

AMERICA’S HEALTHIEST HOMETOWN

A weekly report on The Villages’ efforts to become “America’s Healthiest Hometown” compiled by Daily Sun Ombudsman **Larry D. Croom**. Email larry.croom@thevillagesmedia.com. Or call him at 753-1119, ext. 9366.

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Coming Jan. 4

More Villages Health providers share their ambitions for 2015.

To a Happy, Healthy 2015

Health providers in America’s Healthiest Hometown share their plans, goals and resolutions for the new year



“To lose weight, exercise and stay healthy. I play pickleball and golf and I like walking. I think that’s the best daily exercise you can do.”

– **Dr. Robert Aisenstat**,
Pinellas Care Center



“Wake up an hour earlier each day and get a workout in before coming to work. And to learn, create and develop at the Specialty Care Center.”

– **Marcel Anderson**,
clerical supervisor,
Specialty Care Center



“Work-life balance. The Villages Health gives us a great opportunity for that. So taking time for family and making sure we work hard but also play hard.”

– **Linda Arredondo**,
Specialty Care Center manager



“To continue to expand this practice so that it is as successful and helpful to patients as it can be. And to improve my golf game.”

– **Dr. Brooks Betts**,
Colony Care Center



“To lose weight and get more exercise. Who wouldn’t want to do that? Professionally, to get a little more continuing medical education in geriatrics.”

– **Dr. Paul Daluga**,
Mulberry Grove Care Center



“To continue to be as healthy as I can through diet, exercise and appropriate sleep. And to continue to make deeper connections with patients.”

– **Marykate Drake**,
physician assistant,
Pinellas Care Center



“To increase my relationship with Jesus Christ and to try to lead a holy life and do the best I can for my patients and everyone that I meet.”

– **Dr. David Ethier**,
Specialty Care Center



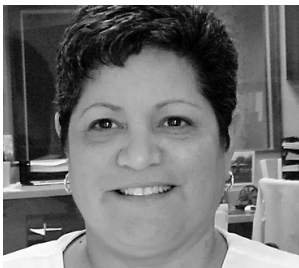
“To spend time with my family and get to know my children as they go from being kids to teenagers to adults.”

– **Dr. Stephen Fischer**,
physician assistant,
Bellevue Care Center



“One of my biggest goals is to buy a house. And I would like to start re-training for maybe a half marathon.”

– **Brittany Gagnon**,
physician assistant,
Bellevue Care Center



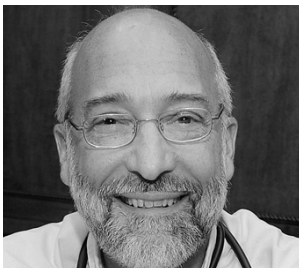
“I hope to become an excellent clinical supervisor at the Santa Barbara Care Center and just to keep expanding our team.”

– **Irma Gravier**,
clinical supervisor, Santa Barbara Care Center



“To continue to have patient satisfaction well over 100 percent. They can walk in and know that someone here cares about them.”

– **Sheri Harwood**,
Creekside Care Center manager



“To reach more of the community and have them understand and believe that this patient-centered medical home is the right way to access health care.”

– **Dr. Joe Hildner**,
director of medical affairs



“To just continue to do my best to take care of my kids and my wife and all of our patients here.”

– **Dr. Jack Hocutt**,
Colony Care Center



“To get ready for my first marathon (at Disney World) on Jan. 11. And then probably an Olympic triathlon sometime in 2015.”

– **Dr. Dave Jordahl**,
medical director,
Colony Care Center



“To finish my RN degree so that I can further myself in the medical field. I work in endocrinology and also like the surgical field.”

– **Amber Leiva**,
medical assistant,
Specialty Care Center



“To continue getting healthier and moving forward. And making changes in a positive light and letting go of negativity. Just promoting positivity.”

– **Dr. Karla Noel**,
physician adviser, Colony Care Center



“To get some work-life balance. To really balance that out a little bit so I can be a better care center manager.”

– **Jennifer Pavlik**,
Mulberry Grove Care Center manager



“To lose some weight and maximize time with family and friends. Professionally to work hard to make The Villages America’s Healthiest Hometown.”

– **Dr. Tomas Perez**,
Pinellas Care Center



“To use my expertise to further outreach projects in The Villages community. I’m looking forward to celebrating May as Better Hearing and Speech Month.”

– **Dr. Laura Pratesi**,
audiologist



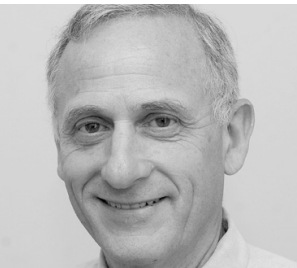
“To be a good father, a good husband and maintain work and life balance. To make sure to make time for the people that are important.”

– **Dr. Robert Reilly**,
medical director,
Creekside Care Center



“To dedicate more time to my wife – to make her happy in what she wants. And to spend more time with my children.”

– **Dr. Mirko Roethlisberger**,
Creekside Care Center



“To break 80 and a hole-in-one is still in my dreams. And enjoying the weather and getting to know a little bit more of Central Florida.”

– **Dr. Saul Rosenblum**,
medical director, Santa Barbara Care Center



“About this time next year, have my nursing degree just about wrapped up. And to spend more time with my kids and loving husband.”

– **Jennifer Shannon**,
medical assistant, Mulberry Grove Care Center



“To laugh more and to incorporate more laughter into medicine. Non-pharmacologic things are much better medicine than anything else in the world.”

– **Dr. Christine Stopyra**,
Creekside Care Center



“To develop a consistent exercise plan. My daughter, husband and I have just started playing tennis. So to do that at least three times a week.”

– **Deneal Sullivan**,
Pinellas Care Center manager



“It’s about being healthy. I am a Villager and I see everyone being active. It makes me want to do the same and live more by example.”

– **Autumn Tripp**,
Colony Care Center manager



“I’m going to learn to fly small aircraft at Leesburg International Airport – a small personal aircraft like a Cessna.”

– **Linda Wheeling**,
nurse practitioner,
Colony Care Center



“To focus more on running and complete a 5K before year’s end. And to get back to health coaching, which I absolutely love to do.”

– **Amy Wixted**,
program director