



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

## April 2010

### Our Providers & Associates

Dr. Ianthe Lambie	MD
Dr. Cleopatra Gordon-Pusey	MD
Dr. Jules Heller	MD
Dhalia Wiggan, ARNP	

### Supporting Cast

Clanise Barrett	954-242-4333
Lakisha Covington	242-4339
Jack St.Hilaire	Case Manager
Racquel Brown	Case Manager
Cecil Gabriel	Risk Manager
Betty Thomas	Referrals
Yolanda Perez	Intake Manager

### Success Team Members

Randy Schlanger	561-245-1167
Kenneth Hall	954-793-1107



### Need Help for Your Residents

Check out some of the following organizations that can recommend patient advocates:

#### **Patient Advocate Foundation**

([www.PatientAdvocate.org](http://www.PatientAdvocate.org)) free services that include helping patients gain access to care through mediation, dealing with insurers and preserving financial stability.

#### **Advocacy for Patients with Chronic Illness, Inc.**

([www.AdvocacyForPatients.org](http://www.AdvocacyForPatients.org)) free advice on issues such as how to obtain your medical records, ways to secure and maintain insurance and how to receive Social Security disability income.

#### **AdvoConnection**

([www.AdvoConnection.com](http://www.AdvoConnection.com)) free system that provides advice on translating medical language and tips on treatment options.

**The PL Firm: (954) 232-1762**

### April 2010 Events

Good Friday: April 2  
 Easter: April 4  
 Holocaust Reminder: April 11  
 Administrator's Day: April 21  
 Earth Day: April 22



Our office will close at noon on Good Friday, April 2. We will reopen during regular business hours on Monday, April 5.

### Put Aside Your Differences

Reconciliation Day, April 2, is an opportunity to forgive and forget.

### Indulge in 'Oprah'

April is Informed Woman Month.

### April Fools' Day

Keep your eyes open for practical jokes on April 1.



### Office Hours

Monday thru Friday ..... 9am-5pm  
 Saturday ..... Closed  
 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	Avmed
Aetna	Medicare
Total Health Care	Summit
Blue Cross Blue Shield	CIGNA
Preferred Medical	Molina



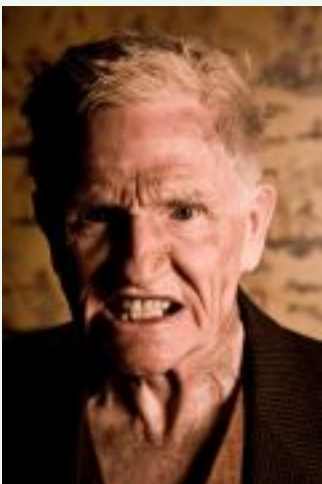
**Refer another Facility or Group Home and receive a \$100 American Express Gift Card!**



## Healthcare

### Warning Signs of Terminal Seriousness

- Soreness about almost everything
- Turning molehills into mountains
- Difficulty swallowing humor
- Permission needed to smile
- Loss of ability to laugh at yourself



Our attitude is the crayons that color our world. -Allen Klein



### Did You Know?

You can download the following forms for free on our website.

- ALF Health Assessments
- AFCH Health Assessments
- 3008 Diversion Forms
- Flu Vaccine Consent Forms
- FPL Assistance Forms
- Medication **Do Not Crush** List
- DNR Forms
- Emergency Preparedness Checklist

Log on to [www.sunshinemd.org](http://www.sunshinemd.org) and log into "downloads" for access to these and other valuable documents.

### Dental Care at Sunshine

- |                 |             |
|-----------------|-------------|
| Fillings .....  | Extractions |
| Crowns .....    | Partials    |
| Cleanings ..... | Braces      |
| Dentures .....  | Root Canals |



Dr. Acosta working at Sunshine Health Center

Call Dental at (954) 972-6066 for prices.

### Don't Forget Uncle Sam



### Salk Vaccine History

Relief expressed around the world on April 12, 1955, with news that the poliomyelitis vaccine had been declared "safe, effective and potent." After almost two years of field trials, the vaccine developed by Dr. Jonas Salk proved to be up to 90 percent effective in preventing paralytic polio.

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### Blood Donation Reminder

Help save a life. Donate blood this month.

# Health & Fitness

## Elderly Who Exercise Reap Enormous Health Advantages

A study of 1,900 people born in 1920 and 1921 found that exercise is key to living a healthier life. In the study, those who were physically active for at least four hours weekly were 12% less likely to die between the ages of 70 and 78; 15% less likely to die between ages 78 and 85; and 17% less likely between ages 85 to 88. They also were better able to perform daily rituals and live independently. Plus, they reported feeling less isolated.

"Despite the increasing likelihood of frailty and dependence ... remaining and even starting to be physically active increases the likelihood of living longer and staying functionally independent," wrote Dr. Jochanan Stessman and colleagues at Hebrew University Medical Center, Jerusalem. Call our office today to arrange therapy for your frail clients.



## Wit & Wisdom

***The plans of hardworking people earn a profit, but those who act too quickly become poor.***

Perhaps you have a clearly defined plan for the future, but even if you don't, rest assured—God does. God has a definite plan for every aspect of your life. Your challenge is to sincerely pray for God's guidance, and to obediently follow the guidance you receive.

If you're burdened by the demands of everyday life, you're not alone. Life is difficult at times and uncertain. But of this you can be sure: God has a plan for you and yours. He will communicate his plans using his word and your conscience. So listen to God's voice and be watchful for his signs. He will send you messages every day of your life. Your job is to *listen*, to *learn*, to *trust* and to *act*.

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**To learn more about MassMutual's products and services, talk to a MassMutual representative today.**



**Portia Seymour-Jackson**

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Fort Lauderdale, FL 33334**

MassMutual Financial Group refers to Massachusetts Mutual Life Insurance Company (MassMutual), its affiliated companies and sales representatives. Insurance products are issued by MassMutual, Springfield, MA 01111, and its subsidiaries, C.M. Life Insurance Company and A.M.L. Boy State Life Insurance Company, Enfield, CT 06082. Financial strength ratings as of 10/16/09: A.M. Best (A++); Fitch (AAA); Moody's (Aa1); Standard & Poor's (AA+). Ratings are subject to change. CRN201106-121727



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Current Resident  
12345 Sample Address  
City, ST 00000