



## January 2018 Newsletter



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

Welcome to 2018! As we think about good health (mind, body *and* spirit) in the new year, lets also think about getting more energy. I found 2017 to be a bit tiring and it sounds like many of you felt the same way. I hope you wrapped up 2017 by taking some time for *yourself* during the Winter Break.

As a District member, you take care of so many, including your own family; it is important in 2018 to take care of yourself and ***make yourself a priority***. Increase your energy level by taking steps to improve your overall health through diet, exercise and planning time for your own “self-care”. Personal *downtime* to relax is vital to good health.

In this issue, we have added a ***special 4<sup>th</sup> page and I encourage you to please read it***. Florida Hospital knows the District family has been working under challenging circumstances due to the storms and we are here to help. For a *limited time*, we are offering Care Sessions for the District family, at the Center. Please take a moment to read about this unique resource that is available to you at *no-cost*. If you have any questions, please reach out to me.

Ladies, many of you are behind on getting your mammogram screenings. Florida Hospital’s standard of care is that *a woman should receive a mammogram every year starting at the age of 40*. As a convenience, the Florida Hospital Mammo Coach continues to make stops around District locations, check out our full listing at [SDOEmployeeHealthCenter.net](http://SDOEmployeeHealthCenter.net). No referral is needed, for women 40+ yrs. of age.

During this month’s newsletter, we introduce our new nurse practitioner, Richardo Boyd and we make a full introduction to our Physical Therapy team.

*Also, following up on an email you received from the District*, it is important that you **cancel any scheduled appointment at the Center with a 24-hour notice**. You will find in that email communication, there may be a \$25 charge to you if an appointment is not cancelled in the appropriate way.

As always, if you need anything, I’m here for you. It’s going to be a great year!

Till next time~

Erin~

AskErin@flhosp.org



### MAMMO COACH DATES

- Jan 23 - Bellalago Charter
- Jan 30 - Discovery Intermediate (Deerwood Invited!)
- Jan 31 - Neptune MS
- Feb 1 - East Lake ES
- Feb 3 - the Center
- Feb 9 - Michigan ES

FOR ADDITIONAL MAMMO DATES, VISIT OUR WEBSITE

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

## Move it or Lose it, the Importance of Exercise.

Written by Erin Lysik



Whenever I hear someone say, “move it or lose it”, it always gets my attention. After all, who wants to lose anything, right? With that said, I need to get your attention regarding the *importance of exercise*, so here we go... “Move it or lose it!” Yes, I’m talking about losing your health and mobility.

Exercise is a vital part of self-care and the older we get, the more important it becomes.

What if I told you that you could reduce your chance for high blood pressure, heart disease, type 2 diabetes and certain types of cancer? And what if I told you that you could reduce stress and improve your sleep too? It’s not a magic pill, **it’s exercise!**

There are so many benefits to exercise but in this super busy world, we don’t make time for it. **Yes, you must make time for it and you are worth it!** My family and friends know that every Saturday and Sunday morning, I’m in a warm yoga studio practicing. It is my time. *They understand, I need this time* and they respect it.

I have rheumatoid arthritis, so exercise is imperative for me. If you have arthritis and you are *not* exercising, your arthritis *will worsen*. It’s important to warm up slowly and take precautions to avoid injury. (Warm yoga and swimming are great exercise, as both are low-impact.)

According to the University of Maryland Medical Center; exercise also helps us to maintain a healthy weight. With 40% of the United States being classified as obese, one of the great benefits of exercise is weight loss, as it impacts your body and organs directly. Women who exercise regularly lose significantly more weight, even *without* altering their diets, than those who are sedentary.

Heart disease remains the #1 killer of men *and* women in the United States and studies show that physically active folks are *less* likely to develop heart disease. *This is even after researchers accounted for smoking, alcohol use and diet.* (“*John Hopkins Medicine*”) Yes, exercise is great for your heart!

Need *more* sleep? The National Sleep Foundation found that regular exercisers report getting a better quality of sleep. Even 10 minutes of daily exercise, made a positive difference in the sleep cycle.

Want *less* stress? Virtually *any* form of exercise can act as a stress reliever. Physical activity bumps up the production of your brain’s feel-good neurotransmitters called endorphins. This all makes for a more confident and relaxed you.

For happiness and health, reach for your sneakers, swimsuit or yoga mat. It’s just what the doctor ordered.



## BRITTANY'S HEALTHY BITES

### Potato Egg Muffin Cups

#### Ingredients :

- 6 thin slices of ham
- 6 large eggs, beaten
- 1/4 cup low fat milk
- 1 1/2 cup refrigerated hash browns
- 1/4 cup chopped fresh parsley
- 1/2 tsp salt
- Pinch black pepper
- 1 1/2 cups shredded cheese

#### Directions:

- Preheat oven to 400 degrees. Use nonstick spray on 12 cup muffin pan.
- Combine ham, eggs, milk, potatoes, parsley, salt, pepper, cheese and stir until blended. Pour equal amounts into cups.
- Bake 15 mins. until knife inserted comes out clean.

--May leave out ham or use another meat. Add onion, peppers, mushrooms if desired.

Serves: 6-12

Prep: 15 Min Cook: 15 Min



## Center Testimonials...

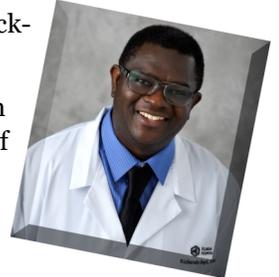
“The Center for Employee Health in partnership with Florida Hospital is the perfect solution for my family. The front desk staff members greet me with a smile and by name when I come in for an appointment. I have utilized the medical and physical therapy side of the center and both are knowledgeable and caring. I appreciate being able to go on Saturdays, when needed.” ~ Ruth

### Richardo Boyd, ARNP

We are excited to welcome, Richardo Boyd, as a new nurse practitioner to the Center. He has a diverse background in nursing; with work experience from the Orlando area and in the Palm Beaches area.

Richardo is excited to be a part of the Center, as he sees the benefit of having comprehensive healthcare in one place. From Nutrition to Physical Therapy, Richardo knows it all plays a part in taking care of yourself and feeling good. He is a huge supporter of *taking time* to take care of yourself.

In his free time, he enjoys lifting weights and watching mix martial arts or boxing.



### Meet Our Physical Therapy Team

Written by Erin Lysik

The Center has an incredible physical therapy team and it's growing! They are here to help you feel better and they are producing strong results within the District family. Just a reminder that you may qualify for **Direct Access Physical Therapy**, especially if you have a part of your body that is causing pain. (*This is where you can get up to 30 days of PT with no doctor referral.*) Call the Center to find out more details at **407-483-5757**.



**Jason Cirolia PT, DPT, OCS** - Jason is the leader of our physical therapy team and he has been with us since the Center opened. He brings years of experience practicing medicine, including experience from the military. Jason earned his Doctor of Physical Therapy from the University of Central Florida.



**Julia Wyatt Connor PT, DPT** - We welcome Julia as the first female on the Center's physical therapy team. Julia's interest in physical therapy began after her college years, as she worked for a physical therapist. She saw firsthand how people improved their lifestyle with exercise. Her health advice is to *make time for you and your wellness!* Julia earned her Doctor of Physical Therapy from the University of St. Augustine.



**John Finley MED, LAT, ATC, ACSM-CPT** - John has extensive experience working with a variety of athletes. He previously worked as the head athletic trainer for the Orlando Solar Bears, worked for affiliated teams with the Cincinnati Reds and Kansas City Royals. John has also worked with the USA Wheelchair Tennis Team, including 3 World Championships in Italy, England and Turkey. John earned a B.A. in Sports Medicine from Otterbein College and his Masters of Education in Sports Administration from the University of Nevada.



**James Walton, Physical Therapy Aide** - James rounds out the physical therapy team at the Center. He always enjoyed exercising and at one point got injured. It was through his research of fixing his pain through exercise, that he began his interest in PT. James enjoys helping others and he even did a mission trip to Kenya, Africa. James earned a B.S. degree in Sports Exercise and Science from the University of Central Florida.

Visit the Center's website for additional information on our providers, [SDOCEmployeeHealthCenter.net](http://SDOCEmployeeHealthCenter.net)

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

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



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**Employee Health**  
In Partnership with Florida Hospital

Hurricanes Irma and Maria brought some challenges to Osceola County and the District family. Additionally, our neighbors in Puerto Rico, have been going through their own recovery. Many of you have taken on expanded work to welcome these families to your school, potentially resulting in additional stress.

To help with this, the Center will be offering "Care Sessions" for the District family, provided by the Florida Hospital Pastoral Team. These sessions are an opportunity for you to talk about what is on your mind and in your heart. The sessions are *non-religious*, unless the District member invites faith into their Care Session. These Care Sessions will be offered for a *limited time* and will be at no cost.

The Care Sessions are *not* a replacement to your Employee Assistance Program (EAP), where District employees and families can get counseling at no cost. The Care Sessions are an additional resource for the District family as we go through the transition of Hurricane Maria.

The 30-minute Care Session can be for the employee or the session may be a "family" session, as the storm has affected so many of us *as a family*. Additionally, the Care Team is **bilingual**. The Care Sessions will be offered at the Center on Wednesdays, from 3 pm—7 pm.

Call the Center at **407-483-5757** to schedule your **confidential** Care Session with the Florida Hospital team.

If you have any questions, please let me know. Thank you~

Erin~

Erin Lysik

[AskErin@flhosp.org](mailto:AskErin@flhosp.org)



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Los huracanes Irma y Maria trajeron algunos desafíos al condado de Osceola y a la familia del Distrito. Además, nuestros vecinos en Puerto Rico han estado atravesando su propia recuperación. Muchos de ustedes han asumido un trabajo ampliado para dar la bienvenida a estas familias a su escuela, lo que puede resultar en estrés adicional.

Para ayudar con esto, el Centro ofrecerá "Sesiones de Cuidado" para la familia del Distrito, proporcionadas por el Equipo Pastoral del Florida Hospital. Estas sesiones son una oportunidad para que hables sobre lo que tienes en mente y en tu corazón. Las sesiones no son religiosas, a menos que el miembro del Distrito invite a la fe a su sesión de cuidado. Estas sesiones de cuidado se ofrecerán por tiempo limitado y no tendrán costo.

Las "Sesiones de Cuidado" no son un reemplazo de su Programa de Asistencia al Empleado (Employee Assistance Program - EAP), donde los empleados y las familias del Distrito pueden obtener asesoramiento sin costo alguno. Las sesiones de cuidado son un recurso adicional para la familia del Distrito a medida que avanzamos en la transición del huracán María.

Las sesiones de cuidado de 30 minutos puede ser para el empleado o la sesión puede ser una sesión "familiar", ya que la tormenta ha afectado a muchos de nosotros como familia. Además, el Equipo de Cuidado es bilingüe. Las sesiones de cuidado se ofrecerán en el Centro los miércoles, de 3 p.m. a 7 p.m.

Llame al Centro al 407-483-5757 para programar su sesión confidencial de atención con el equipo de Florida Hospital.

Si tiene alguna pregunta, por favor hágame saber.

Gracias,

Erin Lysik [AskErin@flhosp.org](mailto:AskErin@flhosp.org)