



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

"Patient Care Comes First"

September-October 2015

HEALTHY BITS

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

CHI officially opens West Kendall Health Center

Visitors filled the halls admiring the spacious quarters and brand-new gleaming equipment in the dental rooms of the just opened West Kendall Health Center during its grand opening on Aug. 12. Community Health of South Florida Inc. (CHI) celebrated the official opening of its newest health center with a ribbon-cutting ceremony, tours of the contemporary, polished facility, and complimentary coffee and pastries.

"We're no longer South Florida's best kept secret because we're now in West Kendall," said Carolyn Taylor Pates, a former CHI board member and the niece of CHI's founder Doris Ison. "We're forging ahead by opening modern facilities with high-quality medical services."

Dignitaries, staff, supporters and neighbors gathered outside for speeches including one from CHI's Board President Johnny Brown. Pastor Lisandro Parra from the nearby El Rey Jesus King International Ministry blessed the facility with a prayer in Spanish.

Before cutting the large gold bow with oversized scissors, CHI President and CEO Brodes H. Hartley Jr. thanked CHI's board of directors and staff as well as community leaders and lawmakers who were in attendance.

"I want to thank you for your hard work and dedication to make this a reality," he said. "And, I want to thank the community for its support."

The West Kendall Health Center, a beautifully designed modern facility located just across from the Kendall-Tamiami Executive Airport, is CHI's 11th location in Miami-Dade and Monroe counties. Right in the middle of the growing West Kendall area, CHI's West Kendall Health Center is conveniently located near the intersection of SW 137th Avenue and SW 136th Street.



CHI President/CEO Brodes H. Hartley Jr., left, is joined by community leaders in cutting the ribbon to officially open the West Kendall Health Center.



Visitors tour the dental exam rooms at CHI's newest location.

"CHI serves you right in your neighborhood. It offers the same quality, convenient care that you have come to trust at our other locations," Hartley said about CHI's health centers that span from Coconut Grove down into the Keys.

Medical services provided at CHI's West Kendall Health Center

include primary care, pediatrics, dental, OB/GYN and behavioral health, as well as free transportation and prescription delivery. The Federally Qualified Health Center emphasizes a "one-stop-shop" model where the organization and delivery of quality services are seamless, affordable, accessible and culturally sensitive.

"At CHI, state-of-the-art technology and top-notch physicians and technicians ensure the best health care in South Florida," Hartley said. "We can focus on patients' preventative care with annual

See Grand Opening continued on page 10

A Message from the President

In just a few months, our newest health center in West Kendall has proven its value to our patients and the people of West Kendall. We are seeing a lot of new patients and a good mix of current patients who are complimenting the new convenient, modern facility. During the first month, West Kendall had 428 patients. We have assembled an exemplary team of doctors and medical staff there, and I'm confident it will become a treasure to the area.

The Capital Link Financial Consulting Firm analyzed the economic impact that Community Health of South Florida Inc. has on South Florida and the impact is tremendous. According to the report, CHI cared for more than 74,000 unduplicated patients last year with a total of more than 277,000 patient visits. They estimated that we saved the health care system at large nearly \$94 million.

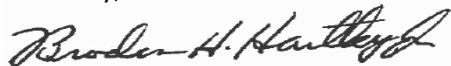
CHI is a large employer as well, providing almost 1,200 jobs both within CHI and via contracted services. As a whole, CHI had a total economic impact of more than \$119 million, according to Capital Link. As we continue to grow, our reach is getting larger; the resources to those we serve are growing in numbers, quality and geographic regions. I am proud of the progress that CHI and its team continue to make to ensure high quality health care for all.

Speaking of healthcare, October is Breast Cancer Awareness Month. Encourage the women in your life to have a mammogram. CHI's Doris Ison Center has a state-of-the-art radiology department and a host of programs that help the uninsured and low income get the valuable medical care and testing that they need. There is no barrier for getting tested and treated. Just ask a CHI provider for more information.

CHI will hold two special events in October. Our Crucial Catch Celebration on Oct. 13th, sponsored by the NFL and the American Cancer Society gives women free clinical breast exams, mammograms and education. Then, on Oct. 24th, CHI will again participate in the Hope 4 L.Y.F.E. race. The funds from this program benefit the patients of CHI by paying for mammograms. So, create a team and be part of the fun fundraiser.

In the words of the great Dr. Martin Luther King Jr. "Life's persistent and most urgent question is 'What are you doing for others?'"

Sincerely,



Brodes H. Hartley Jr.



New hours for Urgent Care at Doris Ison, MLK

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

Walk-In Services from 8 a.m. to 3 p.m. Monday to Saturday

Urgent Care from 3 to 10 p.m. Monday to Sunday

MLK Health Center, 810 W. Mowry Drive, Homestead, FL 33033

Walk-In Services from 8 a.m. to 3 p.m. Monday to Saturday

Urgent Care from 3 to 10 p.m. Monday to Saturday



CHI Youth Volunteer Program preps teens for future

It was the best day of her young life as Sarah Trost gazed at three large TV cameras pointed directly toward her. This was what Trost had dreamed for years her future would be: occupying a TV news anchor chair.

Community Health of South Florida Inc. (CHI) offers valuable volunteer opportunities to young people ages 14-18 during the summer months. They are placed in a variety of areas that can either boost their interest in a particular occupation, or give them new ideas about the direction their futures might go.

Trost, 14, a student at Robert Morgan Educational Center, was one of more than 30 teenagers who participated in the eight-week CHI Youth Volunteer Program this summer.

"We are so excited about how the youth volunteer program has grown in only two years. Last year, we had 13 teens and this summer we more than doubled that number," explained Carol Blackwell-Curry, Volunteer Program Manager.

Trost's area of interest is media, so she was assigned to work with Tiffani Helberg, Vice President for Communications and Development. Prior to CHI, Helberg spent decades working in TV news. Trost joined Helberg and a CHI therapist on a TV shoot at CBS when they promoted upcoming CHI events.



Youth Volunteer Sarah Trost, 14, sits behind the CBS 4 News anchor desk as foreshadowing to her future career.

"It was so much fun. I got a tour of the station, met some newscasters and watched a real show being taped," she exclaimed. "I even got a lesson on posture. They all sat up so straight. It is my dream to be a TV news anchor some day. I got to sit in a TV anchor's chair right on the actual CBS studios Channel 4 news set. That's going to be me for real some day!"

Most of the youth volunteers are planning

futures in health care and many volunteered in diverse specialties at CHI, including: pharmacy, human resources, logistics, customer service, dental, family medicine, OB/GYN, health information management, behavioral health, radiology and volunteer services. With the attitude and enthusiasm they all exhibited, they are well on their way to making their occupational dreams realities. They also helped to contribute to the success of the CHI organization through their work and dedication during the summer.

"As the CHI youth volunteer program continues to thrive, we are delighted to have a part in helping these young people build their futures," Blackwell-Curry said, beaming.

Filling Prescriptions at CHI is Quick & Easy

CHI has made filling your prescription easier than ever at any of its four pharmacies. Once a CHI doctor electronically sends a prescription to the pharmacy, patients have three ways to get their prescription filled.



1. Patients can call the pharmacy from the exam room and ask to have their prescription filled.
2. Patients can call from home or their cell phone to tell the pharmacy to have their prescription filled and delivered to their home. **Prescription delivery is free!**
3. Patients can go to the drop off window at the pharmacy to tell staff that they would like to have their prescription filled.

COMING SOON!

In an effort to make your pharmacy experience more pleasant, CHI recently renovated its Doris Ison Pharmacy. The new area features a modern look with windows that are more user friendly. Also, there will be space for consultations. The new Doris Ison Pharmacy will have a large retail pharmacy area stocked with over-the-counter medications and products at discounted prices for the whole family.

CHI Pharmacy Phone Numbers:

Doris Ison 305-254-7166

MLK 305-246-1666

Marathon 305-743-8471

Naranja 786-264-5745

Patient uses her faith, battle song to help

The plastic paddle pressed down on her breast. The mammographer took the X-ray and then repositioned Sandra Sargent's breast for the next compression. After several different compressions and adjustments, the Community Health of South Florida Inc. (CHI) radiologist entered the room with apprehension on his face. It was never easy delivering this kind of news.

The mammogram detected a BiRad 5, the highest level of potential breast cancer. He immediately sent her back to her primary care physician, Dr. Elizabeth Philippe. Sargent considered her relationship with Dr. Philippe more than just a doctor-patient one; she considered Dr. Philippe a friend.

The doctor explained the large suspicious lump in Sargent's left breast needed immediate further investigation. She would need a biopsy. Sargent was confounded by the news. She had no signs of being sick. She performed self breast exams regularly and never felt anything unusual, so surely there was a simple explanation for the lump. She wanted to block from her mind the fact that numerous family members had suffered from breast cancer. It could not be happening to her, too. Could it?

"Mammography looks at changes in a woman's breast. That's why it is critical for a woman to get a yearly



Sandra Sargent said her faith gave her strength during her breast cancer treatment.

mammogram starting at age 40," said Kay Dolan, Radiology Manager at CHI. "Some women put it off because a mammogram can be painful. Yes, it hurts for a second but it's much more painful to have metastatic breast cancer."

If a woman is coming from a different facility, Dolan said she should bring in her previous mammography images to the appointment. Catching a malig-

nancy before it spreads can often lead to a full recovery, she said.

For Sargent, the medical advice was numbing. Her mind was swimming with negativity.

"I had to take the bus to my biopsy appointment. A trip on the city bus is never fun, especially this time because I was embarrassed as I cried all the way there," she recalled.

The technician explained the procedure in detail. Sargent was relieved to learn there were no cuts involved. Laser guided needles would extract samples of the suspicious breast tissue for testing.

The diagnosis confirmed it was cancer. In fact, her lump was a large cancerous tumor. There was no doubt ... she was going to need a mastectomy, the removal of a breast.

Sargent slumped over in fear and agony. She screamed and ran out of the room.

Sargent's daughter and goddaughter tried to be supportive. The staff surrounded her with reassurance. After she pulled herself together, the doctors explained the next steps.

She would need a series of chemotherapy procedures and wanted to know the truth about what to expect.

Continued on the next page

Crucial Catch gives free mammograms to those in need



Tuesday, Oct. 13, 2015

Limited appointments

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

**To see if you qualify,
call (305) 252-4818**



**UNITED IN THE FIGHT
AGAINST BREAST CANCER**

her fight the war against breast cancer

The treatment would be aggressive because her tumor was so large.

“Breast and cancer are two of the most frightening words a woman can hear,” Sargent said. “A multitude of fears immediately came to mind: Will I be left deformed? Will my family still love me? Can I pass this on to my daughters?”

She remembers the exact moment she got the call at 11 p.m. March 30, 2007, that they had a bed ready for her to immediately start chemotherapy.

“It is still very vivid in my mind,” she said.

Sargent started the treatments – some in-patient and some out-patient for six months. Even though she was warned, she was not quite prepared for what was to come.

“Because my tumor was so large, they used the strongest chemo they had,” she recalled. “The side effects were so severe I literally prayed to God to take me,” she remembered with tears in her eyes. “I was constantly nauseous and had no appetite and was losing weight. I had to eat. But all I could keep down was kiddie Spaghetti-O’s. So that’s all I ate for 6 months ... kiddie Spaghetti-O’s! And I lost my hair right on schedule like they told me ... every strand of it.”

She had six months of these agonizing treatments ahead of her. After that was the mastectomy. She still had a long, rough road ahead.

“Those months really tested my faith. I was not sleeping at all. I would literally not sleep one minute at night. I pleaded with God to give me just one minute of sleep! I called out to Him like I never called out before.”

Soon, she said her prayers were answered. “He put a song on my heart, ‘The Battle Is Not Yours, It’s The Lord’s.’ That became my theme song to get me through,” she recalled. “Don’t get me wrong, it was still a rough journey. I sang my new theme song often. I was very weak from the chemo but I sang the best I could.”

With her theme song to bring her strength, she began to have no fear.

Six months passed and it was time for the mastectomy. Once again, she leaned on her faith to pull her through.

“When I came out of the surgery, my mind went crazy with all kinds of thoughts. Once I was out in the world again I feared everyone was staring at my misshaped chest. I became very depressed and self-conscious. Fortunately, I had the support of a very good male friend. I confessed my fears to him and was relieved and comfort-

ed by his kind words and support. He told me my chest didn’t matter; the most important thing was that I was alive. Hearing that from a male gave me encouragement and strength.”

She had survived both physically and financially from what could have been fatal. Although Sargent didn’t have insurance, CHI enrolled her in one of its many breast cancer treatment programs that help pay for mammograms and treatment for the uninsured.

“I never paid for anything. It was a blessing, truly a blessing,” she said. “I thank Dr. Philippe and CHI for their support through those very tough times. Dr. Philippe is still my physician at CHI. She is a blessing and a friend.”

Today Sargent counsels other women who are going through breast cancer treatment.

“I share with them and give them comfort like others had comforted me. And, yes, I pass on to them the song that God put on my heart,” she said as she started humming the tune.

It has been eight years since Sargent’s surgery. She is happy, healthy and still singing.

“Today, when I see my body in the mirror, I don’t remember the agony and tears. I don’t see fear and shame. I don’t see scars. I only see a survivor.”

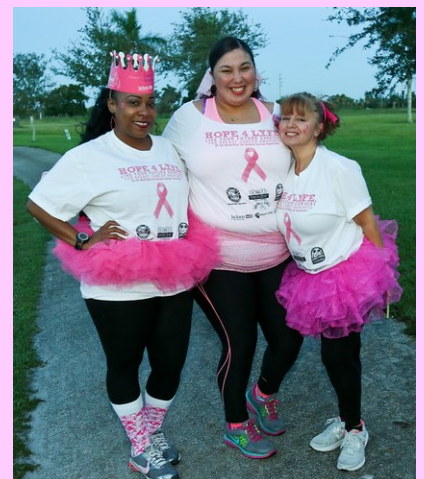
HOPE 4 LYFE.
LIVE YOUR FUTURE EVERYDAY
FOR BREAST CANCER AWARENESS

Saturday, Oct. 24, 2015

**Registration: 6am
3K-5K Walk/Run 8am**

**Homestead Air Reserve Base Park
27401 SW 127th Ave., Homestead, FL 33032**

For more information, call (305) 252-4853



CHI celebrated National Health Center Week

More than 1,000 people participated in free National Health Center Week events that Community Health of South Florida Inc. (CHI) hosted Aug. 8-15. At three different health fairs, members of the community received free medical and dental health screenings, education, and giveaways, including backpacks. Children also had fun getting their faces painted, jumping in bounce houses and watching magic shows.

Cari Lara's four children were among the 400 kids whom CHI conducted health screenings on Aug. 8th at the Back-to-School Health Fair.

"I'm happy. They got a full-on check. It's incredible. I've never seen such a big opportunity for people to come and get checked out and have this amazing experience with their family members," said Lara, who came with her cousin. "Not a lot of places offer these kinds of things, so it's really great what CHI is doing for the community. I'm pleasantly pleased."

That's exactly what CHI President and CEO Brodes H. Hartley Jr. had in mind.

"National Health Center Week is an opportunity for local residents to learn about affordable, high-quality health care at a community health center near them," Hartley said. "Whether they have a new insurance card or not, people can make CHI their health care home where all of their health needs – both preventative and urgent care – can be met."

In celebration of the 50-year anniversary of community health centers, CHI held an engaging health care forum at the South Miami Dade Cultural Arts Center. The forum panel included CHI President and CEO Brodes H. Hartley Jr., State Sen. René Garcia, National Association of Community Health Center President Tom Van Coverden and moderator Irika Sargent, CBS 4 News Main Anchor.



Kim Buksch enrolls her three grandchildren at CHI. They recently moved to South Florida from New York.

The panelists examined the critical role that community health centers play in ensuring access for all to quality, affordable health care. Access can be a life changer for someone walking the poverty line.

Take Antoinette Bailey for example. One of four kids from a single mother, she grew up in Homestead and Florida City.

"I grew up in the (welfare) system," Bailey said. "But, I am actually a product of CHI."

She said thanks to the community health center model, the health care she received kept her healthy to give her a fighting chance to become successful. Now, Bailey is the Chief Operating Officer and Executive Vice President of Permed Clinical Research LLC.

"We need to concentrate now on preventative medicine instead of just treating after the fact, not simply because that's more health care dollars. It just makes sense and cents to treat the person at the beginning of the issue," Bailey said.

Hartley and Van Coverden stressed how community health centers help patients get affordable medications and preventative care. However, the people must demand access by advocating for affordable health care through writing letters and calling legislators, State Sen. René Garcia said.

More than 350 people attended the forum on Aug. 12 at the South Miami-Dade Cultural Arts Center.

The forum, moderated by CBS 4 News Main Anchor Irika Sargent, concluded with lunch.

Hale Barrett, who attended the forum with about six other senior women, said she was glad the senator mentioned that the mental health stigma must be broken.

"The brain is just another organ of the body that is being affected and more emphasis should be placed on it," said Barrett, who said she's been a long-time CHI supporter.

CHI also hosted a health fair at the Chapman Partnership for Empowering the Homeless in Homestead and held health screenings at the Migrant Health Fair in Florida City, both on Aug. 13.

Olanyine Gay brought her children Karent Reyes, 17, and Deris Reyes, 11, who just moved to the United States from the Dominican Republic. Through a translator, Gay said she's going to take advantage of CHI's Pap Smear Clinic that offers pap smears for only \$30 as well as school physicals for her children.

She was pleased to know that many of CHI's staff speak fluent Spanish.

"It helps patients alleviate their fears to see that Spanish-speaking providers are available and that there's always a smiling face in the door at CHI," said Robin Lopez, a physician assistant who speaks Spanish.

with events at several health fairs and forum



A boy gets his blood glucose levels checked at the Back-to-School Health Fair.



A girl admires her face painting at the Back-to-School Health Fair at Doris Ison Aug. 8.



A CHI nurse checks a girl's blood pressure at the Back-to-School Health Fair on Aug. 8.



Three girls enjoy the festivities at the Back-to-School Health Fair.



Sisters pose after getting their teeth checked.



A CHI dentist checks a girl's teeth at the Back-to-School Health Fair Aug. 8.



A boy watches his sister get her height and weight checked.



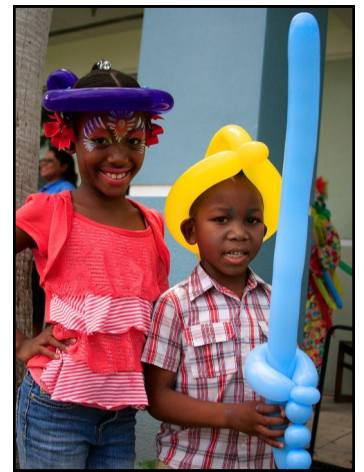
Siblings wait to get their teeth checked at a health fair. Aug. 13.



A girl's face is painted at a health fair at the Chapman Partnership.



Ronald McDonald poses with a girl after his magic show.



A sister and brother show off their balloons at a health fair.



A CHI provider talks with a visitor at the Migrant Health Fair after a glucose check.



CHI staff join migrant and farmworker advocates at the Migrant Health Fair on Aug. 13.



A mom and her daughters receive help from CHI's Outreach Services.

CHI promotes Madden to Assistant VP for Care Coordination

Allison Madden steps into the new position of Assistant Vice President for Care Coordination. Formerly the Director of Billing & HEDIS Compliance, Madden has matured with CHI over the past 10 years.



Allison Madden

“Allison Madden is the perfect example of how a CHI employee can have a direct impact and develop the organization,” said CHI President and CEO Brodes H. Hartley Jr. “She has lead by example by taking the initiative to improve processes and procedures, making CHI a more efficient company.”

She started with CHI as the HCN Billing Liaison and worked in Patient Accounts in 2003. Madden then became a Patient Financial Services Supervisor in 2005. In that role, she

helped to create front desk policies and procedures for registration and insurance verification/eligibility, and provided guidance to meet HRSA guidelines.

“CHI has given me the opportunity to grow along with the organization,” she said. “I’m proud of my track record and look forward to continuing to improve how CHI provides its medical care.”

While as the Senior Billing Compliance Supervisor, Madden wrote procedures for patient financial services, as well as for the oversight of contracting of managed care organizations. She also developed agreements for private contracts. In 2014, when HEDIS (Healthcare Effectiveness Data Infor-

mation Set) and Care Coordination became a primary focus with the managed care plans, Madden developed the HEDIS Department to create workflows and build the new Care Coordination Department.

“Today, my vision for CHI includes active care management to help improve the health of our sickest patients and keep them out of the hospital,” she said. “We also work to reduce gaps of care to ultimately keep patients healthy, which in return lowers managed care costs by reducing unnecessary emergency room visits and possible hospital admissions.”

A University of Miami graduate, she is a Certified Professional Coder by the American Academy of Professional Coders and earned her Six Sigma Green Belt Certification in 2014.

Summer swim program cools Cutler Manor youth

Summertime is hot, especially in South Florida. If there’s no way to cool off, it can be miserable. But bringing children to a pool puts a smile on both the kids and parents’ faces.

A summer swim program took about 40 kids from the Cutler Manor Apartment Complex to the Goulds Park pool for six weeks of swimming and splash pad fun. The program was co-sponsored by the Office of Commissioner Dennis Moss and Community Health of South Florida Inc. (CHI), which provided transportation.

Every Tuesday and Thursday from 3 to 5 p.m., the children and chaperones (one to every six children) boarded a CHI bus to take the short ride to Goulds Park. That’s where the swimmers jumped into the pool and non-swimmers frolicked in the splash pad.

Tiara McCray, a mother of five, chaperoned one group along with her 17-year-old daughter. She said the outing was refreshing and amusing for the kids of Cutler Manor.



Children who live in the Cutler Manor Apartment Complex get ready to go swimming at the Goulds Park pool as part of a six-week program co-sponsored by CHI.

“They really enjoyed going to the park. Otherwise, they would be sitting around and getting on my nerves,” she said, jokingly.

Cutler Manor Resident Manager Shelby Turner added, “It gave them something to do and kept them out of trouble.”

The CHI Community Initiative (CCI) program was designed to empower adults and engage young residents by providing meaningful programming at their location. For the past two years,

CHI’s Service Partnership team has offered care coordination to Cutler Manor families whose children are at risk for being chronically absent from school, exposed to violence, or at risk for child maltreatment. Also, the CARES program provides HIV education and testing.

“We empower them to break the cycle of poverty by encouraging them in five slices of life: spirit, health, education, environment and economics,” said CHI President and CEO Brodes H. Hartley Jr. “We connect community resources in an effort to foster self-sufficiency and motivation to enhance their quality of life.”

Summer tutoring program prepares foster kids for school

For the ordinary child, summer means no school, lots of playing, swimming and fun. If there isn't any structured education tucked into that mix, the average child will fall back three months in his or her academic achievement.

For a child who comes from an unstable environment, that regression can be much worse. When these children return to school, they might have a more difficult time adjusting back to the student role. This phenomenon is known as the "summer slide."

However, a summer tutoring program at Community Health of South Florida Inc. (CHI) turned that slide into a ladder. It was specifically designed for children in CHI's therapeutic foster care program. These kids typically face frequent change that can often lead to behavioral issues.

"Even kids who do well academically, when they go through the summer without any quality academic intervention, they can slip back to where they were in school in February or March," said Yvonne Sawyer, Chief Operating Officer of Hope for Miami, which facilitated the program.

Through Hope for Miami's Neighbor Net Service Partnership, a recently retired elementary school teacher with 30 years of experience was selected as the tutor. Vivian Smith tutored about 10 children for two hours every Monday and Wednesday in the summer months at CHI's Doris Ison Health Center.

While she worked on reading with one group, another group was making an art project while still another was putting together a puzzle. This concept of centers helped keep everyone busy at all times.

"It worked especially well for our therapeutic foster kids, some who are emotionally unstable and need to be engaged at all times. The more they



are engaged, the more they learn," said Nicole Ernst, a CHI Mental Health Specialist II who works with foster care children. "It helps keep them focused and reduces behavioral issues."

One foster parent said the learning pods were ideal and gave kudos to Miss Vivian for taking on so many kids in one room.

"She was old school and no-nonsense, which for me is awesome," said Miss Alina (last name withheld for privacy protection).

Thanks to the program, her two foster boys, ages 8 and 11, were ready when they returned to school this fall.

"Some teacher will love them because they've been reinforced to keep the same structural integrity in terms of respect for learning," the foster mom said. "Some kids become unruly in the summer and forget how to follow directions. But my boys will continue to be respectful, listen and be disciplined."

Another foster mom said the program helps the children stay in the mindset of school.

"Knowing that they have the responsibility of meeting with a tutor, it keeps the kids involved so they're not completely disconnected from a school setting," said Miss Martha (last name withheld for privacy protection). Her 9-year-old foster son participated in the program.

CHI's Behavioral Health staff stressed that any academic help in the summer is beneficial and will help the at-risk foster kid population start the school year more successfully.

"Most of the kids in the foster care program get moved around from home to home and school to school, which makes them more behind in academics. Anything that we can do to help our kids excel at school is a given," said Ilem Morales, CHI's LMHC Supervisor for Foster Care and CHI LINKS.



At a White Coat Ceremony on June 30, 13 medical residents were welcomed into the second class of The Brodes H. Hartley Jr. Teaching Health Center at CHI.

CHI staffer, who dances with stars, teaches exercise class

The pulsating beat of the Pharrell Williams song "Happy" spilled out of the Community Health of South Florida Inc. (CHI) cafeteria after hours. Kelly Reyes, a CHI Environmental Services employee, was preparing for her high intensity Fitness Camp workout.

She leads free-of-charge classes three times a week for CHI employees to help encourage movement in what are often long days void of physical activity.

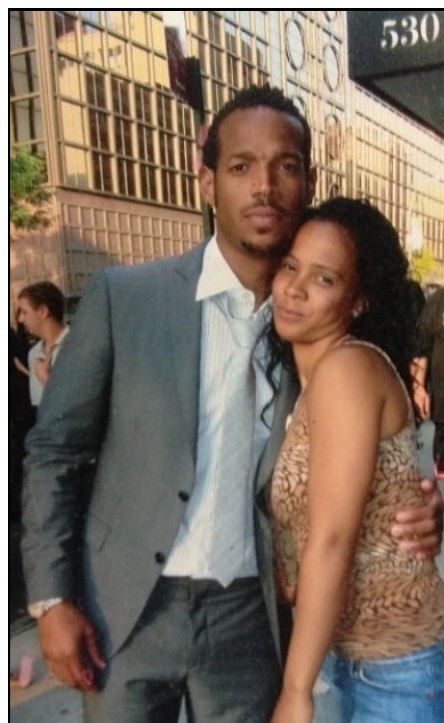
"I love dancing as exercise and I want to share it with as many people as I can," Reyes said. "I consider the CHI staff my family, so I want to share it with them too."

Doctors, nurses, finance specialists and many other staffers packed into the cafeteria in the first week of the ongoing series of Fitness Cardio and Dance.

"It's a fun way to mingle with co-workers from other departments that I don't see on a regular basis," said Eunice Hines, CHI Chronic Disease Self Management Programs Supervisor. "My job is very sedentary and this helps me meet my daily activity goal."



Kelly Reyes, front in white T-shirt, a CHI Environmental Services employee, teaches dance moves in an exercise class for CHI staff.



Kelly Reyes poses with Marlon Wayans after a dance audition at BET in New York City.

Jennifer Lopez. Reyes has spent her own time in the lime-light, touring as a back-up dancer for famous musical artists

Raquel Newton, Executive Secretary to the VP and Chief Nursing Officer, exclaimed, "I absolutely love the class! I used to dance Afro-Caribbean dance and was looking for something that I could groove to. I found it! Kelly is an absolute breath of fresh air!"

But teaching classes is far from Reyes' only source of exercise. Reyes, a former student of the Broadway Dance Center in New York, is a star in her own right. The center is credited with the start of many celebrities' careers including

like Sean Paul, Don Omar, Arcangel and Daddy Yankee.

But in spite of sharing fame and the spotlight with well established artists, Reyes' real passion is teaching dance.

"The Broadway Dance Center was instrumental in helping me become an instructor," she said. "I had the opportunity in New York to teach children from age 7 to adults. I currently also teach at the Goulds Park gym and in a Coconut Grove dance studio," she said, beaming with excitement. "It is my life's dream to have my own studio some day."

Reyes' dance studies have included jazz, tap, modern, Latin, Caribbean and others, but her main focus is ballet fused with other forms of dance.

"I'm very lucky. I have had wonderful dance opportunities. I recently received an invitation from Pitbull to audition as a back-up dancer. But right now I have a commitment to CHI," she said. "Pitbull will have to wait. I know other great opportunities like that are still to come."

Grand Opening continued from page one

check-ups and lab work while taking immediate action should a serious illness strike. CHI is here for anyone regardless of income or insurance status. CHI is for everyone."

CHI's West Kendall Health Center is located at 13540 SW 135th Ave., Miami, FL 33186. It has extended hours from 8:30 a.m. to 6 p.m. Tuesday through Friday and from 8:30 a.m. to 12:30 p.m. on Saturdays.

To make an appointment, call (786) 231-0800. Visit CHI's website at www.chisouthfl.org.

CHI employee's son is inspiration for children's book

What started as a project to feed and bring some comfort to the homeless has become a children's book. Out of a desire to help the community, two children founded a volunteer group called The Little Helpers. A book of the same name, written and designed by relatives, retells the story and raises money to continue their cause.

Fred Thomas encouraged his son, Frederick Thomas, age 7, to pick a charitable project to help the community during the winter holidays. Fred Thomas is an intervention specialist at Community Health of South Florida Inc. (CHI).



Fred Thomas

He said his son found inspiration from his grandmother's motto of "It is in giving that we receive. People need to love and help each other. The younger you start to give and help others, the better."

Out of those words grew the idea to form a group of young volunteers called The Little Helpers. But what would they do?

Frederick's 13-year-old cousin Brianna Piquion suggested how to put the words to use by helping those less fortunate.

They teamed up with some friends to decide who they would help and how they would do it. The Little Helpers found a local church that made hot meals for the homeless. Even at their tender age, the children understood the plight of the homeless and knew this was the perfect cause for their mission.

The Little Helpers set a goal and proceeded to collect donations to fill the gift bags with goodies and necessities. Before long, thanks to the generosity and excitement of the community, they exceeded their goal and had more gift bags than anticipated.

It delighted Frederick and his friends knowing they were making a difference in the lives of their neighbors, with even this small



gesture. Frederick's favorite memory was seeing the smile on the face of a 3-year-old boy when he received his gifts.

"Seeing that was the only reward I needed," said a beaming Frederick.

But The Little Helpers didn't want to stop there.

"I want to do it again," the boy said enthusiastically. Giving to the homeless made me happy. I'm proud to be one of The Little Helpers, and I want to

help a lot more people."

The storybook idea was born when Frederick and his parents realized they could retell the story and raise money at the same time.

Frederick's mother, Carline Duret, wrote the story. Duret's love of children leads her to altruistic projects aimed at assisting kids in reaching their full potential. Fred Thomas used his artistic flair to bring the characters to life through creative, highly stylized illustrations that give the book its unique character.

The finished story "The Little Helpers" takes the reader on the journey of 7-year-old Carl Louis Joseph as he discovers the joy of giving to those less fortunate.

"We are young, but we can help," insisted Carl. "We wanted to distribute these things to the homeless so that they could feel happy and loved. But they made me feel happy and loved too!"

Because Duret is of Haitian descent, the book is bilingual with English and French on each page. The paperback is also in memory of Duret's mother.

Thomas swelled with pride as he recalled the success of the book.

"I'm so proud of how my son and the community came together," he said. "Holidays and other special occasions are a little bit happier thanks to The Little Helpers."

"The Little Helpers Les P'tits Benevoles" by Author Carline Duret and Illustrator Fred Thomas can be found on www.amazon.com.





Fun Facts About the Human Body

Imagination: mind's eye creates fantasy

Travel at the speed of light on a magic carpet. Walk on Mars. Go back in time. Become a super-hero. These are all possible in your imagination. What makes us creative and where does imagination come from?

Imagination is a whole world inside the mind. It is the ability to form mental scenes, objects or events that do not exist or have happened in the past.

Imagination has an important role in everyone's life. It is used, whether consciously or unconsciously, daily. Without imagination, there would be no inventions. There would be no fashion designers, no art and no books or music. Imagination is the creative power that is responsible for achievement in any field.

When imagining something, it can be pictured as clearly and with as much detail as wanted. The image seen isn't real. So, where is this image in the brain?

The human brain has a "mental workspace" with a widespread neural network that coordinates activity in the brain. It can manipulate images, ideas and theories.



Imagined images are seen in the same parts of the brain as images from the real world.

Everyone possesses the ability to imagine to a certain degree. In some, it is highly developed. In others, it appears in a weaker form.

Daydreaming is a type of imagination. As the daydreaming mind cycles through different parts of the brain, it accesses information that was dormant. Daydreaming promotes creativity. It releases wisdom and often the solution to problems. Daydreaming provides temporary relief from stress.

Imagination can create a world of anything. It includes all five senses. Even emotions can be imagined. It is a wonderful power that has a great role in one's life. It is used extensively in magic, visualization and affirmations.

Everything that exists came out of someone's imagination. Some theorists believe that if it can be imagined in fantasy, it is possible in reality. So, open up your mind and let your imagination soar. The world, as it is, would not exist without imagination.

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