



HEALTHY BITS

Healthy Bits – A Newsletter Published by Community Health of South Florida, Inc.

CHI CELEBRATES BRODES H. HARTLEY, JR. TEACHING HEALTH CENTER CLASS OF 2022 AND INCOMING RESIDENTS

June was an eventful month at the Brodes H. Hartley, Jr. Teaching Health Center as the Class of 2022 graduated on June 11, 2022, after years of dedicated service to CHI and its patients.

Three family medicine and five psychiatry residents walked proudly across the auditorium to mark the end of their residency at CHI and the beginning of their remarkable journey as physicians.

The graduation ceremony was live streamed on CHI's YouTube channel so family and friends could tune in for the special occasion.

Keynote speaker Dr. Cheryl L. Holder is a founding member of the FIU Herbert Wertheim College of Medicine.

"Medicine is a gift that we fortunate physicians practice with gratitude," said Dr. Holder. "We need a community—that feeling of fellowship with others in sharing common attitudes and goals."

Graduating psychiatry resident, Olaoacha Okwuadigbo, MD addressed her fellow graduates with a piece of advice from Dr. Martin Luther King, Jr.

"Today we graduate and take a big step into the great responsibility of applying our training," said Dr. Okwuadigbo. "Dr. King said 'Take the first step in faith. You don't have to see the whole staircase, just take the first step.'"

On June 19, 2022, CHI welcomed 12 incoming medical residents with an intimate white coat



Class of new residents stands together after their white coat ceremony at the Doris Ison Health Center.

ceremony. It was CHI's 8th white coat ceremony, live-streamed on YouTube and Facebook and presented by Dr. St. Anthony Amofah, CHI's Chief Medical Officer.

CHI's CEO and President Blake Hall addressed the families and new residents.

"You will spend time and learn from our leaders," said Hall. "I'm excited about being a participant in your journey."

Dr. Elizabeth Philippe, Chief of Family Medicine, Associate Director of Medical Education, and Program Director for Family Medicine, described the symbolism behind the white coat and how it represents the medical profession.

"You come here to serve people in need," said Dr. Philippe. "The white coat reminds us of our duty. It's a powerful symbol of compassion, trust and humanism."

Dr. Philippe joined Hall to present



Teaching Health Center graduates for the class of 2022.

six family medicine residents with their white coats. Dr. Moises A. Riveron, joined in to present seven psychiatry residents with their white coats.

"This is a program that is designed and intended for people who have a heart for community health," said Dr. Amofah, as he directly addressed the residents. "You will get comfortable with the types of patients you see, the difference you get to make in their lives and how good you feel about the impact you make."

A MESSAGE FROM THE PRESIDENT & CEO



Time flies when you're having fun! It seems like the school year just wrapped up and here we are already starting to look at heading back to school. As always, we want to be your one-stop shop for healthcare for the whole family. Community Health of South Florida, Inc. (CHI) has discounted school and sports physicals. School and sports physicals without an EKG are just \$40 and \$50 with an EKG. Schedule it today, along with your child's dental exam and cleaning. Don't forget about vision too. Make sure you have their eyes checked and glasses made with us before the school bell rings again.

Did you Know CHI is now offering COVID-19 vaccinations for ages 6 months old and up. Your entire family should be protected by getting everyone vaccinated and boosted. This is year three of the pandemic and we are not out of the woods yet. Yes, things are improving, but we must remain vigilant. It is critical that we keep up to date with our vaccinations because it's simple—they save lives.

This time of year, we are also getting ready to celebrate **National Health Center Week!** It is an exciting time when we highlight the important work that community health centers like CHI do to keep our communities healthy. Check out our rundown of events and recognition at chisouthfl.org/NationalHealthCenterWeek. I hope you all will join us on August 9th from 4 p.m. to 7 p.m. for the health fair at our Martin Luther King Jr. Clinica Campesina Health Center, 810 W. Mowry Dr., Homestead, FL 33030. It's free and promises to be both fun and beneficial. We will have health screenings for the whole family, and we have a host of resources there such as housing assistance, home buying assistance, financial assistance and more. You can also enjoy food, games and more! Plus, the first 100 school-age children will receive a backpack with school supplies.

Until then, treat yourselves well. Focus on your mental and physical health. It's your ticket to success and greater happiness in life. If you ever need mental health assistance, there's a new Suicide & Crisis Lifeline to help anyone experiencing a mental health crisis. Just dial 9-8-8 to reach a national hotline that will connect you with a trained mental health professional. We are so proud to serve as your medical home.

Yours Truly,

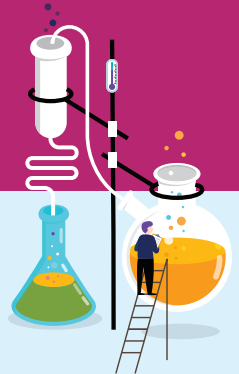
A handwritten signature in black ink that reads "Blake Hall". The signature is written in a cursive, slightly stylized font.

Blake Hall



Let's Celebrate Community Health Centers:

The Chemistry for Strong Communities



Join CHI for National Health Center Week!

From August 6-13, we will be hosting events to raise awareness about the importance of health centers, while also giving back to our community.

Saturday - August 6

School Physical Day

CHI will be conducting school physicals on School Physical Day from 8:30 a.m. - 12:30 p.m. Plus, free COVID-19 vaccines for children 6 months and older.

For pricing and to make an appointment:
chisouthfl.org/schoolphysicals

Monday - August 8

Health in Public Housing Day

CHI delivers backpacks with school supplies and COVID-19 education materials to CHI delivers backpacks with school supplies and COVID-19 education materials to public housing partners.

Healthcare for the Homeless Day

CHI is helping those who need it most. Our team will deliver CHI Care packs with drawstring backpacks, filled with socks, first aid kits, bottles of water, and personal supplies, to homeless encampments via our Mobile Medical Van

Tuesday - August 9

Agricultural Worker Health Day

CHI Health & Resource Fair

4 p.m. - 7 p.m.

We're bringing all the fun to National Health Center Week during the CHI Health & Resource Fair at the Martin Luther King Jr. Clinica Campesina Health Center. Farmworker and other community organizations will be present with giveaways and information to help families with housing assistance, financial assistance, legal services and much more.

To learn more about the health fair and sign up to join us, visit chisouthfl.org/NationalHealthCenterWeek

Wednesday - August 10

Patient Appreciation Day

On this day, we thank our patients for over 50 years of loyalty. We will give our patients goodie bags with gifts at our health centers. We will also have special décor to show our appreciation on this day.

Thursday - August 11

Stakeholder Appreciation Day

As a way to show our gratitude to policymakers, CHI will deliver special appreciation gifts to officials and organizations in Miami-Dade and Monroe counties for their support.

Friday - August 12

Health Center Staff Appreciation Day

We're showing our appreciation for our health center staff's diligent work and commitment to providing high-quality care to patients with a custom tumbler and decorations at our health centers

Saturday - August 13

Children's Health Day

We're holding a day full of family fun for our CHI staff at The Berry Farms in south Miami-Dade to celebrate Children's Health Day. We'll have great food and tons of kid-friendly outdoor activities for children of all ages!

Join us on August 9 at the CHI Health & Resource Fair from 4 p.m. to 7 p.m.

Sign up at

chisouthfl.org/NationalHealthCenterWeek



NEW REMOTE PATIENT MONITORING SERVICE HELPS PATIENTS AND DOCTORS

A new remote patient monitoring service will give patients and their providers better control over their health this summer.

CHI's free remote patient monitoring service allows patients who are managing diabetes, high blood pressure or are on a weight management plan to use technology in their own homes to track their progress with their provider—at no cost.

In partnership with WithMyDoc, CHI will send patients home with medical equipment like a blood pressure cuff, blood glucose meter or a body composition analysis scale. That means patients can frequently check and report their health data between visits with their providers.

"This gives providers more real-time information," said Peter Wood, CHI's Vice President of Planning and Government Affairs. "If the condition is getting worse, then the provider will know immediately as opposed to two months later when the patient comes in."

Because the service allows for more real-time reporting, patients don't need to travel to their health center as often. This is a relief for some patients who cannot arrange transportation as easily as others.

"It's going to make their appointments more effective and create a partnership with their doctor," said Carine Astree, a CHI care coordinator. She said the service will encourage patients to take a more active role in their treatment. "It helps the patient own their care."

Patients will get proper training on how to use the equipment. They will also learn how to send reports using a Bluetooth-enabled tablet, which is also provided free of charge through the program.

"Patients are communicating more often with their care team which will improve

patient outcomes," said Wood. "This technology is allowing us to provide care more continuously."

The remote patient monitoring service will be offered in English, Spanish and Haitian Creole this summer and eligible patients will be invited to enroll.



CHI will give patients devices to take home and assist with monitoring their health.

HEALTHIER TOGETHER:

Join us to celebrate National Health Center Week!

We're bringing all the fun to National Health Center week during

CHI HEALTH & RESOURCE FAIR



Join us for health screenings, community resources, food, games and prizes for the whole family!

**TUESDAY,
AUGUST 9TH, 2022**

4 p.m. - 7 p.m.

**Martin Luther King, Jr.
Clinica Campesina
Health Center
810 West Mowry Drive
Homestead, FL 33030**

HEALTH

- Health screenings for children and adults
- Free at-home COVID Test Kits and masks

FUN

- Ping-pong
- Arcade basketball
- Sticky ball
- Clown toss
- Giant bowling
- Food

RESOURCES

- Housing assistance
- Home-buying assistance
- Children and youth education, aftercare & scholarships
- Financial assistance
- Technology support
- Legal services
- Social service referrals, etc.

<https://chisouthfl.org/NationalHealthCenterWeek>

NEW eCONSULT PROGRAM CONNECTS CHI PATIENTS WITH SPECIALISTS ACROSS THE COUNTRY

CHI patients will soon have highly-qualified medical specialists contributing to their care. Thanks to a grant-funded program, CHI primary care providers will be able to connect with specialists across the country who can provide guidance and direction in treating a patient. The new program is called the eConsult.

When a patient is referred to a specialist, such as a cardiologist or dermatologist, they might face delays. It can be challenging to set up an appointment—sometimes waiting months to see the specialist. Other times, a patient may be uninsured and cannot afford to see a specialist, or doesn't have the means to travel long distances to the nearest specialist's office.

"We realized that all we need to bridge that gap is guidance on how to manage the patient," said Dr. St. Anthony Amofah, CHI's Chief Medical Officer. "The eConsult program allows us to get that guidance from a specialist through even a simple phone call."

A CHI clinician will be able to consult a network of specialists when they need guidance on a treatment plan or to review test results. What would normally take several weeks, the CHI care team can receive feedback from the specialist in as little as two days.



Dr. Saint Anthony Amofah discusses a patient's condition with a cardiologist online.

Not only does this benefit the patient, but having readily-accessible guidance offers clinicians a unique opportunity to expand their own skill set and improve patient care.

"Providers get educated and learn from it," said Dr. Amofah. "It's a powerful learning experience that allows you to be a better clinician for other patients as well."

Dr. Amofah adds, technology in the healthcare industry has the potential to make way

for patients to receive all-encompassing care by their primary care provider. Patients are more likely to remain consistent in receiving the care they need with their primary physician.

"These are the leading-edge technologies that make a difference across the board," said Dr. Amofah.

The eConsult program is set to launch this summer.



**COMMUNITY HEALTH
of SOUTH FLORIDA, INC.**

BACK TO SCHOOL



The new school year is around the corner! Avoid rushing to book your child's annual physical at the last minute. Community Health of South Florida, Inc. (CHI) provides a safe and affordable way to get your child back-to-school ready.

CHI will be conducting school physicals on

School Physical Day
Saturday, August 6, 2022
8:30 a.m. - 12:30 p.m.

Plus, free COVID-19 vaccines for children 6 months and older

TO SCHEDULE AN APPOINTMENT:
VISIT - chisouthfl.org/schoolphysicals
CALL - (786) 272-2100

Appointments encouraged | Walk-ins welcome



School Physical \$40

Sports Physical
With EKG \$50
Without EKG \$40

Most insurances are accepted

- Evening and weekend hours are available
- Please bring immunization records

No need to wait!
Schedule an earlier appointment before August 6

You can make an appointment or walk in at the listed locations:

Doris Ison Health Center
10300 SW 216th Street
Miami, FL 33190

Martin Luther King Jr. Clinica Campesina Health Center
810 West Mowry Drive
Homestead, FL 33030

South Miami Health Center
6350 Sunset Drive
South Miami, FL 33143

Marathon Health Center
2805 Overseas Highway
MM 48.5
Marathon, FL 33050

Naranja Health Center
13805 SW 264th Street
Naranja, FL 33032

West Kendall Health Center
13540 SW 135th Ave.
Miami, FL 33186