



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

February 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



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

Manager's Corner

Give Us Your HMO Clients

Our doctors can see your HMO patients at your facility. There's no need to transport patients all over town when they can be seen at your facility. Work smarter, not harder. You're not being reimbursed for wasted time in a doctor's waiting room, relief staffing, gas or mileage from transporting patients. A simple call from the patient or POA to the HMO to inform them that you'd like to use your house doctor, and you're on your way to a stress-free life. Call Sandra Isme or Yolanda Perez at our office. We'll set up a conference call with the HMO and walk you through the process.

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

February 2010 Events

- Lincoln's Birthday Day: Feb. 12
- Valentine's Day: Feb. 14
- Presidents' Day: Feb. 15
- Ash Wednesday: Feb. 17
- Flag Day (Mexico): Feb. 24



Go Red for Women

February is National Heart Month, and the American Heart Association focuses on women and heart disease. Wear Red Day (the first Friday in February) is designated to increase awareness of cardiovascular diseases that claim the lives of nearly 500,000 women each year.

Happy Valentine's Day

Health Insurance

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



Resident Party

Healthcare

Consumer Tips

No Health Insurance? No Problem

Our Sunshine Plan provides all the Primary Care you'll ever need for you or your employees. Your staff will love you for it. Some of the benefits you'll receive for \$37 a month are:

- Doctor Visits
- Blood Work
- Diagnostics
- Mammograms
- Ultrasounds
- Pap Smears
- X-rays
- Diet Counseling
- No Co-Pays
- No Deductible
- Weekend Hours

All care is provided at Sunshine Health Center in Pompano Beach.

Visit us online at www.sunshinemd.org for more information or call our office today and ask for Dimas or Diego for an enrollment pack.

We're in a party mood and we want your residents, who are our patients, to join us for the fun. Starting this February and continuing on the 3rd Wednesday of every month, we'll be hosting our "Monthly Birthday Party" for residents and staff who have birthdays in that month. We'll provide music, entertainment, food and gifts for all in attendance. You just have to show up. This is a wonderful way to network with other owners while celebrating your residents' special day. So mark your calendar. Join us at Sunshine Health Center on the 3rd Wednesday of every month at noon for Birthday Party Wednesday. Hope to see you there.



Dr. Acosta working at Sunshine Health Center

Dental Care at Sunshine

Fillings	Extractions
Crowns	Partials
Cleanings	Braces
Dentures	Root Canals

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



Calling All Football Fans

Join us at the office on Super Bowl Sunday for the annual "Sunshine Super Bowl Tailgate Party!" There'll be food, fun and games while we watch the big game. Bring the kids and let's have some fun.

Date: Sunday: Feb. 7, at 3 p.m.

Location: Sunshine Health Center

February and Relationships

Officially, the word "relationship" is defined as "a particular type of condition existing between people related to or having dealings with each other." On Valentine's Day, Feb. 14, "relationship" takes on a deeper, sweeter meaning. More than a simple, day-to-day connection, a loving relationship has elements of giving, receiving and compromising. When we love, we care about fulfilling someone else's needs. We appreciate what the other person has done for us. Finally, we are willing to sacrifice our own selfish tendencies and meet our loved ones at least halfway. Warm regards to those celebrating their relationships on Feb. 14.



Welcome New Employee



Build Your Body Knowledge: Thyroid Gland

The thyroid is a very small gland with two lobes, located in the front of the neck, just below the larynx. Taking cues from the pituitary gland, the thyroid absorbs iodine from food and converts it into thyroxine and triiodothyronine. These thyroid hormones control metabolism; they also regulate energy and the use of other hormones and vitamins, as well as the growth of body tissues.



Read the Directions

Medicines help you feel better and get well; if not used safely, they can hurt you. Following directions can lower your chance of experiencing side effects, which can be mild, like an upset stomach. Other side effects can be more serious, like damage to your liver. Follow the directions to get the best results.

"Everyone leaves footprints in your memory, but the ones who leave footprints in your heart are the ones you will truly remember." This famous quote described the mood at our office when we learned that Monise Sanon would be relocating to New York City to re-join her husband. Monise's last day was Jan. 8; she will be deeply missed. Fortunately, we've adopted a new member to our family. Yolanda Perez has over 20 years' experience in Home Health and medical administration and assumes the role of Intake Coordinator. We're privileged to have such a qualified person as part of our supporting cast.



Training at Sunshine Is Here!

The training you and your staff need is finally here. Sunshine Visiting Physicians has scheduled its first monthly training session for Certified Assisted Living Administrators. The session is free to the first 40 affiliates. This training is provided by a Certified Assisted Living Facility Trainer and meets the renewal requirements for: Administrators Certification.

On Feb. 17, 2010, the topics will be:

Domestic Violence: 1 hour; Resident's Rights: 1 hour; Residents' Trust Funds Accounting: 1 hour

Please call Carolyn Moore at: (954) 494-6240 to make your reservation, as there are only slots for the first 40 respondents.



Wit & Wisdom

It has been said that character is what we are when nobody is watching. How true. When we do things that we know aren't right, we try to hide them from our family and friends. But God is watching.

Few things in life torment us more than a guilty conscience. And few things in life provide more contentment than the knowledge that we are obeying the conscience that God has placed in our hearts.

If you sincerely want to create the best possible life for yourself and your loved ones, never forsake your conscience. And remember this, when you walk with God, your character will take care of itself and you won't need to look over your shoulder to see who, besides God, is watching.

Promises & Prayers 315

You Are the Sunshine of Our Lives



(L-R) Dr. Jules Heller, MD; Dr. Cleopatra Gordon, MD;
Mr. Dale Gibson, Executive Dir.; Dr. Ianthe Lambie, MD

- Is your doctor a Sunshine Physician?
- Is your doctor available when you need him/her?
- Do you get professional service 24 hours a day?
- Are family members happy with your doctor?
- Does your doctor return calls promptly?
- Is your doctor's office automated?
- Are you happy with the service you're getting?

If the answer to any of these questions is NO!, call us today, select option #1 and speak to one of our dedicated staff about joining our family. Call today and request a free welcome packet and a visit from a member of our success team.

Your Success Is Important To Us!



1711 Hammondville Road
Pompano Beach, FL 33069

(954) 972-6450
www.sunshinemd.org



Current Resident
12345 Sample Address
City, ST 00000