

World AIDS Day: know your status, positive or negative

Jesse Lopez is HIV negative, but his parents were not. Although both of his parents have passed on, they were able to extend their lives by learning about their HIV-positive status and getting proper medical care.

On Dec. 1, when Community Health of South Florida Inc. (CHI) observed World AIDS Day with speakers, free health screenings and HIV testing, Lopez spoke about the importance of knowing one's status and doing something about it.

"Getting tested is the most freeing thing you can do, whether it's positive or negative," said Jesse Lopez, a CHI Behavioral Health Case Manager.

"If your test is negative, you can learn how to keep yourself safe," Lopez said. "If your test is positive, you can make a concrete plan of what to do next: go on medications, take more precautions to prevent spreading the disease, and avoid the guilt of not knowing your status."



Jesse Lopez, a CHI Behavioral Health Case Manager.

Lopez understands the importance of knowing one's status firsthand. His father was an intravenous drug user and had inadvertently passed the disease on to his mother, perhaps before she was pregnant with Lopez. Fortunately, Lopez was born via C-section and the disease was not transferred from mother to child.

CHI presents a quilt signed with names to remember those who have lost their lives to AIDS.



"My father was told he had full-blown AIDS and would have only a few months left to live. But, he lived a good 13 years after his diagnosis and got to see me graduate from high school," Lopez recalled.

His mother, who lived for 19 years after her diagnosis, was able to see Lopez graduate from college.

"It's horrible that people die from AIDS, but they die from ignorance," Lopez said. "If my father had not been diagnosed when he was, then he probably would have died in a few months and my

mother would have had a much shorter life expectancy."

Even though improved technology and medications are helping those diagnosed to live longer and healthier

lives, the infection rate of HIV/AIDS continues to increase. That's why education and awareness on how to prevent the spread of the global disease is still important.

CHI is doing just that through its C.A.R.E.S. (Comprehensive AIDS Resources and Education Services) Program. CHI's C.A.R.E.S. Program helps those infected with HIV or AIDS get the medical care they need to live an extended and vigorous life.

"Our main goal is viral suppression. A large majority of our patients have undetectable amounts of the virus in their body and are living healthy lives," said Tabitha Hunter, C.A.R.E.S. manager.

But, that can only be done if one knows their status. Anyone who is at risk should get tested every three months,

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A Message from the President

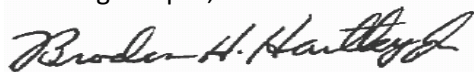
Here at Community Health of South Florida Inc. (CHI), we are positioning ourselves for bigger and better things for our patients. Over the past year, we have grown tremendously as we work toward modernizing all of our facilities to be more attractive. It's a process that will continue in 2015. In addition, we have more than 800 employees and a Teaching Health Center Program that is now heading into its second year of recruitment. Our efforts have not gone unnoticed. CHI received the growth award from Chamber South.

Our quest for excellence will continue in the coming year. I hope each of you will look at 2015 as an opportunity for growth and improvement, both professionally and in your personal lives. Strive for improvement on the job and set goals for your health. Make sure you set all of the appointments for yourself in the coming year for all of your family's dental and medical checkups. If you do it early, that sets the pace and expectation for the entire year.

This February, I believe it is important to take time to look back at the trailblazers in health care. For Black History Month, CHI will honor its founder Doris Ison. Despite having just a third grade education, Ison broke through barriers. At the time, African-Americans living in South Florida were not allowed to go to the local hospital. Some died trying to make it to Jackson Memorial Hospital. So, Ison set out to create her own quality health care for those in South Miami-Dade County. She convinced a group of doctors from her church to volunteer their time and the team worked out of two double-wide trailers. That dream grew into what is now CHI: 10 health centers and 42 school-based health centers with comprehensive services.

It just goes to show what dedication, heart and sacrifice can do. We can all learn from Ison. No dream is too big. No barrier should be insurmountable. If we all went out of our way to do something as important as Ison's dream, imagine what the world would be like today.

With High Hopes,



Brodes H. Hartley Jr.



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Board member to serve on national council for migrants

Community Health of South Florida Inc. Board Member Claudia Gonzalez has been invited to serve on the National Advisory Council on Migrant Health of the Health Resources and Services Administration (HRSA). She is one of 15 people selected from across the country to serve on the council. The appointment is significant as Gonzalez will have an impact on the country's



Claudia Gonzalez, a CHI board member.

health issues for Migrant workers and seasonal agricultural populations.

"I am honored to be chosen as a member of the Advisory Council," Gonzalez said. "There are a lot of important issues that I hope to help resolve such as the danger of pesticides on farm workers and continuity of medical care. Too many migrant workers don't keep good medical

records. They move around a lot and it becomes difficult for a doctor to help them with an illness without a history of medications and test results."

As part of her appointment, she will have to travel to Washington, D.C., to receive updates on the progress of a variety of migrant related issues. Gonzalez, a single mom, has been a member of CHI's board for four years and serves as an organizer for the Farmworkers Association.

VP for Nursing Mae Goins retires

One of Community Health of South Florida Inc.'s most dedicated staff members is retiring. Mae Goins has been the Vice President for Nursing Services for nine years at CHI. Prior to that, she worked for CHI as the Director of Patient Affairs. She worked her way up to head the nursing department from the humble start of being a nursing intern at the health center.



Mae Goins, VP for Nursing Services.

creating the dynamic nursing team that CHI has today. She has worked tirelessly to ensure that patient care comes first and that the front line staff does everything it can to make this health care machine run smoothly.

"Ms. Goins has been a champion behind the success of many projects at CHI," said Col. Brodes Hartley Jr., CHI President and CEO.

Goins was clearly born to lead. She led by example with one of the hardest work ethics in the organization; first to arrive and almost always one of the last to leave. Her leadership style was known to be very firm yet inspiring which has undoubtedly driven her success in

"She helped to implement care coordinators, the patient-centered medical home, and is the backbone of several key departments: nursing, the crisis stabilization unit, the school-based health centers and much, much more. Her service to this organization has been exemplary," Hartley added.

World AIDS Day, *continued from page 1*

said Crystal Morgan, a Behavioral Health Consultant at CHI.

"Know your partner's status," she said. "Talk about it, make a date night at the health center and get tested together."

And, just because the test may be negative doesn't mean that you are

safe, Morgan said. No method of protection is 100 percent safe; only abstinence is safe, she stressed.

"If you get diagnosed today, it will significantly change your life, but it won't be the end. It will be a new chapter in your life," Lopez added.

CHI's C.A.R.E.S. Program provides HIV

Award of Excellence



CHI's Maria Arestegui accepts the Award of Excellence in Maternal, Infant and Child Health presented to CHI's Doris Ison Health Center OB/GYN Department from the Healthy Start Coalition of Miami-Dade on Dec. 5. The award, also presented to CHI's MLK Clinica Campesina, is given to prenatal care providers for offering the Healthy Start Prenatal Risk Screens to pregnant women and obtaining 95 percent or higher consent rate in fiscal year July 1, 2013 to June 30, 2014.

testing and counseling, linkage to medical and dental care, case management services, nutrition counseling, outreach services, and medication assistance. For more information, call (305) 254-4912.

Naranja's Senior Program celebrates with holiday party

The room was bustling with the sounds of cards shuffling, dominoes slapping, people talking and Christmas music playing. The Senior Center of Excellence Program at Community Health of South Florida Inc.'s Naranja Health Center celebrated its annual holiday party with Christmas carols, festive lunch and friendly fellowship.

"It's great to be a part of it. It brightens your day up," said Ernestine Davis, a senior citizen.

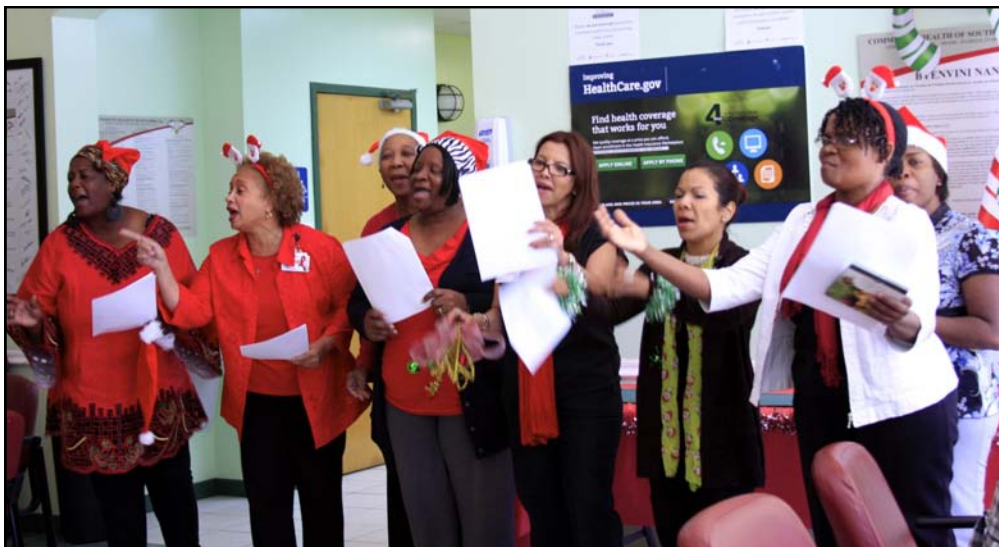
Davis and the other seniors received goody bags and a frozen ham to cook for the holidays.

She goes to the program from 10 a.m. to 2 p.m. every Monday, along with about 20 other seniors, ages 50 and older. They gather for games of bingo and dominoes, arts and crafts, along with the occasional field trip. The program celebrates all major holidays including Thanksgiving and Christmas, and also holds a communal birthday party at the end of each month.

"But, it's not just fun and games," said Ellen Smith, a Community Health Worker at CHI. Health and education



Sisters Angela Wadley, left, and Annie Wadley pose in front of the Christmas tree at CHI's Senior Program's holiday party. Annie says her anxiety lessens when she comes to the once-a-week program.



Staff sing Christmas carols at CHI's Senior Center of Excellence Program's holiday party.

is a key component of the program. Staff check the seniors' blood pressure and glucose levels each attendance, as well as teach computer and nutrition classes.

There are Spanish- and Creole-speaking staff to reach more people. Staff members help the seniors with Medicare and prescription questions so that they understand and get the health coverage they need.

The senior program also provides free transportation, even though several members drive themselves and a few even walk. It gets them out of the house to socialize and keep their minds and bodies active.

"When I'm home I have anxiety," said Annie Wadley, who brings her sister Angela Wadley. "But, the anxiety goes away when I come here. They're like family to me."

Katherine Louis said coming to the program helps break up the week and gets her out of the house.

"I love interacting with people," she said, adding that they all listen to each other. "Sometimes people need someone to listen to them. The staff is always there to listen to your problems, too."

Not only does she love the exercises and games, but she proudly showed off her booties that she crocheted using the program's yarn and needles. She held up a pair of white ones noting that she's going to add red pom poms.



Katherine Louis shows off the booties that she crochets with the program's yarn and needles.

Rose Lundy said she loves the program so much that she has missed it only three times since she started coming. Many of them, including Louis, said they wish the program was five days a week. CHI is in the process of trying to expand the senior program at Naranja and possibly at other sites.

"I just love being with the people, getting away from home, and seeing new faces," Lundy said.

Health fair & holiday celebration bring good cheer

Children received gifts from Santa and enjoyed a magic show, balloon sculpting and face painting at Community Health of South Florida Inc.'s Health Insurance Fair & Holiday Celebration on Dec. 13. Their parents, and other visitors, got one-on-one help with Affordable Care Act insurance enrollment and free health screenings at the event held at the South Dade Government Center.

Robert Gonzalez was there applying for the Affordable Care Act (ACA), also known as Obamacare. He wanted to make the Dec. 15 deadline in order to get insurance starting Jan. 1, 2015. The deadline to enroll in a 2015 health plan is Feb. 15, 2015. After that date, the only way you can get coverage for 2015 is if you qualify for a Special Enrollment Period due to a qualifying life event.

Gonzalez, 55, doesn't qualify for ACA because he doesn't have income. He still has 10 years to go before he is eligible for Medicare. Gonzalez wanted to apply to avoid the penalty.

"I'm applying for an exemption so I won't be penalized," said



Children show off the gifts they received from Santa at CHI's Health Insurance Fair & Holiday Celebration on Dec. 13.

the CHI patient. "I was passing by the fair, so I thought, let me check it out."

Shanley Bradford, of Cutler Bay, also came to qualify for ACA and brought her daughters Mariah Foster, 7, and Moonae Foster, 2, who enjoyed meeting Santa.

Dr. Andrius Lescauskas, a family medicine resident with CHI's Teaching Health Center, educated people about getting their annual

wellness exams and other important testing such as pap smears, mammograms and prostate cancer screenings. He encouraged those interested in getting an exam/testing to sign up for an appointment.

Families like the Sahlands say they liked the entertainment at the event such as the pony rides and petting zoo. Jazmine Sahland, 10, grinned as she fed chickens and rabbits.

"We're enjoying the event today; it's wonderful," said Jazmine's mom, Lua Cuevas. "We love the holidays."

Her husband, Robert Sahland, said he appreciates CHI for hosting the event and the good it does for the community.

"CHI is great. I've been going there since I was a kid and my mom, who has mental health issues, gets help at CHI," he said.

Mary Parker, 8, added, "I'm having fun and faith for Christmas."



Jazmine Sahland, 10, feeds a chicken and pets a rabbit at the petting zoo during the fair at the South Dade Government Center.

Twins born to Executive VP



CHI's Executive Vice President Blake Hall and his wife, Jocelyn Hall, welcome twins Abigail Blake and Alexander Brock who arrived Dec. 16 at 10:26 a.m. and 11:55 a.m. Abigail weighed in at 6lbs 8ozs and Alexander was 6lbs 2ozs. They join brother Asher, 2 years old, whose birthday is Dec. 15. Congratulations and best wishes!

CHI's Winter Wonderland Awards & Holiday Gala

CHI celebrated its annual employee awards and holiday gala with a White Winter Wonderland Theme on Dec. 6 at the Hilton Miami Airport. It was a grand time complete with a live band, Lucy Grau and Orquesta America, and special guest emcee Betty Davis. Davis is the primetime meteorologist at Local 10 News. Employees danced into the night after CHI's own superstars accepted their awards and accolades.

Laine Williams won the CHI Employee of the Year award. Williams is a Clerk III working in the Administration Department. She has been with CHI for more than six years.

"It means a lot to know that everyone notices all the hard work that I put in here," she said. "This is a great motivator. I'll keep doing what I'm doing."

Williams was one of dozens of employees who received awards and

recognition that night. The idea is to celebrate the hard work that the staff does throughout the year and recognize those who consistently go above and beyond to do great work.

This is the first year that CHI has combined its employee awards gala with its holiday party. The idea came after an employee survey showed that most people preferred combining the events.



Laine Williams, left, a Clerk III in Administration, receives the CHI Employee of the Year Award from Col. Brodes H. Hartley Jr., right, CHI's President & CEO.



Juan Blanco, right, accepts the Behavioral Health Services Employee of the Year Award from Mireya Mayor, left, Vice President for Behavioral Health Services.



Shante Johnson, right, a Registered Nurse II, receives the Satellite Sites Employee of the Year Award from Mae Goins, left, Vice President for Nursing Services.



Special Merit Awards were given to the following employees for exceptional and dedicated service: Leovigildo Acendra, Toni Bowen-McDuffey, Brenda Bryant, Lorna Burnett, Rolando Calderin, Alwyn Clarke, Danielle Dingle, Lesiu Dixon-Greene, Jorge Exposito, Yamila Espinal Michener, Shalonda Forshee, Ana Gonzalez, Dr. Francisco Gonzalez, Jany Guedes, John Hazuka, Eduardo Herrera, Consuelo Hodge, Daneika Johnson, Bonnie Lang, Crystal Lopez, Dr. Martha Lopez, Allison Madden, Mercy Martin, Jenifer Mendoza, Kristiel Orbegoso, Marvin Ortiz, Alfred Parker, Aida Perez, Kettely Pierre, Akeemia Riley, Rosa Romero, Adlin Rosario, Kristia Stewart, Tanesha Taft, Marlene Thompson McKenzie, and Patrick Williams.

CHI's Winter Wonderland Awards & Gala continued



Dr. Anthony Amofah, left, Chief Medical Officer, accepts the Provider of the Year Award from Col. Brodes Hartley Jr., CHI CEO.



Monica Mizell, left, an RN and MLK Site Supervisor, receives the Supervisor of the Year Award from Col. Hartley, right.



Performance Improvement Director Fernando Vila, right, accepts the Making a Difference Award from Mireya Mayor, left.



Gena Allenby, right, LPN 1 and a team leader at MLK, receives the Doug Williams Award from Col. Hartley, left.



Dr. Arnold Oper, Family Medicine physician, left, Blanca Gonzalez, and her guest.



From left: Blake Hall, Executive Vice President, Allison Madden, Director of Billing and HEDIS Compliance, Natalie Windsor, Chief of Staff, and Jodi Szabo, Public Relations Assistant.



From left: Eddie and Sadie Lipscomb, Robin Lipscomb, CHI Personnel Technician, Rick Henderson, RN, Marathon Site Manager, and Lynn Loftus.



Dr. Susan Manella, Teaching Health Center Director & Program Director for Family Practice, and her husband, Ross Manella, Esq.



Mae Goins, Vice President for Nursing Services, seated, who is retiring, is surrounded by some of her staff members.



Fun Facts About the Human Body

Philtrum: spot between your nose, upper lip

When you look in the mirror did you ever wonder what that funny groove is just above your upper lip? Does this groove have a name? Does it have a purpose?

Yes! It's called the philtrum. It is also known as the infranasal depression.

While seemingly useless, the philtrum is a very important in the development of the upper lip. It is essential for proper speech and allows for extensive facial expressions that enhances verbal and non-verbal communication.

When this area of the face is not properly formed during fetal development, a cleft lip may result. Babies who are victims of fetal alcohol syndrome may be born without this groove

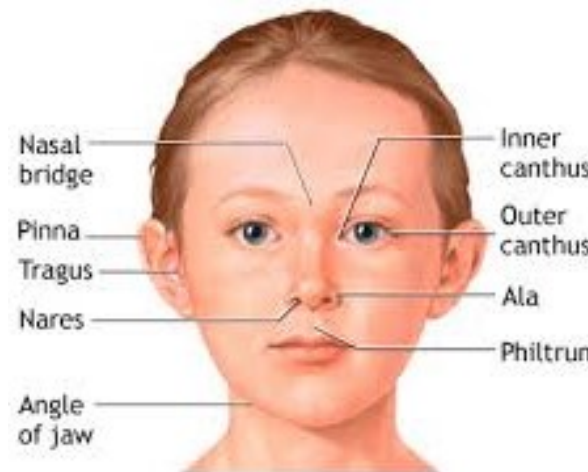
The length and depth of this facial groove is determined by genetics. A short or broad



philtrum can be a genetic defect. Causes of a shortened philtrum include Cohen syndrome, among others. However, a broadened philtrum might be associated with autism.

Many Greek mythological stories refer to this part of the body in sensual terms. The word philtrum comes from the Ancient Greek word philtron, which means to love or to kiss. According to Greek mythology, the philtrum is one of the most sensual parts of the body.

A number of religions believe that babies hold all the secrets of heaven prior to birth. Thus, the angels must hush the child inside the womb by erasing such memories before the child is born. The angel's gentle touch with one finger above the child's mouth to silence it leaves a small indentation, thus creating the philtrum.



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