



"Patient Care Comes First"



Message from the CEO

When you are an organization that helps mostly poor people, it's hard to attract the attention of those who are capable of lending financial support. Things like cancer and heart disease strike company executives as well as people on the loading dock, so large donations are not unusual. But company executives generally don't know much about organizations like CHI, which makes the upcoming annual Robert Bailey/Glen Rice Celebrity Golf Tournament so important. Not only does the event raise significant dollars for CHI's important programs, but it also gives us a chance to communicate about our mission and good work to an audience that is happy to pay \$175 for a round of golf and dinner with celebrities. This year's event will be on Friday, March 26 on the Red Course of the Doral Golf Resort and Spa. We are grateful to our Gold Sponsors, Trans Photon Corporation, Willis, and McKesson Empowering Healthcare for underwriting much of the costs of the day, making it possible for CHI to use the proceeds of the event to provide affordable, quality care for the people of South Florida.



This year, the fundraiser will support the development of a new building in Homestead, our Children's Medical Center, next to our existing MLK Health Center. The Children's Medical Center will include a Children's Crisis Stabilization Unit and pediatrics services. Currently, there is no Children's Crisis Center that serves the Florida Keys and South Miami-Dade, requiring people who need these services to travel north. The community has asked CHI to respond to this need, but it is expensive. Last year we raised \$96,000 from the Celebrity Golf Tournament and had about 175 golfers. In its 14 years, the annual tournament has raised more than \$600,000 to enable CHI to expand its services to the community.

We are so grateful to Robert Bailey and Glen Rice for lending their names to this annual event and for bringing their celebrity athlete friends to join them. The opportunity to spend a day with a well-known athletic star is a big draw that has made our event such a success over the years. Now, I don't expect many of our employees will be spending \$175 to play golf, but you can help in so many other ways. If you are so motivated, you can work with the Golf Committee, sell sponsorships and even get some businesses you know to donate items for the raffle. We are so fortunate to come to work every day knowing that at the end of the day we will have made life better for those we serve. Not many people can go to work and say that. The Robert Bailey/Glen Rice Celebrity Golf Tournament is one of the few opportunities we get each year to tell the world about what we do here.

Brodes H. Hartley, Jr.
President & CEO

Accountability and Compliance Today (ACT)

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



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Medication and Dentistry: What YOU Need to Know

Information courtesy of the **Academy of General Dentistry** - Provided by CHI Dental Services

Why does my dentist prescribe medication?

Your dentist prescribes medications for many reasons. While some drugs are formulated to fight oral diseases, others are used to prevent infections after surgical procedures such as tooth extractions and gum surgery. Certain drugs are used prior to dental treatment. These medications are used to help fight infections and also to control existing conditions such as heart murmurs and valve problems. Your dentist will discuss with you what medications you will be taking, when you will take them and why.

What should I find out about my medication?

Ask your dentist what you should look for after you've begun treatment. Ask about common side effects and what you should do if you experience them. Also ask about anything you should not take with the new drug, since the drug may interact with other prescription and over-the-counter medications and with certain foods. Ask your pharmacist any additional questions you did not ask the dentist. If you get a medication that looks different from the one you have been taking, speak up immediately.

When your dentist writes a new prescription, keep a record noting the brand name, generic name, the purpose, the dosage, how many times per day the drug should be taken and for how long. Every prescription dispensed by a pharmacist comes with a patient information sheet describing everything you need to know about the drug. Read the sheet before beginning your prescription, and read it each time before you take the drug. If you take several medications, keep a diary to check your daily intake and note any symptoms.

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

Homemade Granola Recipe

Ingredients:

3 cups rolled oats
1 cup slivered almonds
1 cup cashews
3/4 cup shredded sweet coconut
1/4 cup plus 2 tablespoons dark brown sugar
1/4 cup plus 2 tablespoons maple syrup
1/4 cup vegetable oil
3/4 teaspoon salt
1 cup raisins

Directions:

- Preheat oven to 250 degrees F.
- In a large bowl, combine the oats, nuts, coconut, and brown sugar.
- In a separate bowl, combine maple syrup, oil, and salt. Combine both mixtures and pour onto 2 sheet pans. Cook for 1 hour and 15 minutes, stirring every 15 minutes to achieve an even color.
- Remove from oven and transfer into a large bowl. Add raisins and mix until evenly distributed.

Cook Time: 1 hr 15 min Level: Easy Yield: 6 servings

<http://www.foodnetwork.com/recipes/alton-brown/granola-recipe/index.html>

New Year Crossword Puzzle

B	E	N	E	F	I	T	O	L	F	COMMIT
C	O	B	T	I	S	U	C	O	F	GOAL
O	N	C	L	T	I	M	M	O	C	PURPOSE
M	J	U	R	M	I	N	D	Y	A	DEDICATE
D	E	D	I	C	A	T	E	N	J	RESOLUTION
I	M	S	S	I	M	P	L	E	B	BENEFIT
T	N	I	K	A	E	L	A	O	G	MIND
N	B	M	S	D	X	Z	A	O	I	FOCUS
R	E	S	O	L	U	I	O	N	E	SIMPLE
C	I	E	E	S	O	P	R	U	P	RISKS

Employee Spotlight - Raquel Newton

By: Kerri-Ann Forbes

Our very own Raquel Newton from Doris Ison's Administration department has lost 30 pounds and counting!

"I would always start a diet or exercise program and quit the second day. When 2009 was about to roll around, something just clicked in my mind when I looked at myself in the mirror. I was not happy with myself. I remember talking to Natalie and saying, "Nat, this is it, I am losing weight this year." I started my diet program in January. The first week was really hard for me. I stopped eating and drinking anything with sugar in it, no bread, no rice and no pasta. After the first month it really took mind over body to stick with the plan. As of today, I have lost a total of 30lbs. I have another 10 to go! People come to me and ask me, "How did you do it?" I just tell them that you have to make an honest decision with your self that you are going to do this no matter what. This has been a lifestyle change for me. I have not touched anything with sugar, I eat wheat/multi-grain bread once in a while and I eat brown rice, and I have gotten so used to it that it is a practice I don't see myself breaking. I look at all the labels on the foods that I buy and drink lots of water (which is a big component to losing weight)."

Raquel's advice:

First make the decision that you want to change your eating lifestyle, make the commitment to stick with it. Don't get discouraged, it takes time for weight to come off. Once your mind understands that, then you will be successful.



September 2007



December 2009

Joint Commission: 2010 Behavioral Health Care National Patient Safety Goals

2010 Behavioral Health Care 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.

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

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

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

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

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

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

Identify client safety risks - Find out which clients are most likely to try to kill themselves.

http://www.jointcommission.org/NR/rdonlyres/9462F3AD-53E4-44CA-9CC6-DF4682359DA0/0/BHC_2010_NPSG.pdf

2010 Theme: ACT

CCAC - Create a Culture of Accountability and Compliance
Has changed and is now.....

ACT- Accountability and Compliance Today

Current Events

- Children's Dental Health Month February
- Burn Awareness Week..... February 7-13
- National Donor Day February 14
- Children of Alcoholics Week..... February 14-20
- President's Day..... February 15

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!