

THE ELITE



SUMMER EDITION

Issue 4, July 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 12

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

Page 14

Discover 6 ways to choose the right primary care doctor for seniors!

Provider Spotlight

📍 11425 US-19, Port Richey, FL 34668

Reviews

“Doctors who genuinely care. And respond quickly when I’m sick. The staff members are also caring and efficient.”

“The best first encounter that I have ever had. Everyone in the office was caring and professional.”

“Great place and the staff were wonderful.”

Leave a Review!

SCAN ME



Marina Kulick, MD, MPH

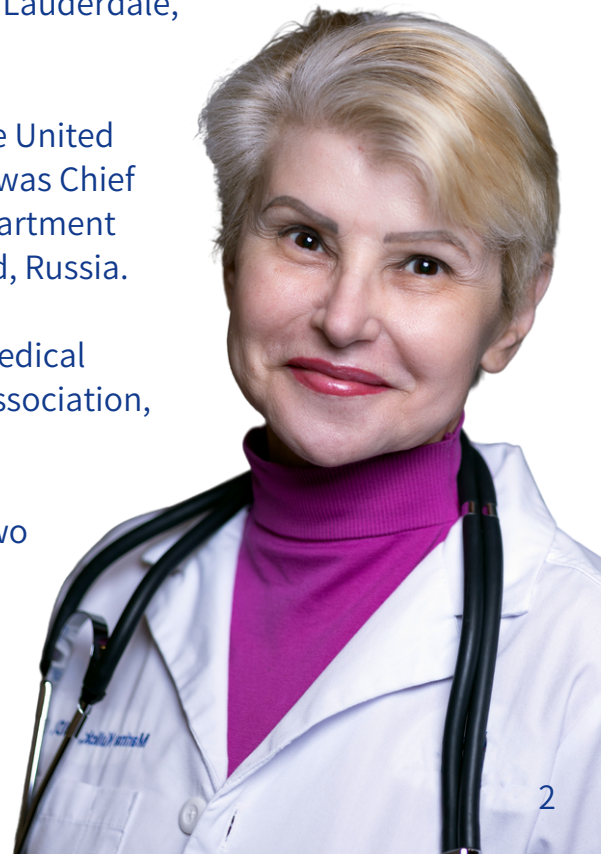
Internal & Family Medicine

Marina V. Kulick, MD MPH, attended residencies in general surgery at the Morehouse School of Medicine, Grady Memorial Hospital, Atlanta, Georgia, in general preventative medicine and public health at Palm Beach County Public Health Clinic Veteran Administration Health Center in West Palm Beach (from 2007 through 2009). She received her Doctor of Medicine degree from Samara State Medical University in Samara Russian Federation in 1986. She also received her Master of Public Health degree from Nova Southeastern University, Fort Lauderdale, Florida, in 2009.

Dr. Kulick has been practicing in the United States since 2009. Prior to that she was Chief Medical Officer of the pediatric department at Children’s Hospital, Dimitrovgrad, Russia.

She is a member of the American Medical Association, the Diabetic Medical Association, and the Obesity Society.

Dr. Kulick has two daughters and two granddaughters. She enjoys hot yoga and karaoke.



Provider Spotlight

📍 8363 S. Suncoast Blvd., Homosassa, FL 34446

Reviews

“My visit to Elite Health Care was awesome because Emily the medical assistant and Jacob were both pleasant, knowledgeable, informative and overall superman great! They treated me like a patient and a friend, who could say anything more?”

“The Dr. is great, he explained everything so you can understand it ☺. The staff is awesome so friendly and helpful.”

Leave a Review!

SCAN ME

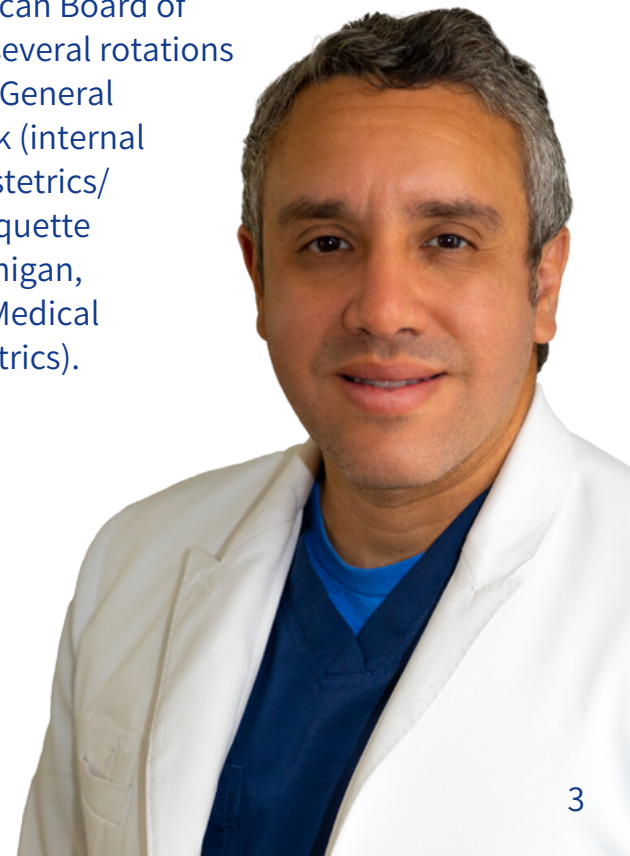


Francisco Hernandez Mendez, MD

Internal & Family Medicine

Francisco Hernandez Mendez, MD, is bilingual in both English and Spanish. He received his medical degree from Universidad Autonoma of Guadalajara School of Medicine in Guadalajara, Mexico. He completed his residency in family medicine at Manati Medical Center Hospital in Manati, Puerto Rico. He completed the New York Medical College Fifth Pathway Program certification in 2008.

He is board certified by the American Board of Family Medicine and completed several rotations and internships at Mount Vernon General Hospital, Mount Vernon, New York (internal medicine, pediatrics, surgery, obstetrics/gynecology, and psychiatry), Marquette General Hospital, Marquette, Michigan, (Family Medicine), West Chester Medical Center, Valhalla, New York (Pediatrics).





PATIENT PRAISE

CHECK OUT SOME OF OUR FIVE STAR REVIEWS!

Dr. Wu- 7269 Spring Hill Drive, Spring Hill, FL 34606

“Hello, I have experience good service. The staff is prompt. Passionate, and collective to all my needs and more...”

“He is the best doctor since my doctor in Conway Arkansas. I've never had a doctor call me, but Dr. Wu did. He's caring and spends time with you, not hurried.”

“Myself, my wife & my referrals to Dr Wu all experience the best of care.”

Dr. Laman, Dr. Lamparelli, Dr. Wu, Dr. Hoxie, Dr. Rincon- 11075 Spring Hill Drive, Spring Hill, FL 34608

“Finding a new doctor is stressful, especially when the previous doctor you've had provided excellent care. We had recently moved to Florida and I knew nothing of how the doctors were and what to expect... My first impression of the office was that it was clean, organized and the women at the front desk were professional. I met with Dr Wu and found him to be kind, patient and an active listener. He understood my concerns and rather than waive off my results as nothing, due to my pre-existing issues, he referred me to another specialist. This helped to save my life. I've been a patient of Dr Wu for almost a year and I cannot say enough great things about his care. The women at the front desk are personable, funny and very helpful. I appreciate their kindness. The nurses are fantastic and love their attitude and humor. They treat their patients as human beings, not an insurance number, and care about their issues. I would recommend Dr Wu, his staff and this office to anyone.”



PATIENT PRAISE

CHECK OUT SOME OF OUR FIVE STAR REVIEWS!

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

“Dr Jennifer Laman is absolutely AMAZING! I LOVE how she treats her patients like they are her family. Whenever we have a medical issue arise all we have to do is call her office and she personally will call back within a few hours. She doesn't pawn her patients off to clerical staff or nurses as many other Dr's do.”

Dr. Rodriguez, MD- 2687 E Gulf to Lake Hwy, Inverness, FL 34453

“Excellent care Dr Rodriguez very good at explaining things nurses everyone there very good.”

“Switched to Dr Rodriguez. I am very happy with the change. His office staff and nurse are wonderful too. Kelly goes above and beyond!!”

“Wonderful experience with the great nurse and awesome experience with the great doctor as well.”

Dr. Herndon, DO- 1264 S Pinellas Ave, Tarpon Springs, FL 34689

“I was very impressed with my first visit with Dr. Herndon and his staff. A very knowledgeable, personable and caring physician who put me at ease the minute I met him.”

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

MEDICARE MEMBERS:

AURORA DENTAL FACILITIES ARE NOW OPEN!

*Dental services are provided by an independent dental practice.

Information:

11425 US-19
Port Richey, FL 34668
727-339-6959

11085 Spring Hill Drive
Spring Hill, FL 34608
727-614-0773

4645 Keyville Ave
Spring Hill, FL 34608
352-204-1253

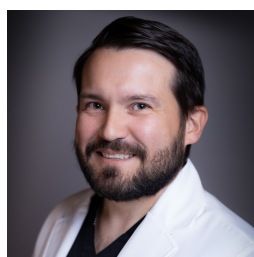
404 S Broad Street
Brooksville, FL 34601
386-213-8602

8367 S Suncoast Blvd
Homosassa, FL 34446
386-217-1551

Aurora Dental collaborates with your health plan to make your dental care experience pleasant and personalized. Aurora Dental offices are conveniently located within EliteCare Health Center offices to provide all their patients with the utmost convenience and quality care.

Aurora Dental's staff all have an extensive amount of schooling and training and are here to provide you with the most personalized, comfortable, and compassionate care.

Call a location nearest you to schedule an appointment today!



Dr. Jose Matos, DDS



Dr. Arelys Ruiz, DDS



Dr. Yasel Almeida, DDS



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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:





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



Quinoa Salad



1.5 Hours



Serves 6

DIRECTIONS

1 cup dry tricolored quinoa

1 1/2 cups fresh cooked corn
(approx. 2 cobs)

1 3/4 cups vegetable broth

1 cucumber, sliced and
peeled, cut in quarter rounds

1 small red onion, chopped

1 large or 2 small avocados,
cut in small chunks

1/3 cup of black or green
olives (optional)

1/3 cup olive oil juice from a
fresh squeezed lime (small)
sea salt and black pepper to
taste

INGREDIENTS

1. Take a moment to create a happy mood for your cooking experience, using deep breathing and visualization.
2. Rinse quinoa well, then soak in water for several hours.
3. Cook quinoa according to package directions in vegetable broth (add a pinch of salt) until tender, but not mushy.
4. Let quinoa cool, then refrigerate for one hour.
5. When cooled, add corn, cucumber, red onion, and olives. Mix well with olive oil, lime juice and salt and pepper.
6. Refrigerate until ready to use, and add avocado before serving. This salad may be made ahead of time and stored in the refrigerator, without avocado. May also be served at room temperature.



SUMMER

WORD SEARCH



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

SUNSCREEN
 BEACH
 SWIMSUIT
 PICNIC
 SUNSHINE
 POOL

SANDCASTLE
 CAMPING
 POPSICLE
 WATERMELON
 ICECREAM
 SWEAT

SUNGLASSES
 OUTSIDE
 HAMBURGERS
 FRIENDS
 SPRINKLER
 HOT

COOKOUT
 VACATION
 HOTDOGS
 BIKE
 SWIMMING
 SUMMER

6 | Ways To Choose the Right Primary Care Doctor for Seniors

Check Expenses

Check whether the doctor's expenses are covered under the health insurance plans of seniors. If the plan requires an in-network doctor, begin by looking at the list of participating doctors.

Check Location & Policies

Choose a doctor whose medical clinic is close to the seniors' or their caregivers' home or office. Also, check the policies of the doctor's office, such as cancellation and rescheduling policies, and if they offer payment plans.

Office Check Hours

Consider a doctor whose office hours are compatible with the seniors' daily routine or work hours. Check whether the office has weekend, evening, or on-call services in case of emergency.

Check Language

Make sure that the doctor or members of his staff communicate well in a language that seniors prefer using. It will ensure easy and effective communication, which is essential to understand the doctor's recommendations.

Check Certifications

Confirm whether the doctor is board certified. Caregivers can use the Certification Matters tool offered by the American Board of Medical Specialties to verify the certification.

Check for Telemedicine

Choose a doctor who also offers online doctor consultation, telemedicine options and has an online portal where seniors or their caregivers can ask questions, schedule appointments, and test results.



awaken FLORIDA

A Festival of
MIND, BODY & SOUL

DECEMBER 2-3, 2023

WellCome OM Integral Healing
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Spring Hill, Florida

Registration is open, learn more at
www.awakenflorida.org

