

CHI gets \$1.5 million in grants to expand services

Two grants, with a combined total of \$1,583,066, will enable Community Health of South Florida Inc. (CHI) to expand services and renovate buildings. The Health Resources and Services Administration (HRSA), an agency of the U.S. Department of Health and Human Services, recently awarded the grants to CHI. The funds are part of \$500 million in subsidies designated under the Affordable Care Act designed to give more Americans increased access to healthcare services.

"Both grants are exciting opportunities for us to expand and improve upon health care services for residents of Miami-Dade and Monroe counties," said Blake Hall, Chief Operating Officer at CHI. "There is a surprising amount of need in South Florida, and these grants will help increase health care capacity so that all residents can live healthier, happier lives."

The funding will enable CHI to hire eight new members of the behavioral health team for additional services, and three new members of the outreach staff to assist with insurance enrollment and transportation to and from the health center. It will extend service hours



A CHI psychiatrist prescribes medication to a patient after a therapy session. Two federal grants will enable CHI to expand behavioral health services by hiring more staff, as well as expand CHI's Marathon Health Center.

into the evenings and weekends for behavioral health care at the Doris Ison Health Center, 10300 SW 216th St., Miami, FL 33190, CHI's corporate headquarters.

"People are busy and some don't have the time to come during working hours," said Jean Pierre, Vice President for Behavioral Health Services at CHI. "This gives them the convenient access that they need to

get high-quality behavioral health care."

CHI estimates the extra staff and after hours will enable them to see about 1,600 new and 5,500 existing patients. Many of these clients are from low-income and underserved populations.

One million dollars of the grant funding will help renovate the building located next door to CHI's current Marathon Health Center, 2855 Overseas Highway, Mile Marker 48.5, Marathon, FL 33050. Renovations have already begun and will increase

dental service capacity adding an extra seven dental treatment rooms. It will also enable CHI to offer behavioral health services for the first time in Marathon to include individual, group and family counseling. Patient flow and accessibility will also improve with four new medical treatment rooms and a new sick child waiting area.



CHI's Marathon Health Center in the Lower Keys will expand by taking over the site next door and will add seven more dental and four more medical treatment rooms.

A Message from the President

There is no greater gift than the gift of good health. This holiday season, we should all give thanks for high-quality comprehensive health care. CHI is a gift to the community with 11 health centers and growing. In addition, the patients who use the CHI health care system are a gift to those of us who work at CHI. I should note... that the number of patients who call us their medical home continues to grow everyday. It's a testament to the compassionate care teams that we have here.

In December, CHI will celebrate its staff with an annual awards gala/holiday party. This year's theme is "A Night in Central Park." It will be held at the Hyatt Regency in downtown Miami on Dec. 19th. At that time, we will take a look back at some of our most accomplished employees and reward them with honors.

On another positive note, CHI has begun renovations on the building next to our Marathon Health Center. We are pleased to announce we will be expanding services at that location to enhance the patient experience in the Lower Keys. Back here at the corporate hub, the Doris Ison Health Center, renovation on the new pharmacy area is complete. Very soon you will see a more efficient pharmacy system with a more customer-friendly environment. In addition, we have listened to your concerns about parking at the Doris Ison Health Center. The board recently approved funding to begin work on expanding the parking lot to create more spaces to park.

Finally, I want to encourage those of you who don't have health insurance to enroll in a health care plan under the Affordable Care Act. We are now in the open enrollment period. CHI has nearly 20 outreach and enrollment specialists to help you complete the paperwork process and find the plan that's right for you. Just ask our front desk staff or call 786-272-2100. CHI works hard to ensure that these resources, and many more, are available to you in one convenient location. We hope you will use these resources to care for yourself and your family this holiday season.

Seasons Greetings,



Brodes H. Hartley Jr.



CHI holds Obamacare open enrollment

Please be sure to have this important information with you to help make the application process run smoothly:

- Social Security Numbers (SSNs) of everyone applying
- Document numbers for eligible immigrants who want health coverage
- Birth dates of everyone applying
- Paystubs, W-2 forms, or other information about your family's income
- Policy/member numbers for any current health coverage
- Information about any health coverage from a job that's available to you or your family



For 1 on 1 Assistance, call 786-272-2100

New pediatrician joins CHI at Tavernier location in the Keys

A pediatrician who specializes in children's asthma is the newest doctor to join Community Health of South Florida Inc.'s Tavernier location in the Keys.

Dr. Mitra Shafieian, M.D., board certified in both pediatrics and pediatric pulmonology, said she is excited to join the CHI family.

"I want to feel like I belong to a family, and I now feel like I belong to a family here at CHI," she said.

The mother of two teenage boys said she loves working with children.

"They're innocent, joyful and a blessing," she said. "As a mother, I can relate to other mothers when they bring their sick kids to me for care."

Dr. Shafieian said she enjoys working in community health centers where



Dr. Mitra Shafieian

said it reminds her of working in her home country.

"In Iran I worked in a needy area and learned the rewards of helping others," she said. "While the Keys are different, I still treasure the ability to care for others."

In Iran, she was a pediatrician at the Seventeenth of Shahrivar Hospital in Borazjan, and was an assistant professor in the Department of Pediatrics at the Bushehr University of

she can help a mix of patients, insured and the uninsured, underserved.

The Keys is an area with limited health care options, and CHI fills that gap. Dr. Shafieian

Medical Sciences. When she got married in 1999, she and her husband moved to the States. She passed her U.S. boards, completed a fellowship in pediatric pulmonology and then a pediatric residency, both at the University of Miami's Miller School of Medicine. Dr. Shafieian, who is fluent in both English and Farsi, comes to CHI from Pediatric Associates of South Florida and was also a pediatric pulmonologist at the Pediatric Respiratory Center in Lake Park, FL.

Dr. Shafieian said she is looking forward to representing CHI in the Keys, where she and her family have often visited to fish and relax in the past 15 years.

"I feel I can make a difference there for my patients," she said. "I want to give the best of myself to my family, friends, patients and people around me every day. That's my prayer every morning."

Behavioral Health holds toy drive for holiday party

What is more satisfying than seeing youngsters with giggling faces ripping open gifts on Santa's lap? That's the scene every year at the Community Health of South Florida Inc.'s holiday party held just for the young patients receiving behavioral health care.

"About 200 children come to CHI for behavioral care," said Ilem Morales, Coordinator of Specialized Therapeutic Foster Care. "They are often seen by the therapist and psychiatrist for Attention Deficit Disorder, conduct disorder, and behavior problems at school or home. And some suffer from depression, anxiety and autism."

For some of these little ones, this party is the only holiday fun they will have.

"To see these kids in Santa's lap and beaming with joy is so heart warming," Morales said. "Without generous donations from the community, this would not be possible."



Santa and Mrs. Claus will be on hand in Santa's Village along with Santa's Elves to give toys and treats to 200 children. CHI is now seeking donations of cash or toys for children ages 5 to 17.

Suggested donations include: LEGOs, footballs and basketballs, sports-related toys, dolls, tea sets, cooking toys, make-up, purses, hair accessories, and educational toys. Cash is always appreciated. Please, no stuffed

toys, clothing, shoes or small toys.

Donations can be brought to the CHI Behavioral Health Administration office or to Ilem Morales, both at the Doris Ison Health Center, 10300 SW 216th St., Miami, FL 33190. Checks can be made out to Community Health of South Florida Inc. Please drop off your donations by Dec. 4, 2015.

Please consider donating so these precious children can have a happy, memorable holiday that they might not otherwise have.

Breast cancer month events screen women who need it most

The sun shone through the puffy clouds, after a refreshing early morning drizzle, just in time for the start of the 5th annual HOPE 4 L.Y.F.E. 3k/5k walk/run. More than 200 people walked, ran or cheered on the participants who joined together to raise awareness for the early detection of breast cancer.

The event on Oct. 24, at the Homestead Air Reserve Base Park, raised money to fund life-saving mammograms for those who cannot afford it. All proceeds went directly to Community Health of South Florida Inc. (CHI) to provide mammograms. It was the conclusion of a month long Breast Cancer Awareness Celebration at CHI.

Katrina Bumpers brought her Girl Scout Troop #1896 to the event. "It's very important for our girls to learn more about their bodies," she said.

This is her second year at the event. "It gets better and better every year," said Bumpers. But for her, this year was even more special. A friend of hers just had a double mastectomy from breast cancer.

"She's been getting checked from the age of 15 because she has a family history of it. But her last mammogram showed there was cancer. She's OK, thank God, and her spirits are great," Bumpers said "I have more purpose this year. I'm doing this for her."

Breast cancer survivors, and sisters, Burnell Craig and Sarah Deloach both had bilateral mastectomies and are now doing well.

Craig, 67, was diagnosed thanks to a mammogram and then had a biopsy, surgery, chemotherapy and radiation. "I was blessed to have insurance and good family support. Early prevention is the key," Craig said.

Thanks to early prevention, her sister's



cancer cell was caught through an ultrasound before it opened up into full-blown cancer. Deloach, and her sister bedazzled bras under one tent. Meanwhile other women received foot rubs, manicures and makeup application under another tent.

"I love the support. It encourages other women to go out and get their breasts checked," Deloach said.

For the first time ever at the walk, 15 women got mammograms on The Linda Fenner 3D Mobile Mammography Center. The mammovan is a state-of-the-art clinic on wheels run by the Florida International University (FIU) Herbert Wertheim College of Medicine.

This followed up on another screening event earlier in the month at CHI called "A Crucial Catch." It was sponsored by the NFL and the American Cancer Society. The nationwide "Crucial Catch Day" on Oct. 13th provided free breast exams and mammograms to women age 40 and older. The women all had income limitations or lack of insurance.

CHI providers conducted 45 clinical breast exams and 38 screening mammograms. Seven women were referred for diagnostic mammograms at a later time. One of those women who needs to return for a more in-depth mammogram is

Leticia Cortez. She said she felt a pain in her breast.

"I'm real nervous, but I'm happy because it will go deeper," she said, adding she's thankful for the event to help people who don't have the resources to pay for tests.

Rosalia Labissiere, 48, knows she's at higher risk for cancer because she's a smoker. Labissiere made sure to get a mammogram every year since she's turned 40.

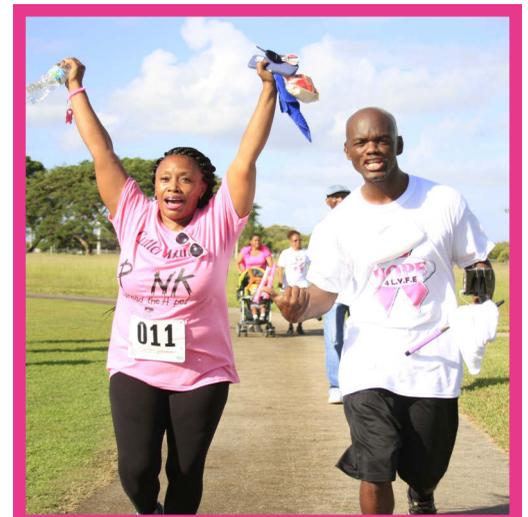
"The mammogram doesn't hurt, there's nothing to be scared of," she said.

It's been six years since getting a mammogram for Valetha Sanders, who is a relative by marriage to CHI's founder Doris Ison.

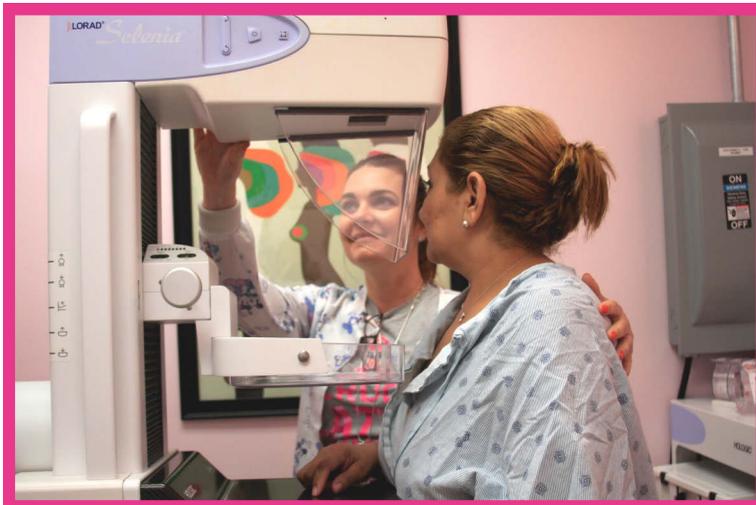
"A mammogram can save a life," she said. "It's very important that we take care of ourselves, especially if you can get a mammogram at a low cost or no cost. There's no reason not to take advantage of it."

Ana Lamboglia, 49, who came for her second mammogram ever, added, "It's a way of prevention, the sooner you find out, the more possibility you have for treatment."

CHI also has other programs for free or low-cost mammograms for women in need. Make an appointment with your CHI provider and ask if you qualify to get a referral.



A Crucial Catch Day, Hope 4 L.Y.F.E. raise breast cancer awareness



American Cancer Society updates guidelines to detect breast cancer early

- ◆ Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (X-rays of the breast) if they wish to do so.
- ◆ Women age 45 to 54 should get mammograms every year.
- ◆ Women 55 and older should switch to mammograms every two years, or can continue yearly screening.
- ◆ Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.
- ◆ All women should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening. They also should know how their breasts normally look and feel and report any breast changes to a health care provider right away.



CHI class helps those with diabetes keep it under control

It was one of those “out of the mouths of babes” moments that helped her on the right path to weight loss and better health. Katherine Louis’ four-year-old granddaughter, Nevaeh, insisted, “Come on grandma, I’ll ride my bike and you walk along with me.”

And so they did, time after time. Something as simple as walking helps keep a person’s diabetes under control. And, for Louis, it was the inspiration that pushed her on a journey to get her diabetes under control. Eventually, Louis joined Community Health of South Florida Inc.’s free diabetes self-management program and her road to improving her condition fast-tracked.

Diabetes is a lifelong disease that affects the way the body processes glucose. According to Eunice Hines, CHI Chronic Disease Program Supervisor, diabetes occurs when the pancreas does not produce enough insulin or when the insulin the pancreas is producing is not good enough to let the glucose (sugar) enter the cells in the body. There are three types of diabetes; type 1, type 2 and gestational diabetes, the latter which can happen during pregnancy.

Millions of Americans are considered pre-diabetic, a condition where the blood glucose is not normal, but not high enough to be diagnosed as diabetes yet. People with pre-diabetes are at increased risk for developing type 2 diabetes and for heart disease and stroke. There are no clear symptoms of pre-diabetes, so a person may have it and not know it.

Making matters worse, mismanagement of the illness can cause vision and kidney damage, nerve damage or neuropathy, coronary arteries, blood vessels, gum disease, skin and foot problems, sexual organs dysfunction for both men and woman, and infections throughout the body.

CHI’s free diabetes management classes are open to anyone interested and include two parts:

- Attend a Shared Medical Visit This meeting teaches all about diabetes and the affects it has on the body. A CHI pharmacist will talk about proper medication and a CHI dentist will discuss the effects of diabetes on the teeth. A



Katherine Louis is encouraged by her granddaughter, Nevaeh, to walk. Louis attends a CHI class that teaches her tips like walking to help keep her diabetes under control.

CHI physician will have one-on-one meetings for a brief exam and to discuss an individual’s experiences with diabetes. In the end, a referral will be made to attend a free six-week workshop.

- Attend a free six-week self-management workshop to delve into how to manage and cope with diabetes. This informative workshop teaches how to prevent complications, setting achievable goals, medication management, action planning, weight management and more.

Hines leads the workshops and teaches how to set realistic goals. Diabetes management is all about learning to adapt to new habits.

“When patients ask me about making an exercise plan and sticking to it, I tell them that the best exercise plan is one that you will really do,” she said. “If you make goals that you are not going to keep, you will fail.”

Katherine Louis has certainly proven Hines’ philosophy.

“The CHI Diabetes Self Management six-week program changed my life. I knew I was diabetic, but really didn’t know what that meant,” Louis confessed. “I had no idea what an A1C level was, but now realize it is one of the most important numbers for me to know.” A1C is a test that measures glucose levels in the blood.

Louis added, “It wasn’t just the walking. The class taught me portion control and many other things which I still adhere to. It takes the whole combination to manage this disease. You just have to do it for your health’s sake and your granddaughter’s.”

Hines said Louis is a great example of a transformation. She learned about the devastating effects this disease can have on the body and applied the ways to control them.

“She came to us with an A1C of 9 and by sticking to the program has reduced it to an impressive 6.5,” Hines said. “I am so proud of her success.” The six-week classes are ongoing and held in English and Spanish at multiple CHI locations. To find out the next class times and locations, call 305-252-4871 or email enhines@chisouthfl.org.

Break the smoking habit on Great American Smokeout

Get ready to lose the habit, and become victorious over tobacco. Not only will former smokers become healthier within just a few hours of quitting, but the average smoker's bank account will recover. At an average cost of \$6 per pack, a person who smokes a pack a day spends nearly \$2,200 a year.

The American Cancer Society Great American Smokeout on Thursday, Nov. 19 is the time to triumph over addiction. Every November on the third Thursday, smokers are encouraged to go the distance and to finally give up smoking. But you don't have to wait until Nov. 19 to stop smoking! Community Health of South Florida Inc. (CHI) has a weekly smoking cessation class that helps smokers quit, and quit for good. Teachers explain how to resist triggers as well as offer tools from patches to gum to help fight the urge.

About 42 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the United States. Cigarette smoking kills almost 500,000 Americans each year, according to the Centers for Disease Control and Prevention.

"By quitting — even for one day — you will be taking an important step toward a healthier life — one that can lead to reducing your cancer risk," said Dr. Anthony Amofah, CHI's Chief Medical Officer. "It's a race for your health, and it starts today. Today's the day that quitters win."

The health benefits begin the moment smokers stop smoking. Quitting smoking lowers the risk of diabetes, lets blood vessels work better, and helps the heart and lungs.

"Quitting while you are younger will reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke," Dr. Amofah said.

Sure, it's hard to be a quitter, but with help, smokers can increase the chances of success. CHI, along with the American Cancer Society, can coach smokers through it, step by step, providing smoking cessation programs, resources and support that can increase the odds of quitting and staying away from tobacco.

To learn more, call the American Cancer Society at 1-800-227-2345 or visit cancer.org/smokeout to find free tips and tools.

CHI's smoking cessation class, through the University of Miami's Miller School of Medicine, is held in English and Spanish once a week at CHI's Doris Ison Health Center, 10300 SW 216th St., Miami, FL 33190. For more information, call CHI's Education Department at 305-252-2877.

How does your body recover after smoking ...

20
minutes



Your heart rate and blood pressure drop.

12
hours



The carbon monoxide level in your blood drops to normal.

2-3
weeks months



Your circulation improves, and your lung function increases.

1-9
months



Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.

1
year



The excess risk of coronary heart disease is half that of a continuing smoker's.

5
years



Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10
years



The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15
years



The risk of coronary heart disease is that of a non-smoker's.



Fun Facts About the Human Body

Truth vs lies: why do we lie?

Do these jeans make my rear end look big? It's a common question that has no correct answer. This question may be fishing for a compliment or is testing someone for love and loyalty. Does she really want an honest answer?

Chances are you lie. Maybe not big lies, but lies nonetheless. So, why do we do it? Desire for acceptance, self-esteem or to stay out of trouble are just a few of the reasons that can play a part.

The question above is a good example of why we lie for the concern or welfare of others. It's called altruistic lying. We might lie to flatter someone or make them feel better, or to not hurt their feelings.

Everybody lies for a number of reasons. Lying by omission may seem less wrong than speaking a lie directly, but the intent to deceive is the same.

A common reason to lie is to get what we want. We lie to get material goods, like money, or to get non-material goods, like attention from telling tall tales.

Lies are told to cover up wrongdoings for fear of punishment. We lie in an effort to create a better version of ourselves. That means we might lie about our accomplishments or skills so that we might be more respected or get a better job.



Everyone is lied to, parents mostly. Then friends, siblings, and spouses the least. But in general, we lie about things that aren't important, little things that we think will make us look better and more likeable. We want to fit in, so we tell little white lies.

Men and women lie differently. Men tend to lie to make

themselves look better. Women are more likely to lie to make other people look better. Extroverts lie more than introverts. And people are more willing to lie to coworkers than they are to strangers.

The number one lie told is surprisingly the same for both men and women. It is "Nothing is wrong. I'm fine."

In a recent study at the University of Norte Dame, researchers wanted to find out if lying had an effect on health. They were pleased to find out that if people reduced their everyday lies, they could significantly improve their health.

Not all lies are harmful. Sometimes lying can be the best approach for protecting our privacy or the privacy of others. And some deception, such as boasting and lies to be polite are less serious.

But no matter what the reason for lying, the famous adage says "honesty is the best policy." And that is the truth... no lie.

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