

A Message from the President

Just two months into 2014 and we are speeding along the success line. I am proud to announce CHI is opening its new Tavernier Health Center this month. It is centrally located in the Tavernier Towne Shopping Center at 91200 Overseas Highway, Unit Number 17. It will provide the same outstanding service to the people who live in the Upper Keys. Initially the new center will provide primary care, pediatrics, obstetrics, gynecology and behavioral health services. It will also offer free transportation for patients and free prescription delivery. Those services will likely be expanded as we settle into Tavernier.

But that is not the only thing to brag about. CHI will soon be the first and only Community Health Center in the State of Florida with a Teaching Health Center! We are in the process of recruiting 15 medical Residents for the highly competitive program. It will help us raise our own skill level as teaching requires an even greater mastery of the subject.



We are also looking forward to our Celebrity Golf Tournament on Friday, April 4th, at Shula's Golf Club in Miami Lakes and the VIP Reception at the Mercedes Benz at Cutler Bay on Thursday, April 3rd. Last year it was quite successful and this year we plan to make it even bigger and better. You can all have an impact by helping to promote the event. The Robert Bailey, Glen Rice and Adewale Ogunleye Celebrity Golf Tournament raises funds for CHI and all the wonderful things that we do here. It also raises money for the Children's Crisis Center that we are planning to build for some of the most vulnerable people in South Florida, our kids. It's an intensive mental health facility that could potentially change the lives of thousands of children each year.

I will keep you posted on all of these efforts and encourage each of you to get involved, learn and help promote the good things going on at CHI.

Warmest Regards,



Brodes H. Hartley, Jr.

Coconut Grove Health Center
3831 Grand Avenue
Miami, Florida 33133
(786) 245-2700

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

South Miami Health Center
6350 Sunset Drive
South Miami, Florida 33143
(786) 293-5500

Tavernier Health Center
91200 Overseas Highway
Miami, Florida 33070
(305) 253-5100

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

CHI To Become First Teaching Health Center In Florida



In July, Community Health of South Florida Inc. (CHI) will become the first community health center to be a Teaching Health Center in the State of Florida.

“This is such important and exciting news for CHI,” said Dr. St. Anthony Amofah, CHI’s Chief Medical Officer. “The vision of our President/CEO, Brodes Hartley to be an educational institution of excellence, is being realized. CHI will be contributing to the national effort to train primary care clinicians to meet the needs of the many newly insured from the Affordable Care Act. It brings a higher level of quality to the organization.”

The Health Resources and Services Administration (HRSA) awarded CHI with the grant for this Residency Training Program. It will provide six Residents in Family Medicine, five in Psychiatry and four in Obstetrics and Gynecology.

“For CHI, this means our patients will have more choices of doctors with an increased level of excellence and knowledge,” said Dr. Amofah. “Our Residents will graduate with CHI as their official training site. This will increase CHI’s visibility in the health care community and improve our ability to recruit primary care clinicians over the next decade.”

Residents will rotate through CHI, local hospitals and with local specialists.

“Board certification rates at graduation have to be high,” Amofah asserts. “This training will be intense. We have to be very competitive to get good quality residents for subsequent years. We are ready.”

Recruitment efforts for the residency positions are in progress.

Who You Gonna Call? DAISY HAWKINS!

Got a Compliment?... Or a Grievance?... How About a Suggestion?... Daisy Hawkins is the one to call. Hawkins is the Patient Advocate for Community Health of South Florida, Inc. (CHI). She graciously handles any type of concern that patients have while visiting CHI.

All employees are patient advocates in their own right. However, Hawkins is the *Go-to-Girl*.

"The most important part of what I do is listen," said Hawkins. "My goal is to resolve the issue on the spot," she explains. "The quicker the problem is fixed to the patient's satisfaction, the happier the patient will be."

Issues and concerns come to Hawkins through online inquiries, face-to-face, by phone and through the patient IQ surveys. "I get them all," she declared. "All grievances must be resolved. But I don't get only grievances, I get plenty of compliments too!"

Hawkins' reputation reaches beyond the CHI walls. She is often contacted by local leaders who tap into her speedy mental inventory of resources for help on other issues in the community.

In October 2013, she was awarded with a Special Meritorious trophy for distinguished service.

"I really, really try to live up to the CHI motto 'patient care comes first,'" she said with pride.

To contact Daisy Hawkins by phone call (305) 254-4977 or email her at dhawkins@chisouthfl.org



World AIDS Day

Remembers Lives Lost Needlessly



Case Manager Charles Garcia lights a candle at CHI's World AIDS Day Event

Silence fell upon the room as Charles Garcia lit a candle in remembrance of World AIDS Day. It was the World AIDS Day event at Community Health of South Florida, Inc. (CHI). As the hallways fell silent at CHI, Garcia felt a tinge of pain as he remembered his best friend.

Garcia is a case manager with CHI's Comprehensive AIDS Resource Education Services (CARES) program. His best friend, Robert (aka Bobby) Lugo, died from AIDS related pneumonia in 1988, years before medications were developed that delayed death from AIDS. Garcia said Lugo became infected after unprotected sex and died at the young age of 35.

"He was very nervous about his diagnosis," recalled Garcia. "Back in those days, when a person got AIDS they died quickly. Yet, Bobby kept his humor. He told me to take a picture of him, it would last longer."

Today, with the proper care, AIDS is not a death sentence. Instead, it is now considered a chronic disease. Widely used medications are now available to treat HIV/AIDS. But Bobby didn't make it in time to take advantage of these treatments.

That's why CHI held a special event to mark the passing of people like Bobby and help educate others about AIDS. Crystal Lee, LPN and Managed Care Coordinator for CLEAR Health Alliance, addressed the crowd. She stressed the fact that this disease is 100% preventable.

"If you are not infected today, you don't ever have to be infected," said Lee. "Prevention is the key and it's so easy. Parents want to deny it, but it is a fact that even many kids are having sex before the age of thirteen. These kids must be educated as well."

The disease is transmitted through unprotected sex, sharing needles and even getting tattoos can put you at risk.

There is no excuse now days to not be tested. Test results can take just 60 seconds.

"You cannot let guilt or shame keep you from getting care. Don't let what people think about you make you not take your medication. Don't let what people say about you make the difference in whether you live or die," Lee said. "There are over 30 medications today that can keep the virus under control, but there is no control if the medicine remains in the bottle."

Today, people like Bobby don't have to die untimely deaths. For more information on the CHI CARES department, call (305) 254-4912.

CHI Awarded For Helping Seniors

Many of South Florida's elderly residents are living with long term illnesses such as heart disease, cancer, stroke, arthritis, diabetes and the list goes on and on. These illnesses often result in pain, loss of physical function, independence, mental frustration and more. But thanks to the Chronic Disease Program at Community Health of South Florida Inc., as many as 1,500 seniors have found relief and learned ways to manage and cope with such illnesses.

That is why the program was recognized in December. Eunice Hines, Chronic Disease Self Management Supervisor attended the Healthy Aging Regional Collaborative (HARC) Partner Recognition Event and was presented with a clock that read, "Thank you for adding quality time to the lives of older adults."

CHI has been helping seniors and their caregivers learn to manage their long term conditions since 2008 thanks to a grant award from the Health Foundation of South Florida. The program is free of charge and taught in English and Spanish.

To find the next available workshop contact Eunice N. Hines at (305) 252-4871 or email at enhines@chisouthfl.org.



Eunice Hines (center) accepts the award from Peter Woods, HFSF (left) and Martha Pelaez HFSF (right).

Pap Clinic Makes It Easy For Women To Test For Cervical Cancer

CANCER: Research shows its one of the most feared diseases in the World. Cervical Cancer is no exception.

Last year more than 4,000 women died from cervical cancer in the nation, according to the National Cancer Institute.

Dr. Molrine Tracey, Obstetrics and Gynecology Medical Director at Community Health of South Florida Inc. (CHI) explains that cervical cancer is an abnormality of the cells of the cervix, the lower part of the uterus that connects to the vagina.

"Most cervical cancers are caused by the human papillomavirus (HPV), a sexually transmitted infection. There are over 100 different types of the HPV virus, but not all of them cause cancer," said Dr. Tracey.

A woman's immune system typically prevents the virus from doing harm. However, in a small group of women the virus can survive for many years and the cells of the cervix can become cancerous. Women can reduce their chances of cervical cancer by getting regular screenings and receiving a vaccine that protects against the HPV infection.

"Although cervical cancer is deadly, it is highly curable with early detection," said Dr. Tracey. "Fortunately, cervical cancer is a slow progression, but that's not a reason to delay treatment. There are several screening methods to detect the disease; the most familiar is the Pap smear."

Screening is easy at CHI. Women have the option of having their Pap done in Women's Health, with their primary care doctor or in the Pap Clinic. CHI created a Pap clinic to make it easier for women to get in and out quickly and make sure there are no barriers to getting tested.

During a Pap smear, the doctor scrapes and brushes cells from a woman's cervix and sends the sample to the lab to be examined for abnormalities and cancerous cells.

Screening guidelines have changed. Doctors used to recommend getting a Pap every year. But now, if the previous Paps were normal, once every three years is suggested. However, women still need to have their annual gynecological exam.

"If you have a family history, it's even more important to get your screenings," said Dr. Tracey. "Even though there is no genetic correlation, if someone in your family has had any type of cancer, early detection is important. Screenings should begin at age twenty one."

CHI's Pap Clinic takes appointments or walk-ins. For information call the Pap Clinic Coordinator Directly at (786)387-2797. Or you can make an appointment to see your doctor by calling (305)252-4820.



The Fist Bump: America's New Handshake?



Who can forget the fist bump seen around the world? In 2008, when then, presidential candidate Barack Obama accepted the DNC presidential nomination, he gave a celebratory fist bump to his wife, Michelle. In recent years, the fist bump has gained much social popularity. Now even the medical community is giving fist bumping credence.

A study by the West Virginia University School of Medicine found that your exposure to germs is much higher with a handshake because a handshake lasts nearly three times longer than a fist bump. The study also shows the handshake exposes three times the amount of surface area than a bump.

This added exposure suggests that replacing the traditional handshake with the popular fist bump may reduce bacterial transmission.

The study had the following conclusion for healthcare facilities: "As much as hand washing is an important ritual in healthcare settings to reduce disease transmission, it does not totally eliminate bacteria. The best alternative to the handshake in a hospital environment is the fist bump."

Studies like this have some completely abandoning the handshake and embracing the fist bump for health's sake. The fist bump also has historical significance. It can be traced back to ancient Greek times. Even Abraham Lincoln and Frederick Douglass used the fist bump to mark the end of the Civil War.

CHI Nurse Practitioner Takes Center Stage

By day, Melissa Hardimon, an Advanced Registered Nurse Practitioner at Community Health of South Florida Inc. listens to coughs, prescribes medications and sees all sorts of patients. But after work, she turns into a different person as she takes center stage in a play called *The Love Rule*.

"I've always had a knack for impersonations. It's sort of a hobby. I guess it naturally progressed to the stage," Hardimon explained. "As I was growing up, I had to decide which career path I most desired, science or acting. I chose science, but I still dabble with acting."

Hardimon said she is in the play to raise awareness and funds for The New Life Project of South Florida, a non-profit organization that provides social services to many under-served communities.

In *The Love Rule*, Hardimon plays an uncharacteristic affluent, haughty, marketing executive who has no problem speaking her mind.

The character I play, Petra, has helped me look at my own life," said Hardimon. "Don't get me wrong, I'm certainly not the vain, arrogant person I portray. But other characteristics of her have opened up my eyes and helped me examine areas I could work on. She has helped me grow personally."

Hardimon does confess one fear of going on stage. "I'm afraid of squeaking! When I get nervous my voice tends to squeak," she said. "The strong, egotistical character I play would never squeak!"

The original script, presented by the Faith Christian Center in North Miami, is based on the Book of Ruth from the Bible. *The Love Rule* and Hardimon, will debut on February 15, 2014 at the Broward Center for the Performing Arts' Amaturio Theatre.

To order tickets call (954) 462-0222 or online at www.browardcenter.org. To donate contributions to The New Life project of South Florida, call (305) 454-0748 or send an email to info@nlpsf.com or tbrown@nlpsf.com.



Melissa Hardimon on Stage

CHI SENIOR PROGRAM LEARNS SECRETS TO HEALTHY SHOPPING



Katherine Louis learns how to read labels.

"I'm proud of my curves," declared Katherine Louis as she struck a pose to show them off. "But it was nice to learn new ways to eat healthier."

That was the sentiment of all the seniors who recently attended an educational tour of a local Publix supermarket.

The seniors meet every Monday at the Community Health of South Florida, Inc. (CHI) medical center in Naranja for fun, food, classes concerning medical and health related issues and occasional field trips.

A recent field trip organized by CHI board member Carolyn Pates took the group to a local Publix Supermarket for a class in smart shopping.

Cooking Matters sponsored the free program that teaches families to stretch their food budgets so they can create healthy meals at home.

The seniors walked through the store and learned the areas that offer healthier choices and which areas to avoid. The importance of reading food labels properly was also stressed.

Ernestine Davis took the tour. "I learned a lot of important things I didn't know," she said.



Maya Santiago, Patient Financial Service Specialist, won the Holiday Work Station Decoration contest.

Her colleagues in the back row are (left to right): Maria Smith, Tracy Martinez, Karla Clevenger, Tely Espinoza and Tangel Williams.



I Heard It Through The Grapevine: Employee Holiday Party is a Hit!

Bell bottoms, big hair and Gladys Knight and the Pips may be things of the past. But Community Health of South Florida, Inc. (CHI) employees went back in time to celebrate the holidays, Motown style.

The ballroom at the Doubletree by Hilton was transformed into a space reminiscent of a 60's dance hall. While popular Motown music pulsed through the room, employees strutted their best renditions of Motown dress, hair and dance styles.

Some stood out more than others and received awards for their afros and bell bottoms. Azariah and Charleston McCullough won best hairstyle and Alfred Parker, Deputy Chief of Security, won best costume. Betty Cartez won the big raffle prize, a weekend at the Doubletree by Hilton.

