



JESSIE TRICE
COMMUNITY
HEALTH SYSTEM

Since 1967



COMMUNITY HEALTH

FALL 2024



@JessieTriceCHS
JTCHS.org

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President's Message

I am excited to reconnect with you through this issue of our Community Health Newsletter. We had a busy summer filled with dynamic events that included a Men's Health & Wellness Fair to celebrate Men's Health Month, a series of activities to celebrate National Health Center Week, such as the iChooseHealth4 campaign, a special presentation from the Honorable Congresswoman Frederica Wilson, and the JTCHS executive team visiting all of our locations to show appreciation to our staff to name a few. We also celebrated the retirement of longtime JTCHS member, Ms. Clinch, and welcomed new team additions.



This Fall, we have even more in store. I encourage you to follow Jessie Trice Community Health System on Facebook, X, and Instagram @JessieTriceCHS to stay informed about all the latest news and upcoming events.

Enjoy this issue of Community Health, and stay well and safe.

Ryan R. Hawkins
President and CEO, JTCHS

Top News



Breast Cancer Risk Factors

October is Breast Cancer Awareness Month! According to the Centers for Disease Control and Prevention (CDC), while white women are more likely to be diagnosed with breast cancer, Black women have a higher likelihood of dying from the disease, often due to later-stage diagnoses. Although there is no sure way to prevent breast cancer, there are steps you can take to help lower your risk.

Maintain a Healthy Weight: The American Cancer Society recommends you stay at a healthy weight throughout your life and avoid excess weight gain.

Stay Active: Aim for at least 150 minutes of moderate exercise weekly.

Limit Alcohol: Choose to drink in moderation or not at all.

Consult with your Doctor on Hormone Therapy: If using hormone replacement therapy or oral contraceptives, discuss the risks with your doctor.

Breastfeed: If possible, breastfeeding can reduce your risk.

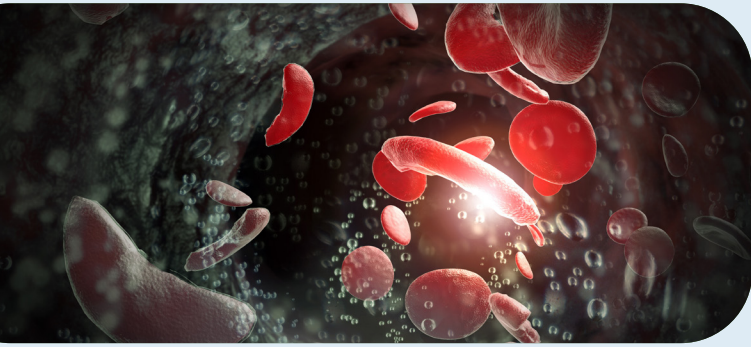
Know Your Family History: If you have a family history of breast cancer, talk to your doctor about additional preventive steps.



Jamille Munaji-Brown, APRN

Small lifestyle changes can make a big difference in reducing your breast cancer risk and enhancing your overall health. Knowing how your breasts normally look, and feel is important to your breast health. If you notice anything out of the ordinary, don't hesitate to reach out to your doctor to discuss your findings and the next steps for care.

What You Should Know about Sickle Cell Disease



September is Sickle Cell Awareness Month, a time to focus on Sickle Cell Disease (SCD), a genetic disorder affecting red blood cells. According to the Centers for Disease Control and Prevention, SCD is the most commonly inherited blood disorder in the United States. About **1 out of every 365 Black or African Americans** and about **1 out of every 16,300 Hispanic/Latino Americans** are born with it.

People with SCD are prone to pain, anemia, eye damage, infections and stroke. To prevent complications, it's important to stay hydrated, avoid extreme temperatures, avoid places or situations that cause exposure to high altitudes, and follow medical advice. For more information on SCD, please visit www.cdc.gov/sickle-cell.

Celebrate Dental Hygiene Month with a Healthy Smile



October is Dental Hygiene Month! Maintaining good oral hygiene is essential for a healthy smile, and it also contributes to your overall health. Brushing twice a day and flossing daily, combined with regular dental checkups and cleanings, can help prevent cavities, gum disease and other oral health issues that you might not be aware of.

Be sure to schedule an appointment at the JTCHS Dental facility. Our comprehensive services are designed to help you maintain a healthy smile.

Don't wait! Schedule your appointment today by calling us at **305-637-6400**.

Ms. Clementine Clinch



After an incredible 37 years of dedicated service at JTCHS, Ms. Clementine Clinch, executive assistant to the CEO, officially retired. To honor her remarkable commitment, we hosted a special celebration on Saturday, August 31, at the Barbara J. Jordan Health & Wellness Center. Ms. Clinch's dedication has been truly inspiring, and her time at JTCHS has been marked by exceptional leadership. We wish her the very best in her retirement and thank her for her invaluable contributions!

Dr. Joseph Rodriguez, MD

We are thrilled to announce the addition of **Dr. Joseph Rodriguez, MD**, to our team. Dr. Rodriguez brings an impressive background and a wealth of experience in Family Medicine, having completed his medical education at the University of Pennsylvania and his residency at Baylor College of Medicine. He is dedicated to providing patient-centered care, ensuring that he listens to your concerns and collaborates with you to create personalized treatment plans. Welcome on board, Dr. Rodriguez.

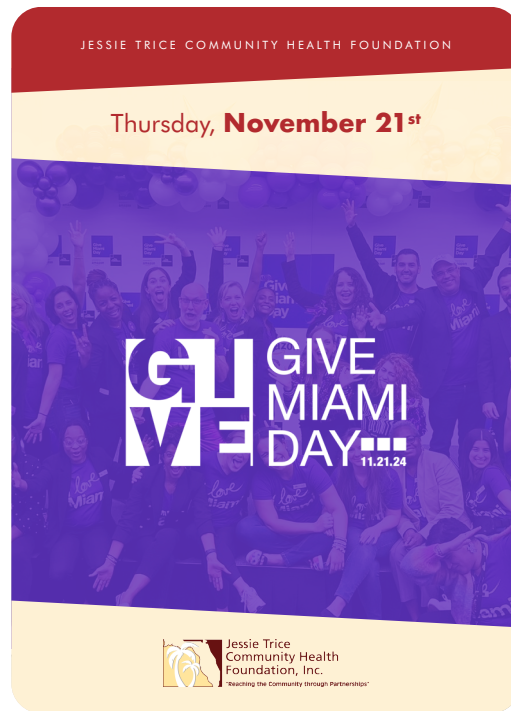


Support the Jessie Trice Community Health Foundation on Give Miami Day!

Give Miami Day will take place on Thursday, **November 21, 2024**, with **early giving starting on November 17**. During that period, you have the opportunity to make a significant impact on our community by supporting the Jessie Trice Community Health Foundation, Inc. (JTCHF). This organization is dedicated to supporting the initiatives of JTCHS in reaching the underserved and uninsured population, ensuring that everyone receives the care they need. Donations support the following key areas:

Fatima Zafar Medication Assistance Fund: This fund assists uninsured/underinsured patients with chronic illnesses in obtaining medication.

Annie Neasman Scholarship Fund: Supports high school seniors pursuing science degrees.



Healthcare/Health Provider Sponsor: This fund is for donors interested in sponsoring a patient, group of patients, healthcare provider, or community health worker.

Annual Toy Drive: Provides toys to children of all ages during the Christmas Holiday Season.

Jessica Clyne Fund: Help to continue the rehabilitative work for the women of Reeves House who are being treated for substance use.

To support us during Give Miami Day, please visit

givemiamiday.org/organization/jtchf.

Annie R. Neasman Training and Research Annex



The Jessie Trice Community Health Foundation is actively working on the Annie R. Neasman Training and Research Annex, a project aimed at bridging healthcare disparities by training medical professionals

and advancing research in community healthcare. A unique apparel line has been created to help fund this effort, with all proceeds going directly to the project.

For donation information or to shop the apparel, please visit jtchf.org.



EVENT SNAPSHOTS

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

Men's Health Month



Ryan R. Hawkins, president and CEO of Jessie Trice Community Health System, with **Barbara J. Jordan**, former Miami-Dade County Commissioner, during a Welcome Reception held in his honor on June 11.

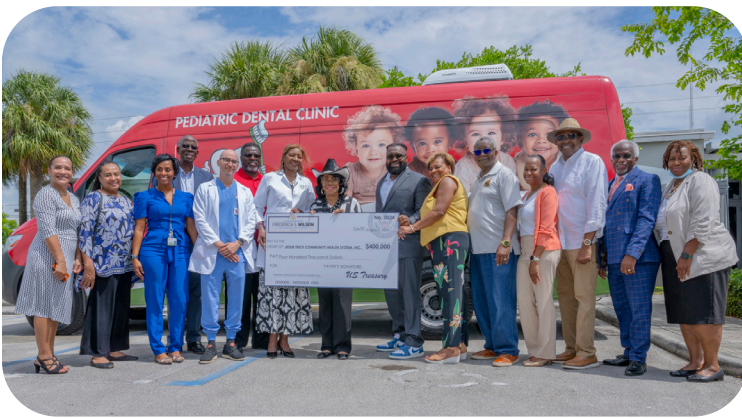
Photo Credits: Ricardo Reyes/ Sunshine Communications



JTCHS community outreach staff members at the **Men's Health & Wellness Fair** held in recognition of Men's Health Month and Men's Health Week.

Photo Credits: Ricardo Reyes/ Sunshine Communications

National Health Center Week Community Day



The Honorable **Congresswoman Frederica S. Wilson (FL-24)** presents a **\$400,000 check** to Jessie Trice Community Health System (JTCHS) for a Pediatric Medical Van and a Pediatric Dental Van to support children in South Florida.

Photo Credits: Ricardo Reyes/ Sunshine Communications

Children's Health Day



Photo Credits: Sara Armas

Back-to-School Immunization Fair held August 10. We provided immunizations and oral health screenings to uninsured patients, along with backpacks and school supplies.

Staff Appreciation Day



Photo Credits: Ricardo Reyes/ Sunshine Communications

Members of the JTCHS executive team and board prepare to hit the road to surprise staff.

Dr. Kyu Rhee at JTCHS



Dr. Kyu Rhee, CEO of the **National Association of Community Health Centers, Inc. (NACHC)**, with JTCHS CEO and president **Ryan R. Hawkins**, the JTCHS Executive Team, and Board Members during his recent visit to JTCHS Corporate Complex.

Photo Credits: @KyuRheeMD



Photo Credits: Ricardo Reyes/ Sunshine Communications

The JTCHS executive board presents **Night Owl cookies** and thank-you cards to staff on Aug. 7, recognizing their exceptional commitment and hard work.

Mobile Fair



In August, our team excelled at the mobile fair, offering crucial health screenings and comprehensive support to the community.

Photo Credits: Dr. Joycelyn Lawrence

To see more photos of these events, please scan the QR code or visit jtchs.org/events.



HEALTH & WELLNESS CALENDAR

Here are some special health observances for the fall to keep you in the know! Be sure to visit JTCHS.org to see all the events happening at Jessie Trice Community Health System.

15 - 15
September October



21
September



10
October



20 - 26
October



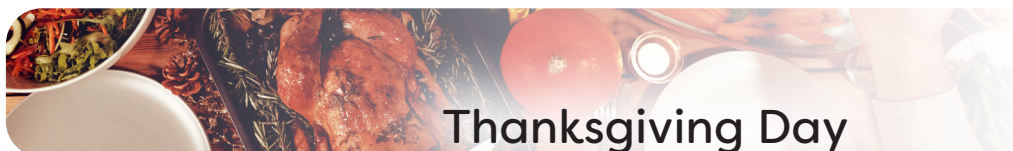
03
November



01 - 30
November



28
November



Fall Health Reminder

Don't forget to schedule your health screenings! Fall is the perfect time to catch up on annual check-ups and screenings. Stay proactive about your health.

For appointments, call **305-637-6400**.



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Robert Thomas
Terrell West
Lenora Yates
David Williams Jr.

Ryan R. Hawkins, MSW, MPA, MBA
President & CEO, Ex-Officio

JESSIE TRICE COMMUNITY HEALTH SYSTEM, INC.

SERVICES

- Adult Services/Primary Care
- Lab Services
- Men's Health
- Mental Health/Substance Use
- Nutrition
- OB/GYN
- Oral Health/Dentistry
- Pediatrics
- Pharmacy
- Senior Services

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