

THE VOICE OF THE CARIBBEAN

Issue No. 58
Circulation 58K

April - May 2017



President's Note:

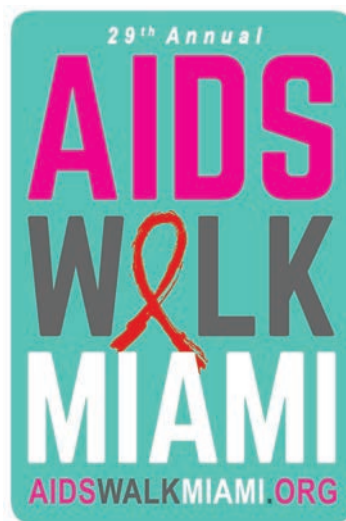
We need your help! As you know there are many possible changes to Health Policy and Health Care delivery at the Federal, State and local levels. During times of change, patient and community advocacy is extremely important. Please call your local commissioners, elected state and federal officials expressing that Community Health Centers like Borinquen are vital providers of Primary Health Care. Point out that we treat community members with chronic diseases

and provide them with the care they need outside of the costly emergency room visits, and unnecessary hospitalizations. If you need help finding contact info, please text your zip code to (520) 200-2223 and get a text back with your state and Federal

Legislative Rep's phone numbers. For a full list of all State Senators, visit their website: <https://www.flsenate.gov/senators> and for Miami-Dade Commissioners: <http://www.miamidade.gov/commission/>

In other news – Completion of our new Dental Clinic located at 12601 NE 7th Ave, North Miami, FL 33161 will be finalized by early summer. This is indeed exciting news; we will have more information in our next edition of *The Voice*.

~ROBERT LINDER,
President/CEO



BMC AT FLAGAMI EXPANDING SERVICES

THIS IS WHAT WE DO AND WHY WE DO IT

~by SUSAN ALVAREZ



In just a little over two years that Borinquen Medical Centers of Miami-Dade (BMC) opened its doors in the

Flagami area, its services have been expanded to provide you and your entire family with the very best Health Care right in your own neighborhood!

The Flagami Center boasts some 14 state-of-the-art health suites, three different entrances one for the Adult Medicine Department and another for the Pediatrics Department and the third for the Behavioral Health Department which has its own distinct set of suites. CEO, Robert Linder feels strongly about Borinquen's mission to serve people who are in need

every day. "Our mission is to provide the very best health care we can at a very affordable price and at the same time, doing so in a setting that gives our patients respect. They deserve to have a clinic like this," states Linder.

CAO Paul Carl Velez recognizes that opening the Medical Center in the Flagami Neighborhood was a team effort between local government officials, supporters and the community and since being awarded the grant in 2014, County Commissioner Rebeca Sosa, had worked tirelessly with BMC to bring additional access to affordable primary health care to the district. The Commissioner had stated that



she was very proud that the clinic opened in her district and shared that she is a cancer survivor and values how important health care is for everyone.

BMC at Flagami offers a full range of services for your

entire family with the following Health Professional on staff: Pediatrics - Dr. Jane Menezes, Dr. Gloria Burgos, Dr. Jesus Negrette, Dr. Lucila Moreira; Adult Medicine - Dr. Ivan Arostegui, Dr. Wilfredo Lopez-Reyes, OB/GYN;

Marlene Bachrach, ARNP. Behavioral Health - Psychiatrists Dr. Nancy Navarro-Gonzalez and Dr. Xiomara Alcalá. Counselors Nora Curia, LMHC and Rosalie Cruz, LCSW.

PUERTO RICAN CHAMBER HONORS FLORIDA STATE LEGISLATORS



From l to r: Victor Alba, BOD BMC; Eva Perez, Chair, BMC, Luis De Rosa; Hon. Daphne Campbell, Florida State Senator, Dist. 38; Hon. Robert Asencio, FL House Rep., Dist. 118; Robert Linder, President/CEO BMC; Scott Hope, BMC; Paul Carl Velez, CAO BMC; Deborah Ponce, BOD BMC.

The Puerto Rican Chamber held the first Quarterly Luncheon meeting of 2017 to honor several Florida State Legislators as well provide business related information to the membership and guest. The following Legislators were recognized: Hon. Daphne Campbell, Florida State Senator, Dist. 38; Hon Daisy Baez, FL House Representative, Dist. 114;

and Hon. Robert Asencio, FL House Rep., Dist. 118. And receiving the award on behalf of FL State House of Representatives Hon. Jose Felix Diaz, Dist. 116, Current Chairman of the Miami Dade Delegation was Erica Chanti, Delegation Director. The concept was to allow the membership and guest to meet their local legislators, hopefully develop an understanding

how legislation can affect their daily lives and business activities. Also, in attendance also were: Eleazar David Melendez, Chief of Staff, Office of Commissioner, Ken Russell, City of Miami; Hon. Migna-Sanchez – Llores, Circuit Judge. Miami-Dade County; Representing the private sectors were; Dylan Fingers, Manager Director, and Andrew Suarez,

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As we go to print ... Beloved Borinquen Board Member Passes Away



Luis Beltran

It is with much sadness that we announce the death of a beloved Wynwood community activist and one of Borinquen's dedicated board members, Mr. Luis Beltran. The Wynwood community is mourning the loss of one of its own Cuban Activist.

Many of you that visit the Borinquen Medical Center's 5th floor might recognize his name from the Dental Department which carries his name, in his honor for all the work he has done on behalf of his community and neighbors. Many Politicians and Community leaders came out to witness the inauguration and naming of the Luis Beltran Dental Department such as the Hon. Tomás Regalado, Miami Mayor and Hon. Bruno A. Barreiro, Miami-Dade County

Commissioner. Both had high praise for the activist and were inspired by his work.

Luis Beltran was born on October 10, 1927 in Baracoa, Cuba and arrived in Miami in 1962. He was a labor activist who started his work in social labor in the 1940's with the Central Union of Cuban Workers, a trade union in Cuba and after with Confederación Latinoamericana de Trabajadores and la Confederación de Trabajadores de Miami.

Mr. Beltrán was a strong and diligent advocate for his community and was proud that the Borinquen Clinic would help so many of the poor and those that did not have the means to go to a hospital for proper health care. Mr. Beltran served tirelessly for almost two decades on the board of directors for Borinquen and up until most recently when illness made it difficult to continue, was a tenacious activist for his beloved community. Our prayers are with his family. It's a great loss for this community and for Miami. He will be dearly missed.



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AM I ADDICTED?

~by CARMEN PINEIRO, LMHC

There is no easy way to determine one is addicted.

- Have you felt guilty or regretted something that happened while using?
- Has a friend or loved one expressed concern or complained about your using?
- Have you had legal problems due to your use?

If you answered "yes" to more than four questions, then you may have a problem with drugs or alcohol. It takes great strength and courage to face addiction. Admitting there is a problem is the first and

Oftentimes warning signs are either not recognized or ignored. When dealing with addiction, we easily come up with excuses or rationalizations to explain our behavior and dig ourselves further into the hole. You tell yourself "I



have it under control," and "I can stop at any time." And miss any warning sign that arises. It can take time and a multitude of consequences to begin to wonder "Am I using too much?"

If you began to wonder about how much you're using and addictive behaviors, what follows will help you come to a conclusion and decide whether or not it is time to ask for professional help. Take a deep breath and honestly, ask yourself the following:

- Does your life revolve mostly around drugs or alcohol?
- Do you avoid family or friends who don't use?
- Do you feel uncomfortable if drugs or alcohol aren't available?
- Do you think of using all day?
- Is it rough to get through the day without using?
- Has your tolerance increased causing you to use more?
- Have you missed work or school because you were too tired from using the night/day before?

most important step. Reaching out and asking for help is the next step.

If you are struggling with addiction, do not despair. You are not alone, there is hope. You can get back in control of your life and begin to live a substance free life. No matter how strong your willpower, you cannot defeat addiction on your own. You need an addiction treatment center that can provide you with the tools and support that you need to overcome the disease. The time is now to make that choice.

What are you waiting for? Call 305-576-1599 ext. 3127 or 3117. One of our counselors are ready to answer any questions you may have and ready to offer the help you need. *Call Now.*

If you are that person, know someone that can benefit from BMC's STOP-E program, or would like more information, please call: Carmen Pineiro, LMHC, STOPP-E Program Coordinator at 305-576-1599



Is it rough to get through the day without using?

JUST ONE MINUTE TO A HEALTHIER YOU!

"Sittosis" the Tin Man Syndrome!

The lack of movement while "sitting" stops the circulation of lipase, an enzyme that absorbs fats. Which means that sitting for long periods over an extended period of time can cause fat to recirculate in your bloodstream where it may end up clogging arteries or contributing to disease. Use it or Lose it! The good news is that you can improve your health by changing up just a couple of things in your everyday lifestyle.

We are all sitting way too much, in front of a computer, watching TV, playing video games, commuting, talking on the phone. It's been found that besides a regular exercise regime, we need to move more! Make it a point to get up at least once an hour and walk around your office, stand and stretch on a regular basis, head up and down a flight of stairs, stand up while talking on the phone, or even try one of those standing desks for a couple of hours in your work day to see how that feels. Stop sitting and Get moving for a longer and healthier life.

Puerto Rican Chamber *from page 1*

Government Affairs, Mana Wynwood; Juan Martinez, Dir., Events/Promotions and Jeffery Gutierrez Miami Marlins; Etiony Aldarondo, PHD Provost, Albizu University; Robert Linder, President/CEO, and Eva Perez, chair, BOD, BMC; John Rivera, President, Miami Dade County Police Benevolent Association; Nilsa Velazquez, President/CEO Kidco Child Care; Also

Puerto Rican Chamber of Commerce were Board Members Rosie Hernandez, Owner, Real Estate Broker, Gold Rose Realty Inc. and Victor T. Gutierrez, Esq. Attorney at law. The Following sponsors help provide support for the event. Lillian Garzon, Sales Director USA & Latin America AZUL Esj. Collection, Hotel Resort in San Juan, Puerto Rico who awarded 2 nights in Puerto Rico to Blanca

Torrents Greenwood, Esq. PBA and David Santiago, Proprietor, Coquito by things nibble, who provided a coquito arrangement to new Chamber Victor Torres, Financial Services at National Life Group. Mark Soto, Representing Rivera Imports who provided free gifts to the attendees. A special thank you to Janitza T. Kaplan, Executive Director, The New World Center Foundation for her support throughout the years.



April - May 2017

Borinquen Medical Centers will be closed Monday, May 29th in observance of Memorial Day

Borinquen Calendar of Events

- * **HEALTHY START CLASSES:** held at BMC, Main Site, 3601 Federal Hwy, 2nd Floor, Miami, FL 33137, Please call: 305-576-6611. Car Seat distribution and instruction is done monthly depending on availability. FREE Pregnancy Testing is available on the 4th Floor.
- * **TOPWA PREGNANCY TESTING:** Monday - Wednesday 8:00 AM - 3:00 PM Thursday - No pregnancy testing Friday - 8:00 AM - 3:00 PM
- * **CHILDBIRTH, PARENTING & BREAST FEEDING CLASSES:** held at BMC, Main Site, 3601 Federal Hwy, 4th Floor, Miami FL 33137, Please call: 305-576-6611 Ext. 1414. Every 3rd Saturday of the Month - Childbirth, Parenting & Breastfeeding: 10:00 AM - 11:00 AM (Spanish/English).
- * **BABY SHOWER** and educational sessions are held every other month at BMC's main site, the Emilio Lopez Pavilion in the newly renovated community lounge for expectant moms and a guest. There will be dinner, cake, and gifts for every mom there. We even raffle off a car seat! The Baby Shower event is by *invitation only* as space is limited. If you are in your third trimester and would like to attend, or would like more information, please contact the Healthy Start program by calling 305-576-6611.
- * **DIABETES GROUP:** held at BMC B-Care Center, 3550 Biscayne Blvd. Ste. 710, Miami, FL 33137, once a week for six (6) consecutive weeks. Classes are ongoing. A Walmart gift card will be given to those that complete the 6 weeks. For more information or to register for the group, please call: Glory Ann Zapata, MS, TTS at (305) 576-6611 Ext. 1803
- * **NUTRITION GROUP for B-CARE PARTICIPANTS:** Held on Tuesday 10:00 AM - 12:00 PM by Silvana Vazquez, RD/LDN, Registered Dietician and Nutritionist for 4 consecutive weeks (for B-Care and insured clients). Contact Glory Ann Zapata, MS, TTS at (305) 576-6611 Ext. 1803 OR Beatriz Oller Ext. 1806 for more information and to register. If you desire a personal consultation with our dietitian call 305-576-1675, ext. 3211 and 3212.
- * **CARDIO VASCULAR EDUCATION FOR:** supported by AHEC, held at BMC B-Care Center, 3550 Biscayne Blvd. Ste. 710, Miami, FL 33137, meets every Wednesday at 10:00 AM - 11:30 AM for 6 consecutive weeks. A Walmart gift card will be given to those that complete the 6 weeks. To register for the group, please call: Glory Ann Zapata, MS TTS at (305) 576-6611 Ext. 1803.
- * **B-CARE TOBACCO CESSATION PROGRAM:** Available in English and Spanish. Join the Behavioral Health Resource Center's B-Care Program for FREE group counseling to quit tobacco use. Participants are eligible to receive FREE educational materials and nicotine replacement therapy (patches, gum or lozenges) through our affiliation with the Miami-Dade AHEC Tobacco Program. Group meets every Tuesday, 2:30 PM - 3:30 PM at the BMC B-Care Center, 3550 Biscayne Blvd., Ste. 710, Miami, FL 33137. The sessions are open to the community. To register, please call: Glory Ann Zapata, MS, TTS at (305) 576-6611 Ext. 1803.
- * **NEW: YOGA CLASS:** Meets every other Friday from 3:00 PM - 4:00 PM. Please contact Glory Ann Zapata, MS, TTS for registration at (305) 576-6611 Ext. 1803. Please bring your personal bottle water, towel, and comfortable clothes for exercising.
- * **NEW: KIDNEY SMART GROUP:** The American Diabetes Association (ADA) approved educational visits to be held at BMC (Main Site) free of cost to patients, by *invitation only*. Anyone that has been diagnosed with any type of Chronic Kidney Disease, Diabetes and/or Hypertension can benefit from this group provided by DaVita and their educational department Kidney Smart. Participants will receive handbooks, kidney-friendly cookbooks and kidney friendly snacks and beverages. Groups will meet monthly and are available in Creole/English, Spanish and English. BMC is working in conjunction with the American Diabetes Association to promote quality education for people with diabetes. For more information, please contact our Chronic Disease Management Nurse Catherine Llorens, RN BSN at 786-715-0130. She can also be reached at cllorens@borinquenhealth.org.



YOUR FEEDBACK IS IMPORTANT TO US!

As your Healthcare Provider, we want you to know that you are valued; therefore, we kindly ask you to let us know how we're doing.

Please call: 305-576-6611 to speak with one of our Communication Specialists. We would like to hear from you, our patients, clients, and partners to provide us with feedback (positive and/or negative) about anything which may include our service, customer care, programs, processes, etc. We look forward to hearing from you. Your voices are already being heard and put into action.



Changes in Managed Medicaid Plans Offered at Borinquen Medical Centers

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

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

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

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

For the MMA Specialty Plans Region 11:

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

For the MMA Standard Plans Region 11:

1. Prestige
2. Coventry
3. Simply
4. Molina
5. Amerigroup
6. Humana (Marketplace Only)
7. Staywell
8. Sunshine Health
9. United Healthcare

Kudos to BMC's Exemplary Staff Members!

~by SUSAN ALVAREZ

There have been many milestones for Borinquen Medical Centers of Miami-Dade (BMC) employees, and a few of them really stood out so we wanted to draw attention to them and congratulate these dedicated team members on their personal achievements.

TENURE



Back row l-r: Gricell Vega, Gislaine "Gigi" Desroches, Minurca Garcia, Magda Llinas, RN, BSN, Milagros Sifonte. Sitting: Nahama Mehu, LPN and Clara Marcalle. Long Tenures - from 20 to 40 years of service.

Our Long tenured employees play some of the most important roles in our center. They have a wealth of knowledge and history about Borinquen and the services we provide which they gladly pass onto our newer employees. Borinquen extends a heartfelt thank you to the long tenured staff for their many years of

Borinquen would like to thank you, again, each and every one of you for your outstanding work and your part in helping us achieve our mission of providing quality health care service to our community.

In the first quarter of the year, we recognize more team members that have already reached new highpoints and are excelling in their careers, achieving distinguished honors while serving our community.

These past few months have been filled with happy celebrations at Borinquen with many of its staff members reaching incredible tenure status. One such celebration was held for Borinquen's longest tenure employee, Minurca "Minu" Garcia with 40 years of service! Several of Minu's co-workers came together to

composure, gave such a touching heartfelt speech that had the entire room tearing up.

Minu was presented with gifts which included a stunning sapphire and diamond ring. Minu's daughter baked the lovely and simply scrumptious 3 tier cake with Luz Robledo creating the impressively fun topper that looked a lot like Minurca! A special thank you goes out to those co-workers who helped with organizing and decorating, Carol Otero, Jackie Garcia, Elizabeth Mercado, Mitzy Martir, Luz Robledo, Deyna Jeanty and Belinda Flores for coordinating the super fun event.

SHOUT OUT

Shout outs to Ana D. Reyes, Pierrette Petit-Frere, RN, and Diada Sonceau!

Borinquen takes this time to congratulate the following employees on their promotions: Ana D. Reyes has been promoted to Phlebotomist



serving at BMC's Sweetwater - West Dade location. Triage Nurse, Pierrette Petit-Frere was promoted and is now the new Assistant Manager at BMC's Carrie Meek Clinic located at the Villa Patricia Towers. Job well done to these wonderful employees and devoted team members who have both been signaled out in the past for their outstanding work ethics and chosen as Star Performers and Heroes of the Month by their peers.

"Ana is an excellent Medical Assistant that works with all of our departments including Pediatrics, OB/GYN and Adult Medicine. She is passionate about her profession and does an excellent job working with both patients and coworkers alike. Ana is always on time and is always willing to stay late to ensure that everything gets finished and all of our patients get seen. Thank you for all of your hard work and congratulations on this accomplishment!"

Digna Negrette, Clinical Office Manager, West Dade

"Pierrette is a great asset to the Adult



Medicine Department. She is conscientious and caring with both providers and patients and she serves as a great liaison between them. All the physicians hold her in high regard and rely on her for assistance."

Dr. Deborah Gracia, CMO
Outreach Supervisor / Coordinator,



Diada Sonceau is an amazing individual both personally and professionally, a valuable asset not only to Borinquen but to our entire Miami-Dade Community!

This can be stated because I (Barbara Kubilus) have had the privilege of having Diada as a team member for the last nine (9) years.

Diada was born in Haiti and came to the United States when she was 21 years old; and since then she has positively impacted the lives of many individuals within our South Florida community. Since 2000, she entered the healthcare field as a phlebotomist and in 2008 began her journey at BMC as an Outreach Specialist.

She consistently demonstrates dedication, compassion and a genuine empathy for the persons her and her teams are assisting. Her energy, leadership and "teamship" abilities earned her the promotion as the Outreach Coordinator for Borinquen in 2014. It is with great pride and joy that I inform you that she has far exceeded and went well beyond my vision and expectations of her within this role as the Outreach Coordinator.

She is a great leader (to list a few) because she is a team player, has a positive attitude, goes out of her way to help others, makes others feel important, takes initiative in difficult situations and goes well beyond her role to assist clients in every way possible.

The following testaments support her outstanding work as a professional and her wonderfulness as a human being: "Ms. Sonceau was a wonderful employee. Always willing to complete any task, even if it was out of the mold. I thought so highly of her, that when the Outreach Coordinator position became available I recommended her. Even though I knew I would be losing an amazing employee, I knew the clinic would be gaining a great Leader. She has not proved me wrong. She has reorganized the department and has made it work seamlessly. I see her becoming a better leader every day. I am very proud of her."

Claudia Polastri, Special Programs Coordinator
"After my mother passed away she made sure to call me at least 5 times a day, made me laugh a lot, brought food for me and the kids so that I didn't have to worry about feeding them. She prayed for me and asked God to give me the strength to bury my mother. She was one of the biggest supports I had during that difficult time. I don't know what I would have done without her."

Teresa L. Mazard-Diaz, HR Manager

Borinquen takes this occasion to congratulate all of these team members on their 'job well done'. Their hard work and dedication contributed to the phenomenal growth of the past few years and superb comprehensive range of health and social services we have been able to provide our community.



dedication.

The following exemplary employees have shown extraordinary dedication to Borinquen, their teams and the community they serve by reaching a prominent tenure milestone. With ten years under their belts we acknowledge Dr. Harry Archer, Zulma Cotes, Dr. Loida Severino, and Ana Revuelta. Hitting the eleven year mark, we recognize Robert "Bob" Linder, CEO; Dr. Ivan Arostegui, and Angel Camacho; with twelve years in, Azin Amirshahi, and at fourteen years for Omaid Nardo and Paul Carl Velez, CAO.

pull off a very "secret surprise" party for her. And even a few retired staff members stopped by to congratulate her on reaching this milestone. Such was the case with Carmen M. Leon, a former supervisor who came prepared with a sweet poem about how no matter the situation that Minu has had to deal with, she faces each one with a smile. She is an excellent person, excellent human being and excellent worker. Others paid homage as well such as, co-worker, Marc Germillus, who with a shaky voice and all the while trying to maintain his

MEET Nurse Llorens



We take this opportunity to introduce Catherine Llorens, BSN, RN, BMC's

Interim Clinical Manager and Chronic Disease Management Nurse to the Borinquen community. Fairly new to BMC, Nurse Catherine Llorens joined the team back in September of 2016 to explore her horizons and continue her passion in helping others. She states that as a registered nurse she has the opportunity to interact with many patients throughout her work day. In her present role at BMC, she educates patients on chronic diseases such as diabetes, hypertension, and chronic kidney disease among many other conditions.

Catherine brings to BMC her 7 years of experience from the Miami Cancer Institute at Baptist Hospital where she says that experience helped her to realize the importance of clinical duties and their proper implementation. Catherine

explains, "While employed there, I was commended for proficiently handling difficult situations with patients and their family members."

When asked what stands out as a positive experience since joining the team, Catherine said, "Since working with Borinquen, my greatest experience is being able to address every aspect of a patient's wellness, including the patient's physical comfort, as well as his or her educational, emotional and spiritual needs. Additionally, the not-for-profit group practice has taught me how to improve patient care, research, and education, which are inextricably linked in order to provide each patient with the best possible care."

In her spare time, Catherine likes to make sure she stays occupied in various

ways as she enjoys going to the beach, working out, reading, engaging in social media, and traveling. "I'm interested in pursuing and expanding my career as a nurse practitioner in family practice, thus this year I will be starting my master's degree in nursing starting this May." she goes on to say. "The essential principles in which I base great patient care are cooperation, compassion, and innovation. Rest assured that I will implement these every day in Borinquen."

Catherine was enthusiastic about joining the team and looked forward to meeting everyone in person. We are thrilled Nurse Llorens chose BMC and are excited to see the great things she'll be doing for our community.



Make Way for Indoor Play

~by AMY BAEZ, MOT, OTR/L

Generally parents understand the importance of both outdoor and indoor play.

Outdoor play has been shown to increase attention span while indoor play encourages more creative flow. However, when I speak with parents regarding their attempts to achieve regular playtime for their children, one of the most stated obstacles to play in general is weather. This is partly due to long standing perceptions that children should “go outside and play.” More than heat or cold, rain is the ultimate downer and leads many to stop movement and start a movie. Most parents don’t think of their home as a playground, but there are simple ways to transform a space for outdoor play while indoors.

Home Recommendations

A little creativity can go a long way in transforming an indoor space for play. You may not be able to fit a swing set inside your home, but you can use your furniture or purchase some inexpensive equipment to allow for big changes in how your child perceives his or her home. Combine suggestions into steps or stations, and you will have kids working off energy in no time.

1. Create an Obstacle Course. Place furniture into new configurations that encourage your child to crawl under chairs or tables, jump off and onto square tiles, or crash into large beanbags and pillows.
2. Set up an Indoor Hammock. Getting the head into different positions can provide the body quick and effective input, and hanging a hammock on hooks can achieve this without taking up a lot of space.
3. Design a Space with Painter’s Tape. Place the tape on the floor in different patterns to create walking mazes, labyrinths, or hopscotch.
4. Purchase a Scooter Board. Propelling

across a floor with a scooter board can be a great workout and also allow a child to move in different planes of motion. You can learn more about scooter board activities at <https://www.youtube.com/watch?v=3plxelmXwyY>.

Community Recommendations

Another option for parents to consider is to visit indoor play locations in your community.

1. Use your Gym Membership. Many fitness clubs have separate areas for children to play while you get a workout, or have your child join a class with you.
2. Tryout Indoor Extreme Sports



Pod 22, 8101 Biscayne Blvd. Suite 102, Miami, FL 33138

Venues. There are businesses like indoor rock climbing and rope courses that have areas for children that give them the opportunity to try at their skill level.

3. Visit an Indoor Playground. Some venues are set up to include amenities like adult supervised play, nail salons, and lounges for parents to catch a break.

The benefits of outdoor play don’t have to be lost due to the elements of heat, rain or snow. You can achieve many of the same effects at home or by frequenting local businesses that welcome your little ones. Remember to make way for indoor play in your daily life. For more tips on play, visit the archives at www.playapy.com/ blog. Have a playful day!

Amy Baez is a pediatric occupational therapist, award-winning author, and founder of Playapy. For more info about Playapy’s PALS Handwriting Program, visit www.playapy.com or email info@playapy.com.



BABY TEETH ARE IMPORTANT!

~by AZIN AMIRSHAHI, Certified Registered Dental Hygienist

The foundation of healthy permanent teeth in children and teenagers is laid during the first years of life. Some improper habits such as poor diet, improper food selection, and inadequate oral hygiene habits during the first 2 years of life is related to tooth decay in children, according to several studies. Development of tooth decay in children increases the chance of developing caries in permanent teeth.

The enamel in primary teeth is much thinner and less densely mineralized compared to permanent teeth. That is why primary teeth are more prone to caries. The importance of primary teeth should not be overlooked as they can help children in chewing to get enough nutrition by breaking up food into small pieces, which ensures proper digestion. They are also an essential tool to learning correct pronunciation. So, it is imperative to take care of primary teeth by proper routine oral hygiene practice. As soon as the first primary tooth erupts in the oral cavity, parents should start brushing and cleaning their children’s teeth. Children should be limited in the amount of sweets and sugary snacks between meals, especially in the evening or at night.

Parents play an important role to establish routine oral hygiene habits for their children from early age. Children learn by imitating their parents. Parents are role models for their children by following daily proper oral hygiene habits to make their children understand the importance of oral hygiene. Positive reinforcement in the establishment of this daily routine can be a good

motivator. Children’s tooth brushing need to be supervised by parent for approximately the first 12 years until they develop complete manual dexterity to brush their own teeth. After letting children brush their teeth, parent should re-brush hard to reach areas. Toothpaste should be adapted with the age appropriate amount of fluoride contents.

Dental Director, Michelle Soheil, DDS would like to let everyone know that we have started Dental

screenings in the Pediatric Department in order for children to have more access to oral health care and to promote oral health education and awareness. This is a permanent service we will now offer with the welcomed addition of our new Dental Hygienist, Azin Amirshahi to the Dental team.

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 located on the 5th floor of our main facility located at 3601 Federal Highway, Miami, FL, and is open:

Monday – Wednesday from 8:00AM – 5:00PM,

Thursday from 8:00AM – 6:00PM, Friday from 8:00AM – 4:00PM and Saturday from 8:00AM – 2:00PM.

To make an appointment with our Dental Department, please call (305) 576-6611 Ext. 1506 or visit us today! Reference: <http://www.colgateprofessional.com/patient-education/articles/childhood-oral-hygiene-and-the-role-of-parents>



Did you Know? April begins on the same day of the week as July every single year. Really! Go look it up. You know you want to.

Doctor *at* Home

Do you or a loved one have trouble leaving the house?
Let our doctors come to you!



The Doctors That Do House Calls

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★ AWARENESS ★



April is Child Abuse Prevention Month!

~by DR. RAMESH AHMADI

The Adverse Childhood Experiences (ACE) study, conducted by the Centers for Disease Control and Prevention and Kaiser Permanente, is one of the largest investigations ever undertaken to assess associations between childhood maltreatment and later-life health and well-being. According to this study, which included over 17,000 participants, the prevalence of childhood abuse and neglect is astounding:

In 2013, roughly 679,000 children were victims of abuse and neglect and an estimated 1,520 children died from abuse and neglect in the United States. More than 4 children die from child abuse and neglect on a daily basis. These numbers are likely to be underestimated due to underreporting by state agencies. Over 70% of these children are below the age of 3. Almost 80% of child fatalities due to abuse were caused by one or both of the child's parents.

Many children who survive maltreatment during infancy or early

childhood have long-term consequences on cognitive, language, and emotional development, and mental health. Often the severe emotional damage to abused children does not become evident until adolescence or even later, when many abused children become abusing parents. An adult who was abused as a child often has trouble establishing lasting and stable personal relationships. In one long-term study, as many as 80% of young adults who had been abused met the diagnostic criteria for at least one psychiatric disorder at age 21. People who are abused as children are at higher risk for anxiety, depression, substance abuse, smoking, high-risk sexual behaviors, teen pregnancy, low academic achievement, criminal behavior and medical illness. Child sexual abuse is an especially complicated form of abuse because it involves layers of guilt and shame.

Category	Prevalence (%)
Physical Abuse	28.3
Sexual Abuse	20.7
Emotional Abuse	10.6
Physical Abuse	9.9
Emotional Abuse	14.8

Studies show that as many as 1 in 5 children is sexually abused.

The major reasons for physical and psychological mistreatment of children within the family often are parental feelings of isolation, stress and frustration. While child abuse and neglect occurs in all types of families, children are at a much greater risk in situations when the following exist in the home:

- Domestic violence
- Alcohol and drug abuse
- Untreated mental illness
- Lack of parenting skills
- Stress and lack of support

Help Prevent Child Abuse:

1. Be a nurturing parent. Children need to know that they are special, loved and capable of following their dreams. Connect emotionally with your child. Spend 15 minutes daily with your child, playing or doing what s/he wants.
2. Develop new parenting skills. Start by learning appropriate discipline techniques and how to set clear boundaries for your children. Learn what is age appropriate and what is not.
3. Help yourself. Get professional help, talk with other parents, read self-help books or take parenting

classes. When you feel overwhelmed and out of control – take time out. Don't take it out on your kid. Learn how you can get your emotions under control.

4. If your baby cries... It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby. Baby Syndrome (SBS) is one of the most common causes of death by physical abuse to children. SBS occurs when a frustrated caregiver loses control and shakes a young child, causing permanent brain damage or death. The outcomes for survivors typically include cerebral palsy, blindness, deafness, seizures, and learning/behavioral difficulties.
5. Monitor your child's television, video, and internet viewing/usage. Excessively watching violent films, TV programs, and videos can encourage violent behavior in children and in your home. It's important to recognize that sexual abuse doesn't always involve body contact. Not controlling your child's access to sexually explicit material is sexually abusive, whether or not touching is involved, it is a very damaging form of neglect.
6. Help a friend, neighbor or relative. Offer a helping hand take care of the children, so an overwhelmed parent can take time out.
7. Report suspected abuse or neglect.

No More Tears The Fight Against Domestic Violence

~by SUSAN ALVAREZ with SOMY ALI

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other.

Domestic violence is an epidemic affecting individuals in every community, regardless of age, economic status, sexual orientation, gender, race, religion, or nationality. It is often accompanied by emotionally abusive and controlling behavior that is only a fraction of a systematic pattern of dominance and control.

Domestic violence can result in physical injury, psychological trauma, and in severe cases, even death. The devastating physical, emotional, and psychological consequences of domestic violence can cross generations and last a lifetime.

No More Tears provides immediate individualized assistance to victims of domestic violence in South Florida through holistic services, bringing hope, happiness and healing to

"I think it's necessary for someone who has a platform to raise a voice for the voiceless."

survivors. Since 2007, NMT has assisted over 3000 victims! They have worked diligently to empower adults and children who were victims of sexual and physical abuse. NMT works in collaboration with numerous

police departments, in Dade, Broward and Palm Beach Counties as well as the FBI and The Department of Homeland Security. For the past four years, NMT has implemented assisting victims of human trafficking in addition to its mission of assisting domestic violence victims. NMT remains a unique nonprofit where no one takes a salary and all contributions go directly towards our victims' services programs.

Somy Ali, the founder and president of No More Tears, witnessed many injustices and violence growing up in Pakistan and during her teenage years while working as an actress in India. Abuse and injustice affects everyone without regard to class or religion. After finishing her education, Somy



NMT Founder and President, Somy Ali (far right), visiting with survivors of domestic violence.

registered No More Tears in 2006 to help victims of abuse that were brought to the U.S. from various countries around the world. For more information on No More Tears and to learn how you can help, please visit: www.nomoretearsusa.org



May is not only National Physical Fitness and Sports Month, but it's also Global Employee Health and Fitness Month, and there's a National Senior Health & Fitness Day as well so it's all about getting fit! And just when you thought we forgot about your New Year's resolution to lose the holiday cookie weight... you know, the extra pound or two you put on eating all those holiday treats!

For National Employee Health and Fitness Day, Borinquen employees are looking into getting fit and checking out all their options on doing so! With a plethora of fitness programs to choose from, we thought we could help you narrow down the playing

field. Here are some of our picks because everyone is looking for that special routine that might inspire them to continue working out and maybe even help their community in the process.

National Bike Month - designated in 1956 by the League of American Bicyclists to promote cycling, cycling education, and bike events - is the perfect time for new or returning riders to get back in the saddle and ride their bikes to work. In addition to promoting bicycling as a smart and fun means of transportation and recreation, the league provides valuable educational programs, helps create better cycling environments, and works to create bicycle friendly communities. League of American Bicyclists 202.822.1333 [http://bikeleague.org/bikemonth] **National Bike to Work Week 2017 will be held on May 15-19. May 19th is Bike to Work Day!** You might want to leave your car behind, find a buddy and try it for just one day and see if it's your new work-out thing. And, with all those new designated bike lanes you shouldn't have any trouble following the road to work.

The SMART Ride could be your

thing. 2 Days, 165 Miles from Miami to Key West and the next ride is **NOVEMBER 17th & 18th, 2017**



registration is now open! What makes this ride unique is their 100% guarantee that every penny you raise as a participant will go to AIDS Service Organizations in Florida. Since 2003, The SMART Ride has raised more than \$8.5 Million Dollars! Another unique aspect of this ride is that you have some control over the distribution of the funds you raise, to the AIDS Service Organizations listed. If you have questions or want additional information send an email to info@thesmartride.org. The ride was created for a good cause and that is an extra bonus, besides your good health. Riders and crew range in age from 18 to 73. Check out what BMC's in house SMART Ride expert enthusiast, Barbara Kubilus, Chief

Special Programs Officer, has to say about her ride! "This is an excellent opportunity to work on your fitness goals with a group of individuals who also strive for a healthier lifestyle, regular exercise and enjoy nature while doing so. The SMART Ride is an amazing 165 mile bicycle journey through the Florida Keys with amazing people. I guarantee you that this will be the most incredible two days of your life - it was for me!

YOU CAN DO THIS!"

Have you tried Impact Kickboxing? This exceptional workout guarantees to maximize total body exertion while pushing yourself farther than you thought possible. Classes incorporate kickboxing, strength training, circuit, partner drills and plyometric to every class. Impact kickboxing will have you punching and kicking your way to weight loss and body sculpting no matter what your current fitness status may be. You will be motivated and inspired to achieve your goals and finish strong every class. >>p 6



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AWARENESS

MOVE IT, MOVE IT from p 5

May 31st is National Senior Health and Fitness Day!

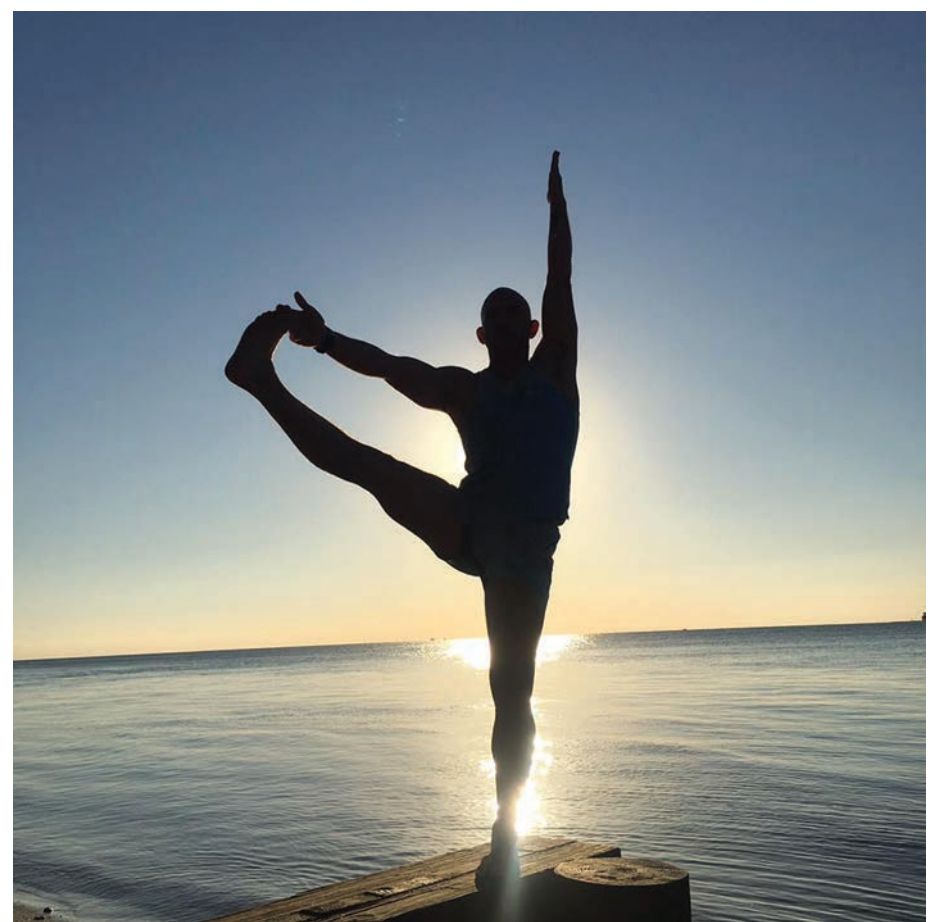
Collins Avenue where Yogi Michael Travis' soothing voice and repetitive mantra, "You are strong. Your mind controls your body. Control your mind and you will control your body," firmly coxes through a Vinyasa Flow



and steers you into some of the most intricate yoga poses, but totally within your capabilities and with time, achievable! Other classes are held Monday & Wednesday at 6pm in South Point Beach, at Collins Park, Bass Museum

of Art, 2100 Collins Avenue. Not into kicking boxing or marathon bike rides, you might want to check out the many free yoga classes being offered around town. There's something for everyone. Bayfront Park's yoga is for everyone, always free Mondays and Wednesdays at 6 p.m., Saturday 9 a.m. and at Jose Marti Park on Tuesday 6 p.m.. Their stats say it all: 11 years, 1700+ classes, 151,000+ participants! "We're pleased the Times has

The Little Haiti Cultural Complex offers yoga classes on Thursdays from 6pm to 7pm and Saturdays from 12:30pm to 1:30pm. There is a one-time \$20 LHCC membership fee for those who attend any class whether it's a free class or not, unless otherwise stated. This fee is prorated during the year. Registration forms available at LHCC, 212 - 260 NE 59 Terrace, Miami, FL 33137, website:



PC: Michael Travis Sunrise by Michael Travis

discovered what we've known for years -- yoga builds strong bodies, minds and community." For more info: Bayfrontparkmiami.com

As if we needed another reason to love the BEACH! The Green Monkey studio offers FREE power Yoga classes at three different locations in Miami Beach and in Coral Gables. If you're serious about getting in shape and being the strongest you can possibly be, you might want to show up on any given Monday night 6pm at North Beach, with an Ocean View on the Patio of the UNIDAD Community Center, the North Shore Park, 7275

lhcc@miamigov.com.

Anamargret from the Daily Offering Yoga Studio also teaches a free multi-generational yoga class which takes place on Saturday mornings at 10am, under the oak trees at Legion Park. If you stop by on a Saturday morning, she will graciously gift you, new students, a Guest Pass to her studio. Anamargret Sanchez is the founder and director of the Daily Offering Yoga Studio, located at 875 NE 79th St, Miami, FL 33138. For more information, please call: 305.456.6406, or email: namaste@dailyofferingyoga.com.

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EDITORIAL

Mayo, mes de flores, madres...y chocolate.



~por **LOURDES IGARAVIDEZ GÜELL**

Mayo es el mes de las flores y de las madres. Creo que no tengo que decirles de la bendición suprema que es tener a nuestra progenitora viva. Aquellos que así la tengan, hónrenla el Día de las Madres y todos los días. Los que la tienen fallecida, recuérdela ese y todos los días. Sin madres no hubiéramos tenido la oportunidad de existir.

Mientras, siguen las interrogantes sobre el futuro económico de Puerto Rico, la junta reguladora, el posible referendun sobre el status (¿con qué dinero?, me pregunto yo) y demás situaciones difíciles criollas que son causadas por nosotros mismos. Todo esto, sin que tengamos en cuenta las situaciones que nos afectan que son causadas por otros como el posible daño a nuestro turismo que causaría una Cuba cada vez mas abierta al viajero estadounidense.

El éxodo criollo continúa a razón de un promedio de mil puertorriqueños semanales que dan el brinco a nuestras costas. Es raro ya visitar una ciudad estadounidense nueva y no encontramos con un coterráneo. Triste panorama. Y sin embargo nos llena de alegría la creatividad Boricua para inventar actividades que levanten la moral a nuestro pueblo. Los días 20 y 21 de Mayo verán la segunda edición del Puerto Rico Chocolate Fest, que se celebrará en el Palacio de Recreación y

Deportes de Mayaguez. En el festival participarán mas de 50 expositores y mas de 15 famosos chefs todos presentando sus creaciones en chocolate. Algo casi delirante para quienes somos fanáticos de la confitura. Como colofón, se exhibirá la taza de chocolante caliente mas grande del mundo, con 1,000 galones de capacidad.

Con un espíritu nacional como este, ¿quién habrá inventado los políticos?

Noticias de PUERTO RICO

~por **MARCOS DE CÓRDOVA**

***En uno de sus últimos actos como Presidente de EEUU, Barack Obama conmutó la sentencia de Oscar López Rivera, quien cumplía mas de 50 años de cárcel por conspiración sediciosa contra este país. López pertenecía a las Fuerzas Armadas de Liberación Nacional (FALN), quien comenzó actividades militares contra EEUU, pro independencia de Puerto Rico, en 1974. El grupo fue responsable por docenas de ataques con bombas que resultaron en 5 muertes y mas de \$3 millones en pérdidas. En 1976, la policía de Chicago encontró una fábrica de bombas que condujo al arresto de López, quien no fue encausado por los actos terroristas sino por conspiración. El liberado nació en 1943 en San Sebastián, donde vivió hasta que a los 14 años, la familia se mudó a Chicago. Mas tarde fue reclutado y sirvió en Vietnam. A su regreso, se dedicó a la actividad comunitaria en defensa de los Boricuas de la ciudad.

*** Justo al cierre de esta edición llegó la noticia del fallecimiento de la actriz Miriam Colón, a los 80 años de edad, a causa de problemas respiratorios. Nacida el 20 de agosto de 1936 en la ciudad de Ponce, Colón participó activamente en obras de teatro en sus años escolares. Debutó en el cine en "Peloteros" (1953), una comedia puertorriqueña protagonizada junto al comediante Ramón (Diplo) Rivero en la que interpretó el papel de Lolita. En su larga carrera filmó mas de 90 películas y participó en mas de 250 series televisivas. Los mayores triunfos de su vida los cosechó como directora del Teatro Rodante Puertorriqueño (PRTT), el cual fundó en 1967. En 2015, la actriz recibió la Medalla



La actriz Miriam Colón

*** El gobernador Ricardo Roselló pidió la renuncia al alcalde Guaynabo, Héctor O'Neill, al no dar este una respuesta clara a la petición de aclaración en menos de 24 horas que le había pedido el gobernador sobre la demanda por hostigamiento sexual que le había sometido una agente municipal y que O'Neill había transado fuera de corte por \$300,000. O'Neill se ha negado a renunciar y la destitución de un alcalde solo es posible bajo el ordenamiento legal (Ley de Municipios Autónomos) vigente, por causales específicas. El



El gobernador Ricardo Roselló

gobernador si podría, si así lo decidiese, destituir al alcalde de sus posiciones dentro del partido. Esperemos el próximo capítulo.

pues entre canciones y estribillos

celebrando la gesta de la novena campeona de la liga invernal los fanáticos armaron su fiesta en espera de la llegada de sus héroes. El tercera base de los Criollos, David Vidal, fue nombrado Jugador Más Valioso de la Serie del Caribe luego de ayudar a la novena boricua a conquistar el título, el primero para Puerto Rico desde el año 2000. Vidal, de 27 años. lideró el torneo en cuadrangulares con tres, en slugging (.817) y en porcentaje de embasarse (1.337), con un total de 21 bases alcanzadas. ***Jeyvier Cintrón Ocasio se une a su amigo y también olímpico Félix Verdejo como miembro de la escuadra promovida por Top Rank. Jeyvier J viajó a Las Vegas, Nevada, y firmó un acuerdo promocional con la empresa Top Rank, con la quien debutará como peleador profesional. Él representó a Puerto Rico en las Olimpiadas de Londres 2012 y Rio de Janeiro 2016, convirtiéndose en el único puertorriqueño dos veces olímpico en boxeo. ¡Madre hay solo una. Felicidades a todas en el Día d las Madres!



LOS DEPORTES AL DIA

~por **JESÚS "CHÚ" DÍAZ**

*** Félix Verdejo venció al nicaragüense Oliver Flores por decisión unánime y mantuvo su invicto. Para muchos, el "Diamante" no brilló y dejó más preguntas que respuestas. La votación oficial fue 99-91, 96-94 y 98-92 para Verdejo (23-0, 15 nocauts), quien dominó con su desplazamiento y jab a Flores (27-3-2, 17 nocauts), no sin antes pasar serias dificultades en el octavo y décimo asalto. Tras la pelea, Ricky Márquez, manejador y entrenador de Verdejo, indicó que ya no es una garantía que Verdejo rete al campeón ligero de la OMB en el Madison Square Garden de Manhattan, la noche antes del Desfile Puertorriqueño. Su manejador va a evaluar, a ver", la pelea titular de Verdejo. "Todavía no puede decir si una cosa o la otra". ***Puerto Rico y Caguas se coronaron en la serie del Caribe. Fue el 15to. título para Puerto Rico, el cuarto para Caguas y el primero desde el año 2000. Los Criollos de Caguas experimentaron un recibimiento de héroes nacionales tras llegar en vuelo directo desde México, poco menos de 24 horas después de ganar, por primera vez en los últimos 16 años, la Serie del Caribe en Culiacán. La plena y la algarabía no se hicieron esperar,

ESCUCHE A JESUS DIAZ
en Z-92.3 FM - Lunes a Viernes:
Show de la Mañana - Sábados: 9:00 AM,
Tributo a los Grandes



Noticias de AQUI

~por **FRANCISCO B. GÜELL**

*** A finales de enero pasado, falleció en Miami, a los 77 años de edad, doña Mirta Russis-Heineman. Mirta

fue un pilar de las asociaciones y clubes de orquideas de la Florida, especialmente en Miami, donde fue maestra de la American Orchid Society y miembro de la junta de mas de ocho organizaciones diferentes. Hace cuatro años, en unión a varios amantes de las orquideas, tanto puertorriqueños como cubanos en su mayoría, fundó la Asociación de Orquideología de America, la primera organización totalmente hispana sobre



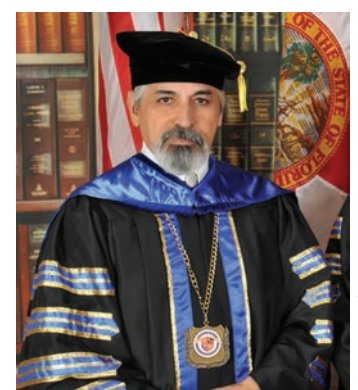
Falleció Mirta R. Heineman, pilar de la orquideología.

el tema. Mirta, quien residió muchos años en Puerto Rico, fue mentora de muchas novicias orquidistas, entre ellas nuestra editora, Lourdes Guell, quien fue la primera secretaria de la AOA. Descance en paz, Mirta R. Heineman.

*** Recién nos llegó la noticia de la oficialización final de CUFS University,

que preside el buen amigo, profesor e historiador Edwin Borrero González,

PhD. Borrero, nacido en Yauco, PR, obtuvo su Masters de la UPR y su doctorado en la Universidad de Valladolid, España. En la isla ocupó varias posiciones educativas llegando



El profesor Edwin Borrero preside la CUFS University.

a Director Ejecutivo de Programa en el Instituto de Cultura. CUFS University es una institución educativa 'online',

inscrita en la Florida, que provee a la comunidad local e internacional con facilidades educativas en varias disciplinas y humanidades.

Para mas detalles puede escribir a information@cufsuniversity.com o visitar www.cufsuniversity.com

*** Miami no se escapó de una marcha protesta contra la victoria eleccionaria del presidente Donal Trump. Solo que a diferencia de otras, la nuestra fue bien pacífica. La actividad, que llegó a aglutinar unas 400-500 personas, según la policía, empezó en Bayfront Park hacia el Oeste y subió por la rampa hasta la I-95 donde procedieron a sentarse. La marcha recibió personas desde los Cayos hasta mas allá de Broward. Muchos hablaron de resignarse al resultado, para lo cual la marcha los hacía sentir mejor, mientras que otros expresaban su decepción y frustración. Nadie fue arrestado.

COSAS NUESTRAS

Explicando la Economía

~Colaboración de **WALDO MEDINA**

Las elecciones nos han dejado confundidos con eso de la Economía. Vamos a usar algo simple, como ser propietario de unas pocas vacas, para tratar de explicarla.

SOCIALISMO

Tienes 2 vacas. El estado te quita una y la regala al vago de tu vecino. Las dos vacas se mueren de hambre porque el Director de Vacas del estado no tenía hierba, pero la hierba es asunto de otro Director.

COMUNISMO

Tienes 2 vacas. El estado te quita las dos y te da un poco de la leche que era tuya, con una libreta de racionamiento si vas a una marcha de millones de personas dando gracias por la leche.

BUROCRACIA DEMOCRATICA

Tienes 2 vacas. El estado te quita las dos porque no pagaste una licencia para tener vacas, mata una, ordeña a la otra, te cobra un arbitrio y te pone una multa.

CAPITALISMO TRADICIONAL

Tienes 2 vacas. Vendes una y con el dinero compras

un toro. Tu rebaño se multiplica y tus ingresos crecen. Luego vendes el rebaño y te retiras a vivir de tus rentas.

UNA CORPORACIÓN AMERICANA

Tienes 2 vacas. Vendes una y obligas a la otra a producir la leche de 4 vacas. Después contratas un consultor para analizar por qué esa vaca cayó muerta del esfuerzo.

UNA CORPORACIÓN CHINA

Tienes 2 vacas. Tienes 300 personas ordeñándolas. La leche está contaminada con plomo. Arrestan al reportero que publicó la noticia.

UNA CORPORACION DOMINICANA

Tienes 2 vacas. Las 2 se van en una yola para Puerto Rico

UNA CORPORACION BORICUA EN LA ISLA

Tienes 2 vacas... Una está incapacitada por Veteranos La otra se muda para Orlando porque hay mas hierba.

UNA CORPORACION BORICUA EN MIAMI

Tienes 2 vacas... Ninguna de las dos vota en las elecciones. Las dosse quedan sin trabajo porque no tienen poder politico.

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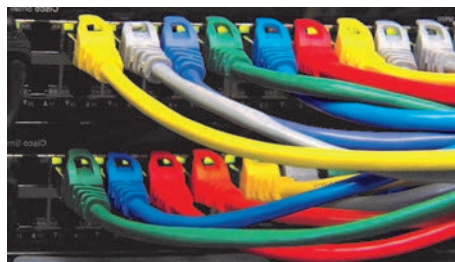
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La Opinión Del Caribe

Noticias de Cuba

*** **El mas reciente Consejo de Ministros de Cuba** se concentró en discutir el atraso tecnológico que sufre la isla y la necesidad de informática en el país. Según la prensa oficialista los dirigentes cubanos admitieron la



El gobierno reconoce que están faltos de tecnología.

necesidad de producir dispositivos informáticos en la mayor de las Antillas y alentar el desarrollo de aplicaciones móviles. "El Gobierno pretende establecer una plataforma nacional que incentive la generación de contenidos y garantice la posibilidad de socializarlos, dirigirlos a fortalecer la identidad y preservar los valores de la sociedad cubana", publicó el periódico oficial Granma. Conectarse a Internet en los hogares privados sigue siendo un lujo al que solo llegan los dirigentes, extranjeros o personas cercanas al ejecutivo.

*** **El juzgado mercantil número 12**, de Madrid, España, admitió recibir la querrela planteada por el músico cubano Liván Rafael Castellano Valdés contra Carlos Vives y Shakira por alegado plagio en su tema "La Bicicleta". Valdés asegura que el estribillo de Shakira y Vives, de "que te sueño y te quiero tanto", está copiado del de Liván, "yo te quiero, te quiero tanto". Se dice que la Sociedad General de Autores y Editores, ha

suspendido el pago de derechos de autor a los demandados hasta una resolución final. "La Bicicleta" ganó el Grammy Latino en 2016 y ha vendido mas de 210,000 copias.

*** **Al igual que en años anteriores**, la corporación Havana Club Internacional, S.A., presentó en días pasados el nuevo ron de la marca Havana Club, con nombre "Tributo 2017". Esta colección cuenta con solo 2,500 botellas, cada una numerada y con la firma de su creador. En Cuba solo se venderán 300 de dichas botellas en Casas del Habano, licorerías y lugares especializados. El resto se comercializará internacionalmente. "Tributo 2017", como ya lo fue su edición precedente, es un ron fruto del talento de un grupo de maestros roneros de la Isla, encabezados por Asbel Morales Lorenzo. Tras su fundación, en el año 1993, la empresa mixta conformada a partes iguales por Cuba Ron Havana Club y Pernod Ricard ha multiplicado notablemente sus volúmenes de ventas.



Havana Club "Tributo 2017"

Noticias de Venezuela

*** **Donal Trump, presidente de EEUU**, recibió recientemente en la Casa Blanca a Lilian Tintori, esposa del encarcelado dirigente opositor venezolano Leopoldo López. De inmediato envió uno de sus famosos mensajes de Twitter, pidiendo la liberación de López, quien fue condenado a 14 años de prisión por el gobierno de Maduro. La señora Tintori fue escoltada hasta la oficina de Trump por el senador Marco Rubio. Este sugirió públicamente que EEUU cambie de estrategia con Venezuela, pues la actual, de dialogar, no ha conducido a nada.

*** **Como corolario a la noticia anterior**, el Tesoro estadounidense impuso nuevas sanciones económicas contra el vicepresidente venezolano, Tareck El Aissami, al que acusa de tráfico internacional de drogas. Nicolás Maduro, presidente de Venezuela,

declaró que "el imperialismo ha llegado a un nivel de desprestigio jamás visto". El Aissami venía siendo investigado desde hace tiempo, desde que era gobernador del estado Aragua. Según Washington, el hoy vice venezolano supervisó o fue socio en cargamentos de mas de mil kilos de coca, y en adición tiene lazos con el extremismo islámico en América Latina.

Venezuela puede encontrarse en futuras dificultades con el gobierno estadounidense. El actual secretario de Estado de EEUU, Rex Tillerson, era presidente de Exxon y se negó a venderle a Hugo Chávez el 51% de la subsidiaria venezolana de la empresa. El caso llegó a los tribunales internacionales y Tillerson no ha quedado muy contento con los dirigentes chavistas.

Noticias de Nicaragua

*** **El ministro de Energía y Minas**, Salvador Mansell, indicó recientemente que el 80% de las plantas generadoras de energía en el país son privadas y que el Gobierno continúa trabajando en la promoción de las inversiones para cambiar la matriz energética con proyectos de energía renovable. Según Mansell, "En el plan 2017-2030, estamos hablando de 1,300 megavatios adicionales, que están abiertos a todos los inversionistas nacionales y extranjeros que están participando". Sobre el tema, la diputada Jenny Martínez, presidenta de la Comisión de Infraestructura, destacó el "avance en un 80% de la línea de transmisión eléctrica para conectar a la ciudad de Bilwi, en Puerto Cabezas, al Sistema de Interconectado Nacional". La oficina de la presidencia indicó que también se realizan estudios de factibilidad de dos proyectos hidroeléctricos, uno vinculado a la construcción de la planta hidroeléctrica El Carmen (82.5 MW) y el otro es el proyecto Copalar Bajo (150 MW).

*** **La Cámara Nacional de Turismo de Nicaragua** (Canatur) entregó recientemente el Premio Nacional Güegüense a la Excelencia Turística a cinco empresas turísticas del país. Fueron estas Yemaya Island

Hideaway and Spa; el Hotel Apoyo Resort; el Hotel Plaza Colón, de Granada; el Bed and Breakfast Kiruna; y en gestión empresarial reconoció a Hotel Apoyo Resort y Guacalito de la Isla. El periodista y reporter gráfico Orlando Valenzuela, de El Nuevo Diario, fue reconocido por sus trabajos en la sección turística del rotativo. Según Lucy Valenti, presidenta de Canatur, uno de los propósitos del Premio Nacional Güegüense a la Excelencia Turística es que se reconozca a Nicaragua como un país de calidad.

*** **El artista nicaragüense Víctor Manuel Leiva Ramírez**, líder de la agrupación La Mancha de Leiva, falleció hace escasas semanas a causa de un paro cardíaco, notificaron sus familiares a medios oficiales. Según su señora madre, Rosario Ramirez, su hijo sufrió el infarto en su casa en el barrio Monseñor Lezcano, pero nadie de la familia se dio cuenta porque se encontraba en su habitación. Doña Rosario declaró que una hermana de Víctor Manuel entró a la habitación para saber cómo estaba y al ver que no respondió su llamado, se acercó y se percató de que no estaba respirando, por lo que fue llevado de urgencia al hospital Lenin Fonseca, donde médicos confirmaron su muerte.

Noticias de República Dominicana

*** **De nuevo subieron los precios de la gasolina en el país**. Una resolución del Ministerio de Industria, Comercio y Mypimes informa que el galón de gasolina premium costará RD\$215.80, la regular se venderá a RD\$200.20 por galón, o sea, ambas con un incremento de RD\$1.50. Por otro lado, el Gas Licuado de Petróleo

aumentó a los policías patrulleros, quienes llegarán a ganar RD\$16,150 por la función que realizan y por el riesgo envuelto.

*** **Los premios "Heat", que entrega el canal de música HTV** y que este año será el jueves 8 de junio, volverán a Cap Cana, según anunció Demián Cortizas, director del canal y



Volvió a subir la gasolina.

(GLP) bajó por cuatro pesos por galón. El Banco Central informó que la tasa de cambio promedio de dólares a pesos es de RD\$47.25.

*** **El director de la Policía Nacional**, mayor general Nelson Peguero Paredes, reveló en conferencia de prensa que para este año estiman entregar 500 apartamentos a igual número de familias de la Policía, a través del plan de viviendas para los policías anunciado por el presidente Danilo Medina recientemente. Medina había expresado que este mismo año se han destinado RD\$100 millones para el financiamiento de iniciales que permitan a los miembros de la Policía el comprar viviendas propias. El presidente también anunció un

de los premios. Se espera que la premiación se mantenga en RD por los próximos 5 años. Además, este año, tres artistas del país tendrán la oportunidad de participar en la competencia: Eddy Herrera, Gabriel y Mariel. Los Premios Heat consisten de 14 categorías, de las cuales el público puede votar en 12 de ellas a través de la página web premiosheat.com. y de la aplicación con el mismo nombre. El mas importante, el Premio Oro, se entrega al artista con mayor compromiso social. "Es importante para nosotros premiar a los artistas latinos que trabajan porque es un premio 100 por ciento hecho por latinos para latinos", sostuvo Cortizas al dar a conocer a los nominados.

Noticias de Haití

*** **Un día después de que** The Associated Press publicó un artículo especial sobre hacinación, desnutrición y enfermedades infecciosas en las cárceles de Haití, se efectuó un funeral colectivo de 20 ataúdes con el mas reciente grupo de presos fallecidos en condiciones inhumanas, en la prisión mas grande de Haití. La representante especial de Naciones Unidas, Sandra Honore, dijo en un comunicado que el fallecimiento de 42 reclusos este año está vinculado a un "empeoramiento" de las condiciones "cruelles, inhumanas y degradantes" en las que se encuentran los confinados, la mayoría de ellos, sin condena. La permanente escasez de alimentos y medicinas así como el aumento de enfermedades infecciosas y la aglomeración de confinados han derivado en un incremento de padecimientos relacionados con la desnutrición y otros males prevenibles.

*** **La actriz Guetty Felin dice estar frustrada con su país**, pero a la vez, apasionada. Según ella, cuando está en Haití, desea vivir en otro lugar y cuando está en el exterior, quiere regresar. Dentro de ese dilema surgió la película Ayiti Mon Amour (Haití, mi amor), el primer largo metraje rodado en el país dirigido por una mujer. La película "Es el reflejo de mi complicada relación con mi tierra natal", asegura Felin, con la que ha iniciado un camino en el cine. "Las historias son abundantes, pero la financiación es difícil y es diez veces más difícil para las mujeres de color, como yo, y que asumen riesgos haciendo obras poco convencionales, con actores desconocidos y en lugares tan impopulares como Haití". La cinta fue presentada en el Festival Internacional de Cine de Cartagena.

Noticias Variadas del Caribe

Trinidad Tobago

*** **Mientras que sus organizadores** alegan que el Carnaval 2017 fue todo un éxito, el veterano músico de calypso y ex Ministro de Artes y Cultura, Winston "Gypsy" Peters, piensa diferente y expresa que la actividad está en vías de fallecer rápidamente. Gypsy fue el Monarca del Carnaval en 1997, opina que la fiesta no solo ha perdido su atractivo, sino también su creatividad. Según el músico, "Trinidad ha exportado su carnaval a casi todas las ciudades importantes del mundo y por lo tanto el nuestro ya no llama la atención". Gypsy también opina que Trinidad se ha dado a conocer como una ciudad violenta y muchas personas no quieren asistir al carnaval por miedo a que los roben. "Cuando vas al carnaval en New York, ves personas luciendo prendas. En Trinidad ya no es posible hacer eso," continuó el ex Ministro. "Y las personas para las que el carnaval era importante, han envejecido, han emigrado o han muerto."

Guatemala

*** **El Ministerio de Relaciones Exteriores** guatemalteco señaló que 56 mil documentos están pendientes de ser entregados hasta el 1 de marzo último, aunque Migración afirma que son 41 mil 226. El problema, básicamente de pasaportes, se debe a que el año pasado la DGM tuvo retrasos con los concursos de licitación para la compra de cartillas. Las subastas se efectuaron dos veces, pero no fue adjudicado. Las autoridades de la entidad solicitaron al Congreso que les permitiera comprar por excepción, a lo que este accedió y la DGM adjudicó la adquisición a la empresa alemana Bundesdruckerei GmbH, por Q10 millones 785 mil, para 500 mil cartillas. Se pactó que los pasaportes se entregaran en 25 semanas.

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SU ANUNCIO AQUI

Para anunciarse en *The Voice of the Caribbean* de la **Borinquen Medical Centers** of Miami-Dade, llame:
INGLES: **Ben Neji**, 305-576-6611
bmn4288@gmail.com
ESPAÑOL: **Paco Guell**, 305-505-3294
pacoguell@aol.com

Image courtesy of stockimages at Freepressphotos.net



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Conectar conmigo mismo...

~por *Glory Ann Zapata, MS, TTS*



Utilizamos el lenguaje verbal y corporal para expresarnos y comunicarnos. Además de estos, existe un lenguaje privativo relacionado a nuestros pensamientos. Y, ¿qué son nuestros pensamientos? Podemos decir, que son imágenes, memorias, palabras y recuerdos dentro de nuestra mente. Los mismos pueden ser de gran utilidad pero a la vez pudiesen ser traicioneros.

Conectar conmigo mismo, no es nada mas que, estar en alerta en mi momento presente aceptando mis emociones y sentimientos, tanto físicos como mentales... encontrarme con mi yo interior, con mi esencia, con quien realmente soy, y no con

mis pensamientos. ¿En qué momento del día te detienes para conectar contigo mismo y reconocer ese ser tan especial que eres y vive dentro de ti?

Soy *Glory Ann Zapata, MS, TTS* Terapeuta en Salud Mental y Especialista en el tratamiento para dejar el uso del Tabaco. Si deseas una consulta o te encuentras lidiando con varias situaciones no agradables en tu vida, puedes comunicarte (305) 576-6611 Ext.1803 y con gusto te hacemos una cita. ¡Recuerda... tu consulta es completamente privada, confidencial y de mucha ayuda!

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More Reasons to Dance!

~by PAT MORGAN, MBA



Popular shows like “Dancing

with the Stars” have created a lot of buzz around dancing and inspired many people to start dancing. What a great way to get moving and improve your health!

Dance is not just about the steps and music. It is a perfect combination of physical activity, social interaction and mental stimulation. Even Olympic athletes dance as part of their training to improve control, flexibility and speed.

Dancing is great exercise. Did you know that when you dance, you burn calories and your cardiovascular system improves? It is estimated that dance burns anywhere from 5 to 10 calories per minute depending on speed and intensity. At the same

time, it also involves a number of difficult postures and steps which provide the muscles with resistance to develop extra strength and muscle tone for a flatter stomach, firmer upper arms and more toned legs and buttocks.

One of the benefits of toned muscles is that they accelerate weight loss. Our bodies need muscle to burn fat and increased muscle mass is a big help in burning calories. If you are looking for a way to lose weight that is enjoyable, dance is a great option.

And, since dance strengthens our stabilizer muscles, while protecting our core it helps us to be less prone to injury in our daily lives. Dancing also aids in coordination and strengthens our reflexes.

Dancing improves our memory by making us recall steps, routines and dance patterns. It provides an excellent mental exercise for our brains which helps to keep our minds youthful, quick and alert.

The bottom line is that there is no downside to dancing. It is a great way to relax, relieve stress and do something wonderful for yourself.

Pat Morgan, MBA and Professional



Studies show that dance elevates our mood by raising our endorphin levels. As a result, it is healing for stress and depression which are two of our immune system’s major enemies.

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LET’S DANCE!

BMC’S Rock Star Kids!

~by SUSAN ALVAREZ

Here at Borinquen Medical Centers (BMC), not only are our employees rock stars, their kids are rock stars, too! Some are already showing signs of just what wonderful, talented and amazing humans they will become. And it’s not just the little ones that are making waves in the activities and sports they love, many of their adult children are excelling in their passions and professions, too! Let’s look at a handful of these amazing ‘kids’ and check out their impressive achievements.

Minurca wants to share her good news with her Borinquen family that her daughter, Nurky Garcia won the



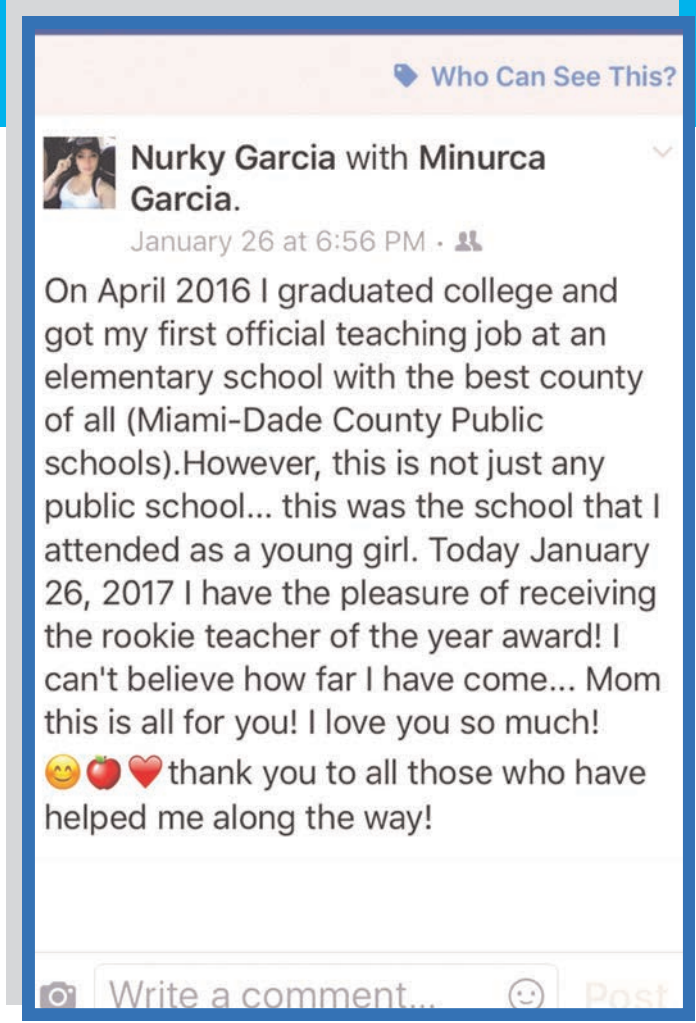
“Rookie Teacher of the Year” Award! Nurky, a recent college graduate, secured her first teaching post less than a year ago at the very same

Miami-Dade County Public school she attended as a young girl. Just a few months later she receives this great honor. “I have the pleasure of receiving the Rookie Teacher of the Year award!” she declares on Facebook, “Mom this is all for you! I love you so much! Thank you to all of those that have helped me

along the way.” Minurca would like to express how proud she is of her daughter and congratulates her on such a wonderful honor. She always knew Nurky was

headed for great things and this is just the beginning. “It’s my dream to see my daughter grow to be happy and successful.” says Minurca. Both mom and dad are extremely thrilled and proud of their intelligent and beautiful “little girl” who is all grown up and succeeding in her life.

BMC would like to join them and say congratulations on the wonderful milestones and successes you have already achieved.



STARTING SOON! BRAIN CENTER TO PROVIDE NEUROLOGY AT BORINQUEN MEDICAL CENTERS



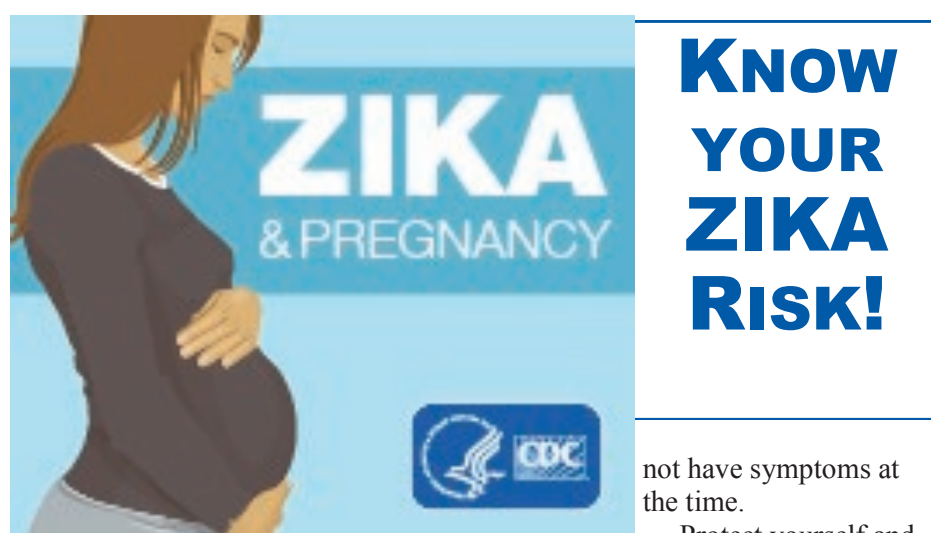
Above from Left to Right: Some of the Brain Center Neurology Team members: Alejandro Telleria-Diaz, Manager Research Program, Tamara Robinett, Executive Director, Jennifer Reed Esq., Program Director, Carolina Hoires, LCSW Senior Manager Social Work Programs, Christina Wong, Senior Manager HIT.

Borinquen Medical Centers is pleased to announce a new specialty clinic at its headquarters location at 3601 Federal Highway to provide coordinated neurology services to our members. We welcome the Brain Center to the Borinquen family!

Brain Center is a non-profit organization founded in Miami-Dade by pioneering neurologist, Jeffrey L. Horstmyer, MD, FAAN focused on providing comprehensive neurological care to our community with top tier medical services and an emphasis on quality of life. Brain Center also concentrates on providing comprehensive, coordinated,

patient-centered care while supporting their families and caregivers with education, community resources, support groups and much more. They help people stay at work, at home and out of the hospital. Already having served over 1,000 patients in Miami-Dade, Brain Center provides needed access to neurological care, and programs to support the underserved in South Florida.

To make an appointment, please call (305) 576-6611 and ask for the Brain Center.



KNOW YOUR ZIKA RISK!

not have symptoms at the time.

Protect yourself and

others – learn how you can help prevent the spread of Zika! According to the Centers for Disease Control (CDC) where you live, your travel history, and the travel history of your sex partner(s) can affect your chances of getting Zika. Their website can help you learn more about Zika, why you might be at risk of getting it, and how to protect yourself and others.

Many people infected with Zika won’t have symptoms or will only have mild symptoms. However, a pregnant woman, even one without symptoms, can pass Zika to her developing fetus. **Zika infection during pregnancy can cause serious birth defects.** Zika virus primarily spreads when a mosquito infected with Zika bites you. Zika also can spread through sex with a man or woman who has Zika. Sex includes vaginal, anal, or oral sex, and the sharing of sex toys. Zika can pass through sex even if the person does

For more information, please visit CDC website: <https://www.cdc.gov/zika/pregnancy/index.html>



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COMMUNITY EVENTS & SERVICES



Mediterranean Diet

~by SILVANA VASQUEZ, Registered Dietician and Nutritionist with SUSAN ALVAREZ



Did you know that even today, heart disease is lower in Mediterranean countries than it is in the U.S.? Therefore, it's important to pay attention to what we are eating and why the Mediterranean diet continues to gain popularity. Obesity, heart disease and chronic illnesses like diabetes and hypertension continues to be a major concern in the U.S., which is why this diet and lifestyle plan is a great way to keep the whole family healthy. Take a closer look at this new for you, *lifestyle* and the health benefits it brings with it such as; lower rates of chronic disease and possibly even a longer life expectancy!

Primarily consisting of plant-based foods such as fruits, vegetables, beans, nuts, whole grains and herbs, the Mediterranean diet also includes fish, eggs and poultry in moderation as well as small amounts of low-fat dairy and red wine.

Olive oil (linked to good heart health) is another key component to the Mediterranean diet and is used to replace butter, margarine and other oils for cooking. The diet also focuses on replacing foods high in saturated fats (found in red meats like beef and poultry and dairy products like butter and cheese) with those that are high in mono-unsaturated fats (olive oil, nuts, and avocados to name a few). Herbs and spices are often used to limit or replace the use of salt. Overall, the Mediterranean diet focuses on practicing moderation in everything you consume!

The Mediterranean diet is much more than a simple food guide; it is also a way

of life! The diet stresses the importance of engaging in daily exercise, sharing meals with others, eating in moderation and having appreciation of the pleasures associated with eating delicious foods. While some may wonder how sharing meals or appreciating the act of eating can be beneficial to your health, consider this; as you take the time to truly enjoy your meal with friends and family, you tend to eat slower and will feel more full and satisfied sooner.

Research has linked the Mediterranean diet and lifestyle to a variety of health benefits. Among the most notable, the plan has been linked to a reduction in the risk of developing and dying from heart disease and cancer. According to the Mayo Clinic, studies have shown a reduced incidence of developing Parkinson's Disease and Alzheimer's Disease for those who follow the Mediterranean diet. Furthermore, the CDC has found links between diets high in plant based foods such as the Mediterranean diet and success in weight loss and weight management. Other studies have indicated that this diet and lifestyle plan can help in the regulation of insulin levels.

As you learn more about the benefits of the healthy Mediterranean Diet, you may become more inclined to move away from processed foods and start rediscovering the

full flavors of real foods and their health benefits! While enjoying these new flavors, remember to include a variety of foods that will bring pleasure to your daily meals and learn new ways to prepare healthier recipes that will provide plenty of benefits. To introduce healthy whole grains, try quinoa and a variety of beans, lentils and dried peas. Add them to your soup and salads and try whole wheat pastas and brown rice. You will enjoy the new flavors as you also learn how to incorporate more greens to your meals as well. You may even be surprised that foods with a bad reputation, such as fat, when used in moderation, will bring healthy benefits and add taste to your dishes, as they have a specific place in bringing balance to our meals. Learn now how to cook using healthy fats.

Healthy fats are found in foods such as avocado, olive oil and nuts. Healthy fats are necessary to absorb fat soluble vitamins and to promote satiety, that is, keeping you full after meals. Fats also add flavor to foods, making our food taste even better! It is, however, very important to be discerning about the type of fat that you are actually consuming by reading labels and determining how much fat you actually need to consume.

Think about adding a small portion of avocado to your salads and a drizzle of olive oil. The taste of your vegetables will burst into flavors! Add a little bit of nuts to your salads and the crunch that they will add will transform a simple salad into a gourmet meal. Remember to not overdo it! Silvana Vasquez is a Registered Dietician and Nutritionist at Borinquen Medical Centers of Miami-Dade. If you are interested in making an appointment with her for nutritional counseling, please call (305) 576-6611. We would love to get you and your family on a healthy track! *References: <http://mayoclinic.org>; <http://health.org>; <http://oldwayspt.org>; reprints in parts-TV0C2016edited*

Boot Camp Nutrition for Kids



On the heels of and because of the success of BMC's B-Care Nutritional Counseling

Group, we are happy to announce the creation of a new nutritional group, "Boot Camp Nutrition for Kids" right here at Borinquen! We all know that food provides the energy and nutrient that young children need to grow up healthy. Parents and caregivers play a key role in not only making healthy choices for children, but making healthier choices while instilling healthy eating habits that will last them a lifetime!

For this reason, Borinquen's Registered Dietician and Nutritionist, Silvana Vasquez and Pediatrician, Dr. Jane Menezes have joined forces to establish a group where children and parents learn the basics of healthy eating with tips for easy and healthy meals and snacks preparation, importance of physical activity all aiming to impart changes in behaviors as parents learn, along with children, the basics of healthy eating to make changes at home. Kids learn to recognize healthy foods and good eating habits throughout the "boot camp" session.

This group can benefit your child greatly if he or she has been assessed with an elevated BMI (Body mass index - a measure of body fat) and you would like to make change for a healthier lifestyle. Borinquen staff and doctors can screen and refer children with elevated BMI, or overweight/obesity problems, to participate with parents on the ongoing education for improving eating habits.

The pediatric "boot camp" nutritional group meets on Fridays from 2PM to 4PM for 4 consecutive weeks at BMC's main site on the 4th floor. Recruitment for the next 4-week session is already in progress. If you would like to attend with your child, please speak with your child's pediatrician or medical staff on how to sign up. For more info, please call 305-576-6611.



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The following is contact information for all case managers:

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Rosemonde Francis, Medical Case Managers Coordinator, x1712

Angel Camacho, Prevention Case Manager, x1711

Case Managers: Oscar Galeano, x3316; Aline Pierre Jean, x1706;

Victoria Garcia, x1709; Rhonda Wright, x1707; Marie Fleurimond, x1708

Medical Case Managers:

Jorge Rodriguez and Kirk Palmer

Susana Chinchilla, **Case Manager**

Assistant and

Christine Rene, **Benefit Specialist**



Pac Waiver Case Management Program

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

Armides Pena, PAC Waiver Coordinator, x1701

Diana Ramirez, PAC Lead Case Manager, x1702

Case Managers: Carlos Garcia, x1704 Rose Louis, x1705;

Priscilla Reyes, x1723. In the event that you cannot get in

contact with a case manager, please contact

Rosemonde Francis x1712 for Ryan White or

Armides Pena x1701 for PAC Waiver.



Lunch & Learn



~ANGEL CAMACHO, Prevention Case Manager, with SUSAN ALVAREZ

The ever popular and extremely informative Lunch & Learn series continues with knowledgeable speakers and vital information for your well-being.

The Thursday, April 20th, 2017 series will be led by Silvana Vasquez, Borinquen's Registered Dietician and Nutritionist and Alex Barrios from GILEAD Sciences, Inc., a research-based biopharmaceutical company. Both experts will present informative lectures on your well-being. Ms. Vasquez will speak on taking a closer look at what various diets and lifestyles include and the

health benefits it brings with it! Barrios will educate clients in understanding their labs which will empower them and aid them in living a healthier lifestyle.

The subsequent Lunch & Learn takes place on Thursday May 18th, 2017 and will be presented by Carmen Gali of GILEAD Sciences, Inc., and her topic will be on HEP C. The session will be held in English with details coming soon.

Unless otherwise noted, all the Lunch and Learn series are held at Borinquen Medical Center, 3601 Federal Highway, 3rd floor conference room, Miami, FL 33137, from 12pm-1pm.

The Lunch & Learn series are increasingly popular and it is strongly suggested you RSVP to ensure your space. The series is ongoing by RSVP ONLY per case manager invitation. For info contact, Angel Camacho email: aacamacho@borinquenhealth.org, (305) 576-6611 Ext. 1711, or Adonis Acuna @ Ext. 1722.

SAVE THE DATE!

AIDS WALK MIAMI
AIDSWALKMIAMI.ORG

ROBBIN SIMMONS
CHANNEL 7 NEWS ANCHOR

2017 MASTER OF CEREMONIES
Soundscape Park
Miami Beach

APRIL 23RD, 2017

AIDS Walk Miami is a 5K walk-a-thon fundraiser through the picturesque streets of South Beach benefiting over 15,000 individuals living in our Miami-Dade and Broward Communities who have been affected by or infected with HIV/AIDS.

The event continues to be Miami's largest HIV/AIDS awareness fundraiser and continues to attract thousands of participants who walk for different reasons, but walk together for one common cause: to support Care Resource and Food For Life Network food bank and its work to prevent new infections, maximize the health outcomes of those infected, and to end the epidemic here in South Florida.

Join Borinquen this year as we take the next step in the fight against HIV/AIDS. For more information, on AIDS Walk please call 305-751-WALK(9255) or email at: info@aidswalkmiami.org

SAVE THE DATES!

pride
MIAMIBEACHGAYPRIDE.COM

Miami Beach Gay Pride is an extraordinary 3 day event - April 7-9, 2017. A Beach Party and a Festival & Parade with more than 125 LGBT - friendly vendors and businesses, exciting celebrities, musical performances, refreshments, food and a family-friendly play area. For the first time in its nine year history, Miami Beach Gay Pride will honor four individuals who

have made significant contributions to the LGBT community as Pride Marshals. Television personality and pop culture expert Ross Mathews will serve as Grand Marshal; celebrity bartender and cast member of iHeart Radio's "Elvis Duran and the Morning Show," "Uncle" Johnny Pool, will serve as the Advocate Marshal; and philanthropists and advocates Liebe and Seth Gadinsky will serve as Ally Marshals. Miami Beach Gay Pride is presented by Celebrity Cruises.

The 9th Annual Miami Beach Gay Pride, Parade & Festival runs Friday to Sunday, April 7-9, 2017. The Parade Starts Sunday at Noon on Ocean Drive from 5th to 15th Streets with opening Ceremonies from the Main Stage at 2 p.m. (approx.) - Music and Performances from all stages beginning at 1 p.m. - Festival continues until 10 p.m. - Concluding with fireworks.

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Dr. Michele D'Apuzzo was trained at the Mayo Graduate School of Medicine, in Rochester, MN. Subsequently, Dr. D'Apuzzo completed his Fellowship in Lower Extremity Adult Reconstruction at the Hospital for Special Surgery in New York, NY.



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We remember your sacrifice today. & every day, on this memorial day.....

THANK YOU!

On Memorial Day, a Federal holiday we set aside this day to honor and commemorate our fallen soldiers. This year we observe the solemn day on Monday, May 29th.

Did you know that United States Government has an independent agency, the American Battle Monuments Commission (ABMC) that is charged with, among many duties, the maintenance 25 permanent American military cemeteries and 27 federal memorial, monuments and markers located around the world in 16 foreign countries with just three being in the United States? These memorials are some of the most beautiful and meticulously maintained shrines in the world. While the ABMC has its main headquarters in Arlington, Virginia, its Overseas Operations Office is in Garches, France. There's a listing of all the Memorials and Parks on their website: www.abmc.gov.

And, did you know that one of the most famous memorial poems, "In Flanders Fields," was written in 1915, during the First World War by a physician, Canadian Lieutenant-Colonel John McCrae, when he noticed the many poppies that had sprouted covering the entire American cemetery in Belgium?

Traditions are mostly the same throughout the world, cleaning the graves of the war dead and the placing of flowers and American flags. The National Memorial Day concert, which honors our

military branches is held in our Nation's Capital each year. The concert is free to the public and broadcast lives on PBS. there is always a "Salute to the Services, which honors each branch of the armed forces by performing the own service song in order of junior to senior service starting with U.S. Coast Guard, U.S. Air Force, U.S. Navy, U.S. Marine Corps and U.S. Army.

References: <https://www.abmc.gov>, https://en.wikipedia.org/wiki/American_Battle_Monuments_Commission, <https://www.almanac.com>

Veterans Homeless Update

The Homeless Trust (HT), in partnership with the Miami VA, has led an unprecedented effort to house homeless veterans in our community. More than 1,000 homeless veterans were placed into permanent housing since January 2015. With the commitment of the Public Housing & Community Development, Miami-Dade County PHCD, two "surge" events provided the few remaining homeless veterans access to housing vouchers provided by PHCD.

Unsheltered homelessness declined 2.5 percent from 2015 to 2016 as evidenced by the annual Point-In-Time Count. Overall homelessness declined for families, youth, Veterans and chronically homeless.



Join a Sample Study of the Zika Virus

We are particularly interested in volunteers who have traveled to Zika risk areas since January of this year. (Risk areas include Mexico, Central America, the Caribbean, South America and especially to Columbia, the Dominican Republic, Ecuador, El Salvador and Jamaica).

To qualify, you should be:

- Age 18+
- Weigh 110 pounds or more
- Have symptoms of the Zika virus (such as fever, muscle pain, joint swelling or rash in the past 14 days prior to testing.
- Have travelled to high-risk areas, but don't have symptoms of Zika
- Be at high risk to contract Zika virus (having unprotected sex with someone who is Zika positive, having a recent mosquito bite, or a blood transfusion within the last three months).

Pregnant women are encouraged to participate.

Individuals with dengue fever, chikungunya virus, hepatitis B or C, and/or HIV cannot participate.

Qualified individuals will receive:

- A test for the Zika virus and knowledge of their Zika status
- Compensation up to (xxx) for time and travel.

BocaBiolistics

5001 NW 13th Avenue
Suite H
Pompano Beach, FL 33064
www.bocabio.com
(954) 449-6131

Study Site:

Ocean Blue
Medical Research Center
286 Westward Dr
Miami Springs, FL 33166
www.obmedresearch.com
(305) 885-8983

The Power of a Specialized Medical Team is Clear

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

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

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

MMA updated January 2014

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AROUND THE CORNER

ART & EVENTS

~by SUSAN ALVAREZ

The Spoken Soul Festival Celebrated 10 Years of Showcasing Women Artists!

SWAN Community Program: "Speak Your Soul" held at Adrienne Arsht Center for the Performing Arts, Peacock Foundation Studio @ The Ziff Ballet Opera House

Every year SSF has chosen a community organization that would benefit from arts programming as part of the Festival. Past organizations include ASPIRA Muchachos & Muchachas Conference, Boys & Girls Club, DASH Film Club, Miami Art Studio & Artoconecto, SafeSpace, and Little Haiti Cultural Center's After School Program. To mark their 10th year, the Community Program serves the entire city. Everyone was invited to speak from their soul along 4 interactive art exhibits built to challenge our perception of one another and provide Miami's multicultural and diverse community with a much needed platform to create a dialogue about people's similarities versus their differences. Installations include: "The Ballot Box", an exploration of commonalities. "Freedom of Speech", 60 seconds free of judgement and uninterrupted speech. Performing artist Monica Lynn compassionately listens to participants vent about whatever issue, a la, and in homage to Marina Abramovic "The Artist Is Present". "What's Your Hash Tag", a fun interactive photo booth with props to share on social media thoughts on the importance of the arts. "Think it, Feel it, Draw it, Post-it",

guests draw / write on a Post-It note their thoughts regarding the importance of women, art, and women artists to our world community. The Post-It notes become the feathers of SWAN Day mural. "Call To Action" forum - various local non-profit organizations provide info and invitation to civil engagement including: Borinquen Clinic providing FREE healthcare screening, info on healthcare for artists; No More Tears providing info on their services that protect abused women; Urgent Inc providing info about their various youth organization, and a spoken word open mic, featuring past SSF alumni, Viking Freedom Writers, Urgent Inc Poets, and SSF alumni DJs, and performances from alumni.

An Evening Celebrating Women Artists, SWAN SPOKEN SOUL SHOWCASE VOL 10: SWAN DAY MIAMI. Festival's signature Showcase event provides an evening of live musical and poetry performances, art and photography exhibits, and the chance to meet and mingle with the artists and other art aficionados. spokenoulsfestival.com

O it's April in Miami and that could only mean one thing,

Poetry is everywhere, literally!

O, Miami Poetry Festival Returns for a Sixth Year with ambitious projects to put poems in public. O, Miami, a literary festival with the goal of every single person in Miami-Dade County encountering a poem during the month of April, returns with a new slate of innovative events and

Sosyete Koukouy and Miami Book Fair present the

LITTLE HAITI BOOK FESTIVAL

Meet Haitian authors. Attend readings and discussions. Bring the kids for hands-on activities, storytelling and FREE books. Enjoy dance and music performances and Caribbean cuisine.

Aspiring writers? Take a FREE writing workshop in Creole, French and English.

Simultaneous interpretation into English when appropriate.

WHEN: Sat., May 27, 7 - 10 p.m. and Sun., May 28, 2017, 10 a.m. - 7 p.m.

WHERE: Little Haiti Cultural Complex 212 NE 59th Terrace, Miami, FL 33137

MORE INFO: 305-237-3258 or miamibookfair.com



MIAMI BOOK FAIR: BUILDING COMMUNITY, ONE READER AT A TIME #miamiREADS

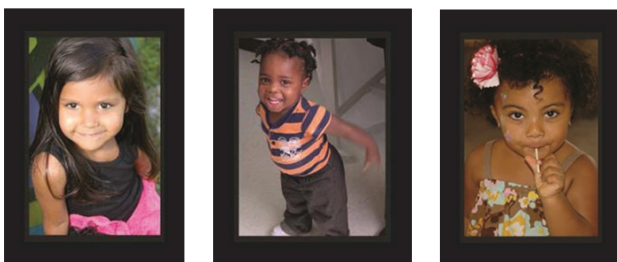
projects. The festival, supported by Knight Foundation, runs from April 1 - 30, 2017. The festival will host 35 events and 25 projects designed to create new literary audiences in South Florida. During April 2017, you can find poems on... Metrorail Easy Tickets - Every single-rider Metrorail Easy Ticket purchased in April will have a poem in 3 languages (while supplies last); Miami Transit City buses; Doggy refuse bags; Snapchat; Gas pumps - Visit Tom Thumb gas stations; WLRN; Google's Search Bar - Artist Julia Weist takes the short poems of

South Florida inmates and inserts them into Google search terms; Supermarket check-out lanes; Hotel door handle signs - The typical "Privacy Please" door handle signs in Miami Beach hotels replaced with poetic versions written by Miami poets. O, Miami is supported by the John S. and James L. Knight Foundation. For more info visit omiami.org For more info on Knight Foundation, see knightarts.org Media Contact: Lisa B. Palley, Palley Promotes: 305 642.3132 lpalley@bellsouth.net

Your Baby's First Year Immunizations:

2017 Recommended Immunizations for Children from Birth Through 6 Years Old. April 26 through May 03rd is National Infant Immunization Week. According to the Centers for Disease Control, the following recommended immunization schedule is designed to protect infants and children early in life, when they are most vulnerable and before they are exposed to potentially life-threatening diseases. During the first year of your baby's life they will need to have immunization mostly every other month.

Birth	HEP B
2 months	HEP B #2, DTaP, HIB, IPV, PCV13, ROTAVIRUS
4 months	DTaP, HIB, IPV, PCV13, ROTAVIRUS
6 months	HEP B, DTaP, PCV13, HIB, FLU (1st dose)
9 months	FLU (2nd dose)
12 months	HIB, PCV13, MMR (1st dose), VARICELLA(1st dose)
15-18 Months	DTaP
4 - 6 YEARS	DTaP, IPV MMR (2nd dose), VARICELLA(2nd dose)



Vaccine	Date Given	Where Given	Next Dose due
Hepatitis B			
DTaP			
HIB			
IPV			
PCV 13			
HEP A			
MMR			
VARICELLA			
INFLUENZA			

WE ARE HIRING!

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- Administrative Assistant
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- Controller
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- Healthy Start Care Coordinator
- Medical Assistant
- PAC Waiver Case Manager
- Psychiatrist
- School Health Program LPN
- Senior Accountant - Grants

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

ARIES March 21 - April 19

You, as leader of all the Zodiac signs, with the need for speed and all things fast, this time, before charging head first into the next challenge, and so that you can avoid anger issues and costly mistakes, you must take a step back so that others can shine at least past the Spring while you focus on financial problems with your super human organization skills. Once the heat is back you will be fully charged and ready to run with the bulls again and that's what makes you a true hero.



TAURUS April 20 - May 20

Everyone agrees that Taurus are mostly known for being extremely stubborn, super possessive and uncompromising; however did you know that their stronger strength is that they are exceedingly reliable, very patient, they tend to be somewhat practical, super devoted, they don't shy away from responsibility and are particularly stable.



They love cooking, music and are even romantic! They are not crazy about sudden changes or complications and especially insecurities of any kind whatsoever. That being said, Taureans with all the hard work you did in righting the wrongs through a rough retrograde, you can jump into April with total confidence that even when things start getting a bit tough, instead of being your stubborn self you will meet them head on and be open to slight alterations

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

BORINQUEN MEDICAL CENTERS OF MIAMI-DADE

“La Salud del Pueblo es la Maxima Ley”

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

Services Provided

PRIMARY CARE:

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

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

- Behavioral Health
 - Psychiatry
 - Substance Abuse
 - Nutritionist
 - School Health Program
- SPECIALTY CARE:**
- Podiatry
 - Orthopedics

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

CLASSES OFFERED:

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

BORINQUEN MEDICAL CENTERS OF MIAMI-DADE LOCATIONS



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



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

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



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



Women's Health Center North Miami
12603 NE 7th Ave.
North Miami, FL 33161
Tel (305) 576-6611



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



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



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

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Miami, FL 33137
Tel (305) 573-3784



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BMC B-Care Program (located in Regions Building)
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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.

www.BorinquenHealth.org

Address verification (only one):

Rent Receipt, Light Bill, Telephone Bill, Government Issued Photo ID,
Voter's Registration Card, or Driver's License.

For sliding fee discount program, income verification documents are required:

Last 3 recent paycheck stubs, Government Issued Program (such as: SSI/SSA letter for current year), Income Tax Return or 1099 (current year), Verification of Unemployment, Notarized Self-Employment letter.