

**Join us for the "For
Your Health"
Community Fair**

*HRHN Spotlight on: Prenatal
Care*

*HRHN 2021-2022 Annual
Report Available*

**HRHN's COVID-19
Vaccination Program
Ends**

*Health Equity Champion
Trainer for Providers and
clinical staff available for
free through HRHN*

Quarterly Newsletter for January - March 2023



Network News

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

***Honoring an African
American Health Leader:
W. Gaye Williams***

***Articles from CFHC on:
Sickle Cell, National
Birth Defects
Prevention, and
American Heart Month***

***Florida Rural Health
Association Project
ECHO's return***

***Save the Date: Florida
Community Health
Worker Summit 2023***

***Telemedicine Talk 12:
Delivery of Cancer
Screening & Treatment in
Critical Access Hospitals***

***TGH Community
Programs Calendar***

***DeSoto Memorial
Hospital Job Openings***

***Webinars & Updates from
the Florida Office of Rural
Health and the National
Rural Health Association***

***Free PAHCOM Training &
Credentialing Available for
a Limited Time from
CommHIT***

***Announcements from
our partners at:
DeSoto Memorial
Hospital, Florida
Department of Health,
FRHA, NRHA, Florida
CHW Coalition,
CommHIT, Central
Florida AHEC, CFHC
and Tampa General
Hospital***



Phone:
863-471-6007
Email:
support@hrhn.org
Web:
www.hrhn.org



Follow us on social media:

f facebook.com/HeartlandRHN
🐦 @hrhnstaff



HRHN's COVID-19 Vaccination Program Ending

In February of 2022, HRHN was awarded a contract through the Health Council of West Central Florida, Inc. to provide COVID-19 vaccine-specific Outreach and Education, vaccinations as a result of education and outreach, as well as reporting on these items. This contract allowed us to develop and launch the CHW COVID-19 Vaccine Program in March of 2022, hiring and training CHWs to provide education and perform outreach on the COVID-19 vaccines and assistance in making appointments for vaccination. Since then, we have provided outreach and education to close to 4,000 individuals and helped close to 450 people get vaccinated or boosted against COVID-19. We have hosted multiple health fairs directly or in conjunction with community partners and disseminated over \$20,000 in vaccination incentives to the residents of Hardee, Highlands, Polk and DeSoto County. It has been a privilege and honor to be able to assist in combatting COVID-19. Our program will officially come to a close in March. Thank you to our CHWs - Ada, Wendy, and Rebeca, Outreach Coordinator - Michelle, and Program Director - Valeria, for making this program such a success! And thank you to the Health Council for partnering with us on this initiative.

Honoring an African American Woman

W. Gaye Williams Celebration

On February 11th, W. Gaye Williams was honored by the African American Chamber of Commerce of Polk County, Inc. and Juneteenth, Inc. for her time spent with Central Florida Health Care as the first and only African American Woman to become CEO. Ms. Williams leadership at CFHC helped grow the center to the premier health center it is today. During her time as CEO, Ms. Williams also served on HRHN's Board of Directors and was an integral part of the Network's growth and success during that time.



Pictured above (L to R): David Duke, former Board Director; Sharon Johnston, Central Florida AHEC, W. Gaye Williams, honoree; Blake Warren, Board Vice President of HRHN; and Richard Akin.

The event saw many health leaders from across the state come together to celebrate Ms. Williams and her successes, including HRHN Board Vice President, Blake Warren and former Board Member, David Duke, as seen in the picture to the left.

American Health Leader

In Mr. Warren's comments during the presentation, he shared a letter from Steve Zucker, Associate Dean for Community Affairs & AHEC Program Director at Nova Southeastern University. In this letter, Mr. Zucker best summed up how everyone feels that was able to work with Gaye, "We all consider it a true honor to call you a friend and colleague, and a very special privilege to continue working with you on behalf of enhancing access to care for underserved Floridians." We here at HRHN feel the same way and echo Mr. Zucker's sentiments. Congratulations, Gaye!

Also at this first annual African American Emphasis Month Gala, an award was named in Ms. Williams honor. The W. Gaye Williams Outstanding Healthcare Leadership Award was presented to Central Florida Health Care's Chief Medical Officer, Dr. Cara Nelson-James, pictured with Ms. Williams in the picture to the right. Congratulations, Dr. Nelson-James!



Pictured above (L to R): Dr. Cara Nelson-James, CMO at CFHC, and W. Gaye Williams, honoree and CEO Emeritus of CFHC



Gets Down to the Heart of the Matter

February is American Heart Month. Are you Heart Healthy? This month Central Florida Health Care encourages you to focus on cardiovascular health. It's time to know your risks for heart disease. High blood pressure, high cholesterol, and smoking are all risk factors, and many Americans have at least one.

High blood pressure typically has no symptoms, so checking it will help you recognize if you need to make any lifestyle changes. Changes may include taking a certain medication if blood pressure is too high or changing your diet. Moderate exercise can help improve blood pressure too.

High cholesterol is a health game changer because it can cause build-up in your arteries and harm your heart. Obesity can result from eating too many foods high in cholesterol. Limiting salt intake and eating more fruits and vegetables can reduce cholesterol. Nicotine also raises blood pressure, and cigarette smoking increases your chance of a heart attack.

Central Florida Health Care's Assistant Chief Medical Officer, Dr. Andrew Hein, gives patients this advice, "I would much rather prevent a disease than treat it. Heart disease has so many ways that we can focus on prevention, and it generally boils down to lifestyle. If you strive for 150 minutes of moderately strenuous exercise per week, limit the bad saturated fats, and focus on the amazing antioxidants, bioflavonoids, and healthy fats that come from eating more plants, you can significantly reduce your risk of a heart attack or disabling stroke. And if you smoke, quit. That's all there is to it."

Being proactive is key. To stay on top of your health, schedule a visit with your provider regularly and ask more on how you can stay healthy. We have heart for your best health.

JOIN US!

MAY 18TH - 19TH

ORLANDO, FLORIDA

FLORIDA COMMUNITY HEALTH WORKER COALITION

SUMMIT

2023 Florida Annual CHW

PLENARIES | WORKSHOPS | NETWORKING



Save the Date

This is the 12th CHW Summit gathering of its kind that brings together Community Health Workers, Promotores, Outreach Workers, Navigators, Peer Support Specialists, Community Resource Specialist, Doulas, allies, and other stakeholders from across the state of Florida. The 2023 Annual Florida CHW Summit is presented by the Florida Community Health Worker Coalition.

Please **SAVE THE DATE** to gain access to **4 tracks and a wide variety of continuing education sessions**, which will feature information on CHW Workforce Development and Sustainability, Social Drivers of Health (SDOH), CHW Leadership and Management, Rural Health Disparities, and plenty of tools that will help community and faith-based organizations, clinics, and other institutions integrate CHWs into the care team, mitigate health disparities and promote health equity in underserved, and marginalized communities.

Additional details on the Summit are forthcoming, we ask that you **SAVE the DATE!**

"FOR YOUR HEALTH" COMMUNITY FAIR



When: Sat. March 11, 2023

Time: 9 AM- 12 PM

Where: Wauchula Main Street

107 E Main St

Wauchula, FL 33873

Services Offered, but not limited to:

Free Vaccinations

(Limited Incentives for Covid Vaccines)

Community Resources

Health Education

Sponsored By



For more information please email:
Valeria.rivera@hrhn.org



Visit us At <http://www.hrhn.org>

Spotlight on: Prenatal Care

Submitted by: Valeria Carrasquillo, HD CHW Program Director

Why is prenatal care important?

During pregnancy, some women may develop harmful conditions like anemia, preeclampsia, diabetes, high blood pressure, and more. Prenatal care reduces complications during pregnancy and prevents problems during delivery. The doctor monitors the mom and the baby to ensure that they are both healthy.

When to start prenatal care?

If the pregnancy is planned, prenatal care should start at least one month prior to getting pregnant. If the pregnancy was not planned, prenatal care should begin as soon as the pregnancy is known and during the baby's development.

How often should prenatal care visits happen?

- Every 4-6 weeks for the first 32nd pregnancy week
- Every 2-3 weeks for the 32nd to 37th pregnancy weeks
- Every week from the 37th week of pregnancy until delivery

How to take care of the pregnancy at home?

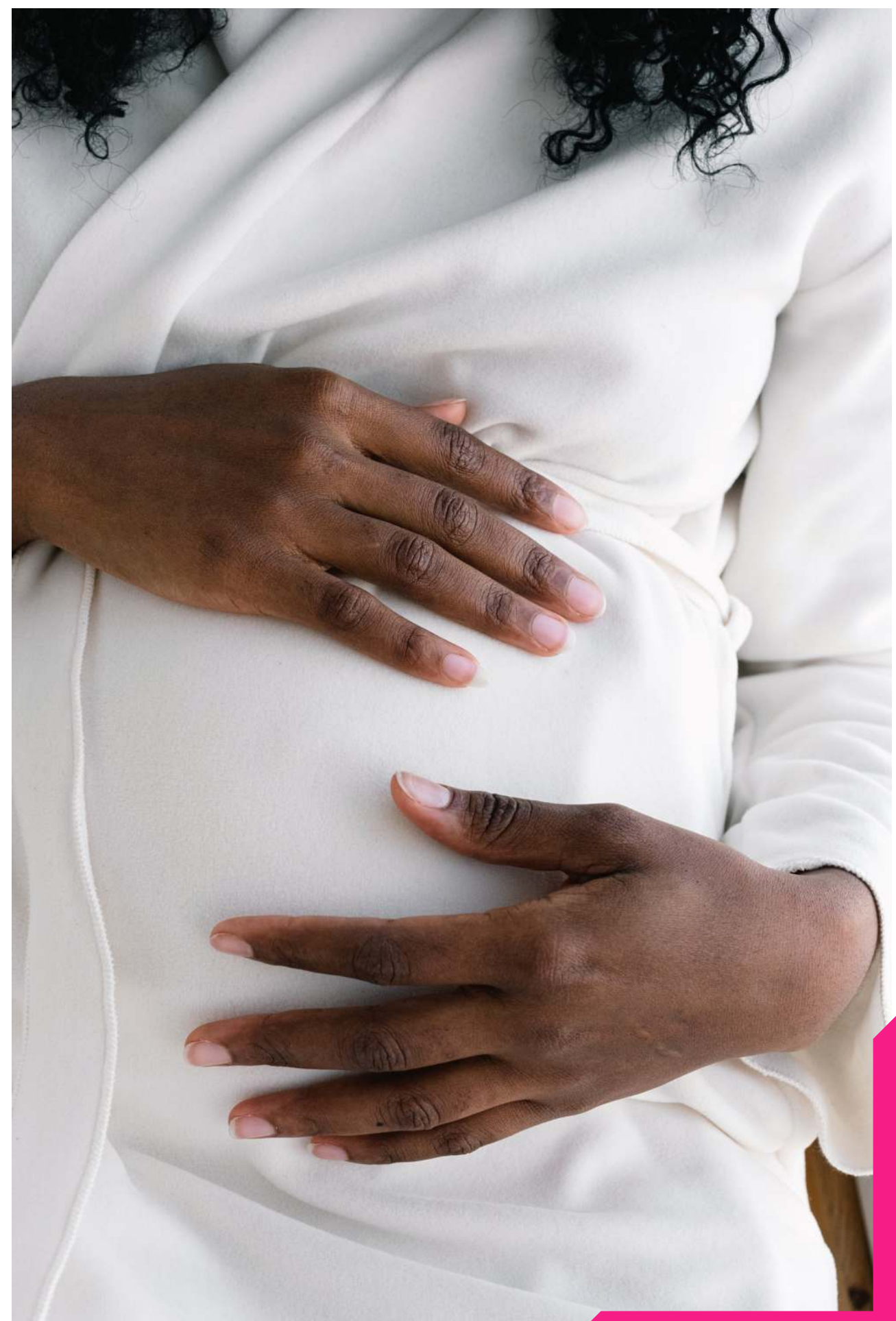
- Take prenatal vitamins
- Eat fruits and vegetables, whole grain foods, protein foods, and healthy fats (like nuts, seeds, avocado, etc.)
- Drink plenty of water (avoid drinking soda)
- Avoid eating fish that are high in mercury (like salmon, shrimp, clams, oysters, and canned tuna)
- Avoid or limit caffeine intake
- NO SMOKING OR DRINKING ALCOHOL

Home remedies for morning sickness or nausea during pregnancy:

- Drink plenty of fluids
- Avoid foods or smells that make nausea worst
- Salty foods are sometimes helpful for nausea, as are foods that contain ginger- such as ginger lollipops
- Snack often- an empty stomach may worsen nausea

Track your pregnancy with applications

- The Best Pregnancy Tracking Apps:
 - + Pregnancy Tracker — BabyCenter
 - + My Pregnancy
 - + Pregnancy & Baby Tracker WTE
 - + Pregnancy App Preglife



Sickle Cell Disease ~ W

Living with pain is difficult, and those with Sickle Cell Disease (SCD) know the challenges first-hand. It's not a disease one can catch. It's an inherited blood disorder present at birth that causes red blood cells, shaped like a sickle (C-shaped), to stick together and block blood flow and oxygen to parts of the body. All babies born in the U.S are screened for this disease. People with SCD experience a "Pain Crisis," which can lead to anemia, infection, and other serious health problems. SCD can often require hospitalization and multiple visits to your provider.

SCD affects around 100,000 Americans, according to the Centers for Disease Control and Prevention, and impacts mostly the African American population but can affect any race. Central Florida Health Care Chief Medical Officer Dr. Cara Nelson James says individuals with sickle cell trait can pass along the sickle cell gene even if they don't have the disease. Knowing your status is key, especially if you have any family history of sickle cell disease or sickle cell trait. Since there is a chance to pass the gene to unborn children, reproductive counseling and planning are important.

Florida Care

With a Heart

What You Need to Know

Individuals with SCD can still have full lives. Quality medical care from a trusted provider can help prevent serious problems. For example, adults and children need to receive regular health check-ups. Common illnesses can become dangerous for children, so hand washing, proper food safety, and getting annual vaccines, like the flu vaccine, are extremely important.

Healthy habits and lifestyle behavior can also help prevent SCD complications. Drinking plenty of water, avoiding high altitudes, avoiding places or situations with exposure to low oxygen levels, including exercising extremely hard can help. It's important as well to not get too hot or too cold.

Blood transfusions can also treat severe anemia. Talk with your provider when deciding how to care for yourself with an SCD diagnosis. Bone marrow or a stem cell transplant is a possible cure, and your provider can educate you on those potential procedures and what may work best for you.

Florida Rural Health Association News

FRHA's Project ECHO series are back for 2023. They have two series that have already launched. One is the Health Literacy Project ECHO and the other is the UF Pediatric Pulmonary Project ECHO Series. Check out the information below about the next Health Literacy Project ECHO.

LaToya J. O'Neal, PhD

Assistant Professor

Extension Health & Wellness Specialist

State Program Leader for Health Extension

Family, Youth and Community Sciences

University of Florida, Institute of

Food and Agricultural Sciences



Health Literacy Project ECHO

Topic:

Advancing Rural Health Equity through
Community-Based Participatory
Research and Extension

March 1st at 12pm EST

Register today!



Click here to stay up to date on what FRHA is doing and learn about becoming a member of FRHA.

CommHIT presents



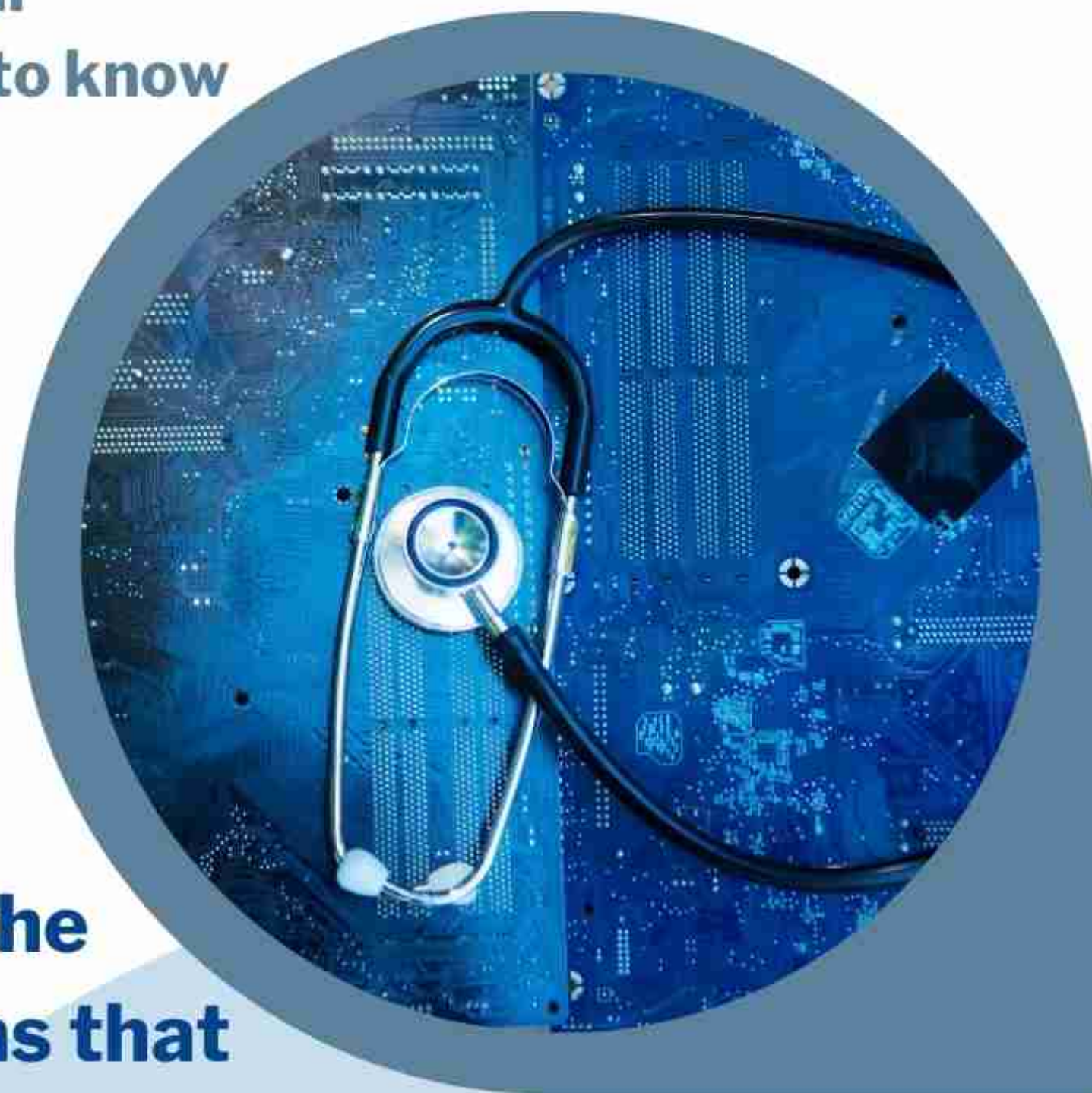
PROFESSIONAL ASSOCIATION OF HEALTH CARE OFFICE MANAGEMENT (PAHCOM) TRAINING & CREDENTIALING

Are you interested in making sure that your practice manager knows what they **NEED** to know about health IT?

Would an industry-recognized credential help your practice manager validate their knowledge?

If the answer to either of the above questions is “yes,” what if someone (other than you) paid for your practice managers training and certification exam?

With CommHIT's participation in a USDOL grant and its HRSA grant, the cost is ZERO to health organizations that want to get their practice managers trained.



**FREE FOR
LIMITED
TIME*!**

To get started:

- Have your practice manager fill out the secure form on PAHCOM's website at: <https://my.pahcom.com/commhit>.
- Once you are eligible, you will receive a link to the online HITCM-PP (Health IT Certified Manager-Physician Practice) 5-hour training course.
- Once you finish the course, CommHIT will give you a voucher to take the virtually-proctored certification exam. When you pass the exam, you earn the HITCM-PP credential.

*This offer ENDS on March 30.

 Sign up TODAY or contact Andy.Post@CommunityHealthIT.org to get started.



[Telemedicine]

Telemedicine Talk

Episode 12: Delivery of Cancer Screening and Treatment in Critical Access Hospitals

This article summarizes results of a survey of 135 Critical Access Hospitals (CAHs) regarding cancer screening and treatment provided by CAHs. It describes the role of visiting providers and the use of telemedicine in cancer screening and treatment.

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.

JOIN OUR TEAM



DESOTO MEMORIAL HOSPITAL

900 N. Robert Ave. • Arcadia, FL 34266



At DeSoto Memorial Hospital, we understand that healthcare is personal and we only get one chance to make a good first impression. Our goal is to provide every member of our community with the highest level of healthcare services and exceed their expectations. We offer the latest in medical technology to our community and are continuously recruiting the most qualified physicians to provide services.

TAKING CARE OF OUR STAFF

- Health Insurance
- Dental Insurance
- Vision Insurance
- Life Insurance
- Flexible Spending Account
- Supplemental Benefits
- Retirement Plan
- PTO (Paid Time Off)
- Tuition Reimbursement
- Free CE's

OUR SERVICES

- Cardiac Rehabilitation
- Diagnostic Imaging
- Emergency Services
- Gastroenterology
- Home Health
- Hyperbaric Oxygen Therapy
- Infusion Therapy
- Outpatient Behavioral Health
- Private Room Inpatient Services
- Telehealth
- Laboratory
- Nephrology
- Nutritional Services
- Orthopedics
- Surgical Services
- Pain Management
- Physical Medicine
- Podiatry
- Tobacco Cessation
- Urology
- Vascular Surgery
- Wound Care

As a Non-Profit Rural Hospital, staff are eligible to apply for the Public Service Loan Forgiveness Program or the Nurse Corp Loan Repayment Program



Join Our Team!

 863-494-8405

 dmh.org/careers

OPEN POSITIONS



DESOTO MEMORIAL HOSPITAL

900 N. Robert Ave. • Arcadia, FL 34266



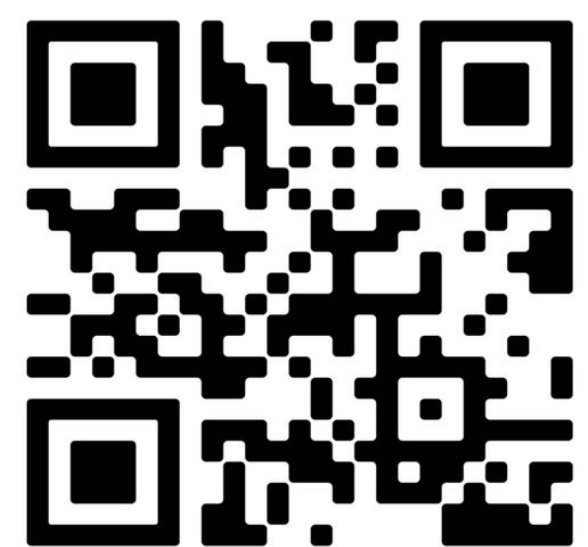
CLINICAL POSITIONS

- Nursing Supervisor - FT Nights
- RN Case Manager - FT Days
- Nurse Tech - FT Days & Nights (must be a graduate or current student of accredited school of nursing)
- RN Med/Surg - FT Days & Nights
- RN ICU - FT Days, Nights & PRN
- RN ER - FT Days, Nights, & PRN
- RN Operating Room - FT Days (share call rotation)
- RN Home Health - FT & PRN
- LPN Corrections - FT Days & Evenings
- Ultrasound/Echo/Vascular Tech - PRN
- CT/X-Ray Tech - PRN
- ER Unit Coordinator - FT Nights
- Surgical Tech - FT Days (share call rotation)
- Physical Therapist Adult & Pediatrics - FT Days
- Assistant Director Physical Medicine - FT Days

NON- CLINICAL POSITIONS

- Environmental Services Tech - FT Days & Nights
- Nutritional Services Ambassador - FT Days & Nights

As a Non-Profit Rural Hospital, staff are eligible to apply for the Public Service Loan Forgiveness Program or the Nurse Corp Loan Repayment Program



Join Our Team!

 863-494-8405

 dmh.org/careers



Upcoming Webinars



MARCH 2, 2023|2:00 PM ET Self-Management: Road Map Towards Blood Pressure Control

Purpose: The National Center for Farmworker Health (NCFH) in collaboration with the American Heart Association invites you to join us in this 60-minute webinar on hypertension which is the leading modifiable risk factor for heart disease, stroke and Self-measured blood pressure (SMBP) enables physicians to better diagnose and manage hypertension and helps patients take an active role in controlling their blood pressure.

Register by clicking [here](#).

MARCH 16, 2023|1:00 PM ET Agricultural Community QPR for Farmers and Farm Families

Purpose: In this 1.5-hour QPR training, we will provide:

- Information on the unique challenges farmers face that can lead to stress, depression and suicide.
- Examples implementing each QPR component with someone at risk for suicide.
- Information on how to help someone at risk of suicide.

Register by clicking [here](#).

Updates & Webinars



NRHA
SERVICES CORPORATION

FEBRUARY 22, 2023 | 2:00 PM ET

Nursing Labor Update: View From the Mountaintops

Purpose: Michelle Hehman, MSN, RN, 15+ years of acute hospital experience and former nurse manager of Emergency Services, Cincinnati Children's Hospital Medical Center, and Christy Craft, Certified Medical-Surgical Nurse, will discuss the trajectory of the nursing industry and the impact that it is expected to have on staffing, as well as insight into how flexible staffing solutions can help to maintain optimal nurse-patient ratios.

Register by clicking [here](#).

MARCH 8, 2023 | 3:00 PM ET

What Rural Healthcare Leaders Need to Know to Advance

Cybersecurity Readiness

Purpose: Join CloudWave's Chief Security and Engineering Officer, John Gomez, as he shares lessons learned from 2022 and an outlook for how rural hospitals can successfully combat hackers in 2023. He will cover topics including advancements in medical device cybersecurity, how to meet cyberliability requirements, why informed patient consent is becoming a more significant issue, and more.

Register by clicking [here](#).

MARCH 16, 2023 | 2:00 PM ET

Swing Bed Culture and Attention to Wellness Vital to Rural Healthcare, A Transitional Care Model

Purpose: Allevant, a joint venture between Mayo Clinic and Select Medical, helps Critical Access Hospitals by developing post-acute Transitional Care programs using available Swing Beds. Focused on helping patients transition to their highest level of independence, Transitional Care is a program that involves the patient and family, makes available the full resources of the Critical Access Hospital and focuses on measured outcomes and evidence-based processes to ensure patients get the best care possible.

Register by clicking [here](#).

National Birth Defects Prevention Month

Bringing a baby into the world is one of the most beautiful moments in life. But sometimes, new babies face challenges due to birth defects. January is National Birth Defects Prevention Month and Central Florida Health Care encourages making healthy choices during pregnancy to help reduce a baby's chance of having a birth defect.

If you're planning to have a baby, take 400 micrograms of Folic Acid, which contains vitamin B, before and during pregnancy. Taking folic acid can help prevent severe birth defects in the brain and spine. It's also important to have a diet rich in folate.

Central Florida Health Care's Chief of Pediatrics Heather Wardy says, "Birth defects can be caused by genetic abnormalities or environmental exposures, though we often don't know the underlying etiology. Not all birth defects can be prevented, but women can take steps to reduce their risk. It's important to establish care with your OB provider as soon as you know you're pregnant, and then continue to receive regular prenatal care. Taking a daily prenatal vitamin with folic acid is the best tool to help prevent abnormalities of your baby's brain and spine. If you take other medications, check with your OB provider to make sure they're safe to take during pregnancy."



Central Florida Health Care

Health Care With a Heart

The Centers for Disease Control and Intervention says smoking cigarettes during pregnancy can lead to preterm birth and certain defects, including cleft lip or cleft palate, which is why no smoking is encouraged, including marijuana. Alcohol can also be harmful and potentially cause a miscarriage, stillbirth, and other lifelong physical and behavioral issues. Preventing infections during pregnancy is also important, as viruses and other infections can harm a developing baby. If you do get sick with a fever, treat it promptly.

While it sounds simple to “eat healthy” during pregnancy, it’s not always easy, especially when cravings are involved. Obesity and not keeping diabetes under control can increase the risk of complications during pregnancy and could lead to birth defects. Talk to your provider about the best way to maintain a healthy weight.

Central Florida Health Care has prenatal services to guide pregnant moms along their journey. Our pediatric team is then ready to oversee your baby’s primary care. Communication with your provider is important and will hopefully give you peace of mind.

did you know?



Our very own, Melissa Thibodeau is a Health Equity Champion! She completed the Health Equity: Health Providers Train the Trainer Program and is now able to train others about advancing

Health Equity. The Health Equity Training Program is an educational intervention that seeks to advance health equity by reducing disparities in the care we provide to culturally and linguistically diverse patients, because not everyone has the same opportunities to achieve their full health potential. By joining this training, participants learn and explore social determinants of health, cross-cultural communication, and how to implement changes that strengthen the quality of care that we provide to patients.

Check out more information and sign up by visiting our website [here](#).

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.

HRHN's 2021-2022 Annual Report is now live on our website. Check it out here!



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.

2022 – 2023 Board of Directors: Vince Sica, President; Blake Warren, Vice President; Heather Stephenson, Secretary/Treasurer; Robert Rihn, Past President; Denise Collazo and Holly Murphy.

