

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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Did you know?

While completing his undergraduate degree at the University of South Florida, Dr. Christopher Pead, who practices at the Santa Barbara Care Center, sold men's sportswear at Maas Brothers in Tampa.

To a Prosperous 2015

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



"Always to be healthy, lose weight, exercise and keep playing pickleball. I recommend walking 30 minutes a day. Shoot for seven days you'll get five in."

— **Dr. Helene Aisenstat**,
Pinellas Care Center



"To achieve my certified medical professional executive certification and begin working on a human resources certification toward the end of 2015."

— **Chad Collins**,
operations, human
resources manager



"To get all the doctors and staff trained on our new standards of the patient-centered medical home and make sure that we are at goal."

— **Valerie Crenshaw**,
clinical trainer, Santa
Barbara Care Center



"To begin volunteering again, whether it's at a food bank, a free clinic or at church. And to plan my wedding!"

— **Beverly Dorson**,
physician assistant,
Colony Care Center



"To lose the pounds I gained when I came to The Villages. I'm telling patients to lose weight, so I hope to be an inspiration."

— **Karen Doyle**,
physician assistant,
Creekside Care Center



"To be more organized, get through all of my paperwork and get everything all set out for the new year. And reading time."

— **Dr. Kimberly Giovannelli**,
Santa Barbara
Care Center



"To help The Villages Health create its behavioral health program and help people with behavioral changes and lifestyle changes."

— **Kryisia Martinson**,
health and wellness
coach, Creekside
Care Center



"To have a garden for 2015 and have different things. I already have pine-apples, but I'll have green peppers, green beans and maybe expand to corn."

— **Caroline Mathis**,
nurse practitioner,
Specialty Care Center



"To spend more time with the family, not just when they need me, but in general. And professionally, to contribute some ideas that I have."

— **Dr. Mariel Gonzalez Mendoza**,
Pinellas Care Center



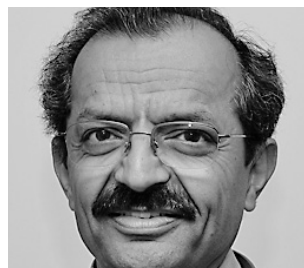
"To create a brand-new and comprehensive diabetes program that will involve diabetes educators, dietitians, a physician assistant and a comprehensive educational program."

— **Dr. James Mersey**,
endocrinologist,
Specialty Care Center



"Now that my baby has gotten bigger and more interactive, we'd like to get out and do more things and explore the area."

— **Dr. Uyen Anh Nguyen**,
Colony Care Center



"To try and build my efficiencies and build relationships with a lot of the providers who help manage my patients' problems."

— **Dr. Ashok Ojha**,
Santa Barbara
Care Center



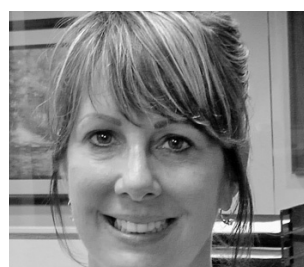
"See my kids more often and spend more time with my husband. And go back home to India to see my family there."

— **Dr. Smita Ojha**,
Creekside Care Center



"To keep my patients healthy, out of the hospital and adopting a healthy lifestyle of moderation. The only thing you never should moderate is your exercise."

— **Dr. Denise Ollivierre**,
Colony Care Center



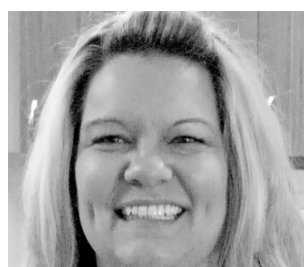
"Here at The Villages, we're trying to be the healthiest hometown. So my goal for 2015 is to work out three times weekly."

— **Heather Rebro**,
clinical supervisor,
Creekside Care Center



"I'm looking forward to the growth of the specialty care center and the opportunity for increased knowledge and the role I'll play in that."

— **Teresa Rednour**,
clinical supervisor,
Specialty Care Center



"I'd like to get up North (to Cincinnati) to see my mom and some other family that I don't get to see very often."

— **Shawn Risch**,
licensed practical nurse,
Mulberry Grove
Care Center



"To continue to preach about The Villages Health. Patients, neighbors and friends always ask about it. So letting them know what we're trying to accomplish."

— **Sue Schueler**,
nurse practitioner,
Pinellas Care Center



"To fire people up more about their health, in particular, about diabetes. To see more people dancing as a form of exercise or in the pools swimming."

— **Shira Small-Cangialosi**,
physician assistant,
Specialty Care Center



"Spend more time with my family. My kids are almost grown and out of the house. And to get to the gym at least three days a week."

— **Tara Smalley**,
medical assistant,
Creekside Care Center



"To get a new associate, which we've procured. Dr. James Flaherty is joining us. So I can take some time off and have a vacation."

— **Dr. Kathleen Steepy**,
OB-GYN, Specialty
Care Center



"To achieve a work-life balance. Finding time to take care of myself so I can take care of others is key."

— **Cindi Stewart**,
physician assistant,
Mulberry Grove
Care Center



"To make sure that I see each of my three grandchildren more and to keep having fun with The Villages Health."

— **Dr. Elliot Sussman**
chair, The Villages Health



"To live up to these words: 'Listening is not merely not talking ... it means taking a vigorous human interest in what is being told to us.'"

— **Dr. Al Turri**,
director of audiology



"My goals have always been and will continue to be in 2015 to maintain a good relationship with the patients that I take care of."

— **Dr. Michael Wald**,
Mulberry Grove
Care Center



"Continue my journey toward self-improvement that started two years ago. My focus in 2015 will be fitness and strengthening that daily quiet time."

— **Dr. Tressie Waldo**,
audiologist



"To utilize the power of our electronic medical record, to get a lot of data about patients to better take care of them."

— **Dr. Daniel Whinnen**,
Bellevue Care Center



"To really excel at this position. To be proactive and make sure everything is scheduled and everything runs a little bit more smoothly."

— **Tammy Wiscup**,
scheduler, Mulberry
Grove Care Center