



President's Message

Greetings,

Welcome to the Fall issue of the JTCHS Community Health Newsletter!

Here in South Florida, fall may not bring the dramatic change of seasons seen elsewhere, but we still embrace the familiar flavors, festive decorations and traditions that signal a new season. As we look ahead to fall, it's also a wonderful time to reflect on a memorable summer at JTCHS.

In early August, we celebrated National Health Center Week, attended the What's Right in Health Care® Conference and even welcomed Burnie, the Miami HEAT mascot, at one of our staff meetings! In this issue, we're excited to share some of these memorable moments, along with helpful information and resources to support you and your family's health and well-being.

As we move into the final months of the year, I encourage you to make your health a priority. Stay on top of your appointments, prepare for cold and flu season and take time to care for your mental and well-being.

Thank you for trusting JTCHS to care for you and your family through every season.

In good health,
Ryan R. Hawkins,
President & CEO
JTCHS

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Burnie Brings the HEAT to JTCHS During National Health Center



From left, Ruth Duval, Toni Thompson, Dr. Joycelyn Lawrence, Burnie, Ryan R. Hawkins, Dr. Luckner Denord and Dr. Deborah George. Photo by Ricardo Reyes/Sonshine Communications

HEAT mascot, to the Barbara J. Jordan Community Health & Wellness Center.

Burnie joined our staff meeting, bringing plenty of energy, high-fives, laughter and memorable photo opportunities. The gathering also gave team members an opportunity to reflect on JTCHS' accomplishments and look ahead to the organization's goals and vision for the future.

National Health Center Week recognizes the vital role community health centers play in expanding access to quality health care and strengthening communities nationwide.

We thank our dedicated staff for the compassion and commitment they bring to our patients and community every day, and Burnie for helping us end the celebration on a high note!

August 2-8 marked **National Health Center Week (NHCW)**, and JTCHS joined community health centers across the country in celebrating the people, partnerships and mission that make quality health care accessible to our communities.

To wrap up the week, JTCHS welcomed a special guest, **Burnie**, the beloved **Miami**



Burnie, the Miami HEAT mascot, shares a fun moment with JTCHS employees during NHCW. Photo by Ricardo Reyes/Sonshine Communications.

Healthy Habits for a Healthy Fall

This fall, make your health a priority and take small steps toward a healthier you.

Fall is a great time to check in on your health and refresh your wellness routine. As cold and flu season approaches, simple everyday habits can help you and your family stay healthy.

Wash your hands frequently, stay hydrated, eat a well-balanced diet and make time for regular physical activity. Keeping up with routine medical and dental appointments is also an important part of preventive care. And don't forget your mental well-being, taking time to rest, getting enough sleep, manage stress and connecting with others matters, too.



September is Sickle Cell Awareness Month

September is Sickle Cell Awareness Month, a time to increase understanding of **sickle cell disease (SCD)**, a group of inherited blood disorders that affect hemoglobin, the protein in red blood cells that carries oxygen throughout the body.

With SCD, red blood cells can become hard, sticky and sickle-shaped, which can interfere with blood flow and lead to pain, anemia, infections and other serious health complications.

SCD can affect people of any race or ethnicity, but it disproportionately affects Black or African American communities in the United States. According to the Centers for Disease Control and Prevention, approximately 90% of people with SCD in the U.S. are Black or African American. Because SCD is inherited and present at birth, newborn screening plays an important role in early detection.

With early diagnosis, regular medical care and appropriate treatment, people living with SCD can better manage symptoms and reduce the risk of complications. JTCHS encourages everyone to learn more, know their family health history and talk with their health care provider.

Celebrating Hispanic Heritage Month

Each year, from **September 15 to October 15**, Hispanic Heritage Month celebrates the rich cultures, histories and contributions of Hispanic and Latino communities across the United States.

This month-long celebration is also an opportunity to say GRACIAS! to our Hispanic and Latino employees, patients, families and community partners whose contributions make a meaningful impact at JTCHS and throughout South Florida.

¡Feliz Mes de la Herencia Hispana!

Take Charge of Your Breast Health

When was the last time you checked in on your breast health? **Breast Cancer Awareness Month** is a timely opportunity to put yourself and your health on the calendar. Health care professionals at JTCHS emphasize the importance of early detection, which can lead to more treatment options and better outcomes.

Routine screenings, including mammograms, can help detect breast cancer early, sometimes before symptoms appear. Screening recommendations can vary based on age, personal health and family history, which is why a conversation with your health care provider is an important first step.

It's also important to know what is normal for your body. If you notice a new lump, changes in the size or shape of a breast, skin changes or unusual nipple discharge, contact your health care provider.

Make time for yourself this October — talk with your health care provider about the breast cancer screening schedule that's right for you.

Healthy Smiles Start with Good Habits

A healthy smile doesn't happen by chance; it starts with consistent care. In recognition of National Dental Hygiene Month, JTCHS is encouraging everyone to practice good dental habits every day.

Brush twice a day for two minutes, clean between your teeth daily and don't skip those dental visits! Regular checkups and cleanings can help prevent cavities and gum disease and help identify potential concerns early, before treatment becomes more complex or costly.

If you're due for a visit, the JTCHS dental team is here to help you keep your smile healthy and strong. Call us today at **305-637-6400** to schedule an appointment

Good habits today can lead to healthier smiles tomorrow!



Healthy Aging Starts with Healthy Choices

Staying healthy as we age is about staying active, independent and engaged in the things that matter most.

As an **Age-Friendly Health System**, JTCHS is committed to helping older adults live healthier lives through care tailored to their individual needs. Using the **4Ms Framework**, our care teams focus



on **What Matters, Medication, Mentation and Mobility**, four key areas that support overall health and independence.

From managing medications and supporting cognitive health to improving mobility and helping reduce the risk of falls, JTCHS works alongside patients to support healthy aging at every step.

Dr. Arianne Cordon-Duran, MD, MPH



Meet Dr. Arianne Cordon-Duran, one of our dedicated family physicians. With a passion for helping patients and families achieve better health, Dr. Cordon-Duran brings a compassionate, patient-centered approach to every visit.

A graduate of **Northwestern University Feinberg School of Medicine**, she holds medical

and public health degrees and has a background in psychology and medical sciences. She has volunteered with the Latino Medical Student Association, Student National Medical Association, National Youth Leadership and Erie Teen Health Center. Dr. Cordon-Duran is committed to helping patients feel heard, understood and supported throughout their health care journey.

Event Snapshot!

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



Our President and CEO **Ryan R. Hawkins** and Board Chair **Thamara Labrousse** recently represented JTCHS at the **What's Right in Health Care® Conference** in Fort Worth, Texas. They joined health care leaders from across the country to exchange ideas, share best practices and explore innovative approaches to patient care. We're proud to see our leadership continuing to learn, connect and bring new ideas back to JTCHS as we work to better serve our patients and community.

JTCHS helped students prepare for a healthy school year by providing physicals and immunizations at its facilities and several community back-to-school events, including an event at **Betty T. Ferguson and The Children's Trust Family Expo**, to name a few.



Health & Wellness Calendar

Here are some special dates to call your attention from September to October 2026 to keep you in the know.

SEPTEMBER

- | | |
|--------------------------------------|---------------------------------|
| 1-30 Healthy Aging Month | 7 Labor Day |
| National Sickle Cell Awareness Month | 13 World Sepsis Day |
| National Suicide Prevention Month | 25 World Pharmacists Day |
| Prostate Cancer Awareness Month | 29 World Heart Day |

OCTOBER

- | | |
|---|--------------------------------------|
| 1-30 Breast Cancer Awareness Month | 3 Happy Birthday Mr. Hawkins! |
| Domestic Violence Awareness Month | 10 World Mental Health Day |
| Down Syndrome Awareness Month | 18 National Pharmacy Week |
| Health Literacy Month | |
| National Dental Hygiene Month | |

Are you or someone you love struggling with **opioids** like fentanyl, heroin, or pain pills?

Treatment is available. Recovery is possible.

IT'S BETTER TOGETHER

At **Jessie Trice Community Health System**, we offer:

- **Medication for opioid use disorder (MOUD)** in outpatient primary care
- **Support** from trained, compassionate providers
- **Linkage** to additional services

Opioids are powerful drugs that block pain signals in the brain that can be **highly addictive and dangerous** when misused.

COMMON OPIOID NAMES:
Oxycodone (Oxycontin, Percocet) – Oxy, Blues, Percs
Hydrocodone (Vicodin, Norco, Lortab) – Vikes, Hydros, Tabs
Fentanyl (Actiq, Duragesic) – Fent, China White, TNT
Morphine (MMS Contin, Roxanol) – M, Miss Emma
Codeine (Tylenol with Codeine, Lean) – Lean, Sizzurp, Purple

Good Samaritan law:

If someone is **Overdosing**, don't be afraid to call 911. This law protects you from arrest for seeking help. Saving a life is never a crime.



WE'RE HERE TO HELP!
786-487-3545
5361 NW 22nd Avenue, Miami, FL 33142

PHARMACY FARMACIA

PHARMACY HOURS
HORAS DE FARMACIA

MON	LUN	8 am-5 pm
TUE	MAR	8 am-5 pm
WED	MIE	8 am-5 pm
THU	JUE	8 am-5 pm
FRI	VIE	8 am-5 pm

Closed: 1 pm - 2 pm

PICK UP PRESCRIPTION
RECOGIDA DE RECETA

EXPANDING YOUR EXPECTATIONS

Dr. Aric McBride, Pharmacy Director

JTCHS – Barbara J. Jordan Health & Wellness Center
20612 NW 27th Avenue, Miami Gardens, FL 33056
305-835-1615

JTCHS – Corporate Office Complex
5607 NW 27th Ave Suite 1, Miami, Florida 33142
305-499-1928

JTCHS – Flamingo Center
901 E 10th Ave #39, Hialeah, FL 33010
305-835-1578

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