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2018 SEMI-ANNUAL NEWSLETTER

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

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FY 2016 – 2017 ANNUAL REPORT



HRHN Releases 2016 – 2017 Annual Report

As 2017 came to a close, Heartland Rural Health Network released its FY 2016-2017 Annual Report. The report, which can be found in full [here](http://www.hrhcn.org/annual-reports.html), highlights the Network's accomplishments as a whole and specific to each of its programs. It also provides insight into what the Network does, the services it provides, and its financial position at the end of the Fiscal Year.

Since taking over making the Annual Report in 2015, Melissa Thibodeau enjoys injecting more of the heart of HRHN into the Annual Report. This year, she included Employee Spotlights which not only talk about each employee but include pictures of them and their families, and some fun facts; Spotlight on New Board Members which talk about why they got involved with HRHN, as well as about each one as person; and a large amount of hand-drawn graphics. Melissa says that she has always likes to include this information to make the Annual Report more enjoyable for all. We hope you will check it out!

<http://www.hrhcn.org/annual-reports.html>

HRHN iMAD Coming to a Theater near you!

Heartland Rural Health Network's iMAD Program released its first PSA to run in the movie theaters in Highlands County. This first PSA – What's iMAD? Gives you a look at the iMAD staff, what they do, and where you can find them! You can check it out using this [link](#) or see the details below.



"We are the iMAD Team. Here to make a difference so YOU CAN TOO!"
<https://youtu.be/9SF6QUhECoE>

DMCP CHW Program Exceeds Proposed Outcomes

In 2017, the DMCP CHW Program exceeded several of its Outcomes proposed through its current funder, the Florida Blue Foundation. These outcomes were set to ensure our program was running efficiently and was having a positive impact on the lives of our clients. Some of the highlights of the results in 2017 are:

- **122 new referrals received**
- **71 new clients enrolled**
- **80 clients completed (some started in 2016)**
- **94% of completers increased their knowledge of diabetes management**
- **49% of completers increased their weekly physical activity**
- **75% of completers decreased their HbA1c (of those with a Pre- and Post-HbA1c registered with us)**

If you are interested in us bringing our DMCP CHW Program to you or your clients, please contact us today.

Florida Hospital Wauchula Opens New Updated Facility in Hardee County



Prayers do come true for the people in Hardee County. Florida Hospital Wauchula, in partnership with Adventist Health System, the City of Wauchula, and the Hardee County Industrial Development Authority, celebrated the opening of the new Florida Hospital Wauchula on December 21, 2018. This new facility will benefit the health and wellness of the Hardee County community.

"The idea of a new health care facility for Wauchula has been a dream for many years, and is a long time coming. Adventist Health System and Florida Hospital are investing heavily in Wauchula's future. Hand-in-hand with Hardee County, we will continue to 'extend the healing ministry of Christ' to our Heartland neighbors," said Florida Hospital Heartland Past President and CEO Bruce Bergherm.

"Florida Hospital Wauchula has significant historical value to our community, and to me," said Florida Hospital Heartland Vice President and Wauchula Administrator Denise Grimsley.

After a cost analysis was performed comparing renovations versus a new site, the ultramodern, new facility won approval. The facility opened in late December at its new location on State Road 17, serving the same community it has for more than 20 years. The new 50,000-square foot facility will be similar in size to the current hospital with a 15-bed emergency department, 25-bed transitional care unit and extensive therapy rooms. The new hospital will feature a modern, healing environment for improved staff efficiency, more compassionate care and enhanced patient safety. Each private in-patient room will feature an ensuite bathroom, refrigerator, microwave and personal safe. The hospital will also offer concierge services, a beauty salon and an activity room with a full kitchen, washer/dryer and large screen television for events.

Always focused on patient safety and comfort, Florida Hospital Wauchula will continue its award-winning reputation as a "Top Rural Hospital" offering critical access, the first designated in the State of Florida. This facility has won the coveted Leap Frog patient safety designation three years in a row.

**Article submitted by Cathy Exendine, Florida Hospital Wauchula, edited by M. Thibodeau*

HRHN Escapes in the Holidays

Every year, the staff at Heartland Rural Health Network takes time to come together and learn more about each other and enjoy time together, as we so often find ourselves strewn throughout the counties we serve.

This year, our Holiday Soiree took us to the Lakeland Escape Room, where we had to use teamwork and problem solving skills to escape under 60 minutes or be stuck in the saloon forever! Fortunately for us, we ESCAPED with 20 minutes left!

Staff also participated in a White Elephant Gift Exchange and had a fabulous time celebrating the season and getting to know one another better.



Back Row (L to R) Tamara Cruz, Shawna Schaeffer, Karen Nutter, Larry Moore, Michelle Cathey, Anthony Fontanes
Front Row (L to R) Lindsey Kelly, Melissa Thibodeau



Top: Melissa's kids on Christmas Eve.



Larry's Christmas Tree.

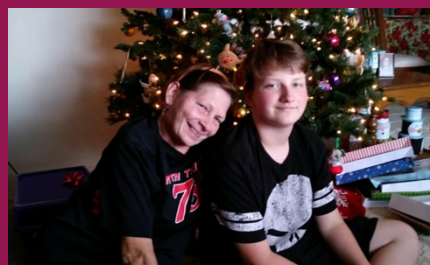


Tamara spent the holidays cooking for her family.



Anthony enjoying the lights in Boston.

Bottom: Michelle's family enjoying the day.



Karen spending time with her nephew, Lucas.

Samaritan's Touch Care Center's SURVEY SAYS Gameshow Fundraiser

Samaritan's Touch Care Center will be presenting the FIRST EVER (in Highlands County) Survey Says Gameshow Fundraiser. Survey Says challenges you to defend your teams' honor with lightning quick responses to randomly picked questions, similar to Family Feud.

This inaugural event was held on the evening of Friday, January 26, 2018, at the Circle Theater in downtown Sebring. The night included lots of AMAZING door prizes, raffles and a silent auction in addition to the gameshow.



**Article from Samaritan's Touch Care Center adapted from facebook.com/Samaritans.Touch.Care.Center/*

Starting 2018 Out Healthy with CFHC

Central Florida Health Care invites the community to come out and join them at their Teaching Kitchen in Winter Haven to learn how to cook healthier. The Teaching Kitchen takes place monthly at the Winter Haven Women & Children center. Come and learn to make healthy meals the whole family will love!

Their innovative Teaching Kitchen gives patients and families an opportunity to learn health habits and take a healthier approach to a balanced diet. During these classes your family will learn about:

- Serving sizes, balanced meals whole food and cooking safety
- Cooking skills and recipe prep
- Meal planning and shopping on a budget
- Plus more!

Call 863.444.0492 for more details and dates.

**Article from Central Florida Health Care www.cfhconline.org*

**NEW YEAR'S RESOLUTIONS:
HEALTHY COOKING
FOR A HEALTHIER YOU**

New Year's resolutions can be a drag. Let us make them fun and achievable again! Join us for our **FREE** community cooking class. Our healthy New Year's resolutions tips will help keep your family healthy all 2018 long!

DATE
Thursday, January 11, 2018

TIME
5:30 PM - 7:00 PM

LOCATION
201 Magnolia Ave
Winter Haven | 33880

TOPICS

- ✓ Change Your Behavior:
Out with the Old
in with the New
- ✓ Set S.M.A.R.T.
Realistic Goals
- ✓ Dear Diary:
Track Your Progress
- ✓ Reward Yourself for
a Job Well Done

Call **863.444.0492** for more details.

Central Florida
Health Care

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Congratulations to Heather Stephenson!

HRHN Board of Director Secretary/Treasurer, Heather Stephenson, was recently named the Chief Executive Officer of We Care of Central Florida. We Care is located in Winter Haven, Florida and works to provide low income and uninsured residents of central Florida access to quality volunteer specialty healthcare through a network of compassionate, dedicated physicians, allied healthcare professionals and administrative support staff, in order to preserve lives and create a healthier community. Heather will continue to serve on our Board as she takes on this new role. Congratulations, Heather!



Say Hello to the New Faces at HRHN!



Michelle Cathey, iMAD Program Health Educator

Michelle joined the iMAD Team back in September of 2017, right before Hurricane Irma hit - to say she had a hectic start would be an understatement. She has always called Highlands County home but spent a good portion of her childhood travelling all over the world with her sisters and father, who was in entertainment. Because of this, she has a deep appreciation for diversity and growth. Ten years ago, Michelle came into the world of non-profits and has found that they really allow her to work within the community to promote positive change and so, that is what she has worked to do since then. Michelle is the proud mother of two children. We are so happy to have her as part of the HRHN family and the iMAD Team!

Anthony Fontanes, iMAD Program Health Educator

Anthony came onboard in October – fortunately missing the craziness that was Hurricane Irma. Anthony impressed us with his passion to empower and inform the youth in Highlands County. He knows that young people are the future of this community, nation, and world and wants to help them achieve their goals through support, empowerment and education. Anthony loves spending his free time playing board games with friends and trying new places to eat. Since becoming part of the iMAD Team, Anthony has helped maintain the importance of empowering and supporting not only our young ladies, but also our young men. We are so happy to welcome Anthony to the HRHN family and the iMAD Team!



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 DMCP Community Health Worker Program, the C-PREP iMAD Program, and supporting Drug Free Highlands through a Drug Free Communities Grant. A full description of current Network initiatives can be found online on our website at hrhn.org.

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.

Use AmazonSmile to Help HRHN Fundraise!

Heartland Rural Health Network is part of AmazonSmile, a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile, the AmazonSmile Foundation will donate **0.5%** of the price of eligible purchases to the charitable organizations selected by customers.

To have AmazonSmile contribute **0.5%** of your eligible purchases to Heartland Rural Health Network simply click our link [here](#) and it will take you directly to our AmazonSmile page. That's it! You shop as you normally do and HRHN will receive 0.5% from AmazonSmile for any eligible purchases. There is no additional costs or hidden fees for your participation in the program.

Don't forget to bookmark the link and every time you shop through AmazonSmile you are supporting HRHN!

IMPORTANT NOTICE:

Heartland Rural Health Network's office location is currently undergoing major remodeling. If you are trying to reach staff, the best way is through email. Phone calls will transfer to a voice mail box that is being monitored regularly, but staff have 2 business days to return calls as we are currently spread thin with no offices. Please be patient with us during this transitional time. We hope to have more updates in our July – December Newsletter!

Heartland Rural Health Network, Inc.

863.452.6530

www.hrhn.org

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.

2017 – 2018 Board of Directors: Blake Warren, President; David Duke, Vice President; Heather Stephenson, Secretary/Treasurer; Robert Rihn, Past President; David Robbins, Vince Sica, Justin Blalock, Denise Collazo, and Cathy Exendine.