



"Patient Care Comes First"



LOCATIONS Urgent Care Center

Open 7 days
10300 SW 216 Street
Miami, Florida
305-253-5100

Doris Ison

10300 SW 216 Street
Miami, Florida
305-253-5100

Naranja Health Center

13805 SW 264 Street
Naranja, Florida
305-258-6813

South Dade Health Center

13600 SW 312 Street
Homestead, Florida
305-242-6069

Everglades Health Center

19300 SW 376 Street
Florida City, Florida
305-246-4607

MLK Clinica Campesina

810 W. Mowry Street
Homestead, Florida
305-248-4334

West Perrine Health Center

18255 Homestead Ave
Perrine, Florida
305-234-7676

Behavioral Health Center

10300 SW 216 Street
Miami, Florida
305-253-5100

Marathon Health Center

2855 Overseas Highway
Marathon, FL 33050
305-743-4000

Message from the CEO

We really should not need a National Colorectal Cancer Awareness Month, but we have one, and this is it.

Colorectal cancer should be one of medicine's great success stories, now almost totally preventable. Yet it is the second leading cause of cancer deaths in the United States, killing 56,000 Americans a year, and it is an ugly, painful way to die. Why are people still dying when the disease is easy to prevent? Primarily, it's because people are embarrassed to go for the diagnostic procedure, called a colonoscopy. During a colonoscopy, a long, flexible tube with a light and camera is inserted into the rectum. The patient is sedated while all that is going on, remembering little and feeling nothing.

Colorectal cancer begins with a tiny polyp, a small mushroom-like growth that is slow-growing and easy to find and remove while still harmless. It takes 5-10 years for a polyp to perhaps develop into cancer, so if a person gets checked out every five years or so, that reduces the chances of colorectal cancer by 90 percent.

If the doctor sees a polyp, he can remove it during the procedure. Once the procedure is over and the sedation wears off, the patient is back to normal. There is no pain and no lingering after-effects. In fact, the day before the test is worse than the test itself. Patients are put on a liquid diet and a medication that causes diarrhea. This is necessary since the colon must be empty during the test so the doctor can see any polyps. Patients spend the day before the test hovering close to a bathroom. All in all, an unpleasant experience. But one day of discomfort every 5 years is a small price to pay for preventing cancer.

Most people should get their first colonoscopy at age 50, or sooner if there is a family history. Your physician will refer you to a gastroenterologist or colorectal surgeon, and your doctors will determine how often to repeat the test based on your medical condition and family history.

So if you are approaching age 50, or have already passed it, discuss a colonoscopy with your doctor.



Brodes H. Hartley, Jr.
President & CEO

Accountability and Compliance Today (ACT)



www.prestigehealthchoice.com
1800-611-0786 member services
1800-617-5727 provider services



www.mycarenet.com
305-254-4982

CARENET SERVICES AT COMMUNITY HEALTH OF SOUTH FLORIDA, INC.

PLEASE CALL

305-251-4005 OR 1-877-251-4005

Behavioral Health Care Services (BHCC)

The Behavioral Health Care Center is an integral component of CHI's integrated health care system. BHCC is dedicated to CHI's mission to provide affordable, accessible and quality care to everyone.

CHI's Behavioral Health Care Services:

- Crisis Intervention (24 hours)
- Detox (24 hours)
- Individual & Group Counseling (child/adult)
- Medication Management (child/adult)
- Substance Abuse (child/adult)
- Day Treatment Services (adult-English/Spanish)
- HIV/AIDS Outreach Services
- Family and Children Services
- Case Management
- Social Services
- Temporary Assistance to Needy Families (TANF)

According to the Miami-Dade County Community Health Report Card from 2007, 35% of all Miami-Dade adults report having had experiences of two or more years in their lives suffering from depression and 10% of adults have been diagnosed with depression by their physician.

Untreated mental illness can cause financial and social burden to communities. Within CHI's general population, 39% were diagnosed with depression and other mood disorders, while 8.4% suffered from anxiety, including post-traumatic stress disorder.

Visit CHI's Behavioral Health Care Center Today. Call 305.252.4840 to make an appointment or for more information.

Mark your Calendar: Robert Bailey/Glen Rice Golf Tournament Fundraiser

Friday March 26, 2010
 Doral Golf Resort and Spa - Red Course
 4400 NW 87th Avenue Miami, Florida
 Registration: 11:30am
 Shotgun Tee Off: 1:00pm

For more information please contact:
 Romanita Ford
 Director of Marketing and Public Relations
 305.252.4853
 rford@hcnetwork.org

Community Health Superhero - Mario Diaz-Balart

Brodes Hartley Jr., the President and CEO of Community Health of South Florida, Inc. presented Congressman Mario Diaz-Balart with the National Association of Community Health Centers' 2010 Distinguished Community Health Superhero Award, for his efforts in strengthening, improving and maintaining access to America's community health centers.

"I am honored to receive this recognition," said Diaz-Balart. "Our community health centers are among the finest in the nation, delivering top quality health care to those who most need it in our community. The work of the leadership and staff at Community Health of South Florida is like no other. They are true leaders who are committed to the health and wellbeing of our community and it is an honor to represent them in Congress. We must reform our Healthcare system and I am committed to working in a bipartisan manner to achieve real reform. Healthcare is the most important long-term crisis currently facing our nation and we must enact responsible legislation to ensure the long-term viability of our current programs as well as ensure continued access and affordability for all Americans, while being careful not to inhibit our economic growth and stability."



Brodes Hartley Jr. & Congressman Mario Diaz-Balart

Community Blood Centers of South Florida

By: Rebecca Orozco - Community Blood Centers of South Florida

*"Our company supplies 90% of the South Florida Hospitals. We sponsor designated drives to aid specific cases if asked"
Healthy donors are needed to donate blood, if you do not feel you are healthy enough to donate blood please refrain from donating.
Patients are counting on your blood donation."*

Community Blood Centers of South Florida will be at Doris Ison on Tuesday May 4th for blood donations.

Health Benefits of Donating Blood

Lowers Cholesterol Levels, Decreases the risk of prostate cancer in males, doubles as a free mini-physical – blood pressure check, iron test and a temperature check as a pre-screening measure.

Benefits to the Community

Helps accident victims, cancer and leukemia patients, premature babies, burnt victims, people who undergo major surgery, and new mothers needing a blood transfusion

Other Facts:

- Every 3 seconds someone needs a blood transfusion. That's 20 people every minute; 1,200 every hour; 28,800 every day
- 60% of the population is able to donate blood
- Only 5% of population actually donates blood
- The average adult has 10 to 12 pints of blood in their body
- Donation consists of 1 pint of blood that the body replaces within 24 hours
- You are eligible to donate regular blood every 56 days
- No viable substitute for blood has ever been found, so when you need it, the only place to get it is from another human being
- Only donated blood could be infused into another human being
- Any day, these facts could mean the difference between life and death

NOTE: All donors with abnormal test results of any kind are informed promptly by US Mail. If a donor should receive a letter concerning test results, he/she should call 1-800-289-7997.

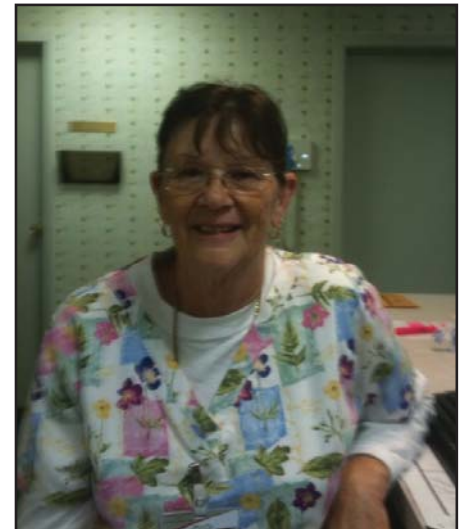
Employee Spotlight - Carol Dean

By: Kerri-Ann Forbes

Carol Dean was born in England and lived there till the age of 10, then immigrated to Canada with her parents. She and her husband have been living in the Keys for fifteen years. They have one daughter and one grandchild who also lives in the Keys and two sons and four grandchildren who live in Canada. Carol and her husband fell in love with the Keys when they started coming for vacations to escape the long, cold Canadian winters. When their children were married and on their own, they made their escape to the Keys permanently. Since living in Florida, Carol and her husband have made lots of great friends and love the year round sunshine and laid back atmosphere. They've even acquired a few tattoos and have become motorbike and boating enthusiasts and love the seafood, fishing and all the festivals!

Carol has been working at CHI for one and a half years. **"Having spent my whole nursing career working in hospitals or rehab centers, working at Marathon Health Center is like a breath of fresh air. There is a definite atmosphere of community, and I enjoy working with all age groups from pediatrics to pregnant moms to the elderly. Because we are a small group of employees down here in Marathon, we have to work closely together and I'm pleased to say we work very well together. We keep the lines of communication open and that enables us to focus on the best patient care we can give. There is nothing more gratifying to me then being a nurse and being able to help patients lead healthier and happier lives through the care we offer at CHI and I hope to continue being a part of that for some years to come."**

Thanks for all your hard work Carol.



Carol Dean
Registered Nurse
Clinical Coordinator

Joint Commission: 2010 Behavioral Health Care National Patient Safety Goals

2010 Critical Access Hospital National Patient Safety Goals

The purpose of the National Patient Safety Goals is to improve patient safety. The Goals focus on problems in health care safety and how to solve them. This is an easy-to-read document. It has been created for the public. The exact language of the Goals can be found at www.jointcommission.org.

Identify patients correctly Use at least two ways to identify patients. For example, use the patient's name and date of birth. This is done to make sure that each patient gets the medicine and treatment meant for them.

Make sure that the correct patient gets the correct blood type when they get a blood transfusion.

Improve staff communication Quickly get important test results to the right staff person.

Use medicines safely Label all medicines that are not already labeled. For example, medicines in syringes, cups and basins.

Take extra care with patients who take medicines to thin their blood.

Prevent infection Use the hand cleaning guidelines from the Centers for Disease Control and Prevention or the World Health Organization.

Use proven guidelines to prevent infections that are difficult to treat.

Use proven guidelines to prevent infection of the blood from central lines.

Use safe practices to treat the part of the body where surgery was done.

Check patient medicines Find out what medicines each patient is taking. Make sure that it is OK for the patient to take any new medicines with their current medicines.

Give a list of the patient's medicines to their next caregiver. Give the list to the patient's regular doctor before the patient goes home.

Give a list of the patient's medicines to the patient and their family before they go home. Explain the list.

Some patients may get medicine in small amounts or for a short time. Make sure that it is OK for those patients to take those medicines with their current medicines.

http://www.jointcommission.org/GeneralPublic/NPSG/10_npsgs.htm

2010 Theme: ACT

ACT– Accountability and Compliance Today

Current Events

- National Colorectal Month March
- Daylight Savings Time Begins..... March 14
- St. Patrick's Day..... March 17
- First Day of Spring March 20
- VIP Golf Tournament Reception..... March 25
- Robert Bailey/Glen Rice..... March 26
Celebrity Golf Tournament

Help CHI for FREE!

- Go to www.goodsearch.com
- Where it asks who do you goodsearch for, type in "Community Health of South Florida," and click the "Verify" button.
- Once you've selected CHI, use the website to make internet searches just as you would any other search engine (like Yahoo!, Google or MSN)
- Each search you make contributes to CHI.
- Just 500 of us searching four times a day will raise about \$7300 in a year without anyone spending a dime!