



President's Note: Health Care Environment

Will Florida seek expanded Medicaid?

Your guess is as good as mine, however because of the national election and the Republicans controlling both the House of Representatives and Senate there may be, just maybe an opportunity for some compromise which could pave the way in Florida. As for the Marketplace (ACA) is concerned, over 1.3 million Floridians have signed up, the largest number of any state. At Borinquen Medical Centers, our navigators have been swamped everyday with individuals from the community interested in signing up. Again, remember after the February 15th cutoff date, individuals still may qualify for Marketplace Insurance.

~ Robert Linder, President/CEO

THIS IS WHAT WE DO

~by Susan Alvarez with Claudia Polastri

AND WHY WE DO IT

On Friday, January 30th, Borinquen's TOPWA and Healthy Start programs held its first Baby Shower of the year in our newly renovated employee lounge and it was a wonderful success! "We invited 45 moms and a guest and provided dinner, cake, and gifts for every mom there. We even raffled off a car seat!" said Claudia Polastri, Special Programs Coordinator, who oversees these programs. In order to better service our community, the Targeted Outreach for Pregnant Women Act (TOPWA) and Healthy Start programs organize these baby shower events as a way to provide valuable information to expectant moms.

Borinquen's special programs, OBGYN, Pediatric and Medicaid Eligibility departments joined forces to ensure that every soon-to-be mom is confident that she can make the right decisions when it comes to taking care of herself and caring for her new born baby. "We take this opportunity to provide the moms with resources that they may need throughout their pregnancy and beyond. We take the opportunity to introduce them to our Pediatric Department and we coordinate hospital tours, if needed, to prepare them for their delivery," explains Dr. Deborah Gracia, Borinquen's Chief Medical Officer.

Milagros Sifonte, Pregnancy Liaison, and Bernard Guitau, Eligibility Specialist, provided information on Medicaid for the moms and for their child once he/she is born. All moms were

given a free voucher for their first Pediatric appointment and were provided with a handbook with all the information they need for them and their baby to be healthy and to continue their health care visits and guidance, which included hospital tours dates. The Healthy Start Care Coordinators also provided Childbirth Education in English, Spanish and Creole and answered the expectant moms' questions.

Barbara M. Kubilus, Chief Special Programs Officer for BMC, explains, "Baby showers are our way of promoting Borinquen's comprehensive Maternal Health, Screening and Education programs and services, as well as an opportunity to show our appreciation to the pregnant women (and their families) for utilizing the healthcare and support services at Borinquen. The baby shower venue gives us the opportunity to showcase our

pediatricians, obstetricians, nurses and our pregnancy liaison; Healthy Start and TOPWA services, which are inclusive of health screenings, childbirth classes, breast-feeding instruction, parenting classes and screening for additional ancillary services for the family; and the Health



Exchange and Access Team, which assists our families evaluate which health coverage they may qualify and apply for."

Additional information on the TOPWA program: The Targeted Outreach for Pregnant Women Act (TOPWA) program was funded by the Legislature in 1998 to reach high-risk or HIV-infected pregnant women not receiving adequate prenatal care. The purpose of the program is to lower the number of babies born with prenatal drug exposure and HIV infection.

TOPWA has been part of the Borinquen Family since October 2010 and we have since enrolled more than 1244 pregnant

As we go to print ...

Measles Outbreak Renews Old Debate

~by Anna Smith

An outbreak of the Measles virus has been spreading across the nation since the end of December, terrifying parents everywhere. It began at Disneyland in California where at least 40 visitors and workers contracted the nearly eradicated disease. The airborne virus is highly contagious and sometimes fatal, especially for infants that are too young to receive the Measles vaccine. Currently, there have been over 130 confirmed cases of Measles related to this current outbreak which has spread across 17 states and the District of Columbia since it began in December. The outbreak is believed by many to have been a result of an increasing trend known as "Anti-Vaxxers" in which parents refuse to vaccinate their children from potentially life-threatening diseases due to concerns that the immunizations themselves are more harmful and more of a risk than the diseases they are combating. While most states allow exemptions from vaccinations on the basis of religion, California currently has the most lax laws regarding immunizations with many parents opting to forgo vaccines on "personal grounds." It is not surprising that California also has the highest number of confirmed cases as well.

To understand the full scope of this particular outbreak, it is important to first understand the disease, its history and the medical practices that have been created to control it. Measles is an airborne virus that begins with a fever, cough, sore throat, runny nose, red eyes and rashes that develop first on the face and then spread across the entire body. The illness is painful and sometimes fatal. Those who are exposed to Measles must be isolated for the entire 21 day incubation period that the disease has in order to ensure that they do not further spread the virus which is at its most contagious from 4 days prior to diagnoses to the 4 days following the initial contraction. According to the Center for Disease Control (CDC), Measles was declared a notifiable disease in the United States in the early 1900s, with an average of 6,000 individuals dying from the disease each year. Before a vaccine was developed in 1963, an estimated 3 - 4 million individuals would develop Measles, mostly before the age of 15, with an estimated 48,000 hospitalizations, 4,000 cases of the disease causing brain swelling and 400-500 succumbing to the virus each year. Following the development of the Measles, Mumps and Rubella vaccine

>>> p 6

>>> p 14



President's Note and Cover Story: Page 1
Community News: Page 2 & 3
Awareness: Pages 5 & 7
Around the Corner & Arts: Page 9
Sports, Job Openings, World Recipe and Horoscopes: Page 13
Kids, Calendar & Did you know?: Page 15
Monthly Heroes: Page 16

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

Editors & Designers:
Anna Smith & Susan Alvarez
Staff Photographer:..... Susan Alvarez
Contributors:.... Robert E. Linder, CEO
Angel Camacho, Teresa Mazard Diaz,
Silvana Vasquez, Sam Kedem, Claudia
Polastri, Deyna Desire-Jeanty



Where Is Your Teenager After School?

~by Sam Kedem, LMHC
(Licensed Mental Health
Counselor/Substance Abuse
Counselor)



Where Is Your Teenager After School? Has your teenager ever been pressured for sex? Even if your teen was not physically forced to have sex, odds are she (or he) was part of an abusive dating system that tried to force them to do something they did not want to do. A teenage boy might drive her to a crime-ridden neighborhood at night and threaten to throw her out of the car if she does not perform. The boy might threaten to go on social media and tell everyone “they did it” anyway. He might threaten - If you don’t have sex with me, I’ll date your friend who will. You might feel that your teens tell you everything. You believe your son or daughter does not suffer from low self-esteem, is not influenced by peer pressure, and is empowered with the ethics you have instilled.

What is your teenager’s sexual attitude about what is right and wrong? If you do not know, you might be surprised to find out. If you are nervous about broaching this subject with your son or daughter, here are some issues to bring up, suggested by Dr. Asia Eaton and Dr. Dionne Stephens, from the Center for Women and Gender Studies at Florida International University.

A cute guy wants to date you. He says, “I like to be honest up front. Occasionally I do fool around.”

Your boyfriend respects the fact that you are a virgin; however he expects to receive other sexual favors as a compromise.

Your boyfriend says, “I love you, but please don’t tell anyone.” Your friend learned your secret and put it on Facebook. Your boyfriend was so angry with you, he became physically aggressive.

You’ve been dating a great looking, popular guy. He pays for you and your friends when you all go out. At the end of one night, he explains that he expects to get paid back – sexually.

When you bring up one or all of these vignettes with your teenagers, find out their philosophy. Don’t express your opinion like it is right or wrong. Your teenagers may have endured one or all of these situations.

If not, one of their friends surely has. Listen to their decisions and the rationale behind their decisions. Listen without judgment, because their reaction to the vignette may not match your reaction. The important thing is that an open and honest dialogue has begun and you will learn your teen’s attitude on sex and help guide those attitudes. - Sam

For more information, please contact:
Sam Kedem, LMHC (Licensed Mental Health Counselor/Substance Abuse Counselor) Behavioral Health Resource Center
100 NE 38th Street, #5 Miami FL 33137, Telephone: (305)576-1599

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 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. 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:

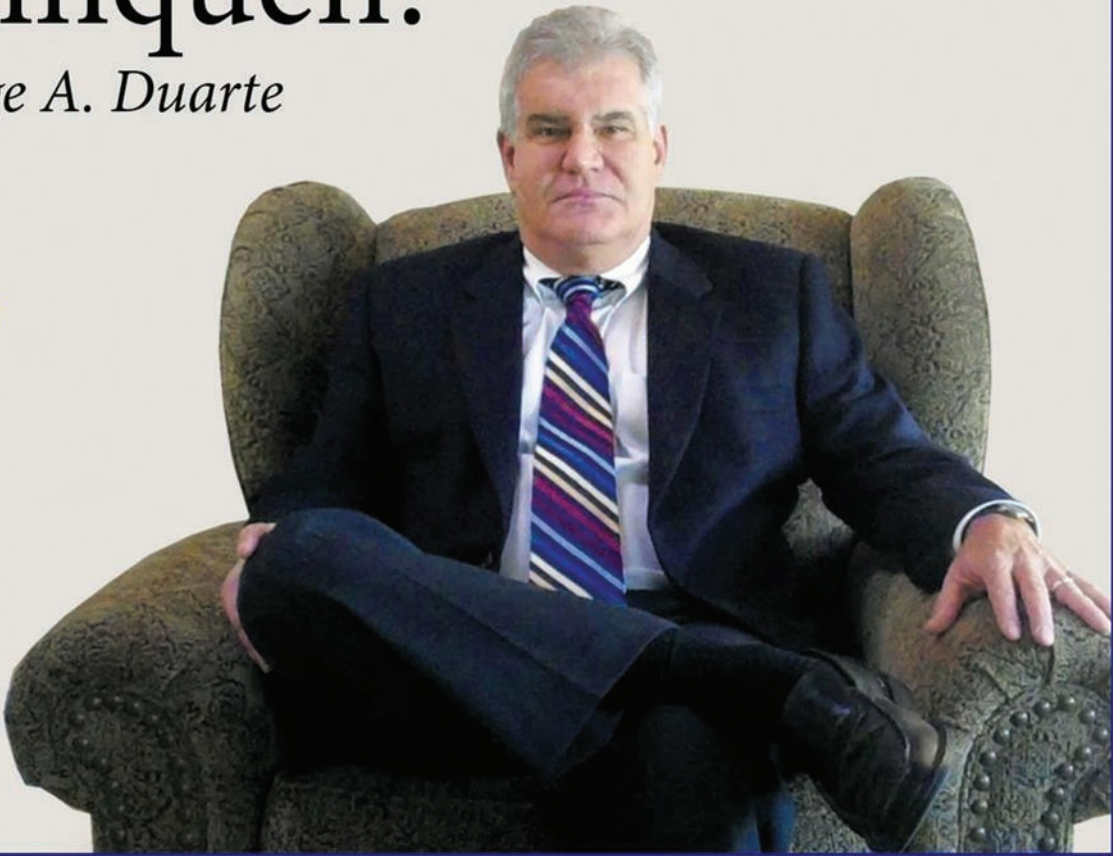
- | | |
|--------------------------|---------------------------|
| 1. Clear Health Alliance | 2. Positive Health Care |
| 3. Sunshine Health | 4. Magellan Complete Care |
| 5. Freedom Health Plan | |



“I love Borinquen!”

-Jorge A. Duarte

Attorney and Counselor at Law
5975 Sunset Drive, Suite 601
South Miami, Fl. 33143
(305) 358-2400



KUDOS TO BMC'S Communication Team!



~by Susan Alvarez

Here at Borinquen Medical Centers of Miami-Dade (BMC), we place a high emphasis on Patient Care and Satisfaction. As we all know, visiting a doctor's office can be nerve racking to say the least, so with that in mind, BMC implemented, with the help of the Studer Group, various trainings and workshops that are geared towards, helping decrease anxiety and improving patient satisfaction.

That is also why every single employee is not just a highly trained expert in their field, but once employed with us, they are put through a series of various trainings and validations designed to help and provide them with the tools necessary so that they understand, how to interact with our patients in order to achieve the highest positive outcome for the patient.

These trainings and workshops are ongoing and those staff members that show the most improvement during their training, validation and beyond are acknowledged and recognized.

BMC would like to take this time to congratulate and acknowledge not just one or two team members from this Department, but the entire team from the Communication Center for their outstanding work in achieving the most positive outcomes and patient satisfaction! The Studer Group's Coach, Cathy Grubbs, said, "This team exemplifies personality, caring and outstanding customer service!"

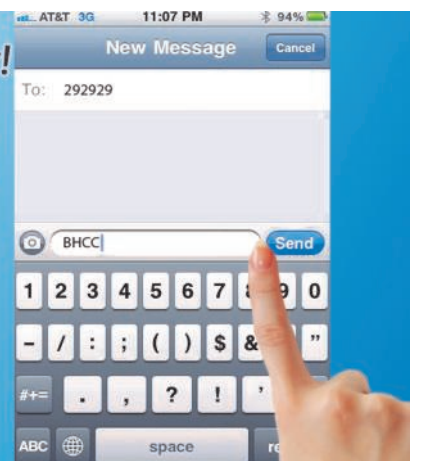
Each team member was presented with a "Fire Starter" pin by Barbara M. Kubilus, BMC's Chief Special Programs Officer, in a special ceremony on January 27th. The "Fire Starter" pin, according to the Studer Group, symbolizes a person who takes responsibility and is committed to helping change the culture of an organization.

Borinquen would like to thank you, again, each and every one of you, Willene Dessalines, Champagne Argentin, Examine Telusdor, Santa Acosta, Gwendolyn Bennett-Russell, Barbara M. Kubilus, Victoria Bustamante, Renee Zuniga, and Sonia Herrera, (not pictured, Chalande Guillaume, Carmen Ramos and Johanna Leiva) for your part in helping us achieve our goals.

Join BHCC's TXT Group Today!

Send a TXT message to 292929 by typing **BHCC** in the TXT field and pressing **SEND**!

You will be conveniently enrolled to receive automatic appointment scheduling, re-scheduling, confirmations, reminders and cancellations via TXT.



Borinquen Welcomes Dr. Lucila Moreira

~by Susan Alvarez


Borinquen would like to introduce and welcome Dr. Lucila Moreira, the newest addition to our Pediatrics' Department.

Originally from The Bronx, New York, Dr. Moreira attended medical school at Philadelphia College of Osteopathic Medicine. She returned to New York City where she completed her pediatrics residency training at Maimonides Medical Center in Brooklyn, New York. Dr. Moreira explains that for the past several years while working in a major metropolitan hospital, her focus was on providing quality and accessible medical care to her pediatric patients in the South Bronx, before relocating to Miami Beach, Florida three years ago.

She enjoys traveling, dancing, and playing soccer with her 1 and 3 year old sons. Her husband is also a physician in adult critical care medicine at Kendall Regional Medical Center.

Dr. Moreira says, "I am so excited to join Borinquen at the end of January 2015 and look forward to helping and caring for the children of this community."

Borinquen is also excited to have Dr. Moreira with such a wealth of experience, join our Pediatrics' Department and we are eager to introduce the new doctor to our patients.



Borinquen Behavioral Health Resource Center Positive Realities Group

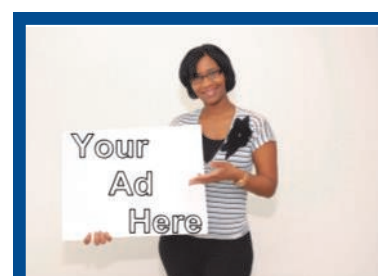
Looking for adults 18 years or older to participate in a 12 week Healthy Living Group

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



When it comes to beating brain cancer
an informed decision
could save your brain.



MIAMI
NEUROSCIENCE
CENTER
at Larkin



LARKIN
COMMUNITY
HOSPITAL

A TEACHING HOSPITAL

NON-INVASIVE OUTPATIENT PROCEDURE
LESS COMPLICATIONS
SHORTER RECOVERY TIMES
MORE THAN 8,000 SUCCESS STORIES

LEARN MORE AT MIAMINEUROSCIENCECENTER.COM
OR CALL 1.855.524.2273



INTERNATIONAL PRENATAL INFECTION AWARENESS MONTH

~ by Deyna Desire-Jeanty, Clinical Office Manager,
North Miami Women's Clinic



February is International Prenatal Infection Awareness Month. The goal of this Awareness Campaign is to help women who are pregnant to prevent infection and keep their unborn baby safe and healthy.

International Prenatal Infection Month was established in 2007. During this month, health care providers stress the importance of prenatal care. At the same time, mothers will be educated on the many types of infections that can harm their unborn and newborn baby. Here are a few of the infections to be aware of and how to protect your unborn baby from them, as mentioned in the article, "How pregnant mothers can protect their unborn babies."

Cytomegalovirus (CMV) is part of the herpes family of viruses similar to chickenpox and fever blisters. It is a common virus and spreads through bodily fluids, including saliva, blood, breast milk, semen and urine. The best way to protect an unborn baby from CMV is by protecting yourself by washing your hands. A woman infected with CMV can pass the virus to her unborn child. As a result, this infection can lead to birth defects or other serious problems and even death.

Group B Streptococcus (GBS) is a type of bacterial infection that can be found in a pregnant woman's vaginal area. Screening for these bacteria is usually performed on pregnant women between 35 and 37 weeks. This bacterium is normally found in the vagina and/or rectum of about 25 % of all healthy, adult women. Screening is done by using a swab test to check for Group B Strep. If a pregnant woman tests positive, your physician will recommend giving you antibiotics through IV during delivery. According to the CDC, "On average, about 1,200 babies in the U.S. less than one week old get early-onset Group B Strep disease each year with rates of Group B Strep disease higher among African Americans." It can also be said that Group B Strep can in some cases cause miscarriages, stillbirth, and preterm deliveries.

Listeriosis is a type of food poisoning caused by eating foods contaminated with the *listeria monocytogenes bacterium*. Babies can be born with listeriosis if their mothers eat contaminated food during pregnancy. Listeriosis mainly affects pregnant women, newborns, the elderly, and adults with impaired immune systems. In pregnant women, the infection can result in premature delivery, miscarriage, serious infection of the newborn or even stillbirth. Foods to avoid during your pregnancy are processed foods and unpasteurized (raw) milk. Some examples of processed foods are hot dogs, deli meats or luncheon meat. Common cheeses typically made with unpasteurized milk are feta, brie, camembert, blue-veined cheeses, and Mexican-style cheeses. It is also important to cook all meats thoroughly and to wash your fruits and vegetables. A blood test or spinal fluid test are ways in which it may be detected. Once diagnosed, antibiotics will be given to protect the unborn fetus or new born.

It is important that you communicate with your doctor and ask about these infections and any questions pertaining to your prenatal care. These are a few reasons why prenatal care is extremely important for all women. Early detection of any infection can mean the difference in life or death for an unborn baby. I will leave you with a mnemonic from an article from the Group B Strep International organization titled, "HYGIENE," that can help with promoting healthy pregnancy behavior.

H Hand Washing Helps
Y Yes to Prenatal Care
G Good Food/Safe Preparation
I Immunizations
E Evade Others' Bodily Fluids
N No to Unnecessary Invasive Procedures
E Environmental Precautions

References: <http://www.pregnancy.org/article/group-b-strep-infection-gbs>;
<http://rollingout.com/culture/international-prenatal-infection-prevention-month-how-to-protect-your-unborn-baby/3/>; <http://www.CDC.gov>

LOVE IS IN THE AIR

~by Anna Smith

While Valentine's Day may be over, it is still National Heart Month and love is in the air! Did you know that love can actually be good for your health? Believe it or not, studies have shown a direct link between individuals in loving relationships and improvements in their overall health. From boosting your immune system to lowering depression, love can have a huge impact on your health and wellbeing. Now that doesn't mean that only married people or couples in committed relationships get to enjoy these health benefits, individuals that have a loving relationship with a close friend, a parent or other relative can enjoy the perks of love as well. In fact, it is the feeling of respect and security along with a deep personal connection shared with another human being that produces the calm, stable form of love that is beneficial to one's health. Here are three interesting observations about love and health:

(1) Love leads to fewer trips to the doctor's office and a longer life span. According to studies reviewed by the Health and Human Services Department, statistics show that happily married couples and people in committed relationships have fewer trips to the doctor's office annually and have shorter stays in hospitals. People in happy marriages have also been shown to have better blood pressure levels than singles and individuals in unhappy relationships. Love can also lower your levels of stress, anxiety and depression and thus boost your immune system, making you less susceptible to colds and other viruses. In a study published in the *Archives of General Psychiatry* a link was found between happily married couples and faster rates of healing from flesh wounds than married couples that were unhappy. Similar results have been found when comparing the amount of time and level of success in treatments given to individuals diagnosed with diseases such as cancer or who have suffered from a traumatic incident or injury. Those who had loving relationships had a higher rate of success and healed faster than those who did not have loving support. Studies have also shown that people in loving relationships have lower levels of substance abuse and are more likely to address and resolve medical issues than those who are not in love. All of this together leads to a longer lifespan which goes to show that love can be one powerful preventative health measure!

(2) Love makes you a happier person. This may seem obvious enough, but the positive emotions that are created by love are extremely beneficial to one's health. People with loving relationships in their lives tend to laugh more often and laughter is a powerful combatant against stress, anxiety, anger and other negative emotions that can lower the immune system, increase blood pressure and lead to a variety of mental and physical health problems. People surrounded by love also have better self-esteem and have a more positive outlook on life making them better apt at handling the obstacles and stressful situations that life throws at them.

(3) A broken heart can actually break your heart. In a recent study conducted by Michigan State University titled, "Bad Marriage, Broken Heart?" researchers illustrated just how harmful a bad marriage can be on cardiovascular health. The study showed that the negative health effects, particularly in regards to heart health, of a bad marriage outweighed the positive health effects associated with a happy one. Older married individuals and women in particular, suffered more than men from the negative impact of a bad marriage and were more likely to develop heart disease as a result. The term "broken heart" is actually derived from the physical symptoms of stress cardiomyopathy in which someone under extreme stress (such as the sudden ending to a romantic relationship or the loss of a love one) suffers from a sudden weakness in their cardiovascular muscles. The result is an extremely painful feeling in the chest that is similar to the symptoms associated with a heart attack. While broken heart syndrome is not permanent, the long term effects of extreme stress over a prolonged period of time upon the cardiovascular system can lead to health problems in the future.

This year make sure to keep your heart healthy by engaging in loving relationships with those around you. Love is a powerful healing agent that can make your life a longer, stronger, happier one!

Resources: <http://www.medicinenet.com/script/main/art.asp?articlekey=97679>; <http://psychcentral.com/blog/archives/2012/05/27/3-ways-that-love-helps-your-health/>; <http://msutoday.msu.edu/news/2014/bad-marriage-broken-heart/>; http://www.alternet.org/story/135030/breaking_up_can_literally_break_your_heart

Children's Dental Awareness Month

~by Tomas Baez, Marlene Mejia, Evelyn Gil, and
Ronald Ordinola, Borinquen Dental Residents



Dentists and Residents at Borinquen Medical Centers want to generate awareness about the importance of regular checkups on children to avoid future dental problems. The American Dental Association (ADA) recommends that every child should visit the dentist by age 1 or as soon as the first tooth comes out. Bacteria are present as a normal component on a child's mouth, but some of them have the ability to produce acid and this acid can become the initiator of cavities.

The main cause of dental caries in children is the high level of sugar intake that can lead to baby bottle decay. It is important to follow the dentist's or nutritionist's advice to identify how sugar consumption can be diminished. It's very important to visit the dentist regularly so children and parents can be educated on caries prevention and at the same time can get preventative treatments such as fluoride application or cleanings.

Another really good tip to prevent cavities in children is to avoid nighttime breastfeeding or letting your children go to bed with a baby bottle since the sugar contained in what they drink can produce cavities. Borinquen's Dental Department strongly urges all parents not to wait until it hurts to take their children to the dentist. Prevention is key! Our newly renovated Dental Department is open Monday – Wednesday from 8:00 AM – 5:00 PM, Thursday from 8:00 AM – 6:00 PM, Friday from 8:00 AM – 4:00 PM and Saturday from 8:00 AM – 2:00 PM. To make an appointment with our Dental Department, please call (305) 576-6611 Ext. 1506 or visit us today!

Black History Is Healthcare History

~by Anna Smith

February marks Black History Month across the United States. Typically during this important Awareness Month we honor and recognize the great African American leaders and activists that have helped shape the U.S. into the nation it is today. It is equally important to honor the African Americans who also helped develop America's Healthcare System. In 1783, James Derham became the first recognized African American physician in U.S. history. Born a slave in Philadelphia, he was taught the fundamentals of medicine from several of his masters who were doctors. He eventually relocated to New Orleans where he was hired by a Scottish physician, but soon moved on to open his own successful practice until it was shut down in 1801, despite his skills and the vast number of lives he saved throughout his careers. In 1863 Dr. Rebecca Lee Crumpler became the first African American woman to earn a medical degree. After the Civil War, she cared for newly freed slaves in Richmond, Virginia, but later relocated to Boston, Massachusetts where she establish a practice dedicated to serving women and children through preventative and nutritional services. Dr. Daniel Hale Williams performed the first successful open heart surgery in the U.S. in 1893 and later went on to establish the nation's first African American owned hospital in 1891 known as the Provident Hospital and Training School for Nurses. Four years later he helped develop the National Medicine Association in response to the American Medical Association's refusal to include African American physicians. For the majority of his life, Dr. Charles DeWitt Watts advocated for equal rights and for quality healthcare to be provided to everyone, especially those that were underserved, poor and who all too often fell off the radar of the healthcare industry. He pushed for African American Medical Students to become certified and recognized nationally. These are only a few examples of a vast number of African Americans who throughout history aided in the advancement and evolution of American's healthcare system. This February, be sure to remember that Black History is American History

Resources: http://www.blackdoctorsolumbusohio.com/black_medical_history.htm; Duke University Medical Center Library Online

EATING DISORDERS!

Every year, a week is set aside towards the end of February so that we can come together as a nation to help draw attention and bring awareness to Eating Disorders. Anorexia, bulimia and even binge eating, are not just bad eating habits, but fall under the category of Eating Disorders and can be life-threatening. According to the National Eating Disorders Association, in some cases these disorders are also complicated by other serious emotional and physical problems as well. The Association urges everyone to join in on the conversation. As we all know, through understanding and discussions, we help those that are struggling with these disorders.

The disorders are prevalent in more women than men and typically start around the teenage years. When I mentioned to friends and co-workers that Eating Disorders Awareness Week was coming up and I was writing a piece on it, just about everyone had a story to share. It’s safe to say that with many of us, this subject strikes a chord and not always necessarily in the most positive way. Some of us do not have the fondest of memories growing up in our own bodies. Personally, I was teased mercilessly because I was so skinny. I can’t be 100% sure that it didn’t adversely affect the way I ate for many years thereafter. It was extremely unhealthy as I would just grab a quick hotdog or whatever I could get on the go and only when I felt I dizzy and ready to black out. Sometimes I would hold on to something so as not to fall and when the “spell” stopped, I kept going on with what I was doing. I was always getting sick.



Image courtesy Witthaya Phonsawat FreeDigitalPhotos.net

So, with that in mind, I also took to facebook and asked friends for their thoughts, what they might know about eating disorders and to post some of their outrages quotes about body image or diets. While some did openly, other sent private messages, text and even pulled me aside to share their stories. The responses were varied and ran the gamut from scary serious to hilariously funny. Although some chose to broach the question with humor and others criticized them for making light of such a serious subject matter, I feel anyway to get people talking about the disorder is a good thing because that was the whole point of the exercise, to have a conversation about, and draw attention to Eating Disorders, Body Image and Extreme Diets. “Totally extreme and I consider that to be a mental issue if u r hurting your body for an unattainable aesthetic standard. Where is the line? What is the point?” AS Growing up we all teased and got teased. It’s a fact of life. Many of us are able to ignore these negative insults and move on. However, it’s never as simple as that for

everyone. Many of us can sympathized, or at least empathized with young people coming up today, because it can’t be any easier for them when there is so much media bombarding us with what the perfect body should look like even to the extreme as “photoshopping” a women’s head to be bigger than her hips in trying to create what they think a perfect body should look like. “Perfect size? There is none! It turns into an endless journey of attaining a goal that isn’t even real.” AS “I just wanted to share. It’s just my journey. I’m sorry you went through what you had to go through in your journey. It’s why we have a long way to go, as women, to understand how we are all so different and how it’s ok. But as long as we are held to someone else’s standard of what beauty is, there are going to be women (and men) who will make unhealthy eating choices and take risks when it comes to their health. AS “I just want to say first and foremost that I don’t approve these tactics and would much have preferred a healthier lifestyle. In the past, when I was a boxer and Jujitsu fighter, while in training and preparing for a match, for 2 weeks before the fight, I would eat only can tuna, spinach & lettuce to lose 10 to 12 pounds to be the right weight for the fight. If I still wasn’t there I would run around the block, spiting & sweating to lose as much weight as possible. This was not at all healthy and it did cause me to become so weak I couldn’t fight. I want to stress, I do not approve of this type of dieting and it was not at all the best way to win a fight given that by body was so weak during one of the matches that I could barely lift my arms.” Barbara K

“Eating disorders are real, treatable medical illnesses. They frequently coexist with other illnesses such as depression, substance abuse, or anxiety disorders. Other symptoms can become life-threatening if a person does not receive treatment, which is reflected by anorexia being associated with the highest mortality rate of any psychiatric disorder.” <http://www.nimh.nih.gov/health/publications/eating-disorders-new-trifold/index.shtml>

Silvana Vasquez, Eating Disorder Awareness Week Interview Client Working on Weight Loss

Q: How long have you been trying to diet?
A: 2-3 years
Q: Are you comfortable with telling us your current weight?
A: Yes, I weigh 180 pounds
Q: What is the most you have ever weighed?
A: 208 pounds
Q: What is the most weight you have ever lost on a diet?
A: 3 to 6 pounds
Q: What was the most weight you gained back after the diet?
A: 2 or 3 pounds
Q: What have been the most extreme methods of exercise or diet to lose weight?
A: I have an issue with the eating, but I am very OK with doing the exercises. I am very picky. I do not like much of the healthy foods which is my biggest problem. I do >>p 7

HOMELESS VETERANS STAND DOWN

SOUTH FLORIDA REGION

(Monroe, Miami-Dade, Broward)
May 1-3, 2015



WELCOME TO STAND DOWN...During the three-day event, The Robert King High Park, located at 7025 West Flagler, Miami FL will take on a military atmosphere as tents and cots are set up for homeless veterans who will live and sleep on the property through the weekend. The term “Stand Down” was used in the military, during times of war, to remove exhausted combat units requiring time to rest and recover from the battlefields to a place of relative security and safety. Today, Stand Down refers to a grassroots, community-based intervention program designed to help the nation’s estimated 67,000 homeless veterans “combat” life on the streets. **HOMELESS VETERANS**... America’s homeless veterans have served in every war since World War II. In addition to the complex set of factors affecting all homeless individuals... job layoffs, substance abuse, a shortage of affordable housing and lack of access to healthcare, homeless and at-risk veterans often live with the effects of combat-related post-traumatic stress disorder (PTSD). These hardships, often compounded by a loss of family and social support networks, make the issue of homelessness a difficult social challenge.



HELP IS HERE... Veterans and their families who are living on the streets or who do not have permanent housing will get free access to:



- Three nights of sleeping accommodations
- Bus passes
- Four days of hot meals
- Hot showers & clean clothes
- Haircuts for men and hair treatments for women
- Dental examinations
- Medical examinations
- Infectious diseases screenings/testing
- Vision examinations
- Hearing and Glucose testing
- AA/NA/ALANON Meetings
- PTSD & TBI Counseling and information
- Housing Voucher Applications, counseling and services
- Veterans and Children day and evening Entertainment
- Animal Shelter/care/adoptions
- Job and Employment applications/Counseling/Resume writing
- VA Disability Claims processing
- Military personnel records checks and replacement application
- Legal counseling and/or Stand Down Court
- (sign up by 04/24/2015)
- State Photo Identification cards (Need Birth Certificate and SS Card)
- Social Security Benefits (Food Stamps, SSI and Disability) processing
- Medicaid Applications
- Birth Certificates ordered
- GED enrollment
- Pet Therapy
- Women and Children Services and Information
- Voter Registration

STAND UP FOR STAND DOWN... Stand Down is a time for the community to connect with our Homeless veterans and to begin to break down the barriers that are keeping these heroes on the Streets. The “hand up, not hand out” philosophy of Stand Down requires the work of countless Volunteers, business and local, state and national organizations. **HOW CAN YOU HELP?** •Sponsor one of the many military tents •Volunteer your services: barbers and stylist, set-up and tear-down assistance. Food services, Veteran escort, and tent leaders are just a few of the needs at Stand Down •Volunteer Items: food, clothing, back packs, blankets, towels, and comfort items, are all required to make this a successful event •Make a Tax Exempt Donation to the Florida Veterans Foundation: For “SoFloHomeless Stand Down” go to the following website: <http://www.floridaveteransfoundation.org/south-florida-homeless-veterans-stand-down-2>



For more information contact: LtColTony ColmenaresUSMC (Ret) Ph: 305-984-7849 Email: Colmenaresa@fdva.state.fl.us

AWARENESS

~by Susan Alvarez

FREE IS GOOD! Those of us who are still on that healthy journey, you remember that whole New Year’s resolution thing where we resolved to lose weight, eat healthier, (or at least better), be kinder to animals and little kids, enjoy life etc., our enthusiasm is paying off. We are already three months into the New Year and if you made it this far in, you can pat yourself on the back because you are probably already seeing the fruits of your labor (pun intended) results. And, for the really good news, know that statistics show/say that you will be less likely to quit now!

According to WebMD, you fall into the 64 percentile of people who are still sticking to their resolutions by the end of January. All the experts agree; you must have a plan of action so that your new routine becomes a ritual and life changing practices not just a flash in the pan (really bad pun intended).

We hear from many women (and a few men), that staying the course and trying to find new, interesting ways to eat healthy and work out is challenging to say the least. We would like to see you succeed, which is why we do some of the work for you by



discovering some of the newest, healthiest recipes, and fun activities for you (and your family) to try so that we can help you along your journey to your good health.

Every month, as part of our plan to help keep us all on track, we try to find different fun activities and delicious foods to incorporate into our busy lifestyle. This month check out what’s cooking from Borinquen’s Registered Dietician and Nutritionist, Silvana Vasquez, the latest healthy recipe for Salmon Cakes on page 13.

And, what’s with all the exercise equipment in Miami-Dade parks? Well the equipment is installed there for YOUR use and the best part is, that it’s FREE for you to use. There’s no need to sign up with a costly gym when you can just walk across the street or down a few blocks to your closest county park’s ‘Fitness Zones’ area to take advantage of this fun activity with your family. Our City wants us to be fit!

Are you one in twenty million practicing YOGA? There are many benefits to practicing Yoga, which includes stronger and increased muscle flexibility; stress reduction; increased lung capacity; may lower blood pressure; increased oxygen levels to the body and brain; improve brain function; can help with weigh loss; and so much more. Although Yoga is an ancient practice, it’s relatively new to America as it was only just introduced in 1893 and started its climb to acceptance in the early 1950’s. There are now over 20 million people practicing YOGA in one form or another!

Did you ever wonder why we do some of the poses in yoga where it looks like not much is happening? The one that comes to mind is Child’s pose. I asked Yogi, Anamargaret, from the Daily Offering Studio, if she wouldn’t mind explaining what some of the Yoga poses are all about and why we do them. Here is what she had to say, “Child’s pose, in Sanskrit is called Bālāsana. It’s considered a resting pose in yoga, but technically it is a forward bend and a great stretch for your back because your belly is resting on your thighs, it massages the organs so it’s really great for digestion. I always offer it to the class when people need a break, to come down to Child’s Pose because it’s the most restful one out of all the forward bends. Downward dog (another forward bend) is not always relaxing for people especially in the beginning.”

She goes on to explain the benefits of the ‘Locust’ pose, “Locust is a back bend. In Sanskrit it’s called Salabhasana. Because all backbends on the belly are also great for stimulating something called ‘Ogni’ which is our fire element that resides in the belly right behind our navels. It fires up our digestion not just physically, but mentally and emotionally in our life experiences. It also helps to strengthen the back so that we can sit up and stand up much taller. It’s also a strengthening pose.”

Another question I always wanted to ask was why we do the ‘Ohms’? “Oh, the Ohms, my gosh, we can do a whole workshop on just the Ohms!” exclaimed Anamargret. “Ohm is a vibration that they say vibrates through the whole universe. If we just got quiet enough, it is said to contain all sounds within it, from the very beginning, the very first sounds that we could make which is ‘Oh’ and the last sound which is ‘m’ and when we put an Oh with an ‘mm’ together comes out with the sound of Ohm.” Ana Margaret goes on to say, “We do it in the beginning of class because it’s a way of connecting the whole class through the vibrations. The Ohm in the beginning of class is always very

different than the end. In the beginning some people are a little shy. By the end, everyone’s Ohming is always together and sealing the practice with Ohm.”

Thank you Anamargret for demystifying and answering some of the questions we had about the practice of Yoga. Anamargret Sanchez is the founder and director of the Daily Offering Yoga Studio, located at 6901 Biscayne Blvd, Miami, FL 33138. For more information, please call: 305.456.6406, or you can email: namaste@dailyofferingyoga.com. Anamargret also teaches a FREE multi-generational class on Saturday mornings under the oak trees at Legion Park.



More FREE all levels, Yoga classes: at Bayfront Park: Mon & Wed at 6pm, Sat at 9am
www.bayfrontparkmiami.com
The Green Monkey studio offers FREE power Yoga classes at two different locations in Miami Beach: Mon & Wed at 6pm in South Beach, at Collins Park, Bass Museum of Art, 2100 Collins Avenue, and in North Beach, at the North Shore Park Bandshell, 7275 Collins Avenue.

Margaret Pace Park offers Yoga classes on Mon and Wed 7pm, Sat at 9:30am at located at 1745 N. Bayshore Drive.

If you are an early bird and prefer to practice at the crack of dawn, there are donation based classes held at 7am, 5pm and 6pm, Mon – Sun (yes, that’s 7 days) on Third Street, Miami Beach

Please bring your own mat, water and towel. You will be asked to sign a waiver. This is a pretty extensive list, but not complete and pending the weather if the class is canceled. It might be a good idea to confirm before heading out to make sure the class is still scheduled for that day.

References: Harvard Health Publications, Harvard Medical School; Fred Hutchinson Cancer Research Center in Seattle; University of Illinois; University of California; Yoga Journal, 2012 study.

EATING DISORDER!

from p6

not eat seafood, greens or veggies, so I just try to eat the same type of things. I do like eating, but eating the same foods can be so boring so I just wind up going back to my old habits.

Q: Do you have any advice with those struggling with their weight?

A: People who want to lose weight should start by making small healthy changes and should make small goals to become healthier overall.

Eating Disorder Awareness Week ~ Anna Smith

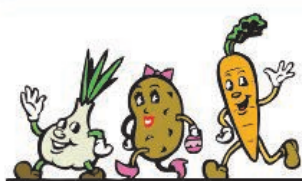
I think it is important to remember that there are many individuals who suffer from eating disorders or other body image issue who are not aware that they even have a problem. I say this from my own personal experience. As a teenager and during my early years of college, I had an eating disorder. At my thinnest, I was 5’ 8 ½” and weighed maybe 110 pounds. I had major self-esteem and image issues and directly linked my self-worth to my actual weight. The idea of ever being “fat” was horrifying to me. As a result I seriously curtailed what I ate which resulted in me consuming as little as one meal or some snacks throughout the day. I made it a point however, to eat in front of others as to look “normal.” What I would eat was never healthy and really in the big scope of things wasn’t enough (that half of a double cheeseburger I ate for lunch with my friend while adamantly declaring I would finish it later was often times my meal for the day). While I somewhat suspected that I had some serious problems (I was constantly checking to make sure I looked slim and good in the mirror), I still told myself and others that I was perfectly healthy and fine. When people did question or comment upon my physique, I gave them the answer that you hear all too often from very thin models; “I was born this way! I eat junk food all the time. My metabolism is just super-fast...” However, my actual health was a different story. I was sick all the time. I constantly had every cold, every virus and even wound up in the ER and Urgent care multiple times in less than a year for Staph MRSA and other infections. It felt like I was sick more often than not and I all around just felt lousy. It took the help of my boyfriend to realize that my weight wasn’t what made me beautiful and the concern of family members for me to acknowledge I had a problem. Once I did gain weight, I noticed that I was no longer sick every other week and that I genuinely felt better. I want to remind people that unless you truly believe that a friend or family member’s health is suffering from their weight, please keep your comments to yourself. The most painful part of this entire journey was that when I was actually healthy and feeling good, some people took it upon themselves to update me every time they noticed I gained a pound or two with hurtful comments or blunt

remarks. Others who have known me for a while would mention how thin and pretty I used to be thus implying that I was no longer beautiful. Not knowing my history or my struggle, they did not understand the psychological damage this inflicted and continues to inflict upon me.

Did we open up a can of worms? Well, at least we started the conversation which is the whole reason and the mission for setting aside the week, to draw awareness to Eating Disorders. Borinquen has Licensed Mental Health Counselors and Substance Abuse Counselors to help you or someone you know that is struggling with disorders and would like to speak with a counselor, please call, the Behavioral Health Resource Center, (305)576-1599, located at: 100 NE 38th Street, #5 Miami FL 33137.

Sources/References: www.nationaleatingdisorders.org; www.cdc.gov





Registered Dietician Day!

~by Anna Smith

March 11th, 2015 will mark National Registered Dietician Day and Borinquen Medical Centers (BMC) would like to take a moment to honor the clinic's Dietician and Nutritionist, Silvana Vasquez! Silvana is a kind, sweet, upbeat individual with an incredible passion for health and helping others to lead the healthiest lives they can. She uses her bubbly personality to engage with her clients and to encourage them to make the vital lifestyle changes they need in order to improve their health and to manage any medical problems they may have. Always ready to add a little fun to the mix, Silvana is full of creative and captivating ideas to help the community understand that eating healthy and making positive life choices is easier than they think and can even be fun too. She is a dedicated employee who has continuously volunteered her own personal time to contribute to BMC's annual health fairs, nutrition and educational groups and the monthly newspaper *The Voice of The Caribbean*. Silvana is the epitome of teamwork and believes that with a little guidance and encouragement from both medical professionals and loved ones that anyone can make the changes they need to live the healthiest and happiest life possible. In honor of this wonderful day, we asked Silvana to tell us a little bit about herself and her profession so that we can share her story with the entire community.

"I began working for Borinquen in 2002 after meeting Dr. Justo Montalvo at the annual Ryan White Medical Subcommittee Meeting. He was a physician at Borinquen and I learned through him that the clinic did not offer any nutrition services at that time, but that there were a lot of needs, especially for diabetic patients that went to the clinic. My current title is 'Clinical Dietician' and I specialize in Infectious Diseases. My job is geared towards treating the HIV population, but I also provide services to all nutritional diseases such as diabetes, hypertensive disease and obesity among other related diagnoses. I always encourage my patients to take small steps to a greater goal they desire for their health such as losing weight, controlling blood sugar, or lowering cholesterol, in order to control their health problems that may be

related to an unhealthy lifestyle including a poor diet. In order to get the results they want, I encourage them to take charge of their nutrition habits while thinking of it as a way to be the best person they can be. I also speak to them about being a role model to their children and family by taking responsibility for their daily lifestyle and food choices. I love teaching my patients that they can make a huge difference in achieving better health by making responsible decisions in



regards to food and exercise. One of things I love most about my job is the excitement my patients demonstrate when they realize what they can do for themselves is actually not all that hard. I encourage them to see food in a positive way and to become aware of the factors that could cause them to make poor choices in their daily lives."

On behalf of the entire Borinquen Team, we thank you for your continued service and dedication and wish you a Happy Registered Dietician Day!

Heart Health! Facts and Tips to Keep a Healthy Heart

~by Silvana Vasquez, Registered Dietician and Nutritionist

February is Heart Month and while we have all heard and read about the statistics of the world's leading cause of death, I encourage everyone to *not loose heart!* Well I have some advice on how taking better care of your heart will help you to experience a life full of health benefits! Believe it or not, you can take steps that will help you protect and improve the health of your heart and the heart of your loved ones at the same time. The truth is that you cannot change your genetics which according to many statistics, may contribute to your risk of developing heart disease (according to research, high cholesterol affects roughly 1 in each 6 Americans and high blood pressure nearly 1 in 3!). However, you must understand that you do not have to settle for allowing your genetics to make you just another statistic. Instead, you can fight back with prevention and beat the odds of developing heart problems! Well, this is your call to refocus as we discuss the benefits of healthy eating and being physically active. Here are just a few things you can start, right now, for the love of your heart:

(1) Start by taking a good look at your pantry and begin considering the choices you made in the past in regards to purchasing unhealthy, processed foods. You have the power to make better food choices, so do it! You don't need to purge everything, but if you are at an especially high risk of developing heart disease, getting rid of these temptations will help. When you go shopping again, make sure to get lots of fruits and veggies and to introduce a new one to your diet each day. Starting with a salad before lunch and dinner is a great way to get your veggie intake up.

(2) Be sure that you know your fats. Saturated fats are a "bad fat" and are commonly found in processed foods, fatty cuts of red meat and poultry and whole dairy products. Trans fats are another bad fat that are made up of chemically altered fats that have a negative impact on your HDL or "good cholesterol" levels while raising your LDL or "bad cholesterol" levels. Both of these types of fats are terrible for your heart. Instead look for "good fats" which are usually found in plant sources like nuts, seeds and olive oil as well as fatty fish like salmon, mackerel and sardines. These foods are rich in omega 3 fatty acids which work wonders on the heart!

(3) Next, be sure to remember salt, exercise and water. Excessive intake of sodium or salt raises blood pressure which can lead to heart disease and even strokes in some. I already mentioned the benefits of leaving behind processed foods (these are filled with extra sodium) and use herbs instead of salt to season your food. By limiting your intake of salt (and sugar too), your taste buds will actually become more sensitive to the flavor so you won't feel the need to use as much. Exercise is another powerful tool to fight against heart disease as well other disease such as obesity, hypertension and diabetes. Research has shown that increasing your heart rate through exercise is beneficial to keeping your heart healthy. However, it is important to discuss this with your physician to make sure you don't go overboard and do more damage than good. Finally, remember to keep your body hydrated. Water is essential for your health and in particular, it is essential to your heart as it cleanses the body and removes waste.



It's about time you **get more out of your healthcare!**

Enjoy all the benefits you'd expect from your healthcare provider and some that that will surprise you:

- Personalized Concierge Services
- Free Pharmacy Delivery
- Unlimited Transportation
- Rewards Program

A provider of
HealthSun
HEALTH PLANS

HealthSun is a health plan with a Medicare Advantage contract, working with Borinquen Medical Centers providing quality health care for our community.



(786) 552.7800
information@onehealthmedical.com

 **ONE HEALTH**
NETWORK



AROUND THE CORNER: ART

~by Susan Alvarez

FREE IS GOOD!

With so many fun, exciting and FREE events happening in the area, you really just want to hang around the neighborhood and maybe explore something new. Check out some of these family friendly, fun things to do on the weekends. The Little Haiti Cultural Complex, in partnership with the BASS Museum holds FREE ART & LITERACY CLASSES Saturdays from 12:30 to 2pm.

Every Saturday, families and their children will read an exciting story and create fun art projects lead by Lela Lombardo. Families get to keep the books so they may build their child's home library. The Center will give out free raffle tickets every Saturday and families that attend regularly are entered to win an art basket filled with awesome art supplies and books. For more info contact Mariana Carbaian 786-362-2506 mcorbalan@bassmuseum.org



Have you heard? There is a new place to shop in town for your fresh fruits and veggies! **The Caribbean Market Place - Chef Creole** - Urban Oasis Farmer's Market - Miami's DJ Big Ben - BOGO Happy Hour 5pm - 8pm. The Caribbean Market Place Exudes GOOD LIFE & GOOD VIBES! Join them every Thursday through Saturday from 9:30am to 8pm, and Sundays from 9:30am to 6pm. Admission is **FREE!**



CALL FOR VENDORS

Be a part of a cultural space, a cultural movement. Move to an Afro-Caribbean beat. Showcase your talents & sell your products to a

diverse audience & international tourists. Be a part of the SPICE that makes Miami, SO Miami! Become a vendor at the Caribbean Market Place. Please send email to lhcc@miamigov.com for more information.

As part of the **Black History Month** celebrations, be sure to visit LHCC's art gallery for a special show, 'I AM A MAN.' An exhibition featuring the work of Miami-based photojournalists and muralists depicting Black civil protest in the United States from 1960 - 2015, presented by The City of Miami, Little Haiti Cultural Complex, Miami Herald, Iris Photo Collective, Tradisyon Lakou Lakay & Future Roots Collective. The exhibit is FREE and runs through March 31st.

Big Night Little Haiti (BNLH) FREE every third Friday of the



month, from 6pm to 10pm, enjoy a night of music, art, food, culture and fun, produced by The Rhythm Foundation and Little Haiti Cultural Complex. Zing Experience on the main stage. Opening set, Saskya Sky FREE Admission and BNLH AFTER PARTY @ Caribbean Market Place, 10pm Don't Miss It!



Miami-Dade County Parks and Target Present a Free Noches Tropicales Concert!

And, this next event is a bit of a stretch, as far as the local neighborhood is concerned, but looks like one party not to be missed. Mark your calendar for the 2014-2015 Noches Tropicales season finale concert at Tropical Park, sponsored by Target: Friday, March 20, 2015, 8pm - An "ALL STARS"

Concert featuring the Grammy Award-winning **Edwin Bonilla**, the legendary Andy Harlow, American Grammy winner Marlow Rosado, Daniel Berroa, Robert Heredia, Pete Francis, Rainier Guerra, Lucy Grau, Elaine Hernandez, Willie Panama, Javier Merino, Jr., and El Jibarito, with musical director Kiki Sanchez.

Tropical Park is located at 7900 SW 40 St., Miami. Please be advised that Noches Tropicales concert performers are subject to change. In the event of rain, concerts may be cancelled. For more information on Noches Tropicales call Vivian Greer Digon at 305-271-0812.

WHY WE WALK...



"In 2014 I participated in my first Aids Walk. It felt amazing walking with over 100's of people all supporting and fighting for a cure! Aids Walk Miami & Care Resource is a great organization that for 30 years has been taking care of AIDS and HIV patients. Let's all gather together for AIDS Walk Miami 2015 and continue the support!"

Jane "Jei" Castro - Recording Artist / TV Personality
#AIDSWALKMIAMI #ONESTEPCLOSERTOTHECURE



"I remember walking my first AIDS Walk Miami back in 1994 and every year I continue to walk and support this walk and cause. I continue to support the Care Resource as they do such great work within the community fighting HIV/AIDS and linking people to care. Join me and walk and support in UNITY on April 26th!"

Angel Camacho, Case Management services, Borinquen Medical,
#AIDSWALKMIAMI #ONESTEPCLOSERTOTHECURE

BE PART OF THE CAUSE!

Registration, opening ceremonies and the Post-Walk event will be held directly at the Miami Beach Botanical Gardens located on 2000 Convention Center Drive in Miami Beach. The walk will be held Sunday, April 26th, 2015. Save the date, visit www.aidswalkmiami.org and start a team, join an existing team, join as an individual participant, register multiple people or give a general donation today! For additional information, please contact us at 305-751-WALK (9255) or by email at info@aidswalkmiami.org.

Life is Art Celebrates Six Years!

Life is Art celebrated its sixth years of supporting arts and community anniversary with a wonderful evening of music, art, dance, performance, sips & bites, good vibes and good company.

The lovely affair took place on Saturday, January 31st inside the Hotel Astor, downstairs in their newly renovated Social Club. "Hotel Astor is delighted to support Life is Art for its 6th Anniversary," says Glenn Valencia, the hotel manager. Valencia went on to say, "The hotel, as part of its cultural program; will be exposing to the local art community its recently opened Speakeasy called The Astor Social Club, hidden in the basement of the hotel with its entrance on 10th Street." James Echols, co-founder of Life Is Art said, "We are very excited to be working with an iconic hotel like Hotel Astor and they have been wonderful to us."

For its commitment to making Miami a better place to live, work and love, Life is Art was presented with a Proclamation by the City of Miami Beach. Live music was provided by: **Bows & Ties - Montserrat Franco**, special performance by **Jane "Jei" Castro**, and DJ **Hank Justice**. There was live painting by: **Ileana Collazo - Aquarela Sabol - TeePop - Nicole Salga**. The Fantastical Creatures were by **Kikimora Studio**, Dance Duet by **Amy San Pedro & Meredith Barton**. The complimentary libations were provided by **Blue Nectar Tequila** and Cuisine **Tastings**. **Freshly Squeezed** provided free Mini Massages and the live written poetry was by **Oscar Fuentes**, the Biscayne Poet.



From l to r: Miami Beach Commissioner, Joy Malakoff, James Echols and Annette Peikert
Photo credit: Anthony Jordon



Like Us On facebook!



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



Lunch & Learn

~by *Angel Camacho*, Prevention Case Manager with *Susan Alvarez*

The popular and extremely informative Lunch & Learn Series continues with knowledgeable speakers and vital information for your well-being. Here is the latest schedule for the series through April 2015:
Thursday, February 19th, 2015 - Location :100 NE 38th Street, Time: 12pm-1pm. Core Topic is "The Importance of Adherence" presented in English by Donna Sabatino,

RN, ACRN, and Community Liaison Manager from Janssen Therapeutics. The subject matter cannot be stressed enough. Patients who are adherent to their HIV medications can live a much more healthy lifestyle while achieving and maintaining lower *Viral Load (VL) and higher CD4 cell counts. They are also more likely to prevent opportunistic infections.

THE NUMBERS

- Medication prescriptions never filled: 20% to 30%
- Medication not continued as prescribed in about 50% of cases
- The World Health Organization estimated that by 2020, the number of Americans affected by at least one chronic condition requiring medication therapy will grow to 157 million

Sources:

<http://scriptyourfuture.org/wp-content/themes/cons/m/release.pdf> ; Osterberg 2005, NEJM; Ho 2009, Circulation

What is Medication Adherence?

Medication Adherence: The patient's conformance with the provider's recommendation with respect to timing, dosage, and frequency of medication taking during the prescribed length of time.

Compliance: Patient's passive following of provider's orders.

Persistence: Duration of time patient takes medication, from initiation to discontinuation of therapy.

Source: <http://www.effectivehealthcare.ahrq.gov/ehc/prod>

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)

If you're interested in attending any of the Lunch and Learn presentations, please speak with your case manager for all the details on how to "RSVP." For information and to reserve your seat, please call: 305-576-6611 Ext. 1711 or

Email: 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.

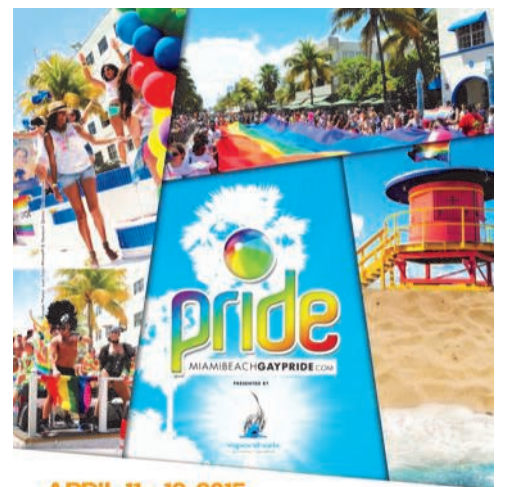


SAVE THE DATE!

~by *Angel Camacho*, Prevention Case Manager, with *Susan Alvarez*

Save the date for the 7th Annual Miami Beach Gay Pride Parade. This year's Grand Marshall is Mario Lopez. Miami Beach Gay Pride brings together members of the lesbian, gay, bisexual, and transgender community, their friends, allies, and supporters in celebration of the unique spirit and culture of the LGBT community.

This event was established by former Miami Beach Mayor, Matti Bower, as an initiative of the Miami Beach Gay Business Development Council. For more info, please visit their website: www.miamibeachgaypride.com/



#TeamBorinquen

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.

APRIL 11 - 12, 2015
**TWO DAYS OF FUN
UNDER THE
MIAMI BEACH
SUN!**

FESTIVAL
PARADE
FIREWORKS
WEEK-LONG EVENTS
ENTERTAINMENT
PRIDE CRUISE
& MORE.



American Medical Depot (AMD) is a leading, full line supplier of medical, surgical and hospital supplies and equipment to the acute and primary care markets as well as All Federal Healthcare Facilities.

American Medical Depot distributes for over 2,000 of the leading manufacturers of medical, surgical and healthcare supplies & equipment in the United States.



For more information contact:

American Medical Depot

305-364-0888

www.american-depot.com

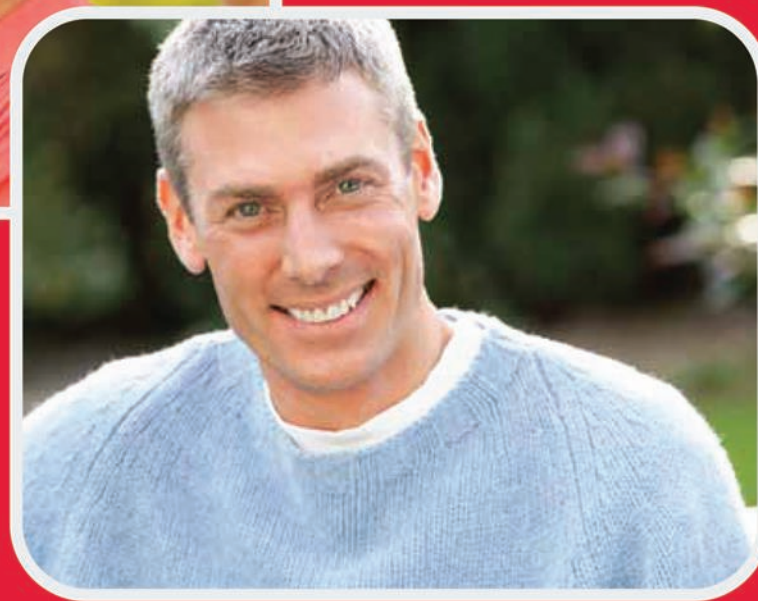
10315 USA Today Way, Miramar, FL 33025



HEALTH ALLIANCE

AN HIV/AIDS MEDICAID SPECIALTY PLAN

We're **CLEAR** about **ALL** your healthcare needs



A Medicaid Specialty Plan for people with HIV/AIDS

For more information, visit www.clearhealthalliance.com
or call **1-877-777-7871 (TTY: 711)**

Medicaid Options: **1-888-367-6554**

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
Facilities-Renovations- Phase II-Status Update/Progress. While our renovations have been substantial in scale and involved significant adjustments on behalf of everyone, including our community, we believe it has been well worth it. If all of the positive comments we’ve been hearing about how beautiful and welcoming our new spaces are any indication, we are thankful to have been able to continue our work around all the improvements. Borinquen can’t thank you enough for being patient with us as we round the corner to the finish line.



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.

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.

VISTA SECURITY SERVICES
International



“A Proactive Approach for all of your Security Needs”

SPECIALIZING IN:

- **ARMED & UNARMED GUARDS**
- **COMMUNITY PATROLS**
- **RESIDENTIAL AND COMMERCIAL**
- **HIGH VALUE ARMED ESCORTS**
- **K-9 NARCOTICS DETECTION**
- **VISIT OUR WEBSITE FOR ADDITIONAL SERVICES**

CONTACT

VISTA SECURITY SERVICES International
4300 BISCAYNE BLVD, SUITE 301
MIAMI, FLORIDA 33137
305.573.6356
CONTACT@BUENAVISTASECURITY.COM
WWW.VISTASECURITYSERVICES.COM

(FORMERLY BUENA VISTA SECURITY AND PROTECTION AGENCY)



SPORTS

2015 All-Stars Recap!

~by Anna Smith

Madison Square Gardens hosted the 2015 National All-Star games from February 13th – 15th and what a game it was! The Western Conference took home the victory over their rivals, the Eastern Conference with a final score of 163-158. However, they couldn't have accomplished that without the star of the All-Star Games and 2015's MVP player of the games, Russell Westbrook. The Oklahoma City Thunder guard was on fire during the final game on Sunday and managed to lead his team to victory by scoring a game of 41 points. He was just one point shy of defeating the all-time All-Star scoring record set in 1962 by Wilt Chamberlin. He did however manage to claim the record for points scored during a single half with 27 points in just two quarters. Westbrook was certainly a force to be reckoned with during this year's game as many were left in utter shock and disbelief when the NBA star hit his head on the backboard during an incredible slam dunk.

U.S. Shines During 2015 FIS Alpine World Ski Championship!

~by Anna Smith

The 2015 FIS Alpine World Ski Championship ended in mid-February as thousands of spectators flooded the Colorado Ski Town of Vail Valley to enjoy the closing celebrations and awards. It was a record year for the FIS World Ski Organization with a record attendance for the many ski and snowboard races that took over the neighboring Ski Village of Beaver Creek. The two week event was broadcasted worldwide and this year more than 200,000 spectators turned out to watch the races and participate in the activities hosted by Vail Valley. This is great news for the sport of Skiing which is not as popular in the United States as it is in other areas of the world. The U.S. has not hosted the World Ski Championship since 1999, but after our success in the 2014 Sochi Winter Olympics, America knew they had to do better if skiing is to gain more traction at home. Due to our current native champions of the sport and some fresh blood, the U.S. was able to go home with five medals, the second most of any country. American ski stars Ted Ligety and Mikaela Shiffrin both took home gold medals during the final days of the event. Ligety also claimed a bronze medal as well. While many expected more from her, champion Lindsay Vonn managed to take home a bronze medal. Just two days after the proclaimed King of American Ski Racing, Bode Miller, suffered a possible career ending crash, U.S. skier Travis Ganong took home a silver medal in a surprising second place victory in the downhill race. All in all, the U.S. did a great job and the event was so spectacular that many are wondering how in the world are we going to top this next year?!



Celebrating Friendship Day!



~by Anna Smith

February 14th marked not only Valentine's Day, but for some parts of the world, Friendship Day as well. Yes, believe it or not, Friendship Day is an actual thing. Originally founded in 1930 by Joyce Hall, the creator of Hallmark, Friendship Day is a day in which we honor and thank our friends for being there and for being a continuing source of love and happiness in our lives. While most of the United States celebrate this wonderful holiday on the second Sunday of August, it is interesting to note that countries in Latin America and Asia typically celebrate it in February and the United Nations has even declared July 30th to be the International Friendship Day. In 1998, Winnie the Pooh was named the World's Ambassador of Friendship at the United Nations (and who else could be more suitable than Pooh Bear?). Today, the event is celebrated with cards and gifts and for many Latin American and Asian countries, friendship bands are made and distributed. Of course, there is always social media where people can acknowledge and celebrate with their many online friends as well. At Borinquen Medical Centers (BMC), the Patient Services and Eligibility Department threw their own Friendship Day celebration



where they took the time to sit down, laugh, talk and eat with their fellow co-workers who over time have become great friends as well. And what better environment to make friends than the place we spend the majority of our time at each and every day? This year, whether you celebrate it in February, July, August or any other month, be sure to let your friends know how much they mean to you. A simple Happy Friendship Day text equipped with a cute emoji will work just fine!

Resources: http://en.wikipedia.org/wiki/Friendship_Day



Your Horoscope Pisces



February 19th - March 20th

2015 will be a year of romance and love for you, soft, sweet, gentle, and creative Pisces. This is the year for romantic relationships, but only if you so choose. Since 2012, Neptune has brought you confidence and optimism which has worked wonders for you over the last couple of years, but starting in August, Jupiter will be in your opposite sign. If your love life has been less than filling or has become toxic, August will bring with it the power you need to end any bad relationships in your life. This goes not only for romantic relationships, but for all of your connections with others whether they are familial, platonic friendships, work or otherwise. Jupiter will provide the wisdom you need to reframe from simply 'going with the flow' as is your usual tendency. Instead, you will be able to choose your companionships and relationships more carefully. A powerful Pisces solar eclipse will bring your subconscious feelings and problems to the surface on March 20th. This is a great time to reevaluate yourself, especially if you have been neglectful with your health. Not to worry though! April will bring with it rebirth and revitalization and will be an excellent time to renew yourself.

Don't Forget to
Check Us Out
ONLINE!



Heart Healthy and Delicious Salmon Cakes

This recipe was contributed by Borinquen's Registered Dietician and Nutritionist, Silvana Vasquez, in honor of National Heart Month. The recipe has been modified to be low in fat and cholesterol, making it an excellent choice for those looking to keep their heart healthy and strong!



Ingredients: – 1 can of red salmon, flaked (~15 ounces) – 1 egg – 2 egg whites – ½ lime, squeezed – ¼ cup of cilantro or Italian parsley, thinly chopped – ½ teaspoon of salt – ½ teaspoon of black pepper – ½ teaspoon of cayenne pepper – ¾ cup of Italian bread crumbs (you can make your own by toasting whole wheat bread and adding a small amount of parmesan cheese. (add ½ a cup of this to the rest of the ingredients) – 1 – 2 table-

Directions: (1) Mix together salmon and eggs (including whole egg and 2 egg whites) in a large bowl (2) add salt, black pepper, cayenne pepper, and ½ cup of breadcrumbs to the mixture (3) cover bowl with plastic wrap and refrigerate for at least 30 minutes (you can also prepare this the night before serving and allow the mixture to sit in the refrigerator overnight (4) dust a large plate with breadcrumbs and begin forming the salmon mixture into patties. Sprinkle additional breadcrumbs on the top of each salmon patty (5) in a large skillet set on medium heat cook the patties for approximately five minutes on each side (6) add the cooked patties to a mix of greens and enjoy it as a healthy salad that's sure to be good for your heart!

BORINQUEN IS HIRING!

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

- * Medical Assistant (OBGYN/Pediatrics)
- * Healthy Start Care Coordinator
- * Internal Medicine Physician
- * Licensed Social Worker
- * ARNP
- * Medical Case Manager
- * Account Payable Specialist
- * Insurance Verification Specialist



To view the full job descriptions & to apply online go to: 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.



CBIZ IS PROUD TO SUPPORT

Borinquen Medical Centers



CBIZ Benefits & Insurance Services

Dennis S. Goldstein, President | 561.544.6300 | www.cbiz.com

- EMPLOYEE BENEFITS
- HUMAN RESOURCES
- PAYROLL
- RISK MANAGEMENT

This Is What We Do and Why We Do It

from p. 1

women into the program and have helped 66 HIV infected pregnant women give birth to HIV-negative babies. TOPWA provides free HIV testing and pregnancy testing for women who are not sure of their pregnancy status. Pregnant women who are HIV infected are then educated in the benefits of taking prescribed antiretroviral to reduce the risk of transmitting HIV to their infants and immediately linked to the University of Miami, who in turn provides the necessary medication and continued monitoring.

TOPWA not only educates pregnant women, but we also help prepare them and acquire the essential tools for a healthy pregnancy, such as providing information on applying for Medicaid, Healthy Start, hospital tours, first prenatal appointment, childcare services, WIC and much more. TOPWA also provides transportation assistance, baby showers, toys and supplies for the moms and newborn babies.

Measles Out-Break Renews Old Debate

from p. 1

(MMR vaccine), the disease was nearly eradicated by the early 2000s, but around the same time, skepticism emerged about childhood immunizations like the MMR vaccine and some began to believe that the vaccines could do more harm than good.

The vaccine itself is administered in three separate doses. At age 6-11 months, a child receives the first dose of the vaccine. At 12 months or older, they receive the second dose followed by the third and final dose 28 days after the second one is received. Once a child receives the three doses of the MMR vaccine, they have a 99% chance of never contracting the disease. Infants under the age of 6 months as well as children with compromised immune systems such as those suffering or recovering from cancer and other immune deficiencies are especially at risk of contracting Measles from other unvaccinated children. The problem with this particular outbreak is that normally, the children who cannot receive the immunization due to medical complications or age would be protected by the overwhelming majority of children who receive the vaccines which subsequently help in the prevention of an outbreak. However, the increasing numbers of parents who make the conscious decision to not vaccinate their children have created a prime environment in which the virus is able to once again take hold in the general population and spread. The result is a sudden increase in the number of reported cases of Measles within the last few years. As this outbreak has made headlines everywhere, parents of newborn infants or children with compromised immune systems have become increasingly outraged at those who make the choice to not vaccinate their children, citing the fact that their unvaccinated children have been protected over the last decade due only to the parents who chose to vaccinate their children. Measles is highly contagious, spread through the air and can linger in an infected area for over two hours making places like doctor's offices, schools, day care centers and child-centric entertainment venues a high risk zone for spreading the disease. With death as a potential outcome for this virus, it is perfectly understandable that these parents would be upset.

Unfortunately, some parents have taken the anti-vaccination stance to extremes, with reports of mothers hosting "Measles Parties" in which they purposely expose their unvaccinated children to the potentially life threatening disease in the hopes of them naturally building an immunity to the virus. This is an incredibly ironic idea however, considering that one of the major arguments against childhood immunizations is the fear of purposefully exposing their child to a disease via a vaccination. The mentality that childhood immunizations are harmful can be partially attributed to the discredited British doctor, Dr. Andrew Wakefield, who declared in a 1998 essay that the onset of autism could be directly linked to the childhood

MMR vaccine for Measles, Mumps and Rubella. American celebrity Jenny McCarthy further argued that it was a childhood vaccine that caused her own child to develop autism and subsequently started a national campaign to drive parents away from childhood immunizations through the use of fear and faulty science. Not long after, the British Medical Journal *Lancet*, which originally featured Dr. Wakefield's essay, retracted the piece after extensive research by epidemiologists revealed that there was in fact no link between childhood vaccines and the development of autism. Tragically, many parents continue to cite the advice and shaky research provided by debunked doctors, celebrities and unaccredited bloggers with no medical standing over scientific facts and the guidance of licensed Pediatricians. As such, many scientists and health experts believe that this is just the beginning of what could be a long lasting outbreak unless reforms concerning the laws of childhood immunizations are discussed.

Really there is no debate in this issue. Vaccines save lives. Children who do not receive vaccines not only put other un-vaccinated children at risk of contracted diseases like Measles, they are also only protected from such illnesses by the millions of individuals who choose to get themselves and their children vaccinated. Hopefully this outbreak will encourage those questioning the importance of childhood immunizations to have their children vaccinated so that they may be protected and won't become the reason why another child had to lose their life to a potentially fatal illness that was nearly eradicated decades ago.

Resources: <http://www.cdc.gov/measles/vaccination.html>; <http://www.cdc.gov/measles/about/history.html>; <http://www.cdc.gov/measles/multi-state-outbreak.html>; http://www.nytimes.com/2015/02/02/us/a-discredited-vaccine-study-continuing-impact-on-public-health.html?_r=0; <http://www.washingtonpost.com/news/to-your-health/wp/2015/02/09/measles-outbreak-spreads-to-three-more-states-121-people-now-affected/>; http://www.huffingtonpost.com/2015/02/09/measles-outbreak-vaccine-questions_n_6648086.html; <http://www.motherjones.com/environment/2015/02/open-letter-parent-unvaccinated-child-measles-exposure>; <http://www.cnn.com/2015/01/30/health/arizona-measles-vaccination-debate/>

Borinquen Baby News!

Borinquen Medical Centers of Miami-Dade would like to congratulate Yanira de Leon and Luis de Leon on their new addition to the family!



Aaron de Leon
Nephew of Lizzet Piggot
January 29, 2015
7lbs. 7 oz.



DO GIRLS NEED THERAPY AS MUCH AS BOYS?

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



In July 2014, an ad campaign by Always called #LikeAGirl became a movement bringing light to how discriminatory phrases in our culture often put girls at a disadvantage. As a therapist, I have noted that the majority of my caseload has always been boys. Typically, if I do have a female patient, she has a more complicated medical history. I have often pondered whether this disparity was more due to genetics or gender disadvantage. So why do boys receive therapy more than girls do?

It is true that more boys than girls are diagnosed with developmental disorders

including autism, attention-deficit/hyperactivity disorder (ADHD), and speech delays. This is due, in part, to girls developing language, social, and emotional skills faster than boys. A young female brain is actually known to have more activity, fibers, and white matter compared to the brain of a young boy. However, a 2014 DNA study published in the *American Journal of Human Genetics* revealed that girls seem to tolerate more genetic mutations than boys do before showing symptoms of autism and are therefore more resilient. Yet, when they are diagnosed, they tend to demonstrate symptoms that are more severe including in cases of ADHD and intellectual disability.

Interestingly, a 2005 study published in the *Journal of the American Academy of Child and Adolescent Psychiatry* looked at gender differences in ADHD and showed that females demonstrated more internalizing disorders such as separation anxiety versus the externalizing disorders common to males like oppositional defiant and conduct disorders. Taking both studies into consideration, I feel it is possible

that girls may display different, less disruptive symptoms and hence fly under the radar. Perhaps the emotional maturity of young girls versus boys allows for more internal signs that are overlooked by parents and educators? Maybe it is not that girls tolerate mutations more than boys, but that adults are less tolerant of the behavior displayed by boys? The debate is not likely to end anytime soon; but in the meantime, let's consider that acting like a girl may cause girls to be under-diagnosed.

Symptoms of ADHD in girls include dreaminess, forgetfulness, or messiness that may lead to difficulty with completing school assignments, expression of anxiety in social situations, and feelings of inadequacy with school work. If observed, consider consulting 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 or email info@playapy.com.



FEBRUARY 2015 - MARCH 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 AM-11:00 AM (Creole/English)

·Weds. - Parenting & Breastfeeding 10:00 AM-11:00 AM (Spanish/English)

·Thurs. - Childbirth, Parenting & Breastfeeding 10:00 AM-11:00 AM (Spanish/English)

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

*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? According to traditional Irish folklore, Leprechauns spend their days making and mending shoes.

AMERICA'S HEALTH CENTERS



**AN ENDURING LEGACY
VALUE FOR TODAY AND TOMORROW**

OUR MISSION:

"To promote the provision of high quality, comprehensive and affordable healthcare that is coordinated, culturally and linguistically competent, and community directed for all medically underserved populations."

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 (Emilio Lopez Pavilion)

3601 Federal Highway
Miami, FL 33137
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
Tel: (305) 552-1201
Fax: (786) 476-2809

Borinquen Behavioral Health Resource Center

100 NE 38th Street, Suite # 5
Miami, FL 33137
Tel: (305) 576-1599
Fax: (786) 476-2813

Wellness and Specialty Care Center at Borinquen

100 NE 38th Street, Suite # 3
Miami, FL 33137
Tel: (305) 576-1675
Fax: (786) 476-2812

Carrie Meek Clinic Villa Patricia Towers

7801 NE 2nd Avenue
Miami, FL 33138
Tel: (786) 235-7020
Fax: (786) 476-2810

Borinquen North Miami Medical Center

708 NE 125th Street
North Miami, FL 33161
Tel: (786) 433-8815
Fax: (786) 476-2811

Borinquen Drop-In Education and Access Center

12603 N.E. 7th Ave
North Miami, FL 33161
Tel: (786) 476-1005 / Fax: (786) 476-2821

Borinquen Medical Centers at Flagami

5040 NW 7th Street
Miami, FL 33126
Tel: (305) 438-2348
Fax: (786) 476-2822

**We also provide Medical Services in
Little Haiti and at The Village.**

Borinquen Mobile Coach Unit

Outreach and various Medical Services.
We offer a Sliding Fee Discount Program for the
uninsured. We also accept most Insurance Plans,
Medicaid and Medicare.

Be sure to visit our
Luis Beltran Dental Clinic
Located on the 5th floor of the
**Borinquen Medical Centers of Miami-Dade
Emilio Lopez Pavilion**
3601 Federal Highway
Miami, FL 33137
Tel: (305) 576-6611, extension 1506
Fax: (786) 476-2818
www.BorinquenHealth.org

BORINQUEN'S HEROES OF THE MONTH CONGRATULATIONS!

Dr. Jesus Negrette

Pediatrician

“Dr. Negrette is repeatedly
recognized by patients and families;
He is a GREAT co-worker who
exceeds job responsibilities and
serves as role model; his positive
attitude and professionalism is
reflected as he frequently goes
beyond office hours to complete all
his duties and is always helpful to
others; he is excellent with patients,
families and the staff.



Teresa L. Mazard-Diaz

Human Resources Coordinator
Teresa presents a positive attitude
to all even as we go through a
major peak in hiring; she always
has a smile that lightens up the
room; she is a GREAT co-worker,
friendly, and understanding of the
many issues employees go through;
Teresa is always respectful and
does her best to meet the needs of
the many who come to her; she
goes beyond her professional role
to add a personal touch when she
meets with you one on one

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.