



BREVARD COUNTY PUBLIC HEALTH UNIT

CENTRAL MAIN OFFICE, 1744 Cedar Street, P.O. Box 550747, Rockledge, Florida 32956-0747



MEMORANDUM

TO: STAFF
FROM: Manuel Garcia, M.D., M.P.H., Director
HRS Brevard County Public Health Unit

MAY 1991

THE **MISCIBLE**

TO ALL STAFF:

The weekend of April 6th was a very important one for the Melbourne staff. It marked the time when they moved from the old building on Hickory Street to the newly renovated and larger building on Babcock Street.

The staff started packing the week before and by Friday afternoon, boxes were piled up in the waiting area and all over the place. A U-Haul truck was rented and help was obtained from the Department of Corrections and Alternative Community Services to help with the moving on Saturday and Sunday. Unpacking was done in record time by the staff on Sunday and Monday and by Tuesday, April 9th, they were ready to take care of the patients.

The staff and the patients are very-satisfied and happy with the change and getting used to the additional space, which is double what they had before.

I would like to thank everyone who helped make this move possible with their full participation and money saving innovations. A special reference of thanks to those who volunteered to work during the weekend. A lot was accomplished in record time. Great job Melbourne staff!

Dr. Garcia



WELCOME HOME TROOPS

When the last issue of the Miscible came out in February, we were at war and some of our staff had family members stationed in the Persian Gulf. Bruce Pierce, our senior community health nurse from Melbourne was activated in the Reserves and transferred to England. Now in May the Miscible is happy to report that no harm came to any of these family members and most are now back in the States or their regular bases. Bruce is back in Melbourne. Doris Mitchell and Shirlee Terry, however, still have sons, in the Middle East "GODSPEED".

As we look back over all that's happened in the last 4 months, we can really say OUR PRAYERS HAVE BEEN ANSWERED.

DEDICATION

James Rodriguez was an OPS employee with the AIDS Education/Risk Reduction Program for about 6 months in 1990. On April 25 1991 Jimmy died as the result of AIDS. This issue of the MISCIBLE is dedicated to him. Jimmy was 38 years old.



The most fascinating aspect of life is death. We do not know where it will happen, how it will happen or who will it happen to next. We generally mourn the demise of those who have made some positive impact in our lives. Are the tears that we shed for the deceased or for the living?

I guess I can be deemed selfish, because the tears that I shed are for me. I view friendship a necessity for life. Without it, how can anyone learn, live or love? therefore, when a companion departs this world, I know the shoulder that I once leaned on is not there. I know the laughs and the cries will be no more. I know the ear of concern will not be listening, and the voice of hope will not be speaking.

I know that Jimmy's life will be measured in terms of quality vice quantity. Not in terms of health, but of wealth. Not in terms of money but of faith. He believed that he could make a difference, and he did. He gave the most valued asset he possessed, himself. Jimmy shared his unfortunate adventures with hundreds of people, not to create sympathy but to destroy apathy. hopefully, his message will be echoed in the minds that he reached for years to come.

On behalf of Jimmy's parents and daughters Danielle, and Deliga, I would like to thank all those fellow employees who went that extra yard that made his days with us enjoyable and satisfying. Extra special thanks to all those in Personnel.

"Time is not relevant, what you do with it is"

Chip Myles Whideman
Health Educator II

THE ROVING REPORTER

Sandra Kujawa is a RN who has been a part of the nursing team in the Melbourne office for a little over a year. Just recently Sandy learned that she is being recognized this year in the 1991 "Who's Who in American Nursing". A registry book in the library of congress. This special recognition is given by the Society of Nursing Professionals for significant contributions in the nursing profession.

To find out more, The ROVING REPORTER cornered Sandy in the triage room of the new Melbourne office and had a delightful time finding out a little more about this special recognition and about Sandy.



She and her family moved here from Chicago (Mid City) where she was born, grew up and received her nursing training and experience. This process wasn't a smooth one because at 16 Sandy had to quit school to help with the family. Finally at 29, her husband and 2 children saw her go back to high school get her GED, her LPN and later receive her RN from Truman College in Chicago. (Here! Here! Sandy, that alone deserves recognition). Much of Sandy's nursing experience was in the nursing home environment and she feels that the reason she was nominated was for her work in one particular situation. Sandy took over as nursing director in a nursing home that had lost accreditation and was going down hill fast only 30 of the 130 beds were full, the bed sore rate was at 28% and staff had either quit trying or had left. On her first day as nursing director Sandy was not easy to spot because she was dressed in sweats. Her first order of business was to "tackle the toilets". From the toilets, to the policy & procedure manuals, to the staff, the difference was felt and in 3 months accreditation was awarded to a full 130 bed nursing home facility. Instituting an aggressive program to combat bed sores and getting the community involved with help and funding made the difference, not to mention the fact that Sandy didn't work any particular shift - she worked them all. With funding for wheel chairs, the patients could get out of bed, exercise in a program called the "Rock and Rollers" and have wheel chair races. The Anti Cruelty Society brought in puppies and kittens and the residents took care of the birds at the residence. Businessmen donated tickets to the Cubs games so staff and residents could attend. Sandy told me her reward was also in seeing some of her ideas and programs implemented by other nursing homes and as city wide mandated programs.

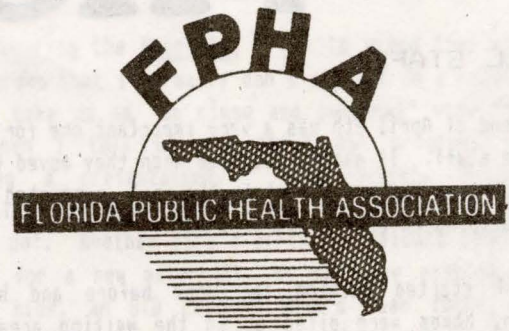
One final thought Sandy left me with "We all need to know we're appreciated, EVERYONE NEEDS A HUG !!!".

Thanks Sandy, its important that we all do more "hugging". It not only feels good to be hugged, but to give one too!

FROM ALL THE HRS BCFHU STAFF AND YOURS TRULY, THE "ROVING REPORTER" CONGRATULATIONS.

NATIONAL NURSES WEEK MAY 6-12, 1991

"NURSES CARE FOR AMERICA"



FPHA...A professional organization for you.

Established in 1931, the Florida Public Health Association actively promotes the protection and improvement of the health of Floridians and their visitors. FPFA is divided into sections such as nursing, maternal and child health, management, nursing, nutrition, public health administration and more. Belonging to one or more sections will provide contact with professionals in your special interest. The annual educational conference provides an excellent opportunity for professional development, peer exchange, and earning CEU's. With membership comes the quarterly newsletter and the Florida Journal of Public Health.

For more information on how you can join the FPFA, please call Health Education at 632-6010 ext. 345.

*A smile is a curve
that very often
can set a lot
of things straight.*





HIGHLIGHTS FROM THE APRIL 13 "FUN DAY"

The fun day/picnic for all HRS BCPHU Staff was "GREAT" Activities started at Kiwanis Island with a picnic lunch, where employees, children, spouses, and boy/girlfriends, gathered for good food, volleyball, picture taking, softball, and lots of laughter and talking shared by all.

The main activity was the "challenge" softball game. It took a combined team efforts from Titusville, Cedar Street, and Melbourne Staff to obtain a victor score of 23 to 13 over Administration, !!YES!! JUST KIDDING!, Administration Staff played valiantly and there were really great players on both teams. The "Trophy" is now residing at Cedar Street, waiting for the next challenge match.

We did have one major injury that you might want to know about -- ask Nick Brandt why he is wearing a hand brace. Dr. Garcia had a previous injury, but managed to play ball anyway. However, he was seen limping around the office on Monday. George Jackow made some good catches, but there was one real close call, which could have affected his fatherhood capabilities.

Hopefully, each office will take a turn and plan a fun day for all staff as an ongoing activity...It is a time when we can get together and meet one another and have lots of fun. Our hats go off to all the staff from Administration that took part in the planning. A special thanks to Gina and Lonnie Turner, for all their help with the games, including equipment, and "umping"! If your office would like to plan the next get together, please call Judy Trimble...so updates of your plans can be in the personnel notes.



SPOTLIGHT

Of all the programs that the Public Health Unit has, one of the toughest is the SUBSTANCE EXPOSED NEWBORN PROGRAM. With the infamous rise of crack cocaine a few years ago, there has been an alarming and steady rise in infants born exposed to cocaine.

During the early years all our public health nurses were involved in monitoring the infant and the home environment upon release from the hospital. Beepers were given to the nurse on call.

The program has evolved currently, two of our public health nurses work full time as part of a team with protective investigations and the Women's Intervention Specialist (counselor for drug treatment services). Major attention is focused on the infant so that an adequate home environment is established and medical condition is monitored. Infants come in for frequent clinic visits because exposure to drugs especially cocaine during fetal development puts the newborn at risk for AIDS, and failure to thrive. Tremors, low birth weight, irritability, stroke, and brain damage are all possible complications. It is, however, the public health nurses that do home visits more frequently than clinic visits and get involved with their patient, the infant and the mom and family.

Currently Kathy Hemley and Gerry Botyos are following approximately 275 infants through 5 years of age. As case managers, they get involved in helping either the mom or the foster family obtain services, monitor the health and home environment of the infant, and work as part of the team to make changes through education and drug treatment with the mother and family.

Kathy, a native of Jamaica, has been in public health since 1973. She has a feel for both the elderly and the young and has been involved with home health care and the medicare program called CARES. In 1987 she helped start the Substance Exposed Newborn Program in Charlotte County Florida in 1990 she transferred to the HRS BCPHU. Finding help for the moms through drug treatment is a tough problem and getting tougher

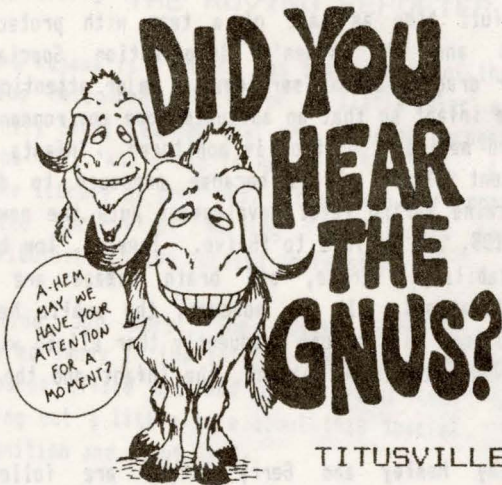
Kathy admits that sometimes its necessary to get involved in the non medical areas. An example of this is a case where an infant with problems resulting from drug exposure would constantly shake the crib so violently point that the crib would finally break. Kathy helped find a newer, sturdier crib.

Gerry Botyos is a native Pennsylvanian an who has been in nursing for 29 years. She's worked in Brooklyn, New York and at George Washington University Hospital in Washington D.C. until 3 years ago. Gerry has been in all areas of nursing except public health. She began as a clinic nurse in the Rockledge office, and this September she got involved in the Substance Exposed Newborn Program.

Her perspective is some good news and some "bad news". The bad news is that the problem of substance exposure during pregnancy will continue to increase. More cases will involve more time and staff. The program is still in a state of evolution and hopefully will be able to keep up. The good news is the reaction Gerry has found among the majority of the families of her patients, a feeling of appreciation. By remaining non judgmental and really caring any walls of mistrust and resentment usually vanish. In that kind of atmosphere help can be given and changes can be made

KEEP UP THE GOOD WORK IN THIS TOUGH PROGRAM

FROM THE OFFICES



TITUSVILLE NEWS

Titusville's employees enjoyed a covered dish luncheon at Sandrift Recreation Center on April 19, to recognize their nominees for Employee of the Year and to announce Titusville's Outstanding Employee for 1990 - a very surprised Carol Carney. Carol was presented with a beautiful corsage of roses and a plaque made by Barbara Allen.

Also recognized was Susan Murphy for her nomination for the HRS "Still Ticking" award. Susan has contributed much time and effort in the lovely new landscaping of the Titusville facility. You would never know, judging by her boundless energy, that she is our eldest employee!

Congratulations to Pat Dyer on her 6th grandchild, a 9 lb. 6 1/2 oz. girl, Leane April Dyer, born on April 9th.

Welcome back Charlie Calhoun. We certainly missed you while your were out for surgery.

Best wishes to Dr. Medina who is home recuperating from surgery.

Congratulations to Janet Hudson, who will be closing on her new home in May. We haven't seen Janet this happy since...

Esther Simmons is back from a cruise to the Bahamas. (Please tell K. H. how to go on a cruise without getting lost at sea!)

CEDAR STREET

Linda Camomilli is graduating this term from BCC with her Associates of Science degree in Nursing. CONGRATULATIONS!!!

Cheryl Garcia had surgery at Wuesthoff and is doing fine "GLAD YOU'RE DOING SO GOOD"!

The AIDS program received the CHAMP grant to provide more enhance services for persons with ARC or AIDS.

The Brevard AIDS Coalition is having a yard sale May 16, 17 and 18. If you have donations of saleable items, please contact Rae Price at extension 320, the money raised will help several local AIDS Support Groups.

MELBOURNE

Dr. LaPointe is the proud father of a bouncing baby girl, Alexa who is just 2 weeks old. Congratulations TO YOU AND YOU FAMILY".

Jane Rowley's son Ward was married April 27th. "HAPPY DAY"

NEWS FLASH Phyllis Dean is pregnant. "WE'RE ALL VERY HAPPY FOR YOU"

Welcome back to Dr. Morrill. "The Melbourne staff is very happy for you to be back"

Dorothy Sitkoff is out for foot surgery "GET WELL QUICK", "SARGE".

ADMINISTRATIVE HEADQUARTERS

Billie Barone is back after successful surgery "GLAD YOUR BACK".

Peg Dauxerre is back from France "WELCOME BACK SAFE & SOUND"

Sharon Vance is going to be a grandmother for the second time. Sharon's daughter Kim Hickson is "with child" CONGRATULATION.

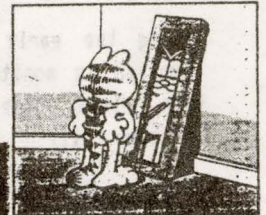
Nick Brandt has his cast off is "ITCHING" to play some volleyball.

HEALTH EDUCATION NEEDS YOU

From time to time Health Education receives posters on a variety of topics for the purpose of being placed in locations around the community. Health Education would like to enlist the help of staff to distribute these posters. It would involve only a few per person but the outreach would be much faster and wider.

If you would like to get involved in this project call Health Education at 632-6010 ext. 345.

GARFIELD by Jim Davis



EMPLOYEE RECOGNITION AWARD

The nominees have been selected for our first Annual Employee Recognition Awards Program. They are as follows:

Deborah Caddle - Melbourne:

Deborah has been employed with our unit since 2-27-87. She was first hired as a Direct Services Aide and was most deservedly promoted to a Human Services Counselor in May of 1989. Deborah is a very professional and caring person, who handles her busy job with absolute competence "above and beyond the call of duty". She has obtained medical care for many referred clients who, up until that point, had no community support. She is a true "miracle worker" in her capacity as a care-giver to all our clients.

Doris Mitchell - Rockledge:

Doris has been employed with our health unit since 1971. She was promoted from a Direct Services Aide to a Clerk Specialist on 1-22-88 and again promoted on 11-29-89 to the Senior Clerk position at the clinic desk. Doris maintains her clinic desk duties with a high degree of professionalism even in the most demanding circumstances. She treats the patients with respect and consideration at all times and is the liaison between the patients and the staff at the clinic desk. She demonstrates great dedication and dependability in all her job functions.



Maureen Bjorndal - Administrative Headquarters:

"Mo" has been with us since 11-2-89. She is the Secretary Specialist to Mr. Brandt. She has shown exceptional versatility, flexibility and dedication in the performance of her duties. She accepts new challenges with confidence and is able to quickly grasp complex assignments. She supports her fellow employees with a quiet, unassuming efficiency. She helps every section anytime the need arises and does whatever job is requested of her.

Carol Carney, RN - Titusville:

Carol is the Sr. Public Health Nursing Supervisor for the Titusville facility. She has been with us for more than 16 years. She started her employment as a Public Health Nurse I and has been the supervisor of the Titusville office since August, 1978. Carol maintains excellent rapport with her staff, co-workers and community agencies. She is a very dedicated, hard working employee, who will always go the extra mile to insure fairness to all and provide quality health care to all our patients. She approaches all problems in a calm and logical manner. She is a very conscientious and industrious employee.

These outstanding employees will be honored next month with a group luncheon. At that time, the Employee of the Year will be announced by Dr. Garcia.

The Employee Recognition Program Committee, along with the entire staff, extend their congratulations and best wishes to these deserving employees.

THE GREAT FLORIDA ADVENTURE TRIP

On March 1, 42 participants squared off into 11 teams to tour Florida. By exercising for 1/2 hour each participant earned 5 miles for their team. Four teams from Cedar Street, 2 teams from Administration, 2 teams from Melbourne and 3 teams from Titusville walked and exercised together on lunch hours or separately at home. Teams call The "Sweaters", The "E-Z-Duz Its", The "Go-getters", The "Fast Pacers", The "Slow Laners", The "Hipsters", The "High Steppers" and several teams with "No Names" logged. 3405 miles and went to destinations like Tallahassee (to pick up lottery winning), Key West, Jacksonville, Tarpon Springs, and Key Largo.

The top mileage team was the "High Steppers" logging in 560 miles CONGRATULATIONS. Helen Lowther (captain), Judi MacDonald, Sharon Vance, and JoAnn Holzloher.

The second team with high mileage of 533 miles were The "Fast Pacers" from Titusville, GOOD GOING Bernice Nenuth (captain), Theresa Gonos, Ginger Sarkarati, Tommie Richardson.

The Third with 475 miles were the "No Names, Sandi West (captain), Cheryl Garcia, Cindy Kasicki, and Mary DeKuh GREAT JOB!

The Forth team The "E-Z-Duz-Its" came in with a solid 450 miles "THUMBS UP" to Gena Turner (captain), Sharon Dennington, Trish Brinson, Rick Eberhardt.

GREAT JOB FOR ALL WHO TOOK PART. WE'RE GOING TO TRY TO DO IT AGAIN IN THE FALL

P.S. "NO NAMES" and "HIGH STEPPERS" thanks for the post cards.

"ARE YOU READY TO" QUIT SMOKING



The Brevard Interagency Council on Smoking and Health (BISH) will be holding a 5 Day Quit Smoking Clinic at the HRS BCPHU Melbourne office on June 10 thru 14 from 7:00 p.m. to 9 p.m. each evening. The cost is \$10.00. For more information contact Health Education - 632-6010, ext. 345.



HEROS OF THE PHONE LINES

Everyday hundreds of calls come into each office of the Public Health Unit. The person at the other end of the line may or may not know who to talk to, may have an emergency, may be very upset, or may have no idea why they're calling but want an answer.

The front line troops in this daily assault are our switchboard operators.

With quickness of mind and fleetness of speech,
they calm, they interpret, they connect the caller to you,
and they try to do it all within a second or two,
and why so speedily asks you
"cause they've got 8 more calls on the lines to do.

Their job is important because it can influence the caller in many ways. Lets, show them we appreciate their great job. You can do this by giving them expensive cars or jewelry or you can be as diligent as possible to let them know when you leave or return to your unit. When they know where you are, time at the switchboard is saved and the lines can HUMMM!! Which ever way you choose, it will be greatly appreciated.

In Titusville Karen Hunt is the operator with Jim Murphy, Linda Lucas and Barbara Allen and supervisor Pat Dyer as backup.

In Melbourne Carman Cortez is the operator with Kathy Bieler, Betty Gray, Diana Tanner, Michelle Heggs, Judy Bailey, Sandy Turpin, and supervisor Bud Dorneiden as backup.

In Rockledge Lizett Nealy with Rene' Hill, Blanche Green, Nell Adams, Cheryl Garcia, Sandy West, Dean Fisher, Mae Gardner and Angie Clark, Supervisor Mary DeKuh as backup.

Hope Is Healthy

Doctors are discovering that the best medicine is often simply to deny the worst—and expect the best



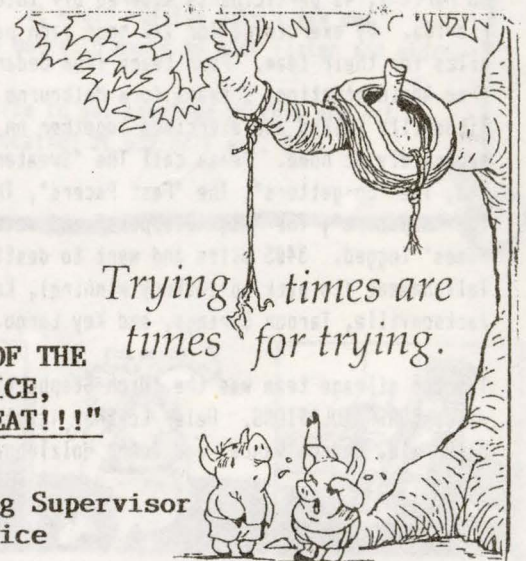
DANIEL GOLEMAN . EDITORS NOTES
AMERICAN HEALTH

In preparing the Miscible, I get to spend time with people and programs that I normally don't contact on a regular basis. Things take on an "up close and personal" view that isn't there when I tell someone about our programs and services during a presentation. That "view", besides disclosing problems, reveals the best in us and also the reason we "Do what we do". Whether it's a birth certificate needed, an appointment for a new maternity, an employee problem, a class full of kids, an STD contact that's been found, or someone we've gotten on Medicaid so they can receive treatment, we're people helping people. As "high ful-u-ton" as that sounds, it's true. One staff member said she recently added up the "pros and cons" of her job. There was a long list of "cons" and only one "pro". The "pro" was her patients. Interestingly enough, it balanced all the "cons".

I hope in this and coming issues of the Miscible, you will help uncover some of what makes us "tick". IT'S GOOD STUFF!!

Contributions for the Miscible can be anything from an idea for a story or column, a cartoon, a saying, a poem, an interesting health fact, or it can be writing a column or article. It can be serious or fun.

The next issue of the Miscible will be out July 26, so all contributions should be in to Health Education by the first week in July. If you want to contact us remember, we are just a phone call away.



Trying times are times for trying.

"TO THE STAFF OF THE MELBOURNE OFFICE, YOU ARE GREAT!!!"

Joan Seekins
Acting Nursing Supervisor
Melbourne office