

THE ELITE



SPRING EDITION

Issue 3, April 2023



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.

PAGES 2-3

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

PAGE 10

View a list of our upcoming events, and visit ELITECAREHC.COM to see our upcoming events.

PAGE 11

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



PROVIDER SPOTLIGHT

📍 2687 E. GULF TO LAKE HWY., INVERNESS, FL 34453

REVIEWS

"Very nice atmosphere, the employees and Doctors are awesome, explain everything very clear. Very well Recommended. Thanks"

"I was very happy and pleased to meet Dr Rodriguez, his staff was professional and helpful. Thank you Dr Rodriguez"

"Dr. Rodriguez is an outstanding, outgoing doctor. He also is patient and listens to all his patients multiple battle's. I've been with Dr Rodriguez since he first opened his old office."

LEAVE A REVIEW!

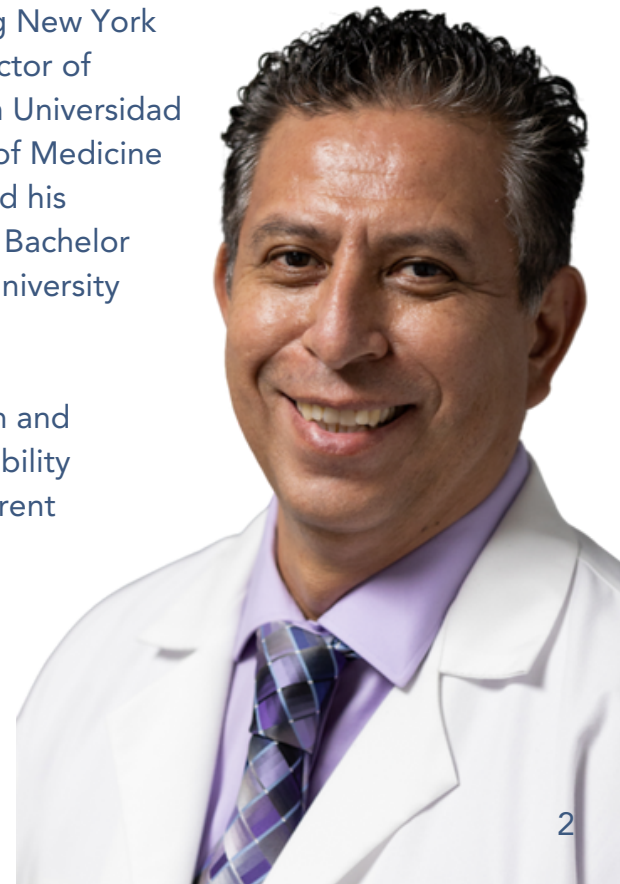


JOSE JESUS RODRIGUEZ, MD

Bio-Jose Rodriguez, MD, joined EliteCare Health Centers in October 2022. Dr. Rodriguez completed an internship in Puerto Rico where he was in rotations for surgery, internal medicine, intensive care, obstetrics, gynecology, radiology, psychiatric and pediatrics and has been working as a general medicine doctor since then. He was awarded a Certificate of Excellence in Patient Care in 2013 and 2014.

Dr. Rodriguez received a Doctor of Medicine degree via a fifth pathway program from New York Medical College. Prior to attending New York Medical College, he received a Doctor of Medicine and Surgery degree from Universidad Autonoma de Guadalajara School of Medicine in Guadalajara, Mexico. He received his Bachelor of Science in biology and Bachelor of Art in Spanish from San Diego University in San Diego, California.

Dr. Rodriguez speaks fluent English and Spanish and prides himself on his ability to relate well with a variety of different cultures and people. He is certified in ACLS and PALS.



PROVIDER SPOTLIGHT

📍 1264 S PINELLAS AVE, TARPON SPRINGS, FL 34689

REVIEWS

"Dr. Herdon spends quality time with us when we see him. He makes sure we understand our labs and reasons for medicine change."

"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!"

"My first visit was awesome! Jennifer in the office was very helpful. Brittany, medical assistant, was really nice and made me feel very comfortable. I really like Dr. Herndon. He spent a lot of time with me, answering all of my questions. They are all very knowledgeable. I would highly recommend them to anyone looking for a new doctor!"

LEAVE A REVIEW!



DAVID HERNDON, DO

Family physician Dr. David Herndon practices at EliteCare Health Center in Tarpon Springs, Florida. He graduated from the Kirksville College of Osteopathic Medicine at A. T. Still University and has been in practice for 11 to 20 years.

Dr. Herndon is a family-centered care provider and welcomes patients of all ages from children to grandparents. He believes in the philosophy of cost-effective, evidence-based medicine and has a special interest in geriatric health and sports medicine. He also holds a Level 3 Recognition Status for Patient-Centered Medical Home from the National Committee for Quality Assurance.

Dr. Herndon is a member of several prestigious boards and associations including the Pasco County Medical Society, the American Osteopathic Association, the American Academy of Family Physicians, the Florida Society of the American College of Osteopathic Family Physicians, and the American Osteopathic Association.





PATIENT PRAISE

CHECK OUT SOME OF OUR FIVE STAR REVIEWS!

Dr. Morrareddy- 5446 Land O' Lakes Blvd,
Land O' Lakes, FL 34639

"Dr. Morrareddy is great and very friendly and knowledgeable."

Dr. Shah and Dr. Stoyanov- 11425 US Hwy 19,
Port Richey, FL 34668

"Doctors who genuinely care. And respond quickly when I'm sick and the staff members are also caring and efficient."

Dr. Laman- 11075 Spring Hill Drive, Spring Hill,
FL 34608

"Such a nice first appoint with Dr Laman Im so happy to have a real Dr that listens! Understands and is smart. Office help and Nurses as well as care from Dr. 5 stars."

Dr. Noveck- 11075 Spring Hill Drive, Spring Hill,
FL 34608

"Dr. Jacob Noveck at Elite Health Care went above and beyond helping June H. with her stroke assessment and assistance, even calling on the weekend to check on her and guide her in the right direction for post stroke care. A very caring Doctor!"

Dr. Layme- 400 S Broad Street, Brooksville, FL 34601

"Very positive. Really liked my nurse practitioner. Very thorough and actually listened to all my needs."

COMMUNITY EVENTS

ENGAGEMENT & ACTIVITIES

Community Events- Open to the Public:-

- 1** | Market in the Mall- Gulf View Square Mall:
April 1st- 10AM-2PM
- 2** | Bexley Market on the Lawn- 16950 Vibrant Way,
Land O Lakes: **April 8th - 10AM-2PM**
- 3** | The Pasco Market- 5401 Land O Lakes Blvd,
Land O Lakes: **April 16th – 10AM-2PM**
- 4** | Gulf Trace Community Market- 2830 Gulf Trace Blvd,
Holiday, FL: **April 16th – 10AM-2PM**
- 5** | Earth Day Event- The WellCome OM Center:
April 22nd- 9AM-2PM

For more information about our events, please check out our website:



www.elitecarehc.com/events



www.facebook.com/elitecarehc

CHICKPEA HUMMUS

Prep Time:
20 minutes

Cook Time:
20 minutes

Total Time:
40 minutes

Yield:
2 servings



DIRECTIONS

INGREDIENTS

- 1 (20-ounce) can undrained or 20 ounces of dried, prepared chickpeas
- 3 tbsp fresh lemon juice 2 tbsp tahini paste
- 1 tbsp olive oil
- 1 1/2 tsp garlic, minced
- 1 tsp cumin
- 1/2 tsp Himalayan pink salt or sea salt

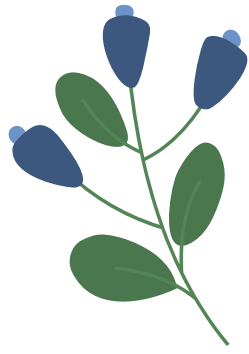
1. Take a moment to breathe, following the tips in this chapter.

2. Combine all ingredients in a blender or food processor and blend on high.

3. Turn blender off and scrape the sides with a spatula.

4. Continue blending for another 30 seconds or until thoroughly mixed.

5. Transfer to a serving dish, or keep refrigerated until needed.



SPRING

word search



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

- | | | |
|-------|-----------|----------|
| APRIL | BUTTERFLY | RAINBOW |
| BIRDS | FLOWERS | SPRING |
| BLOOM | GARDEN | SUNSHINE |
| BUNNY | MAY | WARM |

6 | Ways to eat well as you get older

BUILD A HEALTHY PLATE

Make sure you are consuming fruits, grains, vegetables, proteins, and a form of dairy.

For more information, visit MyPlate.gov

CONSUME NUTRITIONAL MEALS

When eating meals, make sure you get the best out of your meal. Consume meals that have enough protein, are low in fats, and have enough vitamins.

READ ALL FOOD LABELS

Be aware of what is in the food you are consuming. Read the nutrition labels on your food to make sure there are low added sugars, low sodium, & low fat.

USE SUGGESTED SERVINGS

Most foods and drinks are good to eat if done so within the suggested serving size. Suggested serving sizes are listing on all food and drink that we consume.

STAY HYDRATED

Water is extremely important to maintaining a healthy lifestyle. Drink fluids consistently throughout the day to ensure that you are staying hydrated.

STRETCH YOUR FOOD BUDGET

Planning your meals for the week can help your budget and help you eat better.

3 LOW IMPACT EXERCISES

Before starting any sort of exercise, stretch thoroughly. Stretching is very important, and it reduces your risk of injuries.

Stretching before working out allows your body to warm up and enables your body to have more range of motion when exercising.

EXAMPLES OF 3 LOW IMPACT EXERCISES



YOGA



QI GONG



WALKING



For an interactive video of QiGong, Scan the QR code!