

# **New Health Disparities Project Launches**

***HRHN HD CHW Program Wauchula Office Coming Soon***

# **COVID-19 Vaccine Event October 29th**

***Long COVID: What We Know So Far, Article provided by HPCSWF***

**Quarterly Newsletter for October - December 2022**



# **Network News**

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

***Recovering from Hurricane Ian: Resources***

***CFHC Article: Think Fast, Think Pink, Think Beat***

***State of Florida Department of Health Upcoming Webinars***

***National Survey of Children's Health Released***

***Telemedicine Talk 11: Telehealth Strategies for Delivery of Maternal Health Care***

***TGH Community Programs Calendar***

***AdventHealth Breast Cancer Survivor Support Group Launches***

***Nominations Needed for FRHA's Rural Health Heroes Ahead of National Rural Health Day***

***Announcements from our partners at: AdventHealth, Florida Department of Health, Florida Rural Health Association, Health Planning Council of Southwest Florida, HRSA, GHPC, CFHC and Tampa General Hospital***





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





# **New Health Disparities Project Launches**

Heartland Rural Health Network received funding to participate in a joint project with the other Rural Health Networks in the state of Florida called the Rural Health Network Health Disparities Project. This project which began in July, 2022 will go through May of 2024. The Purpose of this Project is to improve quality and access to care by addressing the impact of COVID-19 on population health needs of Florida's rural residents. This will be accomplished through improving organizational efficiencies and sustainability; increasing member's quality and access to care with particular focus on critical access hospitals and rural health clinic members; strengthen the overall rural health care system; and expand or provide population health services that decrease the risk for COVID-19 in rural areas utilizing a community health worker (CHW) model that seeks to integrate and strategically align primary care services, prevention initiatives, and nontraditional/non health resources. This project's funding is being provided by the Florida Department of Health. HRHN is looking forward to working more closely with each of the RHNs across Florida and having the opportunity to expand our HD CHW Program in the near future.





# COMMUNITY HEALTH FAIR

**SATURDAY**

**Oct. 29th 2022**

**8:30am - 1:00pm**

**Heritage Park in Main Street  
209 W Main St  
Wauchula, FL 33873**

***FREE***

- HEALTH SCREENINGS
- HEALTH INFORMATION
- COVID-19 VACCINES
- COMMUNITY RESOURCES AND SERVICES
- GIVE AWAYS

For more details, please contact  
(863) 494-8409





Florida Rural Health Association  
*One Voice for Florida. Louder.*

SUBMIT YOUR NOMINATIONS FOR  
FLORIDA RURAL HEALTH HEROES



ON NATIONAL RURAL HEALTH DAY  
THURSDAY, NOVEMBER 17TH 2022  
FLORIDA RURAL HEALTH ASSOCIATION  
WILL AWARD A RURAL HEALTH HERO  
IN THE FOLLOWING 5 AREAS OF RURAL HEALTH

- 1) Healthcare Hero
- 2) Healthcare Administrator Hero
- 3) Mental Health Hero
- 4) Community Health Hero
- 5) Health IT & Informatics Hero

Nominations  
currently being  
accepted until  
October 26th

[Read more about the awards and fill out a nomination form here](#)



# Think Fast, Think

We all know breast cancer is a leading form of cancer among women. Yes, mammograms are uncomfortable; mammograms take time out of your day; mammograms can be costly. However, YES, mammograms CAN save your life, so it's important to say Yes; I'm going to schedule one today.

October is National Breast Cancer Awareness Month, and survivors know first-hand that early detection is vital! It's lifesaving. Breast cancer statistics are still high, mainly because many cases go undiagnosed. Nearly 1 in 8 women will develop breast cancer; sadly, more than 40,000 in the U.S. lose their lives yearly.

Central Florida Health Care APRN, Natalie Wipert, dedicates her life to keeping women healthy. She strongly encourages women over 40 to get a mammogram every year. The Centers for Disease Control and Prevention tells us that 69.1% of U.S. women 40 and older have had mammograms in the past two years. Wipert encourages patients always to pay attention to their bodies. Changes in breast shape, size, pain, nipple discharge, and a new lump in the breast or underarm are all possible indicators of breast cancer. But remember that mammograms can locate issues you might not see or recognize. Many women don't even realize they have breast cancer because they can't see any signs.



# Pink, Think Beat

Central Florida Health Care CEO Ann Claussen understands mammograms' importance because one saved her life. She now champions CFHC's annual golf tournament, which raises money to pay for breast cancer screenings and follow-ups for those who can't afford the expense. The event has raised \$386,673 since 2016 and will return to the Winter Haven Country Club this October for its 7th event!



**Ann Claussen,  
CEO**



**Natalie Wipert,  
APRN, CNM**

We encourage those worried about mammogram costs to call our scheduling team. You must be a patient to qualify for a free mammogram. Our team wants to keep you safe, and mammograms are well worth the time and effort to stay protected. Natalie Wipert accepts new OB-GYN patients in the Lakeland Primary Care Health Center. Call to schedule an appointment at 866.234.8534. We are Health Care with a Heart.





**Telemedicine**

# Telemedicine Talk

## Episode 11: Telehealth Strategies for Delivery of Maternal Health Care

**The Patient-Centered Outcomes Resource Institute (PCORI) recently published a rapid review of studies published since 2015 on the use of telehealth for maternal care. The document highlights the findings related to clinical outcomes, maternal and obstetric health outcomes, patient satisfaction, and other measures. Additionally, the document discusses maternal telehealth's potential as a supplement and as a replacement for in-person care.**

*To read the Study, click here.*





**Tampa  
General  
Hospital®**

Our partners at Tampa General Hospital offer Community Programs every month. These programs include, but aren't limited to caregiver classes and support, cancer support groups, mental health first aid, tobacco cessation, community medical support, town halls, and many more! Some of these community programs are even offered solely in Spanish!

You can check them out for yourself by visiting their calendar online at any time. You can **click here** to check out current offerings.



## **National Survey of Children's Health (NSCH)**

HRSA funds and directs the NSCH, which is a household survey conducted annually by the U.S. Census Bureau. The NSCH produces national and state level data for key measures of child health and well-being. These data are essential to understanding the health status and health services needs of children across the nation and in your state and community.

To check out more information on the NSCH, see data, or watch a video discussion between Dr. Reem Ghandour, Director of the NSCH, and LCDR Leticia Manning of the Division of Services for Children with Special Health Needs, **click here** to link to the website.





# Upcoming

OCTOBER 26, 2022 | 1:00 PM

Identifying and Implementing Evidence-Based Strategies in Comprehensive Cancer Control Planning

Purpose: This webinar highlight examples of evidence-based strategies for cancer control and how these have been effectively implemented in rural communities, organizations, and clinical settings.

**Register by clicking here.**

OCTOBER 26, 2022 | 1:00 PM

Public Health AmeriCorps Programs

Purpose: This webinar will provide an overview of Public Health AmeriCorps (PHA)- a new national service program in partnership with the Centers for Disease Control and Prevention (CDC)- and how to apply for funding.

**Register by clicking here.**

OCTOBER 26, 2022 | 4:00 PM

Screening for SDOH: Overview of Tools and Resources

Purpose: Join the Farmworker Health Network (FHN) in this upcoming national webinar designed to provide an overview of social determinants of health (SDOH) factors that impact vulnerable populations, including migratory and seasonal agricultural workers (MSAWs), and learn how to better identify and screen for specific SDOH factors.

**Register by clicking here.**

NOVEMBER 4, 2022 | 11:00 AM

Best Practices for Hypertension Control

Purpose: Rural Health Clinics in Kentucky will learn about actionable tools and resources to improve blood control from Target BP, based upon the AMA MAP Framework.

**Register by clicking here.**



# Webinars



OCTOBER 27, 2022 | 2:00 PM

## Where the Cellular Won't Roam

Purpose: Providing pediatric palliative and hospice care in states and rural areas without established pediatric teams can be challenging. Join us for a unique learning session to review how one program's journey started within an adult hospice and developed into a statewide program. We will discuss many challenges including staffing, geography, and growth.

Register by [clicking here](#).

NOVEMBER 3, 2022 | 1:00 PM

## UDS: Strategies for Successful Submission

Purpose: Better understanding the importance of UDS data collection and reporting, specifically focusing on assessing data for accuracy and quality. The session will cover utilizing available electronic handbooks (EHBs) reports and tools working through your review and working with your review for a successful submission.

Register by [clicking here](#).

NOVEMBER 9, 2022 | 2:00 PM

## Concurrent Treatment of Smoking Cessation and SUD in Primary Care

Purpose: Join the National Center for Health in Public Housing (NCHPH) and the National Nurse-led Care Consortium (NNCC) in a webinar focused on strategies to support smoking cessation and substance use disorder (SUD) in primary care for residents of public housing.

Register by [clicking here](#).

NOVEMBER 15, 2022 | 12:00 PM

## USDA and Rural Health: How Does Rural Development Help with Rural Healthcare

Register by [clicking here](#).



# '22 DRIVING Change

GOING THE EXTRA MILE

Many who work in the spaces of rural and health often see their extraordinary efforts as their duty, calling, and passion for the profession. So, on National Rural Health Day, Thursday, November 17, 2022, celebrate all those who go the extra mile a million times over.

[#PowerOfRural](#) | [PowerOfRural.org](#)

November 17, 2022

[#powerofrural](#)

National Rural Health Day ™  
Celebrating the Power of Rural!

IT'S NOT JUST A DAY, IT'S A MOVEMENT.





# WHAT IS NATIONAL RURAL HEALTH DAY?

Since 2011, the National Organization of State Offices of Rural Health, the 50 State Offices of Rural Health, and rural health stakeholders from across the country have set aside the third Thursday of November to celebrate National Rural Health Day (NRHD). This day promotes the “Power of Rural,” which brings much-needed attention to the ongoing efforts to communicate, educate, collaborate, and innovate to improve the health of an estimated 57 million rural Americans. Over the years, NRHD has transformed from a daylong event to a sustainable movement.

## KEY MESSAGES

- Rural America is a great place for mission-minded health professionals to provide individualized care.
- Rural America is fueling an innovative rural health infrastructure.
- Rural America offers a beautiful and challenging landscape, requiring unique approaches.

*Together, we make a bigger impact!*



Follow NOSORH's social media pages for the latest NRHD updates!



## 3 WAYS TO GET INVOLVED ON NRHD 2022

1.

### Utilize NRHD Tools

Download and share the customizable resources offered in the NRHD Promotional Toolkit to enhance your outreach efforts to schools, churches, local media, businesses, etc.

2.

### Plan an Event

Visit [PowerofRural.org](http://PowerofRural.org) to discover creative ways to engage your organization and community in NRHD special events and activities.

3.

### Be Social

Highlight the impact of your rural work and share your celebration via social media and other communication channels! Use #PowerofRural in all social media postings!

Find it all at:

[powerofrural.org](http://powerofrural.org)

[info@nosorh.org](mailto:info@nosorh.org)



# Long COVID: What We Know So Far

**Article Provided by the Health Planning Council of Southwest Florida, Inc.**

According to the National Institutes of Health (NIH), "long COVID, long-haul COVID, post-COVID-19 condition, and chronic COVID are all names for the health problems that some people experience within a few months of a COVID-19 diagnosis." These include a spectrum of physical, social, and psychological consequences and functional limitations that can present substantial challenges to wellness and quality of life.

**"Long COVID has potentially affected up to 23 million Americans, pushing an estimated 1 million people out of work." - US Government Accountability Office (GAO), March 2022**

Many people recover within a few days or weeks after being infected with COVID-19. However, others experience "post-COVID conditions" that linger for weeks, months or even years after their initial diagnosis. In addition, people with no symptoms can also experience long COVID, which can present as "different types and combinations of health problems and can range in lengths of time," according to the Centers for Disease Control and Prevention (CDC).

**[Click here to learn more about post-COVID conditions & symptoms](#)**



# Hurricane Ian Recovery Resources

## **DCF Hurricane Ian Response & Recovery Resources**

Includes information on D-SNAP and Family Resource Support Center

## **Hurricane Ian FEMA HAC Assistance**

The Housing Assistance Committee of FEMA offers a variety of resources and a disaster guide to help those affected

## **SAMHSA Hurricane Ian Assistance**

Disaster-related resources for emotional distress recovery post-Hurricane Ian

## **FEMA Florida Disaster Recovery Resources**

Provides links and information from FEMA

## **Florida Power and Light Relief Sites**

Resource Guide if still without power

## **United Way Disaster Recovery Resources**

United Ways list of resources for assistance in the community

## **Hope for Healing**

Mental Health resources post-recovery



*did you know?*

**Heartland Rural Health Network will be opening its newest office in Wauchula this quarter. This office which will be located at 406 S 6th Ave, will house part of our HD CHW Program.**



**COMING  
SOON**



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. 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](http://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.

**2021 – 2022 Board of Directors:** Vince Sica, President; Blake Warren, Vice President; Heather Stephenson, Secretary/Treasurer; Robert Rihn, Past President; Denise Collazo, Holly Murphy, and Christen Johnson.



