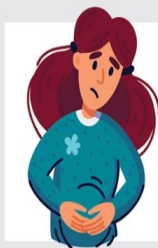




In This Issue:

- ◆ Monthly Article
- ◆ Monthly Highlight
- ◆ Shout-Outs
- ◆ Upcoming Events
- ◆ Recipe of the Month
- ◆ The Emotional PPE Project



Potential signs and symptoms of ovarian cancer:<sup>1</sup>

- Bloating/pelvic or abdominal pain
- Feeling full quickly while eating
- Feeling the need to urinate urgently or often

OVARIAN CANCER FACTS

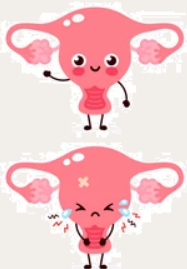
- ☆ 1 out of 55 Women will develop Ovarian Cancer in their lifetime.
- ☆ PAP Tests do NOT detect for Ovarian Cancer.

Ovarian Cancer Statistics

The American Cancer Society estimates for ovarian cancer in the United States for 2021 are:

- ⇒ About 21,410 women will receive a new diagnosis of ovarian cancer.
- ⇒ About 13,770 women will die from ovarian cancer.

Ovarian cancer ranks fifth in cancer deaths among women, accounting for more deaths than any other cancer of the female reproductive system. A woman's risk of getting ovarian cancer during her lifetime is about 1 in 78. Her lifetime chance of dying from ovarian cancer is about 1 in 108. (These statistics don't count low malignant potential ovarian tumors.

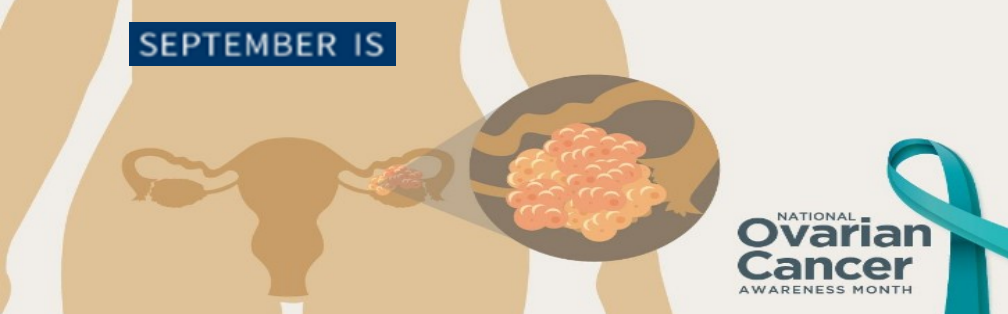


This cancer mainly develops in older women. About half of the women who are diagnosed with ovarian cancer are 63 years or older. It is more common in white women than African-American women.

The rate at which women are diagnosed with ovarian cancer has been slowly falling over the past 20 years.

NEWS FROM THE HEART

SEPTEMBER



According to the [American Cancer Society](#), ovarian cancer is a disease that causes more than 14,000 deaths in women every year, and **ALL** women are at risk. Symptoms for ovarian cancer can be subtle, and it is so important to be able to recognize them, since early detection is key to successful treatment and better survival.

What puts me at risk for ovarian cancer?

- There is no single cause of ovarian cancer, but multiple factors which increase your risk:
- Increased age – most women who develop ovarian cancer are over the age of 40, with the greatest numbers occurring over the age of 60
  - Having a 1<sup>st</sup> degree relative (parents, siblings) with a history of ovarian cancer
  - Personal history of breast cancer, uterine cancer, or colorectal cancer
  - Personal history of endometriosis
  - Positive for the [BRCA1 or BRCA2 gene](#)
  - Never having given birth or having a history of fertility problems
  - Eastern European or Ashkenazi Jewish background

Unfortunately, because these risk factors are largely uncontrollable, there is no guaranteed way to prevent ovarian cancer. However, research does show some decreased risk with using oral contraceptive, having a tubal ligation or hysterectomy, giving birth, and maintaining a healthy weight.

What do I need to know about screening and early detection?

Screening and early detection can save your life! Because ovarian cancer is not preventable, it is vital to catch tumors early to increase your chance at long-term survival. Your healthcare provider can perform a physical exam or imaging tests, but the best detector is to know your body. Pay attention to what feels normal to you, and talk to your healthcare provider about any abnormal signs or symptoms:

- Bloating
- Pelvic, back, or abdominal pain
- Loss of appetite or feeling full quickly
- Changes in bathroom habits – urinating more frequently, constipation
- Fatigue
- Menstrual changes/abnormal bleeding
- Protect yourself & others

Only 15% of ovarian cancers are diagnosed at stage 1. By being informed about your ovarian cancer risk factors and paying attention to any signs and symptoms, you are being proactive! Please share this information with all the women in your life. You may just save a life!

Visit: [https://www.cdc.gov/cancer/ovarian/basic\\_info/](https://www.cdc.gov/cancer/ovarian/basic_info/) for more information.



# MONTHLY HIGHLIGHT

## DEPARTMENT OF INFORMATION TECHNOLOGY



SUPPORT



SECURITY



APPLICATIONS



NETWORK



INFRASTRUCTURE



EDUCATION



**Toney Tuten—IT Manager &  
Nelson Hernandez IT Assistant.**

### **How can employees keep our patient's information safe when utilizing our computers?**

Use HFHC computers for HFHC purposes only, no personal stuff. Also, don't use any HFHC passwords for your social media accounts and vice versa.

### **How does an employee submit a ticket in needed IT support?**

On each HFHC computer, there is an icon that looks like a computer with a HFHC logo within the monitor. Below that icon the name of the icon read "HFHC IT Support". Once you click that icon you are directed to a webpage where you can enter your network credentials. From there you can open, view existing, and close open tickets.

### **What kind of storage, systems and technology do we use here at HFHC?**

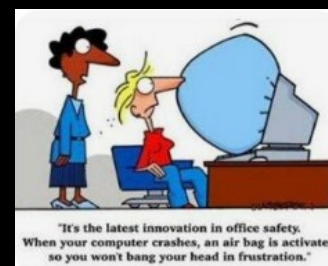
Whenever you log into a HFHC computer, there is a "Documents" folder. This Documents folder is actually redirected to a server on the network. Anything stored there can only be accessed by you and should your computer crash or if you go to another site, you can access all those files stored in "Documents" because the files stored there are also stored on the server.

### **What does our security look like?**

We are pretty tight much to the chagrin of HFHC staff LOL. It must be though as the tighter we make things, the more secure they are. Part of my job is balancing HFHC between utility and security.

### **What is the coolest part of being in IT?**

Helping all the different individuals and departments here at HFHC. I sometimes feel like the unofficial hub of HFHC. There isn't any department of HFHC that I'm not a part of in some way.

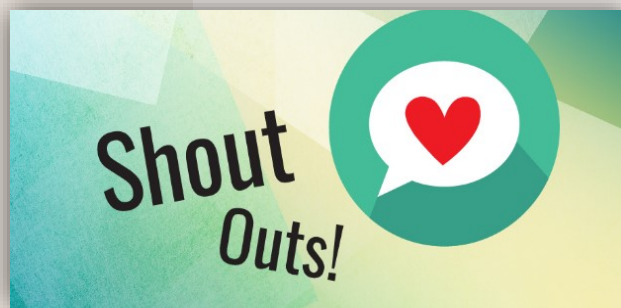






Who will you like to Shout-Out and why?	Shout-Out From:
I would like speak for our <b>Pharmacy Team</b> and give a shout-out and Congratulations to our fearless Leader, who leads with great care, wisdom, and compassion. Dr. Chandra Evans, Director of Pharmacy. Dr. Evans is a strong resilient lady that was given a task and a mission; now she is excelling in that task of building and directing our pharmacies. She is a blessing to our organization and especially to our Team. Thank you for ALL you do!	Lois Nichols-Dowdy, CPhT
I would like to give a shout-out to the <b>Bellevue team</b> . They are all awesome and care so much for their patients. Thank you!!!	Rochelle - Bellevue
<b>Temeka Bruton, Zerimar Marie Ramirez, Jamie Martineau, and Andres Ramos</b> . Thanks to these guys for holding it down at the front desk. You guys are superstars who go above and beyond. Thank you for making it run smoothly, even when it's not at times.	Tanya Harbater - Central Office Co-ordinator
<b>Dr. Evans</b> and her team for all that they do. Through opening new pharmacies and COVID testing, they still serve and take care of all of our patients with guidance, compassion, and understanding.	Heather James, Admin.
<b>Laketa Taylor and Sonya Price</b> . These two phenomenal Case Managers have stepped right up to the plate for our patients. From housing to durable medial equipment, to simply lending a compassionate ear. They are also preparing for their Certified Case Manager, CCM designation. They are team players who respond with a positive and loving attitude. Blessed!!!	Cindy O'Connor
A very special thanks to <b>Toney</b> who day in and day out is pulled into many directions, and yet always manages to be the coolest gentleman with a smile! We are so grateful for everything you do!	Rebecca Garcia - Population Health
<b>Cynthia O'Connor</b> thank you for all your support!! I could not ask for a greater leader!!	Laketa Taylor- Central
Shout out to <b>HFHC Family</b> this has been a trying time for everyone and just want to send a HUGE Shout Out to our HFHC Family. We got this peeps!!!	Kim Deluca Main Referrals
<b>Karen Rotax</b> —She is an amazing CA and she is always pleasant and easy to deal with and always willing to help.	Tracy—Main
<b>Jada Barksdale</b> goes above and beyond to help out in peds whenever she can she is appreciated:)	Michelle T main
To my <b>Marion Oaks team</b> , thank you for all your efforts and lifesaving moments . I thank this group for their guidance, inspiration, transparency , support and much more. Go team !!	Diana Zayas -Marion oaks
<b>DR Chandra Evans and DR Shannon Schreiner</b> for all their hard work to accomplish the opening of our new pharmacy at Bellevue.	Emely Bauza at MAIN
<b>Sonya Price</b> . Although relatively new to our HFHC family, she is phenomenal with her networking, coordination of care and unconditional support to our team and to our patients. We are blessed!	Cindy O'Connor Dir of Case Mgt. Main
<b>Case Mgrs Laketa Taylor and Rochelle Davila</b> who interact so well with our pts that I refer to them. Laketa is on top of doing warm hand offs to meet and gather information needed to complete referrals. Rochelle makes our Spn pts feel special when she is able to assist them in their language with resources in the community. Both CMs interact positively with our pts and establish good rapport with them. I'm very happy to have them on our CM team. :)	Beulah Carey, BH dept at Central
<b>Rebecca Albino</b> - Rebecca has done an outstanding job with our new hires. From extending the offer to getting the required credentialing information, she is efficient, thorough, and always friendly! She does a great job of welcoming our new hires on their first day as well.	Sarah Brus, Main





At Heart of Florida Health Center we care about our employees and everything they do. Starting with our next issue we would like to give a big Shout– Out to those who deserve it.

A simple gesture can brighten up someone's day. Giving a shout-out is a great way to recognize your peers for their work, talent, and living our institutional values, and to contribute to a culture of appreciation, community, and kindness.

If you know of someone who deserves to be recognized please send in your shout out via this link below.

<https://www.surveymonkey.com/r/ShoutOuts-October2021>



Last Week HFHC Celebrated our new drive thru pharmacy which opened on Monday, August 30th, with a wonderful ribbon cutting ceremony. Some may remember this building as a Wendy's in the past. Our new pharmacy is officially open! Located at 1536 South Pine Ave.



*Happy Birthday to our wonderful CMO*

*Dr. Downey. We all hope you had a wonderful and relaxing day.*

*HFHC Employees*







# RECIPE OF THE MONTH

## Firecracker Chicken Meatballs with Cilantro Coconut Pineapple Rice

Prep Time	30 minutes
Cook Time	30 minutes
Total Time	1 hour

Servings	4 servings
Calories	469 kcal



### Ingredients

#### For the meatballs:

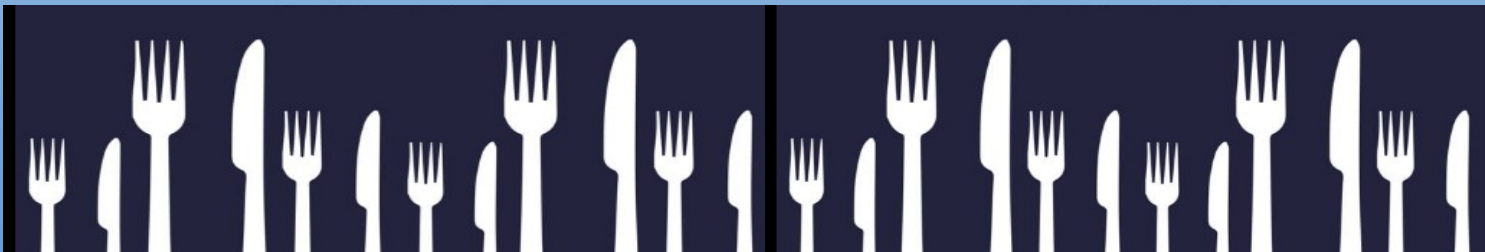
- 1 pound 93% lean ground chicken (or lean ground turkey)
- 1 egg
- ½ cup panko breadcrumbs (or if GF sub 2 tablespoons coconut flour)
- ¼ cup very finely diced white onion
- ⅓ cup finely diced cilantro
- 1 jalapeno, seeded and diced
- ½ tablespoon hot sauce of choice (i love sriracha or cholula)
- 1 tablespoon low sodium soy sauce (or if GF sub tamari or coconut aminos)
- 1 1/2 tablespoons coconut sugar
- 1 teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon cayenne
- ½ teaspoon salt
- Freshly ground black pepper
- 1 tablespoon olive oil

#### For the rice:

- ¾ cup jasmine or basmati white rice (don't use brown rice, it will take too long to cook)
- 1 (15 ounce) can light coconut milk
- 1 cup heaping cup frozen or fresh pineapple chunks
- 1 red bell pepper, julienned
- ¼ cup finely diced cilantro
- **For garnish:**
- Scallions (green part of green onion only)

### Instructions

1. In a large bowl, add the ground chicken, egg, breadcrumbs, onion, cilantro, jalapeno, hot sauce, soy sauce, coconut sugar, cumin, garlic powder, paprika, cayenne, salt and black pepper. Use clean hands to mix and form into 16 golf ball sized meatballs.
2. Place a large deep skillet over medium-high heat and add in olive oil. Add the meatballs and brown on all sides, about 5-6 minutes total. You may need to do this in batches, depending on how many meatballs you can fit in your skillet without overcrowding them. When meatballs are done browning, transfer to a plate and set aside.
3. Reduce the heat to medium-low and add in the coconut milk and pineapple; stir in the rice, then add the meatballs back in and bring to a nice simmer. Cover the pan, reduce heat to low and cook for 20 minutes.
4. After 20 minutes, remove the lid and add in red bell pepper. Cover and cook for 5 more minutes to help tenderize the bell peppers.
5. To finish it off, add in ci/antro over rice and meatballs. Serve immediately. Makes 4 servings. Garnish with scallions.





# The Emotional PPE Project

The Emotional PPE Project connects healthcare workers in need with licensed mental health professionals who can help.

No cost. No insurance. Just a trained professional to talk to.

Healthcare Workers Affected By The  
COVID-19 Crisis

Mental Health Practitioners Looking To  
Help

Visit <https://www.emotionalppe.org/> for more information



Care for yourself in one small way everyday!



#### Take breaks

Relax with music, yoga, or other hobbies



#### Find new ways to connect

safely connect with family and friends to get support and share feelings



#### Exercise and get outside

Movement can help with symptoms of anxiety, sadness, and fatigue



The Emotional PPE Project



#### Visit [emotionalppe.org](https://www.emotionalppe.org)

Connect with a confidential pro-bono volunteer therapist today



The Emotional PPE Project  
has connected

# 1,000

healthcare workers  
across the country with  
**FREE THERAPY**

## DID YOU KNOW

SYMPTOMS OF MENTAL UNWELLNESS ARE

# 300%

HIGHER IN THE US VS PRIOR TO THE PANDEMIC.



The Emotional PPE Project  
Mental Health Month



#### 5 Burnout Coping Tips for Healthcare Workers

- Post shift reflections/journaling ☒
- Practicing gratitude and self affirmations ☒
- Self awareness, knowledge of values, self forgiveness, knowledge of purpose ☒
- Boundary setting: ability to say no ☒
- Self-auditing: pausing & asking yourself what your needs are ☒



“

No one, especially physicians who have dedicated their lives to helping others, should ever have to choose, or think they have to choose, between getting help and their career. This needs to change, and not years from now, but tomorrow.



The Emotional PPE Project



DR. JESSI GOLD, MD, MS  
PSYCHIATRIST,  
WASHINGTON UNIVERSITY  
ST. LOUIS SCHOOL OF MEDICINE

