

THE ELITE



WINTER EDITION

Issue 2, December 2022



OUR MISSION

Our mission is to improve the health of our community by providing high-quality, personalized medical care in a welcoming and compassionate environment. With our comprehensive services, we can meet all of your everyday health and wellness requirements under one roof. We have multiple locations in Florida. Consult with the top-ranked providers located near you.

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Learn about two of our spotlight doctors and scan the QR code to leave them a review!

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Enjoy photos from our previous events, and visit ELITECAREHC.COM to see our upcoming events.

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Take a look at two of Dr. Maria Scunziano's featured recipes from her cook book!

PROVIDER SPOTLIGHT

5522 Trouble Creek Rd, New Port Richey, FL 34652

REVIEWS

"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!



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

REVIEWS

"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."

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."



PATIENT PRAISE

CHECK OUT SOME OF OUR FIVE STAR REVIEWS!

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!



MEDICARE MEMBERS:

DENTAL IS NOW OPEN!

*Dental services are provided by an independent dental practice.

Maintaining good oral health is essential to staying healthy. Additionally, there is a strong correlation between poor oral health and chronic illness such as heart disease and diabetes.

INFORMATION:

11425 US-19
Port Richey, FL 34668

727-339-6959

4645 Keyville Ave
Spring Hill, FL 34608

352-683-0297

EliteCare Health Centers collaborates with your health plan to make your dental care experience pleasant and personalized. Our medical professionals each have years of experience in their specialties. The mission of our practice is to deliver primary care services in a personalized, comfortable, and compassionate manner. We are committed to a patient-centric approach to providing you with quality customized care.

Call today to schedule an appointment!

EXPERIENCE THE BENEFITS OF HYDRO-MASSAGE

BOOST YOUR WELLNESS

- ✓ Provide temporary relief of minor aches and pains
- ✓ Relieve muscle soreness, stiffness, and tension
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- ✓ Reduce stress and anxiety and enhance the feeling of relaxation



A background image showing a festive holiday scene with a Christmas tree, warm lights, and spa items like a candle, towels, and bath bombs on a table covered with faux snow. A large dark blue semi-circle is overlaid on the center of the image.

**WELLNESS
SERVICES
ARE
AVAILABLE
NOW!**

OFFICES NOW OPEN IN :

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To find an office near you & schedule an appointment today! 7

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- Professional training sessions
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Experience the benefits of Hollywood Fitness
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Strengthening

Upper Body
Strengthening

Lower Body
Strengthening

Balance
Strengthening

PIYO
(Pilates and yoga)

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For more information call 352-600-4242

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FOR MORE INFORMATION:

(352) 592-6340

1250 MARINER BLVD, SPRING HILL, FL 34609

**MON-FRI:
9AM-5PM**

WEEKENDS:
An on-call pharmacist
is available.

WE ACCEPT:



TAKE A LOOK AT OUR PAST EVENTS



ROASTED ROOT VEGETABLES WITH BRUSSELS SPROUTS



25 Minutes



Serves 6



INGREDIENTS

1 medium red beet, peeled and cut into chunks

1 medium sweet potato, peeled and cut into chunks

1 medium turnip, cut into chunks (peeling optional)

1 medium rutabaga, cut into chunks (peeling optional)

1/2 lb. whole fresh brussels sprouts (sliced in half from base to top)

1/3 cup olive or coconut oil

2 tsp of your favorite herb mix, or rosemary, or curry powder

DIRECTIONS

1. Thank the earth for providing such bounty.
2. Preheat oven to 375°F.
3. Place all prepared vegetables in a large bowl and mix thoroughly with oil and herb of choice.
4. Cover a large baking sheet with parchment paper. Arrange vegetables on the pan.
5. Roast in oven on the lowest rack for 25 minutes or until fork tender.
6. Serve.



FARRO-KALE MUSHROOM DELIGHT



2- 4 Hours



Serves 4

DIRECTIONS

1. Have a moment of gratitude for the earthly gifts.
2. Drain the farro and set aside.
3. In a 4-quart saucepan, add oil and stir in onions and garlic. Cook until softened, about 1-2 minutes.
4. Add mushrooms and gently stir for another minute.
5. Add farro, pine nuts, salt, pepper and mirin to mix and coat. Cook for 3 minutes.
6. Stir in water or stock to the pan.
7. Cover and let simmer for fifteen minutes.
8. Fold in kale and let cook another 10 minutes.
9. Add extra broth if desired.
10. Garnish with parsley and serve.

INGREDIENTS

- 2 cups farro, soaked for 2-4 hours
- 2 tbsp olive oil
- 1 large or 2 medium white or yellow onions, sliced
- 3 cloves garlic, minced
- 8-10 mushroom pieces (shiitake or portabella)
- 2 tbsp pine nuts
- 1 tbsp rice wine vinegar (mirin)
- 1/2 tsp sea salt
- 1/2 tsp red or black pepper
- 4 cups water or vegetable stock
- 2 cups kale, chopped
- 4-6 parsley sprigs



THE IMPORTANCE OF CHECKUPS

- 1 Reduce the risk of getting sick
- 2 Reduce healthcare cost over time
- 3 Detection of stress-related diseases
- 4 Identify blood test results
- 5 Be more aware of your health and wellbeing
- 6 Reduce the risk of complications during treatments
- 7 Increase your lifespan

VIA: mypvhc.com

To schedule an appointment or for more information, visit our website:
www.elitecarehc.com