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BPN would like to extend its gratitude to partner organizations how helped to recruit clients for participation in the group. The women were truly excited to have their voices heard!
NYS Marketplace: 2015 Open Enrollment

Important NYS Marketplace information for 2015 Open Enrollment

If you’re enrolled in a 2014 Marketplace plan, your benefit year ends December 31, 2014. To continue health coverage in 2015, you can renew your current health plan or choose a new health plan through the Marketplace during the 2015 Open Enrollment period.

What happens if I have no coverage in 2015?

If you don’t have health coverage during 2015, you may have to pay a fee. The fee in 2015 is higher than it was in 2014 — 2% of your income or $325 per adult/$162.50 per child, whichever is more.

Important Dates:
The Open Enrollment period for 2015 coverage is November 15, 2014 to February 15, 2015.

If you or anyone you know needs health insurance information contact BPN to setup an appointment with a NYS Health Insurance Navigator.

February is American Heart Month

Did you know? Heart disease is the leading cause of death for both men and women in the United States

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, BPN is proudly participating in American Heart Month. Heart disease and stroke, along with diabetes, are 3 of the 5 leading causes of death in Brooklyn.

Controlling and preventing risk factors is an important step for people who already have heart disease.

You can also make some of the following healthy changes to lower your risk of developing heart disease:

To Lower Your Risk

Watch your weight.
Quit smoking and stay away from secondhand smoke.
Control your cholesterol and blood pressure.
If you drink alcohol, drink only in moderation.
Get active and eat healthy.

Chronic Low Sleep and Long Sitting is Bad for Your Heart

Many of us try to sleep as little as possible. There are so many things that seem more interesting or important than getting a few more hours of sleep, but just as exercise and nutrition are essential for optimal health and happiness, so is sleep.

Studies have shown that, less than 7 hours of sleep per night/day (5 hrs. deep sleep min) affects more than your health and weight gain negatively.

Lack of sleep can lead to:

- Snappy irritable behavior
- Indecisiveness and more says new research.

In addition, sitting for long hours daily is just as bad or worse than smoking and related heart problems.

Do you know that sitting at your desk for too long at your desk can be detrimental to your health? According to the Harvard School of Public Health, sitting for long period at a time can cause diabetes, heart diseases, weight gain and even cancer.

The quality of your sleep directly affects the quality of your waking life, including your mental sharpness, productivity, emotional balance, creativity, physical vitality, and even your weight. No other activity delivers so many benefits with so little effort!

Since they are both interrelated be sure to get at least 7 hours of sleep each night as well as get up and walk every half hour and takes a half hour walk during your lunch time.

For more info/reference please visit BPN website: www.BPNetwork.org
**Ingredients**

- 100g provides just 45 calories
- 4 tablespoons unsalted butter
- 1 medium onion, coarsely chopped
- 1 celery rib, coarsely chopped
- 2 garlic cloves, coarsely chopped
- 1 cup dry white wine
- 1 quart chicken stock or low-sodium broth
- 1 quart water
- 4 pounds kabocha or butternut squash—peeled, seeded and cut into 1-inch cubes
- Salt and freshly ground white pepper
- Large pinch of freshly grated nutmeg
- Salted roasted pumpkin seeds, honey and diced cucumber, for garnish (optional)

**Instructions**

Current research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer, offers protection against heart disease, and is recommended by dieticians in weight-reduction programs. Beta-carotene offers protection against other diseases as well as some degenerative aspects of aging.

Squash has more vitamin A than that of pumpkin, contains no saturated fats or cholesterol is a rich source of dietary fiber and phyto-nutrients. It also contains many anti-oxidants and vitamins and low in calories.

Try this Winter Squash Soup with Roasted Pumpkin Seeds.

Instructions

- the onion, celery and garlic and cook over moderate heat, stirring, until softened, about 5 minutes. Add the white wine and simmer for 3 minutes. Add the stock and water and bring to a boil.
- Add the squash, cover partially and simmer over moderately low heat until tender, about 30 minutes.
- Working in batches, puree the soup in a blender. Return the soup to the pot, bring to a simmer and season with salt, white pepper and nutmeg. Garnish with the pumpkin seeds, a drizzle of honey and the cucumber.

It is easy to make and full of an exceptional amount of nutrition!

For more recipes please go to www.BPNetwork.org

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**Temptation at Checkout**

Have you ever made a sudden purchase of your favorite candy bar at checkout? Well, the Center for Science in the Public Interest (CSPI) reports that this may be an intentional marketing strategy by the food and beverage industry.

CSPI’s new report, “Sugar Overload: Retail Checkout Promotes Obesity,” examines the prevalence and healthfulness of foods and beverages in retail checkout aisles.

The report found that unhealthy food and beverages are common even in the checkout aisles of stores that are not in the business of selling food.

“Across 30 grocery stores and other retailers, we found that candy, gum, energy bars, chips, cookies, soda, and other sugar drinks comprise the majority of food and beverages at checkout. The widespread availability of junk food and sugary beverages means that even shopping for clothes or books has become yet another occasion for food companies to push (unhealthy) products on people.”

For more information and health resources visit www.BPNetwork.org
Every piece of the universe, even the tiniest little snow crystal, matters somehow. I have a place in the pattern, and so do you. Thinking of you this holiday season!

-- T.A. Barron