

President's Message



Welcome to the latest edition of the JTCHS Community Health Newsletter!

We're excited to bring you this issue, packed with tips to help you stay healthy, along with updates on our services and upcoming events to keep you in the loop.

During this first quarter of the year, we're reminded of key health observances like American Heart Month and Colorectal Cancer Awareness Month. These observances encourage us all to take a closer look at our health, adopt healthy habits, and stay on top of our regular checkups and screenings. Preventive care is one of the best ways to catch any potential health concerns early and stay in control of your well-being.

Since 1967, JTCHS has been here to support you in

prioritizing your health. Be sure to schedule your annual physical and dental checkup today—we're just a call away at 305-637-6400, or visit JTCHS.org to book your appointment.

Here's to making your health a top priority and making the most of the months ahead! Warm regards,

Ryan R. Hawkins
President and CEO, JTCHS

Make Your Heart Health a Priority



"Taking care of your heart today is the best way to ensure a healthier tomorrow."

Dr. Joycelyn Lawrence,
Chief Medical Officer, JTCHS



Make your heart health a priority this **American Heart Month!** In the United States, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups, according to the Centers for Disease Control and Prevention (CDC). The good news is that living a healthy lifestyle can help

lower the risk for heart disease and heart attack.

Here are a few healthy habits to help prevent heart disease.

- Eat a well-balanced diet
- Maintain a healthy weight
- Get regular physical activity
- Quit smoking
- Know your numbers for

body composition, cholesterol, triglycerides, blood pressure and blood sugar

Small changes can make a big difference to your heart's health!

In this Issue

- 1** - President's Message
- Make your Heart Health a Priority
- Black History Month

- 2** - Colorectal Cancer: Early Detection is the Best Prevention
- National HIV/AIDS Awareness Day

- 3** - When Should You Start Taking Your Child to The Dentist?
- Spotlight: Dr. Gonzalo Cortes, Pediatric Dentist
- JTCHS My Chart

- 4** - Event Snapshots!
5 - Health & Wellness Calendar



BLACK HISTORY MONTH

Black History Month is a time to honor the achievements and contributions of African Americans throughout U.S. history. This is also a time to shine a light on the unique health challenges faced by the Black Community. Black individuals are disproportionately affected by chronic diseases such as diabetes and heart disease. These health disparities are influenced by factors such as limited access to quality healthcare, socio-economic challenges, and historical inequalities. At JTCHS, we continue working tirelessly as advocates to help reduce these gaps, and we also remain committed to providing affordable and accessible quality healthcare to the community we serve.

National Black HIV/AIDS Awareness Day



National Black HIV/AIDS Awareness Day is recognized on February 7th. This day serves as a reminder of the disproportionate impact of HIV on Black/African American communities. At JTCHS, we remain committed to reducing these disparities by offering comprehensive HIV/AIDS services, including rapid HIV testing, STD/STI screenings, and linkage to care. Our team also provides access to PrEP treatment, a vital tool for HIV prevention. Early detection and proactive care are key to improving health outcomes. Together, we can continue to raise awareness, promote prevention, and support those affected.

Colorectal Cancer: Early Detection is the Best Prevention



March is recognized as **Colorectal Cancer Awareness Month**, a time dedicated to raising awareness about the disease and encourage people to get screened for it. According to the CDC, colorectal cancer is one of the most common cancers and a leading cause of cancer-related death in the United States. Regular screenings, such as colonoscopies, are crucial for early detection and successful treatment. The American Cancer Society recommends starting screenings at age 45 or earlier if you are at increased risk.

Symptoms of colorectal cancer can include changes in bowel habits, rectal bleeding, abdominal pain, or unexplained weight loss. However, some people may experience no symptoms at all. Talk to your doctor about colorectal cancer screenings. **Early detection saves lives!**



When Should You Start Taking Your Child to The Dentist?

Good oral health starts early! The American Dental Association recommends scheduling your child's first dental checkup after their first tooth appears or by the time your child turns 1. Baby teeth are at risk for decay as soon as they emerge.

According to the Centers for Disease Control and Prevention, tooth decay is one of the most common chronic health conditions of children in the United States.

Untreated tooth decay can lead to pain and infections, which can affect a child's ability to speak, eat, play, and learn. Dentists play a crucial role in monitoring your child's oral development, preventing cavities, and offering guidance on proper oral hygiene habits.

Start building good oral hygiene habits early. Teaching your children how to take care of their teeth is a practice that will benefit them for the rest of their life.

SPOTLIGHT

Rick Friedfeld, CPA, CGMA

We are excited to introduce **Rick Friedfeld, CPA, CGMA**, as our interim chief financial officer. Rick brings over three decades of senior financial leadership experience, having served in pivotal roles such as CFO at Health Choice Network and Compass Health Systems. Rick's academic background includes a B.S. in accounting from East Carolina University, earned in 1984, and an MBA in taxation from the University of Miami in 1998.

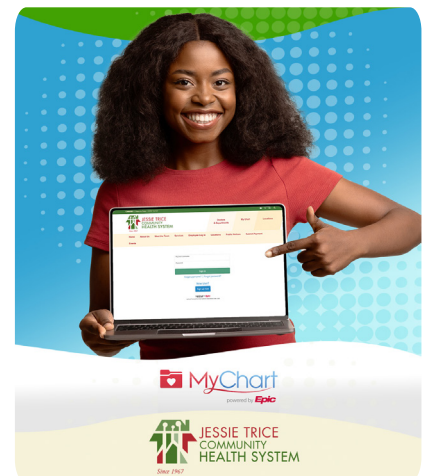
"Take action today—call us at 305-637-6400 to schedule your child's dental appointment and give them the gift of a healthy smile!"



Dr. Deborah George,
EVP/Chief Dental Officer

JTCHS My Chart

Access your health information anytime, anywhere with JTCHS MyChart. This convenient and secure online platform is designed to simplify your healthcare experience. With MyChart, you can easily access lab results, request prescription refills, schedule appointments, and communicate directly with your healthcare providers—all from the comfort of your home. Stay on top of your health with ease and efficiency. Sign up today by visiting jtchs.org/my-chart.



Event Snapshots!

Here's a look at what we've been up to:



JTCHS President and CEO, **Ryan R. Hawkins**, dressed as Santa, handing out toys to participating children.
Photo Credits: Ricardo Reyes/ Sonshine Communications

Jessie Trice Community Health Foundation (JTCHF) Annual Toy Drive

The Jessie Trice Community Health Foundation (JTCHF) spread holiday cheer in Liberty City with its Annual Toy Drive at the JTCHS Dr. Fatima Zafar Center. Held in drive-thru format, the event provided toys to children in the community. Adding to the excitement, JTCHS President and CEO Ryan R. Hawkins donned a Santa Claus suit. The event was made possible thanks to the generous support of community partners, including the Black Nurses Association, Cloverleaf Chiropractic Clinic, LabCorp, Porto Vita, Toro Pest Control, Toys for Tots, UnitedHealthcare and Walgreens.



Ryan R. Hawkins is pictured with twin sisters, winners of two of the bikes raffled during their annual toy drive. Toro Pest Control donated six of the bikes for the event.
Photo Credits: Ricardo Reyes/ Sonshine Communications

Sherwood DuBose (left), chairman of JTCHF's Board of Directors, and **Ryan R. Hawkins** (right), president and CEO of JTCHS.
Photo Credits: Ricardo Reyes/ Sonshine Communications



48th Annual Martin Luther King Parade

The JTCHS team participated on Monday, January 20, 2025, at the **48th Annual Martin Luther King Jr. Day parade** in **Liberty City**. This parade is the oldest and largest of its kind in the U.S. and celebrates Dr. King's vision of quality and justice for all.

Upcoming Event

Jessie Trice Community Health System, Inc. & Miami-Dade County Dental Society's

Give KIDS A SMILE Day!

Saturday, March 22, 2025
9:00 AM - 1:00 PM

Dr. Deborah George DDS
EVP/Chief Dental Officer

Dr. Maria Feiz, DDS

Dr. Dana Walker, DDS

Uninsured Patients Only

JTCHS - CORPORATE OFFICE COMPLEX
5607 NW 27th Ave., Suite 2
Miami, Florida 33142

ALL SERVICES ARE FREE

- Dental Exams
- Cleanings • Sealants

Plus, enjoy fun activities & giveaways!

All ID's Accepted

Call to book an appointment!
305-637-6400

jtchs.org

@JessieTriceCHS

Serving the community since 1967.

JESSIE TRICE COMMUNITY HEALTH SYSTEM
Since 1967

Save the Date for Give Kids a Smile Day!

Join the Jessie Trice Community Health System and the Miami-Dade County Dental Society on **Saturday, March 22, from 9:00 a.m. to 1:00 p.m.** for **Give Kids a Smile Day** at the JTCHS Corporate Office, located at 5607 NW 27th Avenue, Suite 2, in Miami, FL. This event will provide free general dental services, including screenings, cleanings, and sealants, to uninsured patients. There will be prizes, giveaways, and much more. **Call us at 305-637-6400 to book an appointment!**

JANUARY

- 1-31 Thyroid Awareness Month
- National Blood Donor Month
- 20 MLK Day

FEBRUARY

- 1-28 Black History Month
- American Heart Month
- Teen Dating Violence Prevention Month
- National Children's Dental Health Month
- 7 National Black HIV/AIDS Awareness Day
- National Wear Red Day
- 14 National Donor Day
- Valentine's Day
- 21 National Caregivers Day

MARCH

- 1-31 National Colorectal Cancer Awareness Month
- National Nutrition Month
- Women's History Month
- 6 National Dentist's Day
- 10 National Women and Girls HIV/AIDS Awareness Day
- 20 World Oral Health Day
- 27 American Diabetes Alert Day

Health & Wellness Calendar



**JESSIE TRICE
COMMUNITY
HEALTH SYSTEM**

Since 1967

Services



Behavioral/
Mental Health

Dentistry

Family Medicine

HIH / AIDS

Nutrition

Obstetrics &
Gynecology

Optometry

Pediatrics

Pharmacy

Podiatry

Transportation

And more



To schedule an appointment,
visit jtchs.org or call **305-637-6400**.



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Since 1967

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