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Did you know...

-  The birthstone of December is turquoise.
-  According to a 2011 survey, more dentists have birthdays in December than any other month
-  Zodiac signs for December are Sagittarius and Capricorn.
-  On December 17, 1903, the Wright Brothers made their first flight
-  The birth flower of December is the narcissus.
-  On December 14, 1791, the Bill of Rights was passed
-  In December, Nobel Prizes are awarded
-  National Stress Free Family Holiday Month
-  December 27th is National Chocolate Day
-  On December 29, 1862, the bowling ball was invented
-  "Jingle Bells" was composed in 1857, and not for Christmas- it was meant to be a Thanksgiving song!
-  On December 3, 1976, the first heart transplant was completed.
-  Christmas Day is celebrated on December 25th!



NEWS FROM THE HEART



IT'S FLU SEASON.



PROTECT YOURSELF.
PROTECT OTHERS.
GET A FLU SHOT.

About The Flu

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Some people, such as older people, young children, and people with [certain health conditions](#), are at higher risk of serious flu complications. There are two main types of influenza (flu) viruses: Types A and B. The influenza A and B viruses that routinely spread in people (human influenza viruses) are responsible for [seasonal flu epidemics](#) each year.

The best way to reduce the risk of flu and its potentially serious complications is by getting [vaccinated](#) each year.

Key Facts About Influenza (Flu)

Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
 - cough
 - sore throat
 - runny or stuffy nose
 - muscle or body aches
 - Headaches fatigue (tiredness)
 - some people may have vomiting and diarrhea, though this is more common in children than adults.
- *It's important to note that not everyone with flu will have a fever.

SYMPTOMS OF FLU



For more information visit [Flu and COVID-19 Symptoms](#)



How Flu Spreads

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes.

Who is most likely to be infected with influenza?

The same CID study external icon found that children are most likely to get sick from flu and that people 65 and older are least likely to get sick from influenza. Median incidence values (or attack rate) by age group were 9.3% for children 0-17 years, 8.8% for adults 18-64 years, and 3.9% for adults 65 years and older. This means that children younger than 18 are more than twice as likely to develop a symptomatic flu infection than adults 65 and older.

Period of Contagiousness

You may be able to spread flu to someone else before you know you are sick, as well as while you are sick.

- People with flu are most contagious in the first 3-4 days after their illness begins.
- Some otherwise healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick.

Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time

Onset of Symptoms—The time from when a person is exposed and infected with flu to when symptoms begin is about 2 days, but can range from about 1 to 4 days.

Complications of flu can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

People at High Risk from Flu—Anyone can get flu (even healthy people), and serious problems related to flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and children younger than 5 years.

Diagnosing Flu - It is very difficult to distinguish flu from other viral or bacterial respiratory illnesses based on symptoms alone. There are tests available to diagnose flu.

Treating Flu— There are influenza antiviral drugs that can be used to treat flu illness.”



7 December holidays that make winter brighter around the world



Krampusnacht - December 5

A centuries-old Christmas tradition in Germany and other parts of Europe, Krampusnacht is said to be when the Krampus, a beastly demonic figure and the antithesis of jolly St Nick, arrives in towns to reward good children and take wicked ones away to the underworld.



Hanukkah - Starts between late November and late December every year. In 2021 it takes place from November 28 to December 6. Also known as the Festival of Lights, Hanukkah is an important Jewish festival which runs for eight days. The religious holiday is a celebration of Judaism and commemorates the rededication of the Second Temple of Jerusalem.



Santa Lucia— December 13

Feast day in the Christian calendar celebrating Saint Lucy, a martyr who is seen as a figure of light in the darkest part of the year. It's an especially important day in Scandinavia, where the day is marked by atmospheric processions and concerts, featuring singers clad in white and wearing headdresses featuring actual flickering candles.



December Solstice and Yule - December 21 and the eleven days after.

Known as the winter solstice in the Northern Hemisphere, marks the shortest day and the longest night for half of the world. Yule is the ancient Pagan celebration associated with that moment in midwinter.



Christmas Eve December 24 and December 25 Christmas Day

Major celebration in the Christian calendar, Christmas traditionally marks the birth of Jesus. However, plenty of people around the world celebrate Christmas for non-religious reasons too, embracing the commercial side of the holiday: turkey, presents, decorated trees and all. Different countries have developed all kinds of unique ways to celebrate that have very little to do with the holiday's religious beginnings. In Japan, for example, a traditional Christmas dinner consists of KFC.



Kwanzaa - December 26-January 1

Kwanzaa is an annual celebration of African-American history and culture, culminating in a communal feast. Festivities typically include dancing, performance and candle-lighting.

December

Shout-Outs



Who will you like to Shout-Out and why?	From:
Rochelle Davila , she is very helpful and always there for me. Very much appreciated!	Migdalia Seda, Belleview
Rochelle Davila and Sonya Price Thank you for all your Help with Phone call and Records!!!!	Maria Perez Main
Lisa Zampino , for always keeping call center on our toes! We could not do this without you. 😊	Katie, Main
Vetty - for always being willing to jump in and help, she helps with translation, and even helps clean exam rooms when get busy back in peds. She really goes above and beyond to ensure we can give excellent patient care.	Jessie
Call Center , after this long vacation we had we did amazing when we returned! Keep up the good work I would like to thank Christina Sasina and her team for their support, problem solving and teamwork. You are all a joy to work with!	Katie, MAIN
Dr. Tabatha Downey for being a compassionate leader who advocates for employees.	Cindy O'Connor Main
To Dr. Downey, Carali, Heather James, Heather Whyman, Levonda, Maria Torres., Dana, Stephanie and Maclyn for their continue guidance and support.	Anonymous
All Staff . Remember the "Reason for the Season", give the gift of Love! Merry Christmas everyone and Happy New Year!	Rebecca Albino - Main Lois Nichols-Dowdy, CPhT
Carali McLean - Carali spearheaded our recent HRSA Operational Site Visit with no material findings. Thank you Carali for all your hard work and tireless efforts to ensure HFHC was prepared for the Site Visit.	Jamie Ulmer
Jacqueline Zayas for always answering ALLLLLL my questions! Thank you for being so helpful!	Heather Wyman-Main
Vetty Bazan - Vetty is always helpful and friendly to the patients and the staff. She is very efficient and thorough with paperwork. We can always count on her to help us with scheduling, phone calls, and translating for those who need help translating.	Dr. Ribay - Main
I'd like to give a Shout-Out! to Tracy Hope . No matter what, nothing can get her down. Every time I see her, no matter what kind of day she is having, she always has smile on her face and one of the most positive attitudes. I ask her how she does it and her reply is always "It's not work if you enjoy it" Nuff said.	Toney Tuten@Main
Shout out to all the MA's and LPN at the Central Office: Shavonnie, Marisol, Jaime, Velinda, Terra, Karen, and Aelicia . Thank you all for working so hard to keep our office running as smoothly as it does. Wear your crowns with pride, you are all QUEENS!	T.J./Central Office
Judy Markins , excellent co-worker, very helpful	Migdalia Seda, Belleview
Pediatrics @ main	Michelle / Main
Michelle Thompson - Michelle is always ready, capable, and willing to help. Thank you for being efficient, knowledgeable, and reliable. So blessed to work with you.	Dr. Ribay
Sara M. – Phlebotomist , Thank you for all of your hard work hustle!	Tanya Harbater - Central
Carali McLean - for all her work, and many hours spent, on preparation for the Virtual Site Visit!	Sarah Brus, Main
Carali and Dr. Downey for all their dedication and hard work, always and most importantly during our OSV.	Jackie- Main, Admin
Lauren Hadsock - Keeps our family medicine department flowing smoothly and always helping even when we don't ask for it. She does a lot for everyone and needs to know she's appreciated!	Heather Whiteman-Family med

**staff
shout
outs!**

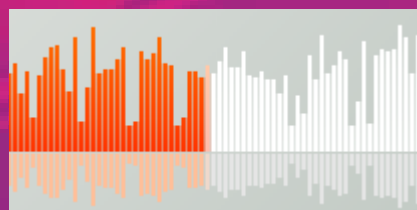


Shout– Out to those who deserve it. If you know of someone who deserves to be recognized please send in your shout- out via the link below.

<https://www.surveymonkey.com/r/SOJanuary2022>



Our Case Management Team was at the [Marion County Children's Alliance](#) Resources Fair to share all of the services and resources HFHC has to offer. HFHC is so fortunate to have this Team to assist our patients with the many resources they may require. We appreciate our community partnerships that allow our team to provide the resources and assistance needed. We were happy to be a part of this event again this year!



In this podcast, Yasmin and Heather discuss how to make healthy choices to enjoy your upcoming holidays to the fullest. Happy Holidays from everyone at Heart of Florida Health Center!

The "Healthcare from the Heart" podcast is hosted by Yasmin Ramasco, MSN, APRN, ANP-C and Heather Bingman-Wyman, Health Education Coordinator.

<https://soundcloud.com/myhfhc/healthcare-from-the-heart-14-happy-holidays>

Garlicky Roast Pork Shoulder

Ingredients

- ☐ 1 cup cilantro leaves (coarsely chopped)
- ☐ ½ cup orange juice (freshly squeezed)
- ☐ ½ cup lime juice (freshly squeezed)
- ☐ 9 garlic cloves (finely chopped)
- ☐ 3 tablespoons oregano (finely chopped)
- ☐ 1 ½ tablespoons extra-virgin olive oil
- ☐ Kosher salt
- ☐ Pepper
- ☐ 1 boneless pork shoulder roast with fat cap (5 pounds)
- ☐ Lime wedges, for serving

Active: 45 mins

Yield: 10

Total: 7 hrs



Directions

✓ Step 1

In a large, sturdy resealable plastic bag, combine the cilantro, orange and lime juices, garlic, oregano, olive oil, 2 tablespoons of kosher salt and 1/2 teaspoon of pepper. Add the pork shoulder, seal the bag and turn to coat. Transfer the bag to a large baking dish and refrigerate the pork overnight, turning the bag once or twice.

✓ Step 2

Remove the pork from the marinade and scrape off the garlic and herbs; discard the marinade. Season the pork all over with salt and pepper and transfer to a large enameled cast-iron casserole. Let stand at room temperature for 1 hour.

✓ Step 3

Preheat the oven to 400°. Roast the pork fat side up for 1 hour, until lightly browned. Reduce the oven temperature to 300° and roast for 4 hours longer, until the pork is very tender and the fat cap is crispy; transfer to a carving board and let rest for 30 minutes. Chop the fat cap into bite-size pieces. Carve, shred or pull apart the pork and garnish with the crispy cap pieces. Serve with lime wedges.



Make Ahead

The roast pork can be refrigerated overnight; rewarm in a 300° oven.

Serve With

Black beans and rice.

Suggested Pairing

Try a tangy beer from Belgium or a fruity saison with this vibrant pork.