HRHN's Annual Report Released

Highlights from 2019-2020

Program and Financial Highlights, as well as all the info on the Network.

COVID-19 Update

Vaccination News

The Facts about the Vaccines available and the procedures for getting vaccinated.

Quarterly Newsletter for January - March 2021



Network News

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

Advent Health "Food is Health" for National Nutrition Month

Transitioning to COVID-19 Vaccination

Central Florida Health Care's Growth in 2021 and Children's Dental Sealant Program Recognizing National Mentoring Month with our iMAD Girls and Why u-MAD Bro Programs

Did You Know? Heartland Rides free transportation program

FRHA shares National Rural Health COVID-19 Preparedness Survey

NRHA shares info on Telehealth Curriculum

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The Report includes Program and Financial Highlights from the Network, a picture Year in Review, as well as information on the Network's Board, Members, and Services.

CLICK THE PREVIEW ABOVE TO VIEW IT IN ITS ENTIRETY!

Black Hist

February is Black History Month. Last year, we celebrated by sharing informational black medical professionals that are leading the way today. I stumbled upon an a medicine today on trustedhealth.com. I have included some of the amazing peop History Month section on our website.

DR. BEVERLY MALONE



Dr. Malone, the CEO of the National League of Nursing, was recognized by Modern Healthcare magazine as the fifth most influential person in healthcare on their 2020 list. She has been and continues to be a strong advocate for excellence in patient care, including promoting increased diversity in nursing and the inclusion of social factors in nursing education.

DR. PATRICE HARRIS

Dr. Harris, the current President of the American Medical Association, focuses on addressing implicit bias in healthcare at every stage, including at medical school admissions and during the hiring process.



ory Month

n on black pioneers in medicine. This year, I thought we would shed some light on rticle pointing out several black medical professionals changing lives and le they presented about below. To see the article in its entirety, go to the Black

DR. KIZZMEKIA CORBETT

Dr. Corbett, the Scientific Lead of the Coronavirus Team at the National Institute of Health's Vaccine Research Center, presented research on spike proteins and mRNA encoding as a potential means of triggering an immune response led to a partnership with Moderna and ultimately to the development of one of the early COVID-19 vaccines. She has also spent a lot of time educating members of the black community about the vaccine, recognizing that many are hesitant to take the vaccine due to safety concerns and historical contexts around medical research and vaccinations.



These amazing black women are leading the way and changing lives today. We celebrate them and all the many members of the black community serving in many capacities to improve access to quality health care for all.



THE WHAT, WHY, WHERE

As we all know by now, the world was hit with the Novel Coronavirus or COVID-19 in late 2019, producers started on the production of COVID-19 vaccines, continuing work that was started d effects felt across the world due to this pandemic, was done with rigor and strict guidelines. H Rural Health Network is working on several infographics, presentations, and flyers about the valinformation about these resources or visit the COVID-19 Vaccination Information section on our

WHAT...What is the COVID-19 vaccine?

The COVID-19 Vaccine is a two-round shot in the upper arm, given either 3 or 4 weeks apart – depending on which vaccine you are given. Currently in the US, there are two vaccines that have been given authorization for use, the Moderna Vaccine and the Pfizer Vaccine. Both Vaccines are mRNA vaccines which do NOT contain any live virus. Additionally, mRNA vaccines do not affect or interact with our DNA in any way. The ingredients of both vaccines are readily available and include: lipids, potassium chloride, monobasic potassium phosphate, sodium chloride, dibasic sodium phosphate dehydrate, and sucrose. This means there is NO aluminum, mercury, or food allergens in the vaccine.

WHY...Why should I get the vaccine?

COVID-19 has a 99% survival rate. However, COVID-19 symptoms can persist for months with some starting to report that they are still having symptoms a year post-COVID. The virus can damage the lungs, heart, and brain, which increases he risk of long-term health problems. Most common side effects/immune response reported after the COVID-19 vaccine include injection site reaction, fatigue, headache, muscle pain, chills, joint pain, and fever. Most of these are considered immune response – this response without infection is a good thing. Overall, health officials agree that these easily managed, short-term side effects are significantly less risky than taking chances with COVID-19 infection. Additionally, to fully get back to a sense of normal as a nation, experts agree that we need herd immunity, which is approximately equal to 85% of the US population vaccinated. With any health decision though, we always promote speaking with your primary care provider who knows your personal health history prior to seeking any health vaccine.

WHERE...Where do I go to sign up for my vaccine or get more info?

To get more information on the vaccine, please visit our website and go to the COVID-19 Vaccine Information section for more information from HRHN, as well as links to other health resources. To sign up for your vaccine, most areas are recommending that people sign up through the Department of Health by clicking here. Also on this page you can find an up-to-date list by county of providers of the vaccine, including any private providers, such as Publix, Wal-Mart or Winn-Dixie.



WHO AND HOW OF IT.

sparking a pandemic around the world. Starting in 2020, many of the World's leading vaccine uring the SARS and MERS outbreaks. The process, although accelerated due to the devastating ere is a quick guide to the COVID-19 Vaccine. If you would like more information, Heartland accine for our partners and the community. Please reach out to us at support@hrhn.org for website.

WHO...Who is eligible for the vaccine?

In general, know that the Moderna vaccine has been approved in use of people over the age of 18. The Pfizer vaccine has been approved for use in people over the age of 16.

In the state of Florida, Governor DeSantis has set up a prioritized list for receiving the vaccine. This list currently prioritizes persons 65 years of age and older and health care personnel with direct patient contact, as well as residents and staff of long-term care facilities. From the information that has come out so far, the next round will include those under the age of 65 that are at high-risk for COVID-19 due to several health risk factors. As for how long it will take to move out of the 65 and older into the high-risk and then into the next round, that is unsure. From what we are hearing, it sounds like once 85% or more of these populations have been vaccinated, they will open vaccinations up to the next tier of eligible patients.

HOW...How does the vaccine work?

Although each individual vaccination provider handles the registration process and process of getting to the chair for your shot differently, here is what you should expect from that point on. The site is prepared. The shot is administered in the upper arm – an intramuscular injection in the deltoid muscle. If you are getting a Pfizer vaccine, you will get a 30mcg dose diluted with 0.9% sodium chloride. If you are getting the Moderna vaccine, you will 100mcg dose without dilution. Most places will require you to stay under observation for anywhere from 10 – 30 minutes. After being discharged from the vaccination site, you are asked to monitor yourself for any side effects and given specific instructions if any risky side effects present. You should also be scheduled for your second shot. For the Pfizer vaccine, your second shot should be scheduled 21 days after your first shot, while it will be 28 days for the Moderna vaccine. Most research says that you are fully vaccinated 10 – 14 days after getting the second dose. The Pfizer vaccine has been proven to be 95% effective and the Moderna vaccine has been proven to be 94.5% effective after that approximately 14 day post full vaccination. The Pfizer and Moderna COVID-19 vaccine, as mentioned earlier, are mRNA vaccines. This means that it provides instructions for our cells to make a harmless piece of what is called the "spike protein." This spike protein is displayed on the surface of the cell which triggers a response by the body. Our immune system recognizes that the protein doesn't belong there and begins making antibodies. The development of these antibodies teaches our immune system how to protect against future infection.

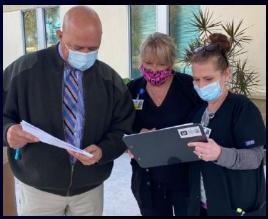
Transitioning to COV

We have several partners across our communities that took on the important job of starting to provoork fell to the Departments of Health in Highlands, Hardee, DeSoto, and Polk Counties, our partner communities.

DeSoto Memorial Hospital



DeSoto Memorial Hospital was able to turn an auxiliary building that was vacant into a dedicated COVID-19 Vaccination Site through minor renovations. At this site, they were able to provide vaccines to 1,310 health workers and qualifying community members through a responsive and efficient system for scheduling vaccination appointments, completing vaccinations, observing after vaccination, and follow-up.









As of the publishing of this article, neither DeSoto Memorial Hospital or Celthey do receive more vaccines, they will post about it on their websites. Visinformation.

We also want to recognize that a lot of our communities' local government Commissioners who have partnered with the Department of Health in High heard about Governor DeSantis's push to get vaccines out through Wal-Mathis article, Wal-Mart/Sam's Club were not offering vaccines at any location vaccine at all yet; and the only counties in our five-county service area that availability of vaccines at these private pharmacies, please visit their websites.

ID-19 Vaccination

vide COVID-19 vaccinations per the guidelines set forth by the state of Florida. Although a lot of the rs at DeSoto Memorial Hospital, as well as Central Florida Health Care also took on vaccinating our

Central Florida Health Care

Central Florida Health Care, which covers Polk, Hardee, and Highlands, also created a site dedicated to vaccinations in Lake Wales. To try to better cover more of the areas they serve, they also employed a mobile medical unit at community events, as well as providing appointments across its service area at select Health Centers. Although only receiving 2,700 shots the first round, Central Florida Health Care was able to administer all these vaccines to employees, and qualifying patients and community members.



ntral Florida Health Care are scheduled to receive more vaccines within the immediate future. If sit the HRHN website and going to the Find Where You Can Get Vaccinated section to get more

ts stepped up to help with roll out of the vaccine, including the Highlands County Board of County hlands to convert a vacant store in the mall into a Vaccination site. Additionally, you might have art/Sam's Club Pharmacies, Publix Pharmacies, and Winn-Dixie Pharmacies. As of the publishing of the ns in Charlotte, DeSoto, Hardee, Highlands or Polk Counties; Winn-Dixie was not offering the Publix was offering vaccines at are Charlotte and Polk Counties. For more information on the tes by visiting our Find Where You Can Get Vaccinated section on the HRHN website.

Raising Awaren



January was National Mentoring
Month. Heartland Rural Health Network
runs two different after-school mentoring
program – iMAD Girls and Why u-MAD
Bro. Both programs focus on equipping
middle school students with tools in the
areas of healthy relationships, adolescent
development, healthy life skills and parent
(trusted adult)-child communication. Last
school year, prior to the pandemic shut
down, the iMAD Girls and Why u-MAD Bro

programs did many different special presentations and started work on community service projects. Over the years, we have seen the big impact that having mentoring programs for the middle school students has on our communities. We are thankful for continued funding of this program through 2021 and hope to be able to find additional funding to maintain this program for many years to come. For more information on our iMAD Girls program, please visit our iMAD Website or HRHN's website.







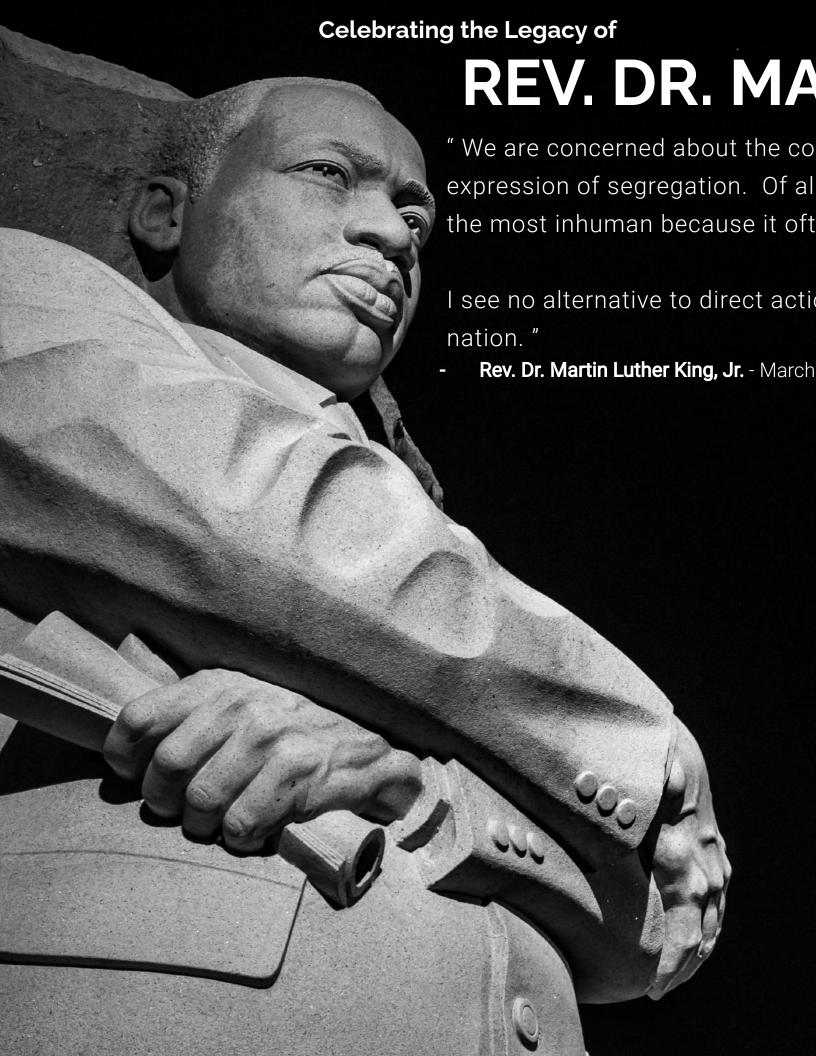
ess in January

January was also National Slavery and Human Trafficking Prevention Month. Human trafficking is happening all around us. Although most people tend to associate this issue as an urban issue, we see it in our rural areas as well. Victims are often hidden away but sometimes, people can and do encounter them. This is why the Hope for Justice, a 501(c)3 operating in the USA and internationally, says it could save a life if you are able to 'spot the signs' of Human Trafficking. There are six main categories of Slavery and Human Trafficking signs -General Indicators, Sexual Exploitation, Forced Labour, Child



Abuse, Criminal Activities, and Domestic Servitude. As we present the General Indicators in the graphic above, we invite you to check out more about the other categories by visiting the National Slavery and Human Trafficking Prevention Month section on our website.

**Also, please note that indicators should be considered together and even if you are able to apply one or even three of these indicators to a person, they are not necessarily trafficked. However, if you have any suspicions about human trafficking in your area, you should report it.



RTIN LUTHER KING, JR.

nstant use of federal funds to support this most notorious I forms of inequality, injustice in health is the most shocking and en results in physical death.

on and creative nonviolence to raise the conscience of the

25, 1966, Chicago

On January 18th we celebrated Rev. Dr. Martin Luther King, Jr. In his extensive work in the Civil Rights Movement, Rev. Dr. King pointed out many disparities existing for the black especially on what we now call the social determinants of health - poverty, racism, education, and housing. In the quote from Rev. Dr. King included above, you see one instance of when he spoke out against injustice in health being the most shocking and most inhuman. He clearly states here that human lives end because of this injustice. In this quote, along with many of Rev. Dr. King's speeches, he talks about the social responsibility we all hold to "raise the conscience of the nation." Although Rev. Dr. King was killed in April of 1968, over 50 years ago, his work applies to our lives still today in many ways. Right now, the biggest spotlight lights on the disparities in the COVID-19 death rate and vaccination rates for the black community. To celebrate Dr. Martin Luther King, Jr. Day, we challenge ourselves and our partners to continue his fight to "raise the conscience of the nation" in the face of the COVID-19 pandemic and in all areas health disparities that still exist for our minority populations. Heartland Rural Health Network recently applied for a grant to bring specific additional support to bridge identified gaps in health for our minority populations, specifically in Hardee and DeSoto Counties. If we are awarded this grant, we will provide more information on the grant in our next Newsletter. If we are not awarded this grant, we will continue our work to help bridge these health disparities for our minority

populations.

CFHC is set for bi

January 28th, Central Florida Health Care held a groundbreaking for their new Wauchula Clinic that is anticipated to be completed by the end of 202l. This ll,000+ square feet, state-of-the art Community Center is the first new building Central Florid Health Care has built since its Mulberry Clinic in 2014.

Services that will be available at the new Community Health Center include:

Adult Medical
Pediatric Medical
Adult Dental
Pediatric Dental
OB/GYN
Navigator/Case Manager
Pharmacy
Lab
X-ray

We are excited to share that not only will the new Community Health Center have a pharmacy, it will have CFHC's first drive-thru pharmacy! Additionally, CFHC will be running one of two mobile medical units out of this site. This will allow them to partner more with community organizations and the School Boards in both Hardee and Highlands County, working to bring the Dental Sealant program to more communities as well as other community resources, as needed.

In addition to the new Community Health Center in Wauchula, CFHC is also moving forward with planning for a new Community Health Center in Davenport and one in Lakeland. The Davenport clinic will provide much needed services to a Polk County location that is rapidly growing. The new Lakeland clinic will combine services offered at multiple clinics in Lakeland in one location including consolidating Lakeland Primary Care, Pediatrics, and the Lakeland Hills Dental. It will also allow for a bigger pharmacy, as well as space to bring a teaching kitchen and Diabetes Center of Excellence to Lakeland. Although the timeline for these additional centers are not set at this time, CFHC is continuing to make progress toward getting these new Community Health Centers up and running.

g growth in 2021

Central Florida Health Care continues to expands its services in Polk, Highlands, and Hardee Counties. The need is great and CFHC wants to be able to have a Patient Centered Medical Home for their patients and the communities. CFHC accepts everyone, regardless of their ability to pay.

Heartland Rural Health Network is proud to partner with Central Florida Health Care. To learn more about CFHC and its varying services, visit their website.





Health Care With a Heart



FREE Health Education and Produce!

Virtual Cooking Matters Nutrition Series

Cooking Matters is helping end childhood hunger by inspiring families to make healthy, affordable food choices. Our programs teach parents and caregivers with limited food budgets to shop for and cook healthy meals. Join us for a virtual, 6-week, Cooking Matters series brought to you by UF/IFAS Extension. See the details below on how to register. * Must reside in or near Hardee County, Florida.

Learn:

- How to get kids involved in healthy cooking
- Choose healthy foods to save time and money
- Prepare recipes with healthy and tasty ingredients

Location:

Classes are virtual and accessed through the Internet by Zoom or telephone.

Produce pick-up: Peace River RV & Camp

Classes every Thursday begining March 18th - April 22nd at 1:00 pm - 1:30 pm



\$10 Food/Produce Voucher given to each participant at each class.

*Requires a minimum of 10 participants for the class to begin. Only accepting a maximum of 15 participants. Participants must agree to attend virtual classes in order to receive weekly vouchers for healthy and affordable food and produce. Vouchers will be redeemable in your community through a mobile grocery truck or produce stand. Please see voucher for details.









Register through this link: http://bit.ly/36hMW1N or call 941-545-1105



March is...

Every March, the Academy of Nutrition and Dietetics hosts National Nutrition Month. This is an opportunity for everyone to take the month to learn about making informed food choices and developing healthful eating and physical activity habits. This year they are focusing on "Personalize Your Plate."

"Personalize Your Plate" drives home the idea that not everyone's plate will look the same even if everyone is trying to eat healthful because there is no one-size-fits-all to nutrition and health. If you have the opportunity to work with a dietician through your primary care provider to put together a eating plan that works for your body and your goals, than you are good to go. If not, here are some quick tips from the Academy of Nutrition and Dietetics.

- 1. Eat a variety of nutritious foods every day. Include healthful foods from all food groups. Hydrate healthfully. Learn how to read Nutrition Facts Panels. Avoid distractions while eating. Take time to enjoy your food.
- 2. Plan your meals each week.

Use a grocery list to shop for healthful foods. Be a menu-savvy when dining out. Choose healthful recipes to make during the week. Enjoy healthful eating at food and at work. Plan healthful eating while traveling.

- 3. Learn skills to create tasty meals.
 Keep healthful ingredients on hand. Practice proper home food safety. Reduce food waste. Share meals together as a family when possible. Try new flavors and foods.
- 4. Consult a Registered Dietitian Nutritionist.

Ask your doctor for a referral to an RDN. If you are not able to get with an RDN, look online for community groups in your area that might be able to help.

If you are in the Highlands or Hardee area, you might want to check out Advent Health's Free Food is Health Virtual classes. They are a great opportunity to learn more about healthful eating! Check out their flyer.

To find out more about National Nutrition Month, check out the National Nutrition Month section on the website. To learn more about Advent Health's Food is Health Program, call their toll free number at 1-877-252-6094.

OIO YOU KNOW? Heartland Rides:

NEW MOBILITY RESOURCE CONNECTS RURAL RESIDENTS WITH TRANSPORTATION OPTIONS

Safe and reliable transportation is a critical link to access healthcare services, employment and educational opportunities, recreation, and social services. This is especially necessary for rural residents, where many rely on personal vehicles or family and friends to assist with transportation, but this may not always be feasible.

Launched in 2020, Heartland Rides is a mobility resource to help connect older adults, individuals with disabilities, individuals from low-income households, and others who need transportation with available options in DeSoto, Glades, Hardee, Hendry, Highlands Okeechobee counties. It is designed to be a one-stop source for residents to search and find transportation in their communities, based on county of origin, trip purpose, and any specific needs, such as a wheelchair accommodation or assistance to and from the vehicle. Transportation options include public transit, non-emergency medical transportation, and shared-ride services.

Additionally, Heartland Rides serves to educate, train, and build collaborative partnerships with health and human services organizations, businesses, local governments, and other stakeholders to combine efforts to provide cost-effective, accessible, and coordinated transportation services to improve quality of life of Heartland communities.

Heartland Rides is a free resource available online at www.heartlandrides.org. For more information or to partner with Heartland Rides, call 1-800-297-8041 ext. 127 or send an email to info@heartlandrides.org.





Telemedicine Talk

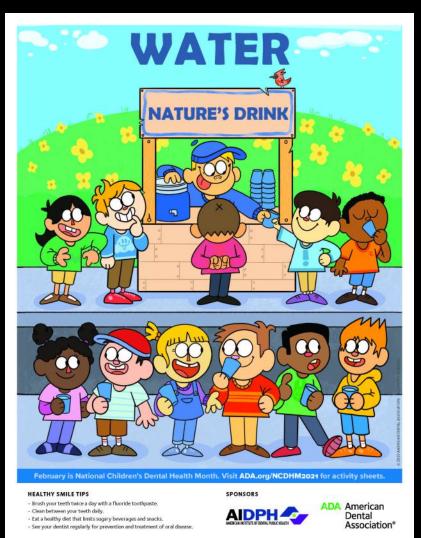
Episode 4: Telemedicine curriculum creates a family-centered experience

As part of its 2020 CARES Act Telehealth Award from HRSA, Family Voices National has created a telemedicine curriculum aimed at the essentials for a family-centered experience. The curriculum includes four webinars on connectivity, technology, how telemedicine works, and what to expect from the first virtual appointment. To check it out, visit our Telemedicine Talk website for a link to the curriculum.

Additionally, the American Academy of Pediatrics, with support from the Health Resources and Services Administration Maternal and Child Health Bureau, is working to identify promising practices that enhance access to pediatric care via telehealth during and after the COVID-19 pandemic. You can submit your promising practices by Feb. 16 through the following link.

Children's Dent

February is National Children's Dental Health Month (NCDHM). The American Dental Association is celebrating NCDHM this year with the theme "Water, Nature's Drink." This year's theme encourages Health Educators to discusses the dental health benefits of drinking water. Drinking water with fluoride helps strengthen your teeth. Fluoride is considered a natural cavity fighter and is one of the easiest and most beneficial things you can do to help prevent cavities. Water keeps your mouth clean because unlike drinking juices, soda and sports drinks, water does not leave unwanted sugar behind on your teeth when you drink it. It also helps fight dry mouth. Saliva helps fight against tooth



decay but sometimes your saliva supply can run low causing dry mouth. Water is calorie-free, so it is a no-guilt solution for quenching your thirst.

Heartland Rural Health Network and our partners in health encourage you to take time this February (or really any time of the year) to go over with the children in your life the importance of brushing and flossing regularly and reviewing proper brushing and flossing techniques. Want to check out some resources for talking to your children or promoting National Children's Dental Health Month? Go to the

HRHN website and look for the National Children's Dental Health Month section.

al Health Month



Health Care With a Heart

Children's Dental Scalant Program

Central Florida Health Care (CFHC) has been providing a Dental Sealant program to the students of Polk County who otherwise would not have the opportunity to go to a Dentist. This program provides education to all children and provides sealant to eligible children. Due to COVID-19, this program was temporarily suspended.



Fortunately, CFHC was able to resume the Dental Sealant program safely this school year. The dentists and dental hygienists start the program now with a fun virtual meeting with each second-grade class and their teacher. This gives the students an opportunity to ask all their questions, which are often fun and always asked with a lot of enthusiasm. Next, CFHC sets up their mobile dental unit at the school campus. Here they are able to safely bring students in to have their teeth assessed. If they are found eligible, CFHC can go ahead and apply the sealant to the teeth to prevent decay. CFHC also takes this time to go over individualized home-care instructions and more. CFHC has been able to present to more than 1,000 students and has provided services to 7 schools this year.

Special Health Insurance

On Monday, February 15th, President Biden re-opened HealthCa Healthcare. This special enrollment period will go from Februar get presented your options.

Community Education Group and Rural Healt Health Survey Focusing on Rural C

On behalf of the Community Education Group (CEG - Lost River, WV), Tru (RHSPN - WV & CA) to request your assistance in taking and distributing

With the nation rolling out the various COVID-19 vaccines across America healthcare providers important questions about their ability to access edhealth issues.

The questions that we and all rural Americans face, are these:

- 1.) Do rural Americans want to be vaccinated? If not, what can we do to r
- 2.) Are CBOs and other RHSPs ready, willing, and able to serve as sources linkages to COVID-19 care?
- 3.) Are providers prepared to receive and distribute COVID-19 vaccines the Pfizer vaccine that requires a -70°C/-94°F storage temperature?

This survey poses those questions and more, and also offers participants selected by random drawing and announced in the April 2021 CEG and R

We are asking that you help us by both taking the Your Rural Health Nee throughout your professional networks, to your clients or patients, and a

The Your Rural Health Needs Survey will from January 11th, 2021, throug

ce Enrollment Period

re.gov to all Americans to extend the enrollment period for y 15th - May 15, 2021. All you need to do is visit healthcare.gov to enroll and

h Service Providers Network Launch National Rural COVID-19 Preparedness and Vaccination

JEvolution, Inc. (Riverside, CA), and the Rural Health Service Providers Network our new, nationwide Your Rural Health Needs Survey.

a, we are asking community members, Community-Based Organizations, and ducation, training, and technical assistance around COVID-19 and other rural public

nove them to, "Yes"?

s of evidence-based COVID-19 information, education, testing, vaccination, and/or

nroughout rural America, and are they able to afford the appropriate storage for

s the opportunity to win one of eight Amazon Digital Gift Cards. Winners will be HSPN newsletters.

ds survey and serving as a survey distribution partner across social media, anywhere else that will allow us to gather these important data.

h March 31st, 2021. You can access the survey by clicking here.

Our Advocacy Priorities

HRHN IS THE LARGEST OF NINE RURAL HEALTH NETWORKS IN THE STATE OF FLORIDA. WE WORK TO BRING SAFETY NET PROVIDERS (E.G. FEDERALLY QUALIFIED HEALTH CENTERS, COUNTY HEALTH DEPARTMENTS, RURAL HEALTH CLINICS), REGIONAL COMMUNITY MENTAL HEALTH CENTERS, PRIMARY CARE PRACTICES, HOSPITALS, THE REGIONAL HOSPICE AND AREA HEALTH EDUCATION CENTER (AHEC), AND OTHER COMMUNITY PARTNERS TOGETHER TO BRING INNOVATIVE SOLUTIONS TO OUR COMMUNITIES NEEDS.

Current Priorities

- 1. Support for Rural Hospitals and Rural Clinics
- 2. Robust Rural Workforce
- 3. Strong Rural Safety Net
- 4. Teen Pregnancy Prevention Funding
- 5. Rural Access to Quality Care
- 6. Support of FQHCs
- 7. Promotion and Payers Approval of Telemedicine
- 8. Recognition of Community Health Workers as a Payable Component of Health Care
- 9. Affordable Health Care for All

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 community connection and support. A full description of current Network initiatives can be found online on our website.

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.



Heartland Rural Health Network, Inc. www.hrhn.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.

