Earlier this year, Catholic Health Services became a smoke free environment throughout the entire organization. The decision to go smoke free was to improve the health and well-being of the communities we serve. Being “smoke free” applies to all forms of tobacco, nicotine replacement therapies, including vaping and other electronic devices, and other non-tobacco inhaled substances.

CHS realizes that smoking is more than a habit and it can be very difficult to stop smoking. We are offering assistance to anyone who desires to stop, including tools from the American Lung Association and Smoke Free Florida, as well as appropriate medications prescribed by one’s physician. At CHS we believe we owe it to all of our patients and employees to provide a safe and healthy environment in which to live and work.

Quitting tobacco is one of the most difficult challenges. It’s also one of the most rewarding. Quitting smoking is one of the best gifts you can give yourself and those you love.
We are committed to help those in need no matter where they may live. In our small but unified way, every year at Lent we fill up our Rice Bowls. The collected donations from CHS employees are forwarded to Catholic Relief Services.

**How are donations used?**

75% of your gift supports CRS’ programs around the world.

Some examples include:

- Agriculture projects help farmers improve harvests
- Water and sanitation projects bring clean water to communities
- Microfinance projects support small businesses
- Mother and child health projects offer health and nutrition services
- Education projects provide resources and training

25% of your donations go to hunger and poverty alleviation efforts in your own community.

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www.catholichealthservices.org

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A Ministry of the Archdiocese of Miami
CHS Celebrates Volunteer Appreciation Week

Volunteering for Catholic Health Services events sponsored by the public relations department is multi-faceted in its importance to our community. Our volunteers are out in the community interacting and making thousands of impressions at each event. They share the stories of how our health care and social services help people in very important and personal ways, usually at the most vulnerable times in their lives. They are out there sharing our Mission! They enrich our message, bring us closer together as a community, and they are key in helping us keep the CHS brand strong. Our volunteers are integral to our department and we value them greatly.

The CHS Marketing Department ended Volunteer Appreciation Week with a beautiful luncheon at Cantina Laredo in Gulfstream Park! It was an afternoon of good food, lots of laughs and meaningful connections. We’re so proud and thankful for all our employee volunteers who dedicate their time and efforts to impacting and improving the lives of others in our community. You are appreciated more than you’ll ever know! We couldn’t do the wonderful things we do for the community without YOU!
Making Mission Matter...
Every Day in Every Way

CHS celebrates first system-wide unified Mission Day

“On behalf of Carmen and I, Thank you so much for attending the Mission Day Celebration today. I hope you enjoyed it as much as we did. I think it was great that we spent this time together to celebrate what the Mission of our organization means to each of you and to celebrate all of you for carrying on the Mission of CHS.”
– Juana Mejia, VP Housing Development and Operations

Mission integration is...sum of the processes, programs and relationships that serve to enhance our understanding and commitment to the tradition and values from which the healing ministry originated and in which it continues. It is more than programs and celebrations, it is the work of the soul. It translates into day-to-day language and struggles with complex issues and brings light to the significant decisions.
– Regina Clifford

Thanks and Blessings!
“Yesterday was an inspiring testimony to what we are about – the call to “service with a smile.” Thanks to everyone who helped to make it happen. I am so happy to be “on board.”
– Sister Phyllis Superfisky
St. Andrew Towers

“I have been with CHS for over 15 years, and I love that we had a celebration that brought us all together as one.”
– Victor Mainardi
CBO CHS Corporate Office

“Thank you all for organizing this amazing event and bringing us all together! It is ALWAYS great to be and feel appreciated!! Looking forward to next year!”
– Rose Marie Avenda, St. Andrew Towers

“The mission celebration was very nice. It felt special to be part of the CHS team as a whole.”
– Gabriel Garcia
Health System Engineer at CHS Corporate Office

“Inspirational”
– Sylvia Collins, CBO, CHS Corporate Office
Catholic Health Services

Mission Prayer

Almighty God,
We give you thanks for this day,
For our world and for the gift of each other.
Be with us as we
Provide health care and services to those in need,
Minimize human suffering,
Assist others to wholeness, and
Nurture an awareness of their relationship with You.
Bless all that we do here.
May it all be a holy work done in your name.

Amen
Centro Mater kids and families enjoy amazing partnerships!

Head Start goes above & beyond

Head Start not only takes care of our children but also our families. Every year the Head Start parents of Centro Mater Child Services are given a field trip focusing on an educational or learning activity/experience. They vote as a group and are treated to a fun day out with lunch and transportation. This year 26 parents enjoyed the day at Vizcaya Museum and Gardens in Miami. This was a special day for them to experience culture in their city. It is a trip they look forward to every year.

Fifty years ago, President Lyndon B. Johnson created Head Start. In his State of the Union address in 1964, President Johnson declared a “War on Poverty.” Head Start is a comprehensive preschool program for low-income children from the ages of birth through five year olds. It provides children with a developmentally appropriate early childhood education. The program ensures that young children get health check-ups and treatment, oral health screenings, and that they are fed a nutritious hot meal every day.

Head Start was designed to help break the cycle of poverty, providing preschool children of low-income families with a comprehensive program to meet their emotional, social, health, nutritional and psychological needs. Head Start, including Early Head Start programs, is the largest funding source for Centro Mater Child Services Inc. They provide over $4M to Centro Mater programs, funding almost 600 of the children enrolled.

Hands-On Fun with United Way Miami Volunteers

Earlier this month a team of amazing United Way Miami volunteers joined Centro Mater little ones for Imagination Day to celebrate the Week of the Young Child™

The Week of the Young Child™ is an annual celebration hosted by NAEYC to spotlight early learning, young children, their teachers, families, and communities. When children build together they explore math and science concepts and develop their social and early literacy skills. We were so excited celebrating.

our young children and their families with hands-on, collaborative activities encouraging movement and healthy lifestyles through music, food, and art. The National Association for the Education of Young Children (NAEYC) is a large nonprofit association in the United States representing early childhood.

We are grateful for all the support our children get from United Way Miami everyday of the year.
In a report last year, The Harvard Joint Center on Housing Studies demographics suggested that the silver tsunami of older Americans is just starting to crest. While the growth of households in their 50s and 60s will actually decrease in coming years due to a reduction in birth rates a few decades ago, the number of households in their 70s, 80s, and 90s will soar.

The number of U.S. households age 80 or over already jumped 71 percent between 1990 and 2016, from 4.4 to 7.5 million. By 2037, it’ll double. This shift, coupled with other dynamics in the housing market, including widening inequality and shrinking subsidies for affordable housing, makes the provision of safe, accessible, and affordable places for seniors a huge and immediate challenge.

Senior housing advocates from across the nation rallied on Capitol Hill in May to lobby members of Congress and their policy directors to increase funding for development grants and low-interest loans, as well as subsidies for low-income renters. “It is a high priority to ensure that needy seniors in our community feel there is a safe and financially feasible option for them,” states Juana Mejía, CHS VP Housing Development and Operations.

Catholic Health Services has always been a beacon in the South Florida community, providing over 2,400 seniors affordable, comfortable and safe housing with numerous activities and amenities to meet their many growing social service needs.

On May 8, 2019, Catholic Housing Management, the branch of CHS which operates 17 low-income, independent senior communities joined LeadingAge in the Senior Housing NOW Rally! The West Lawn of the U.S. Capitol came alive with our voices to support older adults and affordable housing. Speakers included Members of Congress, residents, and other supporters.

LeadingAge offers a strong and distinct voice for nonprofit members as they strive to be the trusted voice for the aging population in America. They are trusted leaders in innovative practices that transform how we serve our aging population, cutting-edge initiatives to develop services that meet older adults’ needs, and preferences and advocacy to advance the interest of the aging consumer. A large and rapidly expanding population of low-income older adults faces the dual challenges of finding affordable, safe housing that can accommodate changing needs as they grow older.

LeadingAge’s core issues and strategic initiatives include areas such as senior housing, ageism, health concerns, and long term services and support.
Calling all social butterflies! CHS wants to connect with you!

As you may know, the use of Social media platforms such as Facebook, Instagram, and Twitter is the new way people are connecting! After monitoring the current media trends, we’ve decided to claim our space in the Digital word by telling OUR story!

Catholic Health Services is a diverse organization with a rich history and culture. We have some of the most compassionate, and warm employees who have dedicated their time to making a difference in the lives of others. Through our digital platforms, we’ve been able to increase engagement and following both internally and externally, with the goal of impacting our local community.

Our social imprint continues to expand as we launch new and exciting ideas to highlight the great things happening within our organization.

We’re ready to connect with new audiences and bridge the gap between older and younger generations through engaging, educational and creative content.

We appreciate you and would love for you to engage and be a part of our digital journey! As we look ahead to the future of our organization, we are excited to highlight and share the untold stories of the people we have the privilege to serve.

Like! Comment! Share!
Help us spread YOUR word!
Let's Celebrate!

May
- Nurses Week
- Hospital Week
- Nursing Home Week
- Stroke Awareness Month
- Mother’s Day

June
- Brain Awareness Month
- National Safety Month
- Nursing Assistant Week
- Father’s Day

July
- 4th of July

Tips for managing STRESS
- Peel an orange. Studies show that the smell of citrus can help reduce stress.
- Read a book for 6 minutes
- Take a walk in a green space
- Hang out with your BFF
- Listen to Mozart
- Try some aroma therapy. One 2009 study found it’s effective stress relief technique
- Give someone a big hug
- Do a small project or craft
- Take up knitting. Research shows the activity puts your brain in a state of flow similar to the one achieved through meditation
- Forgive someone
- Think about something you are grateful for
- Exercise. Research shows it helps boost the body’s ability to handle stress
- Listen to soothing nature sounds
- Eat a bowl of oatmeal
- Eat some dark chocolate
- Dance. Not only does it reduce stress, it can also boost your memory
- Float in water
- Focus on one task at a time
- Do something nice for someone else. Good karma and less stress!

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