



**COMMUNITY HEALTH
of SOUTH FLORIDA, INC.**

"Patient Care Comes First"

HEALTHY BITS

March-April 2015

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

Seed planted by Doris Ison is still growing at CHI

When Doris Ison, a tomato picker, became fed up with the lack of access to medical care in South Dade, she didn't let barriers deter her from her dream – adequate health care for all. Her quest resulted in the creation of what is today Community Health of South Florida Inc. (CHI), a nonprofit health care company with 10 health centers, 42 school-based centers and a wide variety of services and programs.

In honor of its founder, CHI hosted a Black History Month celebration entitled "She Planted the Seed, Come Grow with Us" on Feb. 27. The event showcased Ison's accomplishments with student performers from the Arthur & Polly Mays Conservatory of the Arts in Goulds and proclamations from Miami Dade County and Florida City governments, along with a speech by Ison's grandson, Brian Lucas, D.M.

"She was a strong speaker," Lucas recalled. "She was not one that you would label as being shy. She was not afraid to open her mouth and talk. She just had that gift."

Ison's descendants, some who traveled to the event from out of state, were brought to tears during a remembrance video of the family's matriarch and while poring over historical exhibits that highlighted Ison's journey from childhood with just a third-grade education to community advocate.



*Doris Ison is
CHI's founder.*



Descendants of Doris Ison, CHI's founder and community advocate, attend the celebration.

In the '60s, Ison encountered a group of migrant workers in the South Dade Labor Camps. Their children were sick with whooping cough and they didn't have the means to go get medical care. In that moment, Ison decided to make sure her quest for health care included the migrants and many other indigent populations, especially African-Americans were not allowed to be treated at the nearest hospital in Homestead.

"Black folks had to go all the way up to Kendall or Jackson," Ison told a South Dade News Leader reporter in 1976. "Even if they were bleeding to death they couldn't stop at James Archer (Smith Hospital). Many of our

people were born on the way to the hospital and many of them died."

Ison convinced several doctors from her church to volunteer their time and work out of two double-wide trailers. It was a temporary solution to a gaping wound, but Ison was persistent to grow CHI by lobbying federal legislators. Later, when CHI was named a federally qualified health center, it earned federal funding.

"She was always trying to find ways to make life better for others," Lucas said. "She would do literally anything that needed to be done to help people be successful."

In recognition of her efforts, CHI's board of directors voted to name the main health center after Ison in 1976. The act of gratitude brought Ison to tears.

See Doris Ison continued on page 3

A Message from the President

Growth and progress continue here at Community Health of South Florida Inc. with the opening of the new West Kendall Health Center in April. This is a large facility in a rapidly growing area. We are excited to bring our primary care, pediatrics, women's services, dental and more to the neighborhood. The addition of an 11th full-service facility will undoubtedly help enhance the reach and accessibility that our patients have to quality care.

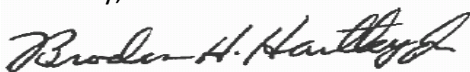
In March, we honor our doctors, volunteers and administrative professionals. They are the backbone of our business. Without them, we could not thrive. Take the time to express your gratitude to them for their dedication to our patients and all that we do at Community Health of South Florida Inc.

Our annual Celebrity Golf Tournament to help fund a new children's crisis center will be held on March 27 at Shula's Golf Club in Miami Lakes. This fun event brings out not only local celebrities, but also staff, clients and neighbors all interested in bringing our vision of this worthy cause closer to reality. In addition, the CHI Foundation will host a VIP Party the night before on March 26th at Mercedes Benz of Cutler Bay. For information on tickets, participation and sponsorship, please call (305)242-6018.

Another extremely important event in March is the arrival of the Sterling Examiners for an on site visit. CHI submitted its application for the much sought after Governor's Sterling Award a few months ago and we have been preparing to bring home the gold for more than a year. The recipient of this award is recognized by Florida's governor as a role model for performance excellence. Our journey to excellence has been a road well traveled by all of us. I am confident the employees of CHI will impress the examiners and earn us the coveted Sterling Award.

Lastly, I want to make sure that all of us sign up to be an advocate for community health centers. Federal lawmakers are poised to slice out 70 percent of the grant funding that CHI and other community health centers receive from HRSA. If that happens, you can imagine how devastating that would be to our patients and employees. With the cut, it is estimated that almost 9,000 patients would lose access to care. Take time to write and call your legislators and encourage friends and family to do the same. Visit www.saveourhcs.org to learn more. Together we can accomplish our mission: Patient Care Comes First.

Sincerely,



Brodes H. Hartley Jr.





*Robert Bailey / Glen Rice /
Adewale Ogunleye*



**Celebrity Fundraising Event
GOLF TOURNAMENT**

**For more info, call (305) 242-6018
or visit www.chisouthfl.org**

Friday, March 27, 2015

Shula's Golf Club
7601 Miami Lakes Drive
Miami, FL 33014

Registration: 11:30am
Shotgun Tee Off: 1pm

Format: Four person team scramble
Fee: \$200 per person
Includes: green & cart fees, gift bag

Lunch, All-Day 19th Hole
Awards Ceremony, Dinner

Prizes, Silent Auction, Live Auction, Raffle



Doris Ison, *continued from page 1*

"I hadn't cried like that since I was six years old when I heard the school bell ring at Neva King and my mother told me I couldn't go to school because I was black," Ison said in 1976 when the building was named after her.

The community is indebted to Ison for her vision and determination and persistence, said Col. Brodes H. Hartley Jr., President and CEO of CHI.

"People who have the will can overcome these perceived disadvantages if they commit to serving others and, of course, that's what community health centers are all about," he said.

On Feb. 27, 1974, Ison went to Washington, D.C., and spoke to the Special Committee on Aging before the U.S. Senate advising them about the elderly and transportation issues. Transportation in South Dade was costly and sparse at the time. But she said CHI was making efforts to help people get to medical appointments with mini-buses.

And when Sen. Ted Kennedy, D-Mass., came to Miami in 1977, he made a point to visit CHI and meet with Ison. While Lucas was just 8 years old at the time of the visit and had difficulty understanding "what the big deal was," he looks back at the magnitude of that moment, recognizing its significance and the fortitude, determination and intelligence of his grandmother.



Brian Lucas recalls his "Granny."

"I'm confident he got an earful," Lucas recalled.



SEN. EDWARD (TED) KENNEDY came to South Dade yesterday as part of a whirlwind fact-finding tour of health facilities to accumulate background information to be used to draft health care legislation. Stops included a visit to the

Doris Ison Community Health Center in Goulds and pictured here with Kennedy are Doris Ison, for whom the clinic is named, and her eight-year-old grandson, Brian Lucas.

— STAFF PHOTO BY PHILLIP BLAHA

Source: South Dade News Leader



CHI's humble beginnings began in two trailers near U.S. 1 and SW 216th St. in Goulds. CHI has grown to 10 health centers, with two more on its way, 42 school-based programs and a variety of services.

Ison continued to advocate for health care and CHI all the way up until her death at 81 years of age in 1989. Her spirit for advocacy was then carried on by the leaders of CHI entrusted with her legacy. This included her niece Carolyn Taylor Pates, who has served on CHI's Board of Directors.

"She definitely would be applauding Col. Hartley and the staff. With the teaching health center and all the other things that are being added, it's overwhelming in an exciting way," Pates said.



CHI President Col. Brodes Hartley says Ison's efforts were remarkable.

Hartley, CHI's President, also looks at Ison's accomplishments as remarkable.

"She was a woman of great vision and determination, an activist within the community to improve and uplift the community of where she lived," Hartley said.

Today Ison's vision has grown into 10 health centers, with two more on the way along with 42 school-based programs, offering comprehensive services and programs. Services consist of primary care, pediatrics, dental, women's health, behavioral health, radiology, urgent care, pharmacy and laboratory. Specialized programs include those for migrants and those with HIV/AIDs and cancer. CHI has implemented free transportation to and from appointments and extended its hours to include evenings and weekends.

Today it is no longer just a place for the indigent. Now uninsured and insured get quality health care from the Florida Keys all the way into South Dade and even up into Coconut Grove.

Decades ago, Ison told this to the South Dade News Leader: "I just wish that people would stop calling CHI a 'poor folks clinic' and realize that it's everybody's clinic."

Two of CHI's most experienced senior staff retire

Two of CHI's most experienced senior staff members are retiring. Hermine Pollard, Vice President of Enabling Services and Special Programs, is leaving at the end of March. Just weeks later, Ida Hernandez, Director of Human Resources, will retire. Both have made significant contributions to the nonprofit company over the past 30 years.

Hermine Pollard recalled starting at CHI as a lab supervisor. One of her first accomplishments was to establish complex



Hermine Pollard

lab services at the Martin Luther King Jr. Clinica Campesina Health Center in Homestead and earn accreditation for the lab from the State of Florida. She went on to develop CHI's migrant program and also created the outreach program that helps connect CHI services in the communities that it serves. Today she also supervises the outreach staff that conducts Affordable Care Act enrollment.

Pollard has been instrumental in grant writing to increase CHI's expansion of sites and services and has also spearheaded the Celebrity Golf Tournament that has raised money for CHI for the past 21 years.

"She has contributed immensely to the advancement of the organization particularly as the founder of the golf tournament," said Brodes H. Hartley, President and CEO of CHI. "We are greatly appreciative of all that she has done for CHI and the communities that we serve."

Pollard said she looks forward to sleeping in, traveling and spending time with her family.

"I love the people I've worked with them so long," Pollard said about CHI. "I get along with everybody. I don't think there's anyone in CHI that I don't get along with. I'm really going to miss coming down there."

Like Pollard, Hernandez also worked her way up the ladder at CHI over the years. She started as a clerk 33 years ago and ultimately became Human Resources Director.

"When I started back in 1981, we had about 200 employees," recalled Hernandez with a chuckle. "We had four file cabinets and our applications were in boxes. We didn't even have computers. We had typewriters!"

Hernandez has helped develop the human resources department to become a highly productive team of professionals.

"Ms. Hernandez has been a stellar performer during her tenure with CHI," Hartley said. "She has operated an efficient and effective Human Resources Department, highly responsive to the needs of our employees and the demands

of her colleagues at the senior staff level. Her loyalty has been exemplary and we will all miss her attention to detail."

Hernandez said she too will miss her time at CHI.

"I'm going to miss my staff," she said. "I've always had outstanding staff and, of course, I'll miss the Colonel. He's allowed me to work so many years at CHI and has always been supportive. Through his guidance, I've acquired a wealth of knowledge and experience."



Ida Hernandez

Like Pollard, Hernandez said she looks forward to life without a schedule, spur of the moment traveling and spending more time with her family.

ACTion Hero Award recipient



Nicole Ernst, Mental Health Specialist II, center, receives the ACTion Hero Award from Col. Brodes H. Hartley Jr., CHI CEO and President, along with Ilem Morales, LMHC Supervisor for Foster Care and CHI LINKS, left, and Mireya Mayor, Vice President for Behavioral Health Services.

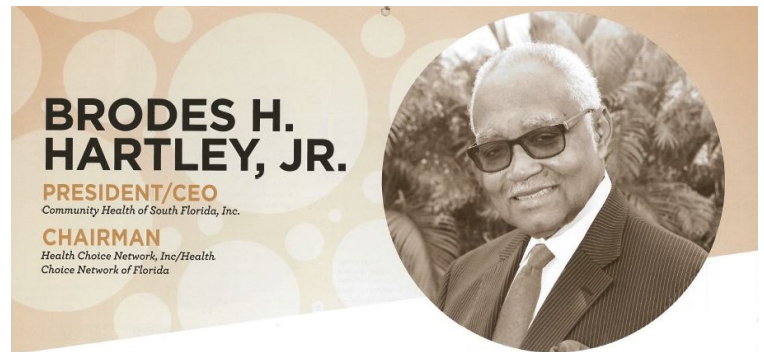
CHI Mental Health Specialist II Nicole Ernst received the ACTion Hero Award for January. During two separate incidents in the evening hours, Ernst went above and beyond to help two families with foster children in crisis situations. "Ernst consistently demonstrates tremendous dedication and passion for her job," said Ilem Morales, LMHC Supervisor for Foster Care and CHI LINKS and Ernst's supervisor. "The work time clock does not exist to Ernst. She does what needs to be done no matter the time."

CHI President receives honors during Black History Month

Community Health of South Florida Inc. (CHI) President and CEO Col. Brodes H. Hartley Jr. is featured on the November page in the 2015-2016 Florida Miami-Dade African-American History calendar. AT&T's South Florida Community NETwork presents the 22nd annual calendar with the theme of "A Century of Black Life, History, and Culture."

Those featured in the calendar are "distinguished black leaders who are exemplary role models for tomorrow's generations (and) reflect the breadth and diversity of influence that African-Americans have had in shaping the communities that we live in today."

The calendar is used as a year-round tool to teach students about the rich history of African-Americans in Miami-Dade County. Historical accuracy is provided by the Black Archives History and Research Foundation of South Florida Inc.



Source: 2015-2016 Florida Miami-Dade African-American History Calendar

Hartley was also recognized at the Miami Herald and at a special church service and jazz luncheon at Plymouth Congregational Church in Coconut Grove. CHI also recently learned that Hartley is slated to receive the lifetime achievement award from the Greater Miami Chamber of Commerce in May.

CHI experts make radio, TV appearances

Community Health of South Florida Inc. (CHI) doctors and executives are such experts in their fields that they are called upon by local and national media to speak on a variety of health topics and CHI events.



Dr. Millied Lopez de Victoria, a dentist at CHI's West Perrine Health Center, was on Univision Radio/Radio Mambi WAQI 710 AM. She spoke about pediatric dentistry on the Spanish-language show "Luchando Por Nuestros Hijos" ("Advocating for Our Children") that focuses on children's issues. The Children's Trust and the Early Learning Coalition sponsor the weekly radio show.

The Children's Trust and the Early Learning Coalition sponsor the weekly radio show.

Dr. Edgard Nunez, CHI's Deputy Chief Medical Officer and a Family Medicine provider, also appeared on Univision Radio/Radio Mambi WAQI 710 AM. He spoke on cervical cancer awareness for the Spanish-language radio. This is the start of a series of radio shows that CHI providers will discuss health issues and promote CHI services.



Dr. Nunez also appeared on Univision's "Primer Impacto." The story was about the effects of pesticides on humans. Primer Impacto is one of the highest-rated Spanish TV News shows with national and worldwide exposure.

In addition, Col. Brodes Hartley Jr., CHI President and CEO, and Brian Lucas, D.M., Doris Ison's grandson, were interviewed to promote CHI's Doris Ison Celebration by Irika Sargent for "Focus on South Florida" on My33TV.



Listen in to upcoming radio shows on Radio Mambi WAQI 710 AM

March 16 — Cervical Cancer Prevention with Dr. Edwin Bosa

March 30 — Colorectal Cancer Prevention with Dr. Edwin Bosa



April 13 — Breast Cancer Prevention with Dr. Martha Perez

April 27 — Prostate Cancer Prevention with Dr. Edgard Nunez

Highly contagious measles reappears in the U.S.

The nation continues to debate the need for tougher vaccine laws in the wake of an outbreak linked to Disneyland in California. Until now, measles was rarely in the headlines. But the recent spike in cases is pushing some to call for change when it comes to vaccines.

Measles, also known as morbilli, rubella or red measles, is a highly contagious infection caused by the measles virus. Measles can cause fever, runny nose, cough, red eyes, sore throat and a rash that spreads over the body.

“Measles is an airborne disease and can spread easily from coughs and sneezes of others who are infected. Direct contact with saliva or nasal secretions can also spread the infection,” warns CHI ARNP Rose Mery Estinvil. “Nine out of 10 people who are not immunized and share living space with an infected person will catch the infection.”

Measles can be prevented with the MMR (measles, mumps and rubella) vaccine. Statistics show that one dose of this safe vaccine is about 93 percent effective at preventing measles if exposed to the virus. Two doses are about 97 percent effective.

But some parents have avoided vaccinating their children citing fears about autism. “The vaccine is safe,” said Estinvil. “Parents should worry more about their child dying from this serious illness. Vaccination is critical.”

The Centers for Disease Control reports that in the United States, widespread use of the measles vaccine had led to a greater than 99 percent reduction of measles cases compared with the pre-vaccine era. In 2000, measles was declared eliminated from the United States. The number of cases of measles ranged from a low of 37 in 2004 to a high of 644 in 2014. However, most of these originated outside of the country or were linked to a case that originated outside the country.

Measles is still common in other countries where people are not vaccinated. Worldwide, an estimated 20 million people get measles each year, and 146,000 people die from the virus. The nation is experiencing a rise in measles cases related to unimmunized U.S. travelers bringing the infection back from other countries, mostly in Europe.

“Fortunately, it has been limited. And even more fortunate, there have been no cases reported in our area,” Estinvil said.

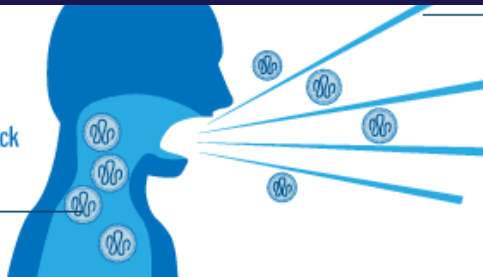
It is recommended that children get two doses of MMR vaccine starting with the first dose between ages 2-15 months of age. The second dose should be given between 4-6 years of age. Also, adults born in 1957 or after, or those who have never had the infection are advised to get the vaccine.

College students, teachers, health care professionals and international travelers are at an increased risk. Contact CHI at (305)252-4820 if you believe you have symptoms or would like to get vaccinated.

FACTS ABOUT MEASLES

CAUSE

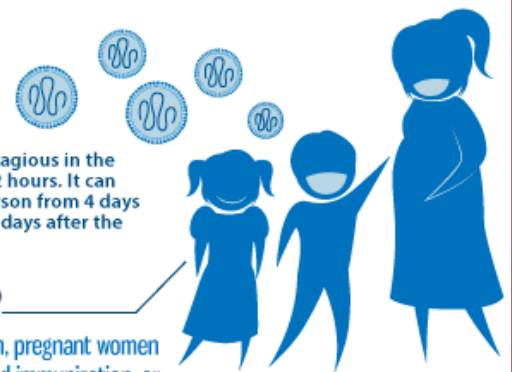
a virus that grows in the cells that line the lungs and the back of the throat.



HOW IT SPREADS

by coughing and sneezing, close / direct contact

The virus remains active and contagious in the air or infected surfaces for up to 2 hours. It can be transmitted by an infected person from 4 days prior to the onset of the rash to 4 days after the rash erupts.



SIGNS AND SYMPTOMS

* high fever

This begins 10 to 12 days after you're exposed to the virus, and lasts four to seven days.

* cough

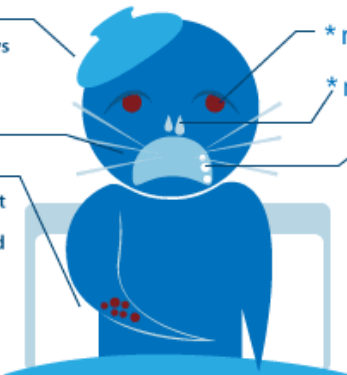
* rash

It starts to manifest first on the face and upper neck. It will then spread in three days, down to hands and feet. Rash is itchy, and may appear as flat and discolored areas (macules) and solid, red, and raised areas (papules).

* red, watery eyes

* runny nose

* small white spots inside the cheeks



This will last for five to six days, then fades.

PREVENTION

Routine vaccination, especially for children.



WHO ARE AT RISK?

- * unvaccinated young children, pregnant women
- * anyone who has not received immunization, or those who did but did not develop immunity

TREATMENT

While there is currently no antiviral medicine for the measles virus, treatment is comprised of easing the symptoms (especially the fever) until the immune system gets rid of the infection. Keeping the patient hydrated and well-rested is important.

Some children with measles may also need Vitamin A supplements to reduce the risk of complications.

Source: GMA News

The Dream Team claims championship title

Wild crowds cheered on their favorite teams in the neck and neck finale of the CHI basketball season. Would the victors be The Bombers or The Dream Team?

As the clock wound down to the final seconds it was a nail biter. The final score: 54-53 as the Dream Team inched past the Bombers with the win.

“It was scary close,” said Jonathan Brand, The Dream Team captain. “The Bombers didn’t make it easy on us.”

The Dream Team and The Bombers were the last two teams vying for this season’s title. Earlier in the season, The Wolfpack and The Brothers succumbed to defeat.

“I have been fortunate to be on the winning team every season,” Brand said. “Maybe I’m a lucky charm.”



The Dream Team claims CHI’s Basketball League Season 5 championship title. Congrats!

The CHI Basketball League Season 6 will begin Saturday, March 28. Due to increased interest, a draft on Feb. 13 created four new teams.

While in the past, non-CHI employees

have been added to have enough players, this season consists of only CHI employees. All are welcome to cheer them on from 6-8 p.m. Saturdays at Goulds Indoor Gym, 11350 SW 216th St., Miami, FL 33190.



You are just what the patient ordered!

Everyday you come to work with a wealth of knowledge, compassion and dedication to our patients.

Thank you for your diligence.
Thank you for your hard work.
Thank you for always making CHI the place for top quality medical care.



We our doctors!





Fun Facts About the Human Body

Tips to reduce that brain freeze feeling

Without warning, your brain feels a sudden rush of pounding pain. Your mouth is burning with cold from the slushy drink you just guzzled.

This is the dreaded phenomenon commonly referred to as "brain freeze." The scientific name for this occurrence is sphenopalatine ganglioneuralgia, the pronouncing of which can give you a headache as well!

But, what causes brain freeze?

Brain freeze occurs when a cold substance suddenly touches the roof of the mouth. The blood vessels contract in response in an effort to prevent loss of body heat. As the coldness recedes, the blood vessels relax again quickly increasing blood flow to the brain. This sudden release is what causes the intense headache sensation.

Although these symptoms are typically brief, there are ways to relieve the pain. You should quickly warm the roof of your mouth. Here are some tips. If you do them soon enough, that may be able to ease the surge of blood flow to your brain:



- Touch the bottom of your tongue to the roof of your mouth. Roll your tongue into a ball, press the bottom of your tongue to the roof of your mouth. The underside of your tongue may be warmer than the top side that was cooled by the cold treat you just ingested.

- Slowly sip a room temperature or warm substance.

- Make a mask with your hands and cover your mouth and nose. Breathe in quickly, raising the temperature inside your mouth.

- Press a warm thumb against the roof of your mouth.

If none of these tips work, just wait it out. Brain freeze is not dangerous and usually passes on its own within 30-60 seconds.

As this phenomenon continues to be studied, scientists believe their findings could eventually pave the way to more effective treatments for various types of headaches, such as migraines, or pain caused by brain injuries.

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