

# The Elite

Issue 2, December 2022



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# Winter Edition

[WWW.ELITECAREHC.COM](http://WWW.ELITECAREHC.COM)





# Our Locations

## Pasco County

11425 US 19, Port Richey, FL 34668 (727) 339-0430  
5522 Trouble Creek Rd, New Port Richey, FL 34652 (727) 788-3070  
5446 Land O' Lakes Blvd, Land O' Lakes, FL 34639 (813) 346-7180

## Hernando County

7269 Spring Hill Drive, Spring Hill, FL 34606 (352) 691-5040  
11075 Spring Hill Drive, Spring Hill, FL 34609 (352) 691-5250  
400 S Broad Street, Brooksville, FL 34601 (352) 691-1970

## Citrus County

8363 S Suncoast Blvd, Homosassa, FL 34446 (352) 654-2070  
2687 E Gulf to Lake Hwy, Inverness, FL, 34453 (352) 691-1190

## Pinellas County

1264 S Pinellas Ave, Tarpon Springs, FL 34689 (727) 382-6280

## Orange County

5235 W Colonial Drive, Orlando, FL 32808 (689) 698-1820

## Indian River County

13090 US HWY 1, Sebastian FL 32958 (772) 589-3755

## Dental Locations

11425 US 19, Port Richey, FL 34668 (727) 339-6959  
4645 Keyville Ave, Spring Hill, FL 34608 (352) 683-0297



# Provider Spotlight

5522 Trouble Creek Rd, New Port Richey, FL 34652



Courteous, efficient, friendly staff, oh and Dr Jibawi is awesome too. Compassionate and really listens!

Dr Jibawi genuinely cares about his patients. I'm not just another number. His NP Jennifer is the same. His nurse and staff also are very caring.

ALL staff friendly and professional. Excellent job..feel well cared for

Great office! Very friendly staff. Dr. Jibawi has great patient demeanor and knowledge.

This was my first visit with Dr. Jibawi and I found him to be very caring. I'm so glad I switched to him. The staff is very friendly too.

**Leave a review!**

SCAN ME



## Mohamad Jibawi, MD

Mohamad Jibawi, MD, comes to EliteCare Health Centers eager and excited to meet new patients and help them on a better health and wellness journey. He completed his residency in Family medicine at the LSU Family Medicine Ochsner Medical Center in Kenner, Louisiana. He received his medical degree from St. Matthews University School of Medicine, Grand Cayman, Cayman Islands.

Dr. Jibawi is ACLS and PALS certified. He also holds Advanced Life Support certifications in Obstetrics. He was named Intern of the Year while at LSU and received the Women's Health Award in 2015 from Louisiana State University Health Science Center.

Dr. Jibawi is a member of the American Association of Family Practice and the Louisiana Academy of Family Physicians. He is fluent in both English and Arabic.

On his time off, Dr. Jibawi enjoys fishing and various sports such as football, basketball and volleyball.





# Provider Spotlight

11075 Spring Hill Drive, Spring Hill, FL 34608



Best doctor's appointment I've had in years. Dr. Laman diagnosed and corrected several issues. Alleviated knee pain, prescribed better meds. Created a plan for long-term issues. Could not praise more. Actually look forward to going to the doctor now.

Everyone was excellent. Dr. Laman's nurse was very thorough with her part of my initial exam. She made me feel relaxed. Dr. Laman was so refreshing. She addressed my health concerns, was able to take care of a problem I've been having and explained the new practice to me. I'm so glad to be able to have her as my new primary. Looking forward to a great health journey.

Dr. Jennifer Laman is professional, kind, very thorough in my examination and understanding of my medical history. Dr. Laman took her time with me and made sure I understood what my upcoming appointments were and what I needed to do. I highly recommend them and trust they are providing me with the very best in medical care available today.

**Leave a review!**



## Jennifer Laman, DO

Jennifer Laman, DO completed her residency at Largo Medical Center. There she was recognized for her leadership abilities by being named Chief Resident of Family Medicine and Chief Administrative Resident from Largo Medical Center. She received the Resident of the Year Award for 2011-2012. Dr. Laman is a graduate of the Lake Erie College of Osteopathic Medicine in Bradenton, FL where she received her Doctor of Osteopathic Medicine degree.

Her practice philosophy is one in which she is dedicated to treating every individual patients as a "whole" person as she was trained to do as an Osteopathic Physician. Dr. Laman believes in patient education and promotion of wellness and encourages her patients to participate in their own medical care.

"The patient/physician relationship is a partnership and is best accomplished by ongoing care from one physician and a kindhearted staff." Communication is at the center of her management philosophy. "I would consider it a privilege to get to know you and your family and my honor to take care of you." She says.





# Patient Praise



## **Dr. Shah- 11425 US Hwy-19, Port Richey**

I have never met a more caring health provider in my entire life and I am almost 70. The doctor spent a lot of time with me. She wanted to know everything. I have had good doctors but Dr. Shah was above and beyond. I recommend this Doctor and the professional and friendly office staff %100.a lovely person.



## **Dr. Wu- 7269 Spring Hill Drive, Spring Hill**

The office is always has a clean and pleasant atmosphere. The staff has been such a joy to work with, they are so attentive to your health care needs as well as making you feel comfortable while there. As for Dr. Wu, he is so patient and genuine. He truly cares about the patient as well as the caregiver. What a Jewel! Keep up the Great Service We Appreciate You All!



## **Dr. Hoxie- 8363 S Suncoast Blvd, Homosassa**

Dr Hoxie and his staff are very kind, happy, knowledgeable and welcoming. I am a new patient and he spent two hours with me the first visit. He is a superb physician and I am very grateful I was recommended to him. I highly recommend him to anyone who is looking for a new doctor.



## **Dr. Herndon- 1264 S Pinellas Ave, Tarpon Springs**

I am very glad I switched over to Dr. Herndon. He is very knowledgeable, personable and easy to talk to. Is attentive to my answers, and knows just the right questions to ask. Seems very concerned in regards to any issue I may have, big or small. Thank you!



## **Dr. Lamparelli- 11075 Spring Hill Drive, Spring Hill**

Met Dr. Lamparelli for the first time at my husband's first appointment. He was extremely pleasant, friendly, knowledgeable. He listened, answered our questions and seemed genuinely concerned. His nurse, I think Cindy, was friendly, personable. made us both feel at ease. The office staff was friendly, and helpful. Everyone gets A+.



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📞 727-339-6959

📍 4645 Keyville Ave  
Spring Hill, FL 34608

📞 352-683-0297



\*Dental services are provided by an independent dental practice.

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is available**



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(352) 592-6340**

**1250 MARINER BLVD, SPRING HILL, FL 34609**



# PAST EVENTS





# Eggplant Ricotta Bites

## Ingredients:

- 1 Medium eggplant
- Salt
- Flour
- 2 eggs
- 3/4 cup breadcrumbs
- 1/4 cup grated parmesan
- 1 tbsp. olive oil
- 2 plum tomatoes, diced
- 1 cup ricotta cheese
- Shredded basil, for topping



**Prep Time: 25 Min**  
**Cook Time: 25 Min**

## Step 1

Thinly slice the eggplant into rounds and season with salt. Pour some flour into a shallow dish. Beat the eggs in another dish. In a third dish, mix the breadcrumbs and Parmesan. Dredge the eggplant in the flour, then dip in the eggs and coat with the breadcrumb mixture.

## Step 2

Heat 1 tablespoon olive oil in a large skillet over medium heat. Working in batches, cook the eggplant until golden, about 2 minutes per side, adding more oil between batches, if necessary. Drain on paper towels and season with salt.

## Step 3

Toss the tomatoes with the remaining 2 teaspoons olive oil and the vinegar in a small bowl. Spoon some ricotta onto each eggplant slice. Top with the tomato mixture and basil.





# Green Bean Casserole -Slimmed

## Ingredients:

- 3 to 4 shallots, in their skins
- Salt + Pepper + Cooking Spray
- 1 pound fresh green beans, stemmed, and halved
- 1 tbsp. extra-virgin olive oil
- 4 cups sliced cremini mushrooms
- 2 tbsp. unsalted butter
- 3 tbsp. all-purpose flour
- 1 1/2 cup chicken broth
- 3 tsp. fresh thyme leaves
- 1 cup fresh bread crumbs



**Prep Time: 45 Min**  
**Cook Time: 20 Min**

## Step 1

Preheat the oven to 400 degrees F. Put the shallots (in their skins) on a small baking dish, roast until soft, about 30 minutes. When cool enough to handle, skin and coarsely chop the shallots. Set aside.

## Step 2

Bring a medium-large saucepan of water to a boil over high heat. Add kosher salt, to taste. Add the green beans, and cook, uncovered, until crisp-tender and bright green, about 3 minutes. Drain the beans in a colander and rinse with cold water. Transfer the beans to a large bowl.

## Step 3

In the same saucepan, heat the oil over medium heat. Add the mushrooms, season with 1 teaspoon salt, cook, stirring occasionally, until browned, about 7 minutes. Add the mushrooms to the beans.

## Step 4

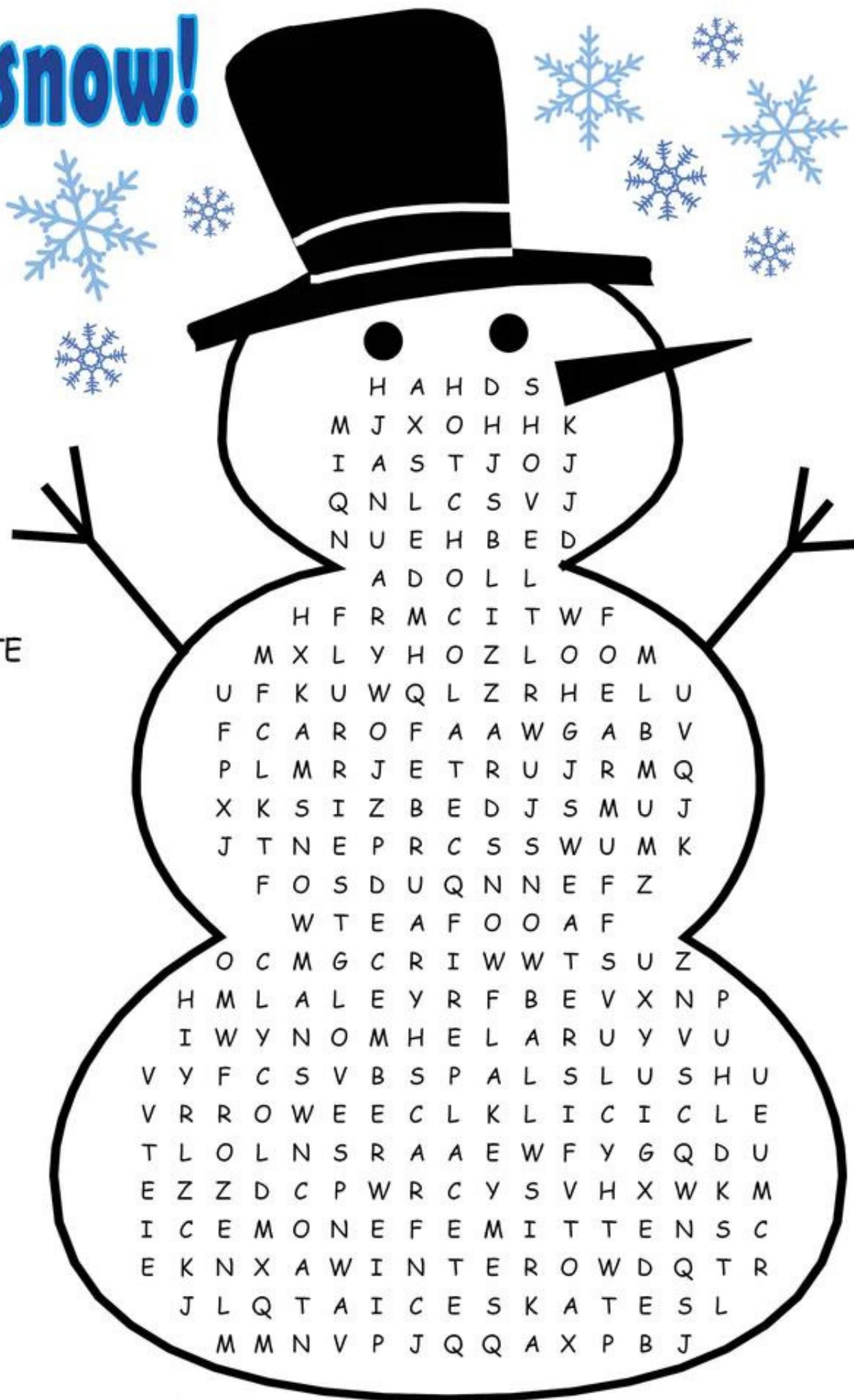
Spray a 2-quart baking dish with vegetable cooking spray. Transfer the vegetable mixture to the pan. Add the remaining 2 teaspoons of thyme to bread crumbs and scatter over the vegetables. Bake uncovered until the sauce bubbles and the crumbs brown, about 20 minutes.

## Step 5

Melt the butter in a small saucepan over medium heat. Add the flour and cook, stirring with a wooden spoon, until golden, about 2 minutes. Slowly whisk in the broth, increase the heat to high, and bring to a boil. Add the shallots, 1 teaspoon of the thyme, and remaining 1/2 teaspoon of salt. Reduce the heat to maintain a simmer and cook until thickened, stirring occasionally, about 5 minutes. Pour the sauce over the vegetables and stir to combine evenly.

# Let it snow!

BLIZZARD  
COAT  
COLD  
DECEMBER  
EARMUFFS  
FEBRUARY  
FIREPLACE  
FLURRIES  
FROZEN  
GLOVES  
HOT CHOCOLATE  
ICE  
ICE SKATES  
ICICLE  
JANUARY  
MITTENS  
SCARF  
SHOVEL  
SLED  
SLUSH  
SNOWBALL  
SNOWFLAKE  
SNOWMAN  
SWEATER  
WINTER







# Winter Word Scramble

*Unscramble the words the fastest and win!*

lcdo

nwsO

nirwet

rakap

nalnflE

kigisn

gdo dsel

gogneg

roefodiw

waerset

kcaj sofrt

rtobifest

tinrehabe

baogotgn

bneergrigad

mosanwn

tho lcohcaoet

renereveg

soswogniehn

cei taknisg



# Winter

## WORD SEARCH

R	E	H	O	T	C	H	O	C	O	L	A	T	E	S
E	G	G	N	O	G	M	O	F	R	T	S	H	W	C
B	T	L	A	B	I	T	F	L	A	N	N	E	L	O
W	P	K	N	O	P	S	M	D	F	S	N	V	A	L
I	L	E	I	G	I	N	G	E	R	B	R	E	A	D
N	B	J	A	G	A	Q	G	E	O	U	V	R	N	G
T	F	A	I	A	T	L	Q	N	S	R	P	G	O	S
E	C	C	T	N	G	R	C	O	T	D	C	R	T	W
R	A	K	R	S	N	O	W	R	B	L	A	E	H	E
I	D	F	C	H	A	T	Y	E	I	N	T	E	S	A
F	I	R	E	W	O	O	D	A	T	I	L	N	A	T
P	E	O	Z	F	Y	R	N	S	E	T	E	R	U	E
Y	X	S	N	O	W	M	A	N	I	O	N	I	C	R
S	R	T	P	I	C	E	S	K	A	T	I	N	G	T

COLD  
SNOW  
WINTER  
SWEATER  
FLANNEL  
FIREWOOD  
ICE SKATING  
GINGERBREAD  
HOT CHOCOLATE  
TOBOGGAN  
SNOWMAN  
EVERGREEN  
EGGNOG  
FROSTBITE  
JACKFROST







# IMPORTANCE OF CHECKUPS

1. Reduce the risk of getting sick.
2. Reduce healthcare cost over time.
3. Detection of stress- related diseases.
4. Regular checkups can help to identify blood test results.
5. Regular checkups make you more aware of your health and wellbeing.
6. Reduces the risk of complications during treatments.
7. increases the lifespan of an individual.



To schedule an appointment or to find out more information about the practice visit our website at [www.elitecarehc.com](http://www.elitecarehc.com)



# DIABETIC WELLNESS

## What is Diabetes?

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

## LIVING WITH DIABETES

There are three main types of diabetes: Type 1, Type 2 and Gestational.

Type 2 Diabetes is the most common with about 90-95% of people with diabetes have Type 2.

Managing blood sugar is the key to living well with diabetes, and eating well is the key to managing blood sugar. Simply eat healthy foods in the right amounts at the right times so your blood sugar stays in your target range as much as possible.

There is no current cure for Diabetes. Losing weight, eating healthy foods, and being active are a few helpful ways to stay healthy.

Foods & Drinks to **AVOID**: Soda, Sweetened Tea, Potatoes, Rice, Bananas, Melons, Fried Meats, Dark Meats

# MANAGING ARTHRITIS

## What is Arthritis?

Inflammation of one or more joints, causing pain and stiffness that can worsen with age.



## LIVING WITH ARTHRITIS

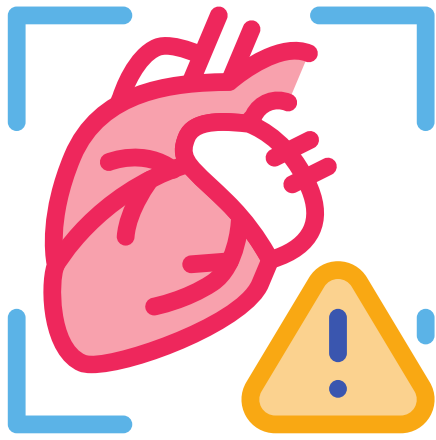
Different types of arthritis exists: Osteoarthritis, Rheumatoid arthritis,, Spondyloarthritis, Ankylosing spondylitis,, Psoriatic arthritis, and Juvenile idiopathic arthritis,

Managing arthritis can take time, however the number one way to manage your arthritis is to exercise. Exercise can reduce your joint pain and swelling. It will make your muscles stronger which provided better support to your joints.

Pain from arthritis can be constant or come and go. Remain positive and proactive in all aspects of managing your arthritis and your overall health.

Types of exercise to **improve** your arthritis: swimming, yoga, Tai Chi, brisk walking, cycling, and Pilates.





# THE FACTS ABOUT HEART DISEASE

## What is heart disease?

Heart disease describes a range of conditions that affect the heart. Heart diseases include: Blood vessel disease, such as coronary artery disease. Irregular heartbeats (arrhythmias), etc...

## TYPES OF HEART DISEASE

There are four main types of heart disease: Coronary heart disease, strokes and TIAs, Peripheral arterial disease and Aortic disease.

Heart disease affects 37 percent of men and 26 percent of women 65 and older. As people age, they're increasingly living with risk factors, such as high blood pressure and high cholesterol, that increase the chances of having a stroke or developing heart disease

Coronary heart disease occurs when the flow of oxygen-rich blood to the heart muscle is blocked or reduced.

Eating well, Exercising, and getting a good night's rest can **REDUCE** the risk of developing heart related diseases.

# THE RISK OF FALLS

## FACTS ABOUT FALLS

Falls are the number 1 cause of injuries in adults over the age of 65 and result in hip fractures, cuts, and often serious brain injuries.



## REDUCE YOUR RISK OF A FALL

Falls are unpredictable but often times avoidable. You can make your home a safer place by cleaning up clutter, removing tripping hazards, installing grab bars, wearing shoes and adding more light to your home.

Make an appointment with your primary care provider to assess your risk for falls and prevention strategies. Some factors that can make falls more likely are your medications, your health conditions, and even previous falls that you may of had.

Each year, 2.5 million people ages 65 and older are treated in emergency departments because of falls.

One-third of people who go to the emergency room for a fall may find themselves there again within one year.



# The Elite

Issue 2, January 2023



## Winter Edition

EXTERNAL USE