



## Lake Okeechobee Rural Health Network Summer Newsletter 2019



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### National HIV Testing Day - June 27

HIV (human immunodeficiency virus) is the virus that causes AIDS. Many people with HIV don't have any symptoms. More than 1.1 million people in the United States are living with HIV, and 1 in 7 people don't know they have it.

[Find a testing center](#)

Palm Beach County residents can contact **Sandra Anderson** for free testing.

### Our Services

LORHN meets residents where they are to provide these services and assistance. That could be in one of our offices, in the community, or coming to a person's home. Call us if you or someone you know needs help with any of these services.

- **Health Insurance Enrollment**
  - Marketplace
  - Medicaid
  - Medicare (refer to SHINE counselors)
  - KidCare

- **Prescription Assistance Program Applications**
  - NeedyMeds online application tool
  - Discount prescription drug cards
- **Care Management Services for adults/seniors that are high-risk for preventative hospitalizations and readmission.**
  - Meet clients where they are (home visits)
  - Determine specific needs and goals to improve health
  - Provide direct and supportive services
  - Navigate and link clients to health and human services
  - Assist with appointment scheduling and follow-up
  - Help gather records, complete forms and applications
- **"Your Health Matters" Health Literacy Workshop**
  - Curriculum developed to teach participants how to find, understand, manage, and use health information. Participants will learn how to find information and local resources, their rights as a patient, ways to maintain their health, and how to effectively communicate with healthcare and human service professionals. Topics include: Your Healthcare, Your Doctor, Your Medicine, Nutrition, and Saying Healthy.
- **"Living Healthy" Chronic Disease Self-Management Program (CDSMP)**
  - Open to all adults or seniors living with at least one chronic condition (heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema, and other physical and mental health conditions). Weekly sessions cover a variety of topics and skills to help individuals improve their own self-management of their disease(s), like action planning, problem solving, and decision-making. Trained co-leaders motivate participants and encourage behavior change.
- **"Living Healthy with Diabetes" Self-Management Program (DSMP)**
  - Open to all adults and seniors living with Type 2 Diabetes. Weekly sessions discuss various topics and skills that teach individuals how to self-manage their diabetes and the impact diabetes has on their lives and emotions.

**Hendry/Glades**

LaVita Holmes

863-532-3059

[lholfmes@lorhn.org](mailto:lholfmes@lorhn.org)

**Okeechobee/Western Palm Beach**

Maricruz 'Mary' Rangel

863-532-3099

[mrangel@lorhn.org](mailto:mrangel@lorhn.org)

To partner with LORHN, or learn more about us, contact [Tiffany Parrish](#).

## Upcoming Workshops

**"Your Health Matters" - Health Literacy Workshop**

*Bridges at Pahokee*

Tuesday's July 30, Aug. 6 & Aug. 13

4:30 pm - 6:00 pm

**"Living Healthy" Chronic Disease Self-Management**

*Florida Community Health Centers - Pahokee Clinic*

Monday's July 15 - August 19

4:00 pm - 6:30 pm

**"Living Healthy with Diabetes" Diabetes Self-Management**

*Florida Community Health Centers - Clewiston Clinic*

Wednesday's June 19 - July 24

9:00 am - 11:30 am

*West County Senior Center - Belle Glade*

Friday's August 2 - September 6

11:00 am - 1:30 pm

**Contact us** to host a workshop or share flyers for one in your area!

**Health Insurance - Special Enrollment Period**

**HealthCare.gov**

Learn about the Health  
Insurance Marketplace  
& your new coverage options.

**GET ANSWERS NOW**

You may be eligible to enroll in a health insurance plan if any of these apply to you or anyone in your household in the past 60 days:

- Got married
- Had a baby
- Gained/became a dependent
- Got divorced or legally separated and lost health insurance
- Death
- Change in your primary place of living
- Change in income
- Denied Medicaid/CHIP
- Gained citizenship or lawful presence in the U.S.
- Was released from incarceration (detention, jail, or prison)
- Member of a federally recognized tribe, or an Alaskan Native corporation shareholder

**Contact us to make an appointment.**

***LORHN staff are Certified Application Counselors by CMS***

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## Upcoming Professional Conferences

### [2019 Annual NACCHO Meeting](#)

**July 9-11, 2019**

**Orlando, FL**

NACCHO Annual is the premier public health conference that offers an opportunity for local health department staff, partners, funders, and individuals invested in local public health to share the latest research, ideas, strategies and innovations. The theme, "Improving the Nation's Health through Public and Private Partnerships," will highlight the importance of cross-sector partnerships to improve health outcomes in communities throughout the country.

### [National Rural Intelligent Transportation Systems \(ITS\) Conference](#)

**July 21-24, 2019**

**Austin, TX**

The conference will provide participants a one-stop resource focusing on Intelligent Transportation Systems (ITS) implementation in local communities and the opportunity to hear new and thoughtful perspectives from a wide variety of ITS topics. ITS improves transportation safety and mobility and enhances productivity by integrating advanced communication technologies into vehicles and infrastructure. In addition to traditional ITS topics of interest to transportation professionals, this event will bring together both traditional and non-traditional users to address such issues affecting rural and small communities.

### [2019 Florida Conference on Aging](#)

**August 19-21, 2019**

**Orlando, FL**

The Florida Council on Aging, in partnership with the Florida Department of Elder Affairs and the Florida Association of Aging Services Providers, present this annual conference. Workshop tracks include care management, memory disorders, age-friendly communities, nutrition/food insecurity and more. Click link above to view conference brochure, agenda, etc.



### [Rural Health Clinic Conference](#)

**Sept. 17-18, 2019**

**Kansas City, MO**

Take advantage of the educational and networking opportunities designed for clinic and hospital professionals and board members serving rural America.

### [Critical Access Hospital Conference](#)

**Sept. 18-20, 2019**

## Kansas City, MO

Take advantage of the educational and networking opportunities designed for clinic and hospital professionals and board members serving rural America.

### Upcoming Webinars



#### [Measuring Quality to Improve Quality: Strengths and Challenges of Clinical Quality Measurement](#)

June 24 @ 2:00 pm - 3:00 pm

#### [Assessing, Planning, and Implementing Culturally & Linguistically Appropriate Services at Your Health Center](#)

June 27 @ 2:00 - 3:30 pm

#### [2019 National Hospice and Palliative Care Organization Virtual Conference](#)

July 17 - 18

### Funding Opportunities

#### **Health Resources & Services Administration (HRSA)**

Coming Soon - [Rural Communities Opioid Response Program \(RCORP\)](#)

Successful RCORP-Medication-Assisted Treatment Expansion (MAT Expansion) award recipients will receive up to \$725,000 for a three-year period of performance to establish or expand medication-assisted treatment (MAT) in eligible hospitals, health clinics, or tribal organizations located in high-risk rural communities.

#### **USDA Rural Development Programs**

##### [Community Facilities Direct Loan and Grant Programs](#)

This program provides affordable funding to develop essential community facilities in rural areas and does not include private, commercial or business undertakings. Eligible borrowers include public bodies, community-based nonprofit corporations and federally recognized tribes. Examples of what funds can be used for include:

- Healthcare facilities such as hospitals, medical clinics, dental clinics, nursing homes or assisted living facilities
- Local food systems such as community gardens, food pantries, community kitchens, food banks, food hubs or greenhouses
- Community support services such as child care centers, community centers, fairgrounds or transitional housing

- Utility services such as telemedicine or distance learning equipment

#### **USDA Rural Home Loans**

The USDA rural development home loans are designed to help medium income American's buy a home in rural and suburban communities. Qualifying individuals and families that qualify may have: NO money down, low interest rates, 30-year fixed rates, government guaranteed, flexible credit guidelines, and the ability to roll closing costs into the loan.

#### **Department of Agriculture**

##### **Rural Housing Preservation Grant**

The Rural Housing Preservation Grant program provides support to assist low- and very low-income homeowners in repairing and rehabilitating their homes in rural areas. In addition, the program assists rental property owners and cooperative housing complexes in repairing and rehabilitating their units if they agree to make such units available to low- and very low-income persons. The deadline for pre-applications is July 8, 2019.

#### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

##### **Drug-Free Communities (DFC) Support Program**

The Drug-Free Communities Support Program provides funding to establish and strengthen collaboration around the efforts of community coalitions working to prevent and reduce substance abuse among youth. The Program also seeks to reduce substance abuse among youth and, over time, reduce substance abuse among adults by addressing factors in a community that increase the risk of substance abuse and promoting factors that minimize the risk. The application deadline is July 8, 2019.

#### **Local Funding Opportunities**

##### **Glades Electric Charitable Trust, Inc. (FL:Glades, Hendry, Highlands, and Okeechobee)**

Almost 70 percent of Glades Electric Cooperative members participate in Operation Round Up, which helps people in GEC's service area who have exhausted normal avenues of financial assistance. The fund is for deserving individuals and organizations. If you know of people who need and deserve assistance and live within the Glades Electric service area (Glades, Hendry, Highlands and Okeechobee counties), encourage or [help them to complete an application.](#)

## **Continuing Education Opportunities**

#### **Florida Department of Health, Continuing Education, Official Course Search**

#### **Suwanee River AHEC CE/CME Credits Available**

**LGBT Mental Health Program** This program will discuss how to make clinics and health practices more inclusive for LGBT patients. (1 credit)

#### **South Florida SE AIDS Education and Training Center**

#### **Florida Continuing Education for Counselors and Marriage and Family Therapists**

## **Community Meetings Around the Lake**

### Martin County InterAgency Coalition

#### **Indiantown Meeting**

2nd Thursday of each month  
8:30 am - 10:00 am  
Seminole Inn,  
Indiantown, FL

### Hendry/Glades Community Resource Meeting

TBD - 3/4th Tuesday of each month  
12:00 pm - 1:00 pm  
Hendry Regional Medical Center  
524 W Sagamore Ave.  
Clewiston, FL 33440

### Family Services Network Meeting

1st Wednesday of each month  
8:30 am - 10:00 am  
Hope Connections - LaBelle  
475 East Cowboy Way  
LaBelle, FL 33935

### Okeechobee County's Shared Services Network Community Collaborative Council

Okeechobee County School Administration Building  
700 S.W. 2nd Avenue  
Okeechobee, Florida 34974  
Fourth Tuesday of the Month  
10:00 am

### Glades P.A.T.C.H.

3rd Tuesday of each month  
9:00 am - 10:45 am  
Glades Initiative  
141 SE Ave C  
Belle Glade, FL 33430

### Florida Rural Legal Services, Inc.

3rd Wednesday of each month  
Speak with an Attorney or an Advocate about your legal problem.  
1:00 pm to 4:00 pm  
House of Hope  
2484 SE Bonita Street  
Stuart, FL 34997

## About LORHN

Lake Okeechobee Rural Health Network, Inc. (LORHN) was formed in 1994 as a non-profit corporation designed to provide for the special and specific health-related needs of the residents, visitors, and businesses in the Lake Okeechobee area; with extended services to Glades, Hendry, Okeechobee, Western Martin, and Western Palm Beach counties.



LORHN was established through Florida legislation (Statute 381.0406) and is one of nine local rural health networks covering the state of Florida. As per Florida statute, the goal of the networks shall be to ensure that quality health care is available and efficiently delivered to all persons in rural areas. Our vision is to promote/provide for the special and specific health needs of the residents, visitors, and businesses in the Lake Okeechobee area.

Lake Okeechobee  
Rural Health Network

STAY CONNECTED  
@LORHN1

