

HRHN Awarded Outreach Grant

Information on New
Program

Job Opportunities Available.

COVID-19 Update

Importance of
Vaccinations

Funeral Assistance Available.

Quarterly Newsletter for April - June 2021



Network News

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

Advent Health
Need for Speed - Stroke
Awareness & HealthCare
101 Workshops

Highlands County
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Centennial!

FRHA Project ECHO
Updates and Schedule

May is Sex Ed for All
Month - HRHN's iMAD
Program

CFHC National Dental
Care Month
Information

NRHA Updates from their most
recent Newsletter

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Web: www.hrhn.org

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 facebook.com/HeartlandRHN

 [@hrhn_imad](https://www.instagram.com/hrhn_imad)

 [@hrhnstaff](https://twitter.com/hrhnstaff)



HRSA Rural Outreach Grant

In April, the HRSA Federal Office of Rural Health announced its 2021 recipients of the Rural Outreach Grant, a four-year grant to improve health outcomes and services in rural communities. One of the grantees is Heartland Rural Health Network. We were awarded \$200,000 a year for the next four years to develop and deploy the Hardee DeSoto Community Health Worker Program (HD CHW Program). This program will improve access to and navigation through care for the minority population of Hardee and DeSoto Counties through the development of a care coordination program headed by a consortium of community health leaders that aims to assess the clinical and non-clinical needs of patients, provide appropriate health pathways through warm hand-offs and partner referrals, assistance when patients are faced with issues they are incapable of handling on their own, as well as follow-ups to ensure needs and appropriate preventative diagnostics are continuing to be met and providing needed health education. We are very excited to start the work on this program and look forward to sharing more information in future Newsletters.

TO LEARN MORE ABOUT THE PROGRAM, OR TO FIND OUT
HOW YOU CAN BE A PART OF THE HD CHW PROGRAM,
[CLICK HERE.](#)

Why is it important to get vaccinated against COVID-19?

The vaccination process has begun and vaccines are available for people over the age of 16 in Puerto Rico and the United States. The COVID-19 vaccines:

- Help keep you from getting sick or seriously ill even if you do get COVID-19.
- Protect community members around you, particularly people at increased risk for severe illness from COVID-19.
- Are the safest way to build protection for you and your loved ones.
- Are safe and effective, clinical trials results have shown this to be true. Their use would not be authorized if they weren't deemed safe.
- Produce immunity in your body against the virus.
- Do not cause you to get sick with COVID-19. After getting vaccinated, you might have some side effects, which are normal signs that your body is building protection.
- Are an important tool to help slow the spread of COVID-19 — along with wearing a mask, staying six feet (2 meters) away from other people who are not from your household, avoiding crowds and washing your hands frequently.

For more information, visit edc.gov/coronavirus



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Get vaccinated!

Highlands County Celebrates its Centennial

The Florida House of Representatives and the Florida Senate both passed bills in April to recognize April 23, 2021 as Highlands County's Centennial - 100 years since the creation of the county. In recognition of this milestone, we want to share some history on how Highlands County was created.

In 1921, after decades of struggling to separate DeSoto County to better represent the residents in the more populous areas, Senator F. M. Cooper and Representative Dr. E.J. Etheredge, were able to pass legislation in their respective chambers calling for DeSoto County to be divided into five counties, and organizing the new counties as Hardee, Charlotte, Glades and Highlands. On April 23, 1921, the honorable Cary A. Hardee, Governor of Florida officially created Highlands County.

Please join us in wishing Highlands County a Happy



**YEAR
Anniversary!**



We are currently hiring for the following positions in Hardee and DeSoto Counties:

We're hiring!

Full-Time Project Director for HD CHW Program
Part-Time Community Health Workers for HD CHW Program

For more information, including full Job Descriptions and how to apply, visit
www.hrhn.org/employment.

*Please note that Job Interviews will take place virtually May 12th - 17th but all positions require you to be in the Hardee or DeSoto County, FL area(s).



Project ECHO: Health Literacy

April 15th 2021-June 24th 2021

Every Other Thursday

1:30PMEST

Virtual Meeting via Zoom

[Register Here](#)

This program is targeted toward Community Health Workers, Health Educators, Social Workers, Nurses, School Health, and Mental Health Providers

It will include information on:

- Health literacy: what it is and isn't
- Using best practices to identify health literate patients
- Critical design features of health literate educational materials
- Digital literacy and making sense of health-related information
- Cultural competence skills that promote health literacy
- Removing language barriers to increase patient engagement
- New organizational health literacy definition in HP 2030 – what does it mean?
- Attributes of health literate organizations

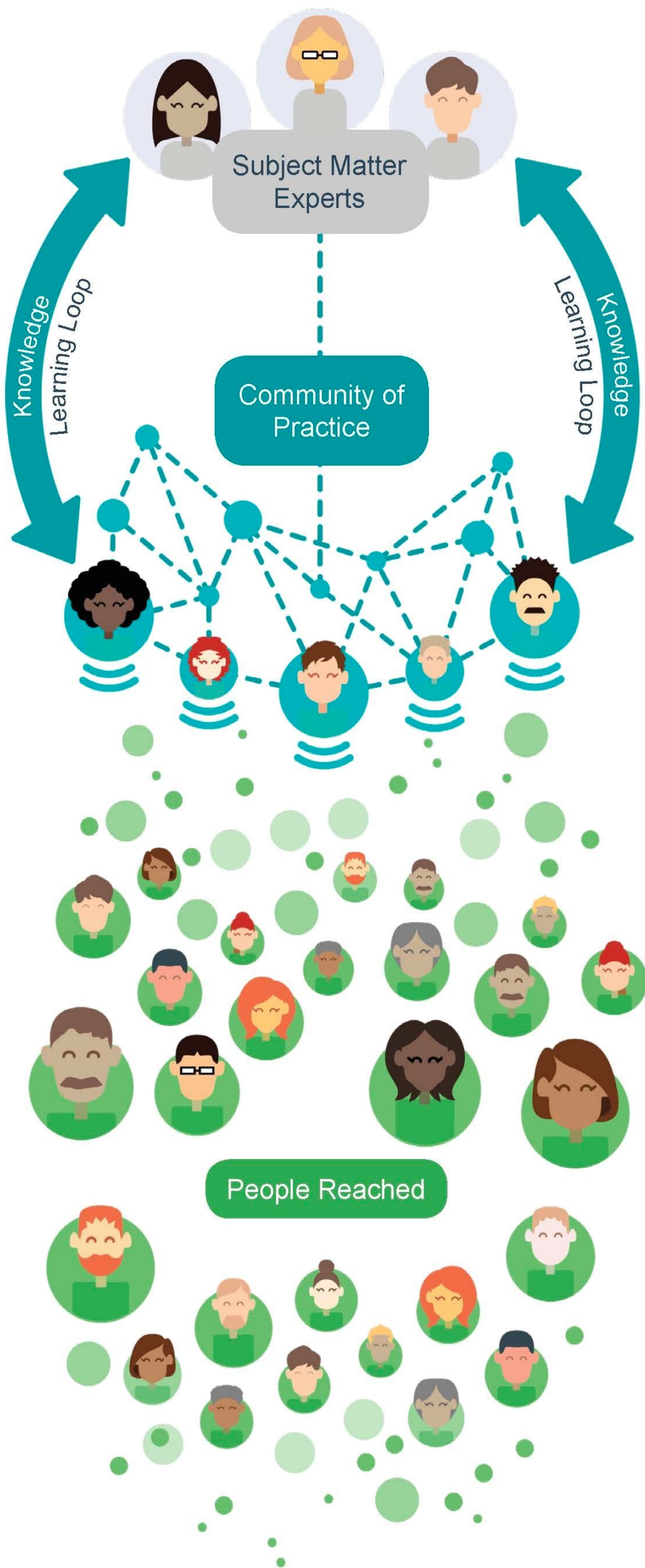
Sponsored by United Healthcare Plans and Rural Health Partnership of North Central Florida



Florida Rural Health Association
One Voice for Florida. Louder.

To check out the schedule for this or any other Project ECHOs, please [click here](#).

The ECHO Model™



Moving Knowledge, Not People

Project ECHO (Extension for Community Healthcare Outcomes) is a movement to demonopolize knowledge and amplify the capacity to provide best practice care for underserved people all over the world. The ECHO model is committed to addressing the needs of the most vulnerable populations by equipping communities with the right knowledge, at the right place, at the right time.

Four Principles of the ECHO Model



Use Technology to leverage scarce resources



Share “best practices” to reduce disparities



Apply case-based learning to master complexity



Evaluate and monitor outcomes

Benefits of Becoming a Part of the ECHO community



Access Communities



Reduce Disparities



Promote Consistency



Rapid Dissemination



Increase Professional Knowledge



Isolation Decrease

May is Sex Ed



Sex Ed for All Month is a movement to promote the importance of providing sexual health education to all persons, without biases or exclusions, providing factual education. Heartland Rural Health Network has been providing Sexual Health Education in Highlands County for over a decade now, most recently through our Competitive Personal Responsibility Education Program - iMAD Program.

This program, headed up by Program Director, Larry Moore, has brought un-biased sexual health education to Highlands County Middle School Students since 2016. In the last 5 years, the program has served over 10,000 youth. With Health Educators, Michelle Cathey and Anthony Fontanes leading the way, the iMAD classes bring students information on various important topics like communication, puberty, relationships, boundaries, decision making, STIs, abstinence, risk reduction methods, and refusal skills. The program fosters an inclusive environment and provides fact-based education.



for All Month

How can I support Sex Ed for All?

There are many ways that you can support Sex Ed for All. First, if you are a parent, aunt, or mentor to a young person, be a trusted adult for them. Be an ear to talk to about any questions they may have. Second, advocate for inclusive Sexual Health Education in your local schools. When done correctly, Sexual Health Education provides fact-based, inclusive information and skills to students to equip them to make informed decisions about their sexual health. For some students, in-school Sexual Health Education is their only direct source of fact-based sexual health education. Fourth, be informed about State and Federal elected candidates and their positions on Sexual Health Education. Keep informed on state and federal legislation about Sexual Health Education. If you see legislation you disagree with - maybe that doesn't dictate Sex Ed be inclusive - write to the appropriate elected officials and let them know your feelings on the legislation. Finally, keep informed and involved. One way you can do that is by following the iMAD Program on Facebook, Instagram and on our website.



Stroke: The Ne

A stroke is a medical emergency, and it needs treatment right away. That speaking or moving. And, they can be deadly. Every minute matters. Rot the brain. A drug can dissolve the clot. But it has to be given fast—typical also suction out a clot. but this should be done within six hours after syn hospital within 60 minutes of the first signs of a stroke. But many people

To improve your chances of spotting a stroke quickly, you can learn to r

- F: FACE Ask the person to smile. Does one side of the face droop?
- A: ARMS Ask them to raise both arms. Does one arm drift downward?
- S: SPEECH Ask them to repeat a simple phrase. Is their speech strange?
- T: TIME Call 911 right away if you see any of these signs. Be sure to te

“To get the best care when you or a loved one is having a stroke, you need experience on your side. AdventHealth is the only primary stroke center provide all three,” said Victoria Selley, board certified in emergency me “The center follows best practices for stroke care from a group of leader Certification is through the American Heart Association/American Stroke Commission.”

Among other things, our stroke center offers:

- A 24/7 acute stroke team. The team includes a physician and others o treatment.
- Excellent coordination with emergency medical services personnel. 7 patient reaches our door.
- Fast access to brain imaging services. That cuts the time it takes to d diagnosis is made, the sooner treatment can begin.

If you suspect a stroke, call 911 and ask to be taken to AdventHealth.

Article Submitted by our Partners at

eed for Speed

at's because strokes can cause long-term problems with thinking, roughly 85% of strokes are caused by a clot that interrupts blood flow to ally within three hours after symptoms start. Sometimes doctors can mptoms begin. To get these treatments, it's best to arrive at the e don't make it in time.

recognize the most common signs. Just remember the word "FAST":

l?

ge or slurred?

ell them when symptoms first started.

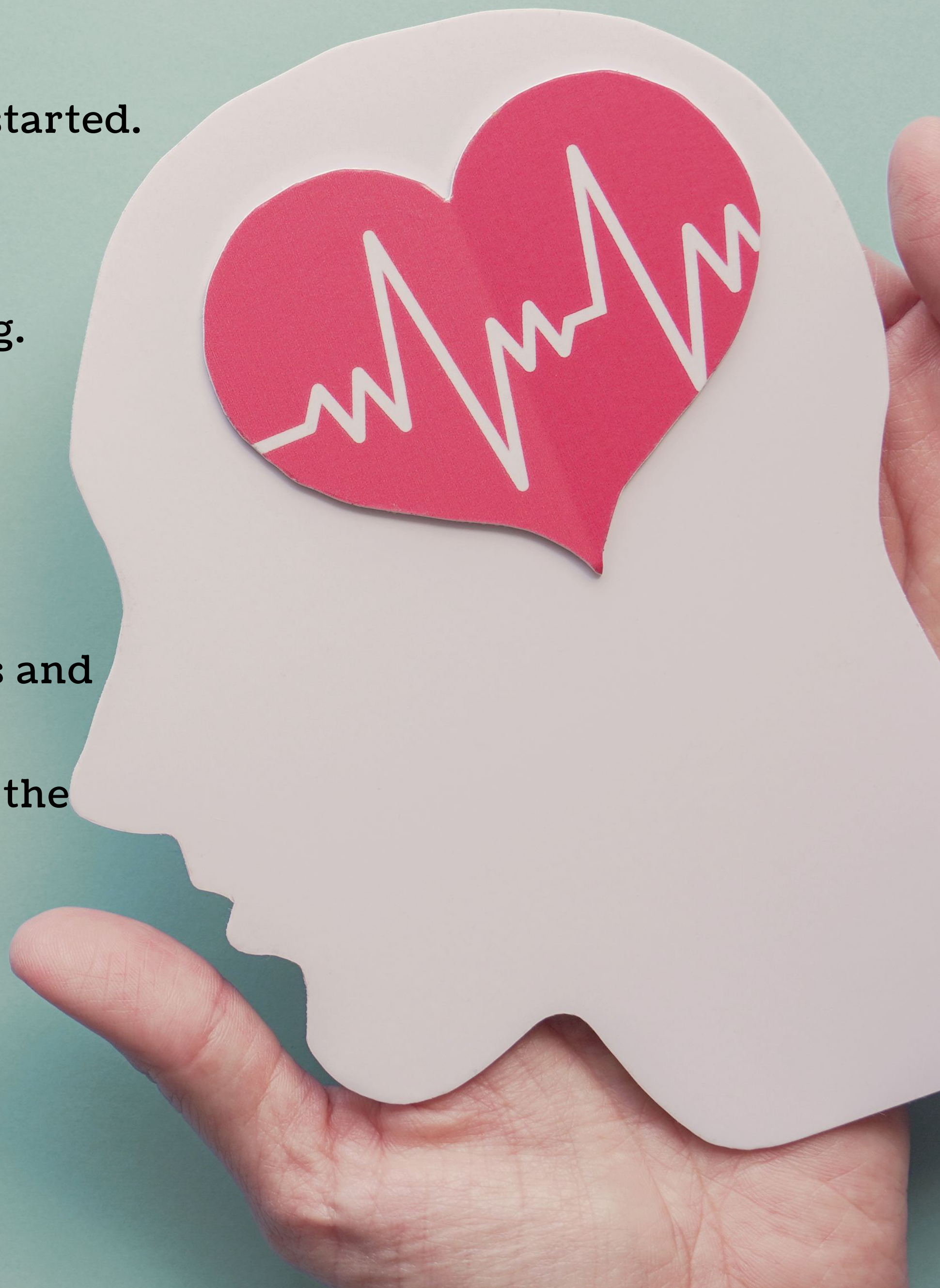
ed to have speed, expertise and r in the Heartland certified to idicine at AdventHealth Sebring. rs in the field of stroke. ke Association and The Joint

experienced in stroke diagnosis and

This allows care to start before the

diagnose a stroke. The sooner a

t AdventHealth



CFHC National De

What is National Dental Care Month?

National Dental Care Month is celebrated in May. It was established in efforts to bring awareness to the importance of preventative dental care and improve oral hygiene. Positive oral habits can enable individuals to enjoy lifelong oral health and overall wellbeing. Celebrate this month by scheduling an appointment with your dental care home!

As the U.S. Department of Health and Human Services has stated, “Oral health is integral to overall health”. The misconception that oral health is different from general health must be assiduously dismissed.

Oral Health Links to Systemic Diseases

Awareness of associations of oral and general health are important. Many systemic conditions manifest themselves in the mouth. Health conditions such as diabetes, heart disease, rheumatoid arthritis, and pregnancy can have oral implications. Oral bacteria do not simply remain in the oral cavity, in fact, *Porphyromonas gingivalis* has been found in the heart and is known to cause vascular and atherosclerotic changes in the Cardiovascular system. In 2007 a 12-year-old Maryland boy died after bacteria from a decayed and abscessed tooth traveled to the brain.

Prevention is Key and Starts at an Early Age

Children's Oral Health

An Infant's first tooth will usually come in around 6 months on the lower arch. There is a total of 20 primary teeth. There is a misconception that these teeth are not important since they “fall out”. Primary teeth or baby teeth are vital to the transition of permanent teeth, as they lead the way for the latter to erupt. Early childhood caries is the most common chronic infectious disease among this age group. For infants, oral care may start with a wet gauze or soft bristle toothbrush. For older children, a soft bristle toothbrush with fluoridated toothpaste is recommended. Brush for 2 minutes, twice daily along with flossing. Visit your dentist once yearly for a comprehensive examination.

By:

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To view this article in its enti

ental Care Month



**Karen McKenzie,
DMD, and**



**Nancy Jaramillo.
CRDH**

rety, click here.



**Central Florida
Health Care**

Health Care With a Heart



QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started.

Central Florida AHEC

presents

FREE Virtual Tools to Quit Classes

Weekly VIRTUAL sessions are available at various dates & times to fit your schedule!

Connect with one of our trained tobacco treatment specialists, along with others, and receive support in developing your own successful quit plan

Participants of the Virtual Tools to Quit classes will also be eligible for Nicotine Replacement Therapy like patches & lozenges mailed to their home at NO COST!



JOIN: By calling **877-252-6094** to register. Pre-registration is required! You will be emailed a link to join by ZOOM conference via video or audio.

ABOUT THE CLASS:

Tools to Quit Class will provide you with information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your **OWN QUIT PLAN**. Cessation groups cover all forms of tobacco.

In the wake of the COVID-19 pandemic, quitting is more important than ever! Let us help you get the support you need from the comfort of your own home.



BENEFITS:

Nicotine replacement patches, gum or lozenges.
(if medically appropriate for those 18 years of age or older)

Participant workbook and materials.

More than **DOUBLES** your chances of success!

Pre-registration is required!

To register, call: **877-252-6094**

For more information, visit us at:
www.tobaccofreeflorida.com/quityourway

Sponsored by:

Central Florida AHEC

**Florida
HEALTH**

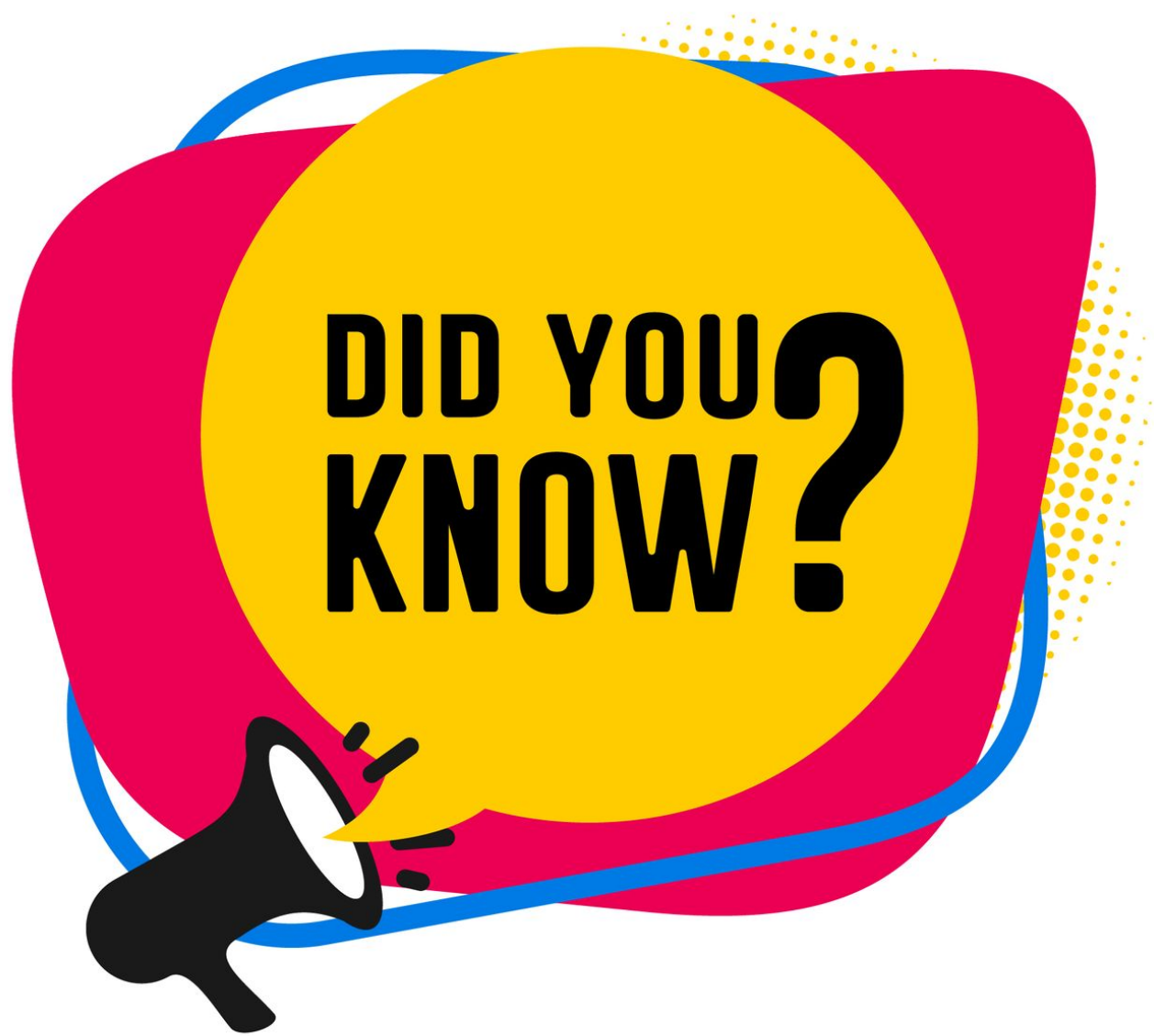
AdventHealth's HealthCare 101 Workshop

AdventHealth in partnership with the Healthcare Planning Council of Southwest Florida presents "Healthcare 101 Workshop" on Thursday, June 24th, 6:00 pm-7:00 pm via Zoom. This workshop is intended for those who are uninsured and would like to know more about obtaining insurance through the marketplace or government assistance programs like Medicaid and CHIP.

This course will teach you about these programs, who is eligible, how to enroll, and what to do once you begin receiving your benefits. It's also a great course for anyone interested in learning what different insurance terms mean as well.

To register, or for more information, email Alison Grooms at AdventHealth at alison.grooms@adventhealth.com.





COVID-19 Funeral Assistance Available

The COVID-19 pandemic has brought overwhelming grief to many families. At FEMA, our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus.

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA will provide financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020.

COVID-19 Funeral Assistance Line Number

Applications accepted as of April 12, 2021

844-684-6333 | TTY: 800-462-7585

Hours of Operation:

Monday - Friday

9 a.m. to 9 p.m. Eastern Time

Call this dedicated toll-free phone number to get a COVID-19 Funeral Assistance application completed with help from FEMA's representatives. Multilingual services will be available.

For more information about COVID-19 Funeral Assistance, [click here](#).



Telemedicine Talk

Episode 5: Telemedicine program aims to teach rural providers about transgender care.

A growing number of people are identifying as transgender or rejecting the gender binary. According to the Williams Institute at the UCLA School of Law, an estimated 1.4 million adults in the U.S. identify as transgender, almost double an estimate from roughly a decade earlier. Yet health care professionals, particularly those in rural areas, aren't receiving adequate training in transgender care. In Colorado, the Extension for Community Health Outcomes is working to solve this problem by offering virtual, interactive classes on complex health issues, including gender-affirming care, to providers outside of major metropolitan areas. To learn more, [click here](#).

Article provided by our partner the National Rural Health Association.

2021 County Health Profiles Released

The Health Planning Council of Southwest Florida is pleased to present the 2021 County Health Profiles for Area 8/Southwest Florida. The County Health Profiles are produced annually by HPCSWF and the other 10 health councils around the state of Florida. These profiles detail demographic information, socioeconomics, and various health data. Additionally, current health trends and comparison to state data are included. HPCSWF has produced a County Health Profile for the following seven counties in Southwest Florida: Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota.

These profiles, along with the previous years, can be found by clicking [here](#).



CHW CERTIFICATION & THE SCOPE OF PRACTICE

Eligible for 1 CE (Resource)

Florida Community Health Worker Coalition

For more information visit our website at

www.flchwcoalition.org

Contact Kenneth@floridachw.org

National Rural

In the latest NRHA

- You don't have to put your life on hold. Join when you can.
- How COVID vaccine messaging can provide 'shot in the arm'
- Biden executive orders tackle Black maternal health crisis
- Alaska tribal health groups distribute vaccine far and wide
- How Congress could help relieve the health worker shortage
- Health care, business leaders urge Texas to expand Medicaid
- Reimagining rural health care after the pandemic
- Program aims to teach rural providers about transgender care
- NRHA CEO: Rural communities left behind in vaccine efforts
- Participate in NRHA's rural health advocacy campaigns

To view the Newsletter in its

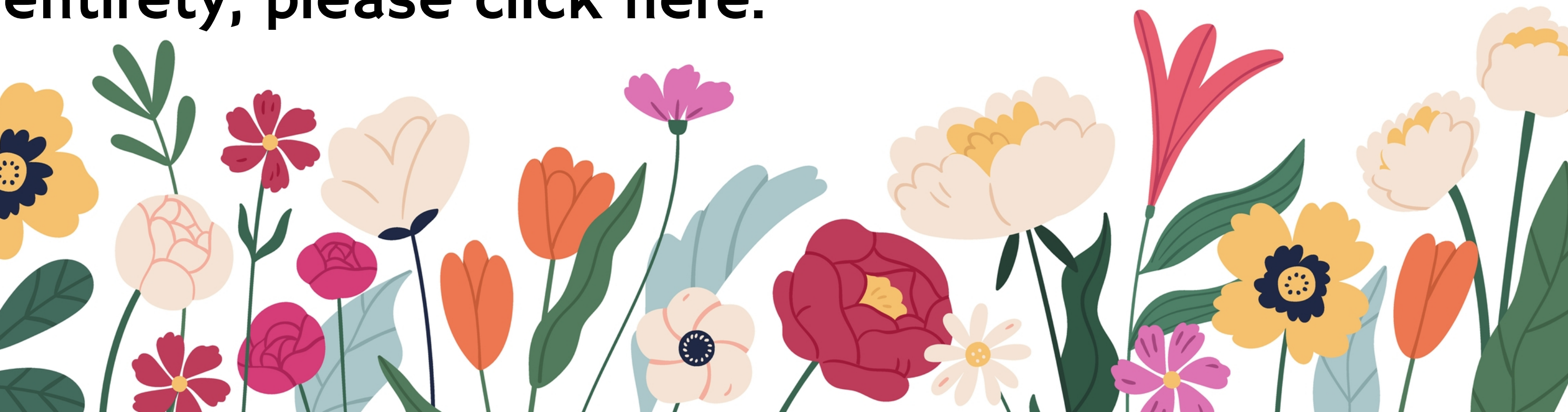


Health Updates

A today Newsletter:

- Calling all clinics, CAHs: Speak in Kansas City this fall
- Advocacy groups urge HHS to fine drugmakers that deny 340B
- NRHA webinar on improving outcomes with swing beds
- How the VA assists rural veterans amid hospital closures
- Brushing away rural children's oral health disparities
- What happened when one rural hospital reached 144% capacity
- Demographics, disability status of rural adults living alone
- Rural Health Voice podcast on meningitis vaccine importance
- Appalachian e-cigarette users develop severe lung injuries.

entirety, please click 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, Rural Outreach Grant, 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 Denise Grimsley.

