

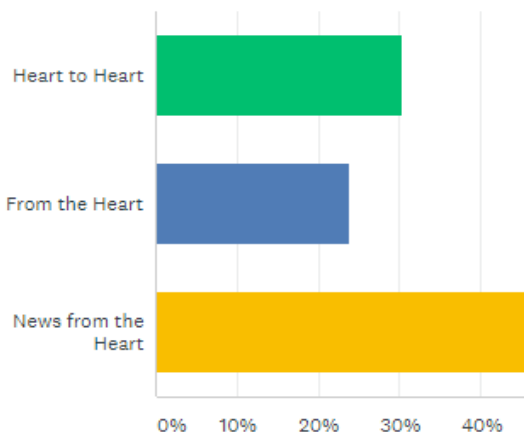
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News from the Heart

Newsletter Name Results:



News from the Heart



During the summer there is usually a lot of emphasis on protecting skin from UV rays during the summer. But one must not forget about protecting the eyes—the most exposure to bright sunlight increases the risk of developing cataracts, macular degeneration, and growths on the eye including cancer.

Sunlight is not the only culprit though—tanning beds offer a higher dose of UV rays than sunlight. This makes it important to protect the eyes from UV rays in all situations by wearing proper eye protection—either UV blocking sunglasses or appropriate tanning goggles.

The hours between 10 a.m. and 4 p.m. daylight savings time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure in the continental United States. UV rays are the greatest during the late spring and early summer in North America.

Ultraviolet (UV) rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can penetrate and change skin cells.

The three types of UV rays are ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC)

Here are some tips from the American Academy of Ophthalmology:

- ⇒ Don't focus on color or darkness of sunglass lenses: Select sunglasses that block UV rays. Don't be deceived by color or cost. The ability to block UV light is not dependent on the price tag or how dark the sunglass lenses are.
- ⇒ Check for 100 percent UV protection: Make sure your sunglasses block 100 percent of UV-A rays and UV-B rays.
- ⇒ Choose wrap-around styles: Ideally, your sunglasses should wrap all the way around to your temples, so the sun's rays can't enter from the side.
- ⇒ Wear a hat: In addition to your sunglasses, wear a broad-brimmed hat to protect your eyes.
- ⇒ Don't rely on contact lenses: Even if you wear contact lenses with UV protection, remember your sunglasses.
- ⇒ Don't be fooled by clouds: The sun's rays can pass through haze and thin clouds. Sun damage to eyes can occur anytime during the year, not just in the summer-time.
- ⇒ Protect your eyes during peak sun times: Sunglasses should be worn whenever outside, and it's especially important to wear sunglasses in the early afternoon and at higher altitudes, where UV light is more intense.
- ⇒ Never look directly at the sun. Looking directly at the sun at any time, including during an eclipse, can lead to solar retinopathy, damage to the eye's retina from solar radiation.
- ⇒ Don't forget the kids: Everyone is at risk, including children.
- ⇒ Protect their eyes with hats and sunglasses. In addition, try to keep children out of the sun between 10 a.m. and 2 p.m., when the sun's UV rays are the strongest.

MONTHLY HIGHLIGHT



1. Where are most of your graduates located, and what type of practices are they going to from residency?

We prepare our residents to practice medicine in variety of settings. Some of our graduates for this year are pursuing further training in cardiology, endocrinology and geriatrics. Others are pursuing a career in hospital medicine. Some of our graduates are practicing outpatient adult medicine. Since the program started we had at least one to two residents per year who are staying in the community.

2. How do you think that your program compares with other programs?

In this program we pride ourselves of being a close- knit family. We foster a collegial and friendly relationships among the residents and between the residents and the faculty. This creates the best environment for learning and academic inquiry. We are proud of our ability to support our residents' career goals. Whether they choose further specialization in one of the internal medicine subspecialties, practice hospital medicine , practice outpatient medicine ,or pursue an academic career, we prepare our residents and support them in their aspirations.

3. How many residents are currently enrolled in the program?

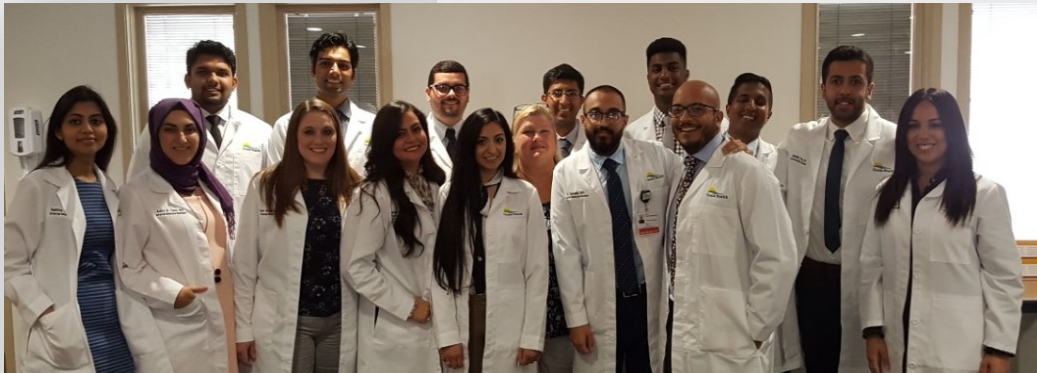
We currently have 15 residents per year for a total of 45 residents.

4. How does someone participate or get into the program?

Medical students who are interested in training in our program have to apply through the Electronic Residency Application System commonly known as ERAS. We have certain criteria and an interview process to ensure that we attract the best candidates. Physicians who are interested in teaching the residents can contact me or the program coordinator directly to discuss the opportunities available for community physicians to be involved in the education of the next generation of young physicians.

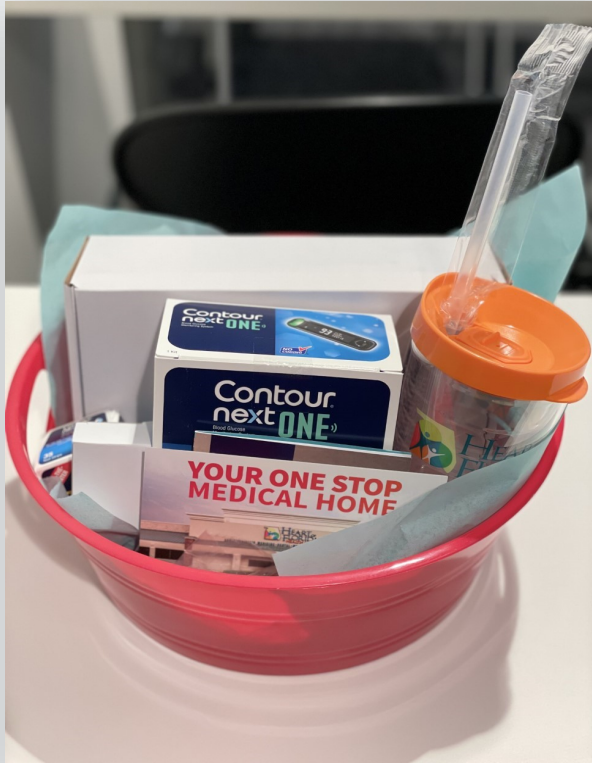
5. What kind of feedback are you hearing from your graduates?

The feedback we get from our graduates is one of feeling proud to be trained here. They feel they received excellent training and are prepared to practice medicine in a variety of settings.



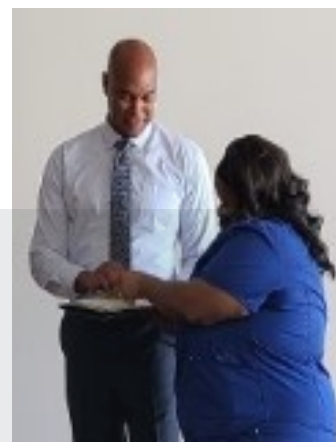
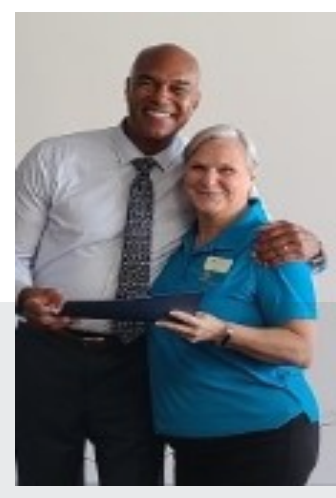
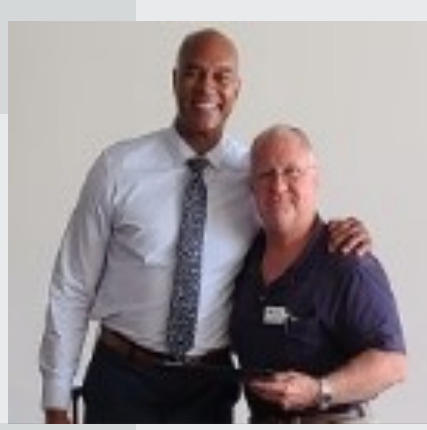


HFHC Bellevue team proudly welcomed their first patient cohort who decided to take control of their diabetes and enroll in our inaugural DSMES Program. Patients will receive one hour education sessions to learn more about healthy eating, being active, monitoring, taking medication, problem solving, healthy coping and reducing risks. Using remote patient monitoring devices, patients will remain actively engaged with their care teams over the next three months with the goal of achieving blood sugar and hemoglobin A1c reduction, blood pressure control, weight loss, improvement in cholesterol levels and so much more!



All Staff Meeting
June 24, 2021

Employee Service Awards



Many
thanks
FOR ALL YOUR HARD WORK
*We are so thankful for all that
you do!*





1. **Sheila Turner**, because she always smiles and says good morning, her positive attitude so early in the morning is contagious. She is always willing to stop what she is doing to help others. She always follows through on tasks and ensures we have all the records and reports for post hospital visits efficiently so we can provide excellent patient care.

- *Jessie Caudill ARNP*

2. **Sheila Turner**. Dedicated, competent, team player. 8 years strong at HFHC! Proud that she is a member of the HFHC family!!!

- *Cindy O'Connor Dir. of Case Management Main*

3. **Kim Deluca**, Referral Department Kim is great at training new employees.

- *Jeanette Smith, Referral Department*

4. **Call center employees**. Because we make it possible

- *Swannette Garcia- Call center Associate*

5. **Chicara James**- You can always count on Chica to be there when a situation occurs , though many times we may not see her in a day you know things are running well. Not only is she a great Manager she is a good caring friend !

- *Vetty Bazan Peds Main*

6. **Levonda Goodson**—I want to thank you for all your hard work and compassion not only for employees but patients. Thanks for all you do and thanks for helping employees feel confident and knowledgeable. You rock!!

- *Marisha Peppers Bellevue*

7. **Tina @ Main**--She always helps out when coverage is needed.

- *Tracy @ Main*

8. **Inoris McCullough**—A pleasure at all times, even when it gets rough. Wants all to run with order. Always willing to go many extra miles for patients and staff. Very detailed and patient when showing issues or new ways of how the process is expected to go. Gives her 120% at all times. We love her!

- *Debra Lewis Dental at Main*

9. **Marisha!** She is a great teacher Thank you Marisha!!!!

- *Aelicia Woods Bellevue location*

10. **Levonda Goodson**- She will always go above and beyond when helping others. In one specific situation I had with onboarding she jumped right in and helped without even being asked to do so. She stopped what she was doing and was willing to drive or do wherever was necessary to get an item I needed for my new hires. You rock Levonda! Perfect example of team work. We need more leaders like you. :)

- *Rebecca Albino / HR*

11. **The CA's at Central:** Zerimar Ramirez, Andres Ramos, Temeka Bruten and Anais Davila.

- *Tanya Harbater Central /Office Coordinator*

12. **Jana Robinson**—She is always willing to help out even when nobody has asked for it, if she sees someone struggling she will jump in and help with no questions asked

- *Heather Whiteman, Family medicine at main*

13. **Francine Moon (MCJ)** — Francine went above and beyond to help a concerned mother to find her son who is incarcerated at the jail. She hadn't heard anything from him in a long period of time. Francine took the time to investigate the situation and reach out to the concerned mother letting her know he was okay and updated her with all the details. Ms. L was so heartened to know there are people at our jail who display humanity! "God Bless her for her humanity and kindness towards another human being!" "Ms. L.

- *Ms. L and all the MCJ Administration. Thank you for your outstanding work.*





UPCOMING
EVENTS

Holiday—Independence Day

Monday July 5th—All Locations will be CLOSED.



Latest Vaccine Information

Última información referente a la Vacuna

Beginning Monday, 5/17 we will be providing the Pfizer Vaccine for ages 12-15 years of age. Children must be accompanied by a parent or legal guardian.

Estamos ofreciendo la vacuna a personas mayores de 16 años de edad. Personas ente las edades de 16-18 recibirán la vacuna Pfizer y deben estar acompañados de su padres o guardian legal.

ANNEX HOURS/ Horario

Monday	CLOSED
Tuesday	9AM-2PM
Wednesday	9AM-2PM
Thursday	9AM-2PM
Friday	CLOSED

1ST DOSE VACCINES ARE BY APPOINTMENT ONLY*

Primera dosis es solo por cita

Please continue to monitor our website for changes, updated information, and vaccine schedule dates.

Por favor visite nuestro portal continuamente para mas información, actualizaciones, vacunas y cambios de horario o fechas.

At Heart of Florida Health Center we care about our employees and everything they do. Starting with our next issue we would like to give a big Shout-Out to those who deserve it.

A simple gesture can brighten up someone's day. Giving a shout-out is a great way to recognize your peers for their work, talent, and living our institutional values, and to contribute to a culture of appreciation, community, and kindness.

If you know of someone who deserves to be recognized please send in your shout out via this link below.

<https://www.surveymonkey.com/r/August-Shout-Outs>



Interested in some
Camera time?

Heart of Florida Health Center wants to hear from you. Why do you love working for Heart of Florida Health Center?

Three to Five employees will chosen and featured on our career section of our website. After selection a new video will be recorded at our location.



Submit a short 30 second video to Rebecca Albino via email to Rebecca.albino@myhfhc.org or Sarah Brus at sarah.brus@myhfhc.org.



Stay Tuned.
Coming Soon!





allrecipes!

No-Bake Cheesecake Flag Cake

★★★★★

That you can make this lovely, sweet treat without turning on the oven is probably enough of a reason to give this serious consideration. Besides the taste and light mousse-like texture, I think your guests will enjoy the iconic stars and stripes design provided by the fresh blueberries and strawberries. USA! USA! USA!

By Chef John

Prep: 30 mins

Additional: 3 hrs

Total: 3 hrs 30 mins

Servings: 12

Yield: 1 9x11-inch pan



Ingredients

Crust:

1 ½ cups finely crushed graham cracker crumbs

¼ cup white sugar

2 tablespoons unsweetened cocoa powder

6 tablespoons butter, melted

Filling:

1 cup cream cheese at room temperature

1 cup mascarpone cheese at room temperature

2 teaspoons grated lemon zest

2 teaspoons lemon juice

1 teaspoon vanilla extract

½ cup white sugar

1 ¼ cups cold heavy whipping cream

20 large fresh strawberries, hulled and halved lengthwise, or as needed

24 large fresh blueberries, or as needed

Directions

Step 1

Combine graham cracker crumbs, 1/4 cup sugar, cocoa powder, and melted butter in a bowl until mixture is thoroughly combined and crumbly.

Step 2

Transfer crust mixture to a 9x11-inch baking dish. Press crust into bottom of dish until smooth and even. Cover dish with plastic wrap and refrigerate until set, about 30 minutes.

Step 3

Mix cream cheese and mascarpone cheese in a bowl until thoroughly combined. Stir in lemon zest, lemon juice, and vanilla extract into mixture.

Step 4

Whisk 1/3 cup sugar into whipping cream in a separate metal or glass bowl until the cream is fluffy and forms soft peaks. Add whipped cream to the cream cheese mixture and gently whisk until filling is soft, fluffy, and well combined.

Step 5

Spoon filling on top of the graham cracker crust, spreading and smoothing the top. Tap the pan gently on a work surface several times to settle the crust and filling. Cover pan tightly with plastic wrap and refrigerate until chilled and set, at least 3 hours.

Step 6

Starting at the bottom long edge of the cake, arrange strawberry halves in a horizontal line with the pointed bottoms of the strawberry halves pointing to the right. Start a second stripe of strawberry halves at the top right of the cake, arranging strawberries with the bottoms pointing right in a line stretching about 2/3 of the length of the cake.

Step 7

Continue to make strawberry stripes, starting about 3/4 inch up from the bottom stripe and laying down 3 more stripes stretching the full length of the cake. Make 1 more line of strawberries beneath the short stripe to leave a square space for the blue field of stars.

Step 8

Lay a line of blueberries with the blossom ends pointing up in the upper left square space. Continue to lay down blueberries in lines, berries touching the previous line, until the square is filled with blueberries. Cut cake into squares to serve.

Nutrition Facts

Per Serving: 381 calories; protein 4.5g; carbohydrates 22.4g; fat 31.6g; cholesterol 93.8mg; sodium 181.6mg.

SUBMIT YOUR RECIPE



Have a Yummy recipe to share?

Send in your favorite family/ cultural recipe to be featured on our newsletter.

Send via email to Rebecca.albino@myhfhc.org

So YUMMY!



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Fun. With benefits.

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TicketsatWork is the leading Corporate Entertainment Benefits provider, offering exclusive discounts, special offers and access to top attractions, theme parks, shows, sporting events, movie tickets, hotels and much more.

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