

HEARTLAND RURAL HEALTH NETWORK NEWS

Quarterly Newsletter for July - September 2020

The latest on Network Initiatives, Member Updates, and Rural Health.

P1 HRHN Celebrating Sexual Health Awareness All Year

P2 Thank You CFHC: Nat'l Health Center Wk

P3 Recognizing National Breastfeeding Month

P4 Member Spotlight Healthy Start HHP

P6 HRHN Spotlight: COVID-19 Data Resource

P8 National Suicide Prevention Week

P10 Self Care Center Yoga Awareness Month

P11 COVID Update from CFL Health Care

P12 Preparing for Hurricanes during COVID-19 Pandemic

P13 Telemedicine Talk #3: Telehealth Survey

P13 Did You Know? Avoid the 3 Cs

P15 Hard to Qualify for Pulmonary Rehabilitation?



Celebrating Sexual Health Awareness in September and All Year Long at HRHN

September is Sexual Health Awareness Month. A month where we highlight the importance of Sexual Health and Sexual Health Education. The CDC states that “the World Health Organization defines sexual health as a state of physical, emotional, mental and social well-being in relation to sexuality.” This means that sexual health is not just speaking to the physical components but the whole-person. Heartland Rural Health Network has been providing students with the skills and resources to prepare them to address their whole-person in relation to sexual health through in-school and after-school programs in Highlands County for quite a while now and most recently through our iMAD Program.

The iMAD Program, and it's after-school components of the iMAD Girls and Why u-MAD Bro programs, address sexual health in age-appropriate ways with our middle and high school students, utilizing medically accurate, tiered curriculum that is written for each age group and builds upon the previous years' instruction. It provides students with skills and resources for students to be able to build healthy relationships and make informed, responsible and healthy decisions. Our programs also emphasize the role of parents and families as the primary source of education about sexual health through encouraging students to talk with their parents, guardians or trusted adults about what we discuss during sessions, including sometimes sending home worksheets that help start conversations. We strive to be a valuable resource for not only our students, but their parents and other educators about promoting sexual health development for all students.

Help us bring awareness to the need for all students to have access to evidence-based sexual health education by checking to see if your child's school has a program. In addition, make sure you have started opening the door with your child about talking about development and sexual health (age-appropriately, of course). If you don't know where to start, check out our iMAD Program webpage at www.hrhniMAD.org and email us if you have additional questions at iMAD@hrhn.org.



National Health Center Week 2020 will be celebrated both in person and virtually this year from August 9 –15. Elected officials will join communities across the country in elevating the work Community Health Centers have done while fighting on the front lines of COVID-19 to keep our communities healthy and safe. Their visits and messages will demonstrate that not only is it possible to move beyond the partisan divide over health care, but to support and agree on a program vital to our communities.

Health centers provide preventive and primary care services to almost 30 million people and have continued to do so while facing a global pandemic. Community Health Centers provide care to people who disproportionately suffer from chronic disease and lack access to affordable, quality care. While our approach is community-based and local, collectively we are the backbone of the nation's primary care system. Community Health Centers lower health care costs to the tune of 24 billion dollars a year, reduce rates chronic diseases, and stimulate local economies.

Community Health Centers are not just healers, they are innovators who look beyond medical charts to address the factors that may cause poor health, such as poverty, homelessness, substance use, mental illness, lack of nutrition and unemployment. They are a critical piece of the health care systems and collaborate with hospitals, local and state governments, social health and business organizations to improve health outcomes for people who are medically vulnerable. They have pivoted to serving our communities through telehealth, drive through COVID-19 testing, and still ensuring our patients can access basic necessities like food and housing resources.

While COVID-19 continues to exacerbate social and medical inequities across the country, Community Health Centers have stretched themselves to reconfigure services for those in need. As unemployment rates rise and more people lose their employee-sponsored health insurance, Community Health Centers must remain open to provide care for all, regardless of insurance status.

Congress must act immediately for CHCs to continue to serve as health care homes. Emergency and long-term, stable funding for Community Health Centers will ensure we can keep our doors open and close the growing access gap for medically vulnerable communities. Without the action of Congress, Community Health Center funding will expire on November 30, 2020.

Show your support during National Health Center Week by supporting a health center in your Community.

To learn more about National Health Center Week and the Health Centers in our areas, go to our National Health Center Week section on www.hrhcn.org/newsandevents.html

Central Florida Health Care is the Community Health Center serving residents of Polk, Hardee, and Highlands Counties. It continued to stay open throughout this pandemic, serving residents. They have provided multiple drive-thru testing sites, as well as called all vulnerable patients to check in on them a beginning of the pandemic. They continue to lead the way in providing for our communities and this Health Center Appreciation Week we want to take this opportunity to say a great BIG



MANY VOICES UNITED

NATIONAL BREASTFEEDING MONTH

AUGUST 2020

Breastfeeding is not always the right choice for every mother, but National Breastfeeding Month is meant to bring everyone together to identify and implement the policy and systems changes that are needed to ensure that every family that chooses breastfeeding has the support and resources they need to succeed.

While 83 percent of U.S. infants receive breast milk at birth, only 25 percent are still exclusively breastfed at six months of age. Unequal access to breastfeeding supportive policies and environments have created persistent racial and ethnic disparities in breastfeeding initiation and duration.

5 Breastfeeding Benefits:

1. **Lifesaving** – From the journal "Pediatrics": If 90% of families breastfed exclusively for six months, nearly 1,000 infant deaths could be prevented each year.
2. **Infant health** – Research show breastfed babies have a lower risk of maladies including asthma, ear infections, diabetes, and respiratory problems.
3. **Environmentally friendly** – Formula cans and bottles create waste. Breastmilk arrives package-free — and warm!
4. **Colostrum** – Often referred to as "liquid gold" for its deep yellow color, colostrum's the thick first milk that you make during pregnancy and just after birth. It's quite rich in both nutrients and antibodies to protect your baby from infection.
5. **Weight loss?** – Many breastfeeding women seem to get back to their pre-pregnancy weight more quickly, but experts are still looking into the effects.

How to Observe National Breastfeeding Month:

1. **Be an advocate for breastfeeding mothers** – Take time during National Breastfeeding Month to advocate for federal legislation to support breastfeeding mothers. This includes regulations on paid maternity leave policy, building codes that requires sanitary areas for women to breastfeed, and public health information that educates mothers on how and why they should breastfeed their babies.
2. **Show gratitude** – Whether it's your mother, a sister, a friend, or a co-worker, take time this month to high-five a woman working hard to give her child a healthy start. You could donate to La Leche League International or the U.S. Breastfeeding Committee, which are two organizations that support breastfeeding mothers around the world. If you are a mother, consider donating your old breastfeeding equipment.

To read more about National Breastfeeding Month and to see resources for Breastfeeding families, go to our National Breastfeeding Month section on www.hrh.org/newsandevents.html.



The Healthy Start Coalition of Hardee, Highlands and Polk Counties' Mission is to promote and support healthy pregnancies, babies, and families by providing a maternal and child health system of care through partnerships. Their Vision is to be the leader linking community resources in order to maximize the health and wellness of childbearing women and their families. They seek to do this by establishing partnerships among private and public sector, state and local governments, community groups and organizations, and maternal and child health care providers to offer coordinated, community-based care for pregnant women and infants, as well as promoting and protecting the health and well-being of all pregnant women and children through the provision and accessibility of health care programs to fully meet the health requirements of this population. Healthy Start has many programs including:

- Beds 4 Babies – promotes infant safety by educating parents on the need for safe sleep practices. The project works directly with families most in need and Healthy Start staff accepts referrals from community organizations and local medical providers.
- Coordinated Intake and Referral – The goal of the new Coordinated Intake and Referral process is to provide the best services for families for prioritizing their needs and preferences and minimizing duplication of services to ensure the effective use of local resources and collectively track what happens to each family.
- Fetal and Infant Mortality Review (FIMR) – helps to develop strategies that improve perinatal systems of care locally to empower communities to enhance service, influence policy and direct planning efforts that will ultimately lower mortality rates.
- Healthy Start Program – a free, non-income based program offered in partnership with the Florida Department of Health and Drug Free Highlands, that provides moms and babies with resources, support and help they need to have a healthy pregnancy and a healthy birth.
- MIECHV Nurse-Family Partnership – a program that provides parents and other caregivers with knowledge, skills and tools they need to assist their children in being healthy, safe, and ready to succeed in school.

Want to learn more about our Network partner, Healthy Start Coalition of Hardee, Highlands, and Polk Counties? Visit <https://www.healthystarthhp.org>.

Healthy Start Coalition of Hardee, Highlands & Polk Counties, Inc.



COVID-19 CAN'T STOP US FROM BEING HERE FOR YOU!

Every Baby Deserves A Healthy Start!

Check out our website at www.healthystarthhp.org for more information.



863-534-9224

**Are you or someone you know
pregnant or recently had a baby?**

**Is the Coronavirus Pandemic
adding more stress or worry?**

**Now more than ever it is crucial that pregnant women
and new parents are offered the support and assistance
they need to navigate their pregnancy.**



CONNECT helps link pregnant women and infants
to the home visit service that suits their needs and
will benefit their families the most.

FREE support will be provided over the phone
to keep you and your family safe.

SERVICES INCLUDE

- ◆ Pregnancy, Childhood, and Parenting Education
- ◆ Breastfeeding Education and Support
- ◆ Help to Quit Smoking
- ◆ Infant Milestones and Child Development
- ◆ Family Planning
- ◆ Links to Community Assistance
- ◆ Referrals to Other Community Resources
- ◆ Infant and Child Safety (Car seat safety, Safe Sleep, & more!)

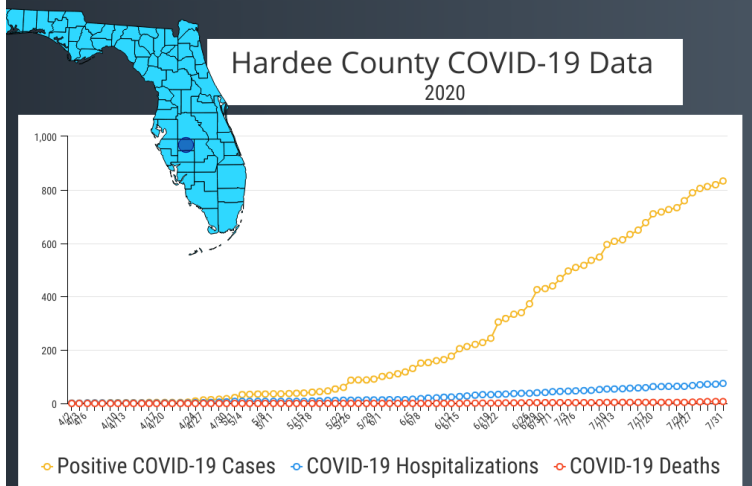
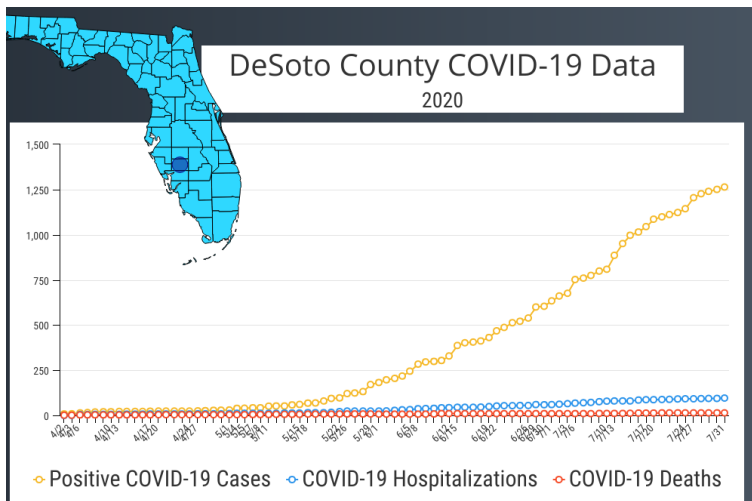


**To refer yourself or make a community referral for
someone you know, please contact us at any number below:
863-381-0114 / 863-578-2124 / 863-519-4700 / 863-519-4701**

HRHN Spotlight: COVID-19 Data Resource

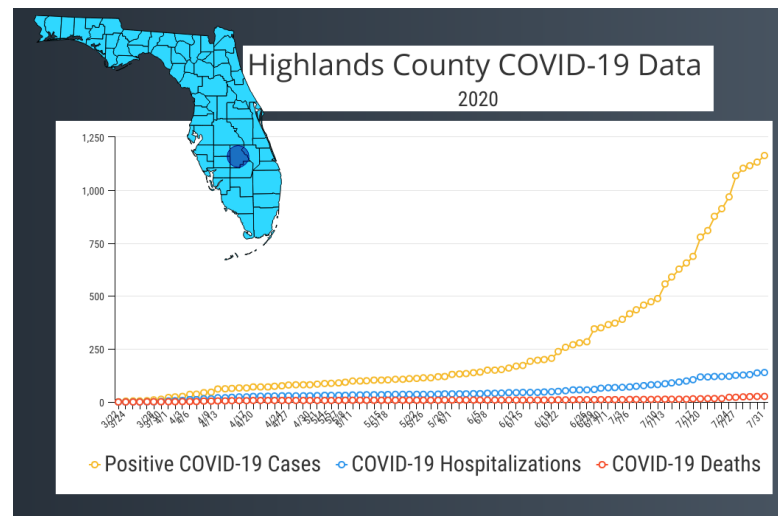
Heartland Rural Health Network aims to be a source of information and data for our communities. We started reported daily COVID-19 data back in March by just listing the numbers for our three main counties – Highlands, Hardee, and DeSoto – and then, when the data really took hold, we started providing a daily graph for each county that we post to our Facebook page and upload along with additional data to our website's COVID-19 Resources tab. Recently, we also began posting every Friday three Graphics that displays particular data in a line graph with each line representing one of our main three counties. These graphs are a COVID-19 Positive Cases by County, a COVID-19 Hospitalizations by County, and a COVID-19 Deaths by County. We also publish other quick resources/references in regards to COVID-19 provided to us by our partners on our Resources tab and post upcoming COVID-19 testing sites on our Facebook page.

Want to be one of the first to see our daily and weekly postings on COVID-19 data? Follow us on Facebook at www.facebook.com/heartlandrh and then check out our COVID-19 Resources tab on our website <http://www.hrh.org/covid19resources.html> for even more data!



The graphs pictured to the left and below are the county-specific graphs updated Monday – Friday by HRHN from data reported to the DOH Covid-19 website. These graphs are uploaded to our website's COVID-19 Resources tab as well as posted on our Facebook page.

The graphs featured on the next page are our weekly graphs. They combine the same set of data to allow a comparison between the counties.

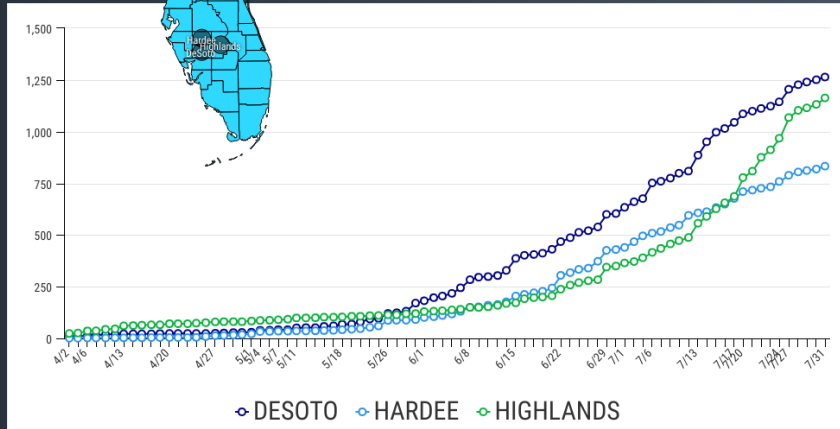


*There are gaps in data due to numbers for those days not being recorded by HRHN.

**Data comes from the Florida Department of Health COVID-19 Dashboard, as reported on HRHN's Facebook page.



Total COVID-19 Cases by County Tri-County Area 2020

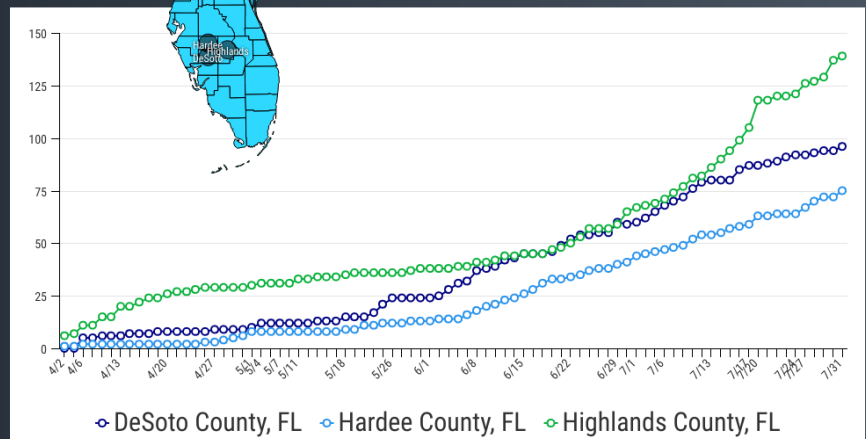


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**Data comes from the Florida Department of Health COVID-19 Dashboard, as reported on HRHN's Facebook page.



COVID-19 Hospitalizations by County Tri-County Area 2020

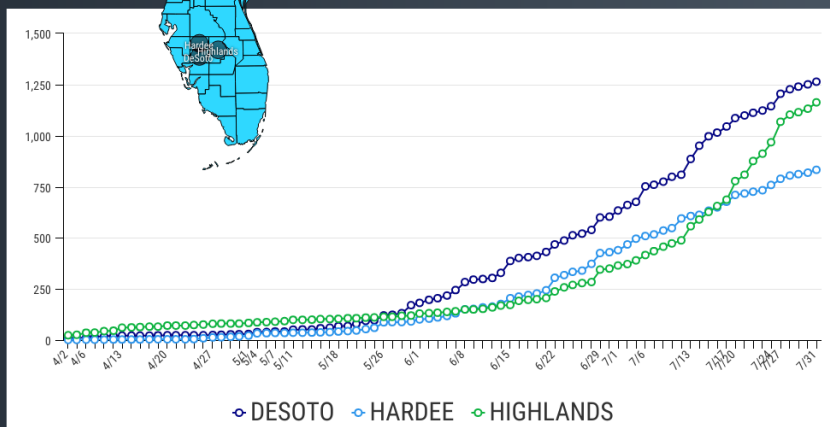


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Total COVID-19 Cases by County Tri-County Area 2020



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**Data comes from the Florida Department of Health COVID-19 Dashboard, as reported on HRHN's Facebook page.



National Suicide Prevention Week

September 6 – 12th



National Suicide Prevention Week is September 6th – 12th. Suicide is the 3rd leading cause of death for ages 10 – 24 and 2nd leading cause of death for ages 25 – 35 in the state of Florida. The next pages reflect more facts from the American Foundation for Suicide Prevention for the state of Florida.

Approximately 45% of suicide victims had contact with a primary care provider within 1 month of suicide. We must learn to see the signs and have the resources to provide to our workforce and to the patients we serve. Here is a list of trusted resources:

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)
- **Veterans Crisis Line:** 1-800-273-TALK (8255) Press 1
- **Suicide Prevention Resource Center (SPRC):** <http://www.sprc.org>
- **Suicide Safe:** Suicide Prevention app
- **Stopbullying.gov:** <http://www.stopbullying.gov/>
- **HRSA Poison Control Center Program:** <https://poisonhelp.hrsa.gov>
- **National Action Alliance for Suicide Prevention:** <https://theactionalliance.org>
- **HRSA's Technical Assistance Resources:** <https://www.hrsa.gov/behavioral-health/library>
- **Zero Suicide:** <http://zerosuicide.edc.org>
- **The Trevor Project:** <http://www.thetrevorproject.org/>



To learn more about each of these resources and to see a downloadable version of the following State Fact Sheet, please visit the National Suicide Prevention Week section on our website at www.hrh.org/newsandevents.html.

Suicide Facts & Figures:

Florida 2020



On average, one person died by suicide every two hours in the state.

More than four times as many people died by suicide in Florida in 2018 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of 56,052 years of potential life lost (YPLL) before age 65.



Suicide cost Florida a total of **\$2,841,739,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,018,910 per suicide death.**



leading cause of death in Florida

3rd leading

cause of death for ages 10-24

2nd leading

cause of death for ages 25-35

4th leading

cause of death for ages 35-54

8th leading

cause of death for ages 55-64

15th leading

cause of death for ages 65+

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Florida	3,567	15.14	30
Nationally	48,344	14.21	

CDC, 2018 Fatal Injury Reports (accessed from www.cdc.gov/injury/wisqars/fatal.html on 3/1/2020).



Self-Care is so important in our lives. With that in mind, we will be including some tips from the experts on this page every quarter.



The goal of the September yearly Yoga Awareness Month campaign is to educate the general public about the health benefits of yoga and to inspire individuals to live a healthy lifestyle.



There are many different types of Yoga and due to COVID-19 a lot of Yoga classes are available online. Yoga is a fun workout for women, men, and kids.



To learn more about Yoga Awareness Month, visit the Yoga Awareness Month section on our website at www.hrh.org/newsandevents.html.



Central Florida Health Care

Health Care With a Heart

Central Florida Health Care, Inc. (CFHC) has been providing COVID-19 screening, testing and education at all of our clinics and working

with our community leaders to provide testing on our mobile unit at locations that have been identified as “areas of need” for these services. As of July 19, CFHC has provided over 5,800 COVID-19 tests in Polk, Highlands and Hardee counties.

CFHC is working in partnership with the Florida Department of Health and local hospitals to ensure that we are collaborating to provide these services. In early August, CFHC will begin having two mobile units out, Monday-Friday providing COVID-19 testing in our communities. CFHC will also be providing full time testing in Lake Wales (225 Lincoln Avenue) and will be identifying some other brick and mortar locations to provide full-time testing.

If anyone has any questions about our daily mobile unit locations or testing hours within each of our clinics; please call our CFHC call center at 866-234-8534.

Article submitted by Ann Claussen, CEO, Central Florida Health Care.





Preparing for Hurricanes During the COVID-19 Pandemic

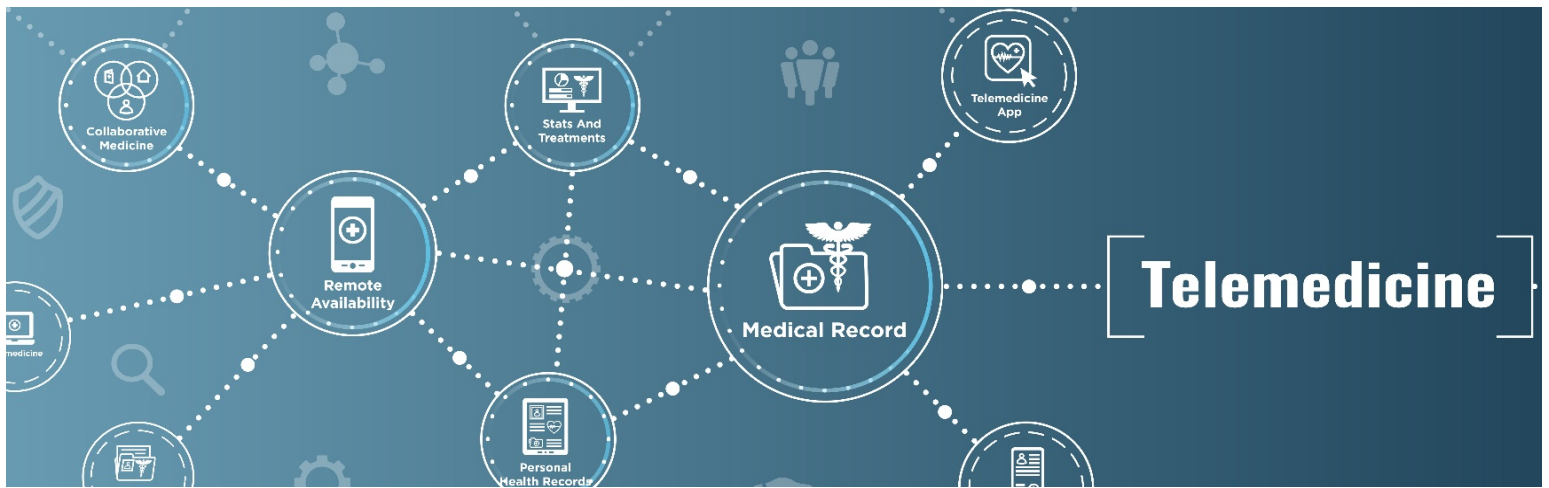
Planning for hurricane season and other potential disasters can be stressful, and because the 2020 hurricane season comes during the COVID-19 pandemic, it may be especially so. Public health and emergency response professionals have advice to help you safely prepare, evacuate, and shelter for severe storms while protecting yourself and others from COVID-19.

Here are some tips to help you and your family stay safe during hurricane season this year.

1. Understand that your planning may be different this year because of the need to protect yourself and others from COVID-19.
2. Give yourself more time than usual to prepare your emergency food, water, and medicine supplies. Home delivery is the safest choice for buying disaster supplies; however, that may not be an option for everyone. If in-person shopping is your only choice, take steps to protect your and others' health.
3. Protect yourself and others when filling prescriptions by limiting in-person visits to the pharmacy. Sign up for mail order delivery or call in your prescription ahead of time and use drive-through windows or curbside pickup, if available.
4. Pay attention to local guidance about updated plans for evacuations and shelters, including shelters for pets.
5. When you check on neighbors and friends, be sure to follow social distancing recommendations (staying at least 6 feet from others) and other CDC recommendations to protect yourself and others.
6. If you may need to evacuate, prepare a "go kit" with personal items you cannot do without during an emergency. Include items that can help protect you and others from COVID-19.
7. Know a safe place to shelter and have several ways to receive weather alerts.
8. Find out if your local public shelter is open, in case you need to evacuate your home and go there. Your shelter location may be different this year due to the COVID-19 pandemic.
9. If you need to go to a disaster shelter, follow CDC recommendations for staying safe and healthy in a public disaster shelter during the COVID-19 pandemic.
10. Follow guidance from your local public health or emergency management officials on when and where to shelter.
11. Make a plan and prepare a disaster kit for your pets. Find out if your disaster shelter will accept pets. Typically, when shelters accommodate pets, the pets are housed in a separate area from people.
12. If you will be staying with friends or family outside your household to evacuate from the storm:
 - a. Talk to the people you plan to stay with about how you can all best protect yourselves from COVID-19.
 - b. Consider if either of your households has someone who is at higher risk of developing severe illness from COVID-19, including older adults or people of any age who have underlying medical conditions. Make sure everyone knows what they can do to keep them safe from COVID-19.
 - c. Follow everyday preventive actions, including covering coughs and sneezes, washing your hands often, and avoiding touching your eyes, nose, and mouth with unwashed hands. Consider taking extra precautions for people living in close quarters.
 - d. Know what to do if someone in your family or in the household you are staying with becomes sick with COVID-19. Take steps to keep your pets safe.

Remember that the best time to prepare for a Hurricane is now. Stay safe everyone!

To learn more about preparing for Hurricane Season and see the full article about Preparing for Hurricanes During the Pandemic, visit www.hrh.org/newsandevents.html and see the Prepping for a Hurricane section on.



Telemedicine Talk #3: Telehealth Provider Survey

One of the goals of Heartland Rural Health Network is to create a public awareness telemedicine campaign. To that end, we need to identify the Telemedicine and Telehealth programs, platforms, and specialties being offered and utilized across our service area. As such, we are in the final stages of creating a Telehealth/Telemedicine Provider Survey that we will be sending out to all identified providers in Charlotte, DeSoto, Hardee, Highlands, and Polk Counties. Please help us to ensure that these surveys are completed by the appropriate person so that we can start the process of helping to promote those Telehealth/Telemedicine services in our areas.

If you have any questions or to ensure your organization/practice gets a copy of the survey, please email support@hrhn.org.

DID YOU KNOW?

**To help stop the
spread of COVID-19,
AVOID THE THREE C's**

Avoid the “Three Cs”!



Closed spaces

with poor ventilation



Crowded places

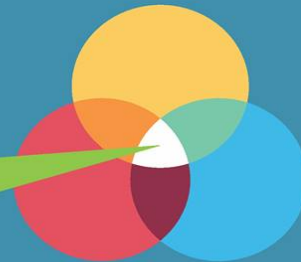
with many people nearby



Close-contact settings

such as close-range conversation

The risk of COVID-19 clusters is particularly high when the “Three Cs” overlap.



In addition to the “Three Cs”:



Wear your mask to protect yourself and those around you.



Clean items used by multiple people with disinfectant.



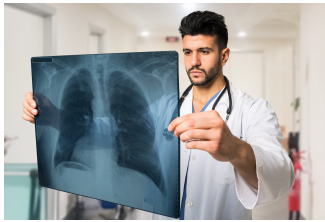
Wash your hands with soap and water for at least 20 seconds.



Stay home if you are sick or have symptoms!

Visit [FloridaHealth.gov](https://www.floridahealth.gov) for additional information.





Pulmonary Rehabilitation. Why is it so hard to qualify?

Pulmonary Rehabilitation is recommended for patients with lung disease who experience shortness of breath frequently and are not able to perform daily activities despite regular use of medication. Many patients in rehabilitation programs have a diagnosis of COPD, but these programs also help people with other types of chronic lung disease that limits breathing and activity. COVID-19 patients should be able to greatly improve their lung function through a Pulmonary Rehab Program. So why isn't it more popular during this pandemic? Most patients that need Pulmonary Rehabilitation are 65 and up and have Medicare as their primary insurance.

In order for Medicare to pay for Pulmonary Rehab, your oxygen saturation must be below 80%. The patient must have moderate to very severe chronic obstructive pulmonary disease (COPD) defined as Gold Standard Classification Stages II, III, and IV, and must be referred by the physician treating the chronic respiratory disease.

Research published November 12, 2018, in the *Annals of the American Thoracic Society* found that only 1.9 percent of patients hospitalized for [COPD](#) received [pulmonary rehabilitation](#) within six months of being discharged. Some of this is due to the patients being unwilling to participate. However, a large majority of patients referred to Pulmonary Rehab, get denied after their PFT (Pulmonary Function Test) reads an oxygen saturation of greater than 80%.

To put that into perspective, a very ill COVID-19 patient can be admitted to the hospital with what is considered "severe respiratory distress" of 93% oxygen saturation and still not qualify for Pulmonary Rehab. A recent report portrayed that discharged patients with COVID-19 pneumonia are still having residual abnormalities in chest CT scans, with ground-glass opacity as the most common pattern. Persistent impairment of pulmonary function and exercise capacity have been known to last for months or even years in the recovered survivors with other coronavirus pneumonia (severe acute respiratory syndrome/SARS and middle east respiratory syndrome/MERS).¹

A PFT test should be performed routinely on recovered COVID-19 patients, particularly in severe cases. Post COVID-19 lung function has been reduced 20%-30% on average, with the highest reported lung function reduction just under 50%.³ Thus making a post COVID-19 pulmonary rehabilitation program beneficial for those who have "recovered" from acute COVID-19; even more so for those who also have underlying cardiopulmonary disease processes such as COPD or pulmonary fibrosis.

Pulmonary Rehabilitation has been proven to have significant benefits on recovered COVID-19 survivors on both pulmonary function and anxiety. We can only hope Medicare will re-evaluate its qualification standards for this potentially life-saving program.

This article was submitted by Sarah Hipp, DeSoto Memorial Hospital. To see the article by itself with its references, please see Pulmonary Rehabilitation: Why is it so hard to qualify? on www.hrh.org/newsandevents.html.



We're hiring!

Administrative Assistant needed for a youth-focused, local non-profit organization. This is a Part-Time position with an hourly wage. Must have a **PASSION** for working with **YOUTH**. Prior experience a plus.

To Apply:

Send your **RESUME** and **COVER LETTER** via email to iMAD@hrhn.org. Please put "Administrative Assistant Position" in the subject line.

The job will close on **Monday, August 10th.**



As part of the ongoing COVID response, DOH in Highlands county has been authorized to hire individuals for OPS positions in the areas listed below. The positions will be funded through 12/31/20. If you or someone you know is interested, please locate the FDOH Highlands Job Announcement at www.hrhn.org/newsandevents.html and fill out the Employment Application to send to Sherry Gaffney at Sherry.Gaffney@flhealth.gov.

Call Center	Biological Scientist IV
Tracer	Biological Scientist III
Nurse	Registered Nurse
Data Clerk	Senior Clerk
Call Center	Government Operations Consultant I
Health Education	Health Educator
Other	Government Operations Consultant II

**Earn
Community
Service
Hours!**

GIVE
ME
SPACE:

REACHING NEW HEIGHTS

The Polk Teen Pregnancy Prevention Alliance Annual Teen Summit

September 19, 2020 | 10-11:30am

Virtual Event via Zoom

(info to join will be sent upon registration)

healthystarthhp.org/events

**Earn Raffle Entries: Register early (& receive
your shirt in the mail) – Wear your Teen Summit
shirt – Participate!**

FEATURING



P17

FREE virtual event
for teens 10-19

BREAKOUT SESSIONS:

MENTAL HEALTH
HEALTHY RELATIONSHIPS
WORKPLACE READINESS

GRAND PRIZE



Community Based Care: Hardee, Highlands & Polk Counties



Polk County's
voter approved
½ cent sales tax
for Indigent
Health Care



Heartland Rural Health Network, Inc. is happy to share with you some great updates from our members and community partners! **Thank you** for your continued **commitment** to improving rural health care through your association with Heartland Rural Health Network. Current network **initiatives** include the C-PREP iMAD Program and supporting Drug Free Highlands through a Drug Free Communities Grant. A full description of current Network initiatives can be found online on our website at www.hrhnl.org.

If the Network can **partner** with your organization on a project, please contact us to discuss. We **value** community partnerships to accomplish the mission of the Network.

Please feel free to **forward** this newsletter to a friend or colleague.

Use AmazonSmile to Help HRHN Fundraise!

Heartland Rural Health Network is part of AmazonSmile, a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile, the AmazonSmile Foundation will donate **0.5%** of the price of eligible purchases to the charitable organizations selected by customers.

To have AmazonSmile contribute **0.5%** of your eligible purchases to Heartland Rural Health Network simply click our link [here](#) and it will take you directly to our AmazonSmile page. That's it! You shop as you normally do and HRHN will receive 0.5% from AmazonSmile for any eligible purchases. There is no additional costs or hidden fees for your participation in the program.

Don't forget to bookmark the link and every time you shop through AmazonSmile you are supporting HRHN!

IMPORTANT UPDATE:

Please update Heartland Rural Health Network's physical address in your address books! Our main office is now located at 435 S Pine St, Sebring, FL 33870. Our offices are closed due to the Statewide Stay-At-Home Order. Our employees are taking care of themselves and their families at home while still doing the important work of the Network! The easiest way to reach us is through email.

Heartland Rural Health Network, Inc.
www.hrhnl.org

863.471.6007

Mission: Improving access to quality health care by implementing creative solutions in collaboration with network members and community partners.

Vision: To be a leader of innovative, collaborative, and quality driven rural health initiatives.

2020 – 2021 Board of Directors: Vince Sica, President; Blake Warren, Vice President; Heather Stephenson, Secretary/Treasurer; Robert Rihn, Past President; David Robbins, David Duke, Denise Collazo, and Cathy Exendine.