



## May 2017 Newsletter

Welcome to your Center for Employee Health newsletter!

As I start the final newsletter of the 2016/2017 school year, I'm struck by how quickly it has gone by. Maybe, it's just me...

Whether you are off for the summer or working a four-day week, please take this time for you. ***You are worth it!***

The Center will be open all summer, **Monday – Friday**, 7am - 7pm for all services and **Saturday** from 8am - noon for Urgent care *only*. As always, call for an appointment regardless of what service you may need. ***Just a reminder to call at least 24 hours ahead if you are cancelling an appointment***, so we may help another District family member.

Several of the opportunities available over the summer include:

Our Diabetic class, hosted by the Florida Hospital Diabetic Institute in April, was a huge success! We are offering another opportunity to take this great class on **Friday, June 23<sup>rd</sup> from 9am - 1pm**. Lunch will be served. This class is at *no-cost* for District employees. ***Call the Center's Care Coordinator, Helen Jones, at 407-201-4766 to register for the class.***

Ladies, the Florida Hospital **Mammo Coach will be at the Center on June 28<sup>th</sup>, July 19<sup>th</sup> and again on July 25<sup>th</sup>**. If you are due for your mammo screening, call **407-303-1615** today, to schedule your appointment.

As you may know, Florida Hospital is all about mind, body *and spirit*. We understand that everyone faces unique challenges and I want to encourage you to take care of your spirit this summer. If you need counseling, the District offers an Employee Assistance Program (EAP), that offers confidential support with up to **10 free counseling sessions per issue (ie: stress, grief, drugs/alcohol, etc)**. This benefit extends to anyone living in the employee's household. Call the District HR Department for more info or call your *EAP direct* at 888-882-0797.

Have you seen the new videos on the Center's website? If not, check these out at [SDOCEmployeeHealthCenter.net](http://SDOCEmployeeHealthCenter.net). You will find a welcome video (by yours truly) on the home page that provides a brief overview of all the services provided at the center. We now feature introductory videos of our team members on Our Team page, plus additional information about the services provided at the Center. When you have a chance, come visit me on the home page.

Also, we recently welcomed a new member to the Center's family, Grace Sumulong, she is our newest nurse practitioner. Check out her profile on the next page.

You may be off for the summer; however, I will be working hard on next school year's communication plan. So, if you need anything over the summer, I'm here for you. You can contact me at [AskErin@flhosp.org](mailto:AskErin@flhosp.org).

Till next time~ Erin~



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



### MAMMO COACH DATES

- May 25—Poinciana HS
- June 28—The Center
- July 19—The Center
- July 25—The Center

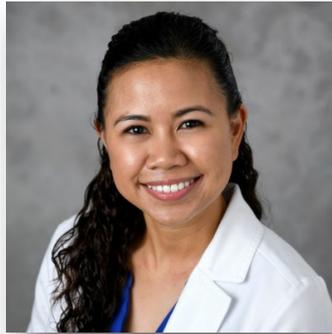
### FOR ADDITIONAL MAMMO DATES VISIT

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

## Meet Grace Sumulong, ARNP

Written by Erin Lysik

Grace Sumulong is our new nurse practitioner, and we are so excited to have her as part of the SDOC Center for Employee Health team. She joins our team as the Center's 5th provider (a provider being a doctor, nurse practitioner or Physician Assistant/PA). She brings with her, a diverse nursing background.



She has been a *traveling* nurse, (which is common with nurses who want to see the country), she has also worked at the Seminole County Health Department, Florida Hospital/Orlando ER and even Walt Disney World as a nurse.

Grace comes from a family of nurses, so it was a natural path for her to follow in the family's footsteps. As a medical professional, her philosophy is to treat the mind, body and spirit; not just a specific problem. She is here to be *your* health advocate.

Grace knows firsthand the challenges of finding time for "self-care". She is married, with 2 girls (9 months and 6 years old) and she also has a one eyed English bulldog named Sue-She. As a Mom, she knows "life gets busy" and she also understands, that *many times, women put themselves last*. Grace reminds us that we must take care of our well-being, before we can take care of others.

Growing up, Grace was a competitive gymnast. Nowadays, she loves to run, as it helps her to clear her mind and stay active at the same time.

So what's on the horizon for Grace, besides joining the Center? She is training for a 48.6 mile run in January called the "Dopey Challenge". Yup, it looks like Grace still has a bit of that *Disney magic*.

To learn more about Grace, please visit our website [SDOCEmployeeHealthCenter.net](http://SDOCEmployeeHealthCenter.net) to read her bio under the "Our Team" section tab.



## BRITTANY'S HEALTHY BITES

### Lemony Yogurt Pound Cake

#### Ingredients:

- \* Nonstick baking spray, for coating loaf pan
- \* 1 1/2 cups white whole wheat flour
- \* 2 teaspoons baking powder
- \* 1/4 teaspoon salt
- \* 3/4 cup sugar
- \* Finely grated zest of 1 lemon
- \* 1/2 cup plain lowfat Greek yogurt
- \* 1/4 cup lowfat (1-percent) milk
- \* 1/4 cup extra-virgin olive oil
- \* 1/2 teaspoon pure vanilla extract
- \* 2 large egg whites
- \* 1 large egg

#### Directions:

Preheat oven 350 degrees F. Coat an 8 1/2-by 4 1/2-inch loaf pan with baking spray. Whisk together the flour, baking powder and salt in a medium bowl. Put the sugar and lemon zest in another bowl and rub the lemon zest into the sugar with your fingers. Add the yogurt, milk, olive oil, vanilla, egg whites and whole egg and vigorously whisk until well blended. Add the flour mixture into the egg mixture and fold in. Transfer to the prepared pan. Bake 50 minutes. Cool in the pan on a wire rack for 5 minutes and cool to room temperature. Enjoy!

From Food Network Kitchen



## Who is the Mystery Photo Bomber ???

1 Year Anniversary  
Celebration



Fun Family 5K  
Walk/Run

## A Look Back at our First Year...

Written by Erin Lysik

As I write the final article for the 2016/2017 school year, my heart is filled with so much emotion. The Center has been open for a year, and we have seen over 17,000 appointments. We are thrilled you are embracing the Center by taking advantage of the healthcare benefits available to you and your family.

Florida Hospital would like to thank you for all that you do! I have witnessed firsthand, while out at the schools/sites, all that goes in to providing an education for our students. These children are blessed to have you, regardless of your job title, as *everyone plays an important role*. Education is key to future success, and you are getting these kids on the right path.

We, at Florida Hospital, have enjoyed participating in the annual Men's Get Away and Girls' Get Away events. I personally love my time at the "girls' event", as it's always fun and insightful. (Plus, no boys allowed. LOL)

Ladies, the mammo coach numbers were strong this year, and I'm happy that you are making time for this important health screening.

There was also a substantial increase in the District's flu shot clinics. You did a great job of protecting yourself *and* your family.

We just had our one year anniversary celebration/5K on May 10<sup>th</sup> and what a success! It was even bigger than the Grand Opening last year.

I want to thank everyone who participated, as we had folks from Celebration to St. Cloud and beyond. For many who did the 5K, it was your first time doing something like this, and I couldn't be prouder of you! We had over 900 participants, and many kids completed their first 1K walk/run at this event.

Congratulations to the top three schools who participated and won wellness dollars for their location; TECO took the top spot, second place was Kissimmee Elementary and third place went to East Lake Elementary.

The above photo bomb was *the best!* Yes, that is the Center's team attempting to take a selfie at the 5K. *Who is this man of mystery?* That is the million-dollar question. If you know this fella, let me know who he is at AskErin@flhosp.org. He deserves a big shout out for such a cool photo bomb!

Our monthly newsletters will resume in August and hopefully we will have identified our photo bomber by then.

Till next time, enjoy your summer. You deserve it.

Erin~

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