

A MESSAGE FROM THE PRESIDENT

The Affordable Care Act was signed into law two years ago and it's already making a difference in the lives of millions of people. It began health insurance reforms that roll out over four years and beyond, with most changes taking place by 2014. But it already strengthens Medicare and provides access to preventive services, wellness visits and other things that help deliver comprehensive, quality health care to more people.



The new approach helps reduce the cost of health care. And it's only just begun.

I am a strong believer in prevention and

wellness. Under the new system many insurers have to cover certain preventive services to you at no cost. Most of us know about new coverage for people with pre-existing conditions. Young adults are allowed to stay on their parent's plan until they turn 26 years old. Seniors who reach the coverage gap get a 50 percent discount on many prescription drugs. Over the next ten years, seniors will receive additional savings until the coverage gap is closed in 2020. And tax credits and new programs help small businesses make health care more affordable for employers, employees and early retirees.

For more than 40 years, CHI has delivered comprehensive, high-quality preventive and

primary health care to patients regardless of their ability to pay. Federally Qualified Health Centers like ours have become the essential medical home for millions of Americans by overcoming geographic, cultural, linguistic and other barriers. CHI's "one stop shop" approach efficiently coordinates care for patients with multiple health issues. We help reduce the cost of high quality care to a growing South Dade and The Keys. Whatever happens in Washington, CHI and its wonderful doctors and staff will remain a leading provider of primary and behavioral health care services.

Brodes H. Hartley

HEALTHY START AWARD

CHI's Martin Luther King CLINICA CAMPESINA Health Center has been awarded the healthy Start Award of Excellence in Maternal, Infant and Child Health for Prenatal Screening from Healthy Start Coalition of Miami-Dade.

Healthy Start Coalition of Miami-Dade (HSCMD) is a community-based non-profit organization whose mission is to ensure that all children in Miami-Dade County get a healthy start in life. It has been incorporated since 2001 and partners with a network of local community-based organizations and healthcare professionals to plan, coordinate and provide high quality health and education services to

women of childbearing age, children to age 3, and their families. HSCMD's main goals are to reduce infant mortality, reduce the number of low birth weight and pre-term births, and improve maternal health and child health



María Gutierrez, social worker from MLK (far left), accepting the Healthy Start Award of Excellence for the MLK clinic.

and development outcomes.

Congratulations to the Healthy Start employees Michelle Robinson, Alyna Quinde, Yuliana Davila, Gretalyn Holden, Betty Charpentier, Guetty Louison, Maria Gutierrez, Josephina Martinez, Lorna Comulada, Kettley Derys, Osvaldo Delgado and Gloria Fuller.



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**DORIS ISON
HEALTH CENTER**
*Urgent & Behavioral Care
*Pharmacy

10300 SW 216 Street
Miami, FL 33190
305 | 253.5100

**MLK CLINICA
CAMPESINA**
*Urgent Care
*Pharmacy

810 W. Mowry Street
Homestead, FL 33030
305 | 248.4334

**MARATHON
HEALTH CENTER**
*Pharmacy

2855 Overseas Hwy
Marathon, FL 33050
305 | 743.4000

**NARANJA
HEALTH CENTER**
*Pharmacy

13805 SW 264 Street
Naranja, FL 33032
305 | 258.6813

**EVERGLADES
HEALTH CENTER**

19300 SW 376 Street
Florida City, FL 33034
305 | 246.4607

**SOUTH DADE
HEALTH CENTER**

13600 SW 312 Street
Homestead, FL 33033
305 | 242.6069

**WEST PERRINE
HEALTH CENTER**

18255 Homestead Ave
Perrine, FL 33157
305 | 234.7676

CHI TO OFFER PODIATRY CARE

Community Health of South Florida, Inc. (CHI), one of South Florida's leading health-care providers, is now offering podiatry care at its Doris Ison Health Center (10300 S.W. 216

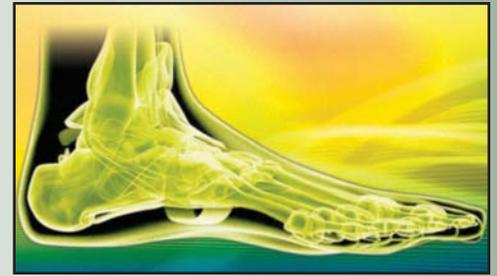


St.) in south Miami-Dade. Cynthia Marzouka-Losito, DPM, a distinguished podiatrist in Miami, will be managing her practice at CHI.

Dr. Mazouka-Losito, a South Florida native, received a Bachelor's Degree from the University of Florida and earned a Doctor of Podiatric Medicine Degree from Barry University. She completed her residency at Cedars Columbia Medical Center.

"We are excited that Dr. Mazouka-Losito will be practicing at our Doris Ison Health Center," said Brodes H. Hartley, President and CEO. "She is a wonderful addition and will make an immediate impact in offering the best possible care in the field of podiatry."

Dr. Mazouka-Losito serves as medical director for Crown Medical, where she oversees three South Florida facilities. She also has an



office at Mercy Outpatient Center and serves as adjunct Clinical Faculty for Barry University. She is a member of the American Board of Podiatric Orthopedic Medicine and Podiatric Medical Association.

To make an appointment with Dr. Marzouka-Losito, call (786)-355-6931.



DIABETES: WIDESPREAD DISEASE IS OFTEN PREVENTABLE

By St. Anthony Amofah, MD, MBA, CHCQM, FACP



Diabetes is a growing disease that is largely preventable, but affects more than 25 million people in the United States and is the seventh leading cause of death. It can cause kidney failure, lower limb issues that lead to amputation, adult blindness, heart disease and stroke. It often runs in the family but many victims fail to recognize symptoms. Roughly seven million diabetics are left untreated due to financial reasons.

Diabetes typically begins with high levels of blood sugar, or glucose, when the body is unable to produce insulin or use it properly to turn food into energy. Victims often experience extreme symptoms of fatigue, hunger and thirst. Some have unexplained weight loss and frequent urination.

Type 1 diabetes typically is found in children and young adults, but can occur at any age. The cause? The pancreas produces too little or no insulin. The solution? Computerized pumps that send insulin into the body through a catheter inserted under the abdomen. Today's pumps are no larger than a small cell phone. Many forget they are using them.

Type 2 diabetes most often occurs in adults. The pancreas produces insulin but the body doesn't use it effectively. It is more common in African Americans, Latinos, Native Americans, Asian Americans, Native Hawaiians and other Pacific Islanders. Adults over 45 are at greater risk, as are people who are overweight, or get little exercise, or have a family history of diabetes.

Type 2 diabetics can manage the early stages by exercising, eating more low fat foods and pushing back from the table. Some people exhibit pre-diabetes symptoms such as blood sugar at levels just a little higher than normal. They stand a better chance of preventing Type 2 diabetes if they walk every day, eat sensibly and otherwise achieve and maintain a healthy weight. Those are things we should do anyway. And these days, people have plenty of options to maintain that healthier lifestyle.

We have modern, effective ways to treat the disease that involves so many people and often is so easily prevented or controlled. If the symptoms sound familiar, see your doctor soon to determine whether you have diabetes.



Attention CHI Employees: UMR – A UnitedHealthcare Company

Preventive Care Services

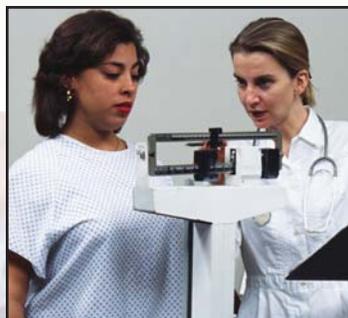
Stopping disease before it starts, or finding it early, is extremely important to help us all live a healthy life. This process is often called preventive care. The better your health, the lower your health care costs are likely to be.



Be sure Preventative services are paid for at 100 percent!

To make sure your claims are properly coded, UMR suggests:

- ✱ When you make your appointment, tell your doctor's office that you want to schedule your annual routine preventive care visit.
- ✱ At the end of your office visit, confirm with your doctor or your doctor's assistant that the claim submitted to UMR will be given a preventive diagnosis code.



Some common services that fall under your preventative care benefit include:

- ✱ Routine physical exams
- ✱ Well baby and well child exams
- ✱ Preventive screenings for illness as defined by the U.S. Preventive Services Task Force
- ✱ Immunizations
- ✱ Vision and hearing screenings
- ✱ Blood pressure testing
- ✱ Screenings colonoscopy or sigmoidoscopy
- ✱ Abdominal aortic aneurysm screening
- ✱ Screening mammography
- ✱ Bone mineral density testing
- ✱ Prostate cancer screening
- ✱ Osteoporosis screening
- ✱ Chlamydia screening
- ✱ Cholesterol screening
- ✱ Colorectal cancer screening- blood and fecal-occult testing
- ✱ Diabetes screening
- ✱ Pap smears
- ✱ Screening newborns for metabolic disorders
- ✱ Thyroid stimulating hormone screening
- ✱ Lead screening
- ✱ HIV screening for pregnant women
- ✱ Screening for obesity in children and adults
- ✱ Autism screening for children and adolescents



CHI AS YOUR MEDICAL HOME

Community Health of South Florida, Inc. sincerely appreciates your patience and understanding as we are in the process of upgrading our new telephone system. The new telephone system will allow easier access to CHI so that we can better serve our patients.

Again, we sincerely thank you for selecting CHI as your Medical Home.



Aida Butler



Ana Rendon



Maria Valencia, Chanequa Dukes & Alicia Williams



Jennifer Laventure



Vivian Reyes

WHAT DOES THE LATEST IN AAAC STAND FOR?

A

Alignment, Action Accountability & Compliance Today



CALENDAR OF EVENTS



April 13 – CHI's Robert Bailey/
Glen Rice Golf Tournament

May 6th – Nurse's Day

May 6th -12th – Nurse's Week

May 13th – 19th – National Women's
Health Week

May 15th – Doris Ison Health Center
10 am - 2 pm

May 17th – MLK Clinica Campesina
10 am - 2 pm

June 11th – 17th – Men's Health Week

June 12th – MLK Clinica Campesina
10 am - 2 pm

June 14th – Doris Ison Health Center
10 am - 2 pm

JOINT COMMISSION PCMH VISIT

For several months now, Care Team Members of Community Health of South Florida have worked under the leadership of Dr. Anthony Amofah and Ms. Mae Goins to build and create a patient centered medical home (PCMH) model of care. On March 12th surveyors from the Joint Commission arrived at CHI for a surprise two day visit. *And*



And guess what - All the hard work paid off!

The survey covered 52 PCMH - specific requirements through five operational characteristics and thanks to staff and leadership, CHI passed the site visit with no major findings! The Joint Commission accredits more than 19,000 health care organizations and programs in the United States.



THE DENTAL MINUTE

Information courtesy of the Academy of General Dentistry

Mouth Sores? What does this mean? How to minimize outbreaks?

What are Cold Sores?

Cold sores, also known as fever blisters, are tiny, clear, fluid-filled blisters that form around the mouth and are caused by the herpes simplex virus (usually type 1, or HSV-1) living inside your nerve tissue.

Cold sores usually do not last longer than two weeks. However, the sores are highly contagious and tend to recur when the virus is reactivated by a trigger such as stress, sunlight, fever or illness.



What happens when exposed to HSV-1?

Most people get HSV-1 infections during infancy or childhood and usually catch the virus from an infected family member or friend. Only an estimated 30 percent of those infected actually develop the characteristic blisters. If sores do develop, they can appear anywhere from two to 12 days after exposure to an infected person. Other persons with a primary infection may have flu-like symptoms such as a high fever, sore throat, swollen neck glands and mouth soreness.



Cold sore vs. Canker sore

Like cold sores, canker sores, also known as aphthous ulcers, can be quite painful and often recur. While cold sores are caused by a virus, the formation of a canker sore may be triggered by multiple factors such as stress, food allergies or a weakened immune system. A canker sore forms in the soft tissues of your mouth and is not contagious, whereas a cold sore usually appears around the lip area outside the mouth and is highly contagious. If a cold sore appears inside the mouth, usually it appears on the non-movable parts such as the roof, rather than the tongue or soft palate.

True or False

Dental treatment and mouth trauma may trigger a cold sore outbreak?

True – There may be long periods when the herpes virus remains inactive but can easily be triggered by everyday activity.

To prevent transmission of the virus to another person, avoid:

-  Intimate physical contact with others
-  Touching the blisters (always wash your hands after applying medication)
-  Sharing utensils, toothbrushes, and razors



How to minimize recurrent outbreaks?

-  Replace your toothbrush
-  Engage in relaxing activities to reduce stress
-  Apply sunscreen to face and lips before going outdoors



2012 LONG TERM CARE NATIONAL PATIENT SAFETY GOALS

The purpose of the National Patient Safety Goals is to improve patient safety.

The goals focus on problems in health care safety and how to solve them.

IDENTIFY RESIDENTS CORRECTLY

NPSG.01.01 Use at least two ways to identify patients. For example, use the patient's name and date of birth. This is done to make sure that each patient gets the correct medicine and treatment.

USE MEDICINES SAFELY

NPSG.03.05.01 Take extra care with patients who take medicines to thin their blood.

NPSG.03.06.01 Record and pass along correct information about a resident's medicines. Find out what medicines the resident is taking. Compare those medicines to new medicines given to the resident. Make sure the resident knows which medicines to take when they are at home. Tell the resident it is important to bring their up-to-date list of medicines every time they visit a doctor.

PREVENT INFECTION

NPSG.07.01.01 Use the hand cleaning guidelines from the

Centers for Disease Control and Prevention or the World Health Organization. Set goals for improving hand cleaning. Use the goals to improve hand cleaning.

NPSG.07.04.01 Use proven guidelines to prevent infection of the blood from central lines.

PREVENT RESIDENTS FROM FALLING

NPSG.09.02.01 Find out which residents are most likely to fall.

For example, is the resident taking any medicines that might make them weak, dizzy or sleepy? Take action to prevent falls for these residents.

NPSG.07.04.01 Use proven guidelines to prevent infection of the blood from central lines.

PREVENT BED SORES

NPSG.14.01.01 Find out which residents are most likely to have bed sores. Take action to prevent bed sores in these patients. From time to time, re-check residents for bed sores.

PATIENT'S CORNER

February 3, 2012

To Whom It May Concern,

My name is Johnny Lee, I have been a patient of CHI for 7 years. CHI has been a blessing to me. My doctor, Dr. Nunez, has been more than I could expect from a provider to be to his patient. His staff is the best staff in the world. I think the staff on his unit, Sadie, Sylvia, Sharone and Maxine should be commended for their continuous help with my situations and health conditions. They have treated me with so much respect and compassion. If it wasn't for CHI, I don't know what my health would be like today. I would like to thank the MLK pharmacy for all of their help, especially Torsha and Chris. The entire MLK clinic has been a blessing to me. There is not enough words to express my appreciation and gratitude. God bless CHI!

Sincerely,

Johnny Lee
Johnny Lee

PATIENT'S CORNER

JOIN THE CONVERSATION



Stay connected with Community Health of South Florida by "liking" us on Facebook! Earlier this month, the team at CHI revamped its social media communications to include a whole new look and feel.

Our new Facebook fan page now includes everything from CHI updates to medical information and nutrition tips for a healthy lifestyle. Employees and patients alike can be reminded about upcoming events and seminars. The page even lets our fans see photos from our facilities across South Florida.

Have a question? The best part of our Facebook page is that you can post any questions or comments and we will be more than happy to answer them in real time.

Let's keep the conversation going! To "like" our Facebook page, visit www.facebook.com/CommunityHealthOfSouthFlorida.

Like us on
Facebook