



NEW YORK STATE SENATOR

Joseph P. Addabbo Jr.

## Senator Joseph P. Addabbo, Jr. Hosts Engaging Diabetes Awareness Event Focused on Healthy Living

JOSEPH P. ADDABBO JR. November 13, 2023



Senator Addabbo hosted a diabetes awareness event on November 8, 2023.

Woodhaven, NY - November 8, 2023 - In honor of Diabetes Awareness Month, Senator Joseph P. Addabbo, Jr. organized an interactive and informative diabetes information session at All Saints Episcopal Church. The event aimed to empower individuals living with diabetes by providing them with valuable knowledge, practical tips, engaging activities and healthy giveaways, such as fresh fruit and vegetables, to lead a fulfilling life despite the challenges posed by the disease.

Senator Addabbo expressed his enthusiasm for the event, stating, "It's crucial that we come together as a community to raise awareness about diabetes and support those affected by it. By hosting this interactive session, we hope to equip individuals with the tools they need to manage their condition effectively and live healthy, vibrant lives."

According to the American Diabetes Association, an estimated 1,717,067 people in New York, accounting for 10.7% of the adult population, have been diagnosed with diabetes. In Queens, that percentage is higher at 11%. Shockingly, there may be an additional 456,000 individuals in New York who have diabetes, but are unaware of their condition, putting their health at significant risk.

The event commenced with an engaging live cooking demonstration conducted by Cornell University Cooperative Extension-NYC. Attendees were treated to the preparation of ratatouille, a delicious French vegetable stew. To further promote healthy choices, everyone in attendance received a sample of the dish, accompanied by refreshing fruit-infused water. The culinary experience was followed by light exercises designed to invigorate participants and promote circulation.

Danny Morales, the director of Agriculture at Queens County Farm Museum, delivered a compelling speech on the benefits of growing one's own vegetables. Morales encouraged attendees to take up gardening and provided them with packets of tomato seeds and coupons to visit the Queens County Farm Museum. As one of the longest continually farmed sites in New York State, the museum serves as an excellent resource for individuals interested in learning more about sustainable agriculture.

Jane Giordano, a Certified Diabetes Educator/Dietitian at St. Francis DeMatteis Center / Catholic Health, delivered an enlightening talk on the importance of portion control and dividing one's plate to achieve a well-balanced meal. She emphasized that half of the plate

should consist of vegetables and fruits, while at least half of the grain serving should be whole grains. Giordano also stressed the significance of choosing fat-free or low-fat (1%) milk and water over sugary beverages like soda and sports drinks.

To further demonstrate the possibilities of delicious, diabetes-friendly cuisine, a complimentary dinner was provided by Fidelis and catered by Caribbean Cabana of Richmond Hill. The menu featured a delightful array of dishes, including lentil soup, grilled chicken, grilled tilapia, string beans, broccoli, carrots, brown rice, and for dessert, plain yogurt with fresh berries and a touch of honey on the side. This scrumptious meal showed that healthy eating can be both satisfying and flavorful.

Adding excitement to the evening, attendees were surprised by a visit from Fidelis' beloved mascot, the Fidelesaurus. The cheerful mascot championed healthy habits and emphasized the importance of health coverage for children and families. During dinner, Jane Giordano engaged the audience by asking four diabetes-related health questions based on her presentation. The first person to correctly answer each question received a gift basket from Fidelis, which included a small, plush Fidelesaurus—an adorable reminder of the importance of maintaining good health.

QARI (Quincy Asian Resources, Inc.), another event sponsor, generously provided each attendee with a bag filled with fresh produce as the event concluded. QARI is dedicated to improving the social, cultural, economic, and civic lives of immigrants and their families, aiming to make a positive impact on the community.

"I extend my heartfelt appreciation to our experts and sponsors for their invaluable contributions to this successful event," Addabbo said. "Together, we have taken a significant step forward in educating and empowering individuals affected by diabetes. Let us continue working together to raise awareness, support one another, and foster a healthier

community."

Addabbo thanked the event sponsors: Fidelis Care and QARI, and supporters: All Saints Episcopal Church, Cornell University Cooperative Extension-NYC, St. Francis Hospital / Catholic Health, Queens County Farm and Caribbean Cabana.

Videos from the event can be viewed on Senator Addabbo's YouTube Channel at the links below.

<https://youtu.be/86hrpUIz16o>

<https://youtu.be/Hb9-8rmlHc>