



# POSITIVELY PALM BEACH

Treasure Coast Health Council, Inc.  
600 Sandtree Drive | Suite 101  
Palm Beach Gardens, FL. 33403

Volume 16: 7/8  
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## Honoring the Legacy of Ryan White



**By Jeffrey Crowley**

*Director of the Office of National AIDS Policy and Senior Advisor on Disability Policy at the White House*

October 30, 2009

Today, President Obama signed the Ryan White HIV/AIDS Treatment Extension Act of 2009. It represents our ongoing commitment to ensuring access to needed HIV/AIDS care and treatment. The White House and the Department of Health and Human Services (HHS) worked very closely with Congress on this bipartisan legislation, and the consensus document developed by the HIV/AIDS advocacy community was an important part of the process. We were so pleased that Jeanne White-Ginder, Ryan White's mother, was here at the bill signing.

The Ryan White Program is the largest federal program specifically dedicated to providing HIV care and treatment. It funds heavily impacted metropolitan areas, states, and local community-based organizations to provide life-saving medical care, medications, and support services to more than half a million people each year: the uninsured and underinsured, racial and ethnic minorities, people of all ages.

The President also announced today the elimination of the HIV entry ban. Since 1987, HIV-positive travelers and immigrants have been banned from entering or traveling through the United States without a special waiver. In July 2008, Congress removed all legislative barriers to repealing the ban and paved the way for HHS to repeal the ban. A final rule will be published in the Federal Register on Monday, November 2nd and will take effect in early January 2010. That means that people who have HIV and are not U.S. citizens will be able to enter the U.S. starting in January next year. This is a major step in ending the stigma associated with HIV.

While I have been traveling across the country during the past several weeks for our HIV/AIDS Community Discussions, I am hearing from people living with HIV, nurses, case managers, doctors, community-based service providers, and others about how important the program is to ensure access to care and treatment. As we continue our work on developing the National HIV/AIDS Strategy, we have many important lessons from the Ryan White Program for increasing access to treatment, helping retain people in care, and improving health outcomes. Addressing the epidemic in the U.S. is a priority for President Obama, and we are renewing our focus on prevention as well as treatment.

As we prepare to mark the 20th anniversary of the Ryan White Program next August, the legacy of Ryan White continues to endure.

### Participants at the event:

- Jeanne White-Ginder, Ryan White's mother
- Senator Tom Harkin, D-IA
- Senator Mike Enzi, R-WY
- Senator Tom Coburn, R-OK, not confirmed
- Representative Henry Waxman, D-CA
- Representative Frank Pallone, D-NJ
- Representative Joe Barton, R-TX
- Speaker Nancy Pelosi, D-CA, not confirmed
- Ernest Hopkins, Policy Chair, Communities Advocating for Emergency AIDS Relief (CAEAR); Federal Affairs Director, San Francisco AIDS Foundation
- Frank Oldham, Jr., President and CEO, National Association of People with AIDS (NAPWA)
- Julie Scofield, Executive Director, National Alliance of State and Territorial AIDS Directors (NASTAD)

*The Ryan White Program is the largest federal program specifically dedicated to providing HIV care and treatment.*

*Jeffrey Crowley is the Director of the Office of National AIDS Policy and Senior Advisor on Disability Policy at the White House*

# Look Who's Talking



**Tonya Fowler**  
*CARE Council Member  
 Support Liaison*



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**DISCLAIMER:** Positively Palm Beach is designed to present information to people living with HIV disease and their concerned families and friends. It is not to be regarded as medical advice. The appearance of information in this publication does not constitute an endorsement of that information by DOH or its sponsors. Consult your health care providers before undertaking any treatment discussed herein. Views expressed herein are those of the byline author and do not necessarily express the views of DOH or its staff. Requests by entities to insert materials will be reviewed by the editorial staff prior to acceptance.

Since coming on board TCHC in July, I continue to be impressed by the dedication of staff and inspired by our members who work with the CARE Council every day to help fight the HIV/AIDS epidemic. As the new CARE Council Member Support Liaison, I am thrilled to continue the task of promoting the CARE Council message of the importance of community awareness. Member support and community awareness are valuable assets to the CARE Council and I look forward to the challenge of eradicating the stigma surrounding HIV/AIDS in our community as well as providing support for our committee members.

When I started with the CARE Council, my first questions were: How can we combat the stigma of HIV in African American, Latino and gay communities, or among women & children? How can we keep HIV in the public spotlight and fight complacency about the disease? How can we continue to influence government officials about the issues? A good start to answering all these questions is, Community Involvement - people and communities playing an important role in influencing decisions which affect their lives - which leads to Community Empowerment, for

example through improved access to appropriate information, advice and services.

Community involvement is not about allowing mere comment on decisions that have already largely been made. Instead, it begins at the design stage, the very beginning of any project or program. I have several ideas and presentations which promote creative approaches to improving community involvement, support for community-based organizations, strengthening the quality and use of surveillance and epidemiologic data, improving HIV prevention programs, participating in Health Fairs, and coping with the critical need for HIV prevention and awareness in a time of economic challenges and reduced state budgets.

I am dedicated to maintaining CARE Council Member Support and creating new and interesting avenues for community involvement. Please check us out online at [www.carecouncil.org](http://www.carecouncil.org), for local information or look for the CARE Council on [www.facebook.com](http://www.facebook.com). I encourage acceptance, compassion, and understanding of all infected and affected individuals. I wish to promote discussions about HIV/AIDS through the participation of people living with HIV/AIDS, media campaigns, and educational interventions in schools, government agencies, and local businesses. I always value good advice and encourage you to send your perspectives and ideas to me at [tfowler@tchealthcouncil.org](mailto:tfowler@tchealthcouncil.org). I look forward to hearing from you soon. I believe that with your support and community involvement, the possibilities are endless.

# Is anyone listening?

Lorenzo Robertson  
CARE Council member

Happy New Year to all and I hope you all are having a great start to the New Year, 2010. I am having a great start with a little trepidation and residual sadness from 2009. Losing a friend is always hard and losing someone that you wanted to be close to you is even harder. During the 2009 Holiday season I think I lost a good friend, not due to illness, car crash or other imminent issues. I lost a friend because of the power of the tongue. Words can hurt and injure people, friendships and relationships.

Words taken out of context and repeated in a very different format can make your words seem malicious and ill willed. Although, that was not the intent or the manner in which they were presented. We have to be mindful of what we say and to whom we say it.

Sometimes we say things that were told to us and we repeat those things not to be mean spirited, but as testament to the character and integrity of another person whom we respect. Our choice to share someone else's information with those we consider friends can sometimes come back to bite us in the butt. I may have lost a very good friend, but I hope and pray our friendship can survive this and we can get back to the matter at hand; living and loving.

Life is fleeting and so short that it is incumbent upon each of us to make delicate choices in choosing our friends and keeping those friends close. We are all human and make poor choices at times about what we choose to share and not to share. I am the type of person that enjoys my friend-

ships and people, although I have a very small circle of people I consider friends. I know many people, but do not have many friends.

Years ago, I was put in a situation where my HIV status was shared with others and I had not made the decision to share it, but it was shared by someone else. At that point, I had to make a decision as to whether or not I wanted to continue in a friendship with that person. The person didn't share my HIV status out of malice, but out of concern and compassion for me. They didn't know if I was dying in a week or a month and they wanted the people that I cared about to be aware just in case they needed to make a trip to see me before I died. Fortunately, I did not die then and my friendship survived. I could have decided at that point that I do not want this person to be in my life and discarded them as a friend. I opted not to because I knew their intentions were not to hurt me.

Words are powerful spirits and we have to be very careful as to how we use them. I may have used my words, not in a malicious manner just to acknowledge that we all have strength of character. We never know the adversity people have lived through and are able to walk through the fire to get the other side. Adversity builds character and I hope can strengthen friendships, at least I hope it can strengthen mine. I am a Black Same Gender Loving man living with AIDS in Palm Beach County and I want my friend back...is anyone listening?



## Needs Assessment among Persons Living with HIV/AIDS

The CARE Council is in the process of gathering surveys among persons living with HIV/AIDS who are residing in Palm Beach County. We conduct this county-wide needs assessment every three years. The findings should be available Fall of 2010. If you are interested in having a data collector complete a survey with you please contact Sonja Swanson 561-844-4220 ext. 14.



# Staying in Care

by Tim Murphy  
POZ Magazine  
December 2009

Two years ago, things weren't going too well for Brooklyn's Eric German, 40. Diagnosed with HIV in 1991, he'd lost his bartender job, was stuck living with a physically abusive boyfriend, was drinking too much—and was starting to miss doses of his HIV meds as well as appointments at his HIV clinic. "I wasn't really happy with myself," he recalls. "I was down and depressed a lot."

So his doctor at St. Vincent's Comprehensive HIV Center in Manhattan referred him to the hospital's special Maintenance and Care program. Launched two and a half years ago, the program oversees about 4,000 HIV-positive people (and is one of a handful of such programs in New York funded by the city's health department). The plan: to find patients who, for various reasons, have stopped showing up for appointments, get them back into care and keep them there. Staff workers make repeated phone calls and, when necessary, home visits; they also offer ample hand-holding and moral support when patients come back around. "Our motto is 'Never give up,'" says Antonio Urbina, MD, the program's head and St. Vincent's director of HIV education and training. Persistence counts: Studies have shown that people who regularly have their labs done and make doctor visits control their HIV and general health better than those who drop out.

Urbina's team includes nurse Daisy Soto, who makes all those calls, and outreach worker Edwin Ortiz, who canvasses the city daily knocking on the doors of those who haven't shown up for three months or more. People disappear from care for a variety of reasons, from lacking subway fare to having kids to take care of, to suffering emotional problems. "The two major reasons are substance use and mental illness," Soto says. "So Edwin goes into their homes. We're very successful at getting our patients back into detox or a short- or long-term drug-treatment program."

They're also successful at getting patients back into HIV care: Urbina says that of 200

patients the program reached out to in its first year or so, it brought 95 percent back into regular visits. The team also connects people to social workers who help them sort out Medicaid and ADAP coverage, get transportation to appointments and secure child care, if they need it.

"It takes a lot of choreography" to get some people back into the clinic, Urbina says. In one instance, Ortiz had to visit a woman five or six times at her home in outer Queens before she finally allowed him to escort her to the clinic, then into treatment for her cocaine addiction and pregnancy—but the team pulled it off. It's not usually that hard—more often, Ortiz says, "People are like, 'Wow, St. Vincent's sent you to visit me? That's so wonderful!'"

Realizing that such efforts can dramatically improve rates of people staying in care, the Centers for Disease Control (CDC) recently began a five-year study at six large HIV clinics around the country, randomizing patients into three groups. One group will get whatever support the clinic is already offering to keep people in care; another will get a few basic messages and phone calls about the importance of showing up for clinic visits and labs; the third will get intensive help trying to remove the barriers—domestic issues, substance use—that keep people out of care. It's too early to tell, says the CDC's Lytt Gardner, PhD, but if the study shows that beefed-up intervention keeps people in care, federal health officials will likely write those interventions into their HIV-care guidelines. Right now, Gardner says, data show that up to 40 percent of HIV patients miss at least two visits a year—not good, considering that four visits a year (one each quarter) is the general rule of thumb for HIV-positive people—no matter what their viral load is.

Miami's Jackson Memorial Hospital, with about 3,000 HIV patients, is one of the CDC study sites. The hospital's Allan Rodriguez, MD, says the first steps have already produced an 8 percent rise in visits, though he adds that it's too early to attribute that solely to the new

*Keeping doctor's appointments isn't always easy, but it's key to HIV wellness. Some providers want to help.*

program. The clinic already has two outreach workers who make home calls.

As for German, he didn't need a home visit. A phone call from Soto was enough to get him back to the clinic and opening up to her about his abusive relationship (she urged him to get his own place, which he did, with public assistance), his drinking (she got him into a harm-reduction study, and now German hasn't had a drink in five months) and his depression (the program helped him get in to see a shrink). Wearing funky glasses and a silver cross his mother recently gave him, German looks great now. He's moving out of temporary housing and into his own apartment; he's interning to become an HIV peer educator; and he has been seeing someone new for four months. "He's a lot more outgoing," Soto says. "He seems happy."

A big part of his new attitude, German says, comes from Soto's continued follow-up. "She'll call me two days before an appointment, the day before and the day of, to make sure I show up." Soto laughs. "I can show you in the records how often I call him!"

### KEEP YOURSELF IN CARE

How to avoid missing doses and appointments.

#### GET ORGANIZED.

Most cell phones have alarms you can set to remind you to take meds and get to appointments. Or use a paper calendar or notebook to record appointments, mark off day and nighttime doses and keep info about meds, clinic contacts, etc. (Mark Rabiner, MD, an HIV doc who works with homeless people in New York City, suggests keeping a small version of this info sheet in your purse or wallet.)

#### SORT YOUR PILLS.

It's easier to remember doses if you sort pills once a week, using a container that divvies up day and nighttime doses. You'll avoid having to sort them when you're tired, and you won't forget whether you've taken a dose.

#### FIND MOTIVATION.

This will keep you on track with all those doses and clinic visits. "You want to be alive for something good," says Allan Rodriguez, MD, of Miami's Jackson Memorial Hospital. Eric German says he gets his mojo from his

mom and nieces. List things that bring you joy and post it by your meds to remind you why you're swallowing them. If nothing's raising your spirits, talk to someone—you might be depressed. You can get help for that, too.

#### REACH OUT FOR HELP.

If you're feeling hopeless or overwhelmed by life, don't be afraid or ashamed to call your doctor, clinic, AIDS organization, family or friends to ask for help. Many offices have case managers and social workers so you don't have to pull off these visits alone. And, Rodriguez says, "if you don't think you're being treated fairly [by caregivers], you have the right to change." So speak up!

*From POZ, December 2009. Reprinted with permission. Copyright 2009 CDM Publishing, L.L.C.*

## Greetings Black AIDS Day Stakeholder:

I hope this email finds you in the best of health and spirits. As you may know, February 7, 2010 marks the 10th year commemoration of National Black HIV/AIDS Awareness Day. We have come a long way on this journey of saving the lives of Black folks domestically throughout the United States, and internationally in other parts of the world.

We have uploaded the NBHAAD 2010 Planning Toolkit for those needing assistance in their planning efforts. Due to funding limitations, we are only able to provide posters and postcards to assist you in your mobilization efforts for free. However, we have made lapel pins and t-shirts available for purchase. This is to assist in offsetting the costs

We are grateful for our many past planners and the new folks coming on board this year. We want to make this one the largest one of them all - but we need your help.

Should you have any questions, comment or concerns about the website, our planning processes, becoming a sponsor, or an order placed; please don't hesitate to call me directly (404-454-5469) or email me ([montee@blackaidsday.org](mailto:montee@blackaidsday.org)). As the lead organization responsible for coordinating communication, developing the image and face, as well as managing the NBHAAD brand - I want to know if we have any snags that impede the process of planning.

Sincerely,

LaMont "Montee" Evans  
Chief Executive Officer,  
Healthy Black Communities, Inc.  
[www.hbc-inc.org](http://www.hbc-inc.org)

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January

5p.m.-9p.m.  
FREE Rapid Oral HIV Testing - Compass

18 - Martin Luther King, Jr. Day  
6:30 p.m.  
NA Meeting - Compass

19 - 1 p.m.-5:30 p.m.  
FREE Rapid Oral HIV Testing - Compass  
7:00 p.m.  
Quilting Bee - Compass

20 - 11:00 a.m.  
Drop In Center Potluck Support Group  
CAP - Palm Springs  
26 - 1 p.m.-5:30 p.m.  
FREE Rapid Oral HIV Testing - Compass

7:30 p.m.  
BrothasSpeak Support Group - Compass  
27 - 11:00 a.m.  
Drop In Center Potluck Support Group  
CAP - Palm Springs

21 - 4p.m.-7:30p.m.  
FREE Rapid Oral HIV Testing - Compass  
7:30 p.m.  
BrothasSpeak Support Group - Compass

8:00 p.m.  
Positive Living Support Group - Compass  
28 - 4p.m.-7:30p.m.  
FREE Rapid Oral HIV Testing - Compass  
8:00 p.m.  
Positive Living Support Group - Compass

22 - 6:30p.m.  
CHANGE Orientation Compass  
29 - 6:30p.m.  
CHANGE Orientation - Compass

25 - 1:30  
Executive Committee  
2:30  
CARE Council  
Mayme Frederick Bldg.

February

1 - 6:30 p.m.  
NA Meeting  
Compass

4p.m.-7:30p.m.  
FREE Rapid Oral HIV Testing  
Compass

2 - 1 p.m.-5:30 p.m.  
FREE Rapid Oral HIV Testing  
Compass

3 - 11:00 a.m.  
Drop In Center Potluck Support Group  
CAP - Palm Springs

7:30 p.m.  
BrothasSpeak Support Group  
Compass

4 - 4p.m.-7:30p.m.  
FREE Rapid Oral HIV Testing - Compass

8:00 p.m.  
Positive Living Support Group - Compass

5 - 6:30p.m.  
CHANGE Orientation - Compass

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

8 - 6:30 p.m.  
NA Meeting - Compass

4p.m.-7:30p.m.  
FREE Rapid Oral HIV Testing - Compass

7:00 p.m.  
Quilting Bee - Compass

9 - 1 p.m.-5:30 p.m.  
FREE Rapid Oral HIV Testing - Compass

9:30 a.m.  
CARE Council  
Planning Committee  
11:00 a.m.  
Community Awareness Committee

10 - 11:00 a.m.  
Drop In Center Potluck Support Group  
CAP - Palm Springs

7:30 p.m.  
BrothasSpeak Support Group - Compass

11 - 8:00 p.m.  
Positive Living Support Group - Compass

4p.m.-7:30p.m.  
FREE Rapid Oral HIV Testing  
Compass

12 - 6:30p.m.  
CHANGE Orientation - Compass

15 - 6:30 p.m.  
NA Meeting - Compass

4p.m.-7:30p.m.  
FREE Rapid Oral HIV Testing - Compass

16 1 p.m.-5:30 p.m.  
FREE Rapid Oral HIV Testing  
Compass

2:00 p.m.  
P&A Committee  
Mayme Frederick Bldg.

17 - 11:00 a.m.  
Drop In Center Potluck Support Group  
CAP - Palm Springs

7:30 p.m.  
BrothasSpeak Support Group -Compass

18 - 8:00 p.m.  
Positive Living Support Group - Compass

4p.m.-7:30p.m.  
FREE Rapid Oral HIV Testing-  
Compass

19 - 6:30p.m.  
CHANGE Orientation - Compass

22 - 6:30 p.m.  
NA Meeting  
Compass

4p.m.-7:30p.m.  
FREE Rapid Oral HIV Testing - Compass

7:00 p.m.  
Quilting Bee - Compass

23 - 2 p.m.-6 p.m.  
FREE Rapid Oral HIV Testing - Compass

24 - 11:00 a.m.  
Drop In Center Potluck Support Group  
CAP - Palm Springs

7:30 p.m.  
BrothasSpeak Support Group  
Compass

25 - 8:00 p.m.  
Positive Living Support Group - Compass

4p.m.-7:30p.m.  
FREE Rapid Oral HIV Testing - Compass



**HOTLINES**

A.G. Holley State Hospital TB Hotline .....	1-800-482-4636
CDC Info Hotline .....	1-800-342-2437
Crisis Line (Center Line) .....	211
Drug Abuse Hotline .....	662-4357
Florida HIV/AIDS Hotline .....	1-800-352-2437
Gay and Lesbian Hotline .....	1-888-843-4564
Medicare Hotline .....	1-800-638-6833
National Deaf AIDS Line .....	1-800-AIDS-TTY
Project Inform Treatment Hotline .....	1-800-822-7422
STD Hotline .....	1-800-227-8922

**EDUCATION/INFORMATION**

Accessible Life Saving Education for at Risk Teens (ALERT) ....	966-4288
American Foundation for AIDS Research (AMFAR) .....	1-800-392-6327
CDC HIV/AIDS Treatment Information .....	1-800-448-0440
Children with AIDS Project of America .....	1-602-973-4319
Clinical Trials Information .....	1-800-Trials-A
Farmworker Coordinating Council of PBC .....	533-7227
Glades Health Initiative, Ind. ....	996-0500
National Minority AIDS Council .....	1-202-483-6622
PBC Health Department .....	540-1300
PBC HIV CARE Council .....	844-4430
Red Cross, American .....	833-7711
Senior HIV Intervention Project (SHIP) .....	586-4843
Treasure the Children/Charles' Crew Adolescent Speakers, Inc	790-6291

**HIV/AIDS TESTING**

Compass, Inc* .....	533-9699
<i>Comprehensive AIDS Program (CAP)</i>	
Belle Glade* .....	996-7059
Delray Beach* .....	274-6400
Riviera Beach* .....	844-1266
West Palm Beach* .....	472-2466
Glades Health Initiative, Inc* .....	996-0500
Drug Abuse Foundation (DAF) .....	278-0000
Drug Abuse Treatment Association (DATA) .....	844-3556
Families First Palm Beach County .....	721-2887
Jesus People Proclaim Int'l Ministries .....	368-9044
Minority Development and Empowerment, Inc. ....	296-5722
<i>PBC Health Department (sliding scale fee)</i>	
C.L. Brumback Health Center .....	996-1600
Delray Beach Health Center .....	274-3105
Lantana Health Center .....	547-6805
Riviera Beach Health Center* .....	804-7909
West Palm Beach Health Center .....	514-5465
Riviera Beach Family Resource Center .....	840-1888
St. James Missionary Baptist .....	842-5971
United Deliverance Resource Center* .....	844-7071
Women of Color, Rise Above Your Shame .....	577-3612

\*Rapid HIV Testing Available

**DENTAL CLINICS**

C.L. Brumback Health Center .....	996-1636
Delray Beach Health Center .....	274-3111
Riviera Beach Health Center .....	804-7900
West Palm Beach Health Center .....	514-5310

**PHARMACIES**

<i>Department of Health</i>	
Belle Glade .....	996-1637
Delray Beach .....	274-3107
Riviera Beach .....	804-7940
West Palm Beach .....	514-5380
Commcare Pharmacy .....	615-0564
BioScrip Specialty Pharmacy (Spanish speaking) .....	683-0001

**HIV/AIDS SERVICE AGENCIES**

<i>Comprehensive AIDS Program, Inc. (CAP)</i>	
West Palm Beach .....	472-2466
Belle Glade .....	996-7059
Delray Beach .....	274-6400
Riviera Beach .....	844-1266
Pahokee .....	924-7773

**CARE RESOURCE**

Coral Gables .....	1-305-667-9296
Fort Lauderdale .....	1-954-567-7141
Miami .....	1-305-573-5411
Compass .....	533-9699
Youth Line .....	533-9699
<i>Children's Place at Home Safe, Inc.</i>	
North/Central Palm Beach County .....	832-6185
Southern Palm Beach County .....	995-0490
Farmworkers Coordinating Council of PBC .....	533-7227
Florida Lighthouse .....	499-1442
Gratitude Guild, Inc. ....	833-6826
HIV Pastoral Care .....	1-305-858-4649
Hospice By the Sea .....	395-5031
Hospice of Palm Beach .....	848-5200
Integrated Healthcare Systems .....	586-7404
Latin American Immigrants & Refugee Org. ....	966-4515
Legal Aid Society of Palm Beach County .....	655-8944
Minority Development and Empowerment, Inc. ....	296-5722
Palm Beach County Home .....	842-6111
Palm Beach Research Center .....	689-0606
Planned Parenthood .....	848-6300
Oakwood Center .....	383-5912 or 383-5777
Social Security Administration .....	1-800-722-1213
Treasure Coast Health Council, Inc. ....	844-4220

**INFECTIOUS DISEASE PHYSICIANS**

<i>Central County</i>	
<i>Riviera Beach Health Center</i>	
Manochehr Khojasteh, MD .....	804-7900
Celeste Li, MD .....	804-7900
Kleper de Almeida, MD (Spanish Speaking) .....	967-0101
Kenneth Ness, MD .....	655-8388
Olayemi O. Osiyemi, MD .....	832-6770
Donald Watren, MD .....	655-9660
Larry Bush, MD .....	967-0101
<i>Southern County</i>	
Infectious Disease Consultants .....	499-1442
Hamed A. Komaiha, MD, Jose C. Villalba, MD,	
Jaroslav F. Ondrusek, MD, Cesar A. Randich, MD, Melvin S. Kohan, MD	
<i>Delray Beach Health Center</i>	
Snehprabha Samant, MD .....	274-3178
Guadalupe Medical Center (Spanish Speaking) .....	642-0768
<i>Infectious Disease Associates</i>	
Julio Cardenas, MD, Ines Mbagha, MD, Susan Saxe, MD, Jill Howard,	
MD, Sanda Cebular, MD, Kurt Weise, MD	
Delray .....	496-1095
Boca Raton .....	393-8224
<i>Western County</i>	
Lyonel Jean Baptiste, MD .....	992-9216
Juan Carlos Rondon, MD .....	924-7788

**PRIMARY MEDICAL CARE**

VA Medical Center (for veterans only) .....	422-7522
<i>Palm Beach County Health Department</i>	
Riviera Beach Health Center .....	804-7900
C.L. Brumback Health Center (Belle Glade) .....	996-1600
Delray Beach Health Center .....	274-3100
West Palm Beach Health Center (pediatrics) .....	514-5300

# Candied Walnut Gorgonzola Salad

## Ingredients

- 1/2 cup chopped walnut
- 1/4 cup sugar
- 3 cups mixed greens
- 1/2 cup dried cranberries
- 1/2 cup crumbled Gorgonzola cheese
- 1 tablespoon raspberry vinaigrette
- 1 tablespoon white vinegar
- 1 tablespoon olive oil

## Directions

Place walnuts and sugar in a skillet over medium heat, stirring constantly until the sugar dissolves into a light brown liquid and coats the walnuts. Remove walnuts from skillet, and spread them out on a sheet of aluminum foil to cool. Place in a large salad bowl the mixed greens, cranberries, cheese, vinaigrette, vinegar, and olive oil. Toss gently; add candied walnuts, and toss again.



600 Sandtree Drive, Suite 101  
Palm Beach Gardens, Florida 33403



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