

## A Message from the President

Community Health of South Florida is bigger and better than ever. Our new Coconut Grove and South Miami health centers are now open. We now have a total of nine health care centers making quality affordable care more convenient to more people. But our expansion is not complete.

We will also be opening up a new health care center in West Kendall very soon. In addition, we expect to break ground on a new Children's Crisis Center in Homestead sometime this summer. It will specialize in treating children in crisis.

CHI is also renovating the West Perrine Health Center. The face lift will include an expansion from four to eight exam rooms to provide additional service, increase access, and increase the amount of patients we can see on a daily basis.

We are also going the extra mile to make sure our patients and our communities are aware of critical issues. Over the past couple of months we have focused on women's and men's health events. Studies have shown that men are less likely to go to the doctor than women. But if our health expos are a reflection of our outreach, then CHI is doing a lot to change that.

Hundreds of men attended the health expo and were actively engaged in the testing we offered as well as learning from the symposium speakers. Just one month earlier the women did the same thing as we examined issues related to both physical and psychological health.

In August CHI will host a week long series of events for National Health Center Week. It will be a bonanza of free, invaluable services and fun days for the whole family.

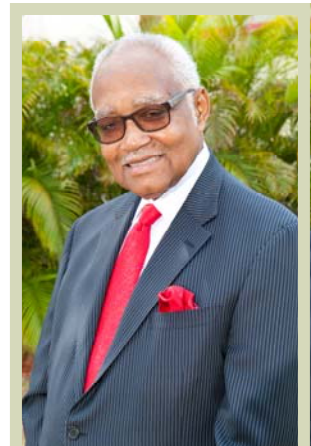
We will kick it off on August 10<sup>th</sup>, from 10:00 am to 4:00 pm at the Doris Ison Health Center 10300 SW 216th Street in Miami, FL with the Henry Schein Family Health Awareness Fair. It will include free health screenings, food, live music, bounce houses, face painting, a magic show and much more.

On August 14<sup>th</sup>, we will host a Back to School Health and Safety Fair at the Everglades Housing Complex 19308 SW 380th Street, in Florida City, FL from 10:00 am to 2:00 pm. That will also include free face painting, bounce houses, health screenings and more.

On August 15<sup>th</sup>, we will hold a Health Care Forum and Luncheon from 11:00 am to 3:00 pm at the South Dade Cultural Arts Center 10950 SW 211th Street, in Miami FL 33189. Our panelists will include national, state and local leaders and focus on everything you need to know about the Affordable Care Act.

On August 17<sup>th</sup>, we will participate in Southland Mall's Back to School Health Fair at 20505 South Dixie Highway in Cutler Bay, FL from 12 Noon to 4:00 pm. Students can get free back packs, and there will be health screenings for the entire family and more.

We want to make sure that CHI is the place that everyone turns to for their overall wellness. It's a mission we whole-heartedly stand behind. Hope you will join us for the fun.



Best,

Brodes H. Hartley, Jr.

Coconut Grove Health Center  
3831 Grand Avenue  
Miami, Florida 33133  
(786) 245-2700

Doris Ison Health Center  
10300 SW 216th Street  
Miami, Florida 33190  
(305) 253-5100

Everglades Health Center  
19300 SW 376th Street  
Florida City, Florida 33034  
(305) 258-6813

Marathon Health Center  
2855 Overseas Highway  
Marathon, Florida 33050  
(305) 743-4000

MLK Clinica Campesina  
810 W. Mowry Drive  
Homestead, Florida 33030  
(305) 248-4334

Naranja Health Center  
13805 SW 264th Street  
Naranja, Florida 33032  
(305) 258-6813

South Dade Health Center  
13600 SW 312 Street  
Homestead, Florida 33033  
(305) 242-6069

South Miami Health Center  
6350 Sunset Drive  
South Miami, Florida 33143  
(786) 293-5500

West Perrine Health Center  
18255 Homestead Avenue  
Perrine, Florida 33157  
(305) 234-7676



**CHI leaders cut the ribbon at the grand opening ceremony of the Coconut Grove Health Center**

## **CHI Opens New Health Care Centers in Coconut Grove and South Miami**

Under a bright sunny sky, Community Health of South Florida Inc. leaders cut the ribbon on a new Coconut Grove Health Center. The gesture was symbolic of good health and opportunity to all who need healthcare in that neighborhood. Just one month later CHI hosted an open house at its new South Miami Health Center. The two centers now increase access to CHI services for those living on the Northern end.

The new state of the art, soothing, spa-like facility at 3831 Grand Avenue in Coconut Grove is an upscale medical center that caters to everyone in that area. In addition, the South Miami location at 6350 Sunset Drive brings affordable health care to the South Miami region.

Everyone will now be able to receive quality, comprehensive medical care from CHI Primary care, OB/GYN and Pediatric doctors. For the uninsured, services are provided on an income based sliding fee scale. CHI also offers complimentary transportation for those needing a ride to and from the center.

“In these tough economic times we see a lot of patients who simply don’t have the money to seek medical attention and that shouldn’t be the case.” said Brodes Hartley Jr., CHI President and CEO.

The Helen B. Bentley Family Health Center had been serving some of Coconut Grove’s neediest patients for the past 40 years but closed recently. That left thousands of patients without a place to go for medical care. But because of a federal grant awarded to CHI, the non-profit health care company has been able to bring two new centers to those communities.

“This is an exciting time in healthcare, especially with the Affordable Care Act opening the door to medical insurance for so many who previously went without it,” said Hartley.

CHI’s new centers will be open to everyone. Those with insurance also enjoy the convenience and quality of care at many of CHI’s 9 health care centers. Some of the centers offer a one stop shopping model with a variety of services under one roof: primary care, pediatrics, women’s health, radiology, dental, behavioral health and more.

Community Health of South Florida Inc. is a federally qualified health care center. By mid summer it expects to have a total of 10 centers and 42 school based health centers throughout South Florida.



CHI attended the Multilingual Career Expo Miami 2013- Chamber of Commerce Job Fair. CHI is committed to recruiting veterans. Over the past three months, CHI has hired more than 60 new employees.



CHI doctors and CEO Colonel Brodes Hartley record a commercial. CHI is launching a commercial ad campaign to raise awareness about its nine health care centers.

# Naranja Senior Center for Excellence Celebrates One Year Anniversary



With hip hop music blasting down the street, it sounded like a college block party. But at this party, the crowd was a bit older. Several dozen senior citizens popped and locked their bodies, dancing up a frenzy under the hot sun outside the Naranja Senior Center for Excellence at 13805 SW 264<sup>th</sup> Street in Naranja.

Eighty-year old Rosemary Smith was in the middle of it all.

“I love everything about it,” said Smith as she moved to the beat. “The people are nice, I’m the fun maker of CHI. When I come out here. I love to come out and talk to others.”

Smith and many others helped to celebrate the one year anniversary party of the Senior Center for Excellence. It is a program started by Community Health of South Florida Inc. to cater to the needs of seniors in the area. The senior center not only provides medical care, it is also a place where seniors meet every Monday for lunch, socialization, field trips to destinations such as the casino, education and much more.

“I find it to be very inspirational for me being an older person,” said 69-year- old Robert Lee Jones. “It kind of regenerates you. You have fun with your friends.”

Jones has been a patient at CHI for years and has been going to the senior center for excellence since it started.

“I went through the diabetic classes and I learned a lot,” he said. “It gave me hope and helped me to eat better. They have a good health program. I get more than I expect to get.”

Emma Fortson broke out in tears as she described what the Senior Center for Excellence has meant to her.

“This place is like my home,” said Fortson. “I am here every Monday. It has shown me things. It has helped me with my health. I love my doctors. I love CHI. I love the people that work there because without this place I don’t know where I would be.”

In one year, the program has grown into a valuable resource for many. But the hope is that it can expand and be even more helpful to even more people. Eventually the plan is to expand it to five days a week.

# New CT Scan in Radiology Means More Code Blue Drills for Staff



CHI staff tends to mock CT patient in a Code Blue Drill

Two to three minutes is a small window of time when that is all that you have to save a patient's life. But that is the scenario when someone has a heart attack while getting a CAT (Computer Axial Tomography Scan). That is why the staff at Community Health of South Florida, Inc. has been holding a series of Code Blue drills.

It's like a fire drill for doctors and nurses. The drills put them into a lifelike scenario so that they can practice their response to such an emergency. The call comes out on the overhead speaker, "Code Blue, Code Blue in Radiology."

Staff rushes over to CHI's new state of the art CAT scan room to tend to the patient.

"So the purpose of this drill is to make sure that we are on top of our game," said Michael Kordsmeier, Imaging Specialist at CHI's Doris Ison Radiology Department. "When it happens we have 2 or 3 minutes max to pull this patient out."

Kordsmeier and his team stand over the practice patient and talk about what they will do within seconds to save a life.

It is a critical issue because when Kordsmeier conducts a CAT scan on a patient, he uses a high pressure method of injecting iodine into the person so that the heart, veins and arteries are more visible.

"Some people have an allergic reaction to the iodine. The iodine overpowers their system," said Kordsmeier. "They go into anaphylactic shock."

It is a rare occurrence. But it does happen and that is why the staff prepares for the emergency. Kordsmeier said oftentimes people who have seafood allergies are more prone to this reaction to the iodine. Before conducting a CT scan, a patient is interviewed to see if they are a high risk with pre-conditions such as allergies and family history. If they are determined to be high risk CHI can't perform the CAT scan.

For most people it is a non-issue. The test can provide very important information to the patient's doctor so that they can pave the right path to care for their health. Now that CHI is conducting CAT scans, patients are able to do a lot more for their health and save time. Because CHI offers a wide variety of medical services, a patient can see their doctor in family medicine and then walk across the hall to the radiology department for their CT scan. Other laboratory testing is also in-house, making every visit convenient and easy.



Summer Knowles from CBS 4 News speaking at the Women's Health Expo about balancing physical and emotional health as a professional woman

## Battle of the Sexes for Health



Dr. Richard Issacson was the keynote speaker focusing on keeping your brain healthy and sharp for the Men's Health Expo

When it comes to healthcare, statistics show men are 70 percent less likely to seek treatment when compared to their female counterparts. Women are 100% more likely than men to seek preventative health care. Despite our differences CHI focused its efforts on reaching both sexes by hosting health expos for men and women. Both events included routine screenings, preventative care and educational speakers.

During the expos, there were several giveaways, exercise demos, PSA (prostate-specific antigen) testing, colorectal cancer screenings, blood sugar testing, body mass index testing, and even massages.

"These events were well attended," said Colonel Brodes Hartley, CHI President and CEO. "The feedback we received is that the community values us as a resource and looks forward to future educational events that we will hold."

# CHI Recognized its Volunteers with a Special Luncheon in their Honor in June



You've probably seen them walking around Community Health of South Florida, Inc with a smile on their faces donning their red jackets. CHI has a strong volunteer force called the Sunshine Club that helps with a variety of aspects throughout the non-profit health care company. They do everything from greeting patients to book-keeping and even highly technical jobs such as editing video.

"Their services have become an integral part of CHI," said Romanita Ford, Director of Community Affairs and Government Relations at CHI. "These people volunteer their time because they believe in our mission. They don't get paid. They do it out of compassion."

CHI has 60 volunteers. Their contributions are estimated to be worth over \$120,000 through mid year.

## Dentists Take Precautions With Pregnant Patients

When a woman is pregnant the last thing she wants is to deal with the ringing pain of a toothache. Even worse, imagine she needs a root canal. Unfortunately pregnant women who find themselves in this position are usually told they can't have the procedure until after the baby is born. Most dentists worry that they'll harm the fetus or be faced with a lawsuit if something happens while treating a pregnant woman.

"Major procedures that require anesthesia and antibiotics are not necessarily a risk to the pregnancy, it is simply a precaution taken," said Dr. Suneetha Atluri, a dentist at CHI.

It is considered a risk to see pregnant women for major procedures such as root canals because they would have to be issued antibiotics and anesthesia. The only way a dentist will perform a major procedure is if the pregnant woman is cleared by their OB/GYN to receive this service. The dentist administers medication that will put the pregnant patient out of pain. That dentist then usually tells the patient to come back after the child is born.

As far as other treatments, such as a crown, dentists will not do the procedure because the pregnant patient is not in pain and it is not considered an emergency.

"We instruct patients to come in to get a good cleaning before they have their baby," said Dr. Atluri.

Hormonal changes in a pregnant woman's body can cause the gums to bleed, making dental hygiene even more important as she is carrying the baby.





Tijuana Kelly  
at CHI HIV Testing Day

# CHI HIV Testing Day



Linda Williams  
at CHI HIV Testing Day

When Tijuana Kelly went to the doctor she expected the visit to be about life. She was three months pregnant and excited about the baby growing in her belly. But instead, she left that day in 2001 consumed with death.

Kelly was visiting a doctor's office in Stuart, Florida at the time. She recalled him asking if she wanted to do a routine HIV test. When the doctor came back to tell her the news that she was HIV positive, Kelly said he was anything but sympathetic.

"The doctor said we don't help people like you here," she remembered. "But here is a number. These people can help you and he walked out. No nurse ever came in to console me."

Kelly assumed she was going to die and that her baby would too. Her mind turned to memories of the uncle she lost to AIDS.

"I was still thinking of the 80s when I saw my uncle with the lesions on his hands," said Kelly. "I'm like, wait a minute, I never did any drugs."

Eventually she figured out she was infected by her boyfriend, the father of her son. But the blame didn't solve the problem. It was Kelly's determination to turn it all around and seek quality medical care.

Because she was diagnosed early, she was able to keep her viral load low with medications. By the time she was nine months pregnant, the virus was undetectable in her body. In fact her son was born negative.

Now 12 years later, Kelly is healthy. Her viral load is very low. She credits modern medicine and her faith in God.

Kelly, a tall, slim and beautiful woman often uses her looks and experience to educate others. She has spoken to NFL players about HIV and AIDS. But she has been known to leave her surprise diagnosis for later in the conversation. When she met with the football players many of them were hitting on her. Then, only to be shocked by her announcement as she began her speech to tell them her story.

Linda Williams can certainly relate to Kelly. Three years ago she was diagnosed with HIV. She said she got it from her fiancé, a church minister.

"I found out after I approached him with it and told him about it," she remembered. "He was in denial. I knew he took all these pills. But I never knew he had AIDS. I later found out his first wife passed away and his second wife passed away and he didn't tell me any of this."

Like Kelly, Williams turned her story into a lesson for others and began to do community outreach and AIDS education.

"I feel like I was one of the chosen ones to reach out to others," she said.

Both women are now patients at CHI and help to raise awareness for HIV testing, treatment and even protection.

Kelly and Williams attended CHI's free testing day in June as part of National HIV testing day. Hundreds of people came out to the Doris Ison Health Care Center and the Martin Luther King Health Care Center to get tested.

As Kelly and Williams know all too well, the test: a simple swab of the cheek can forever change a person's life. If detected early it can mean the difference between life and death.

"I feel great," said Williams. "It's barely detectable. The virus is there. But I'm healthy. I still live my same lifestyle. But now I wish I can get out there and let the world know to get tested. Don't be afraid. Don't be ashamed. Do the right thing and get tested."

CHI offers HIV testing at all of its nine health care centers. It's a major need here in South Florida.

Miami Dade is ranked number one in the nation for the highest number of new AIDS cases per capita in the United States and second in the nation for the number of children with AIDS.

More than 125,000 people are believed to be living with HIV in Florida. Even though African Americans make up just 20 percent of the population in Dade County, they account for more than 50 percent of HIV/AIDS cases.

"The numbers are terrible," said Brodes Hartley, President and CEO of Community Health of South Florida Inc. "This is not the way we want to be number one. The resources are here. We need to make sure people use them. It starts with using protection and the responsibility continues with getting tested."

CHI provides individuals and families with HIV testing, counseling and much more. The non-profit also gives those families medical, dental care, case management services, nutrition counseling and medication assistance.