

## Public Health Week April 7-13

# Climate Change: our Health in the Balance See Page 7



**Dear Staff,**  
We had a very successful visit from our State Surgeon General, Dr. Ana Viamonte Ros. She expressed her satisfaction and gratitude for our commitment and many outstanding programs. Always, I am proud of you and

your accomplishments.

As you know, we were notified that we have received *nine Davis Productivity Awards* out of the 64 total for Department of Health statewide. ***Congratulations to all of you!***

Unfortunately, I must let you know that we are expecting more budget cuts this year from state. We will try to work harder and plan wiser to alleviate the shortfall of funds effects on our health department. We will continue to do our best in providing services to our community.

**Thanks for your good work – well done.**

### Brevard Hosts Florida's First Surgeon General Ana M. Viamonte Ros, MD, MPH

On February 1st, the Brevard County Health Department was privileged to have Florida's first Surgeon General come to Brevard for an afternoon. The visit was part of Dr. Ros' 3P's Tour and her commitment to visit each county health department. She began her afternoon as the special guest for the Children's Medical Services ground breaking ceremony in Viera. Afterward, she was our honored guest at a reception at the Brevard School District offices. There BCHD and CMS staff met with Dr. Ros and informed her about our



award-winning programs and services and she and Dr. Chiaro, Deputy Secretary of Health for Children's Medical Services shared their vision for the Florida Department of Health. It was a great time to meet Surgeon General Ros and connect with staff from other offices.



### Nine - A great number Prudential Davis Productivity Awards

The Brevard County Health Department was recognized this year by Florida Tax Watch with nine Davis Productivity Awards for excellence in both services and personnel. Since 1989, Florida Tax Watch has sponsored the Davis Productivity program which publicly recognizes and rewards state employees and work units whose work significantly and measurably increases productivity and promotes

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### Central Brevard Clinic at Viera

Our new clinic building in Viera is "lookin good". Much has happened since January 12-16 when the outer walls went up. Now the roof is on and a skeleton of wall studs are in place. Walking through the first floor gives a real sense of where the halls are and how the clinic rooms and offices will branch off. The outer walls have received a primer coat of sealant and color. The general contractor Peter Brown is right on schedule according to the project manager. The area to the west (right) of the building is being readied for a slab that will become the Dental and WIC/Nutrition area. The slab is scheduled to be poured on April 14th. Look at page 6 for additional photos and

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## The BMW Ultimate Drive®

This year marks the 12<sup>th</sup> year of The BMW Ultimate Drive® and over the past eleven years, this successful program has generated more than \$11 million dollars for Komen. Komen for the Cure's promise is to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures. Komen is honored to have BMW of North America as a partner in the fight against breast cancer.

Thanks not only to BMW of North America, but also our own Imported Car Store in Melbourne, who has participated in this event for all 12 years.

## Our Own "Local Hero"

It is my pleasure today to introduce you to our local hero – Major Jay Rudy, USAF retired. I want to share some background with you all. In this community Jay has held 2 golf tournaments to benefit Susan G. Komen for the Cure, he and his family have volunteered and participated in Central Florida Race for the Cure and the BMW Ultimate Drives. He also participates with American



Jay Rudy



Jay and Linda Rudy

Cancer Society, Making Strides for Breast Cancer, Cattle Baron's Ball and Relay for Life, Big Brother's and Big Sister's of

Central Florida, Men Cooking from the Heart, Resurrection Ranch Stars and Cars benefit, Junior Achievement, Bowl a Thons, volunteer work for Habitat for Humanity, King Center for the Performing Arts, United Way of Brevard County and The First Christian Church of Melbourne. Oh and he also works full time for the Brevard County Health Department.

Jay is a co-survivor. Komen defines a co-survivor as family, friends, a health care provider or colleague of a breast cancer survivor. A co-survivor provides many sources of support through diagnosis, treatment and beyond. In Jay's case he has been providing that support and love to his wife Linda who has been battling breast cancer since May 2001. These two battle with a positive outlook, attitude and thoughts – not accepting anything less. **The Central Florida Affiliate considers Jay one of our greatest assets in the fight against breast cancer** – he shows it everyday by his volunteer work, his message to all on the importance of early detection, and most of all, by his love for Linda.

Julie Byczek, RN, Supervisor, Titusville Clinic

Jay Rudy, Melbourne resident signs his name after being awarded a local hero award during the BMW Ultimate Drive Supporting Susan G. Komen for the Cure at the Imported Car Store in Melbourne

## Susan G. Komen for the Cure

Komen was founded in 1982 on a promise made between two sisters - Nancy Goodman Brinker and her sister, Susan Goodman Komen. Suzy was diagnosed with breast cancer in 1978, a time when little was known about the disease and it was rarely discussed in public. She died at the age of 36. Now 26 years later, Komen is the global leader in the fight against breast cancer through support of innovative research and community-based outreach programs. Local affiliates retain 75% of funds raised for community grants providing services to uninsured women/men and educational outreach. 5% goes to the national office for national and international research grants.

## Upcoming Financial Challenges

In Florida, sales tax provides about 75% of the State's general revenue. The State's stalled economy has caused tax collections to plummet, forcing lawmakers to consider \$3 billion in cuts to the State's \$70 billion budget for fiscal year 2008-2009 which begins on July 1.



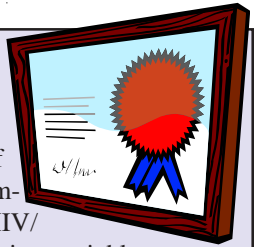
The 60-day legislative session began on March 4 and is scheduled to end the first full week of May, unless an extension or special session is called. Many proposals affecting the funding of the Florida Department of Health are being considered. We will know the full extent of the final deliberations and decisions by the end of May. We anticipate the 2008-2009 fiscal year to be the most challenging in recent years in terms of available funding for all State Agencies and all County Health Departments. It is inevitable that budget reductions will be enacted by the legislature. We will continue to monitor this very closely.

# Prudential Davis Productivity Awards

innovation to improve the delivery of state services and save money. This year the Brevard County Health Department took nine awards out of 64 commendations awarded to the Florida Department of Health. Four of the awards were for sustained exemplary service by staff members who have been with the health department an average of 20-25 years. The remaining five Davis awards recognized health department teams for their innovative

programs. Of these, three dealt with the process of providing a rotational learning experience for clinical staff, the process of handling and merging data in the breast and cervical cancer program and increasing access and availability to services through the institution of a 10 hour – 4 day schedule for select staff. The final two awards exemplify our commitment

of service to the community. After debilitating fire damage to one of our offices, the Community Health – HIV/AIDS staff had services quickly back on line and serving our clients from a new location. Lastly, in response to a critical need, the county health department developed and staffed a comprehensive medical response team for sexual assault examinations.



**CONGRATULATIONS !!**



## Sustained Exemplary Performance

Heidar Heshmati, MD, MPH, PhD  
Teresa Miller  
Lynda Camomilli, RN  
Bruce Pierce, MN, ARNP



## HIV/AIDS Customer Service Action Team

Teresa Miller      David Murariu  
Janet Miller      Felix Nevarez  
Deborah Caddle      Ginger Wells  
Joyce Crisafulli      Chanel Folston  
Jane Paeth      Diane Coniglio  
Brienne Kane



## Student Clinical Rotation Learning Experience

Jay Rudy



## Rockledge Early Bird Team

Lynda Camomilli      Iris Bradley  
Carmen Cortes      Missy Hazel  
Christi Carberry      Kathy Talabert  
Kathy Donovan      Phillip Brannen  
Gail Brazdo      John Davis  
Audrey Jackman      Tonya Dixon  
Deborah DuBoise



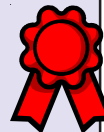
## Sexual Assault Examination Response Team

Bruce Pierce  
Debbie Knust  
Jay Rudy  
Beth Rossman  
Cindy Mitchell



## Komen Grant Process Realignment Team

Kim Durham  
Zack Alkire  
Pam Hamilton



# MARSHMALLOW CHALLENGE



working together to build the tallest free standing tower in five minutes out of uncooked spaghetti and marshmallows (thank heaven the spaghetti wasn't cooked). What clearly emerged was a lot of good team building and some pretty tall, albeit shaky, marshmallow towers. **Way to go !!!!**



At a recent nursing inservice Patty Tarasavage\* and Gail Hammond\* led a team building exercise to reinforce the importance of all our clinic staff and professionals working together to support new moms. The pictures were sent to the PULSE by an anonymous source. Teams were

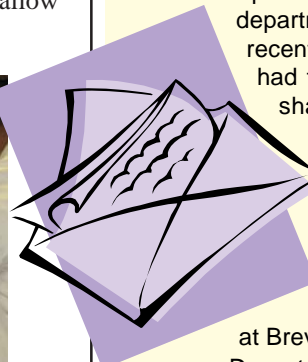
## Dear Doctor Heshmati:

Congratulations to you and your team at Brevard County Health Department.

We at the Department of Health are proud of you and all of your employees for a job well done and your County Health Department deserves all of the nine awards won.

As State Surgeon General, I was impressed with your department during my recent visit to it. I have had the pleasure of sharing this experience with all of you and we appreciate your work and effort.

Please extend my best wishes to all at Brevard County Health Department.



Cordially, Dr. Ana M. Viamonte Ros  
State Surgeon General

\* See IBCLC Day - Page 7

# Pharmacy Assistance for Brevard County Residents

Most people leave the doctor's office with prescription in hand and head straight for the pharmacy. But for some whose income is low and have no benefits, they have a tough decision to make. To get the drugs they need, what can they cut from their budget. This dilemma is faced by many in our community.



Most pharmaceutical companies have initiated prescription programs for people who have to make those tough decisions. If they qualify they can get their prescriptions filled for free, however, lack of knowledge about these programs and complicated application processes have kept many from applying. Each pharmaceutical company has its own program.

In 2006, the Brevard County Health Department partnered with the Brevard County Commission to create a program making it a little easier for folks without resources to get their prescriptions filled. This program is called Pharmacy Assistance for Brevard County Residents.

June Applebee, a part time registered nurse travels a half day each week to each of our three clinics helping clients sign up for these prescriptions benefits.

June gets referrals from the Community Action Agency (CAA), Sharing Center, the health department, area hospitals and word of mouth. To be eligible, a person must be a US resident with no insurance, meet the financial eligibility and have a doctor. June completes applications on approximately 8-12 people per month but counsels many more. To those not eligible she may give out local discount cards or refer to other agencies. "The discount cards help tremendously" June said, and is thankful that area organizations have generously made these discount cards available.

There are approximately 300 pharmaceutical suppliers that produce thousands of drugs. June has dealt with about 20-30 over the 1 1/2 years she has been working in this program; many on a regular basis. "I try every avenue to help clients get into the program. When they come with only a few pills left, I refer them to CAA, the Sharing Center, or the Salvation Army for a free month's supply of meds. This helps tide them over for the month long wait for prescriptions to arrive. As June helps them with their application she does much more, she offers a lifeline of hope in the battle to regain their health.

This investment pays big dividends. Annually, the Pharmacy Assistance Program brings over \$100,000 in free medications to Brevard residents. The investment also pays in other ways. June told me of a man in his 50's who had suffered a stroke. He left the hospital with a resource list in hand. After calling all others, our Pharmacy Assistance Program was the only one able to help. When June first counseled him he couldn't shake hands and was very depressed. As June helped him with his applications she could see a noticeable change occur. In a month or so when the prescriptions had arrived, June saw her client getting noticeably better and his depression lifting.

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## KidCare Child Health Insurance you can afford



Florida has one of the nation's largest uninsured populations. To meet this challenge, Florida KidCare was enacted by the Florida Legislature in 1998. Florida KidCare is a partnership of federal (also known as SCHIP), state and private funds. This program offers comprehensive affordable and for many, no cost health insurance for uninsured children from birth through 18 years. Eligibility and placement in one of the 4 components are determined by age, family income and by the child's

needs. Medicaid is for 0-18 years of age, MediKids for 1-4 year olds Healthy Kids for ages 5-18 years and Children's Medical Services (CMS) is for special needs children from 0 - 21 years of age. Parents pay affordable enrollment fees.

A few years back the state of Florida ended all KidCare outreach. This coupled with administrative obstacles prevented many families from successfully applying or keeping their children insured. For example Brevard's peak enrollment (not including children

enrolled in Medicaid) in 2004 was over 8,400 this month its 5,638. Currently Legislators in Tallahassee are working hard at breaking down some of the obstacles.



Brevard has been given a tremendous opportunity to help our children receive the health care coverage they deserve. A new Florida KidCare Coalition has been formed to address the rise of uninsured children in Brevard. This coalition is one of nine in the state of Florida developed in conjunction with the

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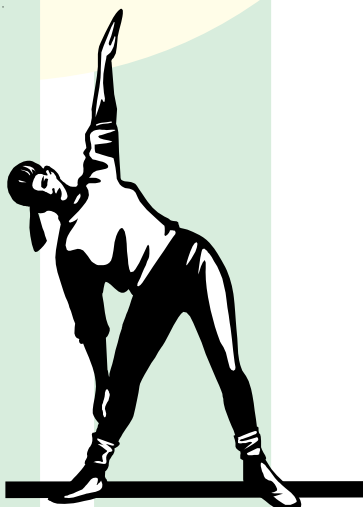


# Brevard County Health Department's Worksite Wellness Program

A formal Worksite Wellness program has been launched, to help initiate and sustain a well workplace to assist employees in taking positive steps toward better health. A recently appointed Wellness Team, with 100% support from the BCHD Senior Management, will build the Worksite Wellness program, led by Loretta Goggin, the Healthy Communities, Healthy People program coordinator. The Wellness Team is comprised of representatives from each of the CHD sites.

## The Wellness Team members are:

- Diane Jenkins – Titusville
- Veronica Whitehead – Environmental Health
- Debra Eaton – Environmental Health
- Dr. Emgushov – Administration
- Jennifer Engelson – Rockledge
- Kimberly Kimball – Rockledge
- Tonya Torbert – Administration
- Susan Macuska – Melbourne
- Tara Raymore – HR
- Loretta Goggin – Byrd Plaza
- Taryn Pinela - Byrd Plaza



The BCHD Wellness Team will be responsible for developing, guiding, and overseeing the health department's worksite wellness efforts. The team will establish a vision, which drives the team and then collect data to steer the health efforts. The team will use aggregate data collected from surveys such as an Employee Interest Survey and a Health Risk Appraisals. Based on the results of the data collected the team will decide on goals and attach a timeline to each of the goals. As with any initiative, the outcomes of each intervention results are going to be carefully evaluated to determine if the goals are being achieved. An initiative will be deemed successful by the level of participation by employees, the participants' satisfaction, self-reported changes in such things as cholesterol, blood pressure, and BMI (body mass index), to name a few possible expected outcomes.

The new Wellness Team members are currently participating in WELCOA's Wellness University to gain the knowledge to become Certified Wellness Practitioners. Once trained, each Wellness Team member will have access to resources which BCHD employees will be able to use to be healthier and stay healthy. For more information concerning the Worksite Wellness program or for healthy living information contact Loretta Goggin at 634-6378.

Our health department has become a member of the Wellness Councils of America (WELCOA) and will be using the 7-step WELCOA "model" to help create a winning worksite wellness program. The 7-step process to creating a successful worksite wellness program is:

1. Capturing Senior Level Support
2. Creating a cohesive Wellness Team
3. Collecting Data to Drive the Health Efforts
4. Crafting an Operating Plan
5. Choosing appropriate Interventions
6. Creating Supportive Environments
7. Consistently Evaluating Outcomes



**Seated:** Left to right: Diane Jenkins, Bob Vito (*management team representative*) and Dr. Olga Emgushov **Standing,** Left to right: Tonya Torbert, Taryn Pinela, Jennifer Engelson, Kimberly Kimball, Loretta Goggin, Veronica Whitehead, Debra Eaton and Susan Macuska. Not in picture: Tara Raymore

# KidCare

## Child Health Insurance you can afford

University of South Florida's Lawton and Rhea Chiles Center's Florida Covering Kids and Families Project. Outreach to the community will be the main focus of this newly formed coalition. Agencies like the Brevard Health Alliance, Department of Children and Families, Brevard Healthy Start, Children's Medical Services, Congregation for Community Action, and the Agency for Health Care Administration have joined with the health department and others to promote Florida KidCare. Lisa Gurri from the Brevard Health Alliance will chair the coalition.

Your support is needed. Learn about Florida KidCare and promote it to clients, organizations, family and friends. Spread the word because we all benefit when children are healthy and ready learn.

### Learn about Florida KidCare

Go to the website at [www.healthykids.org](http://www.healthykids.org)

Contact BCHD representatives:

Pam Hamilton  
Jim Richardson

Susan Macuska, Melbourne

## Employee Wellness Rockledge



Jennifer Engleston putting some milege on the exercise bike

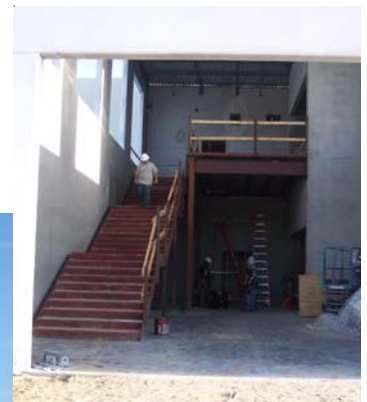
The Rockledge office has set up an "Employee Wellness Room". We have some exercise equipment for staff to "shape up" and are hoping to add more items. Jennifer Engelson and Kim Kimball have volunteered to be our "Wellness Team Leaders", to be on the Health Department Worksite Wellness Team and encourage staff. They are walking daily and several staff are using the treadmill and bike.



Area for Dental and WIC  
Floor and walls  
will go up soon!



2nd Floor - Southeast corner

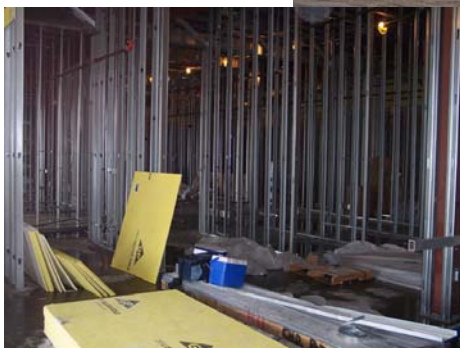


Back (south) Entrance



### Central Brevard Clinic at Viera

visit the Brevard County Health Department Intranet site to look at pictures from the beginning. More photos will be posted soon. The schedule for completion of our building is Thanksgiving 2008. So far it is right on schedule. The new Children's Medical Services building, located behind the BCHD building will be erecting walls soon and it is scheduled for opening Christmas 2008.



Clinic Rooms



6 Front Door and Lobby

# Great News For Uninsured and Underserved Women in Brevard!



The EMBRACED program, funded through The Florida Breast & Cervical Cancer Early Detection Program is pleased to announce that they have received an additional \$23,000 to be used during this current fiscal year ending June 30, 2008.

The money will be used to provide additional women with clinical breast examinations, pap tests, screening mammograms, diagnostic mammograms, and biopsies. This year EMBRACED has already used \$141,000 to serve over 1000 Brevard women who are:

- Over 50
- No insurance
- Income under 200% of the Federal Poverty Guideline

After writing for this year's Susan G. Komen for the Cure Central Florida Affiliation grant, our program has been informed by Rob Thompson, Past President that they have approved our program through The Brevard County Health Department for a \$50,000 grant for 2008-2009. The Susan G. Komen grant program is administered through the EMBRACED program and will be used by women aged 40 – 49 for screening mammograms, diagnostic mammograms, and biopsies as needed, and with a percentage of women under 40 to be seen with an abnormality. The Embraced Team is extremely proud to be this year's recipient of the Susan G. Komen for the Cure Central Florida Affiliate grant.

EMBRACED has been a service of the health department since 1997 and is currently under the direction of Miriam Coleman-Small, RN, with assistance from Paula W. Winton, and Robin Gallagher.

## IBCLC Day - March 5, 2008

Patty Tarasavage and Gail Hammond are both International Board Certified Lactation Consultants (IBCLCs). March 5th 2008 was IBCLC Day. This day celebrates the work of more than 16,000 International Board Certified Lactation Consultants in 70 countries worldwide. From teaching the hows and whys of breastfeeding, to showing mothers ways to know they're making enough milk, to working with mothers who are breastfeeding a baby with special needs, IBCLCs are available. Our CHD is among many in Florida that have full time IBCLCs. We are fortunate to have two. **Thanks Patty and Gail** for your passionate and quality care of our moms as you help them make decisions to meet their breastfeeding goals.

# Public Health Week Our Health in the Balance

Since 1995 communities across the country have celebrated National Public Health Week during the first full week of April to recognize the contributions of public health and highlight issues that are important to improving the public's health. The American Public Health Association serves as the organizer of NPHW and with input from many public health agencies develops a theme and issues related to the public's health. This year's theme is Climate Change: Our Health in the Balance.

Americans are concerned about climate change - but did you know there's a direct connection between climatechange, your health and the health of your family. Just in the last few years, the Northwest has been hit with heavy rainfall, the southwest with increasing temperatures, Alaska, the loss of deep winter ice and retreating sea ice, the great plains have had extreme heat, the northeast rising temperaturesand the southeast the increasing threat of hurricanes. there is now one-size-fits-all solution to these very complex problems. What can we do.

In fact, many of the choices we should be making for the sake of our health and the health of our families are the same choices that benefit the health of the planet. The following are ways to transform the way you live and meet the challenges of climate changes.

### Be Prepared

Inform yourself about the health impacts of climate change and take actions to prepare for possible disasters. Prepare a plan and a kit for disasters.

### Travel Differently

Get active. Leave your car at home and walk, bike, carpool, or take public transportation. Be more physically active.

### Eat Differently

Eat healthy. Eat meatless at least one day a week. Check food labels. Plan meals from locally sourced foods.

### Green your Work

Recycle, use less paper, telecommute

### Green your Home

Reduce, reuse, recycle as many items as possible. Save water outside and inside the house.Heat and cool smartly.

## GERALDINE MAY, LPN

This edition of the PULSE is dedicated to Geraldine May, LPN, who worked for the Health Department in School Health from April 20, 2007, until her death on March 29, 2008. Geraldine worked at Sherwood Elementary School and Indialantic Elementary School. Her job with the Health Department was her first and only job in nursing, a field she entered after many years as a technician at Intersil. Geraldine began her nursing program having already been diagnosed with breast cancer, and ended up graduating with honors. She rarely missed a day of work. Her most recent supervisor, Terri Creighton, said everyone who met Geraldine liked her right away. Her first supervisor, Susan Bragonje, said she was admired by so many who knew of her health struggle and her desire to work in a field she was so fond of. She was a wonderful nurse who will be missed by students, parents, staff, and her fellow nurses.