

THE VOICE OF THE CARIBBEAN

Issue No. 42 July 2015



President's Note: As you may, know Borinquen Medical Centers of Miami-Dade 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/S 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. I am 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!

Our Board of Directors and Management is excited about our new access point award received from the US Department of Health and Human Services Administration to support the introduction of Dental and Adult Medicine services to the North Miami community. We project to open in the Central Downtown area by the end of the summer!

In closing, our country will be celebrating the 239th anniversary of the Declaration of Independence; May all enjoy the holiday and take a moment to honor all of our gallant Soldiers and Veterans who have given so much for so very long!
 ~ Robert Linder, President/CEO



Borinquen Medical Centers of Miami-Dade at FLAGAMI

Welcome to Borinquen Medical Centers of Miami-Dade!

We are an innovative medical facility located in Miami, Florida. We strive to offer our patients convenient, high-quality healthcare. We're available for same day appointments. You can access your medical records via our Patient Portal directly from our website. We accept most insurance plans (see page 2 for full list) and provide discounted services to those who are un-insured. We also provide services that might not be covered by your insurance at a discounted price.

SERVICES AVAILABLE

PRIMARY CARE:

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

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

- Psychiatry
- Nutritionist
- X-Rays/Sonograms
- Electrocardiograms
- Pharmacy
- 340B Discount Program
- Eligibility Services: Medicaid, PEPW, ACA

SPECIALTY CARE:

- Podiatry
- Orthopedics
- Cardiology
- Speech Therapy

CLASSES OFFERED:

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

THIS IS WHAT WE DO



AND WHY WE DO IT

~by Anna Smith & Susan Alvarez

As we make our way into summer, Borinquen Medical Centers (BMC) is thrilled to announce that the renovations on the BMC at Flagami location will soon be finished! By the close of summer, BMC will be unveiling their redesigned, state-of-the-art, fully functional comprehensive medical facility. The site will be the first community health center in the Flagami neighborhood to offer a full range of primary medical,

oral and behavioral health services. The site was redesigned with a modernized flavor and will provide first class healthcare services to all those who enter their doors.

As a Federally Qualified Healthcare Center (FQHC), BMC functions on federal grants. In 2014, BMC was awarded a service area grant for the community of Flagami and opened their BMC at Flagami site shortly thereafter. The funds obtained through federal grants have allowed the organization to continue to honor its mission of providing a comprehensive range of health and social services to the culturally diverse community that makes up Miami-Dade County. Over the last four decades, BMC has grown substantially from a single, small clinic in the Wynwood neighborhood to a massive community health center providing quality healthcare services that are accessible to everyone in the county through their multi-disciplinary approach. Today, the organization has eleven sites, two mobile outreach vehicles, and offers a wide range of programs and social services to the community at large. BMC provides access to advanced healthcare services to the uninsured and underinsured who often times

As we go to print ...

SEARCH FOR BUDGET APPROVAL

~by Susan Alvarez with Anna Smith
 Legislative Special Session Continues in Search for Budget Approval

As the special legislative session nears its end, it appears that Florida will not be expanding Medicaid coverage. Legislators must come to an agreement to pass a state budget by June 20th or face a partial shut-down of state government and Medicaid expansion is a hot topic on the agenda. Back in the beginning of June, the Florida House voted not to expand health insurance coverage to low income families in the Sunshine State. Even after the Senate made modifications to its "Medicaid Expansion Alternative," (SB 2A) the bill was shot down 72-41 after a lengthy, seven hour debate. The bill provided a plan in which state subsidies under the federal Affordable Care Act or "Obamacare" would be provided for the working poor. In addition, the plan would provide token insurance premiums



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Changes in Managed Medicaid Plans Offered at Borinquen Medical Centers

By this time if you were already eligible for Medicaid Plans, you would have been assigned a health plan and a provider. Please do the following; verify the you were in fact assigned the health plan that you wanted and the provider of your choice. There is still time to make changes to your plans. If you would like to come to Borinquen Medical Centers of Miami-Dade, please see the list of our providers on the following pages.

Borinquen wants everyone to remember 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 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 *Specialty* Plans Region 11:

1. Magellan Complete
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 Health Care

THE CHOICE IS YOURS!

**MAKE THE CHOICE.
PICK US!**

MODEL OF CARE! THE SCHOOL HEALTH PROGRAM!



~by *Guerline Anderson, BNSA*
Borinquen Medical Centers (BMC) in collaboration with Miami Dade County Public Schools (MDCPS), Department of Health, and The Children's Trust (TCT) will implement a model of care that is sensitive to the unique needs of children. This model will enhance student's health, academic outcomes, and overall well-being. The School Health Program (SHP) will provide an entry point and source of primary care, preventive care, health maintenance, treatment of acute illnesses and injuries.

Healthy children are less likely to be absent; researchers found that adolescents who received counseling services in a school-based health center significantly decreased their absenteeism and tardiness (Utility of Psychosocial Screening at a School-Based Health Center.

Journal of School Health. 2000.) The program comprises on-school site health care delivery by an interdisciplinary team of health professionals that will include registered nurses, licensed practical nurses, and social workers. The program is designed to identify, prevent, or remedy student health problems and to improve access to quality health care and other relevant community supports through the delivery of comprehensive services in the schools and appropriate referrals to community care. BMC's school health team will provide basic and comprehensive school health services, to include, behavioral assessment by social workers, health education, nursing assessment, intervention, and counseling; chronic disease management, immunizations, medication administration, oral health screening, first aid, and state mandated screenings.

The SHP will address financial barriers by helping enroll eligible students in Medicaid, ACA plans or a Children Health Insurance Program.

Studies have documented that children who use School Based Health Programs (SBHP) have more primary care visits and fewer emergency visits when



BACK TO SCHOOL

compared to those that do not use a SBHP (Council on School Health, 2012.) School-based health centers have demonstrated that they attract harder-to-reach populations, especially minorities and males, and that they do a better job at getting them crucial services such as mental health care and high-risk behavior screens (Use of Health/Mental Health Services by Adolescents Across Delivery Sites. Journal of Adolescent Health. 2003.)

In April of 2015, BMC received notification from TCT of the RFP 2015-07 funding recommendations indicating that BMC was recommended to receive funding in the amount of \$2,611,885 to service 31 schools throughout the County. The SHP will consist of 15 Registered Nurses, 24 Licensed Practical Nurses, and 4 Social Workers working conjunctively to address the health needs of students in 31 MDCPS.

Back to School

~by *Susan Alvarez*

It's not too soon to start thinking about getting the kids ready to go back to school considering all the little details and preparations that need to happen before August 11, 2015; Miami-Dade's first day of school.

Best to get Organized: Visit the Pediatrician. Find out whether your child needs immunizations or a physical exam before heading back to school. Make an appointment with your pediatrician, if necessary, NOW! At BMC we have you covered. Our pediatricians speak English, Spanish, Creole and French and we are located right in your neighborhood.

To set your appointment now, please call: 305-576-6611.

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 Specialist. We would like to hear from you, our patients, clients, and partners to provide us with feed back (positive and/or negative) about anything which may include our service, customer care, programs, processes, et. We look forward to hearing from you. Your voices are already being heard and put to action!

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
Borinquen Behavioral Health Resources
100 NE 38th Street, Suite 5, Miami, FL 33137

The group is geared toward helping you 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

The group is offered free as a community service!



Deborah Gracia, D.O.
Doctor of Osteopathy
Internal/Adult Medicine
Chief Medical Officer

HAVE YOU MET OUR PROVIDERS?

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!

Meet Borinquen's Pediatrics' Team



Dr. Ileana Fuente
Emilio Lopez Pavilion



Dr. Livia Delgado
Emilio Lopez Pavilion



Dr. Jesus Negrette
West Dade Sweetwater



Dr. Jasset A. Maragh
North Miami Center



Dr. Loida Severino
Emilio Lopez Pavilion

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



Dr. Gloria Burgos
Emilio Lopez Pavilion
West Dade



Dr. Hema Pillai
North Miami Center



Dr. Jane Menezes
Emilio Lopez Pavilion



Dr. Marie Gema
Silencieux-Cineas
North Miami Center



Dr. Maria Echavarria
Emilio Lopez Pavilion



Dr. Scarlet Constant
North Miami Center



Dr. Lucila Moreira
North Miami Center



Dr. Juan Reyes
North Miami Center



Yaima Benemelis, ARNP
West Dade

Primary Care • Internal Medicine • HIV • YPediatrics • Adolescent • OB/GYN, Including Delivery • Family Planning • Healthy Start
• Nutritionist • Dental Health • Behavioral Health • Psychiatry • Substance Abuse • Case Management • Prevention Education

Specialty Care • Podiatry • Speech Language and Communication Disorders Treatments - performed by Apex, SpeechCare Systems

Specialty Services Available • Laboratory • X-Ray • Pharmacy • Medicaid Eligibility

Additional Primary Care • Health Connect in Our School

Dr. Gloria E. Burgos Board Certified Pediatrician

~by Susan Alvarez

We would like to take this opportunity to introduce a valued, tenured on the Borinquen team, Dr. Gloria Burgos. Dr. Burgos completed her medical degree at the University of Puerto Rico school of Medicine. She finished her Pediatrics training in the Municipal Hospital in San Juan, Puerto Rico. Dr. Burgos worked as a hospitalist for seven years where she was a preceptor for medical students.

Dr. Burgos helped train students from NOVA University for four years after arriving to Miami and has been working at Borinquen Medical Centers of Miami-Dade for the past 21 years. She is very happy to serve



this community and to be part of the Borinquen Family.

This very busy doctor travels between two of our Pediatrics locations to see patients: Emilio Lopez Pavilion, our main site located at 3601 Federal Highway, Miami FL 33137 and at our West-Dade/Sweetwater

location, 10528 SW 8th Street, Miami, FL 33174.

She has been involved in many of BMC's ongoing community events, has participated in every one of our many Health Fairs, and has even hosted the first "Meet and Greet your Pediatrician" event at our West Dade/Sweetwater Medical Center.

The "Meet and Greet your Pediatrician" Program allows a mother-to-be to meet the hosting Pediatrician in person and be able to ask him/her questions regarding their newborn. Since Dr. Burgos is fluent in English and Spanish the first event was held in both languages. A question at a "Meet & Greet your Pediatrician" event

may encompass what to expect once their baby opens his/her eyes for the very first time and sees them, their mother looking back at them with joy and love. After the expectant mothers meet with Dr. Burgos, they receive information regarding applying for Medicaid, vaccine schedules and Healthy Start Birthing Classes. Through BMC's healthy Start Program these patients are educated on what to expect during delivery. This is also a fun event for the soon to be moms as they receive goodie bags and they participate in raffles for prizes.

Dr. Burgos is well liked and is held in high regard by both patients and co-workers which is apparent as she has been most recently elected a 'Hero of the Month' and 'Provider of the Year for 2014'. Borinquen is extremely proud and fortunate to have such a consummate professional on our team.

The Luis Beltrán Dental Suite

~by Anna Smith with Susan Alvarez

Since its inception in 1972, Borinquen Medical Centers of Miami-Dade (BMC) has evolved from a small, one story grassroots clinic in the Wynwood neighborhood of Miami, to a large, federally qualified healthcare center (FQHC) with eleven bustling sites located throughout Miami-Dade County. What started as a simple vision to fill a void in access to basic medical services in one small neighborhood has grown into a thriving healthcare



Michelle Soheil, DDS,
BMC's Dental Director

organization that offers an array of medical, dental, behavioral and social services for all of those in need throughout the entire County. When BMC's founder, Emilio Lopez, first opened the clinic's doors in the early 1970s, he had no idea how far his dream would grow. One department that has seen rapid growth and development

throughout the last 15 years is BMC's Luis Beltrán Dental Suite, located on the 5th floor of the organization's main center, the Emilio Lopez Pavilion (please refer to the back page for site addresses, contact information and hours of operation). Originally opened in 2003, the Luis Beltrán Dental Suite was named after Cuban activist and member of the clinic's Board of Directors, Luis Beltrán, following the department's first renovation in 2008. Since he was a young man in his early 20s, Luis Beltrán devoted the entirety of his adult life to promoting social services for the poor, first in Cuba, and then in Miami where he relocated in 1962. In 2000, he became a member of BMC's Board of Directors where he was able to continue his passion of helping those in need. His lifetime of dedication and service to the community was the inspiration behind naming the newly opened dental department in his honor.

Dr. Michelle Soheil, DDS, BMC's Dental Director, has been with the organization since it first opened the Luis Beltrán Dental Suite over a decade ago. Since her arrival at the clinic in 2003, she has witnessed firsthand the exponential growth of not only her

department, but the entire organization as well. What started out as a small office with merely five dental chairs and a few staff members that provided basic dental procedures, has grown into one of the busiest departments at BMC. From hand written paper records and outdated radiological procedures, the department has evolved to use electronic health records and digital radiology in order to provide the best quality of care to their patients. Dr. Soheil has assisted in the process of shaping the dental department into the powerhouse it is today. In 2010 she helped BMC to successfully initiate Florida's first portable school-based dental program known as the "Healthy Smiles in our Schools," program. She was also present to see her department receive the DentaQuest Institute Center of Excellence Award and to be honored by them along with the National Network for Oral Health Access, where they described BMC and the Luis Beltrán Dental Suite as "A Center of Excellence that has displayed leadership in oral health practice management and has improved the oral health status of its patients." Today she continues to work diligently in helping the Luis Beltrán Dental Suite to further grow.

One of the reasons behind the success of BMC's dental department is the exceptional staff they have on board. The team consists of highly qualified dentists, dental hygienists, assistants and now students, all of whom possess a true passion for their profession. The longest tenured of the group is Dr. Robert Adler who has over 50 years of experience in Dentistry and has been a part of the team since 2006. Prior to committing to BMC, Dr. Adler ran his own private practice for many decades. Since he first came onboard, he has helped the department to grow by garnering loyal patients who come back to receive their services from him. His work ethics, success with patients and dedication to both the organization and his profession lead BMC's Board of

Directors, senior leaders and general staff members to bestow him with a special award in 2014. While Dr. Adler is an enthusiastic and devoted employee, it takes the entire dental team, all of whom work tirelessly to provide quality oral healthcare to the community, to make the department the success it is.

Today, the Luis Beltrán Dental Suite has undergone intensive renovations to make the department more modern and up-to-date. They now have an astonishing eleven chairs, offer a variety of new specialty dental services and have even initiated a partnership with Larkin Community Hospital through their Larkin Dental Residency Program. The program provides students with a unique opportunity to get hands on experience in working with a culturally diverse population that are often times in dire need of oral healthcare. Together, both BMC and Larkin are able to train the next generation of future dentists who will continue to carry out BMC's mission of providing the utmost quality of care to those in need. In the 2012 book, *Cinica Borinquen: A Legacy for the People*, Dr. Soheil summed up what it means to be a part of the BMC team perfectly when she stated, "The people we serve and the family we have become are what inspires me... I think all the services we provide share importance in serving our community." While BMC is now a major FQHC in South Florida, the Board of Directors and staff members alike continue to function like a family; working together to lift-up both the community and each other.

Have You Been to The Luis Beltrán Dental Suite Yet? At Borinquen Medical Centers Dental Clinic, good oral health is our main goal! Our professional and friendly dental team is happy to provide you with the best dental care available to give you a healthy and beautiful smile. Our newly renovated Dental Suite is located on the 5th floor of the main site located at 3601 Federal Highway,

Miami, Florida. To make an appointment, please call:
(305) 576-6611

Services Available:
Comprehensive Exams,
X-Rays,
Diagnosis,
Treatment Planning,
Cleaning and Fluoride, Sealants
Restorative (Tooth Color Filings)
Extractions,
Crown and Bridge
Dentures
Root Canal (or referral if necessary)
Teeth Whitening,
Emergency Services
Hours of Operation:

Monday: 8:00 AM – 5:00 PM
Tuesday: 8:00 AM – 5:00 PM
Wednesday: 8:00 AM – 5:00 PM
Thursday: 8:00 AM – 6:00 PM
Friday: 8:00 AM – 4:00 PM
Saturday: 8:00 AM – 2:00 PM



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Led by renowned surgeon Dr. Carlos Lavernia, our team of orthopedic surgeons combine experience with the most advanced technology and surgical procedures.

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Visit LarkinOrthopedics.com to learn more, or to schedule an appointment call 305.917.0777.

Borinquen Medical Centers Awards and Accolades!



Nester Chardon (BMC Board); FL State Rep. John Cortes; Dis. 43; Bob Linder Pres. (BMC); Eva Perez Chairwoman (BMC); Luis De Rosa PR Chamber; FL State Senator Darren Soto, Dis. 14; Vivian Rodriguez, Pres. Democratic Hispanic Caucus of FL

Puerto Rican Summit Celebrates Entrepreneurship, Diversity & Inclusion

~by Susan Alvarez

It's been a busy travel season for Borinquen Medical Centers of Miami-Dade's (BMC) Executive staff and members of the Board of Directors. Last month, BMC's CEO, Robert E. Linder, board members Nestor Chardon, Debbie Ponce, Luis Canales along with Mrs. Eva Perez attended the Puerto Rican Summit in Orlando, Florida. Mrs. Perez was honored and recognized for her leadership and commitment as Chairwoman for BMC.

The Summit was pleased to host guests from all regions of Florida, Puerto Rico, Washington DC, Georgia, California and Illinois at the day's four workshops and at the noon Business Luncheon meeting titled "Puerto Rico - Florida: Two Markets that Work for You". As in past years, Dynamic Community Development Corporation (CDC), a 501 (c) 3 economic and community development organization, was the organizer and main sponsor of the Summit.

With a growing influx of Puerto Ricans moving from the Island to the Mainland, and with the Puerto Rican population in Florida expected to reach one million by the next census, the goal of the Summit

remains constant: "To create a vision for a greater Puerto Rican community on the USA Mainland through economic, social and civic empowerment".

Two afternoon workshops covered themes new to the Summit and were very enthusiastically received. The first was "Successful Women Entrepreneurs as Powerful Leaders in Government and Corporate America: Balancing Life, Work and Leadership" moderated by Ms. Luz Weinberg, Vice President of NALEO and former Commissioner of Aventura in Miami-Dade County. The second was "A More Open Cuba: Its Impact on Puerto Rico" moderated by Mr. Manuel Cidre, President, Los Cidrines Bakery in Puerto Rico. For this special workshop, Mr. Willy Ramos, Director of Intergovernmental Affairs, Department of Commerce traveled from Washington DC, Mr. Jose M. Izquierdo-Encarnacion, President of the Cámara de Comercio de Puerto Rico traveled from San Juan, and Milton Vescovacci Esq., of the Law Firm of Gray Robinson traveled from Miami to participate.

Maria "Magda" Llinas, RN, BSN !

~by Susan Alvarez

Magda started working for Borinquen in January of 1989. She is one of our treasured tenured employees. At the beginning, Magda says she just wanted an 8 to 5, Monday through Friday work week that would allow her to spend more time with her family.

Magda simply states, "I am the Director of Nursing. I wear many hats and it would take forever to describe it all."

She admits that when she first started working at BHCC, she had many challenges. "I came from a completely different setting, the Miami Children Hospital, a big well-structured institution to a small kind of disorganized place." She goes on to say, "It was really shocking at the beginning. Then, little by little I assimilated and started introducing some small changes, policies, procedures, etc. and here I am 26 years after having resigned two (2) times during my first month of work! It was so difficult, but Mr. Emilio Lopez, Borinquen's founder, convinced me to stay, both times."

There's a glint in her eyes as she starts reminiscing about the early days at Borinquen. "We were functioning as a mini emergency room back in those days, in the tiniest of places and the procedures we were doing were very different than allowed today. Back



then they were doing IVs (IV rehydration treatment), lumbar puncture (also called a spinal tap), they would catheterize patients to draw urine, whatever was needed to help the patient get better and if we couldn't help them anymore, that's when we would send them to the major hospitals. We knew it would be very expensive for them so we tried to do as much as we could.

>>p 11

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

Offered by **simply healthcare**



Shareholder



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.

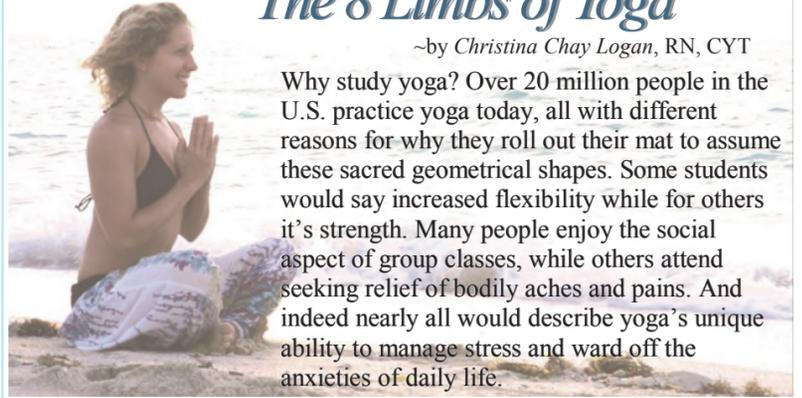
MCCofFL.com

Magellan
COMPLETE CARE.

AWARENESS

The 8 Limbs of Yoga

~by Christina Chay Logan, RN, CYT



Why study yoga? Over 20 million people in the U.S. practice yoga today, all with different reasons for why they roll out their mat to assume these sacred geometrical shapes. Some students would say increased flexibility while for others it's strength. Many people enjoy the social aspect of group classes, while others attend seeking relief of bodily aches and pains. And indeed nearly all would describe yoga's unique ability to manage stress and ward off the anxieties of daily life.

I study yoga because it makes me a more loving person; more loving to my partner, child, family, friends, roommates, neighbors, other drivers on the road, and people standing with me in line. This practice softens my heart. It allows the weight of life's stresses to lift from my mind, reminding me time and again that everything is okay. I believe many of us navigate much of the day clouded by the idea that everything is not okay. We fixate on worries, concerns, doubts, and fears, making it difficult to relax and trust the perfect order of things, to relinquish the falsehood of control. Yoga gives that momentary peek into what is real, guiding us away from the unreal or illusionary energies that create such worries. It reconnects us to unlimited stores of love residing in our hearts, inspiring sweeter thoughts, words, and actions. It makes us want to be kinder toward others, and toward ourselves.

This science of living has its roots in ancient India, although the teachings are just as available to us today, if sought out with honest inquiry. Ashtanga yoga, the 8 (*ashta*) limbs (*anga*) method of yoga serves as a blueprint toward individual self-realization (*Samadhi*) or immersion in this profound love we all desire. The limbs are as follows:

- Yamas - restraints (how we interact with the world around us)
- Niyamas - self observances (how we conduct ourselves, our behaviors)
- Asana - postures (body control)
- Pranayama - breath control
- Pratyahara - sense withdrawal (from external pleasure seeking to inner satisfaction)
- Dharana - concentration (steadiness of the mind)
- Dhyana - meditation (long periods of concentration)
- Samadhi - self-realization (state of free flowing connection to the source of love, the Divine energy)

While the 8 limbs of Ashtanga are not restricted to a particular order, it is recommended to begin study with the first 4 (external) limbs that address more tangible matters of the body and environment. The last 4 (internal) limbs are more advanced, and therefore suitable for students who have prepared their mind and body to move into the deeper realms of self-study.

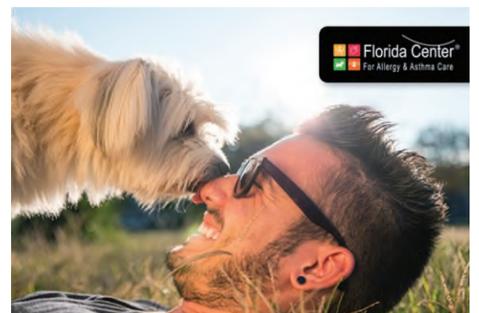
Ashtanga yoga is one of the many styles of yogic practice. Yoga is one of several methods available to us in this lifetime to find inner peace, balance, and sense of purpose. It can bring us a step closer to what we are all in search of: LOVE.

For more information and this and other yoga topics, contact Christina Chay Logan at christinalogan15@gmail.com and attend weekly FREE outdoor yoga classes every Monday and Wednesday 6-7pm at 73rd and Collins (on the UNIDAD Community Center Patio) and 21st and Collins (Bass Museum lawn). Haribol!

Pet Allergies

Do's & Don'ts

The frequently asked questions of patients diagnosed with a pet allergy, because, if you have allergies to pets, you don't need to put your companions up for adoption. "Until one has loved an animal, a part of one's soul remains unawaken" a quote from French poet Anatole France.



Let's be honest, here at Florida Center for Asthma and Allergy (FCAAC) we love our pets as much as our children and we own a most variegated array of them – the list includes commonly, dogs and cats, and it goes all the way to birds and also a baby piglet. In South Florida we are blessed with warm and sunny weather that doesn't allow high rates of air pollution, but we are not exonerated from airborne allergens such as pollen, dust, mold, dust mites and also pet dander.

We have rounded up the top questions patients ask our doctors when diagnosed with a pet allergy.

THE SYMPTOMS OF PET ALLERGY

- Sneezing ● Runny or stuffy nose ● Nasal congestion ● Skin rash or hives
- Watery, red or itchy eyes ● Coughing, chest tightness, shortness of breath and wheezing

I HAVE PET ALLERGIES, BUT WHAT AM I REALLY ALLERGIC TO?

The protein contained in the saliva, dander and urine of your four-legged friend is what you are allergic to. I am allergic to my cat/dog. What to do now?

A) CONTROL THE ENVIRONMENT

- Remove the animal from the bedroom ● Use bleach on clothing or bedding
- Cover mattress and pillows with hypoallergenic cases
- Use HEPA room air cleaners and a HEPA vacuum
- Use whole-house filtration on central heating/ventilation, air conditioning systems (HVAC); a MERV 12 filter is recommended
- Limit carpeted surfaces ● Substitute leather furniture for upholstery
- Bathe animals regularly

PLEASE NOTE: if symptoms are severe and evolve into asthma attacks and hospitalization, stricter measures must be taken prioritizing the health of the patient.

B) CONSULT THE ALLERGIST

- Before introducing a new furry animal, get tested by an allergist, who is a specialist expert in testing and diagnosing allergies and asthma ● When mild symptoms are present: anti-histamines and nasal sprays ● The most effective treatment is immunotherapy (allergy shots) that helps the body desensitize over a period of time.

CURIOSITY FACTS

- The fur length of the pet doesn't interfere with the allergic potential of the animal, however the longer the fur the more it can collect other airborne allergens such as pollen or dust.
- It is now known, but not scientifically proven, that in general cats are more allergenic than dogs and that non-neutered male cats and dogs are more allergenic.
- At the beginning of the school year there's a spike in asthma episodes, because children allergic to cats are reintroduced to the allergen that may not be present at home, but brought in by their schoolmates.
- There is no such thing as a hypoallergenic cat/dog. All breeds are capable of producing a certain quantity of allergen per week, enough for your body to react.

Resources: 1. <http://acaai.org/resources/connect/ask-allergist/hypo-allergenic-or-non-allergenic-dogs-or-cats> 2. <http://acaai.org/news/love-your-pet-not-your-allergy> 3. <http://acaai.org/allergies/types/pet-allergy>

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 provider. Should you have any healthcare related questions, please call or see your physician or other qualified healthcare provider promptly. Always consult with your physician or other qualified healthcare provider before embarking on a new treatment, diet or fitness program.



AROUND THE CORNER: ART

~by Susan Alvarez

Art, it's what's good for you.

I suppose many of you are probably aware that we, Borinquen, love the arts. We support the arts, we love everything about it and we try to stay involved as much as possible from presenting intellectually renowned artists to introducing the local up and coming young artists right around the corner in our very own community.

It's a well-known fact that the Arts are a great benefit to your good health, both mental and physical. It's been proven! This is just another reason to love the arts and with that in mind and the fact that it's been several months since we've presented an art show, we think it is a perfect time to check-in with some of our favorite emerging young artists. It's been almost two years since some of them were presenting for the very first time and during the most important week of the year no less when all the worlds' eyes are on Miami, during Art Basel. This is always an exciting time but for a young new artist it's an extremely exciting time!

We first caught up with Sandy "Lola Red" and we found out she has been most definitely still working in the arts as is apparent by the adorable 10 month old baby girl she's created and serves as the muse for one of her most recent paintings featured here.

SA: As a new mom are you finding new challenges creating art or has it changed your views or provided you with a whole new style?

LR: As far as being a mom and having to create, it definitely has its challenges, but nothing I would trade. My daughter is my reason for life and I want her to know that we have the ability to create something from nothing and use our imagination to make it our own, so I can confidently say she adds to my inspiration.

SA: Are you able to keep up with your passion, art?

LR: Well at this very moment I'm actually expecting my second child so my energy is low and I have a one track mind for food lol, but I definitely squeeze in my painting time while my daughter naps.

SA: Now that you are a more seasoned artist, have you developed any new creative patterns, routines or rituals?

LR: Well I wouldn't say creative but definitely ritualistic I have to have the TV on while I paint and some munchies so I don't have to get up and leave my zone.

SA: What's next?

If God is willing I'll be able to expose more of my art and start selling a larger quantity so I can move in to my own gallery space where I can expand my artistic horizon.

SA: What are your hopes for the future?

I truly hope that I can push forward and make something stable happen with my art so my daughter and future children can see that you can be successful in anything your heart and mind are into.

Next on our list, who we met up with at a staff picnic, is Kayla Arias. Kayla was thrilled to share her wonderful exciting news with us. She was invited to participate in a program that allows her to study abroad for the month of June with the University of South Florida Art and Art History in Paris program.

Kayla tells us, "So far Tampa has been treating me well. I've been trying a bunch of new mediums that have kept my inspiration for art at its fullest peak. I tried some video and audio editing that is completely different than what I'm used to, but it's been exciting learning new things. I've also tried my hand at sculpting which has tremendously sparked my interest. Sculpting has really opened a new door to my creativity that I've never felt before. I've mainly worked with plaster, but I've taken a liking to using wood and different techniques with cutting, using hardware and power tools, as well as wood burning techniques."

She goes on to explain, "Now that I've gotten more experience I've constructed a style that's seemed to have gotten a lot of attention from people. I have a main interest in the eye so I use those significantly in my art works. Also I've primarily adapted to the use of abstraction and surrealism, which was inspired by the works of the famous Salvador Dali."

Kayla is a now a senior in her Bachelors in Fine Arts program, and is looking at schools and programs so that she can pursue a Masters in Fine Arts. Being from Connecticut, she is leaning towards schools in the North East where she states, "That's where my heart is and I think if I stay true to myself then the environment I love most will also influence my work and give it more ingenuity."

From Paris, France she sends the following, "I'm really hoping just to get the most out of the artistic energy that overflows in the Paris environment of art and art history. I want to see as much as I can and let it influence me with ideas I've never been exposed to before. So far I have a few great ideas I want to pursue when I return back to school so we'll see how that goes once I get back into an art studio." We want to wish Kayla an artistically wonderful learning experience in her travel abroad.

Opa-locka Hosts River of Art!

Whether you want to promote your art or check out the latest art scene, Life Is Art's local artist showcase series called River Of Art is one event not to be missed. The series runs from February through September, where they produce monthly pop-up, art-in-public-places shows combined with a business networker in order to expose artists to new audiences and introduce new people to art appreciation. It is a unique program in Miami and one of the few to focus specifically on promotion of local artists. Bringing People and Art Together, Life Is Art & Soul of Miami present the River Of Art with exciting evenings of business networking featuring interesting shows, excellent music, delicious cuisine tastings and refreshing beverages. The River Of Art is a monthly gathering place of Miami's good people, executives, industrialists, innovators, creators, entrepreneurs, changemakers, activists, and artists.

Their latest offering was held this past June 23rd and was hosted at the brand new Opa-locka Arts and Recreation Center (ARC) located at 675 Ali Baba Avenue,



Above: Lola Red's "First time to the Beach." Mixed Media - oil and acrylic, sand and shells



Above: James Brutus' "Tallulah" Acrylic on Canvas. Tallulah was a Taino warrior. The Taino nations existence pre-colonial era which were inhabitants in Cuba, Jamaica, Hispaniola, Puerto Rico (Greater Antilles), and the Bahamas. To my brothers and sisters living in (once was) Hispaniola "One nation, one love." #jamesbrutusart #legacycaribbeancraftbrewery #beer

(featured here) Paschal, Edwive Seme, Daniel Ferrer, Glenda Ramos, David Bulit. We would love to be able to feature all the amazing artists that presented their work and we just might in the future, space permitting, but for now one stand out was the versatile and playful work of James Brutus who said of the River of Art show, "A fabulous way of connecting South Florida residences and visitors towards the arts."

James Brutus, an emerging and promising artist went head first into the art scene. James' body of work focuses primarily on painting and portraiture where his reputation of powerful figures balance between both meticulous brush strokes and dynamic loose energy. These figurative pieces question the social notion of nature and beauty; thus the age-old human longing for perfection. James earned his Bachelors of Fine Arts Degree at the College for Creative Studies, Detroit, Michigan. There his focus geared towards Illustration and Fine Art. At this time, he is working with inks, acrylics, oils, and digital as such repeatedly changing his portfolio targeting more portraits and illustration assignments. James has created illustrations for newspapers and magazines; such work has been seen in Michigan View, Chicago Tribune, among others, as well as for private clients. He also exhibited several of his work in galleries throughout Detroit and Chicago. In late 2009, James announced his arrival back to his thriving, highly respected art scene, and hometown, Miami, FL (where real oranges grow). He hopes to modestly continue participation with group shows, commissions, and freelance projects.

Live Music and Performance Showcase: Gypsy Cat Band, Dangerfun, The Tribe, Najee Lee. Restaurant Tastings: Jackson Soul Food, Country Meat Market, Hammond's Bakery, Crabman 305, Leroy's BBQ, Miami Finga Licking, The Sweet Boutique and More. Drink Tastings: Papi Demi Sec.

Premiere Sponsor: Spectrum Miami; Partners: Fabulous Miami, YOMiami, SocialMedia305, Catalyst Miami, InTheLoop305, Arts & Business Council, Bakehouse Art Complex, Association of Fundraising Professionals, Social Media Club South Florida, The New Tropic. Made possible with support of the Miami-Dade County Department of Cultural Affairs and the Cultural Affairs Council, the Miami-Dade County Mayor and Board of County Commissioners.

The recent offering proved to be a wonderful success for Life is Art, the artists, restaurateurs, and the community. #RiverOfArt - For more information, please contact James Echols via email: media@lifeisartfest.org, or call: 305-494-5992.

A new documentary called **The Dark Side of the Full Moon** by South Florida based filmmakers Maureen Fura and Jennifer Silliman, both of whom have firsthand knowledge of depression following the birth of their children, is garnering lots of attention. Having a baby is supposed to be the happiest time of your life. But what if it's not? Each year, 1.3 million women in the U. S. struggle to find support and treatment for postpartum depression and other perinatal mood disorders.

Two women, Palm Beach based Jennifer Silliman and Miami based Maureen Fura, both with firsthand knowledge of this challenge, came together to give a face and a voice to the countless women who suffer in silence. With the help of Dr. Shoshana Bennett, Executive Producer, they produced a documentary film, uncovering disconnects within the medical community to effectively screen, refer, and treat these women.

One in seven women will experience a pregnancy and postpartum mood and anxiety disorder, and one in one thousand will suffer from postpartum psychosis. However, it is the one condition during pregnancy and postpartum that is most often under-diagnosed by care providers.

SAK PASE FANMI!

(What's Up, My Family!)

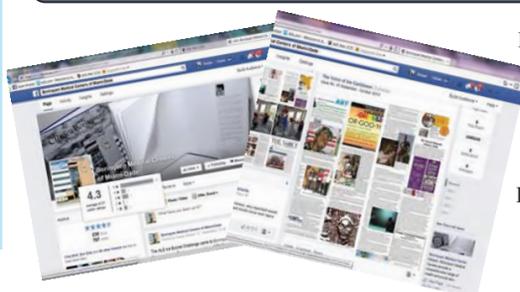
The good people at The Little Haiti Cultural Complex would like you to know that DISCOVERINGLHCC305 ...is not just a trending hashtag anymore; it's truly becoming a movement. So many South Floridians from all cultural backgrounds and tourist alike are visiting us daily for the first time and are DISCOVERING LHCC. We are more than just a community center - we are a complex! A complex which consists of 3 state-of-the-art buildings that host: community classes, summer arts & dance camps, specialized and bilingual workshops, elite art shows, visual arts classes, screen printing, world renowned performances, book fairs, music festivals, Haitian Jazz Fusion, family classes, language arts programs, and most importantly we provide affordable rental spaces for our community. If you haven't visited us yet here are a few reasons why you should this month!

FREE Summer Camp K+ June 8 - July 31 8:30AM-5:00PM, Monday-Friday, 8 Week Summer Program For Children Starting KINDERGARTEN. Program offered by WALK BY FAITH EDUCATIONAL CENTERS. For registration info, please call: 786-202-0942 or visit LHCC 5925 NE 2nd Ave, Miami, FL 33137 in person. **FREE YOGA Thursday 6:00 PM - 7:00 PM, Saturday 12:30 PM - 1:30 PM, Green Heart YOGA with Janet Meier, Love Donations Welcomed - Bring Your Mats!** Little FREE Libraries - Help us promote a greater love of literacy. Donate, Borrow Or Exchange A Book Today! For the full list of classes and events, check out their website: <http://littlehaitculturalcenter.com>



Above: Kayla's "Diplet" Media: spray painted plaster

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Lunch & Learn

~by 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 latest in the series was held on Thursday June 18th at Borinquen Medical Center, Specialty Center located at 100 NE 38TH Street. The core topic was "Understanding Labs" and was presented in English by Donna Sabatino, RN, ACRN, and Community Liaison Manager from Janssen Therapeutics.

If you missed this Lunch & Learn, you can call to RSVP for the next one which will be held on Thursday, July 23rd and presented by Jose Cosia of GILEAD. The Core Topic will be "Starting HIV Medication."

The BMC Lunch & Learn series is a popular event. They are ongoing monthly and by RSVP only per case manager invitation. If you are interested in more information, please call: (305) 576-6611 Ext. 1319 or Email: aacamacho@borinquenhealth.org

FREE MAMMOGRAMS!



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:

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

The FIU Herbert Wertheim College of Medicine is delivering advanced technology for mammography screenings to the neediest neighborhoods in Miami-Dade County through an integrated model of care.



Linda Fenner 3D Mammography Center

- The first mobile 3D Mammogram unit in South Florida
- Increasing access to breast cancer screening for women
- Providing personalized education, outreach, navigation, and support through breast cancer detection and treatment 3D Mammogram

Compared to Digital Mammography

- Increases early detection of breast cancer
- Better able to image dense breasts
- Fewer false positive results

For more information on the 3D Mammography Unit, please visit medicine.fiu.edu

SEARCH FOR BUDGET APPROVAL from p1

for recipients and would effectively be shut down through the "sunset" provision should the federal government not maintain its 90% minimum share of the total cost or if Washington were to change the provisions put in by the Florida House. Unfortunately, the proposed bill was not successful as the legislature continues to debate and discuss a viable budget as they approach the deadline.

Couples Testing

"A couple that test together stays together"

~by Susan Alvarez

In the hopes of preventing HIV infection, couples are now getting tested together. This practice started around 20 years ago in Africa where heterosexual couples were encouraged to come together for testing. Although it's not just about getting tested together, there's also counseling involved so that couples learn how to deal with the results as a couple. They go through the entire process together. The pilot programs have been successful in several states and are now being offered in Miami.

Borinquen is excited to be able to provide this service to our community. Couples Testing (CT) will begin on July 1, 2015; CT will occur every Wednesday starting at 8:30am to 3:30pm and Friday from 8:30am to 2:00pm.

CT will take place at the following locations:

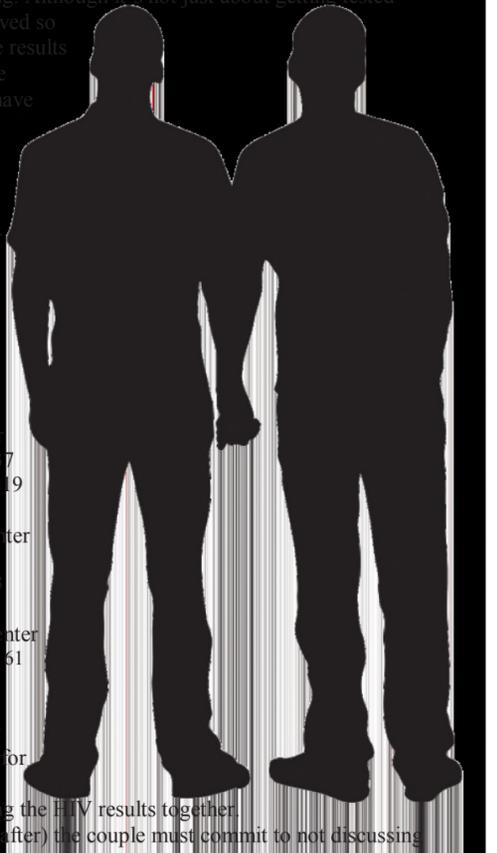
BMC Emilio Lopez Pavilion 4th Floor
3601 Federal Highway, Miami, FL 33137
Tel: (305) 576-6611 / Fax: (786) 476-2819
(ask for Moises Hernandez)

BMC Behavioral Health Resource Center
100 NE 38th Street, Suite # 5, Miami, FL
Tel: (305) 576-1599 / Fax: (786) 476-2813
(ask for Raul Rodriguez)

BMC Drop-In Education & Access Center
12603 N.E. 7th Ave, North Miami, FL 33161
Tel: (786) 476-1005 / Fax: (786) 476-2821
(ask for Wendy Aquino)

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 result.



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Are you sick or having medical problems because of your smoking?

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Contact us to register (305) 576-6611
Ext. 1803 Glory Ann Zapata, MS
English / Spanish

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Borinquen Medical Centers of Miami-Dade at FLAGAMI *from p1*

fall through the cracks in the nation's healthcare system. By operating on a sliding fee scale, having contracts with almost all Medicaid and Medicare plans and accepting nearly all insurance plans, the organization is able to help anyone that comes to the clinic in search of medical, dental or mental health services. BMC is comprised of a diligent and enthusiastic staff that passionately works to link all of their clients to the services they need, thus making their experience with the clinic an easy and enjoyable one.

FQHCs like BMC are an important fixture in today's society. They are able to provide preventative healthcare services to individuals who are suffering from chronic illnesses such as diabetes, hypertension or

HIV, but cannot afford adequate health insurance. By having access to the preventative services needed to keep their conditions in check, they no longer have to seek care in emergency rooms when their manageable illness turns into an emergency. Additionally, uninsured and underinsured individuals are able to receive state-of-the-art medical care for an affordable price at BMC.

While BMC has become a staple in Miami-Dade County, the organization has not forgotten its humble roots. It was in the early 1970s that community activist, Emilio Lopez, recognized the dire need for a medical facility in the heart of his own neighborhood as he witnessed how his family members, friends and peers had no place to turn to for the healthcare services they needed. Together with the help of a group of community activists, Mr. Lopez was able to establish BMC as a grassroots clinic. On May 20, 1972, they were finally able to open their doors to the public for the first time. From there, his dream of providing access to quality healthcare to the poor and underserved has rapidly evolved as the organization has grown over time. Today, BMC's CEO

and President, Robert E. Linder, as well as the entire executive team, has successfully ensured that the vision of Mr. Lopez continues to live on through their immense efforts in applying for federal grants, forming partnerships with community leaders and through

to look for new locations in an effort to further provide affordable, top quality healthcare to an even larger audience. By expanding throughout the community of Miami-Dade County, they will be able to keep the dream of Mr. Lopez and the Mission of BMC alive.



fundraising events. With the assistance of their dedicated Board of Directors, they have been able to build BMC into the organization it is today.

As BMC has evolved, the need for expansion quickly became evident. With Miami's ever growing and changing population, the need for affordable, quality healthcare continues to rise throughout the County. From their original location on Federal Highway, BMC has expanded to incorporate the regions of North Miami, Little Haiti, West Miami, Kendall and most recently, the neighborhood of Flagami. With a grand rededication ceremony being planned following the completion of BMC's Emilio Lopez Pavilion' state-of-the-art full site renovation and BMC at Flagami's expansion and renovations, BMC hopes to bring awareness to their newest community that the clinic is open and ready to assist them in any and all of their healthcare needs. Of course the expansion will not stop there. BMC's main site renovations will soon be completed, their North Miami location is looking to open their own dental suite in the near future and the organization as a whole will continue

“Magda” *from p 6* We only charged \$5.00 a visit and that included everything from the visit, to x-rays, to the medication they needed like antibiotics, everything.” When she says she was shocked at the difference between the way the institutions functioned, she meant it. She recalls an incident at her previous post that one time where a drug was not missing, but there was an extra pill at the end of the shift. They were basically on lockdown and no one was allowed to go home until they figured out what happened. Turns out, a nurse logged out a pill to give to a patient, but didn't give it to the patient and simply put it back. Magda was shocked to see that at her new place of employment not only were the drugs not under lock and key, there were no procedures on disbursing. “However,” she beams, “in all that time not one pill was ever missing and that's a testament to the quality of the dedicated people Borinquen hired.”

Magda feels the early 1990's were the worst years in her tenure at Borinquen because that's when the HIV/ Aids epidemic spread uncontrollably. You can >>p 12

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BORINQUEN'S MAIN SITE RENOVATIONS AND DEPARTMENTS MOVE UPDATES!

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).

“Magda” from p 11

feel her sadness and her voice lowers as she recalls how hard it was to basically watch, otherwise seemingly healthy young people deteriorating and dying of the virus within months. “Those were the most horrific of times” she says, “and we didn’t know how to help them or even what to tell them. Those that were sick back then and are still alive today are real survivors.”

Magda continues, “My greatest experience with patients has been the gratification I feel of being able to help those that needed my help the most, such as the poor, the

needy, the uninsured, those who could not go anywhere else to obtain healthcare. That’s why I got hooked!” exclaims Magda.

“For our clients to get the best results possible to meet their needs, I would advise them to follow their doctor’s recommendations. Keep their appointments and to stay actively involved in their healthcare.” advises Magda.

Magda was born in Cuba and came to the USA at a very young age. She attended Miami-Dade Community College where she received her Associate Degree in Nursing and to Florida International University earning her Bachelors of Science in Nursing.

Her passions in life are animals and traveling. She absolutely loves to travel, has been to many places and plans on continuing her globetrotting around the world as long as she is able. Magda also cares deeply for animal rights and can’t stand to see their abuse. Her hobbies are dancing, and when she’s not kicking up her heels, she relaxes with a good book or watches movies. She loves spending time with friends and family, going to the beach and picnics.

Borinquen and its team are so very much honored to have a dedicated person, such as Magda on their roster. We thank you for the excellent quality of care you provide our community.

Tenured Luz Gonzalez Retires!

~by Susan Alvarez

Luz Gonzalez, Pediatrics – Front Desk and Medical Billing Specialist for Borinquen retires after 31 plus years!

This month we say good bye to Luz and wish her a wonderful retirement. While we’re always happy to see our employees enjoy the good life of rest and



Above: Luz Gonzalez and Borinquen’s CEO Bob Linder at this year’s company picnic presenting her with a token of appreciation for her years of service.

relaxation that retirement provides, we are sad to see her go. Her co-workers will miss her sunny disposition and helpful personality. Luz has always been a conscientious employee who is well liked by her co-workers and is an all around wonderful human being. “She was a great employee who was loyal, competent and was able to count on, in the time of need.

The Borinquen family will miss her work ethics and wish her the best on her retirement.” States Minurca Garcia, Luz’s supervisor.

We wish that you can now do all the things that you have always wanted to do. Luz, you have served Borinquen well and we thank you for your many years of loyalty and dedication.



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