



1711 Hammondville Road • Pompano Beach, FL 33069
(954) 972-6450 • www.sunshinemd.org

April 2009

ALFA 2009 CONFERENCE AND EXPO

ALFA: Assisted Living Federation of America is hosting its annual Conference and Expo on May 5-7 in Philadelphia.

For Questions and Registration:
(303) 425-9330 or (703) 562-1179
Register Online at:
www.alfaconferenceandexpo.com

Don't miss this opportunity to meet the movers and shakers of our industry and get a hands-on feel of the latest products and services available. ADP Owners: This is an excellent resource for you as well!

Our Providers & Associates

Dr. Ianthe Lambie	MD
Dr. Cleopatra Gordon-Pusey	MD
Dr. Jules Heller	MD
Alexander Alvarez	PA
Shellie Parker	PA

Helpful Phone Numbers

AMR	888-624-1900
ACHA Compliant	888-419-3456
Abuse Hotline	800-96-ABUSE
CM Laboratory	954-704-9116
Care Plus	800-794-5907
Humana Cust.Svc	800-457-4708
Quality Xray	954-597-9421
Precision Dx	954-984-9480
Swallowing Dx	954-578-4000
Social Security	800-772-1213
Medipass	866-867-0729
HMO Hotline	800-226-1062
CarePlus Provider #	1056446
Humana Center #	113428
Dr. Hirsh, DPM	954-599-4731
Dr. Smith (Eye)	954-321-9555

Traveling Personnel

Anna Montes	954-549-0553
Dian Johnson	954-692-4559
Jack St.Hilaire	754-246-0987

Marketing Personnel

Randy Schlanger	561-345-1167
Kenneth Hall	954-793-1107



April Holidays and Closings

- Passover: April 9
- Good Friday: April 10
- Easter: April 12
- Holocaust Remembrance Day: April 21
- Administrative Professionals Day: April 22

Our office will close at noon on Good Friday, April 10, and all day Saturday, April 11. We will not reopen until Monday, April 13, in honor of the Easter Holiday Celebrations.

Happy Passover to all our Jewish friends and family!



Office Hours

Monday thru Friday	9am-5pm
Saturday	9am-2pm
MD On-Call	24 hours
Office Phone	954-972-6450
Office Fax	954-972-7028
Nurse On Call	Leonie Reid RN
Doctor On Call	Dr. Lambie
Practice Manager	Sandra Isme
Exec. Director	Dale Gibson

Health Insurances We Currently Accept

Amerigroup	United
Humana	CarePlus
Vista	Health Options
Medicaid	NetPass
Aetna	Medicare
Total Health Care	Summit
Blue Cross Blue Shield	CIGNA
Preferred Medical Plan	APWU



EARTH DAY
APRIL 22



Health Care

Sunshine Plan

Are you afraid of getting sick? Frightened about the cost of preventative healthcare? Worried that you will be financially ruined if you become ill?

Are you afraid of losing your most valued employees because you don't provide health insurance?

Join Sunshine Health Center's "Signature Plan" for peace of mind. For \$37 per month you can see our doctors at our location in Pompano at any time with no additional cost like co-pays, when you visit. Lab work and pap smears are also included. Call today.

It doesn't cover prescriptions or hospitalizations, but the doctor is always available to see you, anytime we're open for business.

Going Green in Hard Times

Sealing Air Leaks: Cut energy bills by simply filling in the gaps around windows, doors and ducts. Cost: \$300-\$1,000, depending on the size of your facility or home. Payback: 2-3 years.

Low Flow Fixtures: Low-flow shower heads and faucets limit the volume of water you can get out of the fixtures, reducing the amount you spend on water and on electricity or gas to heat the water. Cost: \$2-\$30. Payback: 3-6 months.

Air Filters: When the air filter in your cooling system or air-conditioning unit is dirty, the system has to work harder

to cool your home or facility. Filters should be changed three times a year. Cost: Less than \$10 per filter. Payback: Less than 1 year

Compact Fluorescent Lights: These advanced bulbs use up to 75% less energy than regular bulbs and last 6 to 12 times longer. Cost: About \$3 per bulb. Payback: 3-7 months.

Window Treatments: Blinds, shades and curtains can cut cooling cost considerably by blocking sunlight and reducing the need for air conditioning. Cost: From \$5-\$150 per window. Payback: 1-4 years.

Attic Insulation: Properly insulating a house and attic can save up to 25% on heating and cooling cost. Cost: \$500-\$700 for an average 2,000 square foot house. Payback: 16 months.

Service Improvements at Sunshine

Did you know you can speak with a doctor anytime you call Sunshine Visiting Physicians?

In the past, you'd call the office to speak with the doctor, a message would be left for the doctor to call you back and then you would wait hours for that call back. We are pleased to announce that the waiting days are over!

Dr. Jules Heller, MD joined our Home Office Team and is in-house to triage calls alongside our Case Managers. This means you no longer have to wait for critical interventions to take place. Diagnostic tests, medications,

treatments, refills and home health referrals are now processed in seconds. Dr. Heller is Board Certified in Family Practice for over 20 years and is available for consults daily.

We are committed to service improvement. We want all your experiences with Sunshine Visiting Physicians to be positive ones. As we go through our growing pains, please let us know if there are any areas you feel we need to pay more attention to. And thanks again for referring us to your friends and colleagues for service.

Cash \$\$\$\$ for Giving Advice

Are people always asking you for advice? Check out www.liveperson.com and get paid for giving advice about anything!

Coumadin Overdose Fatal: Beware!

Many of your clients have been prescribed Coumadin. Another commonly used name for Coumadin is Warfarin.

Coumadin is a very powerful drug which can be fatal if used incorrectly. To safeguard your clients, you must familiarize yourself with side effects which can put them at risk of dangerous bleeding. Coumadin is generally prescribed for:

- Blood clot prevention
- Blood clot in the lungs
- Other clots, i.e.: Venous

thrombosis

- Atrial fibrillation
- Problematic mechanical heart valves

When your client is on Coumadin, their blood will not clot as quickly as other clients. Notify our office if you observe:

- Severe bleeding
- Rectal bleeding or black stool
- Bruising without any injury
- Painful erection lasting for hours
- Pale skin

Avoid any contact sports or related activities with these clients. Initiate your fall or injury prevention protocols for this client. Ask our doctor if a "gene sensitivity test" would be appropriate, since a third of the population taking Coumadin are at higher risk for bleeding because of

their genetic makeup. Watch out for signs of bleeding if your client is also on:

- Aspirin
 - Motrin / Ibuprofen
 - Tylenol
 - Cold or allergy medications
 - Fish oil and Omega 3 supplements
- Other things to avoid include:
- Vitamin K
 - Cranberry Juice
 - Green leafy vegetables
 - Garlic / Ginseng
 - Licorice

If you've forgotten to give your client their prescribed dose of Coumadin within 12 hours of its due time, administer it as soon as possible. If more than 12 hours have elapsed, wait until the next dose is due. Never "double up" on Coumadin; this will greatly increase the risk of dangerous side effects.

Many mobile services rely solely on blood draws from the laboratory to adjust clients' Coumadin level. Our service travels with the Hemosense PT/INR machine and checks your clients' Coumadin level with a simple finger stick during our monthly rounds. This assures that adjustments are made immediately, without delay.

So in future, if our office calls and states your client must go to the hospital for **Coumadin or Warfarin toxicity**, please understand this **is an emergency that requires immediate 911 action.**



Wit & Wisdom

A patient sat in the doctor's waiting room and repeated over and over, "I hope I'm sick, I hope I'm sick." The nurse asked him why he wanted to be sick. He told her, "I'd hate to be well and feel like this."

Q: What has 75 balls and drives old ladies wild? Answer: Bingo.

Patient: Every morning at six I have a BM.
Nurse: That's alright.
What's the problem?
Patient: I don't wake up till seven.

'Good morning Mr. Frank,' I said to a little old man in our ALF. "It's time to get weighed."
Mr. Frank looked up at me with a sudden sparkle in his eyes. "I'll say it's time," he said "I haven't been laid in years."



Ditch those winter doldrums—

SPRING IS ON THE WAY!

As the weather warms, we're looking forward to seeing you enjoying all the amenities our community has to offer.

Thanks for making your home with us!



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