



Health & Wellness

Join PACC-DC!

Why join?

You and your business will reap many benefits and your first year of membership is free if you join now!

WARM WELCOME TO ALL OUR NEW MEMBERS! (cont'd on p.8)

FROM THE EDITOR

In keeping with the current times, the theme for this Fall issue is Health and Wellness. The truth of the pandemic and the far-reaching effects it has wrought worldwide cannot be denied. Although, sadly, many still try. Be that as it may, we must continue to watch out for our health and wellness within and beyond Covid-19.

Keep on with your annual medical and dental check-ups, schedule your flu shots if you take them, eat healthy and don't forget to exercise. A last piece of unsolicited advice - define your line between self-medicating and calling for medical assistance. Keep it clear in your head as it may save your life.

We are thankful to our volunteer writers from our member pool in the Health and Wellness arenas who contributed to this issue, freely sharing invaluable information in their respective fields. Also giving them and other members a shoutout for keeping their doors open, adapting to the new normal and continuing to serve our community.

Election day is November 3, 2020. Deadline for registration is October 13. Please register and vote wisely.

Olma Inocentes

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CALENDAR OF EVENTS

- **A Covid 19 Story: From Frontliner to Victim**
October 1 – 2:00-3:00 pm
Webinar
- **Insurance – Why Is It Important?**
November 5 – 5:00-6:00 pm
Webinar
- **Trainstation Leadership Seminar**
November 26 – 8:00 pm
Webinar

Please watch out for announcements about more events in October!

COVID-19 TESTING BY JOE CAUTERUCCI



COVID-19 has changed the world that we live in for the foreseeable future. No matter what job you have or what part of the world you live in, this virus has probably impacted you in some way. COVID-19 is a virus that affects your respiratory system and is spread person to person between people who are in close contact, mainly through respiratory droplets produced from coughing and sneezing. The effects of the virus vary, from mild symptoms to severe illness and death. For people who have comorbidities

and the elderly, the risk is higher.

The main issue with COVID-19 is that there is no viable vaccine currently available and while efforts to develop one are underway, it is vitally important that adequate testing be done, so we can control the spread of the virus. During the early months of COVID-19, the lack of accessible testing was a huge concern and prevented people from going about their daily activities for fear of being infected or spreading the disease themselves. As time went

“For everyone else who is not covered by Medicare, we are able to administer the test for a minimal nursing fee and results come back within 2-4 days.”

on, more testing became available, but it still was not at a level where we needed it to be. Doctors’ offices did not have enough testing kits. Hospitals were getting overwhelmed with patients coming in with upper respiratory issues thinking it was COVID-19. Fast forward to six months later, I think we can all agree that Covid-19 testing has come a long way. Testing can now be done in your local urgent care or minute clinic and you can even buy testing kits online and administer it yourself. Unfortunately, we still have issues for our homebound community. Even though testing is as easy as finding your local drive-thru testing site, our homebound community consisting of elderly and bedbound people are not able to get to those sites or even to their doctor’s office.

Avalon In-Home Nursing and Rehabilitation saw first-hand how hard it was for our elderly homebound community to go get tested. Avalon decided to find a solution to help fill this need. We teamed up with LabCorp and Quest and have since provided over 147 free COVID-19 tests for our elderly community. At this present time, our nurses are going into homes providing the tests.

For our elderly community, we are able to administer the test free of charge. The laboratory costs and testing kit are covered by Medicare insurance, so they receive no bill at all. For everyone else who is not covered by Medicare, we are able to administer the test for a minimal nursing fee and results come back within 2-4 days. The process is very simple. All we need are one to two days advance notice to schedule accordingly and an order from your doctor. For more information on our testing service, please contact us at info@avalonnursingrehab.com or call 703-269-2238.



www.avalonnursingrehab.com

EXPLORE. DREAM. DISCOVER BY ROSE ARMOUR

“Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So, throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

– Source Unverified



A few years ago, I dared to explore, dream and discover the world that is Forever Living. Now I am on a continuing Forever journey to spread the health and wellness message here at home and across the globe. I believe in promoting beauty, inside and out.

Forever Living Products International turned 42 this year. Founded in 1978 on little more than dreams and hard work, Forever Living is now a multi-billion dollar cash-rich and debt-free company that manufactures and markets dozens of wellness and beauty products in over 160 countries. The idea was simple – offer the finest, healthiest products to the public that are proven to promote lasting health and wellness and do it in a personal way.

Rex Maughan, the CEO and Founder, quickly realized he could not rely on 3rd party suppliers to deliver the kind of quality he wanted. So, Forever Living secured its own aloe plantations, research and development facilities, manufacturing and packaging plants, and storage and distribution channels. The company is vertically integrated – from plant, to product, to you.

This vision and strategic moves are serving the company well as it responds to the increased demand during this time of the pandemic.

Jim Rohn, entrepreneur, author and motivational speaker once said, “Take care of your body. It's the only place you have to live.” This statement takes on a very significant meaning these days as we do what we can to maintain a healthy immune system. We all know our bodies need vitamins and minerals. These are vital nutrients for bodily functions and prevention of disease. Theoretically, we should be getting all these from food.

However, based on a study done by Robert Fletcher, MD and Kathleen Fairchild, MD, the Journal of the American Medical Association (JAMA) 19June2002 states “Most people do not consume an optimum amount of all vitamins by diet alone. Pending strong evidence of effectiveness from randomized trials, it appears prudent for all adults to take vitamin supplements.” A study also reported “reliable declines” in the amount of protein, calcium, phosphorus, iron, riboflavin (vitamin B2) and vitamin C in 43 fruits and vegetables over a 50-year period. Another study concluded that one would have to eat eight oranges today to derive the same amount of Vitamin C our grandparents would have gotten from one orange. At any rate it is best to discuss supplementation with your doctor.

Next month is a “ber” one, so the holidays are almost upon us.

Forever has a wide range of products – aloe drinks, supplements, weight management, personal, skin and household care. Why not give a gift of wellness? Dare to be different and relevant this year. As an added bonus - a portion of sales go to PACC-DC. It is a gift that keeps on giving!

Thank you to the PACC-DC for giving me this opportunity to share my mission. I am happy to answer questions about our products. I look forward to working with those who are on the same quest to promote and provide health, wellness and beauty services. Together, we can contribute to the community.

Together, we continue to strengthen PACC-DC.



www.foreverlolita.com
www.rose.flp.com

ORAL CANCER SYMPTOMS & RISK FACTORS

BY JOSEPH M. ARZADON, MD, DDS

When it comes to the lining of the mouth, there is a special type of skin (mucosa) that is coral pink in color and smooth in texture. Changes in color or texture may indicate a warning sign for a pathological process such as oral cancer.

The following can signal a pre-cancerous or cancerous growth:

- Reddish patches (erythroplakia) or whitish patches (leukoplakia) in the mouth
- A sore that doesn't heal and bleeds easily
- A lump or thickening on the skin lining inside of the mouth
- Chronic sore throat or hoarseness (difficulty chewing or swallowing)

These changes can also be noticed on the lips, cheeks, palate, and gum tissue around the teeth, tongue, face, and/or neck. Pain isn't always associated with oral pathology. If you experience facial or oral pain with no obvious reason, you should seek medical attention immediately.

Routine oral cancer screenings by your dental professional are highly recommended.

Regular screenings are especially important to people who are at a higher risk for oral cancer. Knowing your risk factors and talking about them with your doctor may help you make more informed lifestyle and health care choices. The risk of oral and oropharyngeal cancer is greatly increased by 2 factors:

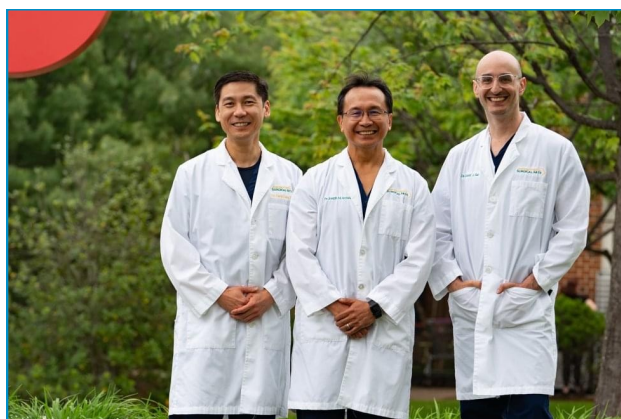
- **Tobacco.** Using tobacco, including cigarettes, cigars, pipes, chewing tobacco, and snuff, is the single largest risk factor for head and neck cancer. Eighty-five percent (85%) of head and neck cancer is linked to tobacco use.
- **Alcohol.** Frequent and heavy consumption of alcohol increases the risk of head and neck cancer. Using alcohol and tobacco together increases this risk even more.

Other factors that can raise a person's risk of developing oral and oropharyngeal cancer include:

- **Prolonged sun exposure**
- **Human papillomavirus (HPV)**
- **Gender.** Men are more likely to develop oral and oropharyngeal cancer than women.
- **Fair skin.**
- **Age.** People older than 45 have an increased risk for oral cancer.
- **Poor oral hygiene**
- **Poor diet/nutrition**
- **Weakened immune system**

To schedule a consultation, please call our office at (703) 379-2700.

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CHOOSING TO BECOME A BETTER YOU: LIFE GOALS

BY OLMA INOCENTES

Health and wellness are at the core of who you are and who you choose to become. In this day and age, particularly in this time of quarantines and enforced isolations, we need balance and we need to maintain that balance. If you are not in tune with your mind and body, if you are not in a comfortable emotional space, if you are not at peace with your spiritual side, achieving your life goals may take a longer and harder path.



Many of us need help in achieving that balance. Acknowledging that and choosing to become a better version of ourselves are steps in the right direction, and this is where coaching comes in. The practice of coaching has been around for a long time and has proven benefits.

A coach is someone who uses their knowledge and experience to help others grow and evolve in many areas of life – whether physical, mental, spiritual, or emotional. Coaching helps a person focus on their desired goals, be it personal, career, financial, relationships, or others. Coaches are there to guide, motivate, encourage and share knowledge.

“A coach is someone who uses their knowledge and experience to help others grow and evolve in many areas of life—whether physical, spiritual, or emotional.”

Coaching may be conducted one-on-one or in groups. Many organizations and businesses hire coaches with different specialties for their executives and other employees to improve performance, enhance interpersonal skills, develop social awareness, increase employee engagement and other reasons.

Depending on your needs, coaching may be beneficial for you as an individual. For example, if you want to effect changes in your life but are having difficulties doing it on your own; if you need clarity and confidence to make major decisions; if you have major goals and need the support to achieve them; if you want to reduce stress; if you want to gain better work-life balance.

There are many types of coaching. A few of the more familiar ones are life, business, executive, career and team coaching. It can be very specialized as well like prenatal, confidence or interview coaching.

Whatever type of coaching it is, its purpose, and the goal of the coach, is to assist the coachee to transform from inertia to evolution. For many coaches, having a positive impact on others is the main motivating factor for their practice. For the

coachee, this translates to numerous benefits, including a safe space for discovering and exploring options and growing into better versions of themselves.

For both the coach and coachee, a good fit is a paramount consideration for a successful partnership. Trust and clear communications are core necessities. The relationship is inevitably a symbiotic one, so the better the fit, the more rewards both parties will reap.

Everyone can benefit from working with a coach. No matter who your coach is, their role is to be “your external eyes and ears, providing a more accurate picture of your reality” (Kori D. Miller in “30 Proven Benefits of Life Coaching & Mentoring”, PositivePsychology.com, citing Atul Gawande, 2017).

Give us a call if you want to learn more about coaching and our programs. Special offers available for PACC-DC members.



THE FORKED ROAD PRINCIPLESM

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We offer consulting and coaching services.

When you're ready, we can help you choose the right path.

www.omlligroup.com

MEDICATION & FLU MANAGEMENT: A MATTER OF PERSPECTIVE

BY MICHAEL SAN JUAN

As a healthcare provider, the eternal question I keep asking myself is how I can make a difference with my long-term care clients. Studies show that proper medication compliance reduces the risk of hospitalizations and readmissions but with the ongoing quarantines and social distancing, trips to drugstores, especially by the elderly, are scary propositions. Given that a large chunk of the dwellers in the skilled or various living communities have their food delivered, why not their medications? Why take the risk of going into a drugstore, fall in line and get medications when it could simply be delivered?



My company, MedsPack, delivers medications, so I tried reaching out to various nursing facilities to offer this service but my emails were not getting answered neither were my calls and visiting various facilities failed as well.

Truth of the matter is, most of the nursing facilities are understandably more focused on preventing and mitigating the risks of the spread and have little time for other matters. Unfortunately, even with residents having limited or absolutely no contact with their loved ones and despite other vigorous preventive measures, Covid-19 cases have increased in several counties.

Experiencing a light bulb moment, I decided to take advantage of that 21st century marketing tool available to everyone – social media. With social media, I was finally able to reach clients and successfully communicate the idea of presorting medications and having them delivered.

MedsPack offers the latest technology in medication management. The medications are presorted based on dosage, date, label and time. With the unique strip packaging system, it is safer, easier and accessible for clients to open the pouches, giving the family and the client, the peace of mind they deserve. Traditional packaging such as blister packs and bottles are also available upon client's request.

Aside from packaging, we also offer setting up on-site flu clinics. Doctors stress the importance of getting your flu shots early in the fall. The Centers for Disease Control and Prevention (CDC) recommends that those 6 months of age and older receive a flu vaccine yearly. Vaccines are vital for the following reasons:

Children under 5 and especially younger than 2 years of age are at risk for serious flu-related complications. About 80% of child deaths occur in children who have not been fully vaccinated.

Flu is likely to cause severe illness in pregnant women due to changes in the body, such as the immune system, heart and the lungs.

About 30% of adults 50 to 64 years of age have a medical condition that puts them at risk of serious flu complications.

Adults 65 years and older are at high risk of serious complications from influenza due to weakening of the immune system. In fact, during most years, most influenza-related hospitalizations and deaths occur in adults 65 years and older.

People with chronic medical conditions such as heart disease, diabetes and asthma are at higher risk of developing flu-related complications.

Other services available are covid tests, shingles pneumonia, hepatitis (A&B) and the highly anticipated SARS-Cove 2 vaccine should it become readily available. Most medical insurance cover the cost of tests and vaccines. MedsPack is located at 14121 Parke Long Court, Chantilly VA 20151 Suite 112.

We can be reached via e-scripts, by phone at 877-633-7247, through the website www.medspack.com, or by fax at 7037-945-400.

I got my medications covered and my flu shot done. Have you?



UNWRAPPING THE PRICELESS GIFT OF PILATES

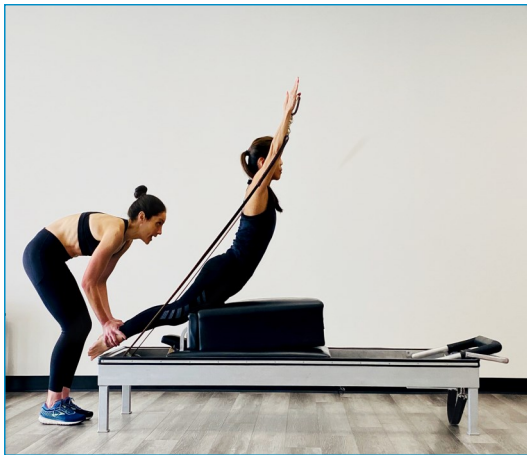
BY MARIA SISON WRIGHT

*A healthy, articulate body is not a luxury,
but a requisite for a HAPPY life. - Joseph H. Pilates*



A student of the work for 23 years, Pilates is my primary form of fitness. I utilize the internalized strategies as I joyfully waltz through my days at home and during other activities outside the Pilates studio. Joseph Pilates gave us this gift, a fitness science originally called Contrology. The body of knowledge he developed is immeasurable and one could spend a lifetime in self-discovery mode. He was ahead of his time and quite simply, a genius, in my opinion.

Joe was a sickly child who, instead of wallowing in self-pity, began studying the natural movements of small children and animals. After rehabilitating himself, he became an elite athlete and his body of work continued to evolve. During World War I, he began sharing his findings with injured soldiers. Joe empowered them with his system of exercises which focus on stability, strength, flexibility and stamina. He then traveled to the US and opened a studio in NYC. The rest is history.



Mind and Body balance are at the core of Pilates. The essence is to lengthen and strengthen the spine while engaging the entire body in a unified manner. Taking ownership is critical. The ultimate goal is to internalize the work, so it becomes as natural as breathing. No magic pills, false promises or other delusions, just Pilates with highly qualified instructors. The beauty of Pilates is that anyone, at any age can get started. Through the controlled and progressive movements, you can totally reshape your body.

Practicing Pilates on a regular basis provides plenty of well-rounded benefits. These include Core Strength, Balance, Posture, Flexibility and Mental Health. Learning the foundation takes time but anything worthwhile involves work. I will warn you - it can be addictive.

The better you become with the Pilates method, the harder the workout. It challenges you to learn more about your body and why it works the way it does. You don't just have to learn a series of movements; you must also learn the concept. For example, standing on one leg with your eyes open and then with closed eyes requires a lot of balance. But with slow movements of the limbs while maintaining a strong core, your balance will quickly improve. Once incorporated in your body, think of the Pilates framework as helping transport you around as effortlessly as possible.

When embarking on the Pilates journey or even just experimenting with a lesson, ask questions. Inquire about the credentials of your instructor. The instructor's job is to study your placement, teach you proper technique, make appropriate corrections, and observe how well you internalize the prescribed exercises.

Pilates provides options. The various levels (beginner through advanced) may look different but the foundation known as the 'heart and soul of the work' is the same. It remains a constant throughout your journey. You systematically start with the same exercises which build strength to advance to the next level.



www.innercorewellness.com

Pilates is a full body systematic workout with all movement originating from the core. All ages, shapes and sizes benefit from the work Joseph passed down through his prodigies and students of the work. Go ahead, recapture the powerful energy you felt as a child when your spine was flexible and strong. Embrace the ecstasy of the movement as it creates the music your body's been craving to hear. Give Pilates a chance. I'm here to answer your questions, Maria@innercorewellness.com.

PACC-DC

Our Vision

To expand and strengthen Filipino-American entrepreneurship and business development activities in the greater Washington, D.C. area, and to become a meaningful force in the growth and development of communities within the region.

Our Mission

To develop programs, seminars, and events that have a positive impact on the business community; to connect and foster open and consistent communications across communities; to support and augment all our members; and to foster community outreach initiatives that benefit the entire region.

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Join the PACC!

Membership Benefits

Business Development Connections

- Calendar of events & meetings offering networking and business development opportunities
- Priority registration and discounted event ticket pricing for members
- Sponsorship opportunities at networking events as well as e-newsletter, social media, and website
- Listing in and access to PACC-DC business directory and members-only resources
- Post job and partnership opportunities on the PACC-DC website
- Creating collaboration and business opportunities with fellow members
- Connections to local businesses, other Chambers of Commerce, and to SBA and Minority Business Development Agency (MBDA) as well as other business organizations

Learning & Support

- Access to recognized industry experts, speakers, and thought leaders
- Mentorship opportunities with key business leaders
- Webinars on topics of interest

Savings

- Exclusive PACC-DC Membership Savings Card - discounts offered to member firms

Advocacy

- Networking and advocacy opportunities with leading federal, state, and local officials



Membership Fees are waived if you register by 12/31/2020

WELCOME TO NEW MEMBERS!

Member Name	Business
Atty. Malou Marang	Chugh, LLP
Cmdr. Thomas Teague	U.S. Navy
Matthew Veland	MassMutual
Aimee Spencer	eXp Realty
Judith Mitchell	Platinum Flooring
Nello Caramat	ASIS International
PJ Aluning	American Home Care Corp.
Ariel Bin Ariel Tumala	Beyond Image & Motion, LLC