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President's Message



Welcome to the Summer issue of the JTCHS Community Health Newsletter!

As the new President and CEO of JTCHS, I am honored to serve this incredible community. Our organization has a rich history of providing affordable and accessible quality healthcare to the community we serve. I am excited to continue this legacy and work alongside our dedicated team to continue to strengthen our services and outreach.

I am also excited to present this issue of our newsletter, which is packed with valuable information to help you stay healthy and informed throughout the summer.

Thank you for your support and dedication to JTCHS. Together, we will build a brighter and healthier future for our community.

Best regards,
Ryan R. Hawkins
President and CEO, JTCHS

Top News



National Men's Health Month

June is Men's Health Month, an essential time to spotlight the health challenges that men face and promote preventative measures. According to the Centers for Disease Control and Prevention (CDC), 13.8% of men aged 18 and over are in fair or poor health.

Seeing a doctor, even if you feel healthy, is really important. Certain diseases and conditions may not present symptoms in their early stages, making regular health check-ups vital. Annual physical exams and preventative health screenings can help detect potential health issues early when they are more treatable.

Another key component of overall health is mental health. Unfortunately, a stigma still surrounds men's mental health, making it more difficult for men and boys to seek the help they need. Men can take control of their health by eating a well-balanced diet, exercising regularly, quitting smoking, learning about their family's health history, getting screening tests, and staying up-to-date with vaccines.

At JTCHS, we offer a wide range of services to support you on your journey to better health, including primary care, dental, and behavioral services. Be sure to call 305-637-6400 to schedule an appointment today.

Source: Men's Health: <https://www.cdc.gov/nchs/fastats/mens-health.htm>

ESSENTIAL TIPS FOR THE SEASON

Hurricane Preparedness

The Atlantic hurricane season runs from June 1 to November 30, with peak activity from mid-August to late October. The National Oceanic and Atmospheric Administration (NOAA) is predicting a very busy 2024 season. Here are some tips to be prepared:

- **Make a plan:** Determine your best protection from high winds and flooding. Have a plan to evacuate and a plan to shelter safely.
- **Stock Up on Supplies:** Assemble a hurricane kit that includes essential items such as enough non-perishable food, water and medicine to last each person in your family a minimum of 3 days, cash, a battery-powered radio and flashlights. Visit www.ready.gov for additional information on putting together an emergency kit.
- **Secure Medical Records:** Safeguard important medical documents, including insurance information, prescriptions, and medical histories, in waterproof containers.
- **Stay Informed:** Monitor weather updates from reliable sources and heed evacuation orders if necessary.

Start planning now to ensure you're ready for whatever the hurricane season may bring. Stay informed, stay safe, and stay healthy.



Spotlight: Ryan R. Hawkins, MBA, MSW, MPA

Mr. Ryan R. Hawkins, our newly appointed president and CEO, brings a wealth of experience and expertise to his role. A Miami native, Mr. Hawkins holds a bachelor's degree in social work from Florida Agricultural and Mechanical University, complemented by a Master of Business Administration degree from the University of Miami and master's degrees in social work and public administration from Florida State University.

With over 16 years of distinguished service in healthcare administration and government leadership, Hawkins has made significant contributions to the field. His tenure includes eight years as an executive with Jackson Health System, where he spearheaded a \$130 million hospital renovation project as Chief Operating Officer of Jackson North Medical Center, resulting in notable increases in patient volume and satisfaction scores. Hawkins' extensive leadership background, including roles in the Miami-Dade County Commission and Florida Senate, positions him to lead JTCHS to new heights during this critical time in our community. Additionally, Hawkins is a passionate advocate for healthcare access and equity, actively engaging in industry associations and advocacy efforts to address disparities and improve health outcomes.



Prepare your Child for a Healthy Back-to-School



As families gear up for the return to school, the to-do list can feel endless. From purchasing school supplies to finding the perfect back-to-school outfit, the late summer months are bustling with activity.

Ensuring your child's yearly check-ups and immunizations are up to date is an important part of preparing your child to return to school. Physical exams allow the pediatrician to conduct a comprehensive assessment of your child's health that also addresses any emotional, developmental, or social concerns, while vaccines help protect your child against vaccine-preventable illnesses.

At JTCHS, we understand the importance of preparing students not just academically, but also health-wise for the new school year. Our comprehensive physical exams, oral and vision screenings, and immunizations services are all part of our commitment to giving your child a healthy start to the school year.

This year, as you check off your back-to-school checklist, be sure to schedule an appointment for your little one at JTCHS.

Florida's Back-To-School
Sales Tax Holiday is
**July 29 -
August 11.**

For a list of qualifying items, visit
floridarevenue.com/backtoschool

Other News

This has been a very busy and eventful couple of months for the Jessie Trice CHS family. Here's a look at what we've been up to:

Ms. Annie R. Neasman Celebration of a Legacy of Service – On April 27, 2024, the Jessie Trice Community Health System family, along with colleagues and community leaders, gathered to celebrate the retirement of Ms. Annie R. Neasman, our former President and CEO. The celebration, held at the Mandarin Oriental, Miami and hosted by Jawan Strader, featured a museum showcasing Ms. Neasman's distinguished career in public service and her dedication to serving underserved communities in Florida. Emotional videos and heartfelt messages from colleagues and friends presented during the gala underscored Ms. Neasman's impact. During the event, Ms. Neasman was presented with a proclamation from the County of Miami-Dade and other well-deserved recognitions.

Amidst the festivities, the retirement celebration also marked the launch of the Annie R. Neasman Training and Research Annex Campaign. This initiative aims to bring together the components of training medical professionals in community healthcare, and to focus the fields of medical research and community advocacy for the advancement of healthcare in underserved communities. Ms. Neasman's legacy of service will continue to inspire us as we strive for excellence in healthcare for all.



Other News cont.

Miami Beach Pride Festival – In April, JTCHS members and colleagues united at the **Miami Beach Pride Festival**, exemplifying our commitment to diversity and inclusivity. Our mission is to enhance quality of life and attain health equity for ALL by offering access to innovative, high-quality comprehensive primary health care.



Summer Health Observances

June

- Men’s Health Month
- Pride Month
- June 16: Father’s Day
- June 27: HIV Testing Day

July

- UV Awareness Month
- July 1-31: Minority Mental Health Awareness Month

August

- National Breastfeeding Month
- National Immunization Awareness Month
- August 4-10: National Health Center Week
- August 15: First Day of School in Miami-Dade

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