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## Covid-19 Vaccinations now ONLY available at Drive-Thru Pharmacy

In an effort to streamline operations, **Covid-19 vaccinations will ONLY be available at our drive-thru pharmacy** at 1536 S. Pine Ave., Ocala, FL 34471 as of Monday, March 7th, 2022

*Vaccinations will be available: Monday thru Saturday 9am to 12pm. \*You must bring your vaccination card (or proof of prior vaccination) with you.*



## NEWS FROM THE HEART



### What Is National Cerebral Palsy Awareness Month?

During the month of March, individuals living with cerebral palsy as well as family members and activists come together by advocating for the cerebral palsy community.

The goal of National Cerebral Palsy Awareness Month is to push for positive change in education programs, the health care system, and the job market to give opportunities to those living with cerebral palsy.

As National Cerebral Palsy Awareness Month grows, more people living with the condition are coming forward to share their stories. Several organizations are working to make sure people with cerebral palsy and other disabilities get a national voice.

#### History of Cerebral Palsy Awareness Day

Cerebral Palsy Awareness Day has been a global event for over a decade. It was started in 2006 by the Reaching for the Stars (RFTS) advocacy group. RFTS is run by parent volunteers who realized that — despite other awareness days for autism, down syndrome, and other disabilities — there was not a day that celebrated cerebral palsy.

The organization wanted to bring greater attention to cerebral palsy and raise more research funding for the condition. RFTS was instrumental in establishing March 25th as National Cerebral Palsy Awareness Day, as well as designating green as the color for cerebral palsy awareness.

Since it was first celebrated, Cerebral Palsy Awareness Day has grown into a global event. Entire buildings around the world have been lit up with green to celebrate on March 25th. Over the past few years, a number of world-famous landmarks have “gone green” to celebrate Cerebral Palsy Awareness Day, including Niagara Falls.

Whether you or someone you love is affected by cerebral palsy, there’s no easier way to show your support than by simply wearing the color green to spread awareness about this condition and uplift those affected.

For more information visit: [www.cerebralpalsyguide.com](http://www.cerebralpalsyguide.com)

# Shout Outs!



Who will you like to Shout-Out and why?	Your Name and location
<b>Entire Family Medicine department at Main.</b> We all work great as a team and help each other out when needed with no questions asked. I think we deserve a shout out for all of our hardwork and excellent teamwork skills!	<b>Heather Whiteman, Family Med at Main</b>
<b>Carali McClean</b> - Director of Quality and Risk Management: a special thanks to a special person and the greatest boss ever, who cares about her staff and actually listens to all of our concerns. She strongly encourages us to be a better version of ourselves, empowers us to do our best and to be happy in everything we do.....Kuddos to our fearless leader! From your Pop Health peeps....	<b>Becca - Population Health</b>
<b>Kiah Ward</b> - Thank you for helping out with HR filing, data entry, etc. - I appreciate it immensely!	<b>Sarah Brus, Main</b>
<b>Shavonnie Lane</b> - Thanks for all your team work..You are a true TEAM PLAYER and want you to know that you were really appreciated!! I really enjoyed working with you and everyone else in HFHC. Im going to miss you all!!! LOVE MY HFHC Crew!!	<b>Marisol Central</b>
Bellevue Team! A letter was sent to the CEO praising the staff in how WONDERFUL they all are...from the front desk to the pharmacy.	<b>Heather James Admin/Main</b>
<b>DOCTOR COLON</b> - DR COLON GOES ABOVE AND BEYOND FOR STAFF AND PTS. ALL THE NURSING STAFF LOVES HER AND SHE WILL BE MISSED WHEN RELOCATION TO ANOTHER FACILITY AT HOF.	<b>H PLISKA MCJ</b>
<b>Team Bellevue</b> - I am so grateful to work with such amazing ladies. Every time I need help from Laura, Rochelle, Shannon, Stephanie they are there to answer my questions. Mrs Judy and Migdalia with all the patience of the world taking care of our patients. Terri, Jana and Sarah giving the extra mile, doing millions of things at the same time. Sue and Gina for see my patients when they need to be seen. Tameka for trying to resolve every ones problems and issues. Special thanks to Carmen for tolerating me, for not quitting on me, for be my balance in work, for taking care of	<b>Thanks, thanks, thanks. Claudia</b>
<b>Central Staff</b> -Thanks for making me feel so welcome it makes my job so much easier.	<b>Tracy- Central</b>
<b>All of the Heart of Florida Central Staff</b> for all the hard work that we do and still remain a strong team!	<b>Sara M Central</b>
<b>TAMEKA FONTENOT</b> SHE GOES OUT OF HER WAY TO SUPPORT ME EVERY TIME, I AM VERY GRATEFUL. GREAT BOSS AS WELL!!!	<b>MIGDALIA SEDA, BELLEVUE</b>
<b>Kim, Jennifer, Charisse, Gwen, Latoya, Leonna, Jeannie, Laura!</b> You Ladies Rock! I appreciate all of your hard work!	<b>Crystal</b>
<b>Kiah Ward</b> for your professionalism and courtesy. She is a great representation of Heart of Florida Health Center. thank you for extraordinary customer service.	<b>Ivonne Hall - Rainbow Speed Home Care Incorporated</b>
<b>Nelson Hernandez</b> - Nelson has been a wonderful addition to the IT dept. He has taken on the duties of the helpdesk and has helped to reduce downtime for individuals experiencing issues.	<b>Toney Tuten - Everywhere :)</b>
<b>Sherry Fletcher</b> she has been a rock here in our family medicine department at main, between working with 2 providers and has helped make sure everyone is taken care of, she deserves a huge shout out!	<b>Heather Whiteman, Family Med-Main</b>
<b>Dr. Evans and her Pharmacy Team</b> for all their hard work, patience, and dedication everyday.	<b>Heather James Admin</b>
<b>We Care Program</b> - Just wanted to say Barbara is doing a fantastic job, always has a smile and always willing to help.	<b>Anonymous - Thank you</b>
<b>Kiah</b> , For demonstrating with actions how to properly and efficiently give customer service to a patient over the phone.	<b>Sarahi Lara/Main</b>





## KOREAN BEEF BULGOGI

### INGREDIENTS

#### Marinade

- ☐ 3 tablespoons soy sauce *low sodium*
- ☐ 2 tablespoons [brown sugar](#) *packed*
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons mirin
- ☐ 6 cloves garlic *minced*
- ☐ 1 green onion *cut on the diagonal*
- ☐ ½ kiwi *pureed with a fork, or Asian pear*
- ☐ ½ teaspoon pepper *freshly ground*
- ☐ 2 teaspoons sesame seeds *toasted*

#### Beef Bulgogi

- ☐ 1½ pounds flank steak *thinly sliced*
- ☐ 1 teaspoon [sesame oil](#)



### INSTRUCTIONS

- 1 **Make the marinade:** Combine all the marinade ingredients together in a medium sized bowl.
- 2 **Marinate the beef:** Add the sliced beef to the marinade and using your clean hands, massage the beef with the marinade. Cover the bowl with plastic wrap and refrigerate for 30 minutes.
- 3 **Cook the beef:** In a non-stick skillet add the sesame oil over high heat. Cook the meat in batches until slightly brown on both sides, 3 to 5 minutes, stirring constantly. Repeat with remaining meat.
- 4 **Serve:** Serve hot over rice.

# HIGHLIGHTS OF THE MONTH

OCALA **gazette**

## Called to Serve

Jeffery Askew and Jamie Ulmer both credit their military service for instilling in them the value of service to others, regardless of skin color.

Posted February 25, 2022 | By James Blevins and Matthew Cretul  
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Jeffery Askew, the director of veterans' services for Marion County, and Jamie Ulmer, the CEO of Heart of Florida Health Center, both credit their military service for instilling in them the value of service to others, regardless of skin color. Between the two, they have nearly a half century of military service: Askew spent 22 years in the U.S. Navy, while Ulmer put in 24 years with the U.S. Army. They then combined for another 30 years of public service in various capacities at the county and state level after leaving the military. Askew and Ulmer spoke with the Ocala Gazette about how they serve in their current positions, what Black History Month means to them, and what advice they have for the next generations.

### 1. QJ What does Black History Month mean to you?

**Askew:** It's an occasion to celebrate the achievement of many African Americans who have gone boldly before me, and it's a chance to inspire others. Not only those who are of African American descent, but all Americans. If we can achieve something, so can they.

**Ulmer:** Black History Month means two things to me: diversity and sacrifice. Diversity is a hot topic now; however, it has always been a hallmark of my definition of a great organization. I do not only mean diversity of ethnicities or races. I am speaking of total diversity, including ethnicities, race, religion, and wherever you may originally be from, no matter if you were raised in a metropolitan, suburban or rural area. When you instill in an organization people from all walks of life and places, no matter what their color may be, you get an organization that will operate at a heightened level of performance, not to mention people learning from each other from their culture and different ways of doing things. I am proud to be the CEO of one of the most diverse organizations in Ocala and Marion County. I believe our tremendous amount of success has been derived from this principle. Regarding sacrifice, I get butterflies in my stomach to think that someone literally gave up their life or livelihood to help establish a better life for me. It definitely makes me keep trying to make an impact, and to make lives better for people around me.

### 1. QJ What does your position mean to you?

**Askew:** It means I have the opportunity to help others in need, and I value that. Not just veterans, but we see a lot of spouses, widows, and widowers. Being in this position gives me an opportunity to help a lot of people and it is an example to the community as a whole, that if I could do it, you can do it. It's just about setting your mind to what you want to do.

**Ulmer:** My position as the CEO of Heart of Florida Health Center means that I have an opportunity to impact people in multiple ways. The first is our patients in the community. We are overwhelmingly committed to taking care of our patients to the best of our ability, no matter what their circumstances may be. We see everyone, no matter his or her ability to pay, and we stand by that. But my most significant impact is with my employees. I only use the word "my" in two instances when I am referring to taking care of people. I take it personally when it comes to impacting my employees' lives. Without them, we would not be able to take care of our patients. Throughout my military career, I learned that my soldiers were someone's most prized possession, and they trusted me to take care of them—at all costs. I still feel that way today about my employees at Heart of Florida Health Center.

### 1. QJ Describe your "path" to the position?

**Askew:** When I retired from the military, my first job was working in human resources for the [Marion] county commission. I was their human resource specialist. I handled recruitment, equal opportunity, I took care of the website as far as job announcements, and I also processed retirement paperwork. One day I was helping Jim Deck, the Veterans' Services director at the time, with his retirement. He said, "Well, Jeffrey, I'm gonna be leaving here in a couple of months, and since you've got military experience and you have good interpersonal skills, I think you'd fit right in with this job." A few months later, Mr. Smith, who was the assistant county Administrator, asked me if I would like to apply for the position. I was happy where I was at, you know, I liked being in human resources. But this job came open and I applied for it, and I got the job. And the rest is history.

**Ulmer:** I always knew I was going to be in the medical field in some capacity since I was very young. It was not until I was a senior in college that I knew I would be tracking as a healthcare administrator. Being a Medical Service Corps officer in the Army taught me a lot about healthcare administration. My first two years were mostly conducting healthcare administration in austere locations and conditions. It was not until I retired that I found my niche in public health and community health centers. It was then that I felt I could make my largest contribution to employees, patients, and the community.



Jeffrey Askew [Photo by Mark Anderson/Marion County Public Relations]

### 1. QJ Any words of wisdom to the next generation?

**Askew:** I read a book yesterday, a children's book, for the African American read-in. And the title of my book by Andrea Pippins was, "Who Will You Be?" There are a lot of role models out there, so, I'll start with a question. And the question would be, who would they be when they grow up? What I leave with them is that you can be anything that you want to be. All you have to do is apply yourself, stay away from people who are doing things that you know they shouldn't do. Get with somebody who is doing positive things, someone who has a positive impact on the community. Stay away from "naughty people", so to speak. But you can be anything you want to be, and you can do anything you want to do. You don't necessarily have to have a doctorate, you don't necessarily have to have a master's degree. You can have a high school diploma and still do something meaningful. Every job is important. So, they can be all they can be because there are a lot of opportunities out there for them. They just have to take advantage of them. I had an opportunity, and I took advantage of it. When they have an opportunity, they need to take advantage of it. During this month, they acknowledged a lot of people who have done great things. They can model them, they can model after their grandparents, some of their relatives who are doing good things. They can model people in the community. But there is always a place for positive people. There's not a place for negative people. I would say to them, decide what you want to do, and then apply yourself to do it, and get someone who can help you do it. Someone who can influence you and be a positive example for you to achieve that objective and never give up. Many positive people have contributed to my success.

**Ulmer:** My words to the next generation would be to always have a "back-up to the back-up plan." It builds resiliency and decreases anxiety to deal with life challenges. I would also say, become more diversified, and no, I am not talking about financially. I'm talking about with your friends, places you would like to travel or work. When people are exposed to other cultures, their heart reacts to situations in life with compassion and mercy.



Jamie Ulmer [Photo by Bruce Ackerman/OG]



## Heart Of Florida Health Center - WUFT's Greater Good

WUFT locally produced 30-minute television program that showcases non-profits throughout North Central Florida. And is now showcasing HFHC for the next few weeks . The Greater Good" segment is available at

<https://vimeo.com/673393653/8c8908f665>.

