

Community Health of South Florida, Inc.

NEWSLETTER

www.chisouthfl.org*"Patient Care Comes First"*

Message from the CEO

The month of August is an important one. This time of year, along with the nation, CHI observes National Immunization Awareness Month, Children's Eye Health and Safety Month, Psoriasis Awareness Month, Spinal Muscular Atrophy Awareness Month, National Minority Donor Awareness Day (Aug 1) and National Health Center Week (Aug 8-14).

This is an epic time in our history- for Community Health of South Florida, the community health center movement, and American Health. Health Care Reform promises to make many improvements to the nation's health care system, and CHI will be here to provide affordable, quality care to the residents of South Florida. Under the new plan, 95% of Americans will be insured, there will be expanded coverage for young adults and discrimination against Americans with pre-existing conditions will not be allowed (only to mention a few of the changes). Learn the facts from www.healthcare.gov.

This month, I invite you to participate in National Health Center Week by visiting your local community health center. CHI has several great events planned this month, to include a healthcare forum on August 13, featuring Dr. Reed Tuckson from United Health Care as our keynote speaker. See the back page for a list of all of our Health Center Week Activities.

If you live in South Miami Dade or anywhere in the Florida Keys, CHI is your Community Health Center. Services we provide include primary and behavioral health care, oral health, children's services, vision, laboratory, x-ray and even pharmacy services. For a complete listing of services and locations, visit our website at www.chisouthfl.org or call us at 305.252.4853. We look forward to your visit!

Brodes H. Hartley, Jr.
President & CEO



LOCATIONS

Urgent Care Center
Open 7 days
10300 SW 216 Street
Miami, Florida
305-253-5100

Doris Ison
10300 SW 216 Street
Miami, Florida
305-253-5100

Naranja Health Center
13805 SW 264 Street
Naranja, Florida
305-258-6813

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

Everglades Health Center
19300 SW 376 Street
Florida City, Florida
305-246-4607

MLK Clinica Campesina
810 W. Mowry Street
Homestead, Florida
305-248-4334

West Perrine Health Center
18255 Homestead Ave
Perrine, Florida
305-234-7676

Behavioral Health Center
10300 SW 216 Street
Miami, Florida
305-253-5100

Marathon Health Center
2855 Overseas Highway
Marathon, Florida 33050
305-253-5100

Accountability and Compliance Today (ACT)



HEALTH CHOICE.
Leading the Way to Quality Care

www.prestigehealthchoice.com
1800-611-0786 member services
1800-617-5727 provider services

City Year Miami

By: Joe Prater



Painting the hallway in family medicine



Colorful painted chairs for the children's center.

On June 5th, Community Health of South Florida's President & CEO, Brodes Hartley, Jr. kicked off the opening ceremony for volunteers from City Year Miami's 96 hour service marathon. City Year Miami was joined in this service project by volunteers from the University of Miami and the local community. Mr. Hartley was enthusiastically received by a highly motivated group of volunteers whose mission was to enhance CHI's patient experiences by completing beautification projects at the Doris Ison Center. After rousing speeches by Mr. Hartley and Saif Ishoof, Esq., Executive Director of City Year Miami, the volunteers completed beautiful cartoon murals in the Pediatric Hallway and Pediatric treatment rooms. Additionally, other volunteers planted flowers around the flagpole in front of the center, as well as down the sidewalk leading to the main entrance. Four benches were constructed and installed along the main entrance sidewalk for patients waiting on transportation or just needing a fresh breath of air. Volunteers also painted the chairs and table in the Children's Therapeutic room, in the Children's Behavior Health Department as well as canvas paintings that line the hallways of CHI's Children's Behavior Health Department. The service project was a wonderful success, and of equal importance, all of the supplies, equipment and labor came at no cost to CHI.

These dedicated and talented volunteers accomplished their goal of helping to beautify the health center. The efforts of volunteers from City Year Miami, the University of Miami and the local community will be enjoyed and remembered for many years to come.

5 Amazing Allergy Facts

1. Sensitive to pollen?

Wash your hair before bedtime. **Reason:** You'll remove any pollen and keep it from settling on pillows and bedding. **Also:** Avoid irritants such as tobacco smoke, automobile exhaust, hair spray and perfume; wash your hands frequently; plan outdoor activities when pollen counts are low.

2. The best time to take an **antihistamine**, which helps block allergic reactions, is before symptoms start. **Just remember:** Some allergy medications can cause sleepiness. So never take one when safety requires you to be alert. **Suggestions:** Ask your health care provider about antihistamines that cause less drowsiness.

3. **Dust mites** love to nest in area rugs and make you sneeze and itch. **If you're allergic, Australian researchers offer a simple solution:** Place area rugs outdoors in direct sunlight until they become warm and dry. **Result:** Mites dry up and die.

4. **Moving** to another location is no guarantee of allergy relief. **Why:** People usually develop allergies to their new region's pollens and molds within a few years of moving. **Plus:** Most allergy-provoking grasses are widespread throughout the world.

5. As many as 20% of Americans believe they have a **food allergy**, but true food allergies are actually rare. What most people consider food allergies are usually signs of digestive problems, food poisoning or stress.

Employee Meditation

What is meditation?

Meditation is a technique that transforms the mind to develop concentration and emotional positivity.

Meditation Sessions
Led by Dr. Fuenmayor
2 Wednesdays a Month

Doris Ison - Executive Dining Room
5:15pm - 5:45pm

All CHI employees are encouraged to attend!
Next Sessions: August 4th and August 18th

Step into the world of meditation through our imagination. Our mental, physical, emotional and spiritual body all working as one in perfect Harmony!

Neat Stuff Inc.

By: Kerri-Ann Forbes

Romanita Ford and Joe Prater have recently visited Neat Stuff Inc. in hopes to establish a partnership. Neat Stuff was founded by Phyllis Krug and is the only agency of its kind in South Florida. Their mission is to provide free new clothing, shoes, accessories and gifts to meet some of the basic needs of abused and neglected children, allowing them to dress with pride and dignity, inspiring their self worth. Neat Stuff serves children from birth to 18 who are in foster care, shelters, and are referred by participating agencies. Neat Stuff gladly accepts monetary donations and also needs donations of new clothing, shoes, toys and school supplies for children ages infant to teenagers. At Neat Stuff, 96% of every dollar donated goes towards services for the children; only 3% is for management and 1% for fundraising. Neat Stuff provided services to over 9,000 at-risk children this past year!



Franklin Monjarrez, Dr. Barry Burak, Romanita Ford, Joe Prater, and Ed Hannah

Golden Glow Activities Program



By: Joe Prater

The Golden Glow Activities Program is a new initiative at CHI designed to promote healthy aging and to assist senior community residents and their families with challenges associated with aging. The Golden Glow Activities Program will officially kick-off November 1, 2010. Golden Glow activities will take place at Naranja Health Center Mondays, 10:00am to 12:00 noon and at the Doris Ison Center in the Behavior Health Conference rooms on Tuesdays and Thursdays, tentatively from 10:00am-12:00noon.

"There are many challenges associated with aging. It is a more difficult process when an individual does not have certain essential tools to achieve healthy aging, such as the knowledge of proper exercise and nutrition, peer support, and the ability to deal with the attendant emotional and physical health. CHI's senior wellness and health promotion program will help them understand how to face and cope with the different issues in their lives," says Dr. Amofah, CHI's Chief Medical Officer.

Now is an excellent time to talk with grandparents, relatives, and neighbors about the Golden Glow Activities Program. Let our beloved seniors know its time to get out of the house, have some fun, and just enjoy themselves and become a part of the Golden Glow Activities Program.

Please contact Joseph Prater, Sunshine Club Volunteer Program Manager, (305) 254-2018 or via e-mail jprater@hcnetwork.org for more information.

Congressman Kendrick Meek Visits CHI



**Congressman Kendrick Meek
accepting the 2010
Distinguished Community Health
Superhero Award from Brodes H Hartley Jr.**

By: Kerri-Ann Forbes

Congressman Kendrick Meek, currently serving his fourth term in the U.S. House of Representatives from Florida's 17th Congressional district has been awarded the 2010 Distinguished Community Health Superhero Award from the National Association of Community Health Centers. On July 7, 2010, during a visit to CHI's Doris Ison Health Center, Brodes Hartley Jr., President & CEO presented the award which was followed by a question and answer session and a tour of the Health Center.

Congressman Meek has been very dedicated in supporting issues critical to South Florida such as job creation, housing, emergency preparedness, foreign affairs, health care, and fairness in the tax code.

The Miami Herald wrote, "Mr. Meek has grown in influence and effectiveness in Congress, working across the aisle to promote issues and funding for his district." The newspaper describes him as "tireless, creative, and willing to work across party lines."

Joint Commission: 2010 Laboratory National Patient Safety Goals

2010 Laboratory 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.

The exact language of the Goals can be found at www.jointcommission.org.

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| Identify patients correctly | 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 medicine and treatment meant for them. |
| Improve staff communication | Quickly get important test results to the right staff person. |
| Prevent infection | Use the hand cleaning guidelines from the Centers for Disease Control and Prevention or the World Health Organization. |

http://www.jointcommission.org/GeneralPublic/NPSG/10_npsgs.htm

2010 National Health Center Week

This year's theme **Celebrating America's Health Centers: Turning the Vision into Reality** highlights the 45 year record of Health Centers in providing affordable, high quality, cost-effective, health care to all people, regardless of ability to pay. National Health Center Week 2010 also provides an opportunity to focus on the progress we have made towards fulfilling the goal of our "Access for All America" plan to provide a health care home to 30 million patients by 2015.

<http://www.healthcenterweek.org/>

2010 Theme: ACT

ACT– Accountability and Compliance Today

Current Events

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| Henry Schein Healthy Children Healthy Lifestyles | August 7 |
| National Health Center Week | August 8 - 14 |
| Healthcare for the Homeless | August 11 |
| Farmworkers Health Day | August 12 |
| Back to School Health Fair | August 14 |
| School Physical Exam Day | August 21 |
| School Physical Exam Mini Clinic | August 23 - 27 |

Learn about SPEC at CHI!

S - Strength

P - Prevention

E - Empowerment

C - Community Change