

THE ELITE



FALL EDITION

Issue 5, September 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 providers and scan the QR code to leave them a review!

Page 8

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

Page 10

Discover 6 low impact workouts to promote heart health and minimize strain!

Provider Spotlight

📍 5446 Land O Lakes Blvd, Land O Lakes, FL 34639

Call Us Today:

📞 (813) 461-7180

Leave a Review!

SCAN ME



Gayathri Morrareddy, MD

Board Certified in Family Medicine

Gayathri Morrareddy, MD has been practicing in Pasco County since 2007/ She completed her residency in Internal Medicine at Interfaith Medical Center in Brooklyn, NY. Interfaith Medical Center is affiliated with State University of New York downstate hospital in New York. She received her medical degree from Kurnool Medical College, NTR University of Health Sciences, India. She also holds a Bachelor's degree in Indian secondary education from the Rishi Valley School, Chittoor AP India. Dr. Morrareddy has been certified by the American Board of Internal Medicine since 2007.

Prior to her residency her work throughout medical school was characterized by a considerable amount of volunteer projects. She was actively involved in preparing health education materials and developing Dengue and other viral fever awareness programs in remote villages of Kurnool, India. She also volunteered in National Pulse Polio immunization programs and actively in volunteer activities conducted by the Lions Club of India to educate the blind students and people with Leprosy. She received the merit scholarship at the national level in All India Merit examination from 1989 to 1994 and she was the winner of math Olympiad in 1992.

Dr. Morrareddy has also trained in classical Carnatic vocal music. She spends all of her spare time with her two sons.



Nurse Spotlight

📍 5446 Land O Lakes Blvd, Land O Lakes, FL 34639

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Review!**

SCAN ME



Jennifer Artus, APRN

Nurse Practitioner

Jennifer Artus has been a registered nurse for 28 years and counting. She graduated with a Bachelor of Science in Nursing degree in 1994. Then, started her nursing career as a volunteer nurse in one of the hospitals in the Philippines. Mrs. Artus was a volunteer nurse for 3 months in the Labor and Delivery Unit and the Special Care Unit. After she passed the nursing license, she was hired as a full-time employee at the hospital where she had volunteered. She worked almost 5 years in LD-SCU then went to Riyadh, Saudi Arabia where she worked 18 months in the PICU. She later came to the United States in 2003, where she worked in a Nursing Home for almost 2 years before getting a job working in Neonatal ICU.

Mrs. Artus worked in one of the most prestigious hospital in NJ for almost 10 years. After that, her family moved to Florida in 2012 where she settled in Clearwater. She has proudly worked in the NICU in Orlando for 2 years and in Tampa for almost 8 years before deciding to advance her career and enroll to study for MSN-EDNP/FNP at the University of South Alabama.

When Mrs. Artus is away from the office, she loves to spend time with her family. She has a very supportive husband and 2 grown kids, one boy and one girl.





PATIENT PRAISE

CHECK OUT SOME OF OUR FIVE STAR OFFICES!



7269 Spring Hill Drive, Spring Hill, FL 34606

5522 Trouble Creek Road, New Port Richey, FL 34653

2687 E Gulf to Lake Hwy, Inverness, FL 34453

5235 W Colonial Drive, Orlando, FL 32808

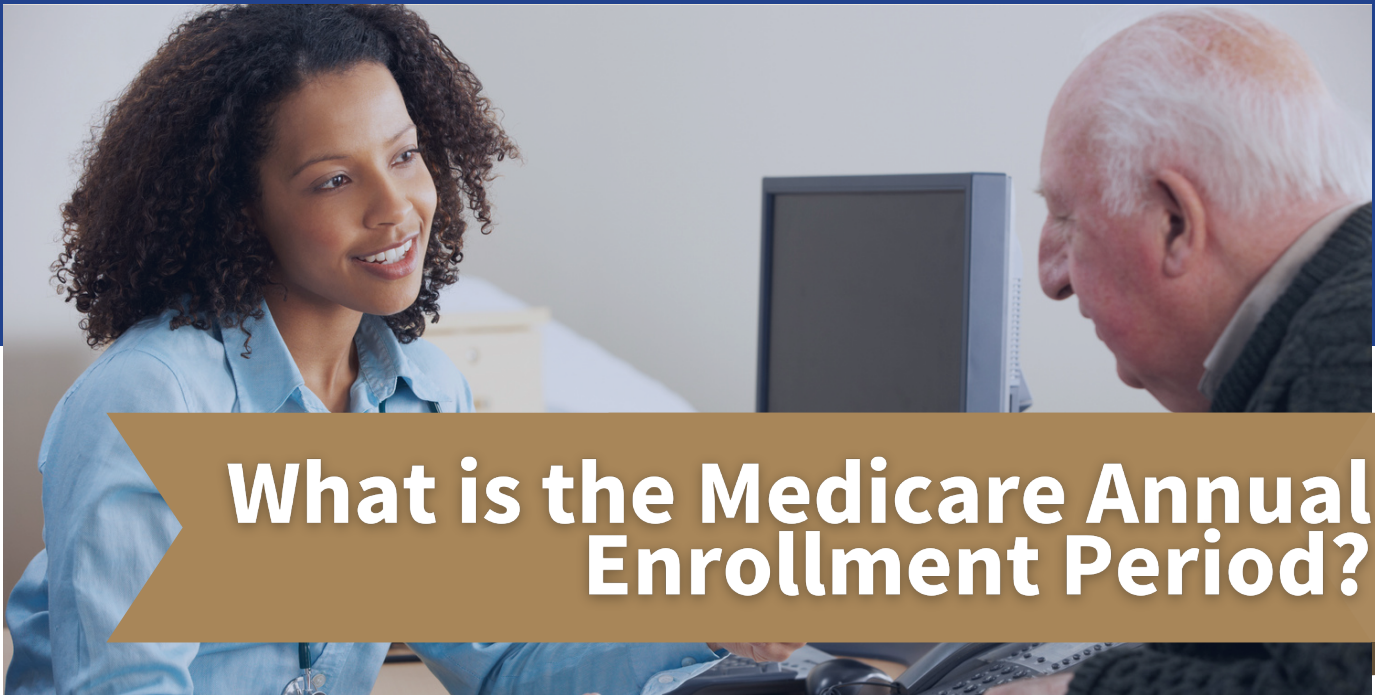
5446 Land O Lakes Blvd, Land O Lakes, FL 34639

8363 S Suncoast Blvd, Homosassa, FL 34448

13090 US HWY 1, Sebastian, FL 32958

1264 S Pinellas Ave, Tarpon Springs, FL 34689

400 S Broad Street, Brooksville, FL 34601



What is the Medicare Annual Enrollment Period?

The Medicare Annual Enrollment Period, AEP, is a set time each year for individuals to change their Medicare coverage choices if they choose to.

- It allows individuals the opportunity to sign up for a Medicare Advantage Plan (Part C)
- It allows individuals the opportunity to sign up for a Medicare prescription drug plan (Part D)

Dates:

AEP Runs from: October 15th- December 7th

New Coverage will go into effect: January 1st 2024

How does someone qualify for Medicare?

If you are an individual that is already receiving benefits from Social Security, when you turn 65 you will automatically receive Medicare coverage. You are first eligible to sign up for Part A and Part B (generic Medicare) 3 months before you turn 65.

- You may be eligible to get Medicare at an earlier age if you have a disability, ESRD or ALS.
- Insurance plans that we are affiliated with: Freedom/Optimum/Simply

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



COMMUNITY EVENTS

KICK OFF TO ANNUAL ENROLLMENT PERIOD EVENTS:

These events will be an hour long and hosted at our EliteCare facilities. Here you will be able to receive tours of our medical offices, tour Aurora Dental's on-site facility (if your facility has one), receive information about additional health and wellness services provided, receive information about Aurora Dental's additional dental benefits and what you can receive when becoming a patient, be able to speak to licensed Health Insurance Agents who represent all plans, enjoy light food and refreshments, and participate in our door prize drawing!

PLUS ALL WHO ARE IN ATTENDANCE WILL RECEIVE A \$10 PUBLIX GIFT CARD!

All offices will have a specific RSVP number to text into in order to save your spot for the event and ensure your ticket into our door prize drawing.

- 1 | Monday, October 16th**
11:30AM-12:30PM
Dr. Francisco Hernandez Mendez
8363 S Suncoast Blvd, Homosassa, FL 34448
RSVP TEXTING NUMBER: (507) 944-1788
- 2 | Tuesday, October 17th**
11:30AM-12:30PM
Dr. Mohamad Jibawi
5522 Trouble Creek Road, New Port Richey, FL 34653
RSVP TEXTING NUMBER: (256) 826-1502
- 3 | Tuesday, October 17th**
11:30AM-12:30PM
Dr. David Herndon
1264 S Pinellas Ave, Tarpon Springs, FL 34689
RSVP TEXTING NUMBER: (256) 286-1423



COMMUNITY EVENTS

KICK OFF TO ANNUAL ENROLLMENT PERIOD EVENTS:

- 4** | **Wednesday, October 18th**
11:00AM-12:00PM
Dr. Angie Layme
400 S Broad Street, Brooksville, FL 34601
RSVP TEXTING NUMBER: (478) 606-2775
- 5** | *****NEW OFFICE*****
Thursday, October 19th
10:30AM-11:30AM
Dr. Kristen Phillips
12080 County Line Road, Hudson, FL 34667
RSVP TEXTING NUMBER: (256) 645-8284
- 6** | **Friday, October 27th**
1:00PM-2:00PM
Dr. Gayathri Morrareddy
5446 Land O' Lakes Blvd, Land O' Lakes, FL 34639
RSVP TEXTING NUMBER: (256) 588-3132

For more information on events that we are hosting in
NOVEMBER:



www.elitecarehc.com/events



www.facebook.com/elitecarehc

CHEW BARS OF PEACE

Prep Time:
10 minutes

Cook Time:
15 minutes

Total Time:
1 hr 25 minutes

Yield:
4-6 servings



INGREDIENTS

- 1/2 cup brown rice syrup
- 1/2 cup apricots, sliced
- 1/2 cup raisins
- 1/4 cup pumpkin seeds
- 1 cup whole oats
- 1/4 tsp cinnamon
- 1/4 tsp of ginger
- pinch of sea salt

DIRECTIONS

1. Heat the syrup in a quart saucepan on a low flame for 1 minute.
2. Add other ingredients to pan and stir, cooking for another 3 minutes.
3. Remove from heat and transfer the mix to a small glass or earthenware pan with a spatula or large spoon.
4. Press the ingredients into the pan with your hands. You can also use unbleached parchment paper to press and cover. Flatten evenly.
5. Refrigerate for a minimum of 1 hour minimum.
6. Remove and cut into pieces, in whatever size you desire.



HALLOWEEN



word search



AUTUMN
BATS
BOO
CANDY
COSTUMES

GHOST
HALLOWEEN
HAUNTED
JACKOLANTERN
MONSTER

MUMMY
OCTOBER
ORANGE
PUMPKIN
SKELETON

SPIDER
SPOOKY
TRICK
TREAT
VAMPIRE

7 Low Impact Exercises

Seniors can benefit from strengthening exercises that target major muscle groups to promote heart health and minimize strain on the cardiovascular system. When using resistance bands, exercises like bicep curls, shoulder presses, or seated rows can be performed by securely anchoring the band and gradually increasing resistance. Incorporating light weights allows for exercises such as dumbbell curls, shoulder raises, and leg presses.

It is important to start with lighter weights or resistance and gradually progress as strength improves. To ensure proper technique and safety during resistance training sessions, it is advisable to work with a qualified fitness professional or seek supervision from a senior care service provider.



**BICEP
CURLS**



**SHOULDER
PRESSES**



**SEATED
ROWS**



**DUMBBELL
CURLS**



**SHOULDER
RAISES**



**LEG
PRESSES**

6

Ways to Manage Migraines

Recognize Triggers



Exercise Regularly



Maintain a Healthy Diet



Manage Stress



Get Adequate Sleep



Avoid Self Medication

