



HEALTHY BITS

PATIENT CARE COMES FIRST

January/February 2012

Healthy Bits – An Employee Newsletter Published by Community Health of South Florida, Inc.

A message from the President



We've all heard the expression, "a good wine only gets better with age." Well CHI is entering its 41st year, and today we can proudly lay claim to being one of South Florida's finest wines. And as CHI has grown these past few years, we've truly become a "one stop shop" for most health care needs, operating urgent care centers, an imaging center and four in-house pharmacies including one at the Marathon Health Center.

The number of patients WE see each year is staggering, 81,000 patients representing 365,000 visits in 2010 alone. I've highlighted the word WE because CHI is a family that cares for families.

Our Marathon facility is celebrating its 5th year, and if you're wondering whether we are making a difference, consider that almost 30 percent of the children in the Florida Keys have no health insurance. The national average is eight percent. That's just unacceptable. CHI is committed to providing care to all children who are uninsured. Remember at CHI, Patient Care Comes First!

Last but not least, you'll notice that CHI's employee newsletter has a new name Healthy Bits and a new look. Congratulations to Blake, Kerri and everyone who was involved in creating Healthy Bits.

CHI has a great story to tell, and this year we plan on introducing ourselves to more and more people. We are off to a great start in 2012. Let's keep the momentum going!

Brodes H. Hartley
Brodes H. Hartley

CHI Rings In 2012 In Style

CHI put on a fabulous New Year's Day brunch for employees and their families. More than 350 people attended and everyone was well fed!

The event was catered by Susan Bleemer's "Catering the Event." There were over 50 cold and hot items including a meat carving station and endless mimosas. This is the second New Year's Day Brunch CHI has held and it's definitely becoming a favorite among employees. There were numerous compliments throughout the day from attendees and all indications are that CHI is off to a great year!



Kim and Greg Ivey with their children



Nadine Abdallah with her family



Dr. Watson-Hamilton and Maurice Hamilton



Dr. Amofah with his family and Mr. Hartley



LOCATIONS

**Doris Ison
Urgent Care Center**
10300 SW 216 Street
Miami, Florida
305-253-5100 • 33190

**MLK Clinica Campesina
Urgent Care Center**
810 W. Mowry Street
Homestead, Florida
305-248-4334 • 33030

Behavioral Health Center
10300 SW 216 Street
Miami, Florida
305-253-5100 • 33190

Naranja Health Center
13805 SW 264 Street
Naranja, Florida
305-258-6813 • 33032

Everglades Health Center
19300 SW 376 Street
Florida City, Florida
305-246-4607 • 33034

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

Marathon Health Center
2855 Overseas Highway
Marathon, Florida
05-253-5100 • 33050

West Perrine Health Center
18255 Homestead Ave
Perrine, Florida
305-234-7676 • 33157

CHI Rings In 2012... continued

“For those of you who attended the fantastic New Year’s Day Brunch here at Doris Ison, your social and physical wellness needs were met that day.”



Carla McCullough with her family



Maima Padcliffe with friends



Inez Reed with her family



Daisy Hawkins with her family



Mr. Hartley with Ida Hernandez and family



Iris Barrientos with her husband and daughter



Mae Goins with her family



Jason Baerga and Elaine Ventura



Leticia Jones with family



Nerisa Chin Loy with her husband



Tresha Barrett with her family



Dr. Ruiz with her family



Carmen Waite with her husband



CHI Hunks



Joann Ortiz with her family

CHI TO EXPAND SCHOOL PROGRAMS

Community Health of South Florida, Inc. (CHI) will soon increase the number of schools in Miami-Dade County where it provides health care services from 27 to 31 with the addition of Ethel F. Beckford/Richmond Elementary, Zora Neale Hurston Elementary, Irving & Beatrice Peskoe K-8 Center and Gateway Environmental K-8 Learning Center.

"The percentage of children in South Florida without health insurance is two times the national average," said Brodes H. Hartley, President and CEO of CHI. "So programs like ours help reach these kids effectively and efficiently."

"My team and I are really excited about the expansion," said Beatriz Fernandez,

Director of Migrant Health/School Based Health Program Coordinator.

Among the services now offered are health screenings (vision and body mass index), basic first aid, psychosocial assessments, primary care, well-child care which includes school physicals and immunizations, behavioral health and pediatric care. The health team includes a Nurse Practitioner or Physician's Assistant, Master's level Social Worker shared between two or more schools and a health aide assigned to each school.

CHI's experience with school-based programs dates as far back as 1992, when it began providing comprehensive health services at Dorothy M. Wallace COPE South Center.



CHI's Health Connect in our Schools school-based program began in 2006 and is made possible through the support of The Children's Trust, Miami-Dade County Public Schools, Miami-Dade County Health Department and Health Choice Network.

For information on Community Health of South Florida, visit www.chisouthflorida.org.

MANAGING AND TREATING OBESITY

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



Obesity is a growing epidemic in this country. Poor eating habits and lack of exercise have contributed to the problem, but genetics also plays a role. Obese individuals who have an excess of body fat are at risk of developing many serious medical conditions, including diabetes, high blood pressure, high cholesterol, heart disease and sleep apnea. But there are ways to manage your weight and lead a healthier lifestyle.

The goal of obesity treatment is to reach and maintain a healthy weight. Many individuals resort to crash diets to lose pounds, but these diets are rarely effective and unlikely to help

you put off the weight in the long term. Consulting with a nutritionist or a dietician will help you understand what changes need to

be made in your eating and activity habits.

A vital key to losing weight is reducing the amount of calories you eat. Your doctor can help you figure out how many calories you need to consume to lose weight, but the average amount is anywhere from 1,000 to 1,600 calories. A healthier diet plan can include fruits, vegetables, whole-grain carbohydrates and lean sources of protein, including beans, lentil and lean meats. Grilled chicken and fish can also be included in your diet, but limit adding salt and sugar to your foods.

Eating healthier goes hand in hand with adopting an increased exercise regimen. Physical activity is an important element of obesity treatment. It is recommended that overweight or obese individuals get at least 150 minutes a week of moderate intense physical activity to lose weight. For more significant weight loss, you may have to exercise as much as 250 or 300 minutes a week. Consult with your doctor before initiating any exercise program.

In more severe cases of obesity, prescription medication may be recommended. Although prescription weight-loss medication may be an option, it still needs to be used with a diet, exercise and behavior changes.



Medication is unlikely to work if you don't adopt a healthy diet and regular exercise.

Weight-loss surgery is also an option, typically for obese individuals with a body mass index (BMI) of 40 or higher or who are more than 100 pounds over their ideal body weight. Surgery may also be an option for individuals with a BMI of 35 or greater with related health problems, such as diabetes or hypertension. However, surgery can pose some serious health risks. Consult with your physician to see what options are best for you.

Behavior plays a large role in obesity. Besides changing your eating habits and increasing physical activity, you can engage in support groups and involve family and friends in your weight-loss goals. Surrounding yourself with supportive people and resources can help motivate you to stay on the right track.



CHI'S ROBERT BAILEY / GLEN RICE GOLF TOURNAMENT SET FOR APRIL 13

A full field of golfers, including a host of South Florida's most recognizable celebrities and athletes, are expected to challenge Doral's treacherous Red Course on Friday, April 13 as part of the annual Robert Bailey / Glen Rice Golf Tournament benefitting CHI.



Players should plan on bringing plenty of golf balls as the Red Course features 14 water holes with fairways winding around several lakes. As if that wasn't enough, players will be taking aim at island greens at # 6 and # 14.

CHI is now accepting foursomes and there are still sponsorship opportunities available. For more information, call 305-242-6018.



CHI

Save the Date
Robert Bailey / Glen Rice
Fundraising Golf Tournament
Friday, April 13th, 2012

Doral Red Course
4400 NW 87th Avenue - Miami Florida

Event Sponsorship Opportunities
Available

Call 305 242-6018 for
more information

www.chisouthfl.org

Last year's CHI golf tournament attracted some of the biggest names in sports. Col. Hartley (center) is joined by (from left to right) Scottie Pippen, Glen Rice, Robert Bailey and Glen Rice, Jr.

DR. GOLDSCHLAGER JOINS CHI'S MARATHON HEALTH CENTER

Lawrence A. Goldschlager, MD, a noted pediatrician in the Keys, has joined the medical staff of Community Health of South Florida, Inc. (CHI), where he will practice pediatric and family medicine at CHI's Marathon Health Center, 2855 Overseas Highway (MM 48.5).



Dr. Goldschlager has practiced medicine in the Florida Keys for 17 years, and is a graduate of the University at Buffalo, The State University of New York's School of Medicine. "Dr. Goldschlager is an ideal addition to our medical staff," said Brodes H. Hartley, President and CEO of Community Health of South Florida. "He shares our commitment of providing the best possible health care to children throughout the Keys."



CHI has provided health services to uninsured and under-insured individuals in Monroe County since 2007.

CHI'S WEB SITE NEW LOOK

Please take a peek at CHI's new website. The new layout of the site conveys a cleaner, crisper, and user friendly interface. The creation of this newly designed patient resource was led by Leterron Lewis (Director of MIS), Romanita Ford (Director of Marketing/ Public Relations) and Health Choice Network Inc.



This group of individuals worked in tandem to tie together the latest technological web platforms for Community Health of South Florida's new website.

The objective of this project was to give CHI's website a more up to date look that would be more visually appealing to the audience and more relevant to today's expectations as a web resource. So, CHI's site was completely overhauled!

The new CHI website allows mobile devices such as the iPhone, iPad, Android or any smart phone the ability to view CHI's web content. CHI has also made content changes to insure that the information posted on the website is accurate. A host of logistical changes were made so that the content was in the correct place. The new site also has integrated location information about each health center using MapQuest to assist with directional requests. These changes are just the tip of the iceberg of



what CHI has in store for our existing and future patrons. This will be an ongoing effort to give our customers a website that is easy to navigate and helpful in providing valuable information to increase patient satisfaction. Visit the new website at: www.chisouthfl.org.

BRODES H. HARTLEY HONORED BY SOUTH FLORIDA BOYS CHOIR

Brodes H. Hartley, who has served as President and CEO of Community Health of South Florida, Inc. for more than 27 years, has been named a 2011 Hero within the community by the South Florida Boys Choir, Inc.

Hartley was presented the award for his contributions to the arts, education and the development of young people in the community. Other honorees included



Andre Dawson, a South Florida native and recent inductee into the Major League Baseball Hall of Fame, Elizabeth Brady, CPA and Robert Londono, former president of Sunstate Bank.

"Mr. Hartley has worked tirelessly during the years to see to it that children are afforded the finest health care regardless of whether they are insured or uninsured," said Horace Turnbull, executive director of the South Florida Boys Choir. "He sets an example that we all should follow."

Modeled after the successful Boys and Girls Choir of Harlem, the South Florida Boys Choir has helped to positively influence the lives of young people in South Florida for more than a decade. The group of students meets after school every day at R.R. Moton Elementary School in south Miami-Dade County to review studies and rehearse their music.

CALENDAR OF EVENTS

February – Heart Month

February 3 – National Wear Red Day

February 7 – National Black HIV/AIDS Awareness Day

February 14 – National Donor Day

February 20 -- President's Day!
(Health Centers Closed /
UCC Open 2 – 10 p.m.)

March – National Nutrition Month

March 8 – World Kidney Day

March 24 – World Tuberculosis Day

March 30 – Doctors' Day

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

2011 BEHAVIORAL 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 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 correct medicine and treatment.

IMPROVE STAFF COMMUNICATION

Get important test results to the right staff person on time.

PREVENT INFECTION

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.

THE DENTAL MINUTE

Information courtesy of the Academy of General Dentistry and the American Diabetes Association

Diabetes and your Oral Health Frequently asked questions (FAQs) Community Health of South Florida, Inc. Dental Department

Q – I don't need to tell both my dentist and hygienist that I have diabetes.

ANSWER – People with diabetes have special needs. Keep your dentist and dental hygienist informed of any changes in your condition and any medication you might be taking.

Q – How do I know if I have serious gum disease?

ANSWER – Often there are no signs of serious gum disease. You may not know you have it until you have some serious damage. Regular dental visits are your best weapon.

Q – What percentage of adults get gingivitis and/or gum disease?

ANSWER – About 80% of adults will get gum disease at some point. It's a lot more common than you think!

Q – How can I prevent dental problems associated with diabetes?

ANSWER – First and foremost, control your blood glucose level. Then take good care of your teeth and gums, along with regular dental check-ups every six months.

Q – What other types of problems could I experience?

ANSWER – Diabetics may experience burning mouth syndrome and fungal infections, such as thrush and oral candidiasis. Dry mouth (xerostomia) also may develop, causing an increased incidence of decay. To prevent problems with bacterial infections in the mouth, your dentist may prescribe antibiotics, medicated mouth rinses and more frequent cleanings.

Q – How Does Diabetes Affect Oral Health?

ANSWER – It is estimated that up to 20 million people have diabetes, but only two-thirds of these individuals are diagnosed. Studies have shown that diabetics are more susceptible to the development of oral infections and periodontal (gum) disease than those who do not have diabetes. Oral infections tend to be more severe in diabetic patients than non-diabetic patients. And, diabetics who do not have good control over their blood sugar levels tend to have more oral health problems. These infections occur more often after puberty and in aging patients.

Q – How are gum disease and diabetes related?

ANSWER – Because diabetes reduces the body's resistance to infection, the gums are at risk for gingivitis, an inflammation usually caused by the presence of bacteria in plaque. Plaque is the sticky film that accumulates on teeth both above and below the gum line. Without regular dental check-ups, gum disease may result if gingivitis is left untreated. It also can cause inflammation and destruction of tissues surrounding and supporting teeth, gums, bone and fibers that hold the gums to the teeth.

*The
Flame of Passion,
Compassion & Concern.*



"Patient Care Comes First"