



HEALTHY BITS

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

THE BRODES H. HARTLEY, JR. TEACHING HEALTH CENTER CELEBRATES 2021 GRADUATION AND WHITE COAT CEREMONY

There was something very unique about the 2021 graduating class of the Brodes H. Hartley, Jr. Teaching Health Center. It wasn't the fact that all five graduates were brilliant young doctors, even though they were. It was the fact that all of them were women. According to the Association of American Medical Colleges, there has been a steady rise in the number of women students, and CHI's 2021 class was living proof.

Four family medicine residents and one psychiatry resident received medals and certificates at the graduation on June 12.

"We are very proud of our graduates," said Dr. Elizabeth Philippe, Chief of Family Medicine, Associate Director of Medical Education, and Program Director for Family Medicine. "They are now better clinicians with diverse experience, who are ready to provide high-quality services."

The graduation was streamed live on CHI's Facebook and YouTube pages. Dr. Romeena Lee, graduate and chief resident, addressed those in attendance.

"I have found a place that fulfilled my heart again, where I was able to learn and help those with the most needs," said Dr. Lee. "I call CHI my 'little gem in the South.'"

Dr. Sydney Coupet, founder of SPARK Health, delivered the keynote address.

"I am so excited to share this special day with these graduates and their families as they start the next phase of their medical career," said Dr. Coupet. "CHI has definitely attracted the best and brightest physicians from across



The Brodes H. Hartley Teaching Health Center class of 2021 (left to right) Dr. Romeena Lee, Dr. Janey Garcia Oviedo, Dr. Jana Cua, Dr. Jamie Bolduc and Dr. Jheannel White, stand together as they receive their medal of recognition.

the country to train right here and enhance its goal to deliver high-quality, patient-centered care to the community."

On June 23, CHI also held a virtual White Coat Ceremony to welcome the incoming class of residents, which included four family medicine and three psychiatry residents. The donning of the white coat is a symbol of passage for incoming residents, as they take on the responsibility of becoming a physician for the community.

This moment was especially important for resident Dr. Yeily Hernandez-Mato. When she was only 18, she nearly died in a violent car accident. Four months later, she was released from the hospital, left to recover in her mother's car as the two of them were homeless. Without any money or insurance, Hernandez-Mato went to CHI where doctors

nursed her back to health. On June 23, she returned full circle to train and serve among those doctors.

"It's an emotional moment for me to come back to CHI," said Dr. Hernandez-Mato. "The care team here showed me compassion, and now I have the opportunity to show others the same compassion."



Brodes H. Hartley, Jr., CEO, proudly places a white coat on Dr. Stanley Williams' shoulders, new family medicine resident.

A MESSAGE FROM THE CEO



National Health Center week is one of my favorite times of the year because it highlights the great contributions that community health centers, like Community Health of South Florida, Inc., have made to their communities.

For us, it is extra special as we continue to celebrate our 50th anniversary. We

will be hosting exciting events throughout the week, where we will visit different parts of the community. To close off National Health Center Week, we will also be having a Drive-In Movie Night. I hope you will join us and keep up with all the fun on our social media accounts.

It is also back to school time, so make sure the kids come in for their school and sports physicals. You can get them in now before the rush and avoid the stress.

I also want to take this opportunity to underscore the importance of getting vaccinated against the deadly COVID-19 virus. The variants are bouncing back with vengeance, putting unvaccinated people at risk. The hospitals are filling up with those who are unvaccinated while the rest of us who have been vaccinated are not getting seriously ill. Here at CHI, we offer free vaccinations for you or anyone in your family 12 years of age or older. Just call to schedule your appointment today or go to our website to request an appointment at chisouthfl.org. Let's leave this pandemic behind us. The only

way to do so is to encourage your family and friends to get vaccinated.

We are also encouraging folks to get vaccinated so that they can safely attend our Golden Legacy 50th Anniversary Gala celebration on September 25th at the Doubletree by Hilton Hotel Miami Airport and Convention Center. This premiere event will honor the legacy of excellence in compassionate, quality care that CHI has created over the last five decades. It will also benefit the Children's Crisis Center, a new facility that will be completed at our Doris Ison Health Center campus by next year.

Head over to our website chisouthfl.org to get your gala tickets, request an appointment for vaccination or school physicals, and to get more information on our National Health Center Week events.

Regards,

Brodes H. Hartley, Jr.

Get Vaccinated at CHI!

NOW OFFERING THE PFIZER VACCINE AT OUR HEALTH CENTERS FOR ANYONE AGES 12 AND UP!

You can now get all all three vaccines Pfizer, Moderna, and Johnson & Johnson at CHI.

To schedule an appointment please visit <https://chisouthfl.org/covidvaccine> or call (786) 272-2100.



CHI says “Thank You” with National Health Center Week and School Physical Day

If health centers are the chemistry for strong communities, then patients are the elements that keep them bonded together. Community Health of South Florida (CHI) understands that without the patients, it would not be the organization it is today. To show appreciation, CHI wants to celebrate patients and staff during National Health Center Week (NHCW).

“National Health Center Week (NHCW) is an annual celebration that raises awareness about the mission and accomplishments of community health centers across the nation. It is an opportunity for the organization to celebrate the commitment and work of our staff, the support of our community partners, and the loyalty of our patients,” says Carol Blackwell-Curry, CHI Director of Volunteer Services and Event Coordination.

CHI’s National Health Center Week will be filled with special events for the community. Each day is focused on service and gratitude. During NHCW, August 8-14, CHI will reach all parts of the community, including public housing, agricultural workers, and the homeless population. CHI will also thank patients for 50 years of loyalty on their very own Patient Appreciation day. On Saturday, August 14th, CHI will host a family-friendly drive-in movie night that is



Barbara Cesar, Director of Education at Centro Campesino, received backpacks for the agricultural workers during NHCW Agricultural Worker Health Day in 2020.

open to the public. Upon entry, each car will be given movie snack bags and backpacks with school supplies.

CHI also plans to show appreciation to its devoted and compassionate staff. The care team works cooperatively all year to provide high-quality health care, improve health outcomes, and narrow health disparities.

“We thank all of you for trusting us with your healthcare needs for 50 years,” said Blake Hall, CHI President. “We also thank our staff for the hard work and dedication that you put in day in and day out providing quality care to South Miami-Dade and Monroe counties.”

NHCW activities build on CHI’s past while celebrating and

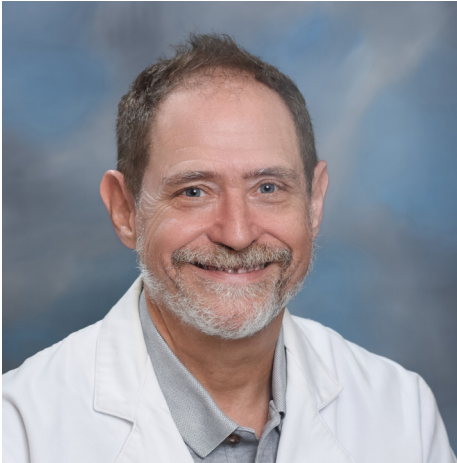
- **Health in Public Housing Day**
8/9 – CHI delivers school supplies to the community.
- **Agricultural Worker Day**
8/10 – CHI visits Centro Campesino Farmworkers Center to deliver Care Packs with school supplies to families.
- **Patient Appreciation Day**
8/11 – CHI thanks its patients for 50 years of loyalty.
- **Stakeholder Appreciation Day**
8/12 – CHI delivers plaques to Miami-Dade and Monroe police and community partners.
- **Healthcare for the Homeless Day & Staff Appreciation Day**
8/13 – CHI delivers backpacks with supplies to the homeless and honors its amazing staff.
- **Children & Youth Day**
8/13 – CHI hosts Drive-In Movie Night from 7PM to 10PM.

getting ready for its future. Another special event that CHI has in store is School Physical Day. CHI will provide affordable school and sports physicals as well as free vaccinations on Saturday, August 21st, so students can get back to school healthy and safe. Events like this help to eliminate barriers to care.

- **School Physicals \$35**
- **Sports Physicals with EKG \$50 and without EKG \$35**

KEEPING CHILDREN ACTIVE DURING A PANDEMIC IS KEY

By Dr. Stanley Sack, Pediatrician at the Marathon Health Center



Dr. Stanley Sack, Pediatrician at CHI Marathon Health Center

Life as we know it has changed for our families, and the effects on our children have been significant. Yet while it may be a little bit before activities get back to normal, little by little, people are getting out and about again.

On the other hand, the effects of COVID-19 will be with us for some time to come. That's true even for those of us who didn't have to deal with illness in our families. The changes have hit children just as hard as adults. Even without an infection, the pandemic took its toll on kids' health in the form of a less-than-ideal diet and lost opportunity for exercise.

While this may be changing as we speak, we are still not quite back to normal in the kid physical activity department. Maybe sports aren't fully up and running in your school. Even if they've started up again, maybe your young athlete hasn't re-enrolled: children thrive on routines, and the new "routine" may not include athletics. Also, many adults have lapsed in their

enforcement of limited screen time: I mean, what else was there to do while being cooped up in the house?

All these obstacles have been, well, a recipe for less exercise and, in many cases, a less healthy eating pattern. Just last month researchers confirmed what we already suspected: virtual education has meant less activity.

Getting kids moving, in fact, has always had its challenges. Participation and equipment fees may not be affordable for everyone. Our kids in the best of times (and their parents!) are subject to overscheduling problems, which may not leave time for physical activity. And although short of a hurricane, Florida may not be subject to the same weather obstacles as many parts of the country (such as Massachusetts, where I used to practice and where events could be snowed out well into April). Some neighborhoods may have traffic and other safety issues that make getting out a problem.

So, what should parents do? You might know the advantages of regular exercise in children. It helps fight obesity, which is becoming a significant cause of illness in our youngest patients. And it has benefits that go beyond weight control: low blood pressure, better sleep, and higher self-esteem are just a few benefits.

Yet knowing all that, you may still be at a loss as to how to get your child moving. With that in mind, here are a few thoughts:

- Set a good example yourself! Yes, we're all busy, but almost everyone can find 30 minutes, five

days a week, to get some exercise in.

- Encourage movement early. Hang on to that nice big box so your toddler can explore. Get a big, soft ball and spend some time playing. Child-proof your home so that your little one can crawl, walk, and run around as he was meant to.
- If your child is pre-sports age or hasn't found a sport she likes, be creative about getting her moving. Go on family walks. Romp around with the dog in the yard. Get to that kid-safe playground and throw a big, soft ball in tow.
- Work with your school to make sure physical activity is part of the educational plan. And if your child is in daycare or an afterschool program, make sure that some opportunities to move around are present.
- Put that screen away! The "official" recommendations are to have NO screen time until age 2, then, one hour per day thereafter. Get as close to that as you can.
- Finally, make sure that whatever you do is fun for your child. If one sport doesn't appeal, maybe another activity will. If he's having fun now, he's more likely to continue it—and to be active for life.

In many ways, the adjustments we've had to make during the COVID-19 pandemic are not unique; there are just more of them, and all at once. As we get back to normal, make physical activity a priority for your child. Then, during the next life challenge, it won't be as daunting to keep moving—or at least to pick up where you left off.

Connect with us online



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