

Lake Okeechobee Rural Health Network Fall Newsletter 2018



Health Insurance

Rural counties in LORHN's service region have significantly higher rates of uninsured individuals compared to neighboring counties.

Open Enrollment for the [Health Insurance Marketplace](#) is Nov. 1 - Dec. 15, 2018. Explore plans and determine your eligibility for tax credits to pay for monthly premiums.

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Recent LORHN Events

HEALTH LITERACY SUMMIT

Friday October 5, 2018

Dolly Hand Cultural Arts Center, Belle Glade

Professionals filled the lobby of the Dolly Hand Cultural Arts Center to learn exactly what "Health Literacy" is, what it means, and how to incorporate it into their every day lives. This professional development opportunity provided CEU's for LCSW's and RN's and provided invaluable knowledge and tools to improve the way we communicate with one another.

Guest Speakers:

Laura Guyer, PhD, Med, RDN

"Increasing Access to Care by Reducing Barriers to Proficient Health Literacy"

Deborah Stewart

"Enhancing Cultural Competence in Health Care"

RURAL HEALTH SYMPOSIUM

Wednesday October 24, 2018

Indian River State College, Dixon-Hendry Campus

Nearly 100 attendees joined us to network and discuss "Strengthening Connections in Rural Communities." Plenary speakers included Linda Weiss, LCSW with the National Cooperative of Health Networks and Kathy Selby, RN, BSN and Emergency Department Director of Raulerson Hospital. Six breakout sessions in the afternoon discussed various health disparities in rural areas, rural health policy, and increasing access to care in rural communities.

Congratulations to individuals awarded and recognized for their hard work:

2018 Rural Health Champions:

- Dorothy Ann Baker, PA - Housecalls, MD
- Terri Calsetta - Lakeside Medical Center
- Paula Smith, RN - Boys & Girls Club of Martin County (Indiantown)
- Ruth Bobst, BSW - Hospice of Okeechobee

Humanitarian Award:

- Leah Suarez - Okeechobee County School District & Our Village Okeechobee

Lifetime Achievement Award:

- Sandra Chamblee - LORHN Board Member

Visit www.lorhn.org to learn more

November is Diabetes Awareness Month!

WHO'S AT RISK for prediabetes or type 2 diabetes?

You could have prediabetes or type 2 diabetes and not know it—there often aren't any symptoms. That's why it makes sense to know the risk factors:

- 45+ years old
- Physically active less than 3 times/week
- Family history of type 2 diabetes
- High blood pressure
- History of gestational diabetes*
- Overweight

*Diabetes during pregnancy. Giving birth to a baby weighing 9+ pounds is also a risk factor.

DID YOU KNOW... African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific Islanders, and some Asian Americans are at higher risk.



If you have any of the risk factors, ask your doctor about getting your blood sugar tested.

LORHN has two Community Health Workers that provide Chronic Disease Self-Management Program (CDSMP) and Diabetes Self-Management Program (DSMP) in Palm Beach (Western Glades Region), Hendry, Glades, and Okeechobee Counties. [Contact us](#) to learn more, join an upcoming workshop series, or to host one in your community.

Marketplace Open Enrollment for Health Insurance

Health Insurance Open Enrollment Period is Nov. 1 - Dec. 15, 2019

2019

OPEN ENROLLMENT IMPORTANT DATES

Health
Care
.gov

To be eligible to enroll in health coverage through the Marketplace, you:

- Must live in the United States.
- Must be a U.S. citizen or national (or be lawfully present). [Learn about eligible immigration statuses.](#)

- Can't be [incarcerated](#).

If you have Medicare coverage, you're not eligible to use the Marketplace to buy a health or dental plan. [Learn more about Medicare and the Marketplace](#).

Florida KidCare - Health & Dental Insurance for Kids 0-19



Designed specifically with kids in mind, Florida KidCare health insurance includes doctor visits, dental care, emergency care, hospital stays, immunizations, vision and hearing screenings, and much more. Coverage is available for as little as \$15 or \$20 a month. Families who do not qualify for subsidized coverage may purchase a competitively priced full-pay plan, making every Florida child ages 5 through 18 eligible.

The simple and [free application](#) makes it easy to apply, either online or by calling 1-888-540-5437. *Enrollment is open year-round, so the time to apply is always now.*

LORHN's Workshops Around the Lake!



LORHN is offering

"Living Healthy!"

An internationally recognized, evidence-based educational workshop originally developed by Stanford University to help individuals, and their families, manage chronic diseases.

and

"Your Health Matters!"

**A lively, practical and content-rich workshop to help participants make informed health-related decisions.
It's a workshop, but it's not work!**



Workshops are available in Glades, Hendry, Okeechobee and Palm Beach Counties!

Please let us know if you are interested in hosting a workshop at your location or otherwise partnering with us in these efforts. We would also welcome the

opportunity to talk or meet with you to explain the program in more detail, identify workshop dates and times, or to answer any questions you may have.

[Click here](#) to learn more! Call 561-844-4220 Ext 1500

National Rural Health Conferences



Rural Health Policy Institute

February 5-7, 2019

Washington D.C.

Hear from top members of the Trump Administration and leading members of Congress on their plans to make health care work in rural America and speak directly with your Congressional delegation on Capitol Hill to tell them of the challenges in your rural community.

Annual Rural Health Conference

May 7-10, 2019

Atlanta, GA

NRHA's Annual Rural Health Conference is the nation's largest rural health conference, created for anyone with an interest in rural health care, including rural health practitioners, hospital administrators, clinic directors and lay health workers, social workers, state and federal health employees, academics, community members and more. *The annual Rural Medical Education Conference and Health Equity Conference will both be held May 7, directly prior to the Annual Rural Health Conference.*

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.



American Public Health Association Annual Meeting and EXPO

San Diego, CA

Nov 10-14, 2018

2018 Theme - Creating the Healthiest Nation: Health Equity Now

With the Annual Meeting, we strengthen the profession of public health, share the latest research and information, promote best practices and advocate for public health issues and policies grounded in research. Creating health equity is a guiding priority and core value of APHA.

Funding Opportunities

Florida Department of Transportation Grant Opportunities

[Section 5310 -- Programs for capital projects to meet special needs of elderly and individuals with disabilities and Section 5311 -- Program that funds capital and operating assistance in rural areas](#)

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.

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.](#)

[Wells Fargo Corporate Giving Programs \(FL: Martin County\)](#) Funding for nonprofit organizations in the areas of community development, education, human services, arts and culture, civic responsibility, housing, and environmental consciousness. Geographic coverage: Available in 44 States

[Ronald McDonald House Charities \(RMHC\) of SW Florida \(FL: Lee, Charlotte, Collier, Glades and Hendry Counties\)](#) RMHC of Southwest Florida utilizes matching funds to financially assist qualified children's charities. Grant awards will not exceed \$10,000. Call Leanna Gonzalez at 239-437-0202 for more information.

- 1st Cycle Deadline: March 1st (awards sent first week of April)
- 2nd Cycle Deadline: September 1st (awards sent first week of October)

[SAMHSA](#)

Substance Abuse & Mental Health Services Administration grant and award announcements:

- [Healthy Transitions: Improving Life Trajectories for Youth and Young Adults with Serious Mental Disorders Program \(Healthy Transitions\)](#) (Due 12/21/18)
- [Statewide Consumer Network Program \(SCN\)](#) (Due 12/24/18)
- [Project AWARE \(Advancing Wellness and Resiliency in Education\) State Education Agency Grants \(AWARE-SEA\)](#) (Due 12/24/18)

[RHI Hub](#)

- [Florida Nursing Student Loan Forgiveness Program](#) (Deadline 12/1/18)
- [Scholarship for Obstetrical Simulation Course Emergencies and Catastrophes](#)
- [Southeast Rural Community Assistance Loan Fund Program](#)
- [Southern HIV Impact Fund Urgent Action Grants](#)

[HRSA](#)

Grants to improve and expand health care services for underserved people

[All Federal Grants Search](#)

Government grants by key word, funding opportunity number, category, and agency

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

2nd Wednesday of each month
8:30 am - 10:00 am
Children's Services Council
101 SE Central Parkway
Stuart, FL 34994
Green building to the left of the Unity Church
entrance.

**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

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

Indiantown InterAgency Coalition

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

Glades P.A.T.C.H.

3rd Tuesday of each month
9:00 am
Glades Initiative, Belle Glade

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.

LORHN's Vision: 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

