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Access Your Healthcare Anytime with the
JTCHS Patient Portal!

President's Message

Welcome to another exciting issue of our JTCHS Community Health Newsletter!



Time truly flies—can you believe it has already been a year since I was appointed President and CEO of JTCHS? This past year has been both fulfilling and transformative, and I am filled with excitement about what we will continue to achieve together.

The first quarter of the year was busy, filled with meaningful events and milestones. I had the privilege of traveling to Tallahassee and Washington, D.C., with fellow JTCHS leaders to meet with key elected officials and advocate for services and funding to support vital community initiatives. We also celebrated Give Kids a Smile Day in partnership with the Miami-Dade County Dental Society, where we provided essential dental care to uninsured patients. Additionally, our Flamingo Plaza location was honored for its outstanding service to the city of Hialeah—a testament to our unwavering commitment to the community we serve.

We hope you enjoy this issue packed with news, health tips, and valuable resources to help you prioritize your well-being.

Warm regards,

Ryan R. Hawkins
President and CEO, JTCHS

Top News

JTCHS Provided Dental Care Services + a whole lot of fun to Uninsured Patients during "Give Kids a Smile Day"

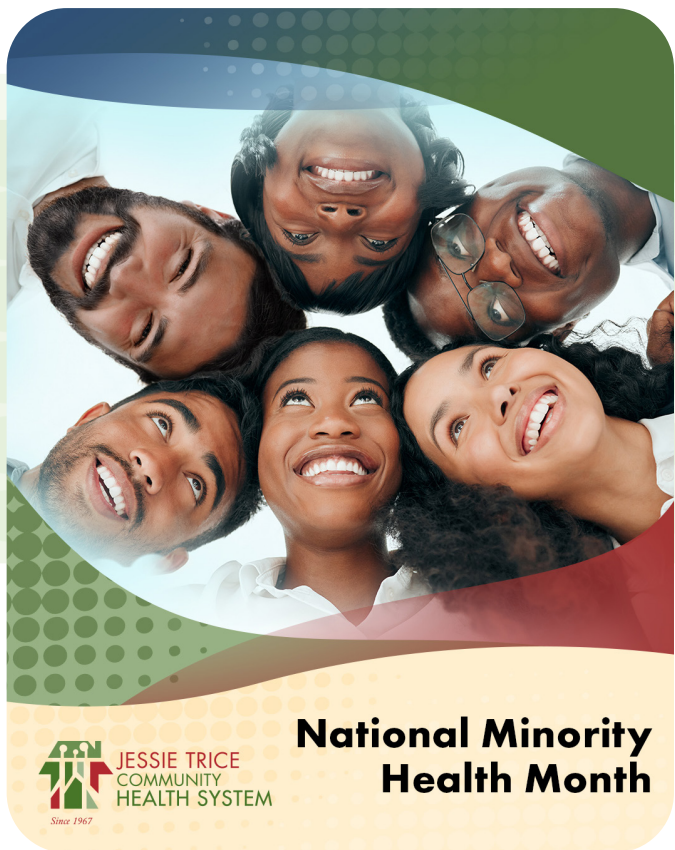


Photos by Audrey LaPalme/ Sonshine Communications

On Saturday, March 22, **Jessie Trice Community Health System (JTCHS)**, in partnership with the **Miami-Dade County Dental Society**, hosted its annual **Give Kids a Smile Day** at the JTCHS Corporate Office Complex. The event offered free dental services, including exams, cleanings, and sealants, to dozens of uninsured children.

Following their treatments with the skilled dental professionals at JTCHS, the young patients enjoyed a range of fun activities, such as face painting, a bounce house and games. They also had the opportunity to explore the **JTCHS Dental Van**, a mobile unit that provides care throughout the community. In addition, they received dental health education, lab coats and other gifts.

Thank you to all the volunteers, staff and partners who made this day possible! Your support and dedication made a significant difference in the lives of our little patients.



National Minority Health Month

April is **Minority Health Month**. Chronic illnesses like heart disease, type II diabetes, hypertension and obesity disproportionately affect minority communities. Adopting a healthy lifestyle — including, eating a well-balanced diet, getting at least 30 minutes of physical activity daily, quitting smoking, limiting alcohol consumption, getting adequate sleep, and visiting your doctor and dentist regularly for preventive services can help reduce the risk of these chronic conditions.

At JTCHS, we have a dedicated, bilingual team ready to provide you with the best care at our multiple locations across Miami-Dade. Be proactive about your health, schedule your next appointment today! Call us at 305-637-6400 or visit JTCHS.org.

How to Manage Stress: Tips for Finding Balance



Stress can affect many aspects of our lives; from health and relationships to work and overall well-being. Even though stress is a normal part of life, long-term stress can lead to worsening health problems. This **Stress Awareness Month**, we want to share some tips to help you cope with stress and find balance:

- Take breaks from news and social media.
- Practice deep breathing, meditation, or relaxation techniques
- Keep a journal
- Spend time outdoors either being active or relaxing
- Engage in other activities you love or find relaxing

Prioritizing good sleep habits and staying connected with your support network can also improve your mental health. If stress becomes overwhelming, it's important to reach out for help. Learn more about managing stress at cdc.gov/mental-health.



Mental Health Matters

Mental health is an essential part of overall well-being, influencing how we think, feel, and interact with others. Did you know that 1 in 5 people will experience a mental health condition in any given year? That's right, mental health affects us all! Prioritizing mental health can improve quality of life and help manage daily challenges. Seeking professional help when self-help efforts aren't working is a sign of strength, not weakness. You don't have to face these struggles alone. The JTCHS behavioral services team is here to support you. **Give us a call at 305-637-6400 to schedule an appointment.**



SPOTLIGHT

Dr. Ashley E. Reid



M meet Dr. Ashley E. Reid, our new General Dentist!

A Miami native with Jamaican roots, Dr. Reid earned her Biological Sciences degree from Florida International University Honors College, followed by a Master's degree in Biomedical Sciences from Barry University. She obtained her dental degree from the University of Maryland School of Dentistry, the first dental school in the world. After finishing her studies, she went on to complete an Advanced Education in General Dentistry (AEGD) residency at the University of Tennessee Health Science Center in Nashville, Tennessee. Dr. Reid is a proud member of Delta Sigma Theta Sorority, Inc., the American Dental Association (ADA), and the Academy of General Dentistry. In her free time, she enjoys cooking, traveling, and dancing. **Welcome, Dr. Reid!**

We Know Men's Health

June is Men's Health Month, a time to raise awareness about the unique health challenges men face and encourage early detection and treatment. Black and Hispanic men are at higher risk for heart disease, diabetes, and certain cancers, often due to genetic factors, limited access to

healthcare, and socioeconomic disparities.

Routine check-ups, blood pressure screenings, cholesterol tests, and prostate exams are essential for early detection and prevention. Prioritizing mental health is equally important, as men are often less likely to seek help for emotional well-being.

Taking proactive steps toward health today can lead to a longer, healthier life.

Don't wait — schedule your check-up and encourage the men in your life to do the same!



JTCHS leadership celebrate **Mr. Ryan R. Hawkins'** first anniversary as president and CEO of JTCHS. Pictured center, Hawkins is joined by, from left, Dr. Deborah George, Jasmine Vargas-Alexander, Toni Thompson, Irene Taylor-Wooten, Ruth Duval, Dr. Fabian Thurston, Paul Roberts, and Deborah Rice-Lamar.

Photo by Jessie Trice Community Health System

Event Snapshots!

Here's a look at what we've been up to:



Photos by Jessie Trice Community Health System



In February 2025, JTCHS leadership traveled to Tallahassee and Washington, D.C., to advocate for services and funding to support programmatic efforts aimed at promoting better community health.

Ryan R. Hawkins, president and CEO of JTCHS with Maestro Powell during an interview at **99JAMZ**.



Photo by Ricardo Reyes, Sunshine Communications



Photo by Ricardo Reyes, Sunshine Communications

From left to right: Jack Glottmann, CEO of Saglo, Dr. Ronald Borge, Ana Garcia, Hialeah Mayor Esteban Bovo, Hialeah Council President Jacqueline Garcia-Roves, and Dr. Luckner Denord. Recently, Jessie Trice Community Health System, with its Flamingo Medical Center location in Hialeah, was recognized for its long-standing contributions to the health and wellness of the Hialeah community, as the city prepares to celebrate its centennial.



Photo by Ricardo Reyes, Sunshine Communications



Photo by Ricardo Reyes, Sunshine Communications

David Williams Jr., vice-chair of the Jessie Trice Community Health Foundation (JTCHF) Board of Directors, speaks to local students during the health and wellness event hosted by JTCHF in collaboration with the Jessie Trice Community Health System (JTCHS) at the Barbara J. Jordan Health & Wellness Center. In the background, Toni Thompson, executive vice president and chief ambulatory officer of JTCHS, looks on as students raise their hands to engage in the discussion.

The JTCHS Community Outreach Team in Action!



Photo by Ricardo Reyes, Sunshine Communications

The JTCHS Outreach team attended the FPL Power to Save event and Community Resource Fair on Feb. 19 at the Little Haiti Cultural Complex.



Photos by Audrey LaPalme/ Sunshine Communications

Members of the JTCHS Outreach team pictured with attendees during the 2025 JTCHS Give Kids a Smile Day on March 22, 2025. The event was held in partnership with the Miami-Dade County Dental Society at the JTCHS Corporate Office Complex.

At the “No Wrong Door” Resource Fair in late March, the JTCHS Outreach team engaged with the community and shared information about the services offered. The event was hosted by the Miami-Dade County Community Action and Human Services Department (CAHSD).



Photo by @cahsdconnect via Instagram

Health & Wellness Calendar

APRIL

- 1-30** National Minority Health Month (NMHM)
National Autism Awareness Month
Sexually Transmitted Infections (STIs) Awareness Month
- 7-11** National Dental Hygienist Week
- 7-13** National Public Health Week
- 10** National Youth HIV & AIDS Awareness Day (NYHAAD)
- 20** Easter Sunday

MAY

- 1-31** American Stroke Awareness Month
Mental Health Awareness Month
National Haitian Heritage Month
- 6-12** National Nurses Week
- 11-17** National Women's Health Week
- 11** Mother's Day
- 26** Memorial Day

JUNE

- 1-30** National Men's Health Month
Alzheimer's Disease and Brain Awareness Month
National Safety Month
- 10** National Call Your Doctor Day
- 15** Father's Day
- 19** Juneteenth
- 27** National HIV Testing Day

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JTCHS.org

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| TUE | MAR | 8 am-5 pm |
| WED | MIE | 8 am-5 pm |
| THU | JUE | 8 am-5 pm |
| FRI | VIE | 8 am-5 pm |
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JESSIE TRICE COMMUNITY HEALTH SYSTEM
Since 1967

EXPANDING YOUR EXPECTATIONS

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Pharmacy Director

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