

LORHN news & updates



March 2022

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[Find a vaccine site](#)

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Greetings partners and residents,

It is hard to believe we are already three months into this new year. Although it started with the highest surge of cases we have seen since the pandemic started two years ago due to the Omicron variant, we are now seeing a decrease in cases, hospitalizations, and positivity rates. With that being said, it continues to remain important as ever to stay healthy, practice COVID prevention strategies, get recommended vaccines and boosters, and get a PCR test (gold standard) when feeling ill.

LORHN continues to serve our rural partners and residents via care coordination and linkage for individuals at-risk, living with or recovering from substance use disorder, encouraging and promoting COVID-19 vaccines to vulnerable populations, providing health education and linkage to local resources, and facilitating telehealth needs assessment for our five-county service area. LORHN staff are working with community partners and clients daily to facilitate linkage and access to quality health and human services.

Thank you to our board members and community partners who make it possible to do this work in uncertain and challenging times, when our rural communities need a helping hand and accurate health information the most.

We remain committed to serving our communities safely by:

- Maintaining consistent communication with community partners to provide timely information, education and support.
- Offering our health education workshops via Zoom, at varying times and days of the week to meet the schedule and demands of our communities.
- Providing education and training via virtual meetings with local and regional partners.
- Keeping our fingers on the pulse of emerging needs and trends to guide future network and project planning.

Be well and stay safe,

Andrea Stephenson Royster, MBA, MHS, FACHE
Chief Executive Officer



Partner Spotlight: Light House Café, Ministry of the Glades



Corey Hightower, LORHN Community Health Advocate & Martha Lynn Weeks, Lighthouse Cafe Coordinator.

Lighthouse Cafe has welcomed LORHN staff to join their volunteers on-site each Tuesday to provide health information and linkage to health and social services. The partnership provides a space and opportunity to connect with residents that we may not otherwise and connect them with much needed services.

Officially founded in 1993, the mission of the Light House Café is to transform the Glades area through God's grace, love, and peace, by bringing together diverse groups to provide food, counseling and a helping hand to all.

Located in the heart of Belle Glade, their doors are open Monday through Friday from 7:00 am to noon providing hot meals to anyone that comes in.

LORHN Community Resource Guides

Knowing where to start looking for help for yourself, a friend, family member, or client can be overwhelming. LORHN has developed a community resource guide for each community of our service area. Every guide includes phone numbers for various county services as well as local

medical services, senior services, medical and social support services, food, housing and utilities, pregnancy and childcare, mental health services, and employment services.

Click each geographic area below to download the community guide. Please share them! Notice something missing? Let us know!



[Western PBC](#) [Okeechobee](#) [Hendry](#) [Glades](#) [Indiantown](#)



Community Programs

Reducing Opioid-related Overdoses in Rural Palm Beach County



**Refer to LORHN in
Unite Us**

Community Health Advocates continue to serve Glades residents that are currently using or at risk of using opioids, alcohol, and other substances. LORHN provides assistance to individuals and families to link/re-link individuals into treatment and support services, conduct risk reduction, and link clients with other supportive services.

Help spread the word, educate the community, and help those that need it:

- Schedule an Opioid Awareness presentation
- Share our flyers and educational materials
- Refer clients to our team via Unite Us, phone call, or email.

***There are no eligibility requirements for the program, it is open to all Glades area residents**

Prevent Addiction

Treatment & Recovery

Increasing Vaccine Uptake in Rural South Florida

In partnership with our affiliate organization, Health Council of Southeast Florida (HCSEF), and other community partners in LORHN's service area, Community Health Advocates continue to provide COVID-19 vaccine education and linkage for all rural residents. CHAs are addressing vaccine hesitancy and access barriers for rural residents.

As of March 29, 2022, the percentage of residents that have received at least 1 dose of a COVID vaccine throughout LORHN's service area are listed below.

- Palm Beach County (74.5%)
- Okeechobee County (54%)
- Glades County (41.1%)
- Hendry County (60.3%)
- Martin County (76.5%)

Source: [COVIDactnow.org](https://www.COVIDactnow.org)



NOT FULLY VACCINATED YET?
 Protect yourself, your family, and your community.
COVID-19 vaccines and boosters are FREE.
 Visit a vaccine site today!
 See listing of vaccine sites on the back



Still not sure...
 Call to join our next vaccine webinar to learn more and get your answers!

For more information call us at
 863.532.3099 | 561.557.9273



Vaccine Sites in Western Palm Beach County

We can help you book your appointment

Local Vaccine Sites
 Openings and availability vary depending on the supply available and community demand, which changes as new variants emerge.

Visit our website for an up-to-date list of vaccine sites in Palm Beach County.



Scan the QR code with your smart phone to be taken to LORHN website.



Homebound Seniors E-mail
 HomeboundVaccine@em.myflorida.com

Other Vaccine Sites
 (visit website for availability & appointments)

Florida Department of Health
C.A. Brumback Primary Care Clinic
CVS Pharmacies
Winn-Dixie Pharmacies
Walgreens Pharmacies

VACCINES.GOV
 1-800-232-0233
COVID-19 Vaccine Hotline
 1-888-677-1199

www.lorhn.org
 863.532.3099 | 561-844-4220 x7



Request Postcards



INFORMATIONAL WEBINAR AND Q&A SESSION

COVID-19 VACCINES, BOOSTERS, & RESOURCES FOR RECOVERY

Let's Get Vaccinated



 **VACCINE RECOMMENDATIONS**

 **BOOSTER SHOTS**

 **MISINFORMATION**

 **RENTAL & UTILITY ASSISTANCE**

 **FOOD ASSISTANCE**

 **OTHER COMMUNITY RESOURCES**



Wednesday, April 27th
6:00 PM - 7:00 PM



zoom

<https://bit.ly/3tONc4N>
OR (929) 205-6099;
Meeting ID: 880 7604 7850
Passcode: 385770

GET YOUR QUESTIONS ANSWERED

Visit www.hcsef.org
events calendar to
register



[Register Now](#)

[Download & Share](#)

Telehealth Assessment & Telehealth Advisory Group (TAG)

With many thanks to our engaged TAG members, LORHN has completed an External Environmental Scan related to telehealth needs in our service area and is finalizing a network statement for TAG and the Network as we move forward with supporting the expansion of telehealth adoption throughout our rural communities.

More exciting information and opportunities will be forthcoming.



FREE Health Education Workshops

LORHN continues to provide health education workshops throughout our service region. Workshops are offered free of charge to all, and participants that complete them receive a certificate and other items from LORHN. To maintain health and safety during COVID-19, all workshops are currently offered via Zoom.



Understanding Opioids, Addiction, Prevention & Recovery

This one-hour presentation explains what Opioids are and how they affect our brain and body. Participants will learn signs of dependence, alternative therapies available, and recovery resources available.



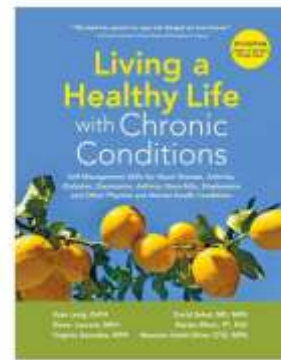
Mental Health First Aid - Adult

A full-day course that teaches participants how to recognize signs and symptoms that suggest a potential mental health challenge, how to listen non-judgementally, give reassurance, and how to refer a person to professional support and services.



"Your Health Matters"

A 3-week series that teaches participants how to navigate the healthcare system, appropriate access points, how to communicate with healthcare providers, understanding medications and how to use them, healthy eating, and staying healthy.



Chronic Disease Self-Management Program or Diabetes Self-Management Program

Evidence-based workshops are a 6-week series and provide participants with skills, knowledge, and self-management tools to manage their chronic (physical and mental) conditions. Participants will receive a copy of *Living A Healthy Life with Chronic Conditions* and a *meditation CD*.

[Schedule A Workshop](#)

Rural News Articles & Resources



The surprising link between Covid-19 deaths and ... internet access

Vox News
March 16, 2022

[Read Article](#)



The future of National Rural Health Association (NRHA) advocacy

Rural Horizons
February 18, 2022

[Read Article](#)



How a rural hospital broke language barriers to provide COVID vaccines to immigrants

NPR/WFYI/PBC
March 3, 2022

[Read Article](#)



Serving the Mental Health Needs of Rural Teens Means Tackling Other Obstacles as Well

The Daily Yonder
February 8, 2022

[Read Article](#)



Upcoming Webinars & Professional Trainings



Rural Health Quality: How CMS Initiatives Improve How We Measure and Address Gaps in Care

April 20, 2022

3:00 pm

This presentation will highlight the unique challenges surrounding quality measurement in rural settings, and how CMS is working to address these issues to ensure equitable care is provided to all Americans regardless of where they reside.

[View & Register](#)

FRHA 26th Annual Rural Health Educational Summit

April 5-6, 2022

Gainesville, FL

FRHA is hosting their 26th Annual Rural Health Educational Summit in Gainesville, FL. The event provides an opportunity to keep rural health voices alive in Florida.

FRHA is accepting submissions for exhibitors, presenters, and nominations for FRHA awards.

Florida Rural Health Association

[View & Register](#)

The Role of Social Determinants of Health in Value-Based Payment Models During COVID-19: An Evolving Rural Perspective

April 19, 2022

12:00 pm

This session highlights how some rural health providers are implementing new strategies by leveraging value-based payment models to collaborate with community partners to mitigate hardships associated with COVID-19, such as social isolation and job loss.

1 ACHE credit

[View & Register](#)

National Rural Substance Use Disorder Health Equity and Stigma Summit

May 18 - May 20, 2022

Rochester, NY

Speakers will discuss stigma associated with SUD and examine the many challenges created by stigma that significantly impede efforts to overcome the opioid crisis. Focus will be on rural communities, where limited resources, fewer providers, and lack of anonymity can impose substantial barriers to those seeking SUD/opioid use disorder (OUD) care.

[View & Register](#)

Funding Opportunities



Florida Nursing Student Loan Forgiveness Program

The Florida Nursing Student Loan Forgiveness Program offers loan repayment assistance to nursing personnel who agree to serve in areas of the state where there are critical nursing shortages.

Deadline: June 1, 2022

[Learn More](#)

Sign up for LORHN's bi-weekly distribution of the GrantStation Insider Content e-newsletter or view LORHN's GrantStation Insider Content e-newsletter [archive page](#) for previous funding opportunities.

Funding for Individual & Family Assistance

Our Florida - Rental & Utility Assistance

OUR Florida is a program of the Florida Department of Children and Families. Funding is provided by the federal Emergency Rental Assistance Program. Households can apply for this state program or local county funding, but not both. Eligibility criteria for renters in Florida include earn an income at or below 80% of the area's median income, have qualified for unemployment, experienced a loss of income, incurred significant costs or faced financial hardships due to the COVID-19 Public Health Emergency, and are at risk of losing your home, experiencing housing instability or are living in unsafe or unhealthy conditions.

Florida Homeowner Assistance Fund

The Florida Homeowner Assistance Fund may be able to offer you relief for mortgage payments and other homeowner expenses. The homeowner must have experienced financial hardship after, or that continued after, January 21, 2020, must meet income qualifications and must be a homeowner and be requesting assistance for their primary residence. Interested individuals must register online to determine their eligibility.

Glades Electric Charitable Trust, Inc. (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.**

LIHEAP/CSBG (Glades, Hendry, Highlands, and Polk Counties)

Assistance Available: electrical, water, rental/mortgage, gasoline, medical, transportation to medical services, food, HVAC Repair (60+), family self-sufficiency and more.

The Low Income Home Energy Assistance Program (LIHEAP) is a federally funded program that assists high-energy burdened, low-income households with the costs of heating and cooling their homes. Home energy funds are provided once per calendar year and are based on the client's gross income and household size. ALPI's focus of CSBG funding is to support a Family Self-Sufficiency Program (FSSP); however, there are limited emergency assistance funds available to help alleviate an immediate crisis. Under the FSSP, an eligible client is provided services through ongoing case management with the ultimate outcome being the enhancement of a family's ability to, ultimately, meet their own needs. **Apply online.**

Affordable Connectivity Program

The Affordable Connectivity Program (ACP) is a Federal Communications Commission (FCC) program that replaces the Emergency Broadband Benefit Program (EBB Program) to help low-income households pay for internet service and connected devices. Only one monthly service discount and one device discount is allowed per household. To receive the connected device discount, consumers need to enroll in the ACP with a participating provider that offers connected devices (Note: not all internet companies offer device discounts.) The internet company will provide the discount to the consumer.

Regional Grants

COMPASS Initiative HIV Capacity Building Assistance and Training

Topics include organizational capacity building, stigma reduction, cultural competency, and mental health. *Deadline: ongoing basis*

Southeast Rural Community Assistance Loan Fund Program

Community development loans to local governments, public service authorities, user associations, nonprofit organizations, and other community entities for the development and/or construction of large-scale community projects. *Deadline: ongoing basis*

Federal Grants

Telecommunications Infrastructure Loans and Loan Guarantees

USDA Telecommunications Infrastructure Loans and Loan Guarantees provide financing for telephone and broadband infrastructure in rural areas. Funds may be used to finance broadband-capable telecommunications services, including improvements, expansions, construction, acquisitions, and refinancing. *Applications accepted year-round*

www.grants.gov

Learn about Federal Grant forecasted, posted, and archived grants available via various Federal Government Programs. Grants Learning Center provides information about eligibility, writing, reporting, policies, systems, and more.

Community Meetings

Hendry & Glades

Community Collaborative Meetings

Contact: [Lisa Sands](#)

1st Friday of each month

8:30 am - 11:30 a

Hendry, Okeechobee, Glades Opioid Consortium (HOGOC)

Contact: [Christopher Glymph](#)

Okeechobee

Community Collaborative Council (CCC)

Contact: [Jessica Parrish](#)

4th Tuesday of each month

10:00 am - 11:00 am

Western Palm Beach

P.A.T.C.H.

Contact: [Marcia Bahia](#)

3rd Tuesday of each month

9:00 am - 10:45 am

Martin County

InterAgency Coalition

Contact: [Kim Ouellette](#)

2nd Wednesday of each month

8:30 am - 10:00 am

Who We Are



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.

