



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

October 2009

Our Providers & Associates

Dr. Ianthe Lambie	MD
Dr. Cleopatra Gordon-Pusey	MD
Dr. Jules Heller	MD
Dr. Brigitte Semexant	MD
Shellie Parker	PA

Supporting Cast

Ana Montes	954-242-4339
Dian Johnson	954-242-4333
Jack St.Hilaire	754-246-0987
Racquel Brown	Case Manager
Cecil Gabriel	Risk Manager
Betty Thomas	Referrals
Monise Sanon	Intake Manager

Marketing Personnel

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



Welcome New Employee

We are always working to improve the quality of service we provide you, your residents and families. We're happy to announce the addition of Racquel Brown LPN, to our family. Racquel previously worked at Hidden Palms which recently closed its assisted living unit.

Racquel was the Nurse Manager at Hidden Palms and has extensive ALF experience. Racquel is eager to become acquainted with you and your clients. If you're in the neighborhood, please stop by and say hello. By the way, don't be fooled by her soft spoken voice. She's solid and almost six feet tall!

October Events

- Columbus Day: Oct. 12
- National Boss Day: Oct. 16
- United Nations Day: Oct. 24
- Halloween: Oct. 31



Mother-in-Law Day

Show your mother-in-law how much you appreciate her on Oct. 25.

All Smiles

Don't be crabby; the first Friday in October is World Smile Day.

Monthly Reminder

Check your smoke detector.



National Residents' Rights Week
Oct. 4-10

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	Molina



Health Care

Warning Signs & 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.

Flu Vaccines 2009: Update!

Flu vaccinations will begin this month for clients and facilities who have submitted requests. During your regularly scheduled visit, the Medical Assistant will verify consent has been obtained and will administer the vaccine at that time. If your client is not available, we will repeat this format in November and December. We are working with the local health department to obtain Swine Flu vaccines, which should become available in October. Alternatively, your client may visit our Pompano facility at any time during regular business hours to receive his/her vaccine. Please visit our website for updates on the availability of swine flu vaccine and click on the link "downloads" to obtain consent forms. If you don't have Internet access, the Medical Assistants traveling with the doctor will have consent forms available for you.



VA Dollars for Your Facility!

Did you know that there are financial benefits for veterans or their surviving spouses for non-service connected disabilities? There's also money for wartime veterans if they need home care, assisted living or nursing home coverage. If you have a veteran at your facility or the spouse of a veteran, you may be able to obtain more funds for your client. For more information, call Rena at: 561-400-3423 or visit www.veteransfinancial.com

The Price of Health in Old Age

\$4,631

Average annual out-of-pocket health care expenditures for older Americans (65+ years). 12.7% of their total expenditures

\$2,853

Average annual out-of-pocket health care expenditures for the total U.S. population, 5.7% of total expenditures.

Health costs incurred on average by older consumers:

- \$2,770 (60%) for insurance
 - \$859 (18%) for drugs
 - \$844 (18.5%) for medical services
 - \$159 (3%) for medical supplies
- 2008 US Admin. on Aging*

Deal of the Month

Did you know that most recycling centers will not accept your old videotapes, CDs or DVDs? Yet, if you toss them in the garbage, they can take up to 450 years to decompose in a landfill. Instead, donate these items to ACT (Alternative Community Training), a nonprofit agency that employs people with disabilities. The organization's staff erases data from videotapes, computer disks, CDs, DVDs and similar products and sells them at a much lower cost than you will find in your local computer store. ACT 100 percent guarantees its products. When you purchase from ACT, you provide adults with disabilities a sense of pride and self-worth, while being environmentally conscious. Details: www.ActRecycling.org.



Build Your Body Knowledge: Liver

The liver is the largest organ in your body, located in the upper part of the abdomen, and plays a role in almost every body process, making it crucial to living a healthy, long life. The liver is involved in the four key metabolic processes your body undergoes daily: fuel (carbohydrates, fat and protein) management; nitrogen excretion; regulation of water between blood and tissues; and detoxification of foreign substances. The liver is known to control more than 500 vital body functions, perhaps making it and the heart your two most important organs.

Shed Light on Your Meds

October is Talk About Prescriptions Month; use the time to polish up on your medication knowledge. You should know the name, purpose and dosage for every medicine you give your clients. If you don't, give us a call and we'll fax a medication fact sheet to you.

Avoid Swine Flu With Simple Tips

Risk of contracting the Swine Flu (or H1N1 virus), as well as the seasonal flu, is growing. You can protect yourself by following a few simple, common-sense precautions:

1) *Wash your hands.* It is the most effective way to protect yourself. Suds up for 15-20 seconds. If necessary, alcohol-based cleansers can be effective substitutes, but rub your hands until the gel dries.

2) *Use antibacterial cleansers.* During times of heightened alert, you may want to carry both gel cleanser for your hands and wipes to clean surfaces, such as doorknobs where flu germs can survive for up to two hours.

3) *Avoid touching your face, and take care of yourself.* Eat healthfully and get plenty of sleep. Being in good shape ensures your body has the resources to effectively fight off illness.

4) Pay attention to the recommendations of local health authorities. Follow any special advice they offer.



National Assisted Living Week!

When someone is unable to care for himself or herself, an assisted living organization can step in to make that person's life more comfortable and secure. The people who assist individuals needing care are selfless beings who put their heart and soul into their jobs. We salute those kind and considerate workers during National Assisted Living Week.



Wit & Wisdom

Black & Blue Marks

As we age, we may notice frequent bruising and there are a couple of reasons why. At every age, bruising occurs after a blow that breaks capillaries close to the skin and allows blood to leak. That blood causes bluish, purple discoloring. Our bodies eventually reabsorb the blood, and the mark goes away. As we get older, capillary walls weaken, making them fragile and more easily ruptured. Our skin also gets thinner with age, so we lose cushion that protects our blood vessels from injury. These events cause frequent bruises. Certain medications and dietary supplements that have a blood-thinning effect can also lead to easy bruising. Talk to our doctor if you're concerned or if bruises don't go away.



- * Board Certified Doctors
- * 24hr On-Call Service
- * Case Management Team
- * Medical Home Team
- * Prompt On-site Care



- * Wellness Centers
- * Compassionate Patient Care
- * Hospital Coverage
- * Free CPR & First Aid Training



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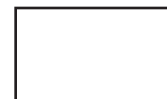


- * Medication Management
- * Fall Prevention Programs
- * HMO's Accepted
- * Medicare & Medicaid Provider



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Current Resident
12345 Sample Address
City, ST 00000