



**President's Note:** According to the US Department of Health and Human Services (HHS) 673,255 individuals in the state of Florida had signed up for insurance under Obamacare during the first month of this year's open enrollment period. Of those approximately 50% were new customers. Wow what a difference a year makes... remember all the problems that plagued the start up last year!

At Borinquen, we continue to educate 50 individuals a day about their choices and in many cases find that the individuals are eligible for Medicaid! Remember that the open enrollment period ends February 15, 2015. Don't miss out!

~ Robert Linder, President/CEO

## REMEMBERING HAITI 5 YEARS LATER

~by Susan Alvarez

January 12, 2015 marked the 5th year anniversary of the devastation that befell Haiti. The catastrophic 7.0 magnitude earthquake left 220,000 people dead, 300,000 injured and adversely affected millions more. To make matters worse, Haiti was struck with a series of killer storms and a Cholera epidemic that has affected the lives of more than 720,000 Haitians and left approximately 9,000 people dead.

To commemorate and remind us that there is still much work to be done on the anniversary of the tragic event, the Little Haiti Cultural Complex (LHCC), City of Miami, and FANM Ayisyen nan Miyami • Haitian Women of Miami held a candle light vigil procession starting from the Toussaint Louverture monument on North Miami Avenue and North East 62nd Street ending at the LHCC. The mood was hopeful and uplifting.

Deborah Magdalena, Programs & Media Coordinator, sent out invites via social media reminding us all that, "5 years ago on the 12th of January, #Haiti, about 3 million lives were forever changed due to a devastating



earthquake. My heart and thoughts go out to our Haitian brothers and sisters."

The event, which was held at and presented by the Little Haiti Cultural Complex & FANM, commenced with the National Anthem sung by Nirva Pierre, followed by Martine Marseille singing the Haitian Anthem. There was a performance by Dance NOW and Sandy Dorsainvil, Manager Director, LHCC delivered the Welcome address followed with Prayers led by Fr. Reginald Jean-Mary from Notre Dame D'Haiti Catholic Church and Pastor Fan Fan

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## FLU EPIDEMIC!

~by Anna Smith

The peak of flu season is upon us and this year the influenza virus has hit the entire nation hard with at least 26 confirmed pediatric deaths and another month to go before the official "flu season" is over. As the U.S. rung in the New Year, the flu was reported as being wide-spread in 46 states and Puerto Rico with deaths from the flu and pneumonia

reaching epidemic proportions according to the Centers for Disease Control (CDC). Tragically, the disease has already claimed the lives of over 26 children in the United States making it one of the worst flu outbreaks in a long time. There have been more than 5,000 confirmed cases of the flu so far in hospitals across the nation, but since the virus can look similar to other respiratory illnesses and is not typically tested for, the numbers of actual flu cases could be much higher. As with each year, those most at risk of contracting the flu are individuals over the age of 65 or younger than 5 years old and those who have compromised immune systems or suffer from other respiratory ailments like asthma.

This year, the most prevalent strain of Influenza that is going around is known as H3N2. About two-thirds of the H3N2 strain is a mutated variety that is not included in the Influenza strains used to create the flu vaccine for this season. As such, even those who received their flu vaccine this year are still at risk of contracting the virus since they are only protected against one-third of the flu strains that are currently affecting the nation. The CDC notes that the H3N2 strain of the flu



Image courtesy Sura NualpradidFreeDigitalPhotos.net

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## As we go to print ...

### Important Dates to Make Note of

~by Susan Alvarez

As you probably know by now, January 1st was the date your coverage started if you had enrolled in the Marketplace by the deadline of December 15, 2014. Or if you accepted automatic enrollment in your 2014 plan or a similar plan then you are all set. However, **February 15, 2015 is the very last day that you can enroll in 2015 to receive coverage for the rest of the year.** If you miss this

deadline, you can't sign up for a health plan inside or outside the Marketplace for the rest of 2015. The only exception is if you qualify for a Special Enrollment Period.

**Medicaid, CHIP, and SHOP** – can apply any time. There's no limited enrollment period for Medicaid (if you are eligible) or for the Children's Health Insurance Program (CHIP). You can apply any time for either one of those.

There's also no limited enrollment period for small businesses to enroll in the Small Business Health Options Program (SHOP) coverage for their employees. You can apply any time for that as well.

## Marriage Equality in Florida!

~by Susan Alvarez

All Americans should have the right to marry. "The founders of this republic adopted a Constitution and a system for its enforcement. When there are disagreements about what the Constitution requires, those who are affected may seek a definitive ruling in court. These plaintiffs did that in this case. The Secretary and Surgeon General—as duly empowered officials of the State of Florida, represented by the Attorney General—joined issue. So did the Clerk. The result was an explicit ruling that Florida's same-sex-marriage ban is unconstitutional." <sup>1</sup> U.S. District Judge Robert Hinkle ruled that Florida's discriminatory

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# B-Care Program

~by *Glory Ann Zapata, MS*

A mental illness is a medical condition that disrupts a person’s thinking, feeling, daily functions, and ability to relate to others. It can affect persons of any age, culture, race, ethnicity, and socio-economic status.

Borinquen was granted by the Substance Abuse and Mental Health Services Administration (SAMHSA), federal funds to develop a program named B-Care, designed for a population with Serious Mental Illness (SMI) co-morbid with other medical health issues. These SMI’s include: Schizophrenia, Bipolar, Obsessive Compulsive Disorder, Panic Attack, Major Depressive Disorder and PTSD. The medical conditions could include Diabetes, High Cholesterol, High Blood Pressure, Asthma, and Obesity. Persons in this program will receive integrated care services with Primary Care, Psychiatry, Mental Health Counseling, Case Management, Nutrition and Smoking Cessation therapies.

The positive message is, mental illness is treatable and a person can experience relief from their symptoms. If the person is engaged in a treatment plan developed by a professional and received an integrated care services, recovery is possible. This is why, at Borinquen Behavioral Health Resource Center, we are engaged in the health of our patients, providing the highest quality of services.

If you would like more information about the new B-Care program, please contact Sam Kedem, LMHC or Glory Ann Zapata, MS at (305) 576-1599 Ext. 3115.



## FLORIDA ENROLLS MORE PEOPLE IN OBAMACARE THEN ANY OTHER STATE

In the very first month of open enrollment some 673,255 Florida residents signed up for health insurance through the Obamacare HealthCare.gov website. That’s the highest number of people than any other state in the union and more than twice the number of people that signed up for health insurance in Texas. These are just the preliminarily numbers, which means they will possibly be much higher once those people that selected polices with automatic renewal are combined.

As we go to print, Florida has surpassed the numbers projected for 2015 enrollment!

## Changes in Managed Medicaid Plans Offered at Borinquen Medical Centers

~by *Susan Alvarez and Anna Smith*

A message to our community and clients: Borinquen Medical Centers of Miami-Dade would like to keep you informed of the new changes in Managed Medicaid Application. For everyone that is Medicaid eligible, you should have received a letter in the mail by now advising you of making the transition into any one of the available Medicaid Plans in Miami-Dade County.

Borinquen wants everyone to remember that we have contracts with 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 locations across the County. Be on the lookout for another letter that should be arriving soon from Medicaid, but don’t get confused! If you have any questions, concerns or would like to speak with an expert, you can call our Patient Services Department at **(786) 433-8840** to speak with one of our knowledgeable staff members about any questions you may have.

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 *Standard* Plans region 11:

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

### For the MMA *Specialty* Plans region 11:

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

### Borinquen Behavioral Health Resource Center Positive Realities Group

**Looking for adults 18 years or older  
to participate in a 12 week Healthy Living Group**

**Group meets once a week  
for 1.5 hours**

**Borinquen Behavioral Health Resources  
100 N.E. 38th Street, Suite 5 Miami, FL 33137**

The group is geared toward helping you to increase your quality of life  
**Manage Stress ~ Relaxation Techniques ~ Anger Management  
Exercise & Nutrition ~ Assertiveness Training**

And other topics that matter to you: Career ~ Education ~ Family  
For more information contact: (305) 576-1599 Ext. 3121 or Ext. 3117  
This group is offered free as a community service!

## REACH OUT!

Yes, you can now reach out and get your message in front of thousands of people in our local community every month!  
If you would like to advertise in Borinquen’s *The Voice of the Caribbean*, please call:  
305-576-6611 or email:  
SAlvarez@borinquenhealth.org



The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.



Congress established the Substance Abuse and Mental Health Services Administration (SAMHSA) in 1992 to make substance use and mental disorder information, services, and research more accessible. SAMHSA Strategic Initiatives help provide treatment and services for people with mental and substance use disorders, support the families of people with mental and substance use disorders, build strong and supportive communities, prevent costly behavioral health problems, and promote better health for all Americans.



# BORINQUEN'S BOARD TRULLA

## 3 Kings Day

### A Sing-a-long Parranda



~by Susan Alvarez

Three Kings Day came early to the senior community of Wynwood. At the Dorothy Quintana Community Center, located in Roberto Clemente Park, the Senior Arts program held its Three Kings Day celebration on Friday, January 2, 2015. Several Borinquen board members of the center (BMC) volunteered their time and presented the seniors with gifts, and a Three Kings Day Procession, with a Parranda Sing-a-long! The Mayor Regalado, City of Miami provided the seniors with a gift bag full of food. A delicious traditional holiday lunch was served



courtesy of Borinquen Medical Centers of Miami Dade. Raffles were held with special gifts and lots of fun was had by all. (Parranda's are very popular in Puerto Rico and known for its musical festivities during the Christmas Holiday Season leading to the January 6 official Three Kings Day where groups of friends and or families gather together to celebrate the birth of Jesus Christ by singing traditional songs, eating special foods, and bringing gifts while visiting friends and neighbors.)

The parts of the Three Kings (Wise Men) were played by Jocelyn Michel, Luis Roberto Canales, and Felipe Navarro. Nestor Chardon was the narrator and presented an oral history of the Three Kings Day and how it is celebrated in Puerto Rico. The musical presentation was courtesy of Deborah Ponce, costumes by Eva Perez and crowns by Maribel Camacho.



Jocelyn Michel, Luis DeRosa, and Paul Carl Velez

In attendance, representing BMC's board and playing the parts of the singing merry makers, were Eva Perez, Chair, Ivette Velez, Vice Chair, Deborah Ponce and Hilda Rivera. Margaret LaForest, RN, Secretary and Luis DeRosa, board members also joined in the festivities.

All made possible by Borinquen Medical Centers of Miami-Dade, City of Miami, Mayor Tomás Regalado, Commissioner Keon Hardemon, Dist. 5, City of Miami, Dr. Deborah Gracia, and Mr. Paul C. Velez.

January 6, is Three King's day is the day many people in Latin America, Mexico, Europe, the Philippines and Puerto Rico in particular celebrate Los Tres Reyes Magos or Three Kings Day. Beginning on Christmas Day, the celebration of Los Tres Reyes Magos continues for twelve days, ending on



Jocelyn Michel, Luis Roberto Canales, Eva Perez and Felipe Navarro.

January 6th. For those who honor this holiday, the 6th marks the date in which the celebration peaks with gifts, food, music and other festivities!

Traditionally, the celebration of Los Tres Reyes revolves around the Biblical story depicting the journey that the Three Kings made to see the

birth of Christ and to present the newborn King with gifts. Every year on the 6th of January, people honor this story by presenting gifts to children and celebrating the birth of Jesus Christ.

## Borinquen Employee Highlight

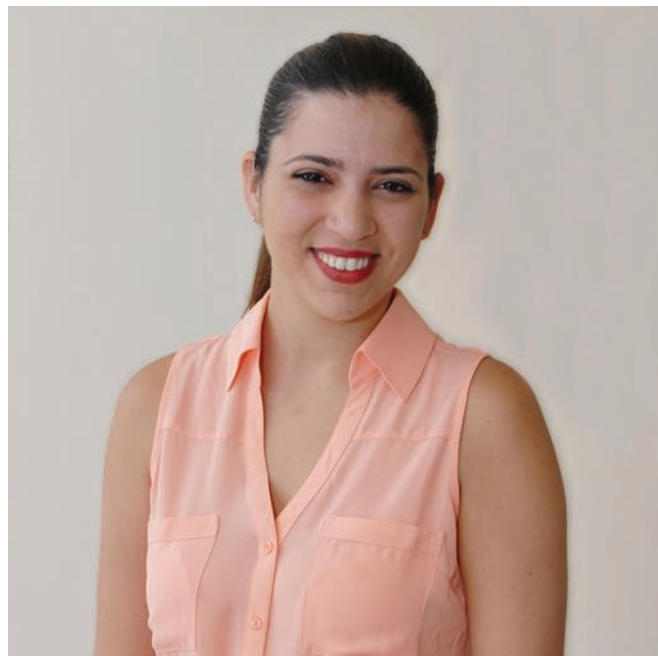
# Dianelys Dominguez

## Eligibility Navigator

~by Susan Alvarez

We would like to introduce to and highlight one of our newest Patient Services - Eligibility Team Member: Eligibility Navigator, Dianelys

Dominguez, who started her tenure with us just this past May of 2014. Dianelys hit the ground running so you may have already read about her in recent issues of *The Voice*. She is very passionate about helping people in our community and has gone above and beyond the call of duty making sure she is providing the very best service possible to those in need.



Dianelys wanted to

work for Borinquen because she saw an opportunity to help the community.

Dianelys is part of the Eligibility Team or as they are better known, the 'HEAT' team. She specializes in educating consumers on available health plans, the Obamacare Marketplace, Medicaid, Children's Health Insurance Program (CHIP), as well as other programs they might be eligible for, such as the Food Assistance Program. Dianelys would like to remind clients to be prepared and bring all the required documents so that they can receive the best benefit that suits their needs and expedite their services.

We asked Dianelys what her most memorable experience has been since joining the Team and she exclaimed, "I have had several rewarding experiences, one of them was being able to help a pregnant lady receive Medicaid before her due date, which was the following day of her filling out her application! We had another pregnant woman that had just arrived from her country and had lost her husband on the journey here in the most horrific way. She was all alone in a new country, expecting a baby and with a two year old son in tow. Our team got together and we were able to help her with some basic necessities like clothing, food, and even some toys for her son." Dianelys says that helping a homeless person receive food stamps, or a teenager that got kicked out of their house get assistance with housing is a great experience as well. She also state, "Since we were located on the first floor everyone that would pass by our office or sat down in the lobby would ask all sorts of questions and it felt good to be able to help others and direct them on the right path."

Dianelys is from Cuba and arrived in the United States at the tender age of 9. Along with her family, she was rescued at sea by the United States Coast Guard in Miami and was able to stay in the United States with the help of family friends. She attended Florida International University and Graduate School at Nova Southeastern University – Huizenga Business School. She loves to spend time with family and friends, travel, read and learn. She is absolutely dedicated to helping her community and, through her church, gets together with fellow members on Saturday nights to prepare meals for the homeless. Additionally, on Sundays the group reads to the elderly members of the community. Dianelys states proudly, "My passion in life is my little princess, Mandie. She keeps me on my toes and makes me realize every day what's really important in life, never to give up and every day is a new day."

Borinquen is proud to have such a caring and compassionate person on our team and expects to see Dianelys accomplish many great things in her bright future.





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# AWARENESS

## JANUARY IS CERVICAL CANCER AWARENESS MONTH!

~by Toni de la Barra, OB/GYN Clinical Office Manager

In honor of National Cervical Cancer Awareness Month, the OB/GYN Department at



Borinquen Medical Centers of Miami-Dade is proud to work together with the Florida Health Department in the re-launch of *The Florida Breast and Cervical Cancer Early Detection Program (FBCCEDP)*. The screenings are free or low cost if you meet the program eligibility requirements, which are as follows:

(1) Women between the ages of 50-64 (2) Individuals who are uninsured (3) Current residents with proof of residency in Miami Dade County for at least 12 months with valid picture identification (passport, driver's license, ID card) (4) Those who have had no prior Pap Smear within the last 3 years (5) Those who meet federal income guidelines. Other services through this program include:

(1) Breast and cervical cancer screening exams (clinical breast exams, mammograms, and Pap tests) to approximately 5 percent of the at-need population (as funding allows) (2) Diagnostic funds are reserved for women screened through the program (3) Care coordination for all clients with abnormal exams (4) Women screened through the program and diagnosed with breast or cervical cancer are referred to the Florida Medicaid Program for eligibility determination (5) Paid breast and cervical cancer treatment through Medicaid for eligible women screened through the program.

Please visit the OB/GYN Department located on the 2<sup>nd</sup> floor of BMC's main facility (3601 Federal Hwy, Miami, FL) or call (305) 576-6611 to schedule your appointment and see if you qualify for this life saving program!

## CELEBRATING DR. KING

~by Anna Smith

January is finally here and this month we have a very special birthday to celebrate across the nation. That's right; Monday, January 19<sup>th</sup>, will mark Reverend Martin Luther King Jr. Day! While his actual birthday falls on January 15<sup>th</sup>, Americans across the country take the day to honor Dr. King and his many achievements in history on the 3<sup>rd</sup> Monday of every January. In fact, Martin Luther King Jr. is one of only three individuals in the United States to have a national holiday in which they are honored for their significant role in American history (George Washington and Christopher Columbus are the other two). To ensure that Dr. King and his legacy would be properly honored and remembered for his vital role in our nation's history, former President Bill Clinton signed the Martin Luther King Day of Service into law on August 23, 1994.

We honor Dr. Martin Luther King Jr. by celebrating his life and legacy and by remembering the vital role that he played in the American Civil Rights Movement. America would not be the nation it is today without the pivotal role he played in inspiring the country to give equal rights to all citizens, no matter their race or ethnicity. Dr. King's nonviolent and peaceful approach to getting equal rights continues to inspire our nation and has been cited as one of the most profound movements in American history. On April 4<sup>th</sup>, 1968, Dr. Martin Luther King Jr.'s life was tragically cut short when he was assassinated by a sniper on the balcony of his hotel room in Memphis, Tennessee. His death took place only one day after he delivered the famous and powerful speech, *'I've Been to the Mountaintop.'*

While his life was taken away much too soon, his legacy continues to live on today. To ensure that his life and the role he played in our history is properly honored, many organizations, universities and volunteer groups spend their Martin Luther King Day of Service helping their communities through a variety of local events. By donating their time to help others, they are able to honor the man who lost his life while trying to make our nation a better place.

References: <http://www.mlkdayofservice.org/history.aspx>

## Have a Stress-Free 2015

~by Anna Smith

It's a New Year and that means New Resolutions! According to statistics, approximately 45% of Americans make a New Year's Resolution. Of those who make a resolution, almost half make resolutions that involve self-improvement or educational goals. Those who make resolutions are also ten times more likely to accomplish the goals they set for themselves. While weight-loss is the most common resolution that American make each year, those who pick dropping pounds as their goal tend to pair it with other resolutions that involve various aspects of self-improvement such as reducing the amount of stress in their lives. In honor of the New



Year, here are some quick tips to taking the stress out of 2015:

**Acceptance:** By accepting that there are events in life that will be completely out of your control, you can calm your mind and let go of those pesky thoughts that stress you out and keep you up all night. Accept that you can't control the universe and keep a positive attitude about the obstacles and stressors that inevitably do find their way into your life. By staying positive you can conquer whatever life throws at you.

**Management and Organization:** Make an effort to manage your time properly. Don't take on more than you can complete and be sure to allow yourself the time to finish the tasks at hand before adding more to your plate. Keeping your life organized will

help you to complete projects quicker while making life easier.

**Relaxation:** Whether you take five minutes to practice some deep breathing exercises before bed, you join a Yoga class, or you practice the art of meditation, taking a little bit of time each and every day to relax will both reduce stress and help you manage stressful situations better. Simply spending twenty minutes to quietly reflect on your day, taking a brief walk, or doing something you enjoy each day can help to calm your mind and relax your body.

**Make Health a Habit:** Exercising, eating a healthy diet, practicing positive thinking and getting enough sleep are all healthy habits that can lead to a less stressful life. Getting enough sleep can help your body recovery from stressful events faster and exercising regularly can drastically reduce stress. Eating balanced meals will lead to better health which leads to a better immune system. Looking at life in a positive light will make it easier to cope with stress as well.

These are just a few easy tricks to help reduce the amount of stress in your life while also making you more apt to managing stressful situations when they do arise. This year, make the resolution to relax more and stress less so that you can be the healthiest and happiest you in 2015.

References: <http://www.statisticbrain.com/new-years-resolution-statistics/>; <http://www.webmd.com/balance/stress-management/reducing-stress-tips>; [http://teenshealth.org/teen/your\\_mind/problems/yoga\\_stress.html#](http://teenshealth.org/teen/your_mind/problems/yoga_stress.html#); <http://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>



## February is National Condom Month!

~by Anna Smith

February is just around the corner and that means that it will be National Condom Month! At Borinquen Medical Centers (BMC), our Outreach Team provides FREE condoms to the community and not just in February, but all year round! In fact, BMC's Mobile Outreach Unit takes to the streets each day to educate the community and to perform free HIV and STD testing. In the process of doing so, condoms are distributed at the time of testing. On average, 4,000 to 4,500 condoms are distributed



by our Outreach Team to the community each month! Condoms are distributed in the hopes of preventing the spread of HIV and other STDs which makes this one of BMC's main sources of prevention awareness in the community. If you are interested in getting some condoms, please feel free to stop by our Outreach Department

on the 4<sup>th</sup> floor of our main facility (3601 Federal Hwy, Miami, FL) or the Outreach Drop-In Center in North Miami (12603 N.E. 7<sup>th</sup> Ave, North Miami, FL). Please see the back page for full addresses, hours of operation and phone numbers.

How did National Condom Month come to be? The University of California – Berkeley originally created condom month to promote the use of contraception among students. Since its inception, Condom Month has evolved into a national campaign aimed to promote education and awareness about STDs and the many risks associated with unprotected sex. It began as a weeklong awareness campaign held in February during the same week that Valentine's Day falls on (February 14<sup>th</sup>), but quickly grew into a month long national awareness event. Today high schools, colleges, pharmacies, condom manufacturers, AIDS groups, family planning centers and STD awareness organizations promote National Condom Month by promoting education and awareness concerning unprotected sex. From unwanted pregnancies to sexually transmitted infections like HIV/AIDS, not using protection can be a recipe for disaster. By promoting the use of condoms and providing them to the community, this awareness campaign is a great way to open up dialog about sexuality and health. One of the greatest tools that organizations use when promoting National Condom Month is none-other-than humor to get the dialog rolling. Don't believe me? Check out these simple (and funny) little slogans that you can use to promote the use of condoms:

- “Don't be **SILLY**, protect your **WILLY**”
- “When in **DOUBT**, shroud your **SPOUT**”
- “It will be **SWEETER** if you wrap your **PETER**”
- “No **GLOVE**, no **LOVE**”

References: <http://www.nationalcondomweek.com/>



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





## REMEMBERING HAITI from p1

from the Shalom Church. There were more Performances by Angie Bell and Tradition Lakay.

The program included Remarks from Chairman Jean Monestime, Miami-Dade County, District 2; Vice-Chairman Keon Hardemon, City of Miami, District 5; Commissioner Audrey Edmonson, Miami-Dade County District 5; and from the Office of North Miami, Mayor Dr. Smith Joseph. Many Community Leaders were on hand to give Remarks such as Marleine Bastien, Director of FANM; and Gepsie Metellus, Executive Director of Sant La; Goodwill Ambassador, Dr. Rudolph Moise; Monica Russo, Executive VP at 1199SEIU Florida Region; Joann Milord, Executive Director of NE2P. There were more performances by Saskya Sky, Buto David, HACCHI - Nancy St. Leger Dance Company, Saida Prosper, Nadia Bowen, Farah Juste, Gazman, Rara Lakay, Harvel Nakundi, Etzer Nubazz, and Hector Lominy. Prayers were led by Mataisou Legea (Vodou Priest), followed by a heartbreaking Testimonial by Jude Derisme, who sadly lost his entire family in the earthquake, a total of 8 family members.

The special performance culminated with a beautiful commemorative release of white balloons with loved ones' names and notes attached to them as all of the guest artists sang Alleluia. The guests feasted on a traditional "boullion," a Haitian vegetable and meat stew supper. Cilotte Bakery and Catering donated the delicious "boullion" in an enormous pot, which fed 500 people and still had some left over!

It is with a heavy but hopeful heart that we stand in unity with the Haitian people and remember Haiti.  
#RemeberingHaiti #SonjeHaiti

*"We believe that there is an artistic spirit in all of us that nourishes our humanity and enriches our society. It behooves us to provide the Haitian community with an opportunity to honor their loved ones."*

*~Sandy Dorsainvil  
Managing Director, LHCC*

## ARE YOU READY TO QUIT?

Quitting smoking is the most important step you can take to improve your health. Smoking is linked to many negative health outcomes, such as cancer, cardiovascular disease and respiratory problems. The good news is that there is help if you want to quit; you don't have to do it alone.

If you are ready to quit, there is help available. If you are a patient or employee at BHC you can benefit from our new partnership with UM AHEC Tobacco Program. Their tobacco counselors will work with Borinquen patients to connect them to groups in the community. They will also inform you about the three FREE ways to quit, which include FREE nicotine replacement patches and counseling over the phone, on-line and in-person.

Also, in Florida all smokers can receive FREE help by calling the Florida Quit Line. Telephone counselors are there to help you.

Quitting is hard but, with help, you can do it. Choose the best program for you. You can be successful at quitting tobacco. Take the first step today.

For more information,

**6** please call Jessica Cajigas at 305-576-1675 ext. 3221



## Marriage Equality in Florida! from p1

state ban excluding same-sex couples from the freedom to marry is unconstitutional. At the stroke of midnight, Monday, January 6, 2015, Florida became the thirty-sixth state to legalized gay marriage.

We all witnessed history in the making as hundreds of gay couples married throughout the state of Florida. A local church, Unity on the Bay, whose part of its mission includes being a dynamic and positive spiritual community embracing all faiths, celebrated Marriage Equality by offering a free same sex marriage ceremony, the very first Saturday after the ruling. Many people from the community attended the event to show support. There was live music and beautiful white bouquets of flowers donated by Miguel Suarez.



I had the privilege of interviewing one of these happy couples who decided to "take the plunge." Barbara Kubilus shared her personal journey with us: SA: Now that Florida has adopted the Marriage Equality Law, what does this mean for you personally?

BK: Everything! Legitimacy and most importantly validation of my right as an American citizen. Additionally, Florida has historically been a State whose conservative ideals often infringe on the ideals of the less-conservative; the passing of the Marriage Equality Law supports that these conservative ideals are not (and should not be) the foundation for our laws – this law demonstrates the power of our Democracy, specifically our Judicial System.

SA: How will Marriage Equality affect or impact your lives?

BK: The ability to be recognized and participate in the same privileges and rights as every other married couple in the State of Florida.

SA: Were you waiting for this ruling so that you could get married?

BK: Absolutely! To us, it made no sense to be married in a State that did not recognize our union as a married couple. We live in Florida, thus we believed that waiting for this Law was the right thing to do!

SA: Did you consider getting married anyway in another state?

BK: NEVER!

SA: Why did you choose to married in a group ceremony at Unity?

BK: We never thought that we would choose to be married in a group setting but we truly wanted to be married in our church – Unity on the Bay. We always felt that we wanted to be surrounded by peace, love and acceptance on our wedding day as we are surrounded by these in our lives; and that is EXACTLY what Unity exuded on this day! We are blessed.

SA: And why so quick?

BK: You ask why it happened so quickly, but that really was not the case in our eyes – we have been together as a couple close to 15 years and this was a long time coming. But to answer the question, we went to church on Sunday and they announced that they would be celebrating this historical Law by sponsoring a group wedding service the following Saturday – there was no way that we were going to pass up on our dream, which was to be legally married in our church. Additionally, we were honored to be married with one of the couples that had successfully brought the ban (and won) on same-sex marriage to the United States Supreme Court!

SA: How hard was it to get the license?

BK: On January 5th, we decided to go to the Hialeah Courthouse knowing that the Courthouse Downtown would be packed; sure enough we were the first same-sex couple to obtain a marriage license on this day. Upon entering the Courthouse they placed us ahead of everyone else waiting for a marriage license and we were hand escorted through the process – it took approximately 15 minutes. The Hialeah Clerk's Office was amazingly receptive and helpful on this day.

SA: Any resistance?

BK: Nope!

SA: What about your family & friends? Being that it's short notice will they attend the ceremony?

BK: EVERYONE of our friends and family that we wanted to join us except for our son (Allen) who resides in Germany attended our celebration! Congratulations to Barbara and Betty on their marriage and we wish them a happy and blissful life together.

As we go to print....Monday, January 14, 2015, U.S. District Court Judge Karen E. Schreier wrote that the plaintiffs in the case "have a fundamental right to marry." And with that ruling, South Dakota became the 37th state to lift the ban on same sex marriage declaring the ban unconstitutional.

<sup>1</sup> JAMES DOMER BRENNER et al., Plaintiffs, CONSOLIDATED v. CASE NO. 4:14cv107-RH/CAS, RICK SCOTT, etc., et al., Defendants



# AWARENESS

~by Susan Alvarez

## It's all about the Heart! Is there a coincidence that Healthy Heart Awareness is on the same month as Valentine's Day?



Of course not! It makes total sense. This holiday provides us with the perfect opportunity to be healthy heart conscious. The Centers for Disease Control and Prevention (CDC) wants us to be a Healthy Valentine! They provide 5 quick tips this Valentine's Day to show your love the safe and healthy way.

- Consider that your valentine may have allergies, asthma, diabetes, or other health conditions when making plans.
- If you smoke, quit smoking. It's a perfect gift for yourself and others.
- Include heart-healthy foods and physical activity in your plans.
- If you choose to have sex, use a condom.
- Limit alcohol. If you drink, do so only in moderation and don't drive.



Have you noticed all the postings on the social media sites lately, such as facebook and twitter are from people working out at the gym? Resolutions are in full gear and that's inspiring. You want to make sure you

keep up the good work and not burn out before the month is up. Statistics report that 35% of people who start a New Year's resolution end up giving up before the end of January! Maybe it's because of overreach; maybe smaller changes will work better for you this year.

Same goes for the diet. Eating healthy can be a bit of a challenge especially when there's not much time in our hectic lives to prepare a well thought out meal.

You know, I'm all about the chocolate, especially dark chocolate, which has all kinds of benefits. It contains flavonoids and antioxidants, which may improve blood flow and lower blood pressure, and that in turn, can reduce the risk of heart attacks. It helps to raise HDL and protects LDL against oxidation, which may lower the risk of cardiovascular disease. However, we cannot live by chocolate alone. At least I don't think we can. This is why I was looking into some quick ideas to make a few easy changes that just might help keep my resolve.

Now that we've gotten all the holidays out of the way and we have totally blown our healthy diets during the hectic season, we can go back to the way things were. For some, that means giving up the cookies, cakes and sugar altogether and jumping right back into their healthy way of life. However, for some, especially those of us who want to eat healthy but just can't manage to be "good" all the time, maybe we can start by incorporating some of those "Superfoods" we keep hearing about into a couple of meals a week. Whether you gave it a full on attempt or just made a derisory attempt in the past, this could be your year! Why not?

Why not just start with checking out the fruits and vegetables that are actually in season right now for the best deals and most nutritional such as, turnips? Ha! Yes, I know, I laughed too, but there are a few cooking options that are quite delicious. And, they are root veggies that have high



concentrations of vitamins C, E & K and are loaded with fiber and folate, which help your body build new cells. We need that! You can throw them into your soup and beef stew, you can roast them, or even mix them into your salads.

Brussels sprouts are chock full of vitamin C, fiber and antioxidants. These are in season from fall to mid-winter and can be prepared in so different many ways. You can roast them and drizzle a bit of

balsamic vinegar and honey, roast them with grapes, cook them with pecans, or bacon and raisins; you can toss them into pasta, and my favorite, with garlic and ginger.

When you have the need to munch, kale is a quick healthy alternative

worth a try. Not just for salads anymore. Coat them in a bit of olive oil or even coconut oil and bake. It's super-fast and really tasty.

Let's all try and keep our resolve just one sprout at a time way into the new year. Cheers! Salud!

## FLU EPIDEMIC! from p1

is typically more severe and leads to larger numbers of hospitalizations than years in which the H1N1 strain of the virus is dominant. This particular strain tends to have a more severe impact on the elderly and children under the age of two, making it essential to immediately seek medical attention should they come down with any flu like symptoms. While not all of the flu is covered with this year's vaccine, health officials continue to urge everyone to get vaccinated as it can still protect against some of the flu which in turn can save lives and prevent hospitalization.

It may sound quite alarming that this year's flu epidemic isn't fully covered by the flu vaccine, but there is no need to panic. Health officials are teaming up with hospitals and medical centers to promote the use of antiviral drugs

which can lessen flu symptoms and shorten the duration of the virus. Research has shown that when these medications are given at the onset of the illness (within 48 hours of symptoms starting)

symptoms can be rapidly reduced. The three antiviral drugs that are currently being used to thwart the virus include Tamiflu, Relenza and Rapivab and health officials are encouraging medical centers to use the drugs as a first line of defense for high-risk individuals including: children under the age of 2, adults over the age of 65, pregnant women, Alaskan Natives, Native Americans, individuals suffering from chronic illnesses such as HIV or Diabetes, individuals that are younger than 19 and taking long-term aspirin therapy and residents of nursing homes or other chronic-care facilities.

Furthermore, health officials are encouraging parents and families with high risk individuals to immediately contact their doctor regarding antiviral medications at the first sign of any flu-like symptoms.

To help prevent the flu from spreading further, health officials and medical centers are reminding parents to keep their children from school or daycare should they have a fever. If the fever lasts over 48 hours, the child has difficulty breathing or looks extremely ill, parents are encouraged to seek medical attention right away. For children under 2, it is recommended that the child immediately see a doctor at the onset of symptoms. Children should not return to school or daycare and should reframe from being in contact with anyone who is at high risk of contracting the virus until they remain fever-free for 24 hours without the aid of a fever-reducing medication and exhibit little to no cough. Influenza is contagious 24 hours prior to experiencing any symptoms and can stay contagious for a full week following the onset of symptoms making it essential for everyone to stay home from work, school, or other public areas should they come down with the virus. As with most viral outbreaks, the best way to protect yourself from contracting the flu is to wash your hands frequently. Your hands are the number one place for the virus to hitch a ride, so be sure to wash your hand often and to avoid touching your eyes, nose and mouth, especially during the remainder of the flu season.



Cold	Flu
Runny or Stuffy Nose	<i>Runny and Stuffy Nose</i>
Sore Throat	<i>Sore Throat</i>
Cough	<i>Dry, Hacking Cough</i>
Slight Fever (More Common in Children)	<i>Fever or Chills</i>
Headache or Body Aches	<i>Muscle or Body Aches, Headache</i>
Mild Tiredness	<i>Profound Fatigue</i>
Sneezing	

Do you think you have the flu? It could just be another pesky cold. Unfortunately, flu symptoms can be very similar to cold symptoms making it difficult to decide if you should just take some medicine and ride it out or take a trip to the doctor's office. Below is a list of symptoms of the common cold compared to those of the Influenza virus. Be sure to check them out!



# Get Fit in 2015!

~by Anna Smith

The New Year is finally here and for many Americans that means it's time to get back on track in that never ending battle to getting fit. Every year it's the same deal; you overdo it during the holidays, make a resolution to drop the added pounds in the New Year and then you panic as spring rolls around and you didn't accomplish the goals that you set for yourself. Perhaps you didn't reach your target weight because you quite simply over did it. Many individuals that are looking to shed weight, whether as a part of a New Year's Resolution or because they really want to fit back into their favorite pair of jeans, tend to take on too much at one time. Making unrealistic goals for yourself will only set you up for disappointment as you discover that eating a strict Paleo diet and exercising three hours a day at the gym are just not going to work with your lifestyle. That doesn't mean you should throw in the towel and give up on trying. For those who really want to get fit, some simple adjustments in your attitude and work out strategy can make all the difference.

The first thing you need to do is accept that losing weight and building strength take time. No matter what you see in advertisements, there is no miracle work out plan, diet or technique that will make you drop and keep off large amounts of weight in a short amount of time. Even if there was, it wouldn't be good for your health and it certainly wouldn't be feasible to adopt as a lifestyle. To drop fat and build muscle, you have to work at it and work for a while before you see solid results. Be patient and understand that the more weight you want to lose, the longer you will need to work for it. Set a goal that you can accomplish in six months, a year or maybe even longer, depending on how much you want or need to lose. Being consistent with your exercise plan is vital, so make sure you stick with it. Don't expect immediate results either! Two weeks of jogging won't make you drop 40 pounds, but keeping up the jogging throughout the year can bring on big results.

Another important technique is to drop the "no pain, no gain" mentality and understand that moderate exercise and simple life changes can help you to get back in shape. You don't need to be completely out of breath and ready to collapse each time you finish a work out and you don't need to be overheated and drenched in sweat to see results either. You should be breathing a little heavier than normal, have an elevated heart rate and feel warmer as you work out and right when you finish, but these feeling should never be so overwhelming that you feel like you are going to pass out. Overdoing it can lead to illness and injury, so push yourself, but never go to extremes. You can also make small, simple lifestyle changes, like taking the stairs and not the elevator, parking in the back of the parking lot and walking as opposed to driving or taking a bus for short distances. Over time these small steps build strength and will help you reach your goal.

By setting realistic goals, being patient, making simple lifestyle adjustments and not overworking your body, you can make your New Year's Resolution to lose weight an obtainable goal this year. Remember, these changes should be ones that you not only make, but keep, so that you can continue to see your results in the years to come. Then maybe next year you can resolve to do something besides lose weight for the New Year like you do every year!

References: <http://www.helpguide.org/articles/exercise-fitness/easy-ways-to-start-exercising.htm>

# Start the New Year with Clean Eating!

~by Silvana Vasquez, Registered Dietician and Nutritionist



The term "clean eating" has started to appear in headlines, so you may already be familiar with the phrase. But do you actually know what they mean when they use the term *clean eating*? If you're not sure, here's the scoop on how to eat clean and more specifically, how to actually clean your diet. This new trend in nutrition is all about eating more healthy food and less of the not-so-healthy ones, thus cleaning your diet.

Is it really that simple? Yes, it's as simple as making healthy choices in your diet, but it can be a bit challenging, especially for those who eat lots of prepared or processed foods, refined grains and fast food. You are probably saying to yourself, "so all the tasty foods are the bad ones," but before you get disappointed, understand that clean eating is more of an

attitude and life decision than a strict diet plan. It is a decision that you make to eat foods that will make your body healthier and feel better instead of indulging in foods that harm your body and therefore your health. To begin your journey to clean eating, follow these simple steps:

**1. Limit the Processed Foods:** I consider these to be the most dangerous foods around. They are high in sodium, sugar and fat and contain tons of ingredients that we can't even pronounce! A good way to clean up your diet when it comes to these types of food products is to look at the ingredient labels. Stay away from products that have long lists of ingredients that you can't even pronounce and opt for things with fewer ingredients that you can understand. If you're getting boxed or bagged foods, look for whole wheat grains, dried beans and simple vegetables and fruits. Reading the labels can make you a healthier and savvier shopper!

**2. Eat More Vegetables and Fresh Fruits:** Everyone has heard it a thousand times before, but I cannot stress enough the importance of eating fresh fruits and vegetables! Even if you don't like them, remember that they are packed with the essential vitamins and minerals that you need for your immune system and body to function properly. If you make a salad, remember that the more color, the better, and if you really hate salad, try adding fresh veggies to scrambled eggs or other foods you do enjoy. Instead of consuming sugary fruit drinks, opt to eat fresh fruit to take full advantage of their health benefits!

**3. Cut Down on the Fats:** Cut down on your consumption of fats, saturated fats and don't eat foods containing trans fats. For dairy products, opt for low fat choices and try not to consume too much dairy in general. Only eat fried foods once in a while and focus on adding good fats into your diet. These fats include the ones found in nuts, olive oil and fatty fish like salmon (leave the skin on!). These fats will help lower your cholesterol while protecting your heart!

**4. Cut Down on the Sugar and Salt:** Too much salt can increase your blood pressure and too much sugar can cause you to gain weight and increase your blood sugar level. Over consumption of sugar and salt can increase your risk of developing diabetes, even for people who do not have a family history of the disease. Try artificial sweeteners, but use those sparingly.

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## AROUND THE CORNER: ART

~by Susan Alvarez

### Parlez-vous Français?

That means, *Do you speak French?* Well now you can! If you have ever wanted to learn how to speak French, you are in luck! Look what's happening at the Little Haiti Cultural Complex (LHCC). Beginning January 17, 2015, in partnership with the French Heritage Language Program, LHCC now offers **FREE** French classes for children and adults. For more information, please call Alexandra Delara at 954-470-3602 or email her at [Alexandra@frenchheritagemiami.org](mailto:Alexandra@frenchheritagemiami.org). Registration and a one time \$20 membership to LHCC is required. Class will be held every Wednesday



**ON GOING UNTIL JUNE 6**  
**FREE FRENCH CLASSES**  
**Cours de Français Gratuit Pour Votre Petit!**

beginning January 7, 2015 through June 3, 2015 starting at 4:00pm to 6:00pm for children ages 5 to 14 years old.

Classes are held at the Little Haiti Cultural Complex, 212-260 NE 59th Terrace, Little Haiti, FL 33137, Recreation Room. The Cost is **FREE**. Every Saturdays beginning January 17, 2015 – June 6, 2015 4:00pm – 6:00pm classes will be held for ages 15 years old and up at the Little Haiti Cultural Complex 212-260 NE 59th Terrace Little Haiti – Recreation Room. The cost is \$10.

All schedules will follow Miami-Dade County Public Schools Holiday Calendar.

## FREE FAMILY ART WORKSHOPS!

In partnership with the BASS Museum, LHCC will offer our community FREE ART WORKSHOPS! Every Saturday, families and their children 2-9 years old will read an exciting story and create fun art projects lead by **Lela Lombardo**. Families get to keep art materials, **FREE** raffle prizes and workshop will culminate with an official art show at the **BASS Museum** of the work which families create.

Art classes are held every Saturday beginning January 24, 2015 running through May 23, 2015 from 12:30pm to 2:00pm

Classes are for children ages of 5 to 14 years of age at the Little Haiti Cultural Complex 212-260 NE 59th Terrace, Little Haiti – Art Studio A

The cost is **FREE** - Registration and a one time \$20 membership to LHCC is required. Financial assistance and scholarships are available.

The Mission of the Little Haiti Cultural Center (LHCC) is to provide a space that brings together people and ideas to promote, showcase and support Afro-Caribbean culture in South Florida. The Little Haiti Cultural Center offers a unique opportunity for residents and visitors to gain exposure to Afro-Caribbean culture, entertain and develop a new talent, and expand their knowledge of the arts. [www.littlehaiticulturalcenter.com](http://www.littlehaiticulturalcenter.com).

**Miami Dade College (MDC) Hosted the Launch of Mike Hernandez's**

**Book *Humbled by the Journey: Lessons for My Family...and Yours*** ~The extraordinary story of a Cuban immigrant turned self-made business mogul, healthcare industry leader and philanthropist

On Wednesday, January 14<sup>th</sup> the Center for Writing and Literature at Miami Dade College (MDC) and Books and Books proudly presented the launch of Miguel "Mike" Benito Fernandez's memoir *Humbled by the Journey: Lessons for My Family...and Yours* in conversation with his friend and business partner NBA legend Magic Johnson, at MDC Wolfson Campus. The event was free and open to the public.

In 2013, Hernandez hiked along *El Camino de Santiago* – an ancient, spiritual trail that attracts "pilgrims" from around the world – with a pledge for each mile that led to more than \$5 million for a children's hospital. The experience was challenging and rigorous and provided him with a unique opportunity to reflect and embrace his life in a deep, meaningful way.

*Humbled by the Journey* is part self-portrait, part adventure-story, and shuttles readers back-and-forth between Hernandez's 508-mile pilgrimage along *El Camino* and his journey through a life touched by kindness and prosperity, as well as pain and hardship. The book shines a light on the lessons he learned over a lifetime of working tirelessly and overcoming obstacles.

In 1964, Hernandez fled his native Cuba with his parents and sister and made a new home in New York City. He was 12 and lumbered through school



Above: Earvin "Magic" Johnson, Mike Hernandez and friend

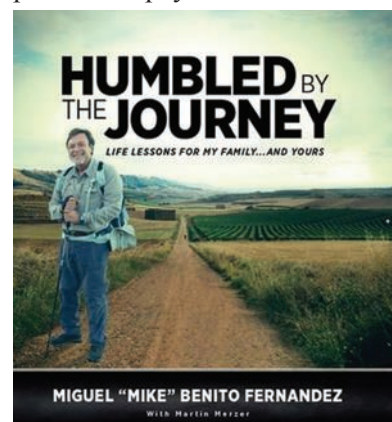
while working as a floor cleaner and delivery boy to help pay for his private schooling. During those early years, Hernandez learned values and principles from those around him, including his father and Jesuit priest who led the school he attended. After a stint in the Army, Hernandez worked selling insurance door-to door and

subsequently found his stride and enormous success in business. Hernandez is the founder of MBF Healthcare Partners, a private equity firm that invests in healthcare service companies nationwide. *Humbled by the Journey* is his first book.

Hernandez has given more than \$125 million to causes focused on health care, education and those most in need. He often gives generously and prefers anonymity. He requires only this: Recipients must want to help themselves, be willing to sacrifice to gain a better future, and promise to pay it forward when they can.

Written by Fernandez with Martin Merzer, *Humbled by the Journey* is available now. Copies can be ordered at Books & Books by calling 305-442-4408, or visit [www.booksandbooks.com](http://www.booksandbooks.com).

Proceeds from book sales go to **The Early Childhood Initiative Foundation**, a nonprofit focused on early childhood education, development initiative and "universal readiness" – making high quality health, education and nurturing available and affordable for all children between birth and age 5 in Miami-Dade County. To learn more about the Early Childhood Initiative Foundation, visit <http://www.teachmorelovemore.org/ECIF.asp>.

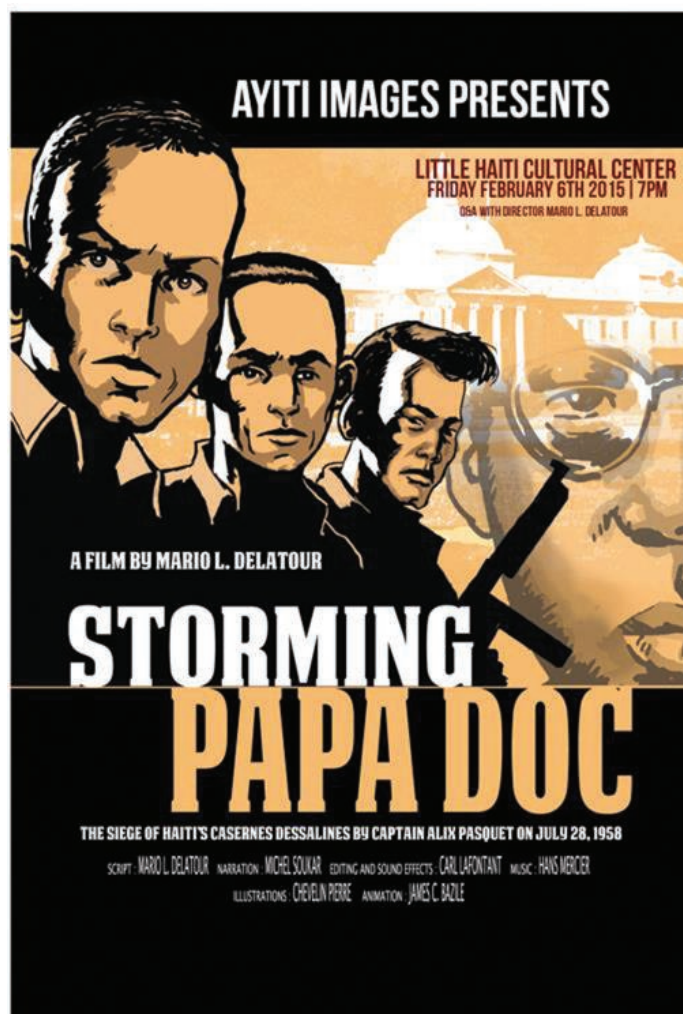


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## STORMING PAPA DOC DOCUMENTARY FILM FOLLOWED

**BY  
Q&A  
WITH  
THE  
DIRECTOR**

Coming to Little Haiti Cultural Complex on Friday, February 6, 2015 at 6:00pm, a special screening of the documentary film by MARIO L. DELATOUR, *Storming Papa Doc*. Present by Ayiti Image & LHCC  
At the Little Haiti Cultural Complex 212-260 NE 59th Terrace Little Haiti FL 33137. Cost: \$11 \$7 for Seniors & Students – ID Required



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# Lunch & Learn

~by *Angel Camacho*, Prevention Case Manager with *Susan Alvarez*  
The last Lunch & Learn was held on Thursday, January 22, 2015, at the 38th Street site and presented by Allison Ruby, HIV Community Liaison from MERCK & Co.

Core Topic: “I take charge of my health” - An empowerment talk encouraging consumers to take a more active role in their health care. (Merck & Company, Pharmaceutical company is a leading research-driven healthcare company) Overall, the topic was well received by both staff and clients. The ever popular and extremely informative Lunch & Learn Series continues with knowledgeable speakers and vital information for your well-being.

- The following is the latest schedule for the series:
- Thursday, February 19th, 2015 - Presented by Donna Sabatino JANSSEN  
Location :100 NE 38th Street, Time: 12pm-1pm, (Core Topic to be announced)
  - Thursday, March 19th , 2015 - Presented by Jose Cosia GILEAD  
Location :100 NE 38th Street, Time: 12pm-1pm, (Core Topic to be announced)
  - Thursday, April 16th, 2015 - Presented by Donna Sabatino JANSSEN  
Location :100 NE 38th Street, Time: 12pm-1pm, (Core Topic to be announced)
  - Thursday, May 21st, 2015 - Presented by Nestor Chandon University of Miami  
Location :100 NE 38th Street, Time: 12pm-1pm, (Core Topic to be announced)
  - Thursday, June 18, 2015 - Presented by Donna Sabatino JANSSEN  
Location :100 NE 38th Street, Time: 12pm-1pm, (Core Topic to be announced)
  - Thursday, July 23rd, 2015 - Presented by Jose Cosia GILEAD  
Location :100 NE 38th Street, Time: 12pm-1pm, (Core Topic to be announced)



Thursday, October 15, 2015 - Presented by Jose Cosia GILEAD  
Location :100 NE 38th Street, Time: 12pm-1pm, (Core Topic to be announced)

If you're interested in attending, please speak with your case manager for all the details on how to “RSVP.” For info, please call: 305-576-6611 Ext. 1711 or Email: [aacamacho@borinquenhealth.org](mailto:aacamacho@borinquenhealth.org)

Because of the construction at the various Borinquen locations, it is strongly recommended that you call to confirm the location for the series you are planning on attending.

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making plans.

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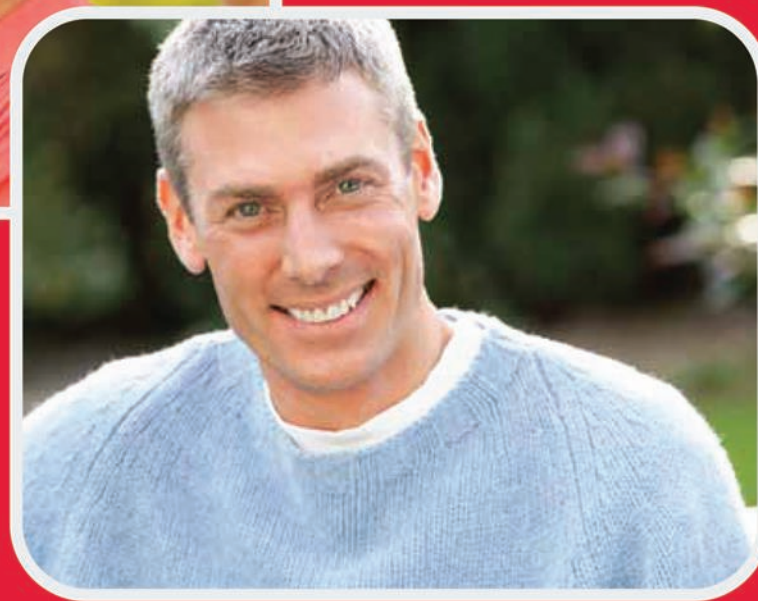




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## BORINQUEN'S MAIN SITE RENOVATIONS AND DEPARTMENTS MOVE UPDATES!

The PAC Waiver Case Management and Ryan White Medical Case Management Teams have now moved into the Regions building located at 3550 Biscayne Blvd., 33137 Suite #508.

The following is contact information:

**BMC Specialty Center:** 305-576-1675

Front Desk Reception: x3212

**Ryan White Medical Case Managers:**

Rosemonde Francis/Case Management Supervisor: x1331

Aline Pierre Jean/Case Manager: x1706

Angel Camacho/Prevention Case Manager : x3319

Cary Romeo/Peer Educator: x1711

Jasaline Perez/Case Manager: x1709

Marie Fleurimond/Case Manager: x1708

Oscar Galeano/Case Manager: x3316

Rhonda Wright/Case Manager: x1707

**Pac Waiver Department Phone Number:** 786-507-0907

Diana Ramirez: Option 1

Carlos Garcia: Option 2

Rose Louis: Option 3

Armides Pena/PAC Waiver Supervisor: Option 4

Mayte Su-Lanza: Option 5

**Borinquen Medical Centers Main Phone Number:** 305-576-6611

Armides Pena/PAC Waiver Supervisor: Ext. 1701

Diana Ramirez: Ext. 1702

Mayte Su-Lanza: Ext. 1703

Carlos Garcia: Ext. 1704

Rose Louis: Ext. 1705

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

**Eligibility Services** is located on the **3rd floor**, Main site lobby.

**Outreach HIV/STD** testing is on the **1st floor**, Main site, next to the lab.

**The OB/GYN Department & Sonograms along with Internal Medicine** are located on the **5th floor** of the Main site. We have a patient guide greeting you as you step off of the elevator, who will help and direct you to the right location and department.

**Radiology** is now OPEN back on the **3rd floor**.

**TOPWA & Nutrition Counseling** is now on the **4th floor** Main site.

BMC main site is located at 3601 Federal Highway, Miami FL 33137

***WE APOLOGIZE FOR ANY INCONVENIENCE THIS MAY CAUSE.  
CALL US AT 305.576.6611 WITH ANY QUESTIONS OR CONCERNS!***

## Borinquen Construction Update

~by Susan Alvarez

We can almost see the end of our full site renovations as more floors are being completed and the various departments start moving back into their now, brand new state of the art medical spaces. You might have noticed that the lobby is where the main construction work is taking place at this time.

**We urge you to please continue to be on the lookout for signs posted throughout the building and in the elevators as they are always changing to reflect the latest updates.**



Borinquen would like to thank you for your patience during our renovation process at the Emilio Lopez Pavilion.

As we start the new year, construction on the Main Site is starting to resemble the modern up to date health care facility we envisioned when we embarked on this Journey. Everyone involved from BMC staff to construction crews and county officials are working together to improve the quality of life in our community. Here are the newest updates:

- ☐ Construction on the **1st floor** is now in full progress and scheduled to be completed within the next 6 weeks.
- ☐ Construction on the **2nd floor** has begun and is closed until further notice.
- ☐ The Dental Department is back on the **5th floor** seeing patients again as renovations are completed.
- ☐ The BMC Administration offices are back on the **6th floor**.

Please know that while the Mid-Town construction continues, our Behavioral Health and Specialty Clinics, located on NE 38th Street will remain open and will continue to operate and provide services to the community.

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# SPORTS

## The Buckeyes Win! BCS Championship Review

~by Anna Smith

January 12<sup>th</sup> marked the end of the 2014 College Football Season with the BCS Championship Game held in Arlington, Texas. Before the Ohio State Buckeyes (#4) went up against the Oregon Ducks (#2) for a shot at the Championship title, the two teams fought hard in the semifinals. On New Year's Day, the Ducks beat the unconquered Noles in a humiliating blowout with a final score of 59-20 during the Rose Bowl in Pasadena, California. FSU quarterback Jameis Winston was unable to bring it back in the second half as Seminole fans had become accustomed to throughout the 2014 season, as the Duck's quarterback and 2014 Heisman Trophy winner, Marcus Mariota, was simply too quick to keep up with. Like a bolt of lightning, Mariota quickly obliterated the Noles in the second half making a gap too big to come back from and thus ending the record 29 wins in row for the Seminoles. Later that evening in New Orleans, #1 Alabama took on #4 Ohio State in a thrilling Sugar Bowl game that left Tide fans disappointed across the nation as another shot at a Championship title slipped through their fingers again this year. All bets were on football powerhouse the Crimson Tide to take home a victory and claim their rightful place in the Championship game, but the Buckeye's 3<sup>rd</sup> string quarterback, Cardale Jones or "12 Gauge," proved that even the back-up's back-up was too much to take on.

The BCS Championship took place on January 12<sup>th</sup> with many unsure who would come out on top. The Ducks were fighting to win their first ever Championship Title while that Buckeyes have already claimed a remarkable seven Championship Titles, but still many speculated that Mariota could pull his team to victory. Unfortunately for them, Oregon left Texas disappointed as Ohio State took home yet another title and trophy to bring their Championship count up to eight. This also marked an exciting accomplishment for Ohio State's coach, Urban Meyer, who became the second coach in College Football history to win Championship titles for two different teams. He got the Gators the title twice during his time coaching in Florida and won one for Ohio State. Coach Meyer not only brought his team a title, he did so with a third-string quarterback (which has never been done before) while simultaneously dethroning the once mighty Alabama coach Nick Saban. Not only did the Tide lose out on a possible Championship for the second year in a row (a huge deal for a team like Alabama), Meyer proved that College Football isn't all about the SEC like most fans claim.

With the Championship behind us, the NFL draft looms ahead in the next month. Much talk has focused around the top 4 teams of last season in regards to who will be leaving school early to join the NFL ranks and who will stay behind for next season. Many speculated that Winston would stay in Tallahassee to finish out his senior year before heading to the draft, but perhaps the crushing defeat by the Ducks was too much to handle as news reports quickly surfaced following their loss that FSU's star quarterback would indeed be leaving. Marcus Mariota has also come forward announcing that he too would be skipping his senior year with the Ducks to head to the draft as well. We wish them luck in their new venture and to Winston we say; stay out of trouble! As for Ohio State and 12 Gauge; Cardale Jones will in fact be staying in school for at least another year, so we can expect to see more great things from him in the season to come. With that being said, College Football Season has come to a close and who knows what we are in for in the year to come!

### National Girls and Women in Sports Day 2015

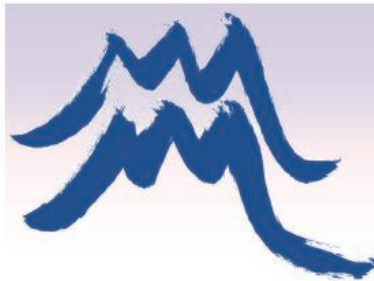
~by Anna Smith

National Girls and Women in Sports Day (NGWSD) is set to take place on February 4, 2015 and this year's theme is: *Game On!* NGWSD was created 28 years ago by the Women's Sports Foundation in an effort to educate the nation on the importance of sports and fitness for women and girls. It is also a day in which we honor the many achievements of female athletes throughout history while stressing the importance of getting past the discrimination of women in sports. It is a day when the many myths about women, sports and fitness are addressed, such as the age old, "you throw like a girl" or "all girls who play sports are lesbians" assumptions. The National Women's Sports Foundation was founded in 1974 by tennis legend Billie Jean King who dedicated the organization to the advancement of the lives of women and girls through sports and fitness. Billie as well as many other female athletes, understands the importance that sports and fitness play in shaping the lives of women across the nation.

Research conducted by the foundation illustrates how sports and physical activity can help girls in every area of their lives. School-aged girls that participate in a sport or some other form of fitness on a regular basis are less at risk for having an unplanned pregnancy, developing drug and/or alcohol addiction, obesity, truancy and even delinquency. In fact, participating in physical activities has been shown to improve self-esteem, coping skills and educational achievements in girls. Those who engage in sports tend to suffer less from anxiety, peer pressure and depression and have a higher sense of self-worth than girls who do not participate in sports. In the end, sports, fitness and physical activity hold major benefits for women and girls that can help them to improve almost every aspect of their lives.

With all the benefits that sports have to offer for girls and women, it's hard to believe that anyone would still choose to believe in age old gender stereotypes that depict women as being weaker and lesser than their male counterparts. Unfortunately, many still do and while great strides have been made in the modern world to accept women and their role in the world of sports, some still believe that the field, court, gym and arena are just no place for a girl. How can we overcome these negative stereotypes? For starters, you can encourage the women and girls in your life to get active and participate in sports and fitness. Encourage them to push themselves to the limit and to never give up! You can also be sure to participate in National Girls and Women in Sports Day by joining your female friends in one of their favorite sporting activities. Whether it's a game of baseball, a mountain bike excursion, a day at the gym or any other physical activity, just be sure to get out there and MOVE IT! That's right girls; it's officially GAME ON!

Resources: <http://www.womenssportsfoundation.org/en/home/advocate/ngwds>



## Your Horoscope

### Aquarius

January 20th—February 19th

2015 will be the dawning of Aquarius! Since 2012, Saturn has been making you work hard, but this year is the one in which you will reap the rewards of your tireless efforts. You may feel beaten down,

tired and ready to collapse, but you are also stronger, wiser and more resilient from the obstacles you overcame over the last couple of years. You now hold the respect of your friends, family and colleagues and you will only continue to grow and evolve this year. Luck will come to you through the partners and the partnerships that you have forged over the last few years. Come summer, you will find yourself perfecting your career and life goals before fall set in. You will spend the last quarter of the year moving on to bigger and better things and expanding your goals for the future. It's been a long road, but you will soon be able to enjoy the fruits of your labor and call the shots for once.



## Happy Anniversary!

Celebrating Three Amazing Years of Bringing  
Awareness to the Community!

## Fan Favorite Fiesta Bowl (Mexican Chopped Salad)



**Salad Ingredients:** – 2 large tomatoes, seeded and diced – 1 medium cucumber, peeled, seeded and diced – 3 scallions thinly sliced – ¼ cup diced red onion – 2 tablespoons fresh minced cilantro – 2 teaspoons fresh minced mint – 2 teaspoons minced oregano – 2 cups diced cooked chicken (white meat) **Dressing Ingredients:** – 3 tablespoons fresh lime juice – 1 garlic clove, finely minced – 1 teaspoon of honey (pasteurized) 1/2 teaspoon mild or hot chili powder – ¼ cup of olive oil (extra virgin, first cold press) **Directions:** (1) In a large serving

bowl, combine all salad ingredients (2) In a small bowl or measuring cup, whisk together lime juice, lime zest, garlic, honey and chili powder. Add olive oil in a thin stream while whisking (3) Pour the dressing over the salad and mix gently (4) Top with pumpkin seeds or sunflower seeds and serve \*The most nutritious olive oil on the market is called Extra Virgin, First Cold Press.

A little bit goes a long way! References: Diabetics Forecast, August 2014, The American Diabetes Association, DiabetesForecast.org

## 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.  
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- \* Medical Case Manager
- \* Executive Assistant



To view the full job descriptions & to apply online go to:  
[www.borinquenhealth.org](http://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.





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***We Thank You For Your  
Continued Support***





## DON'T BABY YOUR PRESCHOOLER

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



Sometimes therapists need to give tough love and remind parents to let their children grow up to do things for themselves. Parents often don't realize that adversity builds strength in children just as much as it does in adults. Children build hand strength from all those failed opportunities to unscrew the cookie jar or squeezing that last bit of toothpaste out the tube. Even pulling off that t-shirt that may be two months too small is an opportunity to teach muscles new tricks. In addition, children

also develop a perception of themselves by what they can accomplish. I often ask children to draw themselves, and the proof is in the picture. Children that don't show independence often draw themselves as small indistinguishable forms.

I have a general rule of thumb when it comes to children that don't have a physical disability (and sometimes even for those that do). If a child can explain in detail to you why they can't feed or get dressed by themselves, then they should probably be doing it by themselves or at least trying. The lesson here is to encourage independence and self-sufficiency. It is not only what is best for your child's growth; it is what's best for their self-esteem. I bet even those parents that don't want their "baby" to grow up will feel a greater sense of pride when they see that their child is indeed accomplishing all the milestones a child should.

Here's a list of dressing and feeding skills for a four-year-old:

*Consistently knows front and back of clothing*  
*Holds a cup by the handle*

*Removes T-shirt independently*

*Puts on shoes with little assistance*

*Puts on socks with appropriate heel placement*

*Unbuttons large buttons*

*Uses utensils and is able to spread with a knife*

*Zips jacket zipper, inserting shank*

If your child demonstrates difficulty with self-care skills like dressing or feeding consult with your primary care physician about seeking an evaluation. I hope you find this information helpful. Have a playful day!

Amy Baez, OTR/L, The Smart Play Curator

Amy Baez is a pediatric occupational therapist, award-winning handwriting author, and founder of Playapy. For more information, visit [www.playapy.com](http://www.playapy.com) or email [info@playapy.com](mailto:info@playapy.com).



## JANUARY 2015 - FEBRUARY 2015 CALENDAR OF EVENTS

\* **HEALTHY START CLASSES** - are held at Borinquen Medical Centers, Main Site, 3601 Federal Hwy, 2nd Floor, Miami, FL 33137. Please call: 305-576-6611 Ext. 1414

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 10:00-11:00

(Creole/English)

Weds. - Parenting & Breastfeeding 10:00-11:00

(Spanish/English)

Thurs. - Childbirth, Parenting & Breastfeeding 10:00-11:00

(Spanish/English)

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

\* **SHARED MEDICAL APPOINTMENT** - Due to the construction and internal complications, Shared Medical Appointments are currently on hold. Please call Alexander Lugones, Chronic Disease Nurse Educator, at 786-715-0723 for any further questions. Interested patients will be contacted once Shared Medical Appointments resume.

\* **HIV GROUP** - Every Monday from 2:00PM - 4:00PM at 100 NE 38th Street,

Ste. 105. Please call Carmen Pinero at 305-576-1599 Ext. 3117 for additional information on how to join.

\* **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.



### Did you know?

The month of January is named after the Roman god Janus. In Roman culture, Janus is depicted as having two heads; one that looks back in reflection on year that has passed and one that looks forward to the new and uncertain year ahead.

## This Is What We DO...And Why We Do It Santa Comes to Borinquen

~by Anna Smith



December marks a wonderful time of year in which families and friends join together to celebrate the holidays and spend time with one another. For many, this time of year also brings gifts, toys and other goodies with it, but for some, this aspect of Christmas is missed out on. While the meaning of Christmas is certainly not about the toys, it is still an exciting and much anticipated tradition that children look forward to all year round. It was for this reason that Borinquen's (BMC) Pregnancy Liaison, Milagros Sifonte, began the "Santa Comes to Borinquen" party many years ago when the clinic was still small.

Coming from a large family herself that could not afford to celebrate Christmas with tons of gifts, Milagros developed the idea as a way to help out many of BMC's patients who simply could not foot the bill and give their kids the Christmas they would like. As such, each year Milagros along with her daughter, Naylise Sifonte (TOPWA Specialist), and several other employees from various departments, prepare a grand celebration with snacks, goodie bags, and gifts for the children to take home. The guest of honor for the event is none other than Santa Claus himself, who is played each year by Milagros' eldest daughter, Maribel Perez. Families are invited by Milagros or by other employees in various departments. Toys for the children are graciously donated by staff members, BMC and PRx Pharmacy. Any leftover gifts from the party are distributed to other children that are at BMC for appointments on that particular day.

During the celebration, BMC's Pediatrics Department is transformed from a simple waiting area to Santa's Workshop for the afternoon as over 100 children pile in to let the big man in red know what they would like for Christmas. This year was a huge success with over 130 children dropping by to celebrate Christmas at BMC with their families. The kids left with bright smiles on their faces and a new toy in their hands, making the event worthwhile for everyone involved.

When asked what she would like to say about the event that she brought to life and made into a tradition at BMC,



Milagros had this to say: "It brings me so much joy to see so many children smile. When Santa Claus comes to Borinquen it makes me feel so proud to see something that started so small grow in such a rapid way." Of course, this wonderful tradition could not be done without all the help from the many staff members and volunteers who take the time to ensure that the event is a huge success. In fact, Milagros wanted to thank everyone who contributed and in particular, her daughter Naylise Sifonte, who has followed in her mother's footsteps and continues to use her spare time to help others, especially children, that are in need. After all, this is what we do here at BMC and why we do it; to help those in need and to show those who are struggling that there is still hope for the future and good people in the world that are there to help them when they need it most. BMC would like to thank Milagros and Naylise Sifonte, the entire Facilities Department, Administration, the Pediatrics Team, the Security Crew and Jackson Memorial Volunteer, Maribel Perez, for their time and dedication to ensuring that this wonderful tradition continues.

**"Always remember; the greatest gift in a child's life is happiness"**

~Milagros Sifonte



# BORINQUEN

## MEDICAL CENTERS OF MIAMI-DADE

*“La Salud del Pueblo es la Máxima Ley”*



### BORINQUEN MEDICAL CENTERS OF MIAMI-DADE LOCATIONS

**Borinquen Medical Centers of Miami-Dade  
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3601 Federal Highway  
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Tel: (305) 576-6611  
Fax: (786) 476-2819

**Borinquen Medical Centers of Miami-Dade  
(West-Dade/Sweetwater Center)**  
10528 SW 8th Street  
Miami, FL 33174  
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Fax: (786) 476-2809

**Borinquen Behavioral Health Resource Center**  
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### CONGRATULATIONS TO BORINQUEN'S 2014 PROVIDER OF THE YEAR: GLORIA E. BURGOS, MD & EMPLOYEE OF THE YEAR: ANGEL HERNANDEZ

#### *Dr. Gloria E. Burgos*

Pediatrician

2014 Provider of the Year

“Dr. Burgos always takes great pride in her work with all of her patients. Her patients are always loyal to her, giving testament to the quality of her work. She is a great team player and is always willing to go above and beyond the call of duty. She is willing to help at any time and never says no! We are all privileged to have her on our staff of excellent pediatricians. Thank you so much for your amazing work and constant cooperation!”

~Dr. Deborah Gracia  
Chief Medical Officer

“Since I have had the pleasure to work with her, Dr. Burgos has always been an excellent and caring Pediatrician. She is always on time, she is willing to stay late to finish the job at hand and never complains at all, even when she moves from various locations at Borinquen to work. She is an amazing employee and an amazing Pediatrician with a true passion for her job!”

~Minurca Garcia, Clinical Office Manager, Pediatric Department



#### *Angel Hernandez*

IT Tech Support

2014 Employee of the Year

Angel's work ethic and ability to learn has been a wonderful asset to the organization. In his short time here he's acclimated himself quickly to the dynamic environment that Borinquen offers. He's truly been a fresh and bright addition to our team and the organization.

~Juan M. Cruz

Director of Information Technology  
He goes well above and beyond the call of duty; very detailed, thorough, kind, polite and knowledgeable; models Borinquen's Value - Positive Attitude; His team mates say he is a GREAT Co-Worker!



*Thank you both for a job well done! ~The Borinquen Team*

### 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, voter's, Government issued photo ID, 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, etc.) income tax return, verification of unemployment, notarized self employment letter.