Catholic Health Services was well represented at the South Florida Hispanic Chamber of Commerce Leadership Awards celebration with two remarkable leaders among the honored recipients. Abilio Rodriguez, executive director of Centro Mater and Marelys Fleites, patient care team manager for Catholic Hospice were each recognized with the Hispanic Chamber of Commerce’s President’s Distinguished Public Service Award in recognition of their dedication, leadership and commitment to their organizations and the communities they serve.

The Hispanic Leadership Awards is celebrated annually in the month of March. It is a signature event of the South Florida Hispanic Chamber and recognizes individuals that provide excellence in different fields within the Hispanic market of South Florida. These individuals have made significant contributions to help improve and make our communities a better place to live, work and play.

The South Florida Hispanic Chamber of Commerce (SFLHCC) was founded on July 21, 1994, with the mission of promoting the continued growth and development of the Hispanic business community and to serve as a resource center and forum to advocate for Hispanic and minority owned businesses. The organization is comprised of dedicated professional individuals and business owners who have come together to advance the commercial, financial, educational and civic interests of the ever-growing Hispanic Community of South Florida.
Joselynn and Julia were on a mission. They needed to find the most deserving nursing home, specializing in dementia, who would be next to benefit from their foundation’s generosity. Joslynn Drucilla Miller, president of Phil’s Unique Friends, has a special relationship with St. Catherine’s Rehabilitation Hospital. Having been admitted there for rehabilitation after three different surgeries, back, hip and knees, Joslynn had such excellent experiences that she convinced her friend Julia Beren-Sosnick, Mission Director to see the facility for herself. As they toured Villa Maria and St. Catherine’s they both knew it was their top choice facility. Joslynn states “I encouraged Julia to see Villa Maria as they are faith based, yet serve ALL faiths offering the highest quality of care. She came to visit me after my surgeries but never saw the Villa Maria side, once she did, she was convinced as was I, that this was the perfect place for us to donate the needed items for the dementia patients”.

Philip David Sosnick, Julia’s husband, was diagnosed with Frontal Lobe Temporal Dementia at the young age of 63. “Phil developed aphasia (loss of speech) and finally Parkinson’s the last few years of his life, passing away at the age of 70,” shares Julia Beren-Sosnick, Mission Director of Phil’s Unique Friends, Inc.

“Phil was honored with a plaque on the Tree of Life at Villa Maria Nursing Center lobby after a generous donation of $1,000 was given for the residents in our dementia care unit,” states Jessica Bernabei, Director of Recreation Therapy at Villa Maria Nursing Center. They also held a champagne reception for friends and family and after, they toured the facility. “Phil’s Unique Friends, Inc. will be donating 25 blankets from our wish list,” states Jessica.

To honor her husband and to help others in similar situations, Julia started a non-profit charitable organization in June 2012 with president and friend, Joslynn Drucilla Miller. They are both very committed to their mission “Raising awareness of the lesser diagnosed Dementias through education and providing support for caregivers.”
The city of Sunny Isles Beach has a soft spot in their hearts for seniors. Programs for the benefit, welfare and enjoyment of seniors, have always been a priority. You can say the City Commission has a passion for seniors! Hard to find a senior with nothing to do in Sunny Isles with activities such as: medical and political lectures, movies, dance and art classes, walking club, bocce ball, pickle ball, arts, culture, athletics, dinner dances, trips and tours!

And when they want to do just a little bit more, they come up with a generous donation to continue improving the lives of seniors in one of their special communities, Marian Towers. The City Commission presented a check for $10,000 to the Catholic Health Services HUD-subsidized elderly housing community of 215 apartments. Mayor Scholl, commissioners Gatto and Svenchin and city manager Christopher Russo were welcomed to a resident gathering for the special presentation by Luis Herrera, social services coordinator, and Ada Hernandez, property manager.

Mayor Scholl commented, "We are so pleased to see the support that Marian Towers extends our seniors. In turn, it is our pleasure to provide this donation on behalf of the City of Sunny Isles Beach to assist with these important initiatives." When asked how the donation will benefit the residents of Marian Towers, Juana Mejia, Catholic Housing Management VP of housing development and operations shared, "We are so grateful to the city and excited to use the funds to purchase a projector for movie nights and a computer to give our seniors access to online learning and resources, as well as communications with their families."
Catholic Health Services takes center stage at the Westfield Broward Mall during the community Health Fair sponsored by Local 10 WPLG. Numerous hospitals and other health providers were present to educate visitors, provide screenings and promote wellness. CHS staff brought valuable information on the post-acute health services offered at the nearby Catholic Health Services North Campus: St. John’s Nursing Center, St. Anthony’s Rehabilitation Hospital and Catholic Home Health Services, and the various programs they each provide. Hundreds of visitors walked away with a better understanding and knowledge of available resources.

Sharing the spotlight was Dr. Oz, giving one of his most inspirational and motivational live healthy talks!
World Health Day is celebrated every year on April 7, the founding day of the World Health Organization (WHO). The World Health Organization is an agency of the United Nations that focuses on the public health of the world at large. Through its efforts we have seen the eradication of smallpox, and its efforts then turned to communicable diseases, with particular attention to tuberculosis and HIV/AIDS.

WHO is leading a one-year campaign in awareness of depression. Depression is a leading cause of ill health and disability worldwide. More than 300 million people are now living with depression—an increase of 18% between 2005 and 2015. Depression among older people is common. Yet it is often overlooked. Loneliness and loss of independence are among the causes. Depression can impact on people’s ability to carry out even the simplest everyday tasks, with sometimes devastating consequences for relationships with family and friends. At worst, depression can lead to suicide. Yet depression can be prevented and treated. A better understanding of depression will help reduce the stigma associated with the condition, and lead to more people seeking help.

It is a day when those of us in Catholic health care can ask God to help us be instruments to improve the health of those in this world. It’s a time to give thanks, as well as to renew our resolve to answer the call to the question, “Who is my neighbor?” As part of the CHS interdisciplinary teams our psychologists are involved with each patient’s care to minimize the impact that depression can have on recovery and regaining independence.

According to the National Institute of Mental Health, symptoms of depression may include the following:

- Difficulty concentrating, remembering details, and making decisions
- Fatigue and decreased energy
- Feelings of guilt, worthlessness, and/or helplessness
- Feelings of hopelessness and/or pessimism
- Insomnia, early-morning wakefulness, or excessive sleeping
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable
- Overeating or appetite loss
- Persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
- Persistent sad, anxious, or “empty” feelings
- Thoughts of suicide
Team CHS goes the distance in BIKE MS Breakaway to Key Largo 2017.

A 150 mile bicycle ride from Miami to Key Largo, it is the largest fundraising bike ride in the world! Team CHS raised over $5,000.00 for MS

Multiple sclerosis (MS) is an unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and body.

The cause of MS is still unknown – scientists believe the disease is triggered by as-yet-unidentified environmental factor in a person who is genetically predisposed to respond.

The progress, severity and specific symptoms of MS in any one person cannot yet be predicted. Most people with MS are diagnosed between the ages of 20 and 50, with at least two to three times more women than men being diagnosed with the disease.

St. Catherine’s and St. Anthony’s Rehabilitation Hospitals offer programs that assist patients with MS in reducing the limitations and progression of the disease.
March
International World Water Day
Takes place on March 22 to draw attention on the importance of fresh water and the need for sustainable management of freshwater resources for folks around the world.

April
Defeat Diabetes Month
Defeat Diabetes Month provides information, articles, tips, cartoons, recipes and more to help delay the onset of Type 2 diabetes and to live a healthier lifestyle with Type 1 or Type 2 diabetes.

Occupational Therapy Month
Each April, occupational therapy practitioners, researchers, educators, and students host a month-long celebration showcasing the value of occupational therapy. The event demonstrates the profession's dedication to helping people of all ages to prevent, or live better with illness, injury or some form of disability.

May
Arthritis Awareness Month
Initiated by the Arthritis Foundation through a Presidential Proclamation in 1972, aims to raise awareness and reduce the impact of arthritis, the nation's leading cause of disability, which strikes one in every five adults and 300,000 children. To conquer the disease, the Arthritis Foundation provides support tools, scientific discovery, advocacy, and other vital programs and services.

Older Americans Month
It is a time to acknowledge the contributions to our country and society by older persons. Every President since John F. Kennedy has issued a formal proclamation during or before the month of May, asking that the entire nation pay tribute to older persons in their communities.

Stroke Awareness Month
Every 40 seconds someone in America has a stroke. It is the 5th leading cause of death in the United States and a leading cause of long-term disability. The goal of the annual campaign is to raise awareness about the importance of managing stroke risk factors, understanding stroke symptom recognition and response, and improving the quality of life during stroke recovery for millions of survivors.

International World Water Day is held annually on March 22 as a means of focusing attention on the importance of fresh water and advocating for the sustainable management of freshwater resources. To mark this important day, the Catholic Health Association has developed a Reflection for World Water Day.

In his encyclical, Laudato Si, Pope Francis writes, “access to safe drinkable water is a basic and universal human right, since it is essential to human survival and, as such, is a condition for the exercise of other human rights. Our world has a grave social debt towards the poor who lack access to drinking water, because they are denied the right to a life consistent with their inalienable dignity.”

Catholic Health Services
4790 North State Road 7
Lauderdale Lakes, FL 33319 • 954-484-1515
www.catholichealthservices.org
A Ministry of the Archdiocese of Miami