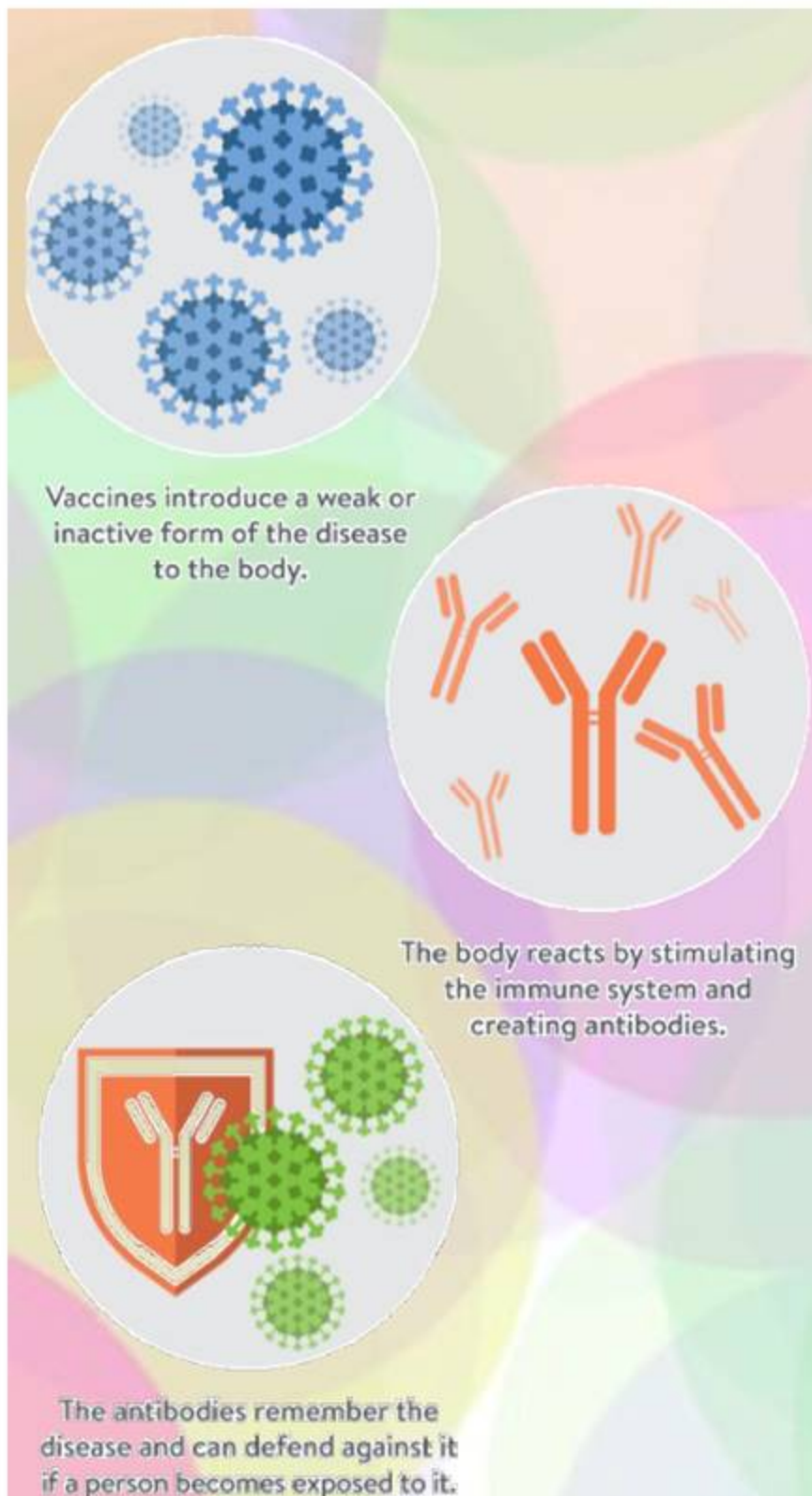


NEWS FROM THE HEART

In This Issue:

- ◊ Monthly Article
- ◊ How do Vaccines Work?
- ◊ Monthly Highlight
- ◊ Shout-Outs
- ◊ Upcoming Events
- ◊ Birthdays
- ◊ Recipe of the Month
- ◊ Greg Graham (Article)
- ◊ Mutual of America

HOW DO VACCINES WORK?



<https://www.allegropediatrics.com/>

goodbye July, hello AUGUST



August is here! August is **National Immunization Awareness Month (NIAM)**. NIAM is a yearly observance in August to highlight the importance of vaccination for people of all ages from infants to elderly. The goal of NIAM is to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases.



Why are vaccines so important?

- Vaccines protect against serious diseases.
- These diseases still exist and outbreaks do occur.
- Vaccines are recommended throughout our lives.
- Vaccines are very safe.
- **Who needs vaccines?** Everyone!

<https://www.nphic.org/NIAM>

Children:

- Getting vaccinated according to the recommended immunization schedule is one of the most important things a parent can do to protect their child's health. Diseases can quickly spread among groups of children who aren't vaccinated. Whether it's a baby starting at a new child care facility- or even a college freshman – parents should check their child's vaccination records.
- When children are not vaccinated, they are at increased risk for disease and can spread disease to others in their play groups, child care centers, classrooms and communities – including babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer and other health conditions.
- Babies receive vaccinations that protect them from 14 different diseases. After age 2, children are still recommended to receive a yearly flu vaccine and will be due for additional vaccine doses between 4 and 6 years of age. Make sure your child receives every dose along the way and every dose on time!
- States may require children who are entering child care or school to be vaccinated against certain diseases. Colleges and universities may have their own requirements, especially for students living in a dormitory. Parents should check with their child's doctor, school or the local health department to learn about the requirements in their state or county. For more info on children: <https://www.cdc.gov/vaccines/parents/index.html>

Preteens and Teens:

By making sure vaccines are up to date, parents can send their preteens and teens to middle school and high school – and also [off to college](#) –with protection from vaccine preventable diseases.

- Preteens and teens need four vaccines to protect against serious diseases:
- quadrivalent meningococcal conjugate vaccine to protect against meningitis and blood infections (septicemia);
- HPV (human papilloma virus) vaccine to protect against cancers caused by HPV;
- Tdap vaccine to protect against tetanus, diphtheria, and whooping cough (pertussis); and
- a yearly flu vaccine to protect against seasonal flu.

Adolescents and Adults:

- All adults should get vaccines to protect their health. Even healthy adults can become seriously ill, and can pass certain illnesses on to others.
- Everyone should have their vaccination needs assessed at their doctor's office, pharmacy or other visits with healthcare providers. Certain vaccines are recommended based on a person's age, occupation or health conditions such as asthma, chronic obstructive pulmonary disease (COPD), diabetes or heart disease.
- Vaccination protects the person receiving the vaccine, but also helps prevent the spread of disease, especially to those that are most vulnerable to serious complications such as infants and young children, elderly, and those with chronic conditions and weakened immune systems.

- **Take this quiz to see what you may need:** <http://www2.cdc.gov/nip/adultimmsched/>

Pregnant Women:

- Women should be up to date on their vaccines before becoming pregnant and should receive flu and whooping cough vaccines during pregnancy.
- Pregnant women are at increased risk for serious complications from the flu.
- The pregnant mother passes flu shot antibodies on to her developing baby so the baby is protected for several months after birth.
- A pregnant woman should get the whooping cough vaccine in the third trimester. Antibodies are also passed on to the developing baby so that the baby is born with protection against whooping cough.
- Speak with your doctor and plan for vaccines. Some vaccines must be done several weeks before becoming pregnant such as the measles, mumps, rubella (MMR) vaccine. For more information: www.cdc.gov/vaccines/adults/rec-vac/pregnant.html or www.cdc.gov/vaccines/pubs/downloads/f_preg_chart.pdf

Seniors:

- Seniors may need one or more vaccines, even if they received vaccines as a child or as a younger adult. Ask your doctor which ones are right for you. Don't forget if you are traveling, you may need additional vaccines.

For more information: https://www.vaccines.gov/who_and_when/

Remember the Flu Vaccine:

- Vaccines protect you all year round, but August is a great time to get vaccinated! August is also a good time for you and your family to make plans to get the flu vaccine. The vaccine usually becomes available in mid- to late-August. Getting the vaccine early can help prevent you and your family members from getting the flu throughout all of flu season. You can learn more about the flu and flu vaccine at Flu.gov.
- When taking yourself and your family for your flu shots, you can also ask your health care provider about other routinely recommended vaccines you might need. Make sure that the whole family is up-to-date on their DTaP/Tdap and MMRV boosters too!

Remember, it's **NAIM!** Vaccines are the best defense we have against these and other serious diseases, and it's important to make sure that you're up to date on all recommended vaccines. Use National Immunization Awareness Month as your chance to make sure that all your vaccinations are current!

<https://www.nphic.org/NIAM>

MONTHLY HIGHLIGHT

HEATHER JAMES



At our All- Staff meeting last month we celebrated our Director of Marketing and Public Relations, Heather James. Many of you don't get to see all the amazing work Heather does for Heart of Florida Health Center in the background so we decided to dedicate this months highlight to her.



1. How long have you been with Heart of Florida Health Center? Time flies... 8 years last month!

2. What has been the most rewarding project you have worked on? I am not sure you would call this an actual project, but I find my community relationship building throughout the last 8 years has been one of the things I am most proud of in my time working with HFHC. Not only have these relationships given HFHC awareness, but also has given it ambassadors within our community partners that at times, allows us to offer more amenities to our patients. I also have the satisfaction that I have done my part by building these relationships, to help HFHC continue to grow and go to the next level...I look at this as one of my biggest accomplishments. I also have to say, receiving the award at the last all staff meeting felt like a life-time achievement award and will forever be a special memory.

3. How does your department collaborate with other departments? In more ways than one would think. PR/Marketing assists in messaging, promotion of our new services, signage, consistent branding at each location, helping to prepare departments with projects and outreaches, providing information and organization pictures for projects/grants, community donations for our pediatric patients, awareness of community programs and assistance for our patients, patient and staff give-aways, collaboration with information for community report, screening patient questions and reviews from social media and website...basically whatever anyone needs! Though much of this falls under PR/Marketing, there is quite a bit of collaboration and interaction with most departments in the organization. Really, I could not do a good part of my job without this incredible team. Plus, it gives me the opportunity to learn more about everyone's position and build wonderful relationships.

4. What is something about your job that most people don't know about? I believe the biggest thing, is how much my day switches gears. In a day, I can go from being at a community function, to updating the website, running to get pictures for social media postings, to filming, podcasts, planning HFHC events, to coordinating/prepping staff for presentations, public speaking engagements, and interviews, writing press releases, to proofing ads and media literature... I always have flats under my desk!

5. Any exciting events or plans coming up? I think the most exciting project right now is the NEW HFHC TV CHANNEL! I do not want to give too much away, but it will be an hour of good information from HFHC and the community...Stay Tuned!

6. What do you enjoy doing on your off time? I enjoy traveling with my husband (especially hiding away from the world in nice hotels...shhh!), reading, relaxing at the pool or beach, finding new, fun, and good restaurants, and just being home with my hubby and fur baby Kikki.



1. Shout out- to the **"Dunnellon Team"** for all the hard work and late nights doing what we do best. I'm so happy to apart of such an amazing group of people! Team Dunnellon.

~Sarah S.

2. Debbie Thomas, Terra Dewese, Karen MA Central-they are also amazing and very helpful!

~Charlie

3. I would like to give a Shout-Out to the **Referral Department**. They have done an outstanding job with timely assignment of referrals. This is much appreciated!

~Caroline Northrup, PA-C in Family Medicine at Main.

4. Crystal Edwards welcome to HFHC and the referral team.

~Laura T and Belleview Care Team

5. For **Chica** - her talent for clinic facilitation between patients and staff helps keep our teams synchronized and informed. Thank you!

~Christina Sasina, Medical Practice Manager

6. Lauren Haddock, Heather Whiteman, Sherry Fletcher, Jana Robinson, Lisa Zampino, Roxy Llaguno, Amy Morgan, Chloe Follins, Michelle Thompson, Briana Couch, Chicara James, Pamela Owens, Caroline Northrup, Karen, Carmen Casanova.

All of them are truly amazing and take teamwork to another level. Thank you all for every single thing!

~Charlie

7. Toney and Rush

~Sarahi - Main

8. Toney Tuten- Toney has about 145 "bosses" or at least we like to think so lol! He has such a great attitude with all of us. I want to personally thank him for all that he does!

~Levonda Goodson

9. Cindy O'Connor: She is always there to listen and lend a helping hand. She is compassionate and the best Manager I have ever had. Thank you for your 10 years of service. Love you.

~Sheila Turner, Main

10. I would like to give a shout out to **ALL of our staff members**. They are hard dedicated workers. They strive to do better and be better for themselves including the company. Heart of Florida is like a second home to me and I'm very pleased to work with everyone in this health center. The staff know how to get things done and they also work as a team. KEEP UP THE GREAT WORK EVERYONE!!!

~Angelina Posa/ MAIN

11. Temeka Bruton: I would like to shout out Temeka B because she is such a huge asset to central and Heart of Florida in general. She as a person and a worker is amazing, always willing to help wherever and whenever she can and putting her best on the table to make sure the patients are treated and get what they need. The mission of HOF Temeka always stands behind and has become a great friend and coworker that has made working at central a very open, welcoming, and professional environment!! Thank you for being a wonderful person! Love ya!

~Anais, central (recently moved to call center)

12. I would like to give a shout-out to **Cindy O'Connor**. Cindy is one of the kindest people I know. She is a great case manager director and a great teacher and friend. Her knowledge and experience in this field is endless. Thank you, Cindy!!

~Rochelle/Belleview

13. Lisa Zampino Our new Supervisor and for gathering the whole Call Center Crew

~Swannette Garcia-Call center

14. Sherry Fletcher-Medical Assistant (Main)- On 7/14/2021 Sherry demonstrated what outstanding work looks like. It was pouring rain and she was outside with a patient in a wheelchair to help him get in his car. She 2as patient enough to ensure he was safe in his car, loaded his wheelchair and headed back running into the building. Once she came back to the building, she was soaking wet, dried herself off and continued working until the end of the day. Thank you, Sherry, for your dedication and commitment to our patients. You are a true example of what HFHC stands for.

~Rebecca Albino - HR Generalist

15. Vetty, Michelle, Briana, and Jada - Peds support staff at Main Location. We all work together very well taking care of the kids. Everyone is very helpful, caring, professional and efficient. Thank you for all your help :)

~Dr. Ribay - Main

16. To Rushunda Gordon, who day in and day out goes above and beyond to make sure our workflow remains as seamless possible and who truly excels beyond measures....Thank you for your kindness and dedication!

~Rebecca Garcia - Main Office

17. Vetty! She's always quick to answer the phone or call back if she misses your call. She's always helping translate when needed, even if she's walking back in from lunch or first thing in the morning walking in the door and she's always getting the Spanish transfer calls when needed. Thank you Vetty!!

~Jamie Martineau, MAIN

18. Regina Dubois-Rodabaugh. She is thorough, kind, and very knowledgeable. She helps push me to be the best MA I can be. She goes above and beyond for the patients.

~Shea, Belleview location

19. I'd like to give a Shout - Out to **all of the Exec. team, providers, and staff** that help me promote HFHC with presentations, podcasts, videos, articles, media, interviews, and community events. You make my job fun (easier) and I love working with you! Thank you!

~Heather James, Dir. of PR/Marketing ~ Admin.

20. Diana Zayas- She will always go above and beyond to help everyone. She gives her 110% every time she does something. It doesn't matter what you give her she will always do her best to help. Thank you so much Diana for your hard work!

~Jeyza ~ Southwest (Marion Oaks) Location

21. Rochelle Davila. Excellent customer service skills, team player, assists others without hesitation and always with a smile. She is consistent and trustworthy. Rochelle is an exemplary employee, but more importantly, she is an outstanding human being filled with compassion, wisdom, and love. She is the definition of a great case manager.

~Cindy O'Connor Dir. of Case Management

22. Call Center Associates- Thank you for never giving up even when times get rough, you all are doing an amazing job and I am thankful for you! Keep up the good work!

~Katie Moore- Main



A Special Shout- Out

to our **CEO Jaime Ulmer** from Fred Roberts who Is one of the leaders in our community.

ROBERTS
REAL ESTATE, INC.

Dear Jamie,

July 27

Thanks to your leadership the dynamic growth of Heart of Florida is terrific. I am so personally proud of you and wish to share with you my very best wishes for your continued success. You have been a blessing for our

One Fifteen Northeast Eighth Avenue
Ocala, Florida 34470

Community.

Sincerely
Fred Roberts

Thank you



Mon -thly

Shout Outs!



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/Shout-OutsSeptember2021>

UPCOMING EVENTS!

- CPR Training— August 7, 2021
HFHC Main
- All- Staff Meeting— October 28, 2021
HFHC Main
- HFHC Holiday Event— TBD
- Ribbon Cutting— New Drive thru Pharmacy— TBD

BIRTHDAYS!

MATTHEW	ULRICH	1-Aug
SARAH	SLEETH	1-Aug
MILLIE P	POOLE	2-Aug
CASSANDRA	ANDRE	3-Aug
SWANNETTE	GARCIA	4-Aug
MIKAYLA	VANRIJK	6-Aug
NANJAPPA	CHANDRAMOHAN	9-Aug
HORTENSE	TURNER	10-Aug
LAHANDRA	HILLARD	12-Aug
DEIDRE	JOHNSON	12-Aug
KANIKWA	JAMEZ	12-Aug
CAROLINE	NORTHRUP	14-Aug
JAMIE	MARTINEAU	14-Aug
LATOYA	OLIVER	17-Aug
JENNIFER	TORRES-GOROSTIETA	17-Aug
BRIANA	COUCH	18-Aug
NATASHA	BROOKS	21-Aug
SHANEA	ROUNTREE	21-Aug
MARISHA	PEPPERS	21-Aug
JASLEEN	HERRERA ALVAREZ	21-Aug
SHAQWANA	MCCOTTRY	21-Aug
KAREN	RAMER	24-Aug
CHLOE	FOLLINS	24-Aug
LATONJA	HAGINS	25-Aug
TABATHA	DOWNEY	28-Aug
JASMINE	MCMILLAN	29-Aug
FERNANDO	PETROCHE	30-Aug



**DID YOU
KNOW?**

WOW!



The world's most expensive birth certificate belongs to Paul McCartney, which was auctioned in March 1997 for \$84,146 USD!



CHIEF GREG GRAHAM



Greg Graham joined the Ocala Police Department in 1983. He earned multiple designations while with the department, serving as deputy chief before leaving Ocala for a brief stint from 2008-2011 to serve as the Police Chief of Cedar Rapids, Iowa. On January 3, 2012, he became the Ocala Police Chief. Throughout his time with the department he served on numerous boards of directors for nonprofits, worked with countless community impact programs, and served his community well in everything he did.

An amnesty program for people addicted to drugs became a significant focus for Graham and his department since 2018. The Heroin/Opioid Amnesty Program assists those suffering from addiction in three ways: walking into the police department, calling the department for help, or seeking out any police officer for assistance. Once the individual reaches out, they are transported to a local rehab facility to get the treatment they deserve. Despite arrests, Graham noted the opioid crisis wasn't a law enforcement issue, which was why he had such a passion for the impact it was making on lives.

On, October 25, 2020, Marion County, Florida lost an icon when the City of Ocala police chief, Greg Graham, passed away in a plane crash. The legacy he left on his family, friends and the community will forever be felt in the lives he touched.



*LEGACY HAS ARRIVED TO OUR LOBBY!
We are honored & excited to have Chief Greg Graham's tribute Horse Fever horse, Legacy, with us for the next month!
Ocala will always hold you close to its heart.*

When You've Been Fully Vaccinated

How to Protect Yourself and Others

Updated July 27, 2021 Languages Print



Safer Activities for You and Your Family

- If you are fully vaccinated, you can participate in many of the activities that you did before the pandemic.
- To maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
- Wearing a mask is most important if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease, or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated. If this applies to you or your household, you might choose to wear a mask regardless of the level of transmission in your area.
- You should continue to wear a mask where required by laws, rules, regulations, or local guidance.



COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can do things that they had stopped doing because of the pandemic.

These recommendations can help you make decisions about daily activities after you are fully vaccinated. They are *not* intended for healthcare settings.



For more information visit : <https://covid.cdc.gov/>

Guidance for People Fully Vaccinated

To maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.



Have You Been Fully Vaccinated?



In general, people are considered fully vaccinated: =

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.





Recipe of the month

Rosemary Flatbread with Blue Cheese, Grapes and Honey

Ingredients

- ☐ 1 envelope active dry yeast
- ☐ 2 tablespoons sugar
- ☐ 2 cups bread flour, plus more for rolling
- ☐ 3/4 cup warm water
- ☐ 2 teaspoons chopped rosemary
- ☐ 1/2 teaspoon fine salt
- ☐ 1/4 teaspoon freshly ground pepper
- ☐ 1/2 pound red grapes (1 1/2 cups)
- ☐ Coarse sea salt
- ☐ 3 ounces blue cheese, crumbled (1/2 cup)
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon snipped chives



Directions

✓ Step 1

In a large bowl, whisk the yeast and sugar with 1/4 cup of the flour. Stir in 1/4 cup of the warm water and let stand until slightly foamy, about 5 minutes. Add the rosemary, fine salt, pepper and the remaining 1 3/4 cups of flour and 1/2 cup of water; stir until a dough forms. Turn the dough out onto a lightly floured work surface and knead until smooth, about 5 minutes. Transfer the dough to an oiled bowl, cover and let rise in a draft-free spot until billowy and doubled in bulk, about 1 hour.

✓ Step 2

Meanwhile, preheat the oven to 450°. Place a pizza stone in the bottom of the oven, and preheat for at least 30 minutes.

✓ Step 3

Turn the dough out onto a lightly floured work surface. Press and stretch the dough into a 13-inch round, then transfer to a lightly floured pizza peel. Press the grapes into the dough and sprinkle with sea salt.

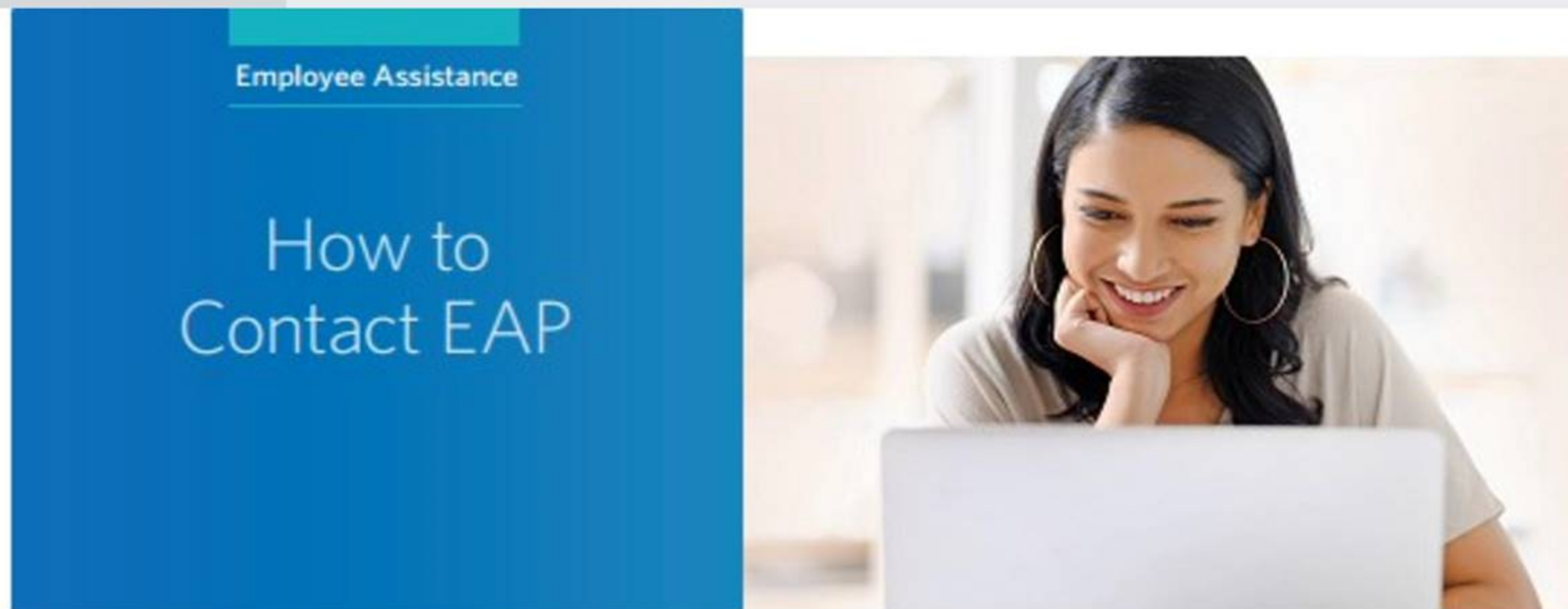
✓ Step 4

Slide the flatbread onto the hot stone and bake for about 12 minutes, until the crust is golden and the grapes have begun to release some of their juices. Sprinkle the blue cheese on top and bake for about 2 minutes longer, until the cheese melts. Slide the flatbread onto a work surface and drizzle with the honey and sprinkle with the chives. Cut into wedges and serve.








At Mutual of Omaha Insurance Company, continuously works to improve the customer experience by listening to understand your needs. We are excited to announce that they have made an enhancement to the way your employees can contact our EAP team. Please flyer for more information.



When you need someone to talk to, Mutual of Omaha's Employee Assistance Program is there to help provide resources to assist with personal and job-related issues.

Two Ways to Request EAP Services

- 
 - 1. The EAP team is available by phone 24 hours a day, seven days a week.**
Call today at 800-316-2796.
- 
 - 2. New Online Service Request Form**
 - a. Go to the EAP website — mutualofomaha.com/eap
 - b. Click on the Request Services button located near the phone number
 - c. Provide your company name, demographic information and the reason for seeking assistance
 - d. Click submit
- 

For over 25 years, Mutual of Omaha's in-house EAP has been staffed by licensed, master's level counselors. Our exclusive provider network and personalized provider matching allow us to quickly get you the help you need.



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