

Dear Friends,

Welcome to another issue of *Healthy Insights*. First, I would like to express my appreciation to the individuals that have come to visit and tour our facility as a result of reading our first issue. We do not take that experience lightly. If this is your first issue, I invite you to come and tour our facility as well. It is my commitment to the community to improve the overall healthcare of Delawareans that reside in New Castle County and we could not do it without the support of our advocates, funders, partners and dedicated staff.

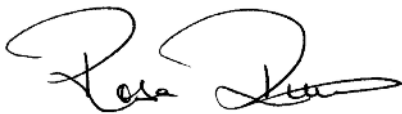
Henrietta Johnson Medical Center joins National Women's Health Week, which takes place during the month of May (9–15). Take time to renew some of those resolutions you made during the New Year and had to put on the back burner. If you are like me, drastic changes don't get you too excited. But small simple changes can be effective as long as you make a commitment and, most important, *stick to it*. You can start that daily walk or make a small change in your diet (drink more water, add vegetables and fruits, decrease your sugar intake). Just pick one, but stick to it. Not sure where to start? Visit your doctor to get a checkup and he/she can help you create your plan. Celebrate *you*, and join this year's National Women's Health Week's theme—"It's Your Time."

Gentlemen, you are important too! National Men's Health Week is June 14–22. So get busy and plan for an amazing week. How about a guy's day out? Spend some time with your father, grandfather, brother or significant other. Remember those guys from your wedding party? Let's get them together and plan some fitness activities at lunchtime or after work. Don't forget to make that appointment with your doctor and get some of those prevention screenings done. Your doctor will advise you about what screenings will be appropriate for you based on your age. You are never too young or too old to start taking care of yourself, but you definitely don't want to be too late. So get moving and schedule your visit. You can also visit www.menshealthmonth.org for more information.

Please mark your calendar for July 31 as we host our 4th Annual 5K walk/run at the Riverfront. The proceeds from this event will support adolescent health.

Have a safe and healthy summer!

Sincerely,



Rosa Rivera, CHIEF EXECUTIVE OFFICER



Henrietta Johnson—Building Healthier Communities

Henrietta Johnson Medical Center hosted a breakfast meeting on March 1, 2010, in the Wilmington Trust Company boardroom in Wilmington to educate key community leaders about the work Henrietta Johnson does to build healthier communities. U.S. Representative Michael Castle attended the event, in addition to representatives from local hospital systems and large businesses. Congressman Castle provided opening remarks, praising the work that Delaware's federally qualified health centers do to ensure access to healthcare for all Delawareans. HJMC CEO Rosa Rivera provided an overview of the center including its history, a snapshot of the patient base, current funding, and community programs provided by the center. Wilmington Trust Company sponsored the event.

New Medical Providers— Dr. Flavius Akerele and Nurse Sheri Brown

Henrietta Johnson Medical Center is pleased to welcome two new medical providers: Flavius Akerele, MD, and Nurse Sheri Brown. “Adding these two practitioners to our staff will have a positive impact on the long-term healthcare needs of the Wilmington community. Both have extensive experience in family-centered care,” said HJMC Medical Director Charles G. Case, MD, CMO.



Flavius Akerele, MD,
FACOG

Dr. Akerele is a board-certified OB/GYN with more than 30 years of experience in all areas of women’s health. He attended The George Washington School of Medicine and did his residency at George Washington University Teaching Hospital. Dr. Akerele’s areas of expertise and interest include: colposcopy, infertility, family planning, adolescent gynecology and menopausal problems. He is fluent in French.



Sheri L. Brown, MSN,
RN, FNPC

A Licensed Family Nurse Practitioner, Nurse Brown earned her Bachelor of Science from College Misericordia and Master of Science in Nursing at Wilmington College. She works collaboratively with the HJMC medical team to diagnose and treat a variety of diseases and injuries in general practice. She is able to triage emergency room situations and determine the appropriate course of action, including evaluating x-rays, obtaining lab work, utilizing telemetry and determining if transferring to an emergency room is warranted.

Helping Patients Find Their Way

The healthcare industry is buzzing about patient navigators. A patient navigator’s job is to move the patient through the healthcare experience, for example, from cancer screening, through detection or resolution of abnormal findings to the possible diagnosis of cancer—and beyond—in a timely fashion. Today, this best practice model has been adapted and implemented in many healthcare facilities, including Henrietta Johnson Medical Center.

Who are patient navigators and what are their functions and responsibilities?

Patient navigators can be nurses, social workers or other healthcare team members. Lay navigators are unique in that they are representatives of the communities they serve. A patient navigator’s job responsibilities and functions are determined by the health facility or environment in which they operate; however the overall goal remains the same: *to improve the experience of the patient.*

Generally, patient navigators are responsible for:

- Providing instructions or educating individuals about tests or procedures
- Assisting with paperwork needed to access healthcare
- Scheduling tests, procedures and treatments
- Directing patients and families to community resources
- Encouraging patients to keep appointments
- Acting as a single point of contact for cancer patients and families

HJMC patient navigator Delsy Morales wins Delaware Youth of the Year

Delsy Morales, a member of the Clarence Fraim Boys & Girls Club, has been named Youth of the Year for the State of Delaware. As part of winning this prestigious title, she received scholarship money and prizes from local merchants. A senior at Howard High School of Technology, Delsy is a consistent member of the Distinguished Honor Roll and maintains a 3.8 GPA. She is part of Howard High School’s Co-op program, where she goes to school half of the day and works at the Henrietta Johnson Medical Center the rest of the day as a Patient Care Navigator. “The Reader’s Digest Foundation has been the proud sponsor of the Youth of the Year program since 1947,” said Susan Fraysse Russ, executive director, Reader’s Digest Foundation. “For over 60 years, we have had the great honor of saluting amazing teens, like Delsy Morales, for their dedication to their families, Club, community, and their academic and career goals.” Delsy plans to compete in the Boys & Girls Clubs of America’s Northeast Regional Competition in New York City.

