



1711 Hammondville Road • Pompano Beach, FL 33069  
 (954) 972-6450 • [www.sunshinemd.org](http://www.sunshinemd.org)

## March 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!



### Give Us Your HMO Clients

Did you know our visiting doctors will see your HMO clients 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. We'll arrange the same services available to straight Medicare recipients, such as Home Health Nurses, blood draws at home, podiatry and eye doctor visits. Call Sandra Isme or Yolanda Perez at our office and they'll assist you in making the transition.

Let us handle:

- Appointment Scheduling
- HMO Referrals
- Transportation to Appointments
- Prior Authorizations
- Specialists Referrals
- Dental Appointments

A stress-free life awaits you. Have your client's ID card handy and call Sandra or Yolanda today!

### March 2010 Events

- Daylight Saving: March 14
- St. Patrick's Day: March 17
- Palm Sunday: March 28
- Passover: March 30



### Act Fast!

National Poison Prevention Week (the third full week in March) is an opportunity to make sure household chemicals and medicines are stored away from children at all times. If you think someone has been poisoned, call (800) 222-1222 and you will be connected to a poison control center.

### 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 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



## Healthcare

### Warning Signs and Symptoms

Symptoms suggesting a patient may need prompt attention.

- High or low body temperature
- Changes in the heart / breathing rate
- Drop in blood pressure
- Changes in urine output (much more or much less)
- Change in mental status
- Patient states "something is wrong"
- Something doesn't look or seem right
- Shortness of breath
- Chest pain (tightness or discomfort)
- Acute pain (especially in the abdomen)
- Paleness or cold sweats

Consider calling our office or going to your local Emergency Department.

# Resident Party

We're in a party mood and we want your residents, who are our patients, to join us for the fun. Starting in 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 ..... Partial  
 Cleanings ..... Braces  
 Dentures ..... Root Canals

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

# Welcome

### Anguilla Cay Senior Living

Anguilla Cay, named for the Anguilla Islands in the Caribbean, "is an idea whose time has come." Residents, guests and staff find this new tropical senior community to be a beacon of hope and opportunity.

Health professionals reflective of the spectrum of those who care for seniors are amazed at the freedom, flexibility, and care being delivered at this new 51-bed residence. The message given to the residents is that life is not over; it begins anew at

Anguilla Cay. In support of high-quality medical care, residents are encouraged to set goals, develop a positive self-image and manifest a commitment to excellence. The philosophy at Anguilla Cay is that each person, no matter where he or she is on life's calendar, can make the world a better place.

Come visit our newest associate Anguilla Cay—experience the joy, catch the vision and join us in promulgating these fabulous concepts. Call today (561) 585-0109.

### Check Your Morals

March is National Ethics Awareness Month. Keep your standards high.

### Inquiring Minds

You'll never know unless you ask. Take time to find answers on March 14, International Ask a Question Day.

## Doctor, Please Follow My Patients When They Go to the Hospital

One of the questions we get often is "Will the doctors follow the clients in the hospital when a patient is admitted for acute care?" It's a simple question that, in the consumers' mind, has only one answer: "Yes, the doctor will." Unfortunately, in more than half of all practices these days, the answer is: "No, the doctor can't." In fact, unless you've had elective surgery lately, there's a high probability that your primary care physician was not your attending physician during your hospital stay. There are many reasons for this growing trend. Some hospitals only want "hospitalists" they employ making rounds; their work flow and electronic charting systems are too complex for physicians who only admit periodically. More than likely, the reason for this growing trend is time, or lack thereof, for most primary care providers. To maintain your admitting privileges, some hospitals require a minimum amount of admissions monthly, others require being on-call for the emergency room, and still others require attendance to mandatory staff meetings. I haven't begun to mention the arduous schedule of an admitting physician—up at 5 a.m., making rounds, talking to families and specialists between 5:30 a.m. and 8:30 a.m., after this to the office for a 9 a.m. appointment, then return to the hospital at noon for any patients not seen during morning

rounds. At around 7 p.m., having just completed the paperwork for that day's appointments, it's back to the hospital to make rounds on any patients admitted that day and check on critically ill patients. If there aren't nurses pursuing the doctor for orders or family members waiting for information on loved ones, he or she will be lucky to get home at 9 p.m. They can't turn off the phone or beeper, because he or she can be summoned at any time during the night for additional orders.

You may be wondering why anyone would want to be a hospitalist. It has its upside. Hospitalists generally work seven days straight and then have the following week off. This demanding schedule doesn't leave much time for lengthy patient encounters, much less family time or recreation. It forces your doctor to treat you as a diagnosis instead of the individual you are. We believe this schedule leads to "burn out" and is inconsistent with our motto: "Caring is our #1 Priority." Our practice utilizes hospitalists for specific hospitals. We are in communication with the hospitalists about your client's care and outcome. As we grow, we intend to eventually employ a dedicated group of hospitalists whose sole task will be treating your patients during a hospital stay. Until then, we encourage you to call us when you send a client to the hospital, no matter what time of day or night. We will call that hospital's emergency room and direct them to use our designated hospitalist. This allows us to receive updates and information about our mutual client and ensure he or she returns to your facility.



## 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.

# You Are the **SUNSHINE** of Our Lives



- 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 No. 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!

◀ (L-R) Dr. Jules Heller; Dr. Cleopatra Gordon; Dale Gibson, Executive Director; and Dr. Ianthe Lambie



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Current Resident  
12345 Sample Address  
City, ST 00000