



"Patient Care Comes First"

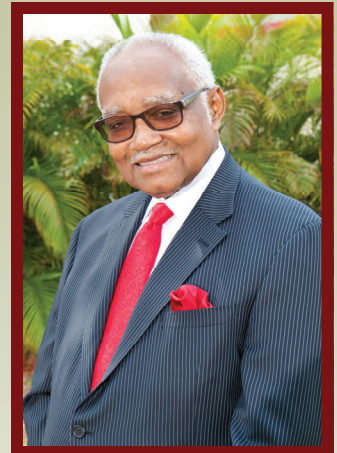
HEALTHY BITS

May 2013

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

A Message from the President

These are critical times for Community Health Care Centers. With everything at stake, it was important to voice our opinions both at the state and national levels. In March, my team and I met with legislators in both Tallahassee and Washington D.C. Our mission was two fold. First it was to convince elected officials to stand behind us and continue much needed funding to care for our uninsured, low income patients. In addition, during the trips, we attended the Florida Association of Community Health Centers Conference (FACHC) and the National Association of Community Health Centers Conference (NACHC). Both served as powerful platforms to educate ourselves about the key issues in health care today such as the Affordable Care Act.



You will be delighted to know, during our D.C. visit, Congress approved legislation that ensured continued funding in the Fiscal year 2013 for community health care centers nationwide. This action will enable CHI and many other organizations continue to provide quality care.

I am also very proud to tell you that we have made our own strides in raising money. The Robert Bailey/ Glen Rice Celebrity Golf Tournament helped to raise more than \$60,000. The tournament has been a CHI tradition for the last 18 years. This year, it was held at the Don Shula's Golf Club in Miami Lakes. The event was filled with plenty of fun and excitement as CHI partnered with some of Miami's biggest celebrity athletes to support this charity event. The proceeds will be used to help build our new Children's Crisis Center in Homestead for children suffering from abuse and mental illness. The funds will also assist in getting the proper equipment necessary to provide quality care for our patients.

The good news just keeps flowing into CHI. We were recently awarded 11 new school based health care centers. The addition now brings our school-based operations to a total of 42 in Miami-Dade County.

These accolades are just the beginning of great things to come for us. It is with confidence and pride that I tell you 2013 will definitely be CHI's year to shine.

Brodes H. Hartley, Jr.

Coconut Grove Health Center
3831 Grand Avenue
Miami, Florida 33133
COMING SOON !!!

Doris Ison Health Center
10300 SW 216th Street
Miami, Florida 33190
(305) 253-5100

Everglades Health Center
19300 SW 376th Street
Florida City, Florida 33034
(305) 258-6813

Marathon Health Center
2855 Overseas Highway
Marathon, Florida 33050
(305) 743-4000

MLK Clinica Campesina
810 W. Mowry Drive
Homestead, Florida 33030
(305) 248-4334

Naranja Health Center
13805 SW 264th Street
Naranja, Florida 33032
(305) 258-6813

South Dade Health Center
13600 SW 312 Street
Homestead, Florida 33033
(305) 242-6069

West Perrine Health Center
18255 Homestead Avenue
Perrine, Florida 33157
(305) 234-7676

GOLFING TO SAVE LIVES

When celebrities like pro athletes Robert Bailey, Glen Rice and Adewale Ogunleye hit the links on March 29th they did so with a greater good in mind. The annual celebrity golf tournament raised more than \$60,000 for a variety of programs at Community Health of South Florida, Inc.

“I am so proud to be a part of this fundraiser,” said Bailey. “It helps to remind us all that health care should not be a luxury. The work that CHI does is nothing short of game changing in the lives of thousands of people.”

For all too many South Floridians, access to quality healthcare seems unaffordable. Yet there is a place that is a beacon of hope for the uninsured and underinsured. For 42 years, Community Health of South Florida, Inc. has been providing medical care to those who would otherwise go without doctor’s visits, medication and life saving treatments.

The majority of CHI patients do not have the resources to pay for medical care. With nearly 300,000 patient visits in 2012, CHI is a neighborhood resource that gives and goes beyond the call of duty. Its comprehensive medical services offer a wide array of care under one roof: family medicine, pediatrics, OB-GYN, Imaging, Pharmacy, Dental, Mental Health, Vision and much more.

In a couple months CHI is hoping to break ground on a new Children’s Crisis Center in Homestead. The Center would specialize in treating children who have been victimized by abuse and children with psychological issues. Right now there is no such place in the South Miami-Dade area.

“This is a resource that the community can no longer afford to go without,” said Brodes H. Hartley, Jr. President/CEO of CHI. “The children’s crisis center is a sanctuary to heal these young fragile lives and put them on the path for success.”

CHI has seven convenient locations throughout South Miami-Dade and is also expanding into three new health care centers, creating a coverage area that stretches from the Florida Keys to Coconut Grove.



(Left to Right) Angela Roberts, Owner of Chicks-N-Wings Restaurant; Joseph Prater, Manager of the Volunteer Service; Romanita Ford, Director of Community Affairs & Governmental Relations and Glen Rice, Former NBA Basketball Player at Golf V.I.P. Reception & Tournament.



Colonel Brodes H. Hartley, Jr., President/CEO, Tiffani Helberg, Vice President of Communications and Development, Bodae Vogt, FAMU Intern, Arjun Saluja, CHI Board Member, Brownie Inman, Charle McBeath, John Penick, Joe Pascal, Ricardo Illanes, Steve Gasperini and Munoz Bhutti enjoying the Annual Robert Bailey/Glen Rice Celebrity Golf Tournament.



(Left to Right) U.S. Rep. Joe Garcia of the 26th District, Colonel Brodes H. Hartley, Jr., President/CEO, Glen Rice, Former NBA Basketball Player and Homestead Mayor Steven C. Bateman at Golf V.I.P. Reception held at Mercedes Benz of Cutler Bay.



Michael Bailey, Mr. Desmond, Adewale Ogunleye, NFL Football Player; Norman Powell; and Robert Bailey, Former NFL Football Player at CHI Celebrity Golf Tournament.



Irvin Collins; Glen Rice, Former NBA Basketball Player; Scottie Pippen, Former NBA Basketball Player, Richie Masa and Guest at CHI Celebrity Golf Tournament.

Doctor's Day Dinner At Brazaviva



(Left to Right) Dr. Saint Anthony Amofah, CMO, Blake Hall, Executive Vice President; and Colonel Brodes Hartley, Jr., President/CEO at Doctor's Day Dinner held at Brazaviva



Dr. Arnold Oper and Dr. Priscilla Borrego at Doctors Day Dinner



Dr. Robert B. Johnson, Director of Dental Services and Wife Mrs. Jamika Hicks-Johnson, ARNP at Doctor's Day Dinner

CHI ROLLS OUT THE RED CARPET FOR SAMSA



Ms. Stephanie McCladdie, Regional Administrator from SAMSA (Substance Abuse and Mental Health Services Administration) visited CHI in February. Ms. McCladdie is pictured in the middle surrounded by CHI Administrators.

NEW OAK TRESS ADORN MLK CENTER THANKS TO ALGER FAMILY

The Martin Luther King Jr. Clinica Campesina is much greener thanks to a generous donation from Alger Tree Farms. The Alger family donated more than 30 trees to spruce up the MLK Center located at 810 W. Mowry Drive. The beautiful 20 foot Oak trees will help provide shade and curb appeal to the busy health center.

"Alger has helped us to breathe more life and beauty to the outside of the MLK Center," said Colonel Brodes H. Hartley, Jr. CHI's President/CEO. "We are so grateful to them for the facelift."



GREATER KENDALL BUSINESS ASSOCIATION LUNCHEON



Brodes H. Hartley, Jr. was the keynote speaker at the Greater Kendall Business Association Luncheon on Feb. 28th. Colonel Hartley spoke about the comprehensive services and programs at CHI and the Affordable Care Act.

CHI's Hand Washing Police Patrol

Most people don't hang out in restrooms or mingle much around patient care rooms at Community Health of South Florida Inc. But that is exactly what "Silent Sam" does everyday at the center's facilities. While we can not release his real name or identity to you, "Sam" is one of several hand hygiene patrol monitors working undercover for the Education and Infection Prevention and Control Department.

Sworn to secrecy, Sam and the others spy on everyone keeping a watchful eye out for offenders. Their investigations began a few years ago after a large number of communicable diseases were reportedly spread at health care facilities in other parts of the nation. CHI responded quickly to be proactive by putting measures in place to improve and increase hand hygiene compliance amongst all patients and staff.

"It is a very simple way to lower all levels of communicable diseases that could possibly be spread within our facilities," said Sam. "Diseases such as MRSA and other skin infections have been known for making reservations and never checking back out."

Sam was a man of few words and a steady unforgiving stare. Not to give himself away, he could only give a few facts about his surveillance. Sam said he carefully watched over the Family Medicine department at the Doris Ison facility. Patiently gazing down hallways, into doctor's offices and at providers to patient transactions, he has found only a few infractions. They were a failure to wash hands after receiving money from patients during the registration process.

His boss, MaryAnn Worts, RN, the hand washing guru, orchestrates the carefully run secretive squad of great men and women to scour the facilities for offenders.

"It's working," said Worts, Director of Education and Infection Prevention and Control. "Employees are washing their hands more often and becoming increasingly aware of microorganisms, infectious diseases and viruses. We have even noticed an increase in antibacterial hand soap and alcohol sanitizer usage."



CHI Employee Wellness Weight Loss WINNERS



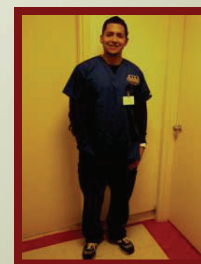
Carla McCullough
Lost 17 Pounds!

There's a lot less of Carla McCullough. The behavioral health clerk at Community Health of South Florida lost 17 pounds during the CHI weight loss challenge.

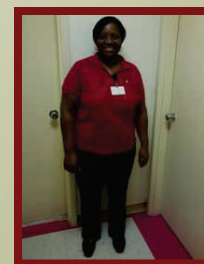
McCullough said she took some important steps to change her eating habits. First she substituted greasy foods for baked healthy foods and sweets for trail mix and granola bars.

"I want to live a healthy life and be around for my children for a long time," said McCullough, first place winner. "I have family members that have high blood pressure and high cholesterol."

More than 40 employees took part in the weight loss challenge. The organization provided support by sending out emails and flyers. They held informational sessions such as how to read nutrition labels, the importance of protein and fiber in the diet, and decreasing stress loads through exercise.

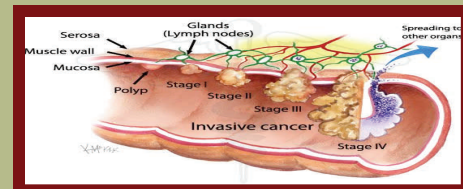


Jorge Exposito
Lost 11 Pounds



Ellen Smith
Lost 16 Pounds

CHI OFFERS NEW TEST FOR ONE OF THE MOST DEADLY CANCERS



For two years, Janice Sanderson ignored the pain in her left side and tried to work despite a swollen stomach. The cleaning lady had always found ways to persevere in times of turmoil. “I didn’t have health insurance and I didn’t want to find out that something was wrong,” said Sanderson. But in 2004 the pain became too much, forcing her to go to the hospital. Sanderson received the sobering news that she had stage three colon cancer. “I couldn’t believe it! I was only 45,” she said. “People kept telling me, don’t worry, you know usually it happens after 50.” Sanderson went through surgery and doctors removed parts of her colon along with her uterus. She might be considered one of the lucky ones.

Colorectal cancer is the second leading cause of cancer-related deaths in the nation, according to the Centers for Disease Control and Prevention. Every year more than 50,000 people die from it. Perhaps Sanderson’s cancer could have been caught earlier if she had participated in the Colorectal Cancer Screening Program at Community Health of South Florida Inc. (CHI). It is part of a partnership with the Department of Health. “It’s a free visit and a free test for them,” said Dr. Elizabeth Philippe, of CHI. “If the F.I.T. (Fecal Immunochemical Test) test is positive they can get the colonoscopy done for free too.” Dr. Philippe said money is one of the most common reasons people don’t get screened for colon cancer. However CHI’s program offers a free F.I.T. test to low income and uninsured patients. It’s a new easy and accurate test that can be done at home. The patient can then mail it in or bring the sample back to the lab. Regular screening should start at age 50. But those with a family history of colon cancer may need to test earlier. If the F.I.T. test is abnormal a traditional colonoscopy is necessary. “Before it used to be painful, but now it’s not,” said Dr. Philippe “It has evolved so much. They sedate you and you don’t feel anything.”

Detecting colorectal cancer before it spreads to the bowel can increase the chances of surviving for at least five years after a diagnosis by 90 percent. That is why CHI outreach workers are knocking on doors in the community trying to encourage patients to take this life saving test. “Get yourself checked early,” said Sanderson. “I waited for the last moment. I took the pain and the swelling I should have gone to the doctor right away.”

CHI NOW OFFERING TEETH WHITENING SERVICES

Have you ever wondered why those pearly whites don’t quite sparkle as much as they use to or are you rather embarrassed when it’s time to take pictures? Community Health of South Florida, Inc. (CHI) now has teeth whitening as part of its collection of services. No longer will the sun be the only thing shining bright here in South Florida.

“It’s something different, very cost effective and easily accessible,” said Dr. Derrick Champion, a dentist at CHI. “CHI may be one of the only non-profit health care facilities in South Florida to offer this hygiene tool.”

Dr. Champion said that discoloration of teeth can be a common sign of aging. As you get older your tooth’s mineral structure is altered, often leaving you with darker looking teeth. Other substances such as certain foods, tobacco or even bacteria may also play a significant role.

The whitening procedure is tailored specifically to the patient. A mold is made to match the patient’s mouth and the patient takes that bleaching kit home to complete the process. It takes anywhere from two to four weeks to complete the process.

“The kits that we give you here at CHI are actually better than those you buy over the counter,” said Dr. Champion. “They whiten your teeth much faster because they have stronger ingredients.”

CHI started offering whitening services in its dental departments about a year ago and it has become a popular draw. The average cost for this service is usually \$200.00. While insurance does not pay for it, patients can be billed according to CHI’s sliding fee scale. The scale is a tool used to estimate how much a person will be charged according to their income and the amount of work they had done.



CHI EXPANDS NUMBER OF SCHOOL BASED HEALTH CENTERS AS NEED INCREASES

Tanya Silver fiddles with her hands and has a flush look on her face as the patient care technician at her middle school listens to her heart. The 14 year old felt a heavy pain on her chest and went to her school based health center to be examined. Silver (named changed to protect her identity) told the staff she thought she might be having a heart attack.

“She came in with chest pains and we are trained to recognize children with personal problems,” said Carmen Edwards, the school patient care technician. “I checked her and everything was fine. So I started to ask deeper questions. She finally told me that both of her parents had passed away and that she saw her father kill her mother and then he killed himself.”

Edwards and the other staff members knew the issue was not medical and instead connected Silver to see mental health specialists. Its one of so many times that the staff from Community Health of South Florida, Inc. (CHI) has made a major difference in the life of a child at one of CHI's 42 school based health centers.

CHI was recently awarded 11 more school based health centers bringing the total number from 31 to 42. School based health centers are on the front lines of detecting and preventing school violence, bullying and other mental health issues. It's a major issue on the White House agenda as President Barack Obama tries to find ways to prevent another tragic school violence rampage.

“I truly believe that if all schools would have school-based health centers, tragic incidents like school shootings, bullying, and spreading epidemics will decrease drastically,” said Jamika Hicks-Johnson, a CHI nurse practitioner at Campbell Drive Elementary School.

Silver, like so many other children from disadvantaged homes did not have a family pediatrician. The soaring costs of health care has left way too many families unable to afford medical care. When children are not healthy they skip school and lose out on learning. That is why the 42 school based health centers operated by Community Health of South Florida, Inc. play such a vital role in the health and education of Miami Dade County Public School Students. Each health center is located in a public school and serves as a doctor's office in that school.

“Our school based health centers have a one stop shopping model,” said Brodes Hartley, Jr. President /CEO of CHI. “They are designed to care for every aspect of the child. The student can get their vaccines, the staff can write prescriptions and electronically send them to the student's pharmacy of choice. This is not your typical school nurses office. We have nurse practitioners that can diagnose and medicate serious issues and save lives.”

School based health centers have helped to significantly cut down on absentee rates, keeping children healthy and in class. As access to health care becomes more burdensome, more and more families and students are relying on school based health models. It's a trend nationwide that school districts are implementing and fostering. School based health centers are quickly becoming a necessity at taking a holistic approach to educating our nation's children.

“The responsibilities of a school are so great,” said Colonel Hartley. “Educating students has evolved so much more than just class instruction. Today schools are a place where health, nutrition, dental and mental health are just as important.”



CHI doctors mingle with Miami Dade School District officials and local leaders at the cocktail party for school based health care centers.



Eric Wright Principal of Robert Russa (R. R.) Moton Elementary shakes hands with Colonel Brodes Hartley CHI CEO/ President at cocktail reception held for school based health centers.