



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

"Patient Care Comes First"

May-June 2015

HEALTHY BITS



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

Second class of medical residents to begin at CHI

On July 1, the second class of 12 osteopathic residents will begin their training at The Brodes H. Hartley Jr. Teaching Health Center at CHI. Six of the residents will be training in the family medicine program, four in psychiatry, and two in the obstetrics and gynecology program.

"We are very excited to welcome in this new group of young doctors," said Dr. St. Anthony Amofah, Chief Medical Officer and Chief Academic Officer. "The program is growing and so are the possibilities and success stories."

This second class will enjoy a host of new opportunities including psychiatry rotations in CHI's Crisis Stabilization Unit. Residents will also experience an increased number of rotations at area hospitals.

Saba University School of Medicine medical students will be shadowing CHI's residents and attending didactic lectures along with them.

Dr. Raina Armbruster gets excited discussing how she delivered the baby of one of her continuity clinic patients.

"In medical school, you don't have your own patients," Dr. Armbruster said. "The patients you deliver you met them for the first time that day. This time, I was able to care for the patient throughout her pregnancy. It was complicated, but I really bonded with this patient and her family."

She said the Caesarean section she performed was an emotional decision



Dr. Raina Armbruster is able to build relationships with her OB/GYN patients as a medical resident in The Brodes H. Hartley Jr. Teaching Health Center at CHI.

for the family. It is something she said she will always remember and the family continues to send her updates and photos of the baby.

"It reinforces that this is the right field for me because I like building those relationships with my patients," she said. "In OB/GYN, there are a lot of emotions involved."

It was certainly a rollercoaster of emotions as teaching health centers across the nation waited to see what federal legislators would be doing with their funding. The HR 2 bill passed the U.S. House and U.S. Senate and later signed into law by President Obama in mid-April. The law dedicates funding to

teaching health center programs and community health centers for the next two years. Without its approval, it is estimated CHI would have lost \$6 million to \$7 million in federal funds.

"This is excellent news and a win for community health centers throughout the country," said Brodes H. Hartley Jr., CHI President and CEO. "It strengthens our ability to train future physicians and cultivate our providers."

Prior to the votes, Hartley and board members visited Capitol Hill to lobby legislators. Community members, patients and employees advocated via letters and phone calls encouraging the passage of HR 2.

A Message from the President

Communication, collaboration and cooperation are the three key ingredients to success. By working together, we are making great things happen! All of Community Health of South Florida Inc. staff worked as a team to impressively represent CHI to the Sterling examiners during their site visit in March. For that, I want to thank each staff member for his or her dedication to the organization and its mission. Upon their exit interview, the Sterling examiners spoke very highly of all of the employees. I am confident their review will turn into a win for CHI with the Governor's Sterling Award. We expect to hear about their decision by mid-May.



We have also taken the time to recognize many of our valuable employees who bring their passion, expertise and knowledge for health care to the job and our patients each day. We celebrated National Doctors' Day, Health Information Professionals Week, National Volunteer Week, Administrative Professionals' Day, and Medical Laboratory Professionals Week. In May, we recognize National Nurses Week and National Women's Health Week. Take the time to congratulate and thank your nursing team.

We hope the community will join us for the Women's Health Celebration entitled "Denim and Diamonds!" on Friday, May 29th at 7 p.m. at the Doris Ison Health Center, 10300 SW 216th St., Miami, FL 33190 This promises to be both fun and educational for the whole family. Community leaders will participate in the denim and diamonds fashion show that will include tips to make you live longer, healthier lives. The event is free and open to the public and includes free health screenings, food and much more.

We have a long-running competition here at CHI between the men and women. I am proud to say for the last two years the men have won by bringing out more guys to the men's health event than those ladies who attended our women's health event. While both are always well attended, men continue to surpass the expected numbers. I keep hearing that the ladies are going to win; let's see if they can pull it off this year. Gentlemen, I am confident we can do it again! So, join us for our Men's Health Celebration on Friday, June 12th at 7 p.m. at the Doris Ison Health Center, 10300 SW 216th St., Miami, FL 33190. Men, bring your dads, your sons, your neighbors, and your fraternity brothers. This free event promises to be exciting and informative with live entertainment, food, health screenings and much more.

As Ralph Waldo Emerson once said, "The first wealth is health."

To your health,

A handwritten signature in black ink that reads "Brodes H. Hartley Jr." The signature is fluid and cursive.

Brodes H. Hartley Jr.

CHI salutes our nurses for National Nurses Day 2015!

*May all the care and kindness
you give to others
come back to warm your heart.*

Happy Nurses Day

A circular logo for National Nurses Day. It features a cartoon nurse in a white uniform and cap, holding a stethoscope. The words "National Nurses Day" are written around the perimeter of the circle, with stars interspersed.

CHI promotes Reyes to Assistant VP for Human Resources

Community Health of South Florida Inc. is pleased to announce the promotion of Juan Reyes to Assistant Vice President of Human Resources and Risk Management, following the retirement of Ida Hernandez, former Human Resources Director. Reyes is also keeping his previous duties as Risk Manager and Privacy Officer.



Juan Reyes

Along with risk management, Reyes will oversee all Human Resources activities for CHI: hiring, benefits, credentialing of providers and clinical staff, plus more. Additionally, Reyes teaches state certification licensing for Health Care Risk Managers at Florida International University.

During his two-year tenure as Risk Manager, Reyes stabilized the property casualty insurance program for CHI by saving the company hundreds of thousands of dollars. He also showed improvement in CHI's safety record creating a significant savings.

"I'm looking forward to Mr. Reyes' oversight of Human Resources and Risk Management," said Blake Hall, Executive Vice President of CHI. "I'm confident that his experience and organizational skills will help bring about further efficiencies as CHI continues to grow."

"I have always wanted to oversee Human Resources," Reyes said. "I worked closely with Ida Hernandez on the recent Sterling Award submission project in the Work Force category and that only reinforced my desire for this work."

As a trained Sterling Examiner, Reyes was instrumental in helping CHI plan for the recent Sterling review. His extensive knowledge was invaluable in helping the team prepare in every area that would be examined.

Reyes said he is ready to take on this additional challenge.

"I'm excited about my contribution to the growth of CHI and Human Resources is a big component of that growth," he said. "I want to hire only the best people for the growth of the organization."

Join us for
DENIM & Diamonds

A fashion show in honor of Women's Health at 7 p.m. on Friday, May 29th

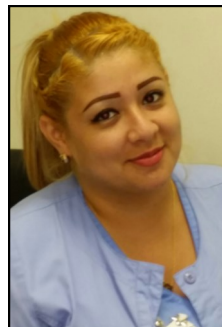
This free event includes health tips and screenings, giveaways and refreshments!

At the Doris Ison Health Center, 10300 SW 216th St., Miami, FL 33190

Staff earns Migrant Health Scholarship

Community Health of South Florida Inc. Patient Care Technician Mary Ramos Lutey is the recipient of the distinguished Migrant Health Scholarship Award.

This scholarship is awarded each year by the National Center for Farmworker Health Inc. to people working or interning at community or migrant health centers funded through a Public Health Services program.



Mary Ramos Lutey

goals and commitment in the migrant health field.

The selection committee highlighted the following excerpt from Lutey's personal statement when considering her as a recipient of this year's award.

"Growing up as a daughter of a parent who has struggled in life is what has profoundly influenced my hopes and aspirations of one day going to nursing school and becoming a registered nurse, specifically in the migrant community as it has ties to my background."

Lutey is one of eight recipients of the \$1,500 scholarship. She was selected by a special committee based on several criteria including her educational

Congratulations to Lutey for her dedication to the migrant community.

COME TO THE

 **Men's HEALTH**

EVENT

Free Men's Health Celebration at 7 p.m. on Friday, June 12th

All are welcome. Free health screenings, entertainment and refreshments!

At the Doris Ison Health Center, 10300 SW 216th St., Miami, FL 33190

Mammovan travels to distant areas for easy access to care

Living in distant places without easy transportation makes it difficult, or even impossible, for some people to get to specialty medical care. However, a bright pink and blue bus that travels to remote areas makes it more convenient for people to get the care they need.

Affectionately called “the mammovan,” the bus welcomes aboard women to get free 3D mammograms. The Linda Fenner Mammography Health Facility is a state-of-the-art clinic on wheels run by the Florida International University (FIU) Herbert Wertheim College of Medicine. It is named for a 54-year-old woman who lost her battle with breast cancer in 2005.

“Any barrier that’s there, we’ll try and break that by being mobile and going to them,” says Lorraine Nowakowski, director of clinical initiatives for FIU’s Green Family Foundation NeighborhoodHELP, a community outreach program.

The mobile mammography facility, accredited by the American College of Radiology, currently goes out once per week and stops at organizations and health centers throughout South Florida. It will visit Community Health of South Florida Inc.’s most distant locations – the Everglades Health Center in Florida City and possibly the Marathon and Tavernier Health Centers in the Keys – on a rotating schedule once a month. The mammovan visited the Everglades location for the first time on April 28 when 10 women attended.

The mammovan will help CHI patients who may have difficulty traveling to CHI’s Doris Ison Health Center where the radiology department is located. CHI does offer free transportation from a patient’s home to CHI locations.



CHI Everglades Health Center Nurse Miriam Fernandez, left, and Physician Assistant Robin Lopez along with CHI Radiology Manager Kay Dolan and Risk-PACS Administrator Irma Lopez stand in front of FIU’s mammovan that visited CHI’s Everglades site on April 28.

“People may wait to get preventative care because they have to take time off of work or don’t have reliable transportation,” said Kay Dolan, CHI’s Radiology Manager. “CHI partnering with FIU’s mammovan gives our patients more options to get the specialty care they need.”

The American Cancer Society states annual mammograms should start at age 40 because breast cancer typically produces no symptoms when a tumor is small and most easily cured.



Dr. Fabio Paes

“Women shouldn’t delay in getting mammograms because timing is critical,” said Dr. Fabio Paes, Medical Director of the Radiology Department at CHI. “The earlier we detect breast cancer increases the success of beating the disease.”

In addition to the free 3D mammograms, the mammovan provides access to examinations, diagnosis and treatment. Women must be referred from a CHI provider, be 40 and older, be uninsured, and enroll in FIU’s NeighborhoodHELP program to take advantage of the services.

While scans are read off-site by a board-certified radiologist, the imaging takes place on the bus using the most advanced mammography equipment available. If scans indicate the need for additional services, referrals can be made for an MRI, a biopsy, and a visit to an oncologist or a surgeon.

Because some women have never had this opportunity, staff takes the time to explain the process to patients. Two small changing rooms that lead to the exam area safeguard a patient’s privacy and helps calm any nerves.

Kimberly Ferrer, who got her first mammogram compliments of the mammovan, said she put it off for years because she doesn’t have health insurance.

“I’m over 40, so it was time to take action,” she said. “I wouldn’t have gone and done it had it not been available for me. Getting a mammogram gives me peace of mind.”

For more information on how to sign up or the schedule of the mammovan’s visits at CHI locations, call CHI’s Radiology Department at 305-252-4818.

HIV-positive homeless addict is now sober on right path

Anthony Oliver lived a sheltered childhood in Ohio. So, when he moved to Florida as a young adult, he got into trouble hanging out with people whom he called “a bad influence.” That snowballed into 20 years of using drugs and alcohol, battling depression, and an HIV positive diagnosis. Next came homelessness.

That’s when he realized he couldn’t go on like that anymore, for the sake of his wife, who is also HIV positive, and his 6-year-old daughter who is free of the disease, thankfully.

“Before I got to CHI, I wished I’d rather be dead,” said the 62-year-old man. “I went through a deep depression. I ran into a problem with drugs and alcohol, and I couldn’t seem to shake it.”

But, as a CHI patient, he was enrolled into the C.A.R.E.S. (Comprehensive AIDS Resources and Education Services) Program that has helped him regain control of his life. His provider, Dr. Tamara Wright, encouraged him to take the steps that only he could.



Anthony Oliver

“She used to tell me, ‘I can’t do anything for you that you can’t do for yourself.’ It wasn’t until I got into the C.A.R.E.S. unit that I was able to be saved. It’s been a rough ride until now,” Oliver said.

Through the help of C.A.R.E.S. Case Manager Kathy Goldman at CHI’s MLK Clinica Campesina, Oliver got sober after four months in rehab at New Hope and spent another four months at Chapman Partnership, a homeless shelter.

“At a distance, you can see what this person needs to get on the right track and you show them that door. But, it’s really up to them to take the steps to get where they need to be,” said Goldman, who is a case manager at High Impact Prevention (HIP), a new program through C.A.R.E.S.

Oliver calls Goldman his “angel” and credits her with being influential in encouraging him to take his medication and save himself.

“She was very influential telling me, ‘Listen, you don’t want to get sick. You want to take your HIV meds,’” he said, adding that as a result of her organizing his treatment plan, the viral loads in his blood is now undetectable.



CHI’s C.A.R.E.S. Case Manager Kathy Goldman helps patients like Anthony Oliver, who is HIV positive, link to programs to live a healthy life.

Through HIP, Goldman takes a person who has had a loss of care or relapsed more than once and brings them under her wing. She gets them back into care with medical and behavioral care, substance abuse rehab and recovery, shelter for those who are homeless, and connection to other programs that fill the gaps.

“We provide positive encouragement and hope,” said Goldman, who has 15 years of mental health and substance abuse counseling experience at CHI. “It’s a hard population, but if you have people who are willing to listen, follow your guidance, and put forth the effort, we can make a big difference in the quality of their lives. And, they

really do appreciate it.”

The two-year-old grant-funded program has more than doubled the number of clients of its capacity of 20. Goldman says that since the program rotates clients into other community or C.A.R.E.S. programs – like the Ryan White HIV/AIDS Program that provides funding for medical and dental care as well as HIV prescription costs and AIDS drug assistance programs – CHI will continue to help those in need.

“It really is a good feeling seeing where he is, and others are, really part of the community now,” Goldman said. “He even tells me, ‘Kathy, I’m your success story.’”

Oliver is on his way to rotating out of the program, thanks to Goldman’s help. He’s moved out of the Camillus House-Naranja Cottage and is now living independently through Citrus Health Network Inc.’s housing program, which helps the homeless become “homeful” with a place to live with furniture and household goods. Oliver, enrolled through AARP Foundation’s BACK TO WORK 50+ program, helps out at the City of Homestead Community Center.

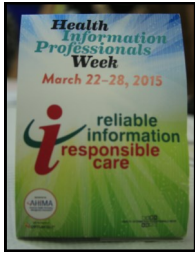
“It’s a new opportunity. It gives me a way to get a routine every day,” he said, adding that he goes to Alcoholics Anonymous and Narcotics Anonymous meetings three times a week.

Oliver said he had to go through his own life’s difficulties in order to be an advocate for other people struggling. He advocates for HIV, cancer and homelessness awareness; is a mentor for AA and NA; and coordinates donations.

“I welcome anything to stay focused and sober,” he said. “It’s not always as pretty and as bright as I would like it to be, but, I feel better today that I’m walking the right path.”

CHI recognizes health information management staff

Community Health of South Florida Inc. (CHI) and The American Health Information Management Association (AHIMA) recognized health information



Marta Mata

professionals during the 26th annual Health Information

Professionals Week of March 22-28, 2015. Staff received golf shirts embroidered with the CHI logo for their efforts.



Team members including Joann Ortiz, left, received golf shirts from Carline Denis-Barnes, CHI's Director of Health Information Management, for their hard work.

This year's theme of "Reliable Information, Responsible Care" reflects AHIMA's continued focus on its vision of advancing the use of

quality health information to improve health and wellness worldwide.

"Our staff in CHI's Health Information Management department is doing a great job in maintaining our patient's health information to help improve the health of patients," said Brodes H. Hartley Jr., CHI President and CEO.



Denis-Barnes, left, honored her staff, such as Barbara Stewart, with recognition.



CHI recognized its volunteers with awards at a lunch at Olive Garden Restaurant on April 15. CHI volunteers are motivated by a vision of a better life for themselves and others. CHI salutes them for adding an extra dimension of care to the legacy left by CHI Founder Doris Ison.



CHI celebrated Administrative Professionals' Day by recognizing its administrative support staff at Olive Garden Restaurant on April 22. The CHI leadership team thanked these excellent employees for their hard work and commitment



CHI doctors, above, attended a Doctors' Day dinner at Brazaviva Churrascaria on March 30. Thank you for your top-quality medical care!

Golf tournament raises funds for Children's Crisis Center

When celebrities like NFL Pro Athletes Robert Bailey and Adewale Ogunleye hit the links on March 27, they were swinging with a greater good in mind. The annual Robert Bailey/Glen Rice/Adewale Ogunleye Celebrity Golf Tournament raised nearly \$60,000 for a variety of programs at Community Health of South Florida Inc. (CHI).

"I am so proud to be a part of this fundraiser," Bailey said. "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 health care seems unaffordable. Yet, there is a place that is a beacon of hope for the uninsured and underinsured. For more than 40 years, CHI has been providing medical care to those who would otherwise go without doctor visits, medication and life-saving treatments.

CHI is hoping to break ground soon on the new Dr. Jacquelyn T. Hartley



NFL Pro Athletes Adewale Ogunleye, left, and Robert Bailey help raise funds for CHI.

Center at 10300 SW 216th St., Miami, FL 33190. The center will specialize in treating children who have been victimized by abuse and those with psychological issues. Right now there is no such place in the south Miami-Dade area, causing some families to drive all the way to Hialeah from the Keys and Homestead.

"This is a resource that the community can no longer afford to go without," said Brodes H. Hartley Jr., CEO and President 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 President and CEO Brodes H. Hartley Jr., second from left, is surrounded by supporters at CHI's golf tournament.

Children's Crisis Center in south Miami-Dade next to its Doris Ison Health



Left and right photos: Golfers receive trophies. Bottom center photo: Hartley presents an award to Robert Bailey and his mother, Hermine Pollard, who helped found the golf tournament and recently retired from CHI as Vice President of Enabling Services and Special Programs.



Fun Facts About the Human Body

Senior Moments: a natural process of life

If you ever opened your refrigerator and found your keys, or got in your car and wondered where you were going, you may be experiencing what is commonly known as “a senior moment.”

There are many jokes about this that may not seem as funny if you are among those suffering.

The fact is, this is a very real affliction. Science bears this out.

Science will tell you that in the normal aging process, there is a slowing of cognitive function, typically starting in the 50s and 60s. Neurotransmitters are chemicals that allow nerve cells to communicate.

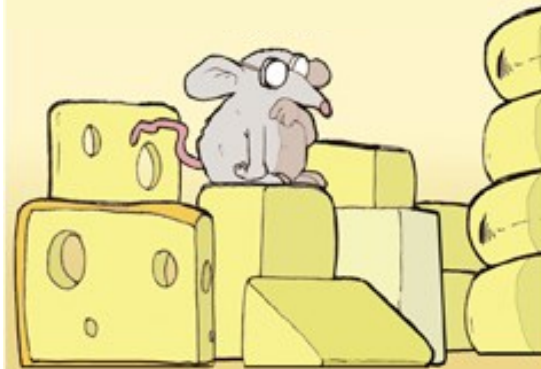
They start to diminish and the brain itself actually shrinks.

White matter – the fiber tracks that connect the front of the brain to storage areas – changes so that information takes longer to process. Think of it like when your computer might freeze temporarily as it tries to retrieve a large file.

Even though the brain has an unlimited amount of storage space, you can't have too many programs running at the

Senior Moments...

Now what did I come in here for?



same time — just like with your computer. Science says this may explain the in-one-ear-and-out-the-other phenomenon that some people experience.

That's a simplistic way to describe senior moments.

However, there can be serious issues involved with memory loss, such as Alzheimer's disease. Or memory loss from a blow to the head. And you probably have seen dramatically portrayed on TV many times a person who

claims amnesia and has no recollection of his life. That's the stuff of Hollywood. Although amnesia is indeed one form of memory loss, it is extremely rare. None of these are examples of senior moments.

Memory loss is a problem that affects most people to a degree sometime in their life. And senior moments may be annoyances, but unless they negatively affect your life, they are not harmful. They are just a part of the life process.

So, try not to let these moments disturb you. Enjoy your seniorhood. After all, it's better than the alternative!

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