

THE VOICE OF THE CARIBBEAN

Issue No. 46 November 2015



President's Note:

Finally, our main site, The Emilio Lopez Pavilion, has completed renovations. This 33,000 sq. foot building has been completely modernized including installing hurricane resistant windows, a new roof, lighting and air conditioner. We have expanded the number of examinations rooms from 19 to 33 and dental chairs from 9 to 11 each room has new furniture and equipment. In addition all waiting and receptions areas are like new!

The project has been funded by both Federal (\$4.3 million) and County funds (\$500,000). The Borinquen Board of Directors,

Management and our Staff is proud of this accomplishment because you, our clients and community, deserve the Best!

Remember, this is the month of our 9th Annual Emilio Lopez Expo and Education Fair on November 21, 2015. It's a family event which includes free screenings and educational materials, as well as services from different organizations and of course food and music ... we hope to see you there!

On this Veteran's Day let us not forget to thank those who serve in the United States Armed Forces. Without their patriotic commitment to our Country, we would not be enjoying the freedom and liberty we have today. With respect, honor and gratitude, we say Thank You to our Veterans.

~Robert Linder, President/CEO



THIS IS WHAT WE DO AND WHY WE DO IT OUTREACH



~by Susan Alvarez with Anna Smith

Borinquen is sincerely grateful and thankful for the immense sacrifices made by all of the brave men and women who

have served, and those that continue to serve in the United States Armed Forces defending our liberty and freedom.

We take this opportunity to highlight the plight of some of those veterans that have fallen on hard times. One of the most important causes that the U.S. Department of Veterans Affairs and our nation continues to concentrate its efforts on is the number of Veterans that are homeless. And while the numbers are decreasing, together we can bring that number to Zero.

President Obama set in place in 2009 a national initiative to tackle preventing and ending homelessness. Through the American Recovery and Reinvestment Act, \$1.5 billion was invested in the Homelessness Prevention and Rapid Re-Housing Program. The president challenged local governments, nonprofits, faith-based and community organizations, the private and those in the philanthropic sectors to collaborate and to partner with the Federal Government to come up with new innovated approaches to ending homelessness. That has certainly started the ball rolling.

First Lady, Michelle Obama, set the same challenge, to end chronic veteran homelessness, to some 570 mayors, governors and local officials in June of 2014. Mayor Mitch Landrieu took that challenge and within 6 months ended homeless veterans in his City, the City of New Orleans, ahead of schedule!

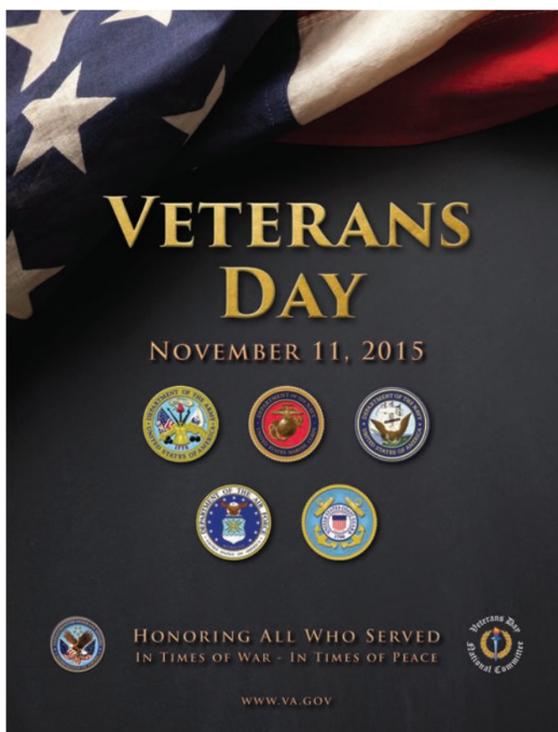
We can all do our part to help. This year Borinquen's Outreach Team, once again worked alongside local veterans service organizations during the South Florida Homeless Veterans Foundations' STAND DOWN (SFHVS), to provide vital help to those veterans who are homeless and in need of a myriad of services such as: much needed health screenings and dental check-ups.

While we still have a ways to go, the numbers from the previous STAND DOWN held at the Robert King High Park during the three day event, April 30 - May 3, 2015 should be encouraging. According to the SFHVS, the main objective of the 4 day and 3 nights "Stand Down" was to assist homeless Veterans in the Tri-County Region (Broward, Miami-Dade, and Monroe counties) with getting them off the streets and into some form of housing. Of significance during this Stand Down was the fact that all homeless veterans that attended the Stand Down were offered housing and/or placement opportunities. No homeless veteran was returned to the streets at the conclusion of the Stand

Down and all were afforded / placed in some form of lodging. The following statistics are some of the official results of that Stand Down.

- Number of Homeless Veterans Registered: 255
- Females: 13
- Family Members: 26
- Service Animals: 12
- Number of Housing Referrals: 143

(All final results can be viewed at: www.floridaveteransfoundation.org)



THANK YOU

Because of the huge success of the May 2015 Veterans Stand Down, the City of Miami concluded that a similar effort was needed to help address the needs of the *homeless population in general* within the City of Miami. With that goal in mind, another Stand Down was set for October 2015 at Lummus Park, 404, NW 3rd St to provide free access as before, to: Hot meals, Hot showers & clean clothes, Haircuts for men and hair treatments for women, Dental Examinations, Medical Examinations, Substance Abuse Services, Legal Services, Seal and Expungement, Faith Based Ministry, Job Screenings.

Typically in a single night, normally during the last ten days of January, The U.S. Department of Housing and Urban Development requires an annual count of homeless persons. This is known as a Point in Time (PIT) count and it is conducted in one day and one night. Understanding that the nature of the homeless population tend to be transient and to obtain a

As we go to print ...

November 1, 2015

First Day of Open Enrollment! 2016 Health Insurance Marketplace

~by Anna Smith with Susan Alvarez

The 2016 Open Enrollment session for health insurance is now open! At Borinquen Medical Centers (BMC), we want to remind all of our readers that our Health Exchange Access Team or "HEAT Team" is available six days a week to assist you with enrolling in health insurance plans offered through the Affordable Care Act (ACA) or "Obamacare" health insurance Marketplace. Whether you have simple questions or concerns or would like to fully enroll in a plan, the HEAT Team is here to help! If that's not enough, the Team is also available to assist you in applying for benefits eligibility. Our trilingual staff is here to help you in English, Spanish or Creole Monday - Wednesday from 8:00AM - 5:00PM, Thursdays from 8:00AM - 6:00PM and Fridays from 8:00AM - 4:00PM at the Emilio Lopez Pavilion.

The HEAT Team is available at our West Dade location on Tuesdays from 8:00AM - 5:00PM and our North Miami Location from 8:00AM - 6:00PM (please see back page for full list of locations with addresses). For additional information, please visit www.BorinquenHealth.org or call: (305) 576-6611.

Below are important deadlines to remember for 2016. **November 1, 2015:** Open Enrollment starts (first day you can enroll in a 2016 Marketplace plan) **January 1, 2016:** First date 2016 coverage can start **January 31, 2016:** 2016 Open Enrollment ends

If you don't enroll in a 2016 plan by January 31, 2016, you can't enroll in a health insurance plan for 2016 unless you qualify for a Special Enrollment Period. You can apply anytime for Medicaid or the Children's Health Insurance Program (CHIP). There is no enrollment period for small business to enroll in SHOP coverage for their employees. If you don't have health insurance coverage in 2016, you may have to pay a fee. The fee is higher in 2016 than it was in 2015.

To speak with our Eligibility Navigators or for more info on how to apply for Health Insurance through the Marketplace, please contact, Bernard Guiteau, Eligibility Navigator - Team Lead at: 305-576-6611.



BE INFORMED. BE INVOLVED. BE ELECTION READY.

There are three Ways to Vote:

- **Early Voting**
Why wait? Avoid the lines and last minute rush to get your Vote in by voting early. For early voting schedules for the upcoming elections please visit the following website: <http://www.miamidade.gov/elections/vote-early.asp>

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Borinquen Medical Centers of Miami-Dade provides a comprehensive range of health and social services to our culturally diverse community.

Services Provided

PRIMARY CARE:

- Adult Internal Medicine
- Pediatrics / Adolescent
- Obstetrics - Gynecology
- Healthy Start - TOPWA
- Family Planning
- Deliveries
- Dental Health

- Outreach, HIV/STD Testing and Counseling
- Prevention Education
- Case Management
- Chronic Disease Care i.e. Diabetes/Hypertension
- Behavioral Health

- Psychiatry
- Substance Abuse
- Nutritionist
- Health Connect in Our School

SPECIALTY CARE:

- Podiatry
- Orthopedics

- Cardiology
- X-Rays / Sonograms
- Electrocardiograms
- Pharmacy
- 340B Discount Program
- Eligibility Services: Medicaid, PEPW, ACA
- Speech Therapy

CLASSES OFFERED:

- Diabetes
- Child Birth
- Breastfeeding
- Parenting
- Interconceptional Counseling (By appointment)



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BORINQUEN MEDICAL CENTERS OF MIAMI-DADE
3601 Federal Highway
Miami, Florida 33137
www.borinquenhealth.org
Ph: (305) 576-6611 * Fax: (786) 476-2819

Editors & Designers:
Susan Alvarez & Anna Smith
Staff Photographer:..... Susan Alvarez
Contributors:.... Robert E. Linder, CEO
Angel Camacho, Teresa Mazard-Diaz,
Silvana Vasquez, Carmen Pineiro, Bernard Guiteau, Glory Ann Zapata, Alex Lugones, and Dr. Oscar Barreto





Living the Life You Want

~by Carmen Pineiro, MS - Mental Health and Substance Abuse Counselor
Do you feel trapped, frustrated, confused, anxious, or afraid? Is it due to a chronic physical or mental health condition? Maybe you're in a relationship you don't know how to get out of? Does your mind constantly compare, criticize and tell you what and what not to do throughout the day? Do you feel damaged or incapable of getting any better?

It can be challenging to keep up with work, family, doctors' visits, or medications when someone isn't feeling well. The energy you need to be able to keep up slowly debilitates. And, if that isn't enough to deal with, along comes your mind..... It is constantly reminding you how everything will go wrong, how unfair life is, how better life would be if you weren't sick, criticizing, comparing, the list could go on and on. Life becomes so overwhelming you might want to just run away and hide. It becomes easier not to have to deal with it and just hope that it will go away somehow. That is a possible short term solution, but is it effective in the long run?

If you're willing, try the following experiment. Place both hands, palms up in front of you and imagine that on them you're holding all the difficult thoughts, feelings, judgments and memories you have and struggle with daily. For example: "Why me?" "It's not fair." "Why did I have to get sick?" "I don't deserve this." "I'm never going to get better." Now place your hands in front of your face, almost touching your nose and covering your eyes. Like that, can you have a conversation with someone? Can you see the expression on their face? Can you watch TV? Can you connect with your family, children or partner? Can you drive? Can you even read the newspaper? This article? This is an example of how it's like being all caught up in your thoughts and feelings. You tend to get wrapped up in all this stuff and miss out on the world around you. You become disconnected from your relationships; you begin to stumble blindly without direction.

How many times have you told yourself, "When I get rid of this, then I will be happy, healthier, better, etc.?" How long have you been trying to get rid of all these thoughts, feelings, emotions, and memories? You may have tried using drugs and alcohol, isolating yourself, lying in bed all day, blaming those around you, distracting yourself, replaying the past over and over, and thinking if things were different, I can go on and on. You've spent a lot of time trying to get rid of these thoughts and feelings. No matter how hard you try, they're still there.

Again, you try harder, they go away for a little bit, but then they come right back. Sometimes they even come back bigger and more painful than before.

What if you tried something different? What if you placed your hands on your lap and let all the emotions, thoughts, feelings just be there? You're not going to get rid of them, avoid them or control them. You're just going to let them be there. You can notice them, but not struggle with them. When you aren't trying to avoid or control your thoughts, feelings, emotions or memories, you start to see things differently. You can interact with others, you are free to move around and engage in your life a bit more. The painful stuff is still there, but it has less impact on you. Would you be willing to try something different? Think about it.

Based on Acceptance and Commitment Therapy (ACT) you can learn to manage your condition and



create a better life while accepting the pain and suffering that comes with it. This is done by:

1. Learning skills to handle difficult thoughts and feelings in a way that they have less impact or influence on you. Like any new skill, you need to practice. The more you practice, the better you will get at it.
2. Discovering what's important or of value to you anywhere from building better relationships with

family or friends or living as healthy as possible.

3. You can continue getting caught up in your thoughts, feelings, emotions and/or memories and holding on to them real tight no matter how tiring it becomes or you can take a step back and disentangle yourself and begin living the life

you want. You have a choice. In the middle of pain and suffering, you can find meaning in your life. The purpose is to learn and grow with your pain and suffering.

If you or someone you know is struggling with any of these conditions or symptoms and would like to discuss treatment options, please feel free to contact me at 305-576-1599 ext. 3117. You are not alone, call for help.

Inspired by Russ Harris, author of The Happiness Trap.



Changes in Managed Medicaid Plans Offered at Borinquen Medical Centers

Borinquen wants everyone to know that we have contracts with almost ALL available plans, as do our providers! This even includes specialty plans, like those for clients that are HIV positive. Patients at Borinquen do not need to worry; they can still see their provider and receive services at any one of our many locations across the County.

If you have any questions, concerns or would like to speak with an expert, you can call our Patient Services Department at (305) 576-6611 to speak with one of our knowledgeable staff members.

Borinquen Medical Centers look forward to continuing to provide the upmost quality of health care to all of our community and clients. We thank you for your patience and understanding while these changes are being made.

Managed Medical Assistance (MMA) Program Statewide Medicaid Managed Care (SMMC) Program

For the MMA Specialty Plans Region 11:

1. Magellan Complete Care
2. Positive Health Care
3. Sunshine Health
4. Clear Health Alliance
5. Freedom Health Plan

For the MMA Standard Plans Region 11:

1. Prestige
2. Coventry
3. Simply
4. Molina
5. Preferred Medical
6. Humana
7. Amerigroup
8. Staywell
9. Sunshine Health
10. United Healthcare

High Rollers
at
CIRQUE ENTERTAINMENT
SAT. NOV. 14, 2015
6:30PM TO 11:30PM
THE GLASSHAUS STUDIOS
8000 BISCAYNE BLVD,
MIAMI, FL 33138
\$150 PER PERSON
(\$1,250 FOR GROUPS OF 10)
Join Us For
A NIGHT OF
Food, Fun & Entertainment
TO SUPPORT A GREAT CAUSE!

Walk-In Flu Shots Easy as 1 2 3!

~by Susan Alvarez

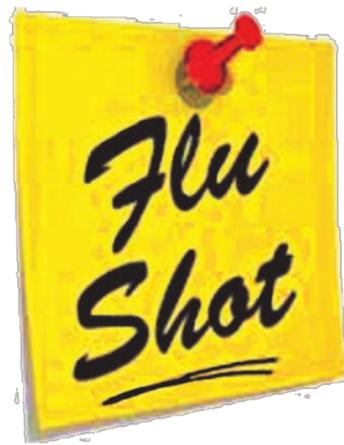
It's that time of year. The busy hustle and bustle of the holiday season and the flu season is upon us, but every year we

find less and less time to take care of our health. There are just not enough hours in a day to complete all the tasks the season demands of us so getting that all important flu shot ends up at the bottom of our list. Well Borinquen has the answer! From November 2nd to November 12th, Borinquen will be providing "Walk in Flu Vaccines" for our Registered Adult Patients, without the need to wait for the doctor.

It's as easy as 1 2 3 and quick! Come to Borinquen Medical Center's Emilio Lopez Pavilion located at 3601 Federal Highway, Adult Medicine 3rd Floor, Mondays through Thursdays from 2:00 pm to 4:30 pm and simply:

- 1 Let them know at the Front Desk that you are there for the Flu Vaccine only
- 2 Pay the fee
- 3 Have a seat and a nurse will call you shortly to administer the Flu Vaccine

Keep in mind that this service is only for Borinquen's registered and established adult patients. For more information or if you would like to speak with a Communication Specialist, please call 305-576-6611.



NOVEMBER 2015 Borinquen Calendar of Events

Join us at the 9th Annual Emilio Lopez Health Fair:
Saturday, November 21st from 9:00AM to 4:00PM
at 3601 Federal Highway, Miami FL 33137

*Borinquen Medical Centers will be closed from
Thursday, November 26th to November 28th
in observation of the Thanksgiving Holiday

HEALTHY START CLASSES: held at Borinquen Medical Centers, Main Site, 3601 Federal Hwy, 2nd Floor, Miami, FL 33137, Please call: 305-576-6611
Car Seat distribution and instruction is done monthly depending on availability.
Free Pregnancy Testing is available on the 4th Floor

***TOPWA Pregnancy Testing:**

- Monday - Wednesday 8:00 AM - 3:00 PM
- Thursday - No pregnancy testing
- Friday - 8:00 AM - 3:00 PM

Childbirth, Parenting & Breast Feeding Classes:
held at Borinquen Medical Centers, Main Site,
3601 Federal Hwy, Miami FL 33137, 2nd Floor.
Please call: 305-576-6611 Ext. 1414

- Tues. - Childbirth, Parenting & Breastfeeding 10:00 AM-11:00 AM (Creole/English)
- Weds. - Parenting & Breastfeeding 10:00 AM-11:00 AM (Spanish/English)
- Thurs. - Childbirth, Parenting & Breastfeeding 10:00 AM-11:00 AM (Spanish/English)
- 3rd Sat. Every Month - Childbirth, Parenting & Breastfeeding: 10:00 AM-11:00 AM (Spanish/English)

***POSITIVE REALITIES GROUP:** 12 week group for those with substance abuse issues. Topics to be covered include stress management, relaxation techniques, anger management, exercise, nutrition and assertiveness training. Beginning Wednesday, Oct. 21, 2015, from 2pm - 4pm. Meets every Wednesday for 12 weeks. For further info or to reserve placement for the group, please contact Carmen Pineiro at 305-576-1599 ext. 3117 or Ana Diaz at 305-576-1599 ext. 3114

***SMOKE CESSATION SESSIONS:** By appointment only. Available in English and Spanish. Please call Jessica Cajigas, our Tobacco Treatment Specialist at: 305-576-1675. Participants are eligible to receive FREE educational materials and nicotine replacement therapy (patches) through our affiliation with the Miami-Dade AHEC Tobacco Program.



Happy Thanksgiving

High Rollers

PROCEEDS WILL BENEFIT BORINQUEN HEALTH CARE CENTER'S 9TH ANNUAL EMILIO LOPEZ HEALTH FAIR

PLEASE CONTACT GWENDOLYN BENNETT @ (305)407-1171 EXT. 6380 EMAIL:GBRUSSELL@BORINQUENHEALTH.ORG

The casino gaming tables are provided for entertainment purposes only by Casino Nights Florida Inc.

This Is What We Do And Why We Do It from p 1
better gage on the number, in Miami there are two such PIT counts of the homeless population. The second count is conducted in the month of August.

According to the Department of Children and Families, Office on Homelessness in January 2015, the total number of persons identified as homeless persons was 35,964. Compared to 41,335 in 2014, the PIT count reflects a decrease of 5,371 homeless

persons, a reduction of nearly 13%. In 24 of the counties, the homeless population decreased from 2014. (Not all of Florida Counties participated in the PIT Count) However by county, the numbers tell a sadder story for Miami-Dade where according to that same report, the number of homeless people increased in 2014. These numbers reflect and account for everyone that's homeless; families, women and children are included as are veterans.

recently when BMC's CAO, Mr. Paul Carl Velez went on a ride along with an Outreach team to BankUnited during an Employee Wellness Program for the Bank's Employee Appreciation Week Health Fair. Mr. Velez was impressed by the Outreach Team's efficient and coordinated effort to unload, set up and begin screenings within minutes of arriving on site.

Miami-Dade	2008	2009	2010	2011	2012	2013	2014
	4,574	4,333	3,832	3,777	3,817	3,734	4,156

From: Council on Homelessness, Department of Children and Families, 2014 Point-in-Time Count

Working together we can bring the number of the homeless population to our collective goal of Zero. Can Miami do it? We must! We can end homelessness as the city of New Orleans proves it can be done!

HOW CAN YOU HELP?
Volunteer your services: barbers and stylist, Food services, etc.
Volunteer Items: food, clothing, etc.
Volunteer your time.
Donate funding to one of the many non-profit organizations supporting this effort.

Program Initiative is to always incorporate a healthy component/health education for their employees. "These types of events help provide employees with opportunities to get free health education and hopes to take away the intimidation many people face when getting a medical screening or understanding and learning about their health." Explains Jeanette Martin, MS/PhD, Employee Wellness Program Administrator for BankUnited. She goes on to say, "Employee's incentive is earning point towards the Wellness Program and points are earned by getting physical, keeping up with preventative care and screenings and participating in health activities. Sitting down with a health educator in this type of environment makes the employees comfortable and allows them to establish that health education is not painful."

For more information contact: LtCol Tony Colmenares USMC (Ret) Email: acolmenares@miamigov.com or Special Assistance to the Chief of Police James Bernat Email: james.bernat@miami-police.org or the Mayor's Office by phone at 305-250-5300. Borinquen's Outreach teams are typically known for going into some of Miami's poorest, underserved and even sometimes dangerous communities; however their reach is much wider than that. You will find various teams conducting Outreach services to a myriad of businesses as well. Such was the case

And, that's where the expertise of BMC's Outreach teams comes in. Besides, performing the various screenings, they also educated the community on the importance of knowing what their numbers are (health numbers as in glucose, blood pressure, etc.) and

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Diada Sonceau

A True Hero on the Outreach Team

~by Anna Smith with Susan Alvarez



Borinquen Medical Centers (BMC) is proud to introduce Diada Sonceau, Outreach Coordinator, to the community! Born and raised in Haiti with a passion for spending time with family and traveling to exotic places like Paris, Diada eventually moved to Miami Florida where she enrolled at Miami Dade College (MDC) to become a Medical Assistant. After eight years of experience in that field, she began working at BMC in 2008 as an HIV Outreach Specialist with the Outreach Team. In 2010 she was transferred to the TOPWA Department where she continued working with the community by linking pregnant women at risk of developing HIV to the care and resources they needed. Diada's dedication her profession and passion for her job eventually brought her to the position of Outreach Coordinator in 2014.

Today, Diada leads a team of 14 Outreach Specialists who spend their days working diligently in the front lines for Borinquen with the goal of providing excellent services to everyone in their community. Both during the day and after dark, the team visits some of Miami's most impoverished and underserved neighborhoods where they link individuals who often suffer from substance abuse, mental illness and homelessness to the medical care they need. When asked specifically what our readers should know about her team, Diada was quick to respond with this sentiment by stating, "They are hardworking individuals who enjoy what they do for the community." Since she began working with the Outreach Department again, everyday has been a positive memory for Diada, as she truly enjoys having a career where she can get the daily satisfaction of knowing that she has made a difference in someone else's life and has fulfilled their needs.

Diada or "Hero" as some of her coworkers including *The Voice* editor Susan Alvarez call her, has illustrated her passion for her work on multiple occasions by going above and beyond the call of duty and remaining calm and collective in times of emergency. She earned the title of Hero some years ago when she saved the life of a choking pregnant woman during a baby shower.

While some people may not have known how to handle the situation, Diada calmly approached the woman and performed the Heimlich Maneuver on her. Many people do not know how to perform this life saving technique and are unsure of how to properly administer it to pregnant or obese women. This did not faze our Hero who has humbly accepted this title, but feels that she was simply doing her job and what anyone else would have done.

Diada has been such an inspiration in her field that she was personally invited to the 2015 "I Am of Purpose" Women's Conference for the organization; Women Celebrating Women. The conference is set to take place on November 7th with the goal of celebrating, honoring and re-introducing some of the most influential and powerful women in the community in an effort to empower women of all ages, economic status and ethnic groups to celebrate womanhood together as a united front. Her years of dedication to helping others has been reflected through the quality of her work and the success of her team. Diada deserves this honor and we at BMC are proud to say we have such a wonderful and inspiring leader onboard! On behalf of BMC, we thank you Diada Sonceau for your hard work and continued excellence and congratulate you on your most recent achievement!

Have You Met Our Providers?



Dr. Deborah Gracia
Doctor of Osteopathy
Internal Medicine
Chief Medical Officer

Borinquen's teams cover a wide range of specialties and are experts in their fields. Our primary care providers have extensive training in a variety of medical areas including adult medicine, pediatrics, children and seniors. Your health and well being are our primary concern!

Borinquen Medical Centers Outreach Department

Welcome to Borinquen Medical Centers of Miami-Dade's Outreach Department. Here at BMC, you can expect access to a team of expertly trained doctors, nurses and medical assistants, the latest in technology, a newly designed state-of-the-art health care facility, along with a standard of excellent health care in a safe, comfortable and friendly environment. This is the exceptional care you would expect from a Federally Qualified Health Care teaching medical center. We not only strive to provide easy access to outstanding healthcare, but we do so in a warm, caring and supportive environment paying close attention to your well-being. Welcome to our family.



Jean Richard
Outreach Specialist



Moises Hernandez
Outreach Specialist
Ryan White



Diada Sonceau
Outreach Specialist
Supervisor



Irosse Dalce
Outreach Specialist
Ryan White



Loobbie Menelas
Outreach Specialist



Precious Knight-Harryton
Outreach Specialist



Wendy Aquino
Outreach Specialist
Mobile Driver



Mohammad Kashif
Outreach Specialist
Mobile Driver



Travis Clark
Outreach Specialist
Mobile Driver



Raul Alvarez-Rodriguez
Outreach Specialist - CRCS



Sandra Simeon
Outreach Specialist
Phlebotomist



Herismel Perez
Outreach Specialist
Phlebotomist



Marie K. Toussaint
Outreach Specialist
Phlebotomist



Ariel Lopez
Outreach Specialist
Phlebotomist



Clyvens Bernard
Outreach Specialist
Phlebotomist

Just Say NO to Preschool Pressure!

~by Amy Baez, OTR/L, The Smart Play Curator



Recently I was having a conversation with a mother of three children under the age of six. She explained to me that one of her current concerns is that the new preschool her three-year-old was attending sends him home with homework. She was initially shocked and confused considering her older child did not have this demand. Her resolution was to adopt the saying from the 1980's war on drugs campaign and to "just say no" to the pressure this preschool was putting on her child. I applaud her and encourage others to do the same.

Over the past ten years I have seen as increase in the demands placed on preschoolers to perform tasks that used to be introduced in kindergarten. I have had countless conversations with parents explaining that one of the reasons their child cannot complete the work given is because it is not developmentally appropriate. My resolution also was to "just say no" to the caretaker because there is no rule that homework is mandatory. In fact, the National PTA and the National Education Association created a 10-minute Rule established after extensive research from Duke University. The rule recommends that 10 minutes of homework be suggested starting in 1st grade and adding another 10 minutes per

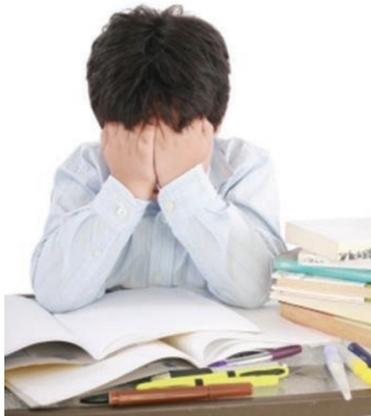


Image courtesy of David Castillo Dominici at FreeDigitalPhotos.net

grade. Therefore Kindergarten students should not be issued any homework. Other research has also shown that an overload of homework is associated with a decrement in performance. As a therapist, I have noted that some children also suffer from decreased self-esteem and stress on the small joints of their hands from too many expectations. Yet, despite this rule, the average Kindergartener was found to be completing 25 minutes of homework daily.

How should you handle the pressure to do homework in preschool? You can keep calm and politely let the teacher know that your child will not be completing any homework at this age. Instead you will spend the time playing. According to Jay Giedd, a neuroscientist at the University of California, San Diego, most kids younger than 7 or 8 are better suited for active exploration than informational or educational explanation. He states, "The trouble with over-structuring is that it discourages exploration." Hence, parents should take the time after school to engage with their child by participating in playful exercise and activities that improve and encourage creative, social, and fine motor skills like building with toys, coloring, drawing, assembling, and even food preparation.

I hope you find this tip helpful. If your child is having difficulty with age-appropriate activities for a preschooler, talk with your pediatrician about scheduling a consultation. Have a playful day!

Amy Baez is a pediatric occupational therapist, award-winning handwriting author, and founder of Playapy. For more information about Playapy services and products, visit www.playapy.com or email info@playapy.com.

Cap-Haïtien, The Paris of the Antilles

~by Anna Smith with Susan Alvarez, Bernard Guiteau



Photo Courtesy of dominden at FreeDigitalPhotos.net

As you may know Borinquen Medical Centers of Miami-Dade (BMC) provides Comprehensive Primary Care services at many locations throughout the Miami area. Our Medical Center locations stretch from North Miami through the Little Haiti and Design District communities past the Miami River extending along Flagami to West Dade/Sweetwater and finally south at the professional building at Kendall Regional Medical Center. That certainly covers a lot of territory and exposes us to many culturally diverse communities. We are extremely proud to say our staff mirrors the people we serve. In all our locations you will find bilingual and even trilingual staff to greet and help you! With that in mind we wanted to take a look at some of the places that our community and our own staff travel from to reach this mélange of rich cultures that is Miami.

Many of our employees at BMC hail from the tropical Caribbean Nation of Haiti on the island of Hispaniola. A blend of French, African and Hispanic customs and cultures can be found throughout the people, food, folklore and architecture that make up this unique country. Perhaps one of the most historic and beautiful places in Haiti is the city of Cap-Haïtien located on the northern coast of the island. It is the birth place of BMC's very own Eligibility Navigator Team Lead, Bernard Guiteau, who makes annual trips to the island to volunteer and provide medical services to the Haitian community.

Dubbed the Paris of the Antilles, Cap-Haïtien is known as the Haitian epicenter of wealth and sophistication which is reflected in their stunning architecture and its history of independent thought. During French colonization, Cap-Haïtien was the capital of the French colony of Saint Domingue and later became the capital of the North Kingdom under the leadership of Rey Henri Christophe following the Haitian Revolution. Chief leader during the slave rebellion, Christophe ordered the beautiful Citadelle Laferriere fortress be built next to the famous Sans Souci Palace in the neighboring mountain village of Milot. The Citadelle has since been named a world heritage site that attracts visitors from across the globe.



Photo courtesy of Wikipedia.org

Cap-Haïtien also touts the famous walled resort of Labadee. Merely six miles from the city, the private compound of Labadee is the number one tourist attraction in the nation. The resort is owned by Royal Caribbean International Cruise and can only be accessed by boat. Aside from its privacy, Labadee boasts phenomenal beaches with turquoise blue water teeming with tropical fish.

Resources: <https://en.wikipedia.org/wiki/Cap-Ha%C3%Aftien>; Contributor, Bernard Guiteau



Join Us!
9th Annual
Emilio Lopez
Health Fair &
Education Expo!

Join Borinquen for a Day of Health and Fun!

Saturday, Nov. 21, 2015
9:00AM-2:30PM

3601 Federal Hwy.
Miami, FL 33137

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Did you Know? Only male turkeys or "toms" can gobble. Female turkeys cackle.

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AWARENESS

THE GREAT AMERICAN SMOKEOUT!

~by Anna Smith



Image Courtesy of gameanna at FreeDigitalPhotos.net

November is here and we at Borinquen Medical Centers (BMC) would like to encourage everyone to mark their calendars for the American Cancer Society's (ACS) Great American Smokeout, set to take place on November 19, 2015! On the third Thursday of each year, the ACS holds the Great American Smokeout event which challenges smokers across the United States to put out their cigarettes for good. It promotes the many tools available to all Americans including telephone hotlines, smoke cessation groups, individual

counseling, nicotine replacement products, prescription medicines, educational materials and even the encouragement and support from friends and family members to help them in their mission to become tobacco free. The ACS challenges our Nation to use this date to quit or to plan to quit and to take advantage of these resources by using two or more of the methods listed above to help them quit once and for all.

The first official Great American Smokeout was held on November 18, 1976 and was hosted by the California Division of The American Cancer Society. The event was a huge success with nearly 1 million people quitting smoking for a day. The following year the event went Nationwide and today all 50 states host different activities and events to help people put out their cigarettes while also bringing awareness to the harmful effects of tobacco use and second hand smoke. The Great American Smokeout has helped to change America's attitude towards smoking and has led to the development and implementation of numerous laws and policies concerning cigarette and tobacco use. According to the ACS, cigarette smoking among adults in the United States decreased from more than 42% to around 18% from 1965 to today.

While much progress has been made, lung cancers remain the leading cause of cancer death for both men and women with nearly 87% of lung cancer deaths in men and 70% in women thought to be attributed to smoking. Approximately 1 in 5 American adults smoke cigarettes and nearly 1 in 5 deaths in the US caused by smoking. This means that much work is still to be done in the efforts to bring awareness to the dangers of smoking cigarettes and using tobacco products.

In honor of the Great American Smokeout, BMC will be hosting a special smoke cessation event on Thursday, November 19 from 2:30pm – 4:00pm at the Behavioral Health Resource Center (please see back page for full address). Tools to Quit training will be provided along with an educational class. Nicotine patches will be available for free for those who want to quit smoking. Please contact Glory Ann Zapata, MS at: (305) 576-6611 Ext. 1803 for additional information on how to register for the group.

Resources: <http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/history-of-the-great-american-smokeout>

TOBACCO USE & MENTAL ILLNESS



~by Glory Ann Zapata, MS, B-Care Specialist
Everyday more people have been diagnosed with a severe mental illness (SMI) and with chronic medical conditions like, Asthma, Diabetes, Cardiovascular Diseases and Immune System Disorders. A recent study conducted by Weisner C. Cost Studies at Northern California Kaiser Permanente show that 36% of the mentally ill population smoke more than the regular population. Results have shown that Tobacco is being used more by people with a severe mental illness and that it has a direct effect on their

health in short and long term of usage. Here are some important factors that can enhance recovery that are considered when working with the SMI population:

- ⇒ Having family support.
- ⇒ Accompanying loved ones to their appointments.
- ⇒ Being part of a group; Tobacco Cessation groups, Nutrition Groups and group counseling focused on their specific disorders
- ⇒ Receiving Mental Health Counseling on a regular basis.
- ⇒ Monitoring their medication with their Primary Care Provider, Psychiatrist and other Specialists.
- ⇒ Participating in social activities.
- ⇒ Laughing out loud and live a life with purpose!

In the B-Care program, we specialize in treating persons with severe mental illness and we offer support for smoking cessation. Contact us to schedule an appointment today at (305)576-6611, Ext. 1803 Glory Ann Zapata, M.S.

Breathe Easy in November

~by Alex Lugones, Chronic Disease Nurse Educator



Are you short of breath? If you are short of breath constantly without doing exercise, you might have a condition that you will need to see your provider. COPD is a condition that causes a person to have shortness of breath, coughing, mucous production in the lungs, and wheezing. COPD affects the deep areas of the lungs where oxygen enters the blood stream. The most common factors that influence COPD is smoking or tobacco use and long exposure to chemicals or fumes.

Asthma may be very similar to COPD and sometimes it may be diagnosed incorrectly to a person that has COPD. Asthma is the inflammation of the bronchioles and they begin to exacerbate (shake really fast). This may cause coughing, shortness of breath, and wheezing. The difference between Asthma and COPD is that an asthma attacks are caused by something called a trigger. Some triggers may include smoke, pollen, fumes, dander, or dust. Unlike COPD, Asthma attacks also usually last a small amount of time until medication is administered. COPD on the other hand does not need a trigger in order for an attack to occur but is almost entirely due to exposure of cigarette smoke. Asthma is also very commonly diagnosed at an early age around childhood and COPD is usually diagnosed during middle-age to older-age. It is very important for COPD to be caught early. Without the proper treatment and management, COPD can become Emphysema or COPD with Chronic Bronchitis. COPD is said to be a progressive condition which means it will get worse, while Asthma can be controlled and it will not harm your lung function. It is important to be screened early if you ever experience shortness of breath.

In conclusion, if you are experiencing any signs of shortness of breath without putting any stress on the body and you are a current or former smoker with about the same type of signs of shortness of breath and wheezing, contact your physician in order make an appointment to be screened with a spirometry. COPD is very dangerous if not caught in time. With the right medication and the right management COPD can be controlled. It is now up to you to take the next step. Call to make an appointment with your provider if you have been experiencing any one of these symptoms.



**Don't Forget to Check Us
Out
ONLINE!**

How to Keep Diabetes in Check

~by Silvana Vasquez, Registered and License Dietician/Nutritionist

November is National Diabetes Awareness Month! According to statistics from the AARP and the Mayo Clinic, over 29 million Americans have diabetes and 86 million have abnormal blood sugar levels; a form of prediabetes. Sadly, the resulting problems people with diabetes face make life more difficult and complications from mismanaged blood glucose (aka: blood sugar) levels are responsible for making one's lifespan shorter than expected. Diabetes and many other chronic diseases are related to our diets and lifestyle. Here are some points to consider for preventing or managing the disease and improving your quality of life and making it a long lasting one.

It all starts with understanding healthy eating. It is simple, but essential to learn how to track unhealthy eating habits including your portion sizes. Research suggests that in order to change your food habits, you first need to identify them. Start tracking what and how much you are eating and drinking as well as the times you usually eat. Making a food diary will help you to identify unhealthy behaviors so you can make healthy changes. Working with a registered dietitian in developing a meal plan that includes the foods you actually enjoy eating along with tips on how to properly prepare foods and instructions on the correct portion sizes you need can make a huge difference and help you to accomplish your goal.

Here are 9 tips to consider when planning a healthy lifestyle for controlling or preventing diabetes:

- (1) The staples of the Mediterranean diet (vegetables, fruits, whole grains, fish and extra-virgin olive oil) are always a great idea to include.
- (2) Beans, peas and lentils are protein-rich legumes that can help lower your blood sugar, but be careful to not exceed your recommended portion sizes!
- (3) Citrus fruits are a plus, for they can slow glucose uptake and help to keep your blood sugar under control (eat the fruit instead of drinking fruit juice which is higher in sugar)
- (4) Try cinnamon! A daily pinch or light sprinkle of this tasty spice can help lower blood sugar levels.
- (5) Studies show that drinking more than 2 cups of coffee a day is associated with a 25% risk reduction for developing diabetes.
- (6) Dark chocolate containing lots of cocoa is rich in flavonoids that can control cravings for sweets and salty foods making it an excellent addition to your diet!
- (7) The magnesium in oatmeal helps the body to secrete insulin properly. Try "steel cut" oats and prepare them with half water, half low fat milk, some cinnamon and raisins to prepare a healthy breakfast that is also high in fiber.
- (8) Drinking an 8 oz. glass of water every hour or so will keep you hydrated all day long. While we may not feel thirsty, it is important to keep drinking water to avoid being dehydrated. Other fluids that will keep you hydrated include sugarless drinks and caffeine-free herbal teas.
- (9) Remember to invest in a plan of action, that is; an exercise plan! Regular exercise has been linked to preventing diabetes and is shown to help improve conditions associated with diabetes. Exercise can seem like a chore, but the benefits are worth the burden.

Remember, anything you choose to start will move you one step closer to a happier, healthier lifestyle. Start small and don't give up and you will reap the fruits of better health and a more enjoyable life!

Silvana Vasquez is a Registered and Licensed Dietician and Nutritionist. To schedule an appointment with her, please call: (305) 576-1599.



Tips For Your Toes!

Nine Simple Steps to Keeping Your Feet Healthy When You Have Diabetes

~by Dr. Oscar Barreto, Podiatrist

Diabetes is a chronic disease that can cause damage to the lower extremity especially the peripheral nerves which extend into the feet. It is important to inspect and care for your feet on a daily basis. Here are 9 simple ways to prevent complications that can lead to serious infections and amputation.

1. Look at your feet every day. Make sure there are no cuts or red areas. Use a mirror to see the bottom of your feet.
2. Don't soak your feet. Wash them well with mild soap and water every day. Dry them very well, including between the toes.
3. Don't go barefoot.
4. Wear shoes that fit well.
5. Buy socks designed to keep your feet comfortable (padded, minimal seams, not too tight).
6. Use lotion on your feet, but not between the toes.
7. Do not cut your toenails. File them instead, or have them trimmed by a Podiatrist.
8. If you have poor circulation, nerve damage, or very thick toenails, see a Podiatrist regularly. Also see he /she if you have corns, calluses, or bunions.
9. If you do get a cut or scratch, take care of it right away. Wash it with mild soap and warm water. Use a mild ointment. Cover with gauze and paper tape or a fabric bandage. Make sure to see a Podiatrist immediately.

Patients with diabetes can reduce complications by just following these 9 simple steps!

Dr. Oscar Barreto, DPM, FACFAS, is a certified Podiatrist providing Podiatry services at Borinquen Medical Centers of Miami-Dade's Emilio Lopez Pavilion and West Dade locations. Please call (305) 576-6611 to schedule your appointment with Dr. Barreto today!

YOUR FEEDBACK IS IMPORTANT TO US!

As your Healthcare Provider, we want you to know that you are valued; therefore, we kindly ask you to let us know how we're doing. Please call: **305-576-6611** to speak with one of our Communication Specialists. We would like to hear from you, our patients, clients, and partners to provide us with feedback (positive and/or negative) about anything which may include our service, customer care, programs, processes, etc. We look forward to hearing from you. Your voices are already being heard and put into action.



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A new Medicaid specialty health plan that helps members get quality care for their mind and body.

We do more than bring together physical and mental health care; we provide tools to help manage health and wellness. There are no co-pays when you use doctors in our network.

Visit MCCofFL.com for more information or call 800-327-8613 or 800-424-1694 (TTY only).

Or you can also visit flmedicaidmanagedcare.com or call Florida Medicaid Choice Counselors at 877-711-3662 or 866-467-4970 (TTY only).



Magellan Complete Care is a Managed Care Plan with a Florida Medicaid contract. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the Managed Care Plan. Limitations, co-payments, and restrictions may apply. [Benefits, formulary, pharmacy network, premium and/or co-payments/co-insurance] may change.

MCCofFL.com

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AWARENESS

Surgeon General's Family Health History Initiative

~by Susan Alvarez

In the month of November the Surgeon General encourages us to think about and discuss our Family Health History. November is the perfect time for us to have this discussion because most families gather during the holiday season especially on Thanksgiving. We understand that common diseases such as - heart disease, cancer, and diabetes - and rare diseases - like hemophilia, cystic fibrosis, and sickle cell anemia - can run in families, which is the main reason to know if you are prone to these types of diseases yourself so that you can take the necessary steps to keep yourself and your family healthy. However, research and surveys show that most families don't necessarily write their history down and/or keep records of them.

We know this is important, we know we have to do it, so this Thanksgiving while you gather with family members why not start the conversation on keeping your family healthy in the future by writing down your Family Health History together.



Skin Reflects Overall Health

~by Pat Morgan, MBA



It is National Healthy Skin Month, the perfect time to think about skin care and the prevention of future damage to your outer layer.

Skin is the largest organ in your body and responsible for performing important functions which include protecting your bones, muscles and internal organs, protecting your body from outside diseases, allowing you to feel and react to heat and cold, and using blood to regulate your body heat.

According to Discover magazine, "An average adult's skin spans 21 square feet, weighs nine pounds, and contains more than 11 miles of blood vessels."

"Your skin reflects your overall health," says anti-aging expert Dr. Aaron Tabor, "so the best thing to remember is to eat a healthy diet and avoid junk food, do not smoke, exercise regularly and drink plenty of water." Other factors that contribute to healthy skin are managing stress and daily skin care including sun protection.

A healthy diet can help you look and feel your best. Eat plenty of fruits, vegetables, whole grains and lean proteins. Research indicates that a diet rich in vitamin C and low in unhealthy fats and processed or refined carbohydrates helps promote healthier, younger looking skin.

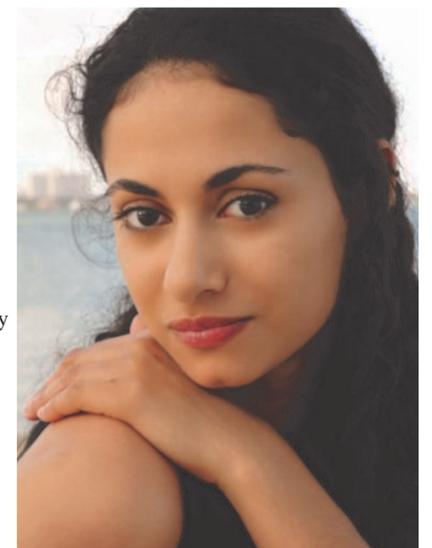
Uncontrolled stress can make your skin more sensitive and trigger acne breakouts and other skin problems. Scale back your to-do list and make time to do the things you enjoy.

Daily cleansing and shaving can take a toll on your skin. Avoid strong soaps and detergents that strip oil from your skin. Instead, choose mild cleansers.

Use a moisturizer that contains SPF. It is important to protect your skin from the sun. A lifetime of sun exposure can cause wrinkles, age spots and other skin problems, as well as increase the risk of skin cancer. For the most complete sun protection, use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply at least every two hours. Avoid the sun between 10 a.m. and 2 p.m., when the sun's rays are strongest.

Happy Healthy Skin Month!

Pat Morgan is a Success Coach, helping clients reach their full potential for success in business, lifestyle and wellness. CoachPatMorgan@gmail.com or 305-458-2849



THIS IS WHAT WE DO AND WHY WE DO IT ... from p1

what those numbers mean in relations to maintaining good health.

According to Jeanette, the Wellness Program for BankUnited has been successful and has a 60% total engagement from their population. By engagement, she states, "Everyone is participating in the wellness platform. They are earning points, they are not only going to their doctor, but are engaging in preventative care (mammograms, colonoscopies, prostate exams). These are things people tend to put off, but are now doing through the program. The Wellness Program has a great incentive for those who participate as they will get a \$600.00 discount on their premium differential next year. BankUnited's employees have been very responsive to the program, the health events and to the fitness classes offered on site. They can also receive gym membership discounts, boxing classes, Zumba, massage therapy all sorts of alternative methods of wellness including acupuncture and even chiropractic care."

Jeanette believes this is good for the community as well. "By participating in these health events hosted by BankUnited, people in the community who didn't know about



Pictured from L: Paul Velez, Marie K. Toussaint, Precious Knight-Harryton, Jeanette Martin, Clyvens Bernard, and Diada Sonceau

Borinquen now know about them and their services. They understand better the things Borinquen does in the community (Outreach in particular) should be known and brought to light."

Once again, BMC's Outreach Department continues to bridge health care with its community by providing quality services and making sure that those services are accessible to all people throughout the County through a multi-discipline approach.

references/sources: <http://www.va.gov/homeless/successstories/veterans.asp>, Council on Homelessness, Department of Children and Families, 2014 Point-in-Time Count, Department of Children and Families, Office on Homelessness, www.myjffamilies.com/service-programs/homelessness, www.dcf.state.fl.us/programs/homelessness/docs/2014CouncilReport.pdf, http://usich.gov/PDF/OpeningDoors_2010_FSPPreventEndHomeless.pdf, http://usich.gov/resources/uploads/asset_library/USICH_Ending_Homelessness_Among_Veterans_Rpt_February_2013_FINAL.pdf, <http://www.floridaveteransfoundation.org/south-florida-homeless-veterans-stand-down-2>

Disclaimer: The articles in this newspaper are provided for and contain general information about various health care topics. The information may not be complete or comprehensive. You should not rely on the information in this newspaper as an alternative to medical advice from your doctor or healthcare provider. Nothing contained in this newspaper should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified healthcare providers. Should you have any healthcare related questions, please call or see your physician or other qualified healthcare providers promptly. Always consult with your physician or other qualified healthcare provider before embarking on a new treatment, diet or fitness program.

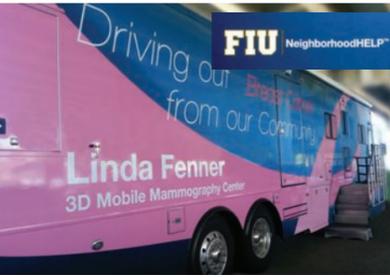
FREE MAMMOGRAMS!

~by Susan Alvarez

Dr. Deborah Gracia, Chief Medical Officer for BMC, would like to remind our community that our Project Screen contract with the Miami-Dade Department of Health now includes additional procedures and testing such as Colposcopy and (Human Papillomavirus) HPV testing. This allows Borinquen to provide complete holistic services to women between the ages of 50-65.

In addition, our partnership with Florida International University (FIU) Herbert Wertheim College of Medicine continues to provide FREE Mammograms with their state of the art 3D Mobile Mammography Unit to our patients. The 3D mobile unit is stationed at BMC's main site parking lot twice a month, with flexible schedules.

Setting your appointment is easy and Toni de la Barra, R.N. OB/GYN Clinical Office Manager says the best way to get on the waiting list is to call the OB/GYN Department at 305-576-6611, X1407. You will need to provide your name, date of



birth, a working phone number and an emergency secondary phone number, as well as the name of your provider so that the referral for the mammogram can be pulled. In order to qualify for the FREE 3D mammography breast exam, you need to meet the following criteria:

- Uninsured
- Women aged 40 and up
- Lives within Miami-Dade County
- No POSITIVE Breast symptoms, i.e. pain in breast, nipple discharge, lumps of any kind (these symptoms will required further investigation and will need more Diagnostic Mammograms.)



UNIDAD - SENIOR PROGRAM

~by Belinda Flores
Unidad of Miami Beach is hosting a service from the Department of

Motorist Services Mini-Flow (Florida Licensing on Wheels). This service is a Mobile Station for the Elderly to have easy access for the following:

- Ø Renewing or replacing Driver's Licenses
- Ø Obtaining Florida Identification Cards
- Ø Vehicle Registrations
- Ø Renewing Handicap Permits

The Florida Licensing on Wheels will be stationed at the Unidad Senior Center in Miami Beach located at 7231 Collins Ave, Miami Beach, twice a month on Fridays, from 10:00am to 2:00pm. Please contact Raymond Adrian at (305) 867-0051 to confirm dates and times. You will need to bring proper documentation such as: - Social Security - Birth Certificate - Resident Card - Proof of mailing address.

City of North Miami 2015 Event Highlights

FRIENDS OF THE LIBRARY: 2015 BOOK DISCUSSION - Every 3rd Thursday of the month, 7:00 p.m. @ Alaska Coffee Roasting Co., 13130 Biscayne Blvd. Book of the month: For more information please call the North Miami Public Library at 305-891-5535.

JAZZ AT MOCA: FEATURING Jazz Artists - Every last Friday of the month - 8:00 - 9:30 p.m. @ MOCA Plaza, 770 NE 125 ST. Jazz at MOCA is South Florida's longest running free outdoor jazz concert series. Enjoy these outdoor performances on the last Friday of every month in the MOCA Plaza. The Museum of Contemporary Art is open by donation from 7 pm - 10 pm. Visit mocanomi.org or call 305-893-6211 for more information.

DIG INTO READING: STORYTIME IN THE GARDEN - 3rd Wednesday of Every Month through December 16, 4:30 - 5:00 p.m. @ Keystone Park Bobby Hamer Field, 13050 Ixora Court. Children ages 4-7 are invited to join storytellers from the North Miami Public Library for an evening of stories and crafts! For more details call: 305-891-5535 or visit NorthMiamiFL.gov/nomilibrary

Alzheimer's Caregiver Education

Are you stressing how to properly care for your loved one with Dementia or Alzheimer's? Learn from an expert and receive a **Certificate of Completion** from Miami Dade College.

Call our foundation and find out how to register, apply for financial assistance and get respite care for your loved one when you take the course.

305-856-8940, Ext 104
Ask for Oylime Fernandez, LCSW



2150 Coral Way, 8th Floor
Miami, FL 33145
www.NSCFF.org
Toll Free: 866-467-2873

BE ELECTION READY from p1

- **Absentee Ballot**
By the time you read this, it might be a bit too late to order an absentee ballot in some cities, but others are still available. Here is the link for more information on requesting & submitting a ballot for registered voters eligible to vote: <http://www.miamidade.gov/elections/vote-absentee.asp>
Or an absentee ballot can also be requested by email, fax, telephone or in writing at the following:
Email: ABUnit@miamidade.gov
Fax: 305-499-8401
Telephone: 305-499-8444

TTY Number: 305-499-8480
Mail:
Supervisor of Elections
Attn: Absentee Ballot Section
PO BOX 521250
MIAMI, FL 33152

- **Election Day**
Voters who choose to vote on Election Day must go to their assigned polling places. Precincts are open from 7 a.m. to 7 p.m. on Election Day. Visit the Voter Toolkit to know what information you need to bring with you to vote. For more information, call 3-1-1. Or visit <http://www.miamidade.gov/info/web-portal.asp>

The Power of a Specialized Medical Team is Clear

Living with HIV can be a challenge. Decisions about your care and treatment can sometimes seem confusing. Choose a Medicaid plan with doctors who treat and understand you, with personal care managers to assist with your healthcare needs, and with additional benefits to help you live a long, healthier life.

For more information, call toll-free **1-877-777-7871** | TTY 711.
To enroll in Clear Health Alliance, call Choice Counseling toll-free today at **1-877-771-3662** or go online to www.flmedicaidmanagedcare.com

Clear Health Alliance is a Managed Care Plan with a Florida Medicaid contract. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact Clear Health Alliance at 1-877-777-7871 (TTY:711). Limitations, co-payments, and restrictions may apply. Benefits, formulary, pharmacy network, premium and/or co-payments/co-insurance may change.

MMA updated January 2014

CLEAR
HEALTH ALLIANCE

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Shareholder

BORINQUEN'S RYAN WHITE MEDICAL CASE MANAGEMENT TEAM AND PAC WAIVER CASE MANAGEMENT PROGRAM

The Ryan White Medical Case Management Team and PAC Waiver Case Management Program are located at the Regions Bank Building 3550 Biscayne Blvd., Suite #508, Miami, FL 33137
The following is contact information for all case managers:
TEL: 305-576-6611 / FAX: 786-476-2830

Ryan White Medical Case Management Team

Our Ryan White Medical Case Management Team offers • Medical Case Management • Health Insurance Services • Outpatient Medical Care • Mental Health Therapy/Counseling • Food Services • Legal Services • Oral Health Care • Outreach Services • Prescription Drugs • Psychosocial Support Services • Substance Abuse Counseling – Outpatient Treatment and Residential Treatment • Transportation Services • Transportation Voucher



Rosemonde Francis, Case Management Supervisor: x1712

Angel Camacho, Prevention Case Manager: x1711
Oscar Galeano, Case Manager: x3316
Aline Pierre Jean, Case Manager: x1706
Victoria Garcia, Case Manager: x1709
Rhonda Wright, Case Manager: x1707
Marie Fleurimond, Case Manager: x1708

Pac Waiver Case Management Program

Our Medical PAC Waiver Program provides home and community-based services to eligible recipients that are at risk for hospitalization, but are able to be maintained safely in the home.



Armides Pena, PAC Waiver Coordinator: x1701

Diana Ramirez, PAC Lead Case Manager: x1702
Mayte Su-Lanza, Case Manager: x1703
Carlos Garcia, Case Manager: x1704
Rose Louis, Case Manager: x1705
Priscilla Reyes, Case Manager: x1723
Harold Ponce, Assistant: x1721

In the event that you cannot get in contact with a case manager, please contact either **Rosemonde Francis x1712** (Ryan White Medical Case Management Supervisor) or **Armides Pena x1701** (PAC Waiver Coordinator).



Lunch & Learn

~Angel Camacho, Prevention Case Manager with Susan Alvarez. The ever popular and extremely informative Lunch & Learn series continues with knowledgeable speakers and vital information for your well-being.

The next installments of our popular Lunch & Learn series are as follows: Thursday November 19th, 2015, Presented by Miami-Dade HIV/AIDS Partnership - Core Topic (TBA)

Location: 100 NE 38th Street, from 12pm-1pm.
Tuesday, December 1st, 2015, **World AIDS Day 2015** (To be announced)
Thursday, December 17th, 2015, Presented by Nestor Chardon, University of Miami
Location :100 NE 38th Street, from 12pm-1pm. Core Topic: 10 Habits in 10 years. (Discussion on smoking, drinking, and healthy eating)
The BMC Lunch & Learn series is a very popular event. They are ongoing monthly and by **RSVP ONLY** per case manager invitation. If you would like to attend or are interested in more information, please call for dates and times: (305) 576-6611 Ext. 1711 or Email: aacamacho@borinquenhealth.org



Like Us On facebook!

Did you know Borinquen has a Facebook page? Check it out, like us on Facebook and spread the word about BMC!
www.facebook.com/BorinquenMedicalCentersOfMiamiDade

Scorpio 2015 Horoscope

October 23 – November 21



November will be a month full of work and projects for the ambitious scorpion, Scorpio. Focused and intuitive, you will be able to handle these events as they arise throughout the month. Keep in mind, however, that some of these events have the potential to cause sudden and drastic change in your life, so exert caution as you implement your own logic and feelings in the decisions you make. November has the potential to be a truly amazing time in your romantic life, but it is of dire importance that you pay attention to the mood of your lover. While you are undoubtedly brave and strong, you will need the guidance of your lover and other loved ones to steer you away from potentially negative circumstances and towards your real purpose in life. The New Moon can bring negativity to you and can cause mood swings in the one you love, so be prepared, but do not worry as things will sort themselves out. In the end, November will bring an environment ripe for love and success in your life.

BORINQUEN IS HIRING!

Borinquen Health Care Center, Inc. is an equal opportunity employer. BHCC provides an excellent benefit plan, a friendly environment, offers opportunity for growth and is family oriented.

Current Job Openings for:

- * Healthy Start Care Coordinator
- * Family Medicine Physician
- * Dental Billing Specialist
- * Financial Analyst
- * Dental Assistant
- * LPN
- * Psychiatrist
- * School Health Program – LPN
- * OB/GYN Provider
- * Patient Services Representative
- * Internal Medicine Physician
- * Medical Assistant/Front Desk
- * Registration/Medical Records
- * Billing Collection Specialist



To view the full job descriptions & to apply online: www.borinquenhealth.org.
If you have any questions regarding employment, please call the Human Resources Department at 305-576-6611 Ext. 1339. If you would like to fax in a resume, please fax to 786-476-2824.

KNOW YOUR STATUS. PROTECT EACH OTHER.



Couples Testing, Stronger Together.

Getting an HIV test can be difficult, if not downright scary - and telling your partner the results can be even more difficult. Testing Together provides an opportunity for you and your partner to have your HIV test

together and get your test results together, with a trained counselor present to help you talk about the results. Testing Together and receiving your results together can start an ongoing healthy conversation between you and your partner about HIV in your relationship and allow you to talk openly about building a protection plan together. Borinquen now provides this service to our community. Couples Testing (CT) every:

Wednesday: 8:30am to 3:30pm and Friday: 8:30am to 2:00pm

CT will take place at the following BMC locations:

Information and guidelines for testing:

1. The couple must be sexually active for a minimum of three (3) months.
2. The couple must commit to receiving the HIV results together.
3. During the counseling session (and after) the couple must commit to not discussing any past risk factors.
4. The couple must commit to not disclosing the partner's results.

Emilio Lopez Pavilion, 4th Floor

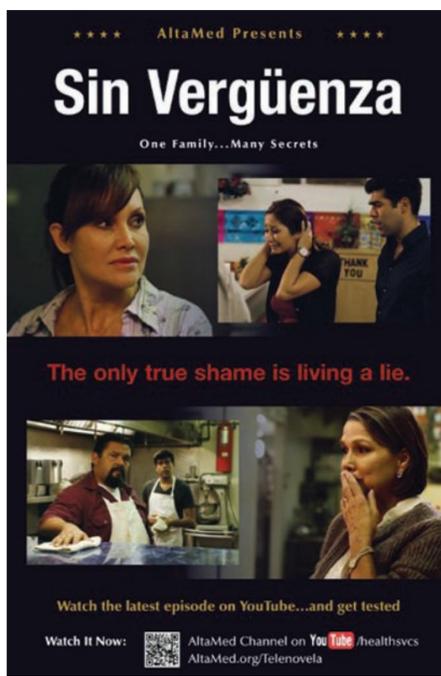
3601 Federal Highway
Miami, FL 33137
Tel: (305) 576-6611
(ask for Moises Hernandez)

Behavioral Health Resource Center

100 NE 38th Street, Ste. # 5
Miami, FL 33137
Tel: (305) 576-1599
(ask for Raul Rodriguez)

Drop-In Education & Access Center

12603 NE 7th Avenue
North Miami, FL 33161
Tel: (786) 476-1005
(ask for Wendy Aquino)



We Can Stop HIV One Conversation at a Time

One Conversation at a Time, part of the Centers for Disease Control and Prevention's (CDC) Act Against AIDS initiative, is a national communication campaign that encourages Hispanics/Latinos to talk openly about HIV/AIDS with their families, friends, partners, and communities. This campaign was developed as part of CDC's overall effort to raise awareness about HIV and reduce new HIV infections among all Americans, especially those hardest hit by HIV. The campaign helps advance the goals of the National HIV/AIDS Strategy, which calls for reducing new infections, reducing stigma and discrimination against people living with HIV and educating Americans about the threat of HIV and how to prevent it.

The Sin Vergüenza (Without Shame) webseries encourages people to get tested as a routine part of their medical care and to seek HIV medical care should they test positive. This exciting webseries introduces you to dynamic family members who each represent a different age group, sexual orientation and marital status. You'll quickly learn that each person is at risk of getting HIV. The videos address difficult issues that families face, but also portray the unconditional love and support that carries this family through such a challenging time.

Get the facts and tips on how to start your conversation at www.cdc.gov/OneConversation. Learn more about the telenovela web-series, please visit AltaMed.org

Why Talk about HIV/AIDS?

Some people believe talking about HIV, sex, and sexuality is embarrassing. There can be stigma and shame around homosexuality and HIV, so many people remain silent. But studies show that talking about HIV/AIDS helps people to know what to do to prevent and treat HIV. This saves lives and protects health. The things to talk about are HIV prevention, HIV testing, and condom use, all of which lower new HIV infections.

For many in our community, family is our primary social unit and source of support. Our family is also the first line in preventing HIV infections. Parents talking with their children are very important. Young Hispanic/Latinos, ages 13-24, made up 20% of all new HIV infections among youth in 2010. This is not acceptable.

You can make a difference by talking openly about sex, sexuality, and HIV/AIDS with your family, partners, and friends. It is important for there to be a safe and supportive environment to share life-saving information about HIV.

The One Conversation at a Time campaign is just one resource to help stop HIV among Hispanics/Latinos. Each year, the Hispanic/Latino community is reminded about HIV and AIDS through National Latino AIDS Awareness Day, observed annually on October 15th, but we can and should go beyond that date to continue the conversation.

SPORTS



A New Coach and A New Hope

~by Anna Smith

The 2015 NFL season is not looking too good for our Miami Dolphins. We started off this season with high hopes for getting to the playoffs by making big changes to the roster and even signing on the notoriously controversial defensive tackle, Ndamukong Suh, with a stunning \$114 million six year contract. That alone however, was not enough as the Dolphins have had a disappointing 1-3 start to the season. In the hopes of restoring the remainder of the season and bringing success to the Dolphins both on and off the field, head coach Joe Philbin was fired and replaced by tight-ends coach, Dan Campbell, who will finish 2015 as the interim head coach. The team seems hopeful with their new coach and Campbell remains positive as well, stating that his biggest challenge is to change the culture of the Miami Dolphins to make them a winning team.

Online sports betting site Bovada however, says otherwise. Only a few weeks into the season, the odds of the Dolphins winning the Super Bowl have plummeted from 40-1 in the preseason to a dismal 150-1. Their odds of winning the AFC East aren't much better at 50-1. For some fans, there is still a glimmer of hope. Perhaps with a new coach, a new leader and a new mindset, the Dolphins can make a change for the better and start winning again.

Independent Supplement produced by Borinquen Medical Centers of Miami-Dade for Miami Herald

AROUND THE CORNER:
ART



~by Susan Alvarez
Sometimes a nurse has to take that extra step to make a child's life brighter, which is what Elder Rodriguez, one of Borinquen's school nurses did.

Elder, a Cuban, nationalized American came to Miami not only because it's similar to his country in weather, people and traditions, but because it opened its doors to him and his family and provided them with many opportunities.

Elder has helped to brighten his nurse's school office by creating fun and creative murals. Rather than being surrounded by stark white walls, he believes that by painting these colorful friendly walls that are aesthetically pleasing, he helps the kids feel better.



He goes on to say, "The art is with me since I was very young. I use it as a hobby that fills the soul with every movement of the brush, with each color added and finally plant emotions in those who observe it. That's what I like about art, the various reactions and opinions that accompany each person. I need the art in me as the air I breathe; I used it as a mental therapy, relaxation, but it's a weapon, a weapon that expresses deep feelings." He goes on to explain, "Being creative means everything to me. We would be very bored and life would be very monotonous without creativity. Particularly, I think it's a very important ingredient in the human development. What would have happened if that first man had not captured the handprint to

express himself or if he had not been creative enough to start a fire for the first time? Definitely, creativity is part of us as an invisible extremity coming out of our brain."

Elder finds his inspiration for creating his artwork in nature, animals, people, and especially in children. He explains that children's ingenuity, sincere love, spontaneity and funny occurrences make him laugh and feel good. Which, is why Elder focuses his efforts on helping children with cancer and organizations that help these children, with his personal projects that involves art, called "Dreamman Project".

Elder states, "I would like to thank the school administration for allowing me to express my art and to Borinquen for the support in buying the necessary materials needed to make this small effort become a reality for the children." If you would like to see more of Elder's artwork, please check out his website: www.eldercolor.com

So much for kids to do at the Miami Book Fair...and

it's free for kids (12 and under) on Saturday and Sunday, Nov. 21-22. Let them treat their adult caregivers on Fri., Nov. 21! All day activities...all kinds for kids of all ages:

There are pirates & dancers and storytellers and more at the Once upon a Time stage; Pop-up Fun Rooms with hands on activities that explore space, illustrate books, and dig for archeological findings, among other fun stuff to get one's hands dirty. Mr. Wembley Wordsmith returns to the Storytorium with tall-tale storytellers from Mexico, India, Vietnam, Italy, England, Morocco and beyond. For Tweens &



Teens, there is a line-up of red-hot authors in fantasy, action, horror and graphic novels. There's Tot Time Play & Learn for babies, caregivers and toddlers to play and learn together with hands-on activities for children 0-3: help a bird take a bath, build & destroy a tower, use finger paint to make new colors, dress up and dance like an animal and so much more. At the Science Fair Fun room, kids of all ages can plant a take home plant from native seeds, dive into a quiet dissection, soar through space and construct a comet & more. At the Rhythm Factory everyone can sing along and move & groove, as well as an opportunity to try out instruments from around the world, swing and sway to the rhythms of Latin, jazz, and other styles of music. And at The Paintbox everyone can create a work of art inspired by books... write a fantastic story, make the pages come alive with illustrations and bind their own book. Plus tons of live music performances by Guitars over Guns,

Delou Africa, Live! Modern School of Music, Lucky Diaz and the Family Jam Band, Story Pirates, Flipside Kings, Greater Miami Youth Symphony... So much, and more! Details: 2015 Miami Book Fair: Nov. 15-22, takes place at Miami Dade College, Wolfson Campus, downtown Miami, 300 NE 2nd Av. Free parking in Building 7, between NE 5th & 6th Streets,

Admission: Fri., Nov. 20- FREE, Sat., & Sun., Nov. 21 & 22: Gen admission \$8, 13-18, and over 62: \$5; 12 and under FREE. For Book Fair updates, please visit: www.miamibookfair.com, Or follow us on social media: <https://twitter.com/miamibookfair> <https://www.facebook.com/MiamiBookFair> <http://instagram.com/miamibookfair>





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BORINQUEN MEDICAL CENTERS OF MIAMI-DADE LOCATIONS



Carrie Meek Clinic
7801 NE 2nd Ave.
Miami, FL 33138
Tel (786) 235-7020

Drop-In Education & Access Center
681 NE 125th St.
North Miami, FL 33161
Tel (786) 476-1005



West-Dade/Sweetwater Center
10528 SW 8th St.
Miami, FL 33174
Tel (305) 552-1201



North Miami Medical Center
708 NE 125th St.
North Miami, FL 33161
Tel (786) 433 8815

BMC Women’s Clinic
12603 NE 7th Ave.
North Miami, FL 33161
Tel (305) 576-6611



BMC at Kendall
11880 Bird Rd.
Ste. #101
Miami, FL 33175
Tel (305) 576-2639



Borinquen Main Site Emilio Lopez Pavilion
3601 Federal Hwy.
Miami, FL 33137
Tel (305) 576-6611



BMC at Flagami
5040 NW 7th St.
Miami, FL 33126
Tel (305) 438-2348

Wellness & Specialty Center
100 NE 38th St. Ste. #3
Miami, FL 33137
Tel (305) 576-1675



The Village South
3180 Biscayne Blvd.
Miami, FL 33137
Tel (305) 573-3784

BMC Case Management Center (located in Regions Building)
3550 Biscayne Blvd. Ste. #508
Miami, FL 33137
Tel (305) 576-6611

BMC B-Care Program (located in Regions Building)
3550 Biscayne Blvd. Ste. #710
Miami, FL 33137
Tel (305) 576-6611

Behavioral Health Resource Center
100 NE 38th St. Ste. #5
Miami, FL 33137
Tel (305) 576-1599

HERO of the Month November 2015



Mitzy Martir
Dental Registration

“Mitzy is an excellent employee that has always been a strong performer. She has excelled and grown within our department making her a key person we all rely on. She has great customer service skills and our patients love her! I’m so happy to have her on my team!”

~Dr. Michelle Soheil, Dental Director



Emiliano Rosario
Facilities

“Emiliano has been a major asset to our department. He has gone above and beyond the call of duty and is always willing to lend a helping hand in every Borinquen event. He has been a key component of our team, especially during the many renovations and extensive growth that we have gone through over the last year.”

~Team Borinquen

www.BorinquenHealth.org

REGISTRATION REQUIREMENTS

Please bring all of these items to Registration, as applicable:

For children under 18 years of age:
Their birth certificate and parent’s Government issued photo ID.
Social Security Card or Government issued photo ID.



Address verification (only one):
Rent receipt, light bill, telephone bill, Government issued photo ID, voter’s registration card, driver’s license.
For sliding fee discount program, income verification documents are required:
3 paycheck stubs, or Government issued program (such as: Wic, food stamp)
Income tax return, verification of unemployment,
Notarized self employment letter.