



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

*"Patient Care Comes First"*

September - November 2016

# HEALTHY BITS

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

## CHI Becomes 2nd FQHC in Nation Designated as a Behavioral Health Medical Home



*Leadership in CHI's Behavioral Health Department celebrate earning the medical home designation.*

She dropped her head and began to sob. Nancy Ramos, a Community Health of South Florida, Inc. primary care and behavioral health patient, was retelling the story of the day her husband was killed in an auto accident years ago. This was the day that changed her life.

"That event triggered something in me," she recalled. "I was suddenly a single mom all alone. I began to have bouts of rage. I couldn't control my temper and my health began to fail. I did not like myself or anyone else."

Patients like Ramos benefit greatly from a new program at CHI called the Behavioral Health Medical Home.

A Behavioral Health Medical Home integrates primary care medicine with behavioral health medicine to create comfort, convenience and familiarity for the patient and the treatment professionals.

But being designated a Behavioral Health Medical Home is not an easy achievement.

"We worked very hard to get that designation. Because we kept exceptional records, it was easy to produce them when the Joint Commission evaluated us," said Maria Montoto, CHI Medical Services Manager and Data Specialist for Behavioral Health Services. "They shadowed us for a week and at the end found us to be very worthy of the Behavioral Health Medical Home designation."

It's a process Dr. St. Anthony Amofah, CHI's Chief Medical Officer helped to drive when the organization became a primary care medical home years ago. Now the push was to achieve a similar accreditation in behavioral health.

"The Joint Commission accredits and certifies health care organizations and other programs nationwide as symbols of quality and commitment to meeting

certain performance standards" explained Dr. Amofah. "Very strict criteria must be met to receive this."

The Behavioral Health Medical Home designation emphasizes a team-based approach to care that includes a primary physician, behavioral health physician, nurses, therapists, pharmacists and others.

Every patient in this model has a personal primary physician who knows the patient's situation and history and is committed to the well-being of the patient and responsible for their appropriate care," explained Montoto. "Because few primary care physicians have the training to provide psychotherapy or prescribe medications for patients with severe mental health needs, referrals to mental health specialists are necessary to provide mental health services in primary care".

"The team approach has really worked for me," said Ramos. "Because of their proximity, my primary doctor and my behavioral doctor and therapist can easily communicate together and decide the best care for me," she explained. "After the devastating effects that my husband's death had on me mentally and physically, CHI's teams came together and with their help I took control of my anger and bouts of rage. Today I am actually polite! I never got this great care anywhere else."

CHI is ahead of the curve regarding this progressive model.

"To be only the second Federally Qualified Health Center to receive this designation puts us ahead of the rest of the country. We are on the cutting edge," said Dr. St. Anthony Amofah. "There is an acknowledgement of excellence in this method of behavioral care delivery. It brings prestige to CHI in the health care community."

# A Message from the President

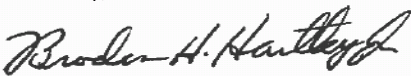
It is not hard to see the great need for Community Health of South Florida Inc. (CHI) in our region. Zika is just the latest medical threat to hit us and bring the value of our medical experts to the forefront. CHI is on the front lines, helping to test and care for those infected with the virus. Our outreach staff, doctors and nurses have been helping to educate the community about protection such as wearing long sleeved shirts, pants and insect repellent. Without our imprint, the state of affairs in this area might look much different. And that's the value of CHI. It is an organization that's grown from two trailers on SW 216 St. in 1971 to now 11 state of the art health centers with comprehensive services and 31 school based centers.

On Oct. 29th CHI will celebrate its 45th Anniversary with a black tie gala. It is a black tie affair that promises to be grand! CBS 4 News Sports Anchor, Jim Berry, will emcee the event at Jungle Island. On this night we will honor the people who helped build CHI over the decades. We will also unveil CHI's history book called *Community Health of South Florida Inc., How a Community Helped Ignite a Healthcare Revolution*. The Gala is a fundraiser for the Children's Crisis Center that we are building to care for children with severe mental health issues. You can be part of the mission and the vision. Just call to sponsor or buy gala tickets at (305)252-4853.

The children's crisis center will fit nicely into our newly accredited behavioral health medical home. The recent designation is confirmation that our behavioral health department is doing a great job at offering comprehensive care to our patients. The care teams know their patients and look at each case from a variety of perspectives, mental health, medical and sometimes even dental. Congratulations to the behavioral health team on their hard work to earn this unique designation.

I am also proud to announce that CHI is expanding its Livescan Fingerprinting services to the West Kendall Health Center. Until now we had only offered it at our headquarters, the Doris Ison Health Center. Because of the high demand for this service we now have it at both locations. Livescan is the background check that many doctors, nurses, teachers, caregivers and others have to undergo in order to gain employment. We began conducting the service to make it easier for our own employees and now provide the service to the public as well.

Sincerely,



Brodes H. Hartley Jr.  
President/CEO



## CHI NOW OFFERS LIVESCAN FINGER PRINTING SERVICES AT TWO LOCATIONS

### Doris Ison Health Center

10300 SW 216th Street  
Miami, Florida 33190  
Phone: (305) 253-5110

### Hours of Operations

Monday thru Friday: 8:30 AM–10:00 PM  
Saturday: 8:30 AM–3:30 PM



### West Kendall Health Center

13540 SW 135th Avenue  
Miami, Florida 33186  
Phone: (786) 231-0806

### Hours of Operations

Tuesday thru Friday: 9:00 AM–5:00 PM

Costs range from \$60 – \$90 depending on the specific scan services requested. We accept most major credit cards, debit cards and cash. Service is quick and convenient, Just walk right in. No Appointment Necessary.

# CHI Receives \$200,000 at Partnership Celebration



*Leaders from Community Health of South Florida Inc. and the former Helen B. Bentley Health Center join relatives of Doris Ison and Helen Bentley at the check presentation in Coconut Grove.*

here for them. There are no barriers to healthcare. We provide free transportation. We accept most insurances. We offer a sliding fee scale based on a person's income and we have compassionate, highly skilled staff."

Helen B. Bentley, a nurse with a great vision, founded the Bentley health center that is now closed. So the nursing scholarship in her name will breathe new life into the lives of other aspiring

Descendants of two legacies stood at either end of the giant check. On one end, Twyman Bentley, the nephew of the late Helen B. Bentley and on the other end, stood Carolyn Taylor Pates, the niece of the late Doris Ison. The pair was joined by leadership from both Community Health of South Florida, Inc. (CHI) and the former Helen B. Bentley Family Health Center to mark a milestone, the formation of a partnership in the Coconut Grove area.

"Today we announce a \$200,000 gift from the Helen B. Bentley Family Health Centers to CHI," said Pinky Sands, former Helen B. Bentley board member and current CHI board member. "This is a special day because the funds will help pay for outreach services to let the community know that CHI is here to serve them with valuable, high quality services. It will also pay for a nursing scholarship for the residents of Coconut Grove."

The check presentation was a culmination of three years of work between the Helen B.

Bentley Health Center and CHI. In 2013, the Helen B. Bentley Health Center closed leaving a void in the Grove community. Shortly after Community Health of South Florida, Inc. applied for federal funding and was awarded it to open 2 new federally qualified health centers: in Coconut Grove at 3831 Grand Avenue, Miami FL 33133 and another in South Miami at 6350 Sunset Drive, South Miami 33143. CHI worked diligently to let the former Helen B. Bentley patients and others know that it was there to serve the Grove and surrounding communities.

"Coconut Grove is a lovely and unique area. There are people who are still not accessing healthcare for various reasons," said Beverly Hepburn, Coordinator of Outreach and Enrollment Programs at CHI. "That's why this new outreach program in the Grove will really help reach some of those people. We will be going door to door, visiting churches, businesses and more to let people know about all the services that CHI has

nurses. Like Bentley, Doris Ison founded Community Health of South Florida Inc. 45 years ago. Ison was also a woman of great vision. Both had so much in common with their goals to improve access to healthcare for their communities. This partnership marks the merging of those two visions to continue the legacies of both. On August 13th, the partnership was announced outside of CHI's Coconut Grove Health Center during a celebration that culminated a week of festivities hosted by CHI for National Health Center Week.

"We are grateful for the support of the Helen B. Bentley board of directors," said Brodes H. Hartley Jr., President and CEO. "We want to continue on with what they started in Coconut Grove and live up to our motto, 'patient care comes first.' Patients will have access to convenient primary care, pediatric and OB/GYN services at our Coconut Grove Health Center. They will also have access to dental care at our South Miami Health Center. Transportation is free and so is medication delivery."

# Record Setting National Health Center Week at CHI

With a line stretching outside the door of the Doris Ison Health Center, the Back to School Health Fair was in full swing. It was a record setting start to Community Health of South Florida Inc.'s (CHI) National Health Center Week celebrations. Nearly 2000 people attended the Back to School Health Fair on August 6th.

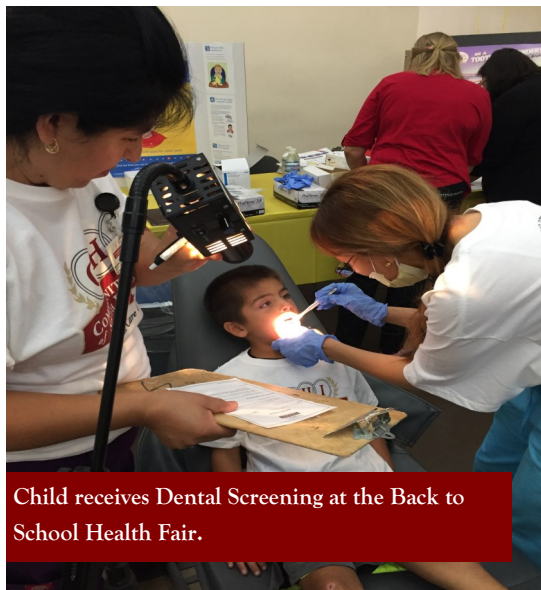
Close to 1000 children had their blood pressure checked, went through a glucose screening, dental screening, consultation with a doctor and more.

"This is exactly why we hold these events," said Brodes H. Hartley Jr., President and CEO. "We are a key resource to the community and are an essential player in getting our children ready to head back to school and maintaining good health. A child cannot succeed academically if they are not healthy."

Ingris Hernandez brought four of her six children to the event. Dr. Lisa Lownsbury carefully discussed the health of each child with mom and the kids.



Dr. Lisa Lownsbury carefully discusses the health of each child with the Hernandez Family.



Child receives Dental Screening at the Back to School Health Fair.

"I think it's good for the community," said Hernandez. "A lot of people that don't normally go to the doctor are seen and benefiting from it." She also said the giveaways were a major bonus. "We are here for the school supplies," she smiled. "Because I have a lot of kids."

CHI gave out free backpacks and school supplies to families who completed their health screenings. The event also featured entertainment, a bounce house, face-painting and lunch.

All of CHI's National Health Center week festivities were a great success this year," said Blake Hall, Chief Operating Officer. "Every event was packed with valuable resources and information

and best of all.... It was free!"

In addition, CHI partnered with the Everglades Farmworker Village to do a similar fair there. The event included the Colgate dental van which did dental screenings on site. CHI's outreach staff also did health screenings.

Dalila Carvallo, site manager for the Everglades Farmworker Village said the children from the neighborhood rely on this event.

"We have 520 houses with around 2000 low income kids," said Carvallo. "They don't have the opportunity sometimes to have new bags and all the stuff for school so we try to accommodate and give it to them."

This is also the time that CHI can stress the importance of things like vaccines, dental exams and more so that the family understands that it's critical to take a comprehensive look at healthcare and be proactive.

National Health Center Week festivities also included a health fair at Chapman Partnership for the Homeless and a health fair that targeted the migrant community in Florida City. CHI also hosted a partnership celebration at the Coconut Grove Health Center. This event announced a partnership with the former Helen B. Bentley Health Center and CHI. Former Helen B. Bentley leadership presented CHI with a check for \$200,000 to fund a nursing scholarship and outreach services in the Coconut Grove area.

Finally the events wrapped up with School Physical Day at all of CHI's health centers. Children received free vaccines and school physicals were just \$30.

# Zika Threat a Reality in Miami-Dade County

She tried to hold back tears as she feared the worst for her baby. She was frightened for her 5 month old fetus. Zika had arrived.

"I'm afraid for my baby. I am aware of the precautions I need to take but it's impossible to stay inside all the time, that's just not realistic," said Community Health of South Florida, Inc. (CHI) OB/GYN patient Mary Garcia. "I'm afraid of the chemicals in the insect spray, it's poison. How can I do that to my baby?"

Garcia is concerned that the Zika virus will keep spreading. The news has reported that the number of infected people is growing, and she still has 4 months of pregnancy to go.

Although she is armed with the information she needs, her mind races with the worst possible scenarios.

"I have another little one at home and with school back in session, I worry about her too. I can't be with her to protect her. I worry about this a lot. I don't know what the school is doing about this."

Like Garcia, many parents have concerns about protecting their children from Zika.

The Zika virus has been declared a threat to the Miami-Dade County area. At CHI this threat is taken very seriously. A strict patient education plan has been instituted for all staff who have direct care with CHI patients.

"Education is of paramount importance," said Dr. Mark Kufel, CHI OB/GYN. "We are interviewing our patients to be sure they are aware of this threat and telling them how to prevent infection from it."

This education includes distributing flyers with important information and teaching the best methods for protection. In the CHI OB/GYN department they are being especially careful.

"Pregnant women in particular are of most concern because an unborn child who is infected with the Zika virus has a high chance for developing Microcephaly," warned Dr. Kufel. "This can leave the fetus with an abnormally small head and skull, so it is vital these women, like Mary Garcia, take all precautions against this virus."

Dr. Kufel and other physicians are advising for those not pregnant to avoid pregnancy until this threat has dissipated. The Centers for Disease Control (CDC) has issued a warning to all pregnant women not to travel to the Miami-Dade area.

"We are very grateful that AmeriCares has supplied CHI with mosquito repellent spray and wipes to distribute to our patients," said Blake Hall, CHI Chief Operations Officer. "AmeriCares is providing 300,000 cans of repellent to the southern United States and Puerto Rico to protect low-income and uninsured families from mosquitoes that could be carrying the Zika virus."

The repellent is delivered free of charge to clinics, health departments and nonprofit organizations in the most at risk areas.

There is currently no vaccine against the Zika virus. Treatment for symptomatic cases is similar to treating the flu: bed rest, fluids and acetaminophen, a nonsteroidal inflammatory drug to control fever and reduce pain. Antihistamines can be used for itches and rashes. Other symptoms can include headaches, low-grade fever, mild joint pain, skin rashes, itching and conjunctivitis (pink eye).

The best protection against the virus is to use mosquito repellent when outside. Additional protection is wearing long sleeves and long pants, using citronella oil and candles and removing any standing water in your yard which is a breeding ground for mosquitos.

Patients with a Medicare HMO should consider calling their health plan as some cover the cost of purchasing insect repellent.

## THIS IS HOW WE PREVENT ZIKA



**Empty containers  
with standing water  
near your home.**

## THIS IS WHY



# CHI and Crucial Catch Give FREE Mammograms to Those in Need

Breast Cancer has one of the highest death rates, besides lung cancer for women in the United States. But early detection can dramatically increase survival. That's why Community Health of South Florida, Inc. (CHI) will host a Crucial Catch Celebration to help screen and educate women about breast cancer.

This is the 4th year that CHI has been awarded a grant from the NFL and American Cancer Society to fund the event.

Along with health centers throughout the United States, CHI will host a Crucial Catch Celebration on October 25th at the Doris Ison location, 10300 SW 216 St, Cutler Bay 33190 from 8:30am - 4:00pm.

The event will provide breast cancer education, free mammograms for those who qualify, free giveaways and more.

To pre-register for the event, call (305) 252-4818. It might just save your life.



## The Nightmares The New Kings of The Court

Season 9 unveils a new basketball champion as the Nightmares claimed the title with an impressive 45 to 23 victory over the Bombers.

"The Bombers just bombed. It wasn't even close," said Ulysses Rodriguez, CHI Computer Specialist and one of eight team captains of the Nightmares.

The Nightmares and the Bombers were the last two teams vying for the season nine title of the Community Health of South Florida, Inc. Employee Wellness Basketball Champions. Earlier in the season the Wolfpack and the Ballers succumbed to defeat.



Despite the commanding lead, the Nightmares had the entire game, the crowd was energized and kept their team spirit by rooting for their favorite team. "The Bombers never had a chance. It seemed like they just gave up," said Rodriguez. "It's like they were sleepwalking through the game."

Rodriguez shared the title of Captain with his teammates Farley Beltran, Julio Enriquez, Mario Medina, Edrey Santos, Sentel Mays, Rashad Madry and Jose Valle Serrano. They were a unified group of great friends and wanted to share the responsibility of the team decisions. They had a brotherhood that carried them through to the end.

The CHI Employee Wellness Basketball season 10 will begin on October 8<sup>th</sup>. If you are interested in joining, contact Chief Maurice Hamilton in the CHI Security office or Laine Williams in Administration.

If you are more of a cheerleader, come choose a team and give them your support. Games are Saturdays from 6-8pm at the Goulds Indoor Gym, 11350 SW 216 St. Miami, 33190.

"It's a lot of fun. I encourage everyone to come," said Rodriguez. "The prize is a cool trophy and more importantly, bragging rights. There's a reason we are called The Nightmares; we live up to our name and instill fear into all of our opponents," laughed Rodriguez.

# CHI Livescan Finger Printing Services

## Expand to West Kendall



*Officers Luis Alvarez and Officer Philip Moshier train on the new West Kendall Health Center Livescan Finger Printing machine.*

Community Health of South Florida, Inc.'s (CHI) Livescan Finger Printing service has been in such high demand that expansion is in the works.

"We are pleased to add this service to our newest location in West Kendall," said Chief Maurice Hamilton, CHI Chief of Security. "It has been quite successful at the Doris Ison center so we knew expansion to West Kendall was inevitable."

Livescan Finger Printing is the technology used to record fingerprints electronically for a background check. This method replaces the ink and paper method of the past. Some professions require fingerprinting for employment, specifically doctors, nurses, foster parents, security guards, teachers, lawyers and many others.

The service will be available at the CHI West Kendall Health Center beginning September 7, 2016. The hours will be Tuesday – Friday from 9:00am – 5:00pm at 13540 SW 135 Avenue, Miami, FL 33186. For more information please call (786) 231-0806.

Currently Livescan is also available at the Doris Ison Health Center 10300 SW 216 Street, Cutler Bay, FL 33190. Monday – Friday from 8:30am – 10:00pm and Saturday from 8:30am – 3:30pm. For more information please call 305-253-5110.

Costs range from \$60-\$90 depending on the specific scan requested.

"There is no appointment necessary," advised Hamilton. "It's quick and convenient. Just walk right in!"



**CHI**  
COMMUNITY HEALTH  
of SOUTH FLORIDA, INC.  
"Patient Care Comes First"  
Presents Its  
**45TH ANNIVERSARY GALA**

# Night Safari

As we celebrate our 45th year of providing comprehensive services to the community, we hope you will help us break ground on a new Children's Crisis Center. Your sponsorship will support our community's most vulnerable children, the uninsured, & under-resourced families.  
For Sponsorship opportunities: please call (305) 252 - 4853 or email: [chievents@chisouthfl.org](mailto:chievents@chisouthfl.org)

Together we can make this Children's Crisis Center a reality. We need your help to ensure the safety of our children.

**29 OCTOBER 2016 | 6PM | JUNGLE ISLAND | BLACK TIE ATTIRE**

# Shoppers Beware of Hidden Dangers

Rummaging through racks of goodies hunting for the best bargains on an afternoon clothes shopping spree is usually fun.

Those stacks of newly purchased blouses, pants and dresses may seem like a bargain, but what lurks embedded in the fabric's fibers may be surprising.

Community Health of South Florida Inc. (CHI) Registered Nurse Angella L. Rodriguez warns there is a hidden danger.



"It is always fun to try on clothes," she said. "However, you might be surprised to learn that you are potentially exposing yourself to an array of diseases."

Director of Microbiology and Immunology, Philip Tierno, Ph.D. at New York University, conducted tests that revealed some disturbing results of contaminations found in the fabric of new clothing.

Hepatitis A, salmonella, MRSA, yeast infections and streptococcus can all be transmitted by clothing tried on by multiple people. The study said it is not likely, but it is possible if your immune system is not functioning well.

Not surprisingly, swimsuits, underwear and other intimate items are the most prone to contamination, such as respiratory secretions, fecal bacteria and vaginal organisms.

"I am stunned to hear this news," said avid shopper Karlene Croom. "I am a clothes shopaholic and that really scares me. I had no idea. I shop with my daughter and now I'm scared for her too."

Even lice and scabies could potentially be transmitted by trying on clothes.

"Because of the possibility of these contaminations being transferred to your skin, it is very important to wear underwear to cover your genitalia while trying on bathing suits and intimate wear," advised Rodriguez. "The herpes virus can also be transferred to your skin by clothing which was previously tried on by someone who was infected."

Clothes are not the only culprit. When fitting shoes, thick socks should be worn to

avoid coming into contact with other people's skin cells. This can produce itchy irritated feet or plantar warts.

Depending on what country in which clothes were manufactured, chemicals might also be a concern.

Formaldehyde is used in clothing to cut down wrinkling and mildew. It is a known carcinogen that causes cancer and the resins can cause a variety of skin irritations.

Cotton is used in over 70% of the world's clothing production. According to the World Health Organization, cotton is considered the world's dirtiest crop. This is because of the industry's excessive use of some of the most hazardous pesticides to the health of humans and animals.

To help prevent contamination, it is best to choose organic cotton whenever possible. It will not have been genetically engineered and subjected to excessive exposure to toxins.

Rodriguez also recommends washing new clothes, even twice, before wearing them. "For items that cannot be washed, run them through a hot dryer first."

Hand washing after shopping is also suggested because of handling many clothes with possible contaminants on them.

Most people have strong immune systems, so they can fight off organisms they may get on their body. Coming in contact doesn't necessarily mean getting sick.

## CONNECT WITH US!



*"Patient Care Comes First"*

