



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

"Patient Care Comes First"

December 2016 - January 2017

HEALTHY BITS

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

CHI CELEBRATES 45 YEARS OF SERVICE WITH BLACK TIE AFFAIR



Arthur and Polly Mays Conservatory of the Arts performed at the gala.

Icons in the medical community and pioneers for community healthcare gathered together to celebrate four and a half decades of service for Community Health of South Florida Inc. (CHI) at Jungle Island on Oct. 29th. The purpose of the celebration was two-fold: to recognize those who have helped build Community Health of South Florida Inc. over the last 45 years and to raise funds for a Children's Crisis Center.

"We had an outstanding anniversary gala," said Brodes H. Hartley Jr., CHI President and CEO. "It was reflective of our rich history and devotion to our mission. To see the community embrace all that we have done and all that we have built upon was inspirational."

Hartley and 16 others were honored at the gala for laying the groundwork for success at CHI. Their visions and hard work built the organization from just two double wide trailers when CHI started in 1971, to now 11 comprehensive health

care centers and 32 school based centers in Miami-Dade and Monroe Counties.

Their stories are forever chronicled in the new history book called "Community Health of South Florida Inc., How a Community Helped Ignite a Healthcare Revolution." CHI unveiled the book for the first time at the gala and gave every attendee a copy.

"I can't tell you how much this means to my family," said Carolyn Taylor Pates, CHI Foundation member and the niece of the late Doris Ison. Ms. Ison is credited with helping to jump start CHI at a time when people were dying from lack of healthcare access. "My aunt knew that this was a critical issue and fought desperately to get healthcare for everyone. She would be so proud to see how far this organization has come today. Honoring her at this gala and in the book is immensely meaningful to

her memory. It's wonderful to see that her legacy lives on today."

The theme of the black tie affair was "Night Safari" and included animals from Jungle Island and even a special guest appearance by Ron McGill of Zoo Miami. It began with a cocktail hour on the verandah and later proceeded into the Treetop Ballroom for the awards ceremony and dinner. Students from the

Arthur and Polly Mays Conservatory of the Arts performed a series of Afro-belly dances. Later in the evening, Lucy Grau and her band "Sason," spiced up the party with an eclectic performance of the top musical hits. More than 400 people hit the dance floor when stilt walkers and dancers entered the ballroom and the crowd danced the night away for a great cause.



Lucy Grau and Sason Band headlined the gala.

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A Message from the President

Happy holidays to you and your family and may the New Year bring you joy and good health! This wraps up our 45th anniversary year and it has been phenomenal. Our anniversary gala was a huge success. Thank you all who attended and supported us. We were fortunate enough to honor the pioneers who helped build Community Health of South Florida Inc. (CHI) over the years. Those of you who couldn't attend can still get a copy of CHI's new history book. It chronicles the dire need for healthcare in South Dade and how Community Health of South Florida Inc. and its leaders have built the non-profit from the ground up. You can call (305)252-4853 to order a hard or soft cover edition or go to our website www.chisouthfl.org to download the electronic copy.

The new year is the time of the year when all of us should be evaluating our overall health. It's a time when everyone should be scheduling their annual check up and making resolutions to care for yourself: mind, body and soul. Your mental health is just as important as your physical health. Don't ignore either of them.

'Tis the season for gratitude as well. I am grateful for a stellar staff of dedicated employees who give so much of themselves everyday to our patients. I am grateful for our patients who place their lives and the lives of their loved ones in our hands; patient care is our number one priority at CHI. I am also grateful for all of the community support from the inception of CHI, 45 years ago to today. Finally, I am grateful for the recognition from the Florida Sterling Council this year. They gave us the highly coveted Governor's Sterling award indicating that we are a role model organization- proof that 2016 was a banner year for CHI, and may 2017 be even more successful.



Greetings,

A handwritten signature in black ink that reads "Brodes H. Hartley Jr." The signature is written in a cursive style.

Brodes H. Hartley Jr.
President/CEO

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CHI CELEBRATES 45 YEARS OF SERVICE WITH BLACK TIE AFFAIR *Cont...*



Juan Reyes and Laurinda Flores



Ron and Rita Magill



Raquel Newton and Eunice Hines



Brodes Hartley, III, Brodes Hartley, Jr., Christian Merrell



Jungle Island Staff posing with animals



Viviose Gustave



Abe and Elaine Levy



Ferda Owens



Lazara Perez and fiancé Bryan Rivera



Kim James



Rhonda Wimberly and Beverly Hepburn



Flor and Armando Sanguily



Blake and Jocelyn Hall



Kelly and Jose Colon

Community Health of South Florida Inc., How a Community Helped Ignite a Healthcare Revolution *Written By: Kitty Dumas*



It's hard to imagine a grassroots movement for healthcare, but that is precisely what prompted the beginnings and growth of Community Health of South Florida Inc. (CHI) 45 years ago.

With far too many lives lost in route to the hospital, two visionary activists set in motion a movement to form CHI. Doris Ison, a South Dade former farm and factory worker who had been denied equal access to education and healthcare because of her race, and Dr. Lynn Carmichael, who created the Department of Family Medicine at the University of Miami (well known as the father of family medicine). The two, somewhat opposites in life experiences, pulled together the politics, financing and medical expertise needed to form a non-profit healthcare center. Today CHI has evolved to offer comprehensive healthcare services for everyone with 11 centers and 32 school based centers. But its growth and strife to get there have been harrowing and fascinating. CHI's history is filled with little-known examples of courage and perseverance that in many ways helped change the nation.

Call (305) 252-4853 to order a copy today!

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Our website:
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CHI's Cultural Awareness Day Showcased the Many Cultures of Staff and Patients

The pleasing blend of aromas from the spices of Jamaica, Cuba, Haiti, Argentina, Nicaragua, and many other cultures wafted through the hallways.

Turn the corner and girls twirled, flaunting their native costumes in a display of color and motion.



The CHI Choir commenced Cultural Awareness day at Christ Fellowship Church.

Further down the hallway, energetic staff demonstrated native dances from the serene to the frenetic.

Organizers spiced up Community Health of South Florida's (CHI) Cultural Awareness Day this year, making it even more interactive, rich and vibrant. This annual event showcased food, dance, history and art of some of the more than 30 cultures that represented the staff and patients of CHI.

Hundreds of employees made their way through the crowd to get a taste of an exotic food they may not have had

before, or learn about another country's history. For some the pleasure was to join in on a dance, or even admire the bright, flowing attire of other countries.

"This is an important event because being culturally aware is an essential skill in providing culturally appropriate services to our patients," said Eunice Hines, PAMPER Program Supervisor and, one of the coordinators of the event. "Our annual cultural awareness celebration of each other makes CHI staff valuable not only to our co-workers but to our patients as well."



Decorative art was displayed throughout.

We are all shaped by our cultural backgrounds, which influences how we interpret the world around us, perceive ourselves and relate to other people.

"I was proud to share a little piece of my English and Jamaican cultures with my co-workers," said Dawn McKenzie, Executive Secretary to Dr. Molrine Tracey.



(L to R) Esther Zurita-Garcia, Lillian Rodriguez, and Dr. Magali Selem

"It was fun sharing the other cultures that were represented."

In addition, the newly formed CHI Choir debuted as part of the celebration, led by founder Carol Blackwell-Curry, CHI Volunteer Program Manager.

"I got the idea for the choir because it was clear to me that a great many of the CHI staff are people who have made a commitment to serve the underserved and that most are also people of faith who believe in something or someone greater than themselves," said Blackwell-Curry. "Music is an expression of these kinds of social and emotional connections. I think the CHI Choir could be a unifying element within the staff and a wonderful CHI marketing tool."



African Americans during World War II. Display by Carol Blackwell-Curry. Her dad's photo proudly shown in the center. Pictured is volunteer Sofia Heredia.



The Jamaican table featured spicy treats.

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NFL Grant Gives Free Mammograms to the Uninsured



Patient MiiMii Staton has her first mammogram at CHI Crucial Catch event

MiiMii Staton reluctantly stepped up to the metal plate for the first time. She took a deep breath as it pressed down on her breast. She knew that women are supposed to start routine yearly mammograms at the age of forty, she was forty-two.

“There was no history of breast cancer in my family, so I figured I was OK,” said Staton. “I had heard stories of mammograms being painful; that made me scared, plus the fear of the unknown. I’d rather just not know if I had a problem. So I used those excuses to just

avoid mammograms altogether.”

But she decided to do it thanks to the “Crucial Catch” program at Community Health of South Florida, Inc. (CHI). The National Football League and the American Cancer Society teamed up to award CHI with a grant to provide free mammograms and breast screenings for the uninsured.

“Affordability is often the reason many women put off regular screenings,” said Irina Rodriguez, a physician assistant at CHI’s South Dade Health Center. “That should no longer be an excuse thanks to this campaign.”

Without that excuse Staton moved forward to a healthier life.

“When this opportunity came through Crucial Catch and CHI to have it paid for, I decided now was the time,” said Staton. “Now that I have done it, I realize my fears were unfounded. It was very quick and I hardly felt it at all.”

Beyond the free breast screenings and mammograms, the patients received lunch along with educational information about the importance of screening. Each woman left with a rose and a goodie bag filled with useful information. The Dolphins cheerleaders also attended the event to sign autographs and pose for photos, a fun addition to this lifesaving program.

“Doctors stress the importance of regular monthly self breast exams,” said Rodriguez. “However, this alone is not a substitute for breast screenings and mammograms from your doctor. These exams are vital.”

Thirty two uninsured women received free mammograms on “Crucial Catch” day.

“My advice to others who are afraid to have their mammogram and breast screening for whatever reason is go,” said Staton. “It’s really not that bad and it could save you life!”

To schedule a mammogram and breast screening call CHI at (305) 252-4820.

Dr. Tanya Roman Appointed New Chief of Pediatrics



Dr. Tanya Roman joins Community Health of South Florida, Inc. and will wear many leadership hats in her new roles including: Chief of Pediatrics, Medical Director of School Based Health and Faculty member at the Teaching Health Center. This prestigious appointment is a result of her passion for children and impressive background in the field of pediatrics.

“At an early age, I discovered a true passion to serve the needs of children,” said Dr. Roman. “It started during my college years when I had the opportunity to work with children with Autism and other developmental disabilities.”

While in medical school, it was evident that by becoming a pediatrician she could provide a healing touch to many more children and their families.

She graduated from Nova Southeastern College of Osteopathic Medicine and then went on to complete her Pediatric Residency at Arnold Palmer Hospital for Children in Orlando, Florida. As a board certified Pediatrician, she is proficiently skilled in the care of newborns, children and adolescents.

“I am very proud to work for CHI. I can provide the best quality and comprehensive care to many more children,” she said with

passion. “In previous positions my hands were tied because of insurance issues. This did not allow me to doctor the way I wanted to. There are no insurance issues at CHI.”

Dr. Roman works primarily at the CHI Martin Luther King location in Homestead, but will add South Miami on Wednesdays to her routine in January. Her schedule at MLK currently is Monday, Tuesday, Wednesday and Friday from 8:30am to 5:00pm. Beginning in January, Dr. Roman will be at the South Miami Health Center on Wednesdays from 8:30am to 5:00pm.

Dr. Roman would also like to see more children in CHI’s school based program become patients of the pediatric team at CHI’s health centers. “Some of those kids don’t have pediatricians. We can be a medical home for them.”

On her free time she and her husband love to travel and explore new places in Europe and South and Central America, including visiting her family in Colombia. She spends time in the kitchen cooking all types of food, but her specialty is Italian. Friends and family are also priorities in spare time.

“I’m happy to be a part of the CHI family,” she beamed. “My hands are not tied which allows me to really be a doctor. That’s what I want to do!”

To make an appointment to see Dr. Tanya Roman call (305) 252-4820.

New Pediatrician, Employs Detective Techniques



Pediatrician, Dr. Mabel Bohorquez, is a big fan of detective television shows. Ironically, she said she uses some of those techniques to diagnose her tiny patients.

“I have to be a Sherlock, of sorts, with the younger ones who can’t communicate,” she confessed.

With curiosity and care she interprets what the parents tell her, along with the clues she receives from a physical examination.

“I put all of these clues together to make a diagnosis of the problem,” said Dr. Bohorquez. “I love the challenge. The parents are a big part in diagnosing the child,” she said.

She recently joined Community Health of South Florida, Inc. (CHI) at the Martin Luther King Jr. Clinica Campesina location in Homestead. She is from Colombia but earned her medical degree from Loyola University Medical Center in Illinois.

“I got into pediatrics because I always liked kids. They are honest. They don’t lie,” said Dr. Bohorquez. That’s very important in evaluating them.” But fear of going to the doctor is a common childhood ailment.

“A child who is frightened has to be calmed down,” said Dr. Bohorquez. “I play with them until they lose the fear. It does take patience, but I love it.”

Learning other languages is a passion of hers. French lessons are helping her communicate better with some of her patients.

To make an appointment for your child with Dr. Mabel Bohorquez, call (305) 252-4820.

Dr. Fransheska Ovalles is CHI's First Pediatric Dentist



With her “bag of tricks” in hand, pediatric dentist Dr. Fransheska Ovalles, DMD has to treat her young patients with a different approach. It’s not uncommon for her to play Simon Says during anesthesia delivery as a form of distraction or sing “Let it Go” from Frozen during a dental filling to muffle the many unpleasant sounds in a dental room.

“As a pediatric dentist, I have different behavior management techniques or a ‘bag of tricks’ as I like to call them,” she explained. “Each child is different.

They have different personalities and temperaments when presented with an anxiety provoking environment, as the dental center can be.”

After studying psychology and human development at Cornell University, she spent a semester abroad in Copenhagen studying child psychology. Her dream of becoming a Pediatric Dentist began there. Her training includes dental school at Boston University, then after being accepted to Montefiore Medical Center in Bronx, NY where she completed her specialty training in Pediatric Dentistry.

“Working with children in a dental environment is a fun challenge, said Dr. Ovalles. “It’s important to make the children as comfortable as possible so that they will continue their dental care as an adult.”

Dr. Ovalles has the distinction of being the first ever pediatric dentist at CHI. She shares her skills by traveling between the

various CHI sites.

“We welcome Dr. Ovalles to CHI,” said Dr. Robert Johnson, Director of Dental Services. “As a pediatric dentist, she will be invaluable in addressing the needs of our patients. But more importantly, she will help with educating both parents and staff on the importance of the early introduction of oral health care.”

Dr. Ovalles said children should be seen by a dentist within 6 months of the eruption of their first tooth.

She is a newlywed. Her husband is also a dentist, a root canal specialist, and is extremely supportive of his wife’s passion for the pediatric dentistry profession.

To make an appointment to see Dr. Ovalles at a health center near you, call (305)252-4820.

FIRST WINNERS OF THE BRIGHT IDEA PROGRAM

Like a scene from a publisher’s clearing house commercial, Community Health of South Florida Inc. (CHI) leaders surprised two pharmacists with checks for \$500 each. Claire Mignon and Lynette Boodhoo are the first winners of the revamped “Bright Idea Program” at CHI. The new program rewards employees for finding ways to save money for the company, streamlining or improving a process, enhancing the patient or co-worker experience and positively impacting everyday operations at CHI.

“I am surprised, I am happy, I feel that I accomplished something to save the company money and also to be part of that great endeavor of CHI to provide

quality patient care,” said Claire Mignon, a pharmacist at the Martin Luther King Jr./ Clinica Campesina Health Center.

Mignon discovered a way to increase CHI’s profitability in its pharmacies. Boodhoo, a pharmacist at the Doris Ison Health Center discovered a way to do the same within the medical units related to vaccines.

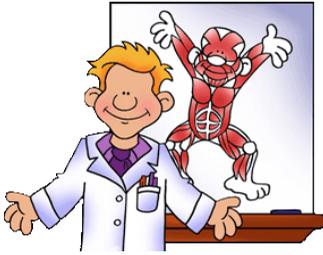
“These ladies did more than just come up with a good idea,” said Tiffani Helberg Vice President for Communications and Development. “They followed it through, did their homework and conducted a cost benefit

analysis, so that the leadership could see the overall value of their work. That led to their awards.”

Ideas that save the company money can result in awards ranging from \$500 to \$4,000 depending on the savings. If the idea doesn’t have to do with a monetary savings, the employee can win a day off with pay.



Claire Mignon and Lynette Boodhoo receive \$500 each for CHI's first Bright Idea Program.



Fun Facts About the Human Body

Hiccups: Embarrassing, but Harmless

Were you ever in a quiet classroom or a shared office or even giving a speech when suddenly a loud “HIC” erupts from your mouth? This sudden involuntary contraction of the diaphragm muscle can be a source of embarrassment, but more than likely everyone else in the room has experienced that same embarrassment.

You have hiccups.

The medical term for hiccups is singultus, which is Latin for gasp. When the muscle spasms, the vocal chords snap shut, producing that familiar hiccup sound.

One common cause of spasms in the diaphragm can be some foods. Too much spicy, hot, or cold foods, and eating or drinking too quickly can set off bouts of

hiccups. Drinking alcoholic, carbonated, or cold beverages can cause a hiccup episode. Common irritants that lead to hiccups include cigarette smoke, allergies, a hair caught in the throat, or a sore throat.



A bout of hiccups is generally harmless and typically resolves itself without intervention. However we have all heard of the home remedies to rid yourself from the annoyance such as: holding

your breath for 10 seconds, surprising the person so they gasp suddenly, or eating a spoonful of peanut butter.

But Dr. Tanya Roman said the best thing to do is to do nothing. “They typically go away on their own,” she said.

The longest hiccup occurrence on record goes to an American named Charles Osborne. His hiccups lasted for 68 years, from 1922 to 1990. He was entered in the Guinness Book of World Records as the man with the longest attack of hiccups with an estimated 430 million hiccups.

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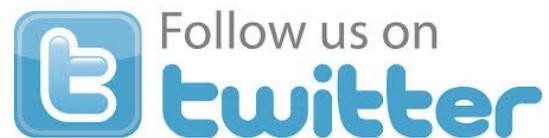


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