



## September 2016 Newsletter



### Welcome to your second Center for Employee Health monthly newsletter!

I hope you are getting settled into the new school year, it's going to be a good one!

Just a reminder, please do not delete any emails from Florida Hospital. A lot is going on as we continue to grow and I don't want you missing out on important information regarding your healthcare.

I would like to thank the custodial, transportation and nursing teams as it was a privilege and pleasure to be part of your welcome back meetings. I enjoyed my time with all of you! Be sure to look at the list on the bottom of this page for my upcoming site visits. These visits give you and me the opportunity to discuss information about the center and provide answers to all your questions.

As we continue to grow, just a reminder that ***it is important that you always call to schedule an appointment at the Center, regardless of the type of appointment, (including same day/urgent care appointments.)*** This helps us to provide care to everyone who needs it and helps reduce the wait time.

It is also important to be on time for your appointment. If you are a new patient, arrive at least **15 minutes** before your scheduled time to fill out any necessary new patient paperwork. If for any reason you cannot make your appointment, please give us a minimum of 24 hour notice, so we are able to give that time slot to another patient. This is especially important with cold and flu season on its way!

In this newsletter, I'm excited to introduce you to our new team members including: Dr. Scott Wiltz, Dr. Nikita Shah and our Care Coordinator Helen Jones. We feel incredibly blessed to have them on our team.

Please check our SDOC website for the Florida Hospital Mammo Coach dates, including Wednesday, September 21<sup>st</sup> from 3-7pm at the Center for Employee Health. (Great hours for you ladies.)

Also, flu shot clinics start on Thursday, September 29<sup>th</sup> at St. Cloud Transportation and Horizon Middle School. Remember flu shots are free for employees of the District. You are a candidate for a flu shot *unless* you have an allergy to eggs, severe allergies or Guillain-Barre' Syndrome (GBS). There is a lot of misinformation out there, please contact us if you have any questions regarding the flu shot.

As always, if you have any questions or comments, please contact me at [AskErin@flhosp.org](mailto:AskErin@flhosp.org).

[SDOEmployeeHealthCenter.net](http://SDOEmployeeHealthCenter.net)



#### ERIN'S ONSITE VISITS

- Sept. 20– Thacker E.S.
- Sept. 22–Boggy Creek E.S.
- Sept. 27–Partin Settlement E.S.

#### MAMMO COACH DATES @ THE CENTER

- Sept. 21– 3 pm–7 pm
- Oct. 14–2:30 pm–6:30 pm

#### VISIT OUR WEBSITE FOR FLU SHOT CLINIC DATES

[sdoemployeehealthcenter.net](http://sdoemployeehealthcenter.net)



**FLORIDA  
HOSPITAL**

## Meet Our Care Coordinator



### **Helen Jones, RN-BSN**

If life throws you a curveball with your health, Helen Jones, RN is here to help you make the catch! As our new Care Coordinator, Helen will assist you through any serious health issue you may face. Healthcare can be overwhelming and confusing, especially if you're not feeling well. We at Florida Hospital understand, and we are happy that Helen has joined our team to help guide you and your family.

Think of Helen as ***your*** health advocate when you may feel your health is a bit out of control. (Sometimes that happens.) Whether it is high blood pressure, high blood sugar or any other health issue that is needing closer attention, Helen is here for you.

Helen always wanted to be a nurse, however life took her in a different direction. Years later when her daughter started a nursing program, this motivated Helen to start her own journey into nursing. Not only did they attend nursing school together at UNF Jacksonville, upon completion they crossed the stage at graduation and were pinned together as a mother/daughter team.

When it comes to healthcare, Helen believes in treating a person the way she would want her family member cared for.

Helen is a motorcycle enthusiast and enjoys camping, the beach and time with her family, including her golden retriever Lexi Grace.

For more information about Helen, please visit her profile at [sdocemployeehealthcenter.net](http://sdocemployeehealthcenter.net)

## BRITTNEY'S HEALTHY BITES

### **Cowboy Caviar**

Serves: 6-8

#### **Ingredients:**

1 can black beans, drained  
1 can pinto beans, drained  
1 can corn, drained  
1 avocado, diced  
2 roma tomatoes, diced  
½ red onion, diced  
optional: 1 jalapeño, finely diced  
juice of 1 lime  
¼ cup cilantro, roughly chopped  
½ teaspoon cumin  
½ teaspoon garlic powder  
½ teaspoon salt  
½ teaspoon chili powder

#### **Instructions:**

Add all ingredients to a large bowl. Stir to combine. Serve immediately with corn chips/tortilla chips, or cover and chill until ready to serve.

Recipe by Creme De La Crumb at <http://www.lecremedelacrumb.com/2014/09/cowboy-caviar.html>



## HEALTHY YOU REVIEW TIP

Don't suffer from Sleep Debt, make it a priority to get  
8 hours of sleep a night.



### Meet Our Physicians



**Dr. Scott Wiltz, M.D.**

Florida Hospital is excited to welcome Dr. Scott Wiltz to the SDOC Center for Employee Health. He brings a diverse medical background, from practicing Family Medicine in Northwest Florida to treating wounded soldiers in Iraq as an Air Force trauma physician.

Dr. Wiltz made his debut with the Osceola School District during this summer's Girls Getaway Weekend where he was met with great enthusiasm. It doesn't take long to see that practicing medicine is his calling and we are blessed to have him leading our team. "I believe in not only caring well for my patients, but also educating them to care better for themselves. I believe we need to be a team." says Dr. Wiltz.

Dr. Wiltz is married with three children, so having the opportunity to be of service to those in education was a big draw for him in joining our team.

Dr. Wiltz enjoys spending time with his family playing sports, going to the beach and his kids LOVE the theme parks. Rounding out the Wiltz family is their four legged family member Stella, a yorkie chihuahua mix, named after the character in "A Streetcar Named Desire."



**Dr. Nikita Shah, D.O.**

Whether skydiving or chasing after her twin girls who are toddlers, Dr. Nikita Shah's life has been full of adventure. The adventure continues as she becomes the first female physician at the SDOC Center for Employee Health.

It may sound cliché, but Dr. Shah always knew she wanted to be a doctor. She is here to guide you with your medical care regardless of age. From seniors to babies, she enjoys caring for all.

Dr. Shah believes that "going to the doctors should never feel like a chore or punishment." She is here to guide her patients towards a healthier journey.

Dr. Shah is excited to be joining the Center for Employee Health, and loves that she is part of such a forward thinking and unique health center.

Along with her twins, Dr. Shah is married to an Orlando native and has a yellow lab named Cooper, named after the 90's sitcom, "Hanging with Mr. Cooper."

**831 Simpson Road, Kissimmee, FL 34744 (Next to TECO Campus)**

**Monday—Friday 7 am—7 pm, Saturday 8 am—Noon (Urgent Care Only)**

**Phone (407) 483-5757 Fax (407) 483-5756**