

NEWSLETTER

www.chisouthfl.org



"Patient Care Comes First"



Message from the CEO

We will be celebrating National Health Center Week in August, the time each year when community health centers across the country reach out and try to inform people of their services.

While CHI and other community health centers have dramatically increased their patient census in recent years, the statistics are daunting. Community health centers serve 20 million people, but the number of people without health insurance in the United States is closer to 50 million – closing in on 20 percent of the population – which leaves a staggering number of people who are not getting regular care.

Many of you were not around when community health centers began in 1965; part of President Johnson's War on Poverty. Those were heady days, with Medicare and Medicaid and employer-sponsored insurance promising virtually universal access to health care. Healthcare reform will do a tremendous amount to meet this need, and so will CHI.

So we have a job to do, and we need to do it every day, and not just during National Health Center Week. We need to let people know that CHI offers high quality, cost effective, accessible care, and that they should be coming to us for care, and not waiting until a chronic problem becomes acute and lands them in an emergency room.

Let's all do our part by telling people in our community about the wonderful services at CHI and other community health centers, and also by letting our elected officials know that we do a great job providing care at very affordable prices, and we are ready and willing to do more as national healthcare reform unfolds.

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)



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

CHI ACTION Hero

By: David Schor

There is an ACTION HERO at CHI!

The ACTION HERO could be YOU!

ACT; Accountability & Compliance Today, is the theme for this year at CHI and a new program to reward those staff members who go to extraordinary measures to fulfill our mission has been established and is known as the ACTION HERO Program.

All CHI employees have the opportunity to be an ACTION HERO. One will be chosen for each month based upon a recommendation for the honor which specifies the exact nature of their extraordinary effort.

Action Heroes will be honored at a Corporate Staff meeting by having Mr. Hartley, the President and CEO of CHI, make a presentation of a framed ACTION HERO certificate. The honoree will be formally acknowledged at the ACTION HERO's next departmental meeting. Their photograph, a description of the reason for their selection and some interesting personal information will be displayed on a specially designed ACTION HERO Bulletin Board, and will be included in the special ACTION HERO column in the monthly CHI Newsletter. The ACTION HERO of the month will also receive a gift for their great efforts.

The selection of the ACTION HERO will be made by the Human Resources Committee based upon letters or emails of recommendation by Corporate Staff, patients, fellow staff members, or supervisors. The recommendations must be specific about the actions of the person who is being submitted for the award.

CHI Blood Drive

By: Kerri-Ann Forbes

Community Blood Centers of South Florida was at the Doris Ison Health Center on May 4th for a Blood Drive. Patients, visitors and employees were encouraged to donate. The drive was from 11am to 4pm and they collected a total of 13 pints. Some employees like Euridyce Antoine pictured here are avid donors and Community Blood Centers of South Florida were extremely grateful for her and all the others who donated.

Community Blood Centers of South Florida supplies 90% of the blood to South Florida Hospitals and they sponsor designated drives to aid specific cases if asked. Healthy donors are needed to donate blood and many patients are counting on blood donations.

There are many benefits to giving blood. Donating blood lowers cholesterol levels and decreases the risk of prostate cancer in men. It also benefits the community by helping accident victims, cancer and leukemia patients, premature babies, burn victims, people who undergo major surgery and new mothers needing a blood transfusion.

- Every 3 seconds someone needs a blood transfusion. That's 20 people every minute; 1,200 every hour; 28,800 every day.
- 60% of the population is able to donate blood.
- Only 5% of population actually donates blood.
- The average adult has 10 to 12 pints of blood in their body.
- Donation consists of 1 pint of blood that the body replaces within 24 hours.
- You are eligible to donate regular blood every 56 days.
- No viable substitute for blood has ever been found, so when you need it, the only place to get it is from another human being.
- Only donated blood could be infused into another human being.
- Any day, these facts could mean the difference between life and death.



Euridyce Antoine



Blaine Williams

Maria Montoya - ACTION Hero



Brodes Hartley, Jr. & Maria Montoya

By: Kerri-Ann Forbes

Maria Montoya is the first Action Hero at CHI! She said she was expecting something bad when her boss called her in and was extremely surprised and honored when she realized it was for an award. With the ACTION Hero Award, Maria has also received dinner for two at Flemings Restaurant. Ms. Montoya has been an employee at CHI for almost two years and began working at Doris Ison but has transferred to the Naranja center two months ago and is missed dearly. The employees at Naranja said they're not giving her back and she's not going anywhere! Maria is from Nicaragua and has lived in Miami for the past five years. She has three children and her oldest son is currently serving in Iraq. Maria loves spending time with her family and friends and loves exercising; especially swimming and dancing. She says the best thing about working at CHI is the people; she gets along and works well with everyone. She wants to thank CHI for giving her the opportunity to be a part of this team and she hopes to progress within the company. Maria is well loved here and it's no surprise she was awarded the ACTION Hero of the month. CHI is very fortunate to have employees like Maria Montoya. Keep up the good work Maria!

The employees at Naranja said they're not giving her back!

Minerals and Oral Health

Information courtesy of the **Academy of General Dentistry**

Which vitamins and minerals are good for me?

There are many minerals and nutrients that are good for the entire body. Here are just some of the minerals and nutrients your body needs to stay healthy:

Calcium - Your teeth and jaws are made mostly of calcium. Without enough calcium in your diet, you risk developing gum disease and tooth decay.

Iron - Iron deficiency can cause your tongue to become inflamed, and sores can form inside your mouth.

Vitamin B3 (niacin) - A lack of vitamin B3 can cause bad breath and canker sores in the mouth.

Vitamins B12 and B2 (riboflavin) - You also can develop mouth sores when you do not consume enough of the vitamins B12 and B2.

Vitamin C - Too little vitamin C will lead to bleeding gums and loose teeth. Sweet potatoes, raw red peppers, and oranges are great sources of vitamin C.

Employee Spotlight - Consuelo Hoo Martinez

Ms. Martinez has lost 60 pounds in eighteen weeks by making some lifestyle changes. Consuelo wakes up every morning at 5:30 and does 35 minutes of cardio and one hour of cardio in the evenings. She has been doing the P90X series DVD's. She has cut juice, sugar, salt and most starches out of her diet and eats more vegetables and high protein. She drinks lots of water and takes a multi vitamin every day. Consuelo also encourages her daughters to exercise with her. Good habits start early.

Losing weight was the best decision I made for myself. With my busy lifestyle of being a full time working mother of a teenager and a toddler, I had very little time to myself. I had to run and eat at the same time. I did not realize that disregarding my health had taken such an effect on me. I decided to take two hours a day for myself. Early in the morning and in the evening and as a result of this, I am a new, changed person. I am able to spend time with my family without being tired and stressed out all of the time. I can enjoy my children more because I am more active now. I come to work energized and ready to go. My children even participate in exercising with me, giving me even more time to spend with them in a healthy way. My advice to all is to take good care of your health and your body will be good to you. It will all pay off in the end. Congratulations Consuelo, you look great!



Joint Commission: 2010 Hospital National Patient Safety Goals

2010 Hospital 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.

This is an easy-to-read document. It has been created for the public. The exact language of the Goals can be found at www.jointcommission.org.

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.

Make sure that the correct patient gets the correct blood type when they get a blood transfusion.

Improve staff communication

Quickly get important test results to the right staff person.

Use medicines safely

Label all medicines that are not already labeled. For example, medicines in syringes, cups and basins.

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

Prevent Infection

Use the hand cleaning guidelines from the Centers for Disease Control and Prevention or the World Health Organization.

Use proven guidelines to prevent infections that are difficult to treat.

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

Use safe practices to treat the part of the body where surgery was done.

Check patient medicines

Find out what medicines each patient is taking. Make sure that it is OK for the patient to take any new medicines with their current medicines.

Give a list of the patient's medicines to their next caregiver or to their regular doctor before the patient goes home.

Give a list of the patient's medicines to the patient and their family before they go home. Explain the list.

Some patients may get medicine in small amounts or for a short time. Make sure that it is OK for those patients to take those medicines with their current medicines.

Identify patient safety risks

Find out which patients are most likely to try to kill themselves.

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

ACT - Accountability and Compliance Today

Current Events

Eye Safety Awareness Week	June 27-July 5
Independence Day	July 4
Cataract Awareness Month	August
National Minority Donor Awareness Day	August 1
National Health Center Week	August 8-14
School Physical Exam Day (Free Immunizations)	August 21

CHI S.P.E.C.

S - Strength

P - Prevention

E - Empowerment

C - Community Change