

**HRHN Spotlight:
Chronic Lower
Respiratory Disease**

**HRHN HD CHW
Program Spotlight:
Understanding Cancer**

Quarterly Newsletter for July - September 2023



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

***Telemedicine Talk 14:
Telebehavioral Health***

***Every Life is Meaningful:
Article from CFHC***

***Recover Hardee's Hurricane
Ian 1 Year Celebration event***

***FRHA 2023 Education
Summit Registration Open!***

***TGH Community
Programs Calendar***

***CommHIT's Summit:
Achieving Today's
Advanced Workplace***

***Announcements from our
partners at:
Central Florida Health
Care, Central Florida
AHEC, CommHIT, National
Rural Health Association,
Southwest Florida
Healthcare Association,
Florida Rural Health
Association, Recover
Hardee, AdventHealth,
CMS, Alzheimer's
Association, Senior
Connection Care, and
Tampa General Hospital***



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f facebook.com/HeartlandRHN

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



Chronic Lower Respiratory Disease: Prevention is Key

Chronic Lower Respiratory Disease (or CLRD) is the classification for the following diseases: Chronic Obstructive Pulmonary Disease (COPD), chronic bronchitis, emphysema, and asthma. In 2001, these diseases made up the 6th leading cause of death in Florida (4th for DeSoto County, 5th for Charlotte and Highlands, and 6th for Hardee and Polk), accounting for nearly every 1 in 20 deaths. In some of our counties, this number jumps to almost 1 in every 15. And, unfortunately, they are not curable. However, they are preventable, in most cases. The top two ways to prevent a CLRD is to 1) NEVER start smoking and 2) QUIT if you are a smoker. If you are a smoker and have trouble quitting for you, note that second-hand smoke is the #2 cause of CLRDs, so quit for those around you! And if you need help, check out the tobacco cessation resources from our partners at AHEC ([click here](#)). Other things you can do to prevent CLRD is to avoid high-pollution areas and prolonged exposure to poor air quality, and reduce the amount of second-hand smoke you have the potential of being exposed to. Finally, although there is no cure for the CLRDs, there are lifestyle changes and treatments that can help those with a CLRD breathe easier, increase activity, and slow the progression of the disease.

Need help navigating quitting tobacco or your treatment for a CLRD? Click [here](#) to check out our HD CHW Program and sign up to have a CHW come help you!

CMS Atlanta (Region IV) Local Engagement and Administration

FALL OUTREACH CAMPAIGNS AND REENTRY SPECIAL ENROLLMENT PERIOD

The Centers for the Medicare and Medicaid Services (CMS), is hosting a webinar on Monday, September 18, 2023, at 11:00 AM EST on the CMS Fall Outreach Campaigns and the Special Enrollment Period (SEP) available under all CMS programs for Reentry Consumers. .

This webinar will highlight opportunities for collaboration for our Fall Outreach Campaigns and share SEP enrollment information beneficial to formerly incarcerated consumers. We will have a question-and-answer session at the end of the presentation.



FOR QUESTIONS, COMMENTS, OR CONCERNS

Please reach out to:

Alex DeAbreu
(alexander.deabreu@cms.hhs.gov)

Teresa Zayas
(teresa.zayas@cms.hhs.gov)

SEPTEMBER 18TH, 11 AM EST REGISTER HERE

You will receive a confirmation email upon registration with an individualized link and downloadable appointment for the call.



Southwest Florida Healthcare Coalition



UCF RESTORES offers a peer support training program called REACT: "Recognize. Evaluate. Advocate. Coordinate. Track."

R.E.A.C.T.

Recognize. Evaluate. Advocate. Coordinate. Track



UCF - Restores

Wednesday

9am - 4pm

Thursday

October 4th, 2023

October 5th, 2023

[Register Here](#)

[Register Here](#)

[Florida Department of Health](#)
[Charlotte County](#)

[Florida Gulf Coast University](#)

1100 Loveland Blvd, Port Charlotte, FL 33980

10501 FGCU Blvd, Fort Myers, FL 33965

ACADEMIC BUILDING 9

AB9 138 - Senator Lizbeth Benacquisto
Community Room

This is a first come first serve training. There will only be open to 20 participants per session.

Through this program, participants learn how to recognize "stress injuries" and evaluate the mental health of their peers, offer peer-level support, and effectively coordinate necessary follow-up in the event professional intervention is warranted.

What will participants learn?

Following completion of the REACT training course, participants will be able to understand and implement principles of peer support as they relate to:

- Recognizing different stress injuries common among first responders and healthcare workers.
- Evaluating the presence of a stress injury in a peer.
- Advocating for appropriate resources to be provided to a peer.
- Coordinating higher levels of care for the peer.
- Tracking a peer's progress over time.





SPECIAL WEBINAR ALERT!

DON'T MISS THIS NEWLY ADDED WEBINAR

Employee Retention Credit Qualifications Reviewed by National Law Firm and Accounting Professionals

Thursday, September 21, 1:00 - 2:00 pm CST

In this webinar, speakers Kyle Morabito, Esq, Chief Legal Officer and Managing Director at EZ-ERC, and Patrick Banks, Chief Financial Officer at Gila Regional Medical Center, will guide rural healthcare facilities on effectively claiming the Employee Retention Credit before the program's conclusion in 2025. Participants will gain insights into debunking prevalent misunderstandings and acquire a thorough comprehension of the stipulated eligibility criteria.

The presentation will encompass various crucial topics, encompassing the timeline of the Employee Retention Credit, strategies for selecting the appropriate advisor, the advantages of seeking a second expert opinion, and techniques for safeguarding their claims through tax insurance.

Key takeaways from the webinar include:

- Grasping the eligibility prerequisites tailored for healthcare facilities.
- Unveiling the reality behind widely held misconceptions.
- Articulating the advantages inherent in securing a second professional perspective.
- Acquiring knowledge about fortifying your claim via tax insurance.

[Register](#)

Please share this email with anyone on your team or in your organization that would benefit from these educational sessions. All sessions are complimentary unless otherwise noted.

The 27th Annual Rural Health Educational Summit



October 10th-11th 2023

The Westshore Grand, A Tribute Portfolio Hotel
4860 W Kennedy Blvd, Tampa, FL 33609

Registration Open Now!

"Call for Presenters" Submit by July 14th

"Exhibitor Prospectus" Showcase your company!

On behalf of the Florida Rural Health Association (FRHA) Board of Directors and members, we cordially invite you to join FRHA at our 27th Annual Summit on October 10-11, 2023 at the Westshore Grand in Tampa, Florida. Formed in 1992, FRHA was created to provide a mechanism through which interested individuals and organizations in Florida unite in advocacy and ensure that all residents of rural Florida have access to a continuum of affordable healthcare. It is this common interest that binds the FRHA membership and has allowed the development of a common voice for rural health.

Summit Highlights

Breakout & Keynote sessions

Wendell Rollason Award, recognizing outstanding public service leadership

Recognition of 2023 Rural Health Hero Award recipients

Networking with fellow rural health professionals & exhibitors

Continuing education credit

Register Here



Understanding A Guide in

Cancer. The “C” word. Nobody wants to be told by their physician that they have cancer or are at risk for cancer. But, if you are one of the many who may hear it at some point, do you understand what cancer is? Cancer was often a death sentence years ago due to the lack of treatments or options once diagnosed. Now, we are much more aware of what causes cancer, the risks, what signs or symptoms may show up, and what you can do about it if you have it.

One in three people will be diagnosed with cancer in the United States alone. Globally, one in six people will die due to cancer. But these statistics are not meant to scare you. Instead, think of them as a reason to learn more about cancer and what you can do to prevent it from happening to you.

What Is Cancer?

Definition and Basic Characteristics of Cancer

The American Cancer Society has an easy-to-understand definition of what cancer is. “You are made up of trillions of cells that, over your lifetime, normally grow and divide

ing Cancer: Two Parts



By: Tatiana Phillips

as needed. When cells are abnormal or get old, they usually die. Cancer starts when something goes wrong in this process, and your cells keep making new cells, and the old or abnormal ones don't die when they should. Cancer cells can crowd out normal cells as they grow out of control. This makes it hard for your body to work the way it should.”

When To Seek Medical Attention

If there are any persistent signs or symptoms that you are concerned with, contact your doctor as soon as possible. If you're unsure what doctors or medical care are available to meet your needs, contact one of our trained Health Community Workers via telephone or email.

To read more of Part 1 and check out Part 2, check out the blog on our HD CHW Program website by clicking [here](#). Make sure you bookmark it so you can check out future blog posts!

HURRICANE IAN 1 year *Celebration*

THURSDAY
SEPTEMBER
28th
Drop by 4pm-7pm

HOSTED
BY



Join us in celebrating all that Hardee County has overcome in the recovery process following Hurricane Ian. See and hear stories of resilience, grab some food, and simply enjoy the community of each other as we continue moving forward together.

Hardee County
Agri-Civic Center
515 Civic Center Drive
Wauchula

Free Community Event

Food Trucks



Community Leaders
& First Responders



Survivor Stories





September 28, 2023 | Thursday
9:00 AM – 3:00 PM
CommHIT HQ at the
Kennedy Space Center

To Register scan QR Code:

09
28
23

CommHIT23 Summit

Achieving Today's Advanced Workplace



Walk With a Doc

Presented by AdventHealth
In Partnership with Sun 'N Lake Community

2023



Join us for a walk at the Sun 'N Lake Recreation Complex. As a community health activation and connection opportunity we are kick-starting our Walk With a Doc Program. This will be a chance for our community to meet local docs, chat about health, engage and stay fit all at once!



Sun 'N Lake Recreation Complex
3500 Edgewater Drive
Sebring, FL 33872

Thursdays at 6pm

8/31	11/9
9/14	11/23
9/28	12/7
10/12	12/21
10/26	



A variety of health care providers representing some of the following specialties:

- Primary Care
- Orthopedics
- Wellness
- Heart Health

For questions or to register, please call:
863-457-4264


AdventHealth
Sebring



Quit tobacco with virtual Group Quit.

There's never been a more important time to quit.

Free, expert-led online sessions are now available for all Florida residents, regardless of insurance status. Upon class completion, participants are eligible to receive free nicotine replacement therapy such as gum, patches or lozenges.*

For more information on virtual Group Quit classes, contact:

Central Florida AHEC

1-877-252-6094

**if medically appropriate for those 18 years of age or older*

Learn more about all of Tobacco Free Florida's tools and services at tobaccofreeflorida.com/quityourway.



Every Life is M



Dr. Amber Popovitz-Gale
Clinical Psychologist

It's not easy to talk about suicide, but more conversations are needed. It's the 12th leading cause of death in the U.S.

According to recent studies, many who took their life may have experienced a mental health condition. Sometimes family members are not even aware their loved-one is dealing with an issue.

September is Suicide Prevention Awareness Month, a time to try and change public perception and help those contemplating taking their life. Suicidal thoughts can indicate a serious issue, and no one should be nervous to ask for help. There are resources available to give someone hope and help.

If a loved-one starts to act differently, pay attention to some warning signs including distancing themselves from others, irritability, aggressive behavior, and substance abuse.

Central Florida Health Care has a behavioral health team to help those struggling with suicidal thoughts, depression, anxiety, etc.

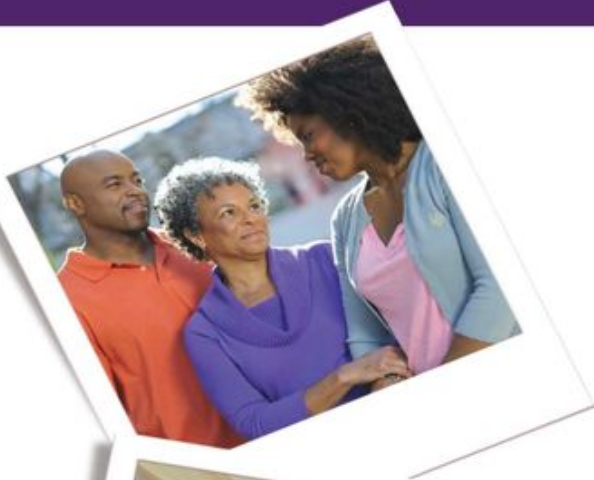
Meaningful!

CFHC has a new a testing program offering evaluations to children and adults to improve mental health. Clinical Psychologist Dr. Amber Popovitz-Gale says the program provides a brain health assessment, ADHD diagnostic clarification, and comprehensive psychological evaluations. “There are many reasons to seek a psychological evaluation. Some individuals may be referred by their primary care provider, psychiatrist, or current mental health treatment provider. Others may have noticed behaviors of concern at home or at school and are seeking help to best support their loved ones.”

Evaluations for autism and behavioral concerns can be provided for children as young as two years of age. Academic focused testing can be provided as young as 30 months old. Comprehensive psychological evaluations for mental health concerns such as anxiety and depression can be offered to individuals six years and older. Results of testing are interpreted using a strengths-based focus and recommendations are written with the intent of providing opportunities for the individual to enhance their overall functioning.

Central Florida Health Care’s Behavioral Health Team is here to help.

CREATING MOMENTS THAT MATTER



SEPTEMBER

10 a.m.-2 p.m.

22

*First Presbyterian Church
175 Lake Hollingsworth Dr.
Lakeland, FL 33801*

SEPTEMBER

10 a.m.-12 p.m.

23

*Sun City Center
United Methodist Church
1971 Haverford Ave.
Sun City Center, FL 33573*



With passion, practical wisdom, humor and a good set of tools, we will learn how to create moments that matter along the caregiving journey.

Join us as we explore how to let go, accept, fear less and love more.

Featuring author



Jolene Brackey

Lunch will be provided. RSVP required at 800.272.3900.



**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.



MANAGING CONCERNS ABOUT FALLS

A FOUR Week Program!

Can help reduce the fear of falling
Increase your activity levels

Class size is limited

Mondays & Wednesdays

Oct 4 - Nov 1, 2023

10:00am - 12:00pm

Senior Connection Center

VIA ZOOM

To register:

bit.ly/3KQ0ZAh

Tai Chi For Arthritis for Fall Prevention

Reduce pain

Gentle and
flowing
movements



Ease Stress

Exercises
done
seated or
standing

Afraid of falling?
Uncertain about your balance?
Tai Chi may be for you!

FREE!

8 Week Workshop

Mondays & Wednesdays

Sept 18- Nov 8, 2023

10:00am - 11:00am

Hosted by:

Revello Medical Center Sebring

210 Sebring Square

Sebring, FL 33870

Register with:

Christina @ 813-676-5568

Must be 60 or older and attend one of the first 2 sessions to participate in the workshop regardless of registration





Telemedicine Talk

Episode 14: Telebehavioral Health

On September 7th, the American Institute of Healthcare Compliance sent out an article relating to telebehavioral health. This article, which is linked below, discusses what behavioral telehealth is, benefits of using advanced technology, and understanding the technologies. It recognizes the increase in telehealth since the COVID-19 pandemic and the rapidly and constantly evolving regulations around the use of telehealth. Although their article is not intended to be legal or consulting advice, it does provide information that is both informative and thought provoking if you are currently using or considering use of telehealth in behavioral health.

To read the article, [click 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.



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.

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.

