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### Employee Spotlight

**Ruth Griffin, FCP Billing Department**



This month the Employee "Spot Light" is on Ruth Griffin who joined FCP's Billing Department February, 2000.

#### Favorite's List

**Color:** Blue  
**Drink:** Red Snapper  
**Candy:** Peppermints  
**Foods:** Anything I cook in my kitchen  
**TV Show:** Hallmark Channel has the best shows  
**Season:** Spring & Summer  
**Vacation:** Caribbean (Jamaica & Bahamas)  
**Favorites:** Enjoying dinner out

**Hobbies:** with my 3 kids & granddaughter  
 Traveling, Decorating & time with my family  
**Insights:** "Be honest and true to yourself at all times."

### The

**Alex J. Brown, M.D., Arlington Office**

Alex J. Brown, M.D., earned his Bachelor of Science in 2001 from Middle Tennessee State University, and completed medical school at East Tennessee State University in 2005. In 2009 he completed his Internal Medicine residency from the Jewish Hospital of Cincinnati. Then in 2010, he studied Pediatric Sports Medicine at Cincinnati Children's Hospital.

Dr. Brown is a member of the American Medical Association, American College of Physicians, American Medical Society of Sports Medicine, American College of Sports Medicine, and Florida Medical Association.



#### Favorite's List

**Color:** Red  
**Drink:** Carmel Macchiato from Starbucks  
**Candy:** Gummi Bears  
**Foods:** Sweets, steak, potatoes and corn  
**TV Show:** "The Biggest Loser"  
**Vacation:** Cancun, Mexico

**Hobbies:** Reading, video games and riding my motor cycle.  
**Insights:** "A ounce of prevention is worth a pound of cure."

Dr. Brown joined Family Care Partners of Arlington in 2010. Dr. Brown has been active in community volunteer efforts, and he is the Team Physician for Terry Parker High School. When away from the office, he enjoys spending time with his family, and loves to exercise and ride his motorcycle.

Dr. Brown feels that so many of today's common health concerns, such as diabetes and high blood pressure, are affected by a person's physical health. Many of these illnesses would be better controlled or even resolved by simply eating a healthier diet and exercising regularly. "Hopefully I can relay the importance of these to my patients and keep them healthy and happy for years to come."

**1<sup>st</sup>** Crystal McLain  
 Sandra Pierce  
**2<sup>nd</sup>** Judith Edwards  
**3<sup>rd</sup>** Sylvia Hill  
**8<sup>th</sup>** Kimberly Coleman  
 Linda Mahoney  
**9<sup>th</sup>** Pam Davis  
**14<sup>th</sup>** Jennifer Glassman, M.D.  
**15<sup>th</sup>** Stephanie Vaillencourt  
**16<sup>th</sup>** Abby Frketic  
 Linda Scott  
**23<sup>rd</sup>** Laura Cooper  
 Cat Orner  
**29<sup>th</sup>** Sharee Bondurant

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**1<sup>st</sup>** Gigi Cruz - 5 years  
 Pamela DeSaro - 12 years  
 Zondra Mathis - 6 years  
**2<sup>nd</sup>** Natasha Carter - 5 years  
**4<sup>th</sup>** Sydette Scott - 9 years  
**18<sup>th</sup>** Shirley Cruz - 7 years  
**20<sup>th</sup>** Torcha Sampson - 2 years  
**23<sup>rd</sup>** Brianna Becton - 4 years  
 Crystal Crews - 5 years  
 Susan Spangler - 1 year  
**27<sup>th</sup>** Danielle Mauro - 1 year  
**30<sup>th</sup>** Diksha Desai - 5 years

### Birthdays

**3<sup>rd</sup>** Dale Fralicker, MD  
**5<sup>th</sup>** Valerie Witherspoon  
**6<sup>th</sup>** Darrell Newsome  
**7<sup>th</sup>** Nancy Wooten  
**8<sup>th</sup>** Latisha Dunn  
**11<sup>th</sup>** Tra'Chella Johnson, MD  
**20<sup>th</sup>** Kathy Puskas  
 Laura Turner  
 Elaine Weaver  
 Kendra Williams  
**26<sup>th</sup>** Jenny Edwards  
**28<sup>th</sup>** Natasha Carter  
**29<sup>th</sup>** Evelyn Bankston  
**30<sup>th</sup>** Roy Garcia  
**31<sup>st</sup>** Scott Silver

### Anniversaries

**1<sup>st</sup>** Paul Lewis III - 1 year  
**5<sup>th</sup>** Carmela Puskas - 10 years  
 Evelyn Bankston - 4 years  
 Marlene Murray - 3 years  
**9<sup>th</sup>** Melinda Jordan - 2 years  
**11<sup>th</sup>** Jennifer Glassman, M.D.  
 - 7 yrs  
**12<sup>th</sup>** Janice McTier - 4 years  
**13<sup>th</sup>** Maria Adams - 5 years  
 Laura Turner - 5 years  
**15<sup>th</sup>** Elaine Weaver - 1 year  
**16<sup>th</sup>** Becky Walsh - 1 year  
**19<sup>th</sup>** Sara Hufstetler - 4 years  
**24<sup>th</sup>** Jane McSweeney - 8 years  
**29<sup>th</sup>** Susan Bachar - 1 year

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# Welcome To The Family

We would like to send a warm welcome to the following new members of our **FCP Family!**

## In The Lime Light

**La-Trell Bess-Smith** joined our Fleming Island office in August as a Medical Assistant is from "Jaguartown," FL. She enjoys locking hair, sports like tennis, bike riding, and anything to do with the water. She has two Chichi (pets) - Taco and Belle.

**Deepali Bobra, MD** is in the Arlington office practicing Family Medicine originally from Mumbai, India. Deepali likes to tandem bicycle with her son. The doctor enjoys reading, cooking and watching movies.

**Anna Chong, M.D.** will be joining Northside Pediatrics in September. She earned her medical degree at Medical College of Georgia. She is completed her pediatric residency at Levine's Children Hospital of Carolinas Medical Center in Charlotte, NC. Dr. Chong is a member of the American Medical Association, and the American Academy of Pediatrics. Dr. Chong, originally from Seoul, South Korea, recently married and has a four month-old son. Her hobbies include spending time with family, friends, movies, eating good food, drinking coffee and tea. So, be patient and offer to help her find her way in this great city.

**Amy Dolan** joins us in Fleming Island. She is a Medical Assistant originally from Jacksonville. Amy enjoys her kitty cat, "Monkey," outdoor activities, gardening, and spending time with friends and family. Amy is excited to join the Family Care Partners' team!

**Nicole DuBenion** joins our Arlington Call Center Representative and is a Jacksonville native. She enjoys going paintballing and watching old episodes of "Law & Order SVU."

**Lindsey Dyess** joins our Arlington Call Center in Patient Services is originally from Jacksonville. She enjoys spending time with her nephews as well as photography and painting.

**Sara Ellison** joins our Northside office as a Call Center Rep from Jacksonville, FL. She enjoys motorcycle riding and time with family.

**Jennifer Espiritu** joins our Arlington office and in Internal Medicine from the Philippines. She plays volleyball and sings karaoke.

**Stephanie Garcia** is new in the Lab who joins us in Arlington. Originally from Butte, Montana she enjoys arts and crafts and sewing. She has a Chihuahua, Poco, whom she also loves.

**New Arrivals:** Mr Yancey Lindsey, Jr was born to **Nicola Lindsey** (Northside) on the August 10, 2011. Yancey came into the world weighing 8 lbs. 6 oz. and 20" long. Welcome aboard Mr. Lindsey.

Miss Makenzie Cooper was born to **Laura Cooper** (Arlington) on the October 11, 2011. Makenzie came into the world at Memorial Hospital weighing 8 lbs. 1 oz. and was 21" long. Good luck Miss Makenzie.

Miss Zoe Brown was born to **Dr. Alex Brown** (Arlington) on October 27, 2011. Zoe came into the world weighing 7 lbs. 10 oz. and was 20" in length. We welcome you Miss Brown.

**Brandy Green** who joins us in Patient Services' Arlington office, is from Jacksonville. She enjoys spending time with family, especially her nieces, and going to Gator (UF) games.

**Valerie Howard** is a new Phlebotomist who joins us in Arlington and is from St. Petersburg, FL. She enjoys working out and going to church.

**Stephanie Johnson** joins our Arlington Lab as a Phlebotomist from Winter Haven, FL. She enjoys playing with her son and going places with the family.

**Chantal Kirkland** joins our Northside as a Call Center Rep from Jacksonville, FL. She has a teacup, toy poodle, "Shadow." She enjoys bowling, skating, shopping, movies and generally spending time with her children and family.

**Michelle A. Koonce** is new to the Arlington Lab. She is from Jacksonville, FL. Michelle has two dogs, "Xena" & "Sandy," and her horse, "Mohawk." She enjoys observing "silence in nature," horseback riding, walks on the beach, and traveling.

**Stephanie McKinnon** joins our Fleming Island office. She is a Patient Services Representative and Medical Assistant. She is from Fall River, Massachusetts. Stephanie enjoys reading and spending time with her children.

**Greg McQueen** joins our Northside office as an Adult Medicine MA from Jacksonville, FL.

He has a cat, "Fluffy," plays basketball and watches football.

**Arnetta Mitchell** comes to us from Jacksonville, FL. She will be joining us as a Medical Assistant in the Arlington office.

**Darrell Newsome** comes to us from Ocilla, GA. He joins us in Arlington in the Lab as a Medical Lab Tech. He has a Chocolate Poodle - "Buster." Darrell enjoys riding his motorcycle, spending time with his family (wife, children, grandchildren, and his brother).

**Monet Tatum** is originally from Newport News, VA. She enjoys anything involving the outdoors and going on the boat on her days off! Monet joins us in our Patient Services, Arlington office.

**Velyn Wu, MD** from Orange Park joins our Northside office. She owns Esther - a poodle mix. Her hobbies are music, cooking and bible study. Her favorite activity is playing soccer.



Mr Kaiden Berry was born to **Paulette Berry** on the November 18, 2011. Kaiden came into the world at Memorial Hospital weighing 8 lbs. 14 oz. Welcome aboard Mr. Berry.

Aubree Nora Chauvin was born to the proud parent **Jessica Fields** on January 4, 2012 weighing in at 8 lb. 9 oz. and was 20.25". Congratulations **Ms. Fields** and the best to Little Miss Aubree.

**Also, New Nuptials:** **Danielle Scarborough** and Daniel McGowan were married October 15, 2011, Congrats!



Family Care Partners is currently working to become recognized by National Committee for Quality Assurance (NCQA) as a Patient Centered Medical Home (PCMH) under the 2011 Standards and Guidelines. These new NCQA standards align closely with many specific elements of the federal program, CMS Meaningful Use Requirements, which uses health information technology to improve quality.

The initial data, which focuses on processes that all our divisions practice, was submitted to NCQA on December 1, 2011. These processes include extended hours, after hours clinical advice, incorporating lab data in the patient's electronic health record (EHR), collection of data for population management, etc. The next step in the recognition process will be submitting processes and documentation to support the remaining standards for each division. NCQA allows us one year to complete the process after the initial data submission.

In 2012, the Quality Committee will be posting results of our quality monitors on the Family Care Partners web site. The results are shared with our clinicians and their teams to identify barriers and opportunities for improvement. The recommendations will also be posted on-line.

## Patient Centered Medical Home (PCMH)

In contrast to the current practice of primary care in which the care the patient receives is based on the patient's chief complaint, the Patient Centered Medical Home (PCMH) looks at the patient as a whole person. The patient's clinician is responsible for providing for all the patient's health care needs and for arranging care with other appropriate health care providers as needed. Team members of the clinician directed PCMH; help coordinate the care of the patients across outside care providers such as hospitals, home care agencies and nursing homes. The team also helps coordinated community based services such as transportation.

The PCMH emphasis is on attainment of patient-centered outcomes through the use of evidence based medicine and clinical decision –support tools, as well patient involvement in decision making. Ensuring quality and safety of care are key elements within the PCMH concept.

Have you visited the Family Care Center Website recently? If so, you should have seen information and a video that talks about what is a Patient Centered Medical Home (PCMH). Clinicians and staff at the two large divisions –Arlington and Northside have attended training classes on PCMH and Population Management. This training will be provided to our smaller divisions early next year. Additional training provided to us by Pfizer on "The Art of Listening, Health Behavior Change, and Working as Team will be provided during the first half of 2012.

DECEMBER		BIRTHDAYS		ANNIVERSARIES	
1 <sup>st</sup> Michelle Edmonds	D E C E M B E R	3 <sup>rd</sup> Janice McTier	J A N U A R Y	1 <sup>st</sup> William Carriere, M.D. - 37 years	
3 <sup>rd</sup> Susan Spangler		Valarie Howard		2 <sup>nd</sup> Alpa Patel, M.D. - 11 years	
4 <sup>th</sup> Cynthia Neal		9 <sup>th</sup> Nathosha Jackson, M.D.		3 <sup>rd</sup> Kawaga Jones - 4 years	
6 <sup>th</sup> Lindsey Dyess		10 <sup>th</sup> Latia Green		7 <sup>th</sup> Maria Garcia - 9 years	
8 <sup>th</sup> Carmen Diaz		11 <sup>th</sup> Teresa Sumpter		Danielle Hiers - 10 years	
11 <sup>th</sup> Renita Buckman		13 <sup>th</sup> Sydette Scott		Loria Howell - 4 years	
13 <sup>th</sup> William Carriere, M. D.		22 <sup>nd</sup> Jennifer Alexander		Teddy Mason - 10 years	
17 <sup>th</sup> Annabel Darmata		28 <sup>th</sup> Maria Galvan		15 <sup>th</sup> Linda Gullede - 5 years	
21 <sup>st</sup> Penelope Byrnes		29 <sup>th</sup> Sally Hasty		17 <sup>th</sup> Jacquelyn Centeno - 1 year	
24 <sup>th</sup> Shawna Hamilton		Theresa Olive		Mark St. Lawrence - 7 years	
27 <sup>th</sup> Stephanie Bosh		30 <sup>th</sup> Carmela Puskas		18 <sup>th</sup> Genola Childs, M.D. - 5 years	
Lilibeth Vickers				19 <sup>th</sup> Paulette Berry - 8 years	
28 <sup>th</sup> Martin Boone					
29 <sup>th</sup> Amanda Howell					
30 <sup>th</sup> Lynda Carroll					
<b>Birthdays</b>		<b>Anniversaries</b>			



# The Moon And The Yew Tree

## By Sylvia Plath



### FEBRUARY

- 1<sup>st</sup> Vernie Fields  
Amanda Lopez
- 4<sup>th</sup> Lynn Sykes
- 5<sup>th</sup> Laverne Mays
- 13<sup>th</sup> Daniel Choquette  
Lori Fralicker  
Joyce Goodman  
Rosemary Wogan
- 17<sup>th</sup> Quantillia Allen
- 19<sup>th</sup> Razvan Balotescu, M.D.
- 21<sup>st</sup> Kanisha Joiner  
Paul Lewis III
- 23<sup>rd</sup> Teresa Stiles
- 24<sup>th</sup> Genola Childs, M.D.  
David Lueck
- 25<sup>th</sup> Elizabeth Wonpat, M.D.
- 27<sup>th</sup> Clair Arnold
- 28<sup>th</sup> Gequita Bloomfield  
Michelle Koonce  
Amy Starkweather

### Birthdays

### Anniversaries

- 1<sup>st</sup> Janet Bailey - 2 years  
Ralph Boone, D.O. - 10 years  
Helen Calvy - 6 years  
Latisha Dunn - 6 years  
Dale Fralicker, M.D. - 6 years  
Donna Miller - 4 years  
Cat Orner - 24 years  
Anthony Underwood, D.O.

- 5<sup>th</sup> Carmen Diaz - 5 years
- 7<sup>th</sup> Rosemary Wogan - 5 years
- 14<sup>th</sup> Ruth Griffin - 12 years
- 16<sup>th</sup> Paulino Milla, M.D. - 3 years
- 19<sup>rd</sup> Bonita Perret - 10 years
- 21<sup>st</sup> Jennifer Parisi - 11 years
- 23<sup>rd</sup> Marquita Embry - 3 years  
Latia Green - 11 years
- 25<sup>th</sup> Alisa Fountain - 10 years
- 27<sup>th</sup> Kanisha Joiner - 6 years

This is the light of the mind, cold and planetary  
The trees of the mind are black. The light is blue.  
The grasses unload their griefs on my feet as if I were God  
Prickling my ankles and murmuring of their humility  
Fumy, spiritous mists inhabit this place.  
Separated from my house by a row of headstones.  
I simply cannot see where there is to get to.

The moon is no door. It is a face in its own right,  
White as a knuckle and terribly upset.  
It drags the sea after it like a dark crime; it is quiet  
With the O-gape of complete despair. I live here.  
Twice on Sunday, the bells startle the sky --  
Eight great tongues affirming the Resurrection  
At the end, they soberly bong out their names.

The yew tree points up, it has a Gothic shape.  
The eyes lift after it and find the moon.  
The moon is my mother. She is not sweet like Mary.  
Her blue garments unloose small bats and owls.  
How I would like to believe in tenderness -  
The face of the effigy, gentled by candles,  
Bending, on me in particular, its mild eyes.

I have fallen a long way. Clouds are flowering  
Blue and mystical over the face of the stars  
Inside the church, the saints will all be blue,  
Floating on their delicate feet over the cold pews,  
Their hands and faces stiff with holiness.  
The moon sees nothing of this. She is bald and wild.  
And the message of the yew tree is blackness - blackness  
and silence.

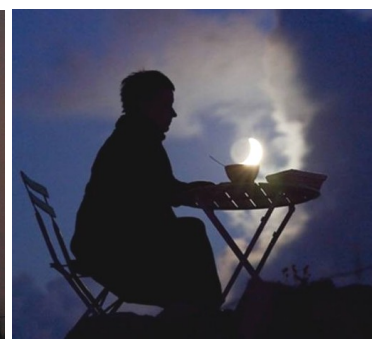
### MARCH

### Birthdays

### Anniversaries

- 1<sup>st</sup> Shirley Cruz  
Mallory Major
- 7<sup>th</sup> Teddy Mason
- 8<sup>th</sup> LaToya Saunders
- 9<sup>th</sup> Sheila O'Neal
- 11<sup>th</sup> Jacquelyn Centeno  
Gregory McQueen
- 12<sup>th</sup> Samantha Roberts
- 15<sup>th</sup> Diane Turnipseed
- 17<sup>th</sup> Chitra Rajpal, M.D.
- 19<sup>th</sup> Alpa Patel, M.D.
- 20<sup>th</sup> Maria Adams  
Chantel Kirkland
- 21<sup>st</sup> Danielle McGowan
- 22<sup>nd</sup> Ellen Varnes
- 24<sup>th</sup> Sara Hufstetler
- 25<sup>th</sup> Laura Talley
- 26<sup>th</sup> Tiffany Ingram-Wooden  
Laura Moritz
- 27<sup>th</sup> Krystal James
- 29<sup>th</sup> Clint Vickers

- 1<sup>st</sup> Duane Bork - 11 years
- 2<sup>nd</sup> Vernie Fields - 3 years
- 3<sup>rd</sup> Nicola Lindsey - 4 years
- 8<sup>th</sup> Kristal Dinkins - 2 years
- 12<sup>th</sup> Ellen Varnes - 5 years
- 13<sup>th</sup> Lynda Carroll - 10 years
- 14<sup>th</sup> Dwight Welch - 1 year
- 17<sup>th</sup> Toccara Norton - 4 years
- 18<sup>th</sup> Kimberly Taylor - 4 years
- 20<sup>th</sup> Eva Lawson - 3 years
- 24<sup>th</sup> Cathy Peterson - 4 years
- 31<sup>st</sup> Teresa Sumpter - 4 years

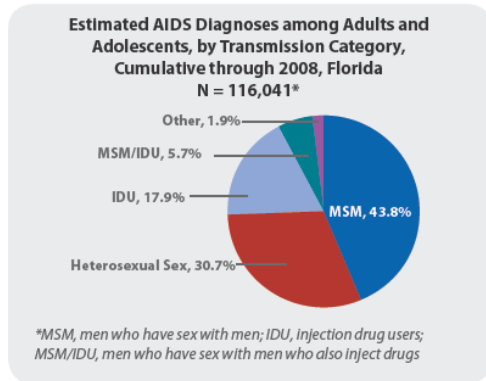
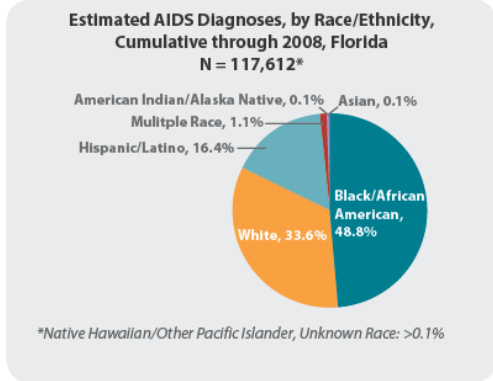
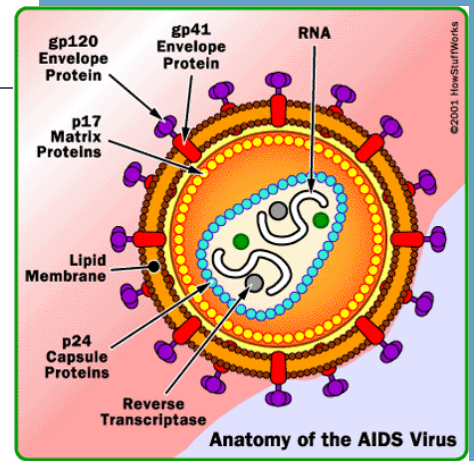


# December is HIV and AIDS Awareness Month

## What You Need to Know

Though some would argue that every month should be. Let's not be ignorant, (ignorant defined: unaware because of a lack of relevant information or knowledge); to the facts. No you can't get **aids** from a toilet seat, saliva, tears, sweat, holding hands, casual contact like shaking hands or sharing dishes, closed-mouth or "social" kissing, from someone sneezing or from, get this - a mosquito bite.

**HIV** and **AIDS** is a disease contracted by sexual intercourse, sharing of an IV drug needle, being born to or breastfed by an HIV infected mother or even sometimes (though now rare in the US) blood transfusions.



## HIV and AIDS Awareness What You Need to Know in FLORIDA

Existing treatments need to be taken daily for the rest of a person's life, they need to be carefully monitored, and all of this comes with costs and potential side effects. At this time, there is no cure for HIV infection despite major advances in diagnosing and treating HIV. In 2007, 35,962 cases of AIDS were diagnosed and 14,110 deaths among people living with HIV were reported in the United States.

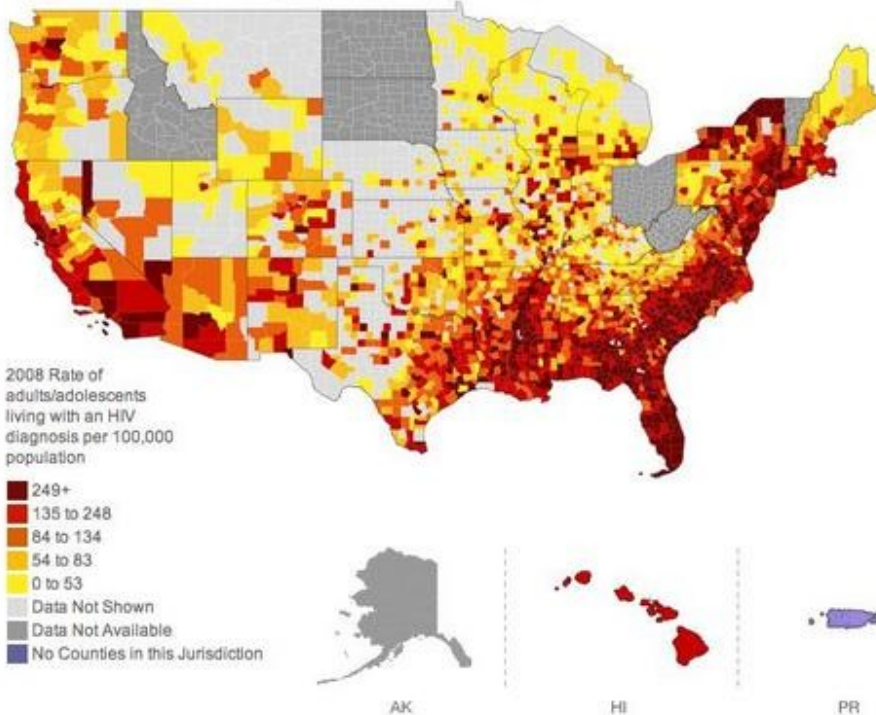
Most people will develop detectable antibodies that can be detected by the most commonly used tests in the United States within 2 to 8 weeks (the average is 25 days) of their infection. Ninety-seven percent (97%) of persons will develop detectable antibodies in the first 3 months. Even so, there is a small chance that some individuals will take longer to develop detectable antibodies. Therefore, a person should consider a follow-up test more than three months after their last test.

**HIV** (Human Immunodeficiency Virus) is the virus that causes **AIDS** (Acquired Immunodeficiency Syndrome), a life threatening disease. While there have been great strides in the prevention of HIV transmission and care of HIV infection and AIDS since AIDS was first recognized in 1981, many people still have questions about HIV and AIDS. The information below is designed to answer some of these questions based on the best available knowledge instead

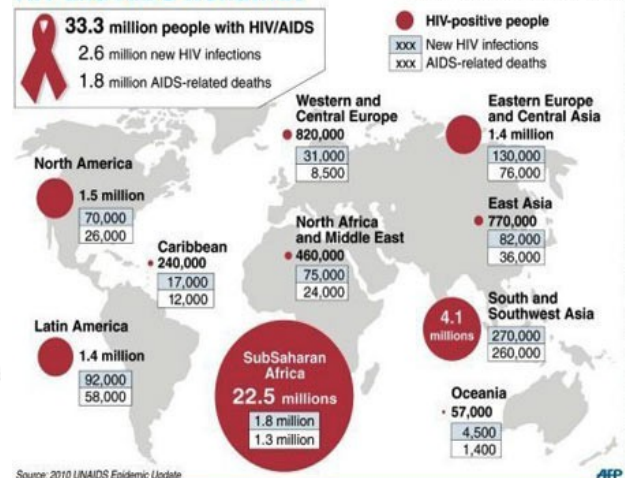
AIDS is the late stage of HIV infection, when a person's immune system is severely damaged and has difficulty fighting diseases and certain cancers. Before the development of certain medications, people with HIV could progress to AIDS in just a few years. Currently, people can live much longer - even decades - with HIV before they develop AIDS. This is because of "highly active" combinations of medications that were introduced in the mid 1990s.

No one should become complacent about HIV and AIDS. Current medications can dramatically improve the health of people living with HIV and slow progression from HIV infection to AIDS.

Persons Living with an HIV Diagnosis / by County / 2008



### HIV and AIDS worldwide



## 5 Steps to a Workable New Year's Resolution

**Article By: Sally Hammond**

Who hasn't spent a New Year's Eve resolving to be svelte by spring? Then by mid-February, you've sold your rowing machine and bought a new couch. Follow five steps to make this year your most successful yet.

For many people, a new year's resolution is a highly personal goal that, if fulfilled, becomes a "private victory." But whether you keep things quiet by accident or by design, you are giving yourself an out: You can fall off track, and no one will be the wiser.

On the other hand, you are more likely to follow through with your resolutions if you share them with the significant people in your life.

**Which brings us to our five-step resolution-reaching plan.**

## Pumpkin Spice Latte Recipe

(WW 1 pt)

Truly an amazing seasonal drink, this Pumpkin Spice Latte Recipe is a real treat at just **1 Points +** per serving! Creamy, pumpkin-y and everything you'd expect, and it still has the whipped cream. I love the popular coffee shop version, but I'd rather save myself the \$\$ and the extra Points, as Starbucks' Pumpkin Spice Latte Recipe has about 300 calories and 11 g of fat, making it **8 Points +**. Yikes. This is a great drink to serve at your favorite fall holiday party, or to just enjoy yourself at anytime of the

*Treat yourself to a low calorie version of Starbucks Pumpkin Spice Latte, and indulge in the fabulous flavors of fall for just **1 Points +**. It's the perfect low calorie holiday latte recipe to en-*

- 2 cups strong coffee (brewed using 2 tbs per 1 cup of water)
- 3 tbsp canned pure pumpkin
- 1 cup Unsweetened Vanilla Almond Breeze Almond Milk
- 4 tbsp fat free liquid Coffee-mate creamer, Original flavor
- 1 tsp pumpkin pie spice
- 1/2 tsp pure vanilla extract
- 1/2 cup Fat Free Reddi-wip



**Directions:** Brew coffee.

In a blender puree the Coffee-mate, Almond Breeze, pumpkin pie spice and vanilla. Pour into a small saucepan and cook over low heat until the milk is warm and begins to froth slightly. (About 4-5 minutes.) Remove from heat.

For each serving: Pour 1/2 cup of the pumpkin milk mixture into your coffee mug and 1 cup of brewed coffee. Top each cup with a 1/4 cup Reddi-wip. Makes **12 servings**. Cook time: **5 min**.

### A Workable New Year's Resolution...

#### 1. Make your resolutions public

Share them with one or more people so they can help you stay on track. If you let your friends and family in on your dream, you can use their support to help you make it a reality.

#### 2. Write down your resolution

But don't stop there: Also include the steps you will take to keep it. According to Laura Hess, a Nevada-based personal and business coach, having a clearly articulated goal and a plan of action is vital for success.

#### 3. Keep things simple

Break a big goal into a series of smaller goals. Want to lose 50 pounds? Shoot for losing 5 percent of your body weight first, or set five 10-pound incremental weight-loss goals.



### It'll be a Blur, With Weight Watch-er

#### 4. Mark your achievements

Each time you make a small lifestyle change aimed at reaching your goal — adding five minutes to your daily walk, for instance — put a star on your calendar so you can see your progress.

#### 5. Make small changes

If weight loss or a healthier lifestyle is your goal, put a bowl of fruit or vegetable pieces front and center in the fridge, and hide the cookie jar behind the oatmeal. Each week, try a new low-fat cereal or an exotic fruit or a vegetable you haven't tasted before. Stash away your car keys for a weekend and challenge yourself to walk wherever you need to go. Lose the deep-fat fryer, too, and steam, bake or microwave your food.

# January 2012

WW—Weight Watcher's    NS—Northside  
Arl—Arlington            TRN—Training

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		3	4	5 <u>TRN (Arl) Savings without Sacrifice</u> (NS) <u>Art of Active Listening</u>	6	7
8	9 WW - NS 12p	10	11 WW - Arl 12p	12 Stop Smoking	13	14
15	16 WW - NS 12p	17	18 WW - Arl 12p	19 <u>TRN (Arl) Art of Active Listening</u> Staff Meeting	20	21 Diabetes Group Visit for Patients
22	23 WW - NS 12p	24	25 WW - Arl 12p	26	27	28
29	30 WW - NS 12p	31				

# February 2012

Heartland is open everyday for Employees!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 WW - Arl 12p	2 <u>TRN (NS) Behavior Change Workshop</u>	3	4
5	6 WW - NS 12p	7	8 WW - Arl 12p	9	10	11
12	13 WW - NS 12p	14	15 WW - Arl 12p	16 <u>TRN (Arl) Behavior Change Workshop</u> <u>TRN (Arl) Communication Meeting</u>	17	18
19	20 WW - NS 12p	21	22 WW - Arl 12p	23	24	25
26	27 WW - NS 12p	28	29			



WW—Weight Watcher's    NS—Northside  
 Arl—Arlington            TRN—Training

March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 WW - NS 12p	6	7 WW - Arl 12p	8	9	10
11	12 WW - NS 12p	13	14 WW - Arl 12p	15	16	17
18	19 WW - NS 12p	20	21 WW - Arl FREE Smoking Cessation class - NS bkrm 5:30p	22	23	24
25	26 WW - NS 12p	27	28 WW - Arl Smoking Cessation NS - 5:30p	29	30	31

### Staff Meetings...

Please remember to utilize your resources! Use the Suggestion Box in the Employee Break Rooms, contact a Communications Committee Member or call me anytime. Suggestions are reviewed at our monthly Staff Meetings. Remember, if you have anything you'd like to see on your Staff Meeting agenda, send me an [email](#).  
**Communication Committee Members:** Diane Turnipseed, Danielle Hiers, Teresa Sumpter, Sheryl Baker, Bonita Perret, Cathy Peterson.

### Diabetes Classes

FREE Diabetes group visits will begin on January 21, 2012. Providers can contact the clinical call center to schedule patients for that group visit.

### Asthma Classes

FREE Asthma group visits classes will begin SOON in 2012. Providers can contact the clinical call center to schedule patients for that group visit.

## FCP CLASSIFIED ADS

### FOR SALE

**Natural color bedroom set.** Convertible crib converts into a full size bed. Three piece set includes crib/bed frame, changing table/dresser and armoire. Over \$1,000.00 new. Will sell for \$400.00 or reasonable offer. Call **Jenny, 233-8024**.

### SERVICES

**TAX RETURN PREPARATION**  
 Scott Silver, FCP's Controller and a Licensed Enrolled Agent, is preparing tax returns through his private tax practice during off duty hours only. Mention this ad and receive 15% off services for FCP Employee's and their immediate family members (new clients only.) IRS E-Filing is available, but refund anticipation loans are not offered. For more information and pricing go to [floridaea.com](http://floridaea.com).  
 Contact Scott at 904-415-6326 or by email at [sesilver08@gmail.com](mailto:sesilver08@gmail.com)

### SERVICES

**Community Legal Connections**  
 A network helping families regain financial stability. With services consisting of:

- Job Placement Assistance
- Loan Modification Assistance
- Credit Restoration
- Financial Management
- Healthcare Benefits
- Real Estate Management
- Legal Counsel
- Entrepreneurial Grant Writing
- Charities/Non Profit/Counseling

**For more information go to**  
[communitylegalconnections.com](http://communitylegalconnections.com)

Host a Home Party or Basket Party and get **DOUBLE** the goodies for January!

**Scentsy** is a direct selling, wickless candle co. A wickless candle, called a Scentsy Bar or Scentsy Brick, is a highly fragrant wax bar that is warmed to release fragrance into the air.

For a catalog or to book a party call Samantha 904-449-4264. For more information visit [scentsy.com/loveit](http://scentsy.com/loveit)

### SERVICES

**North FL OB/GYN**  
**Dr. Veeren Chithriki MD**  
 Seeing patients every 1<sup>st</sup> and 3<sup>rd</sup> Saturday at the FCP Arlington Location. For appointments call his office at **904-387-9577**

**Contact Captain Randy Parr**  
**@ (912)-265-1470**  
 Stay aboard a luxury 52' motor yacht at Hawks Cay Island Resort in the Florida Keys [hawkscay.com](http://hawkscay.com)  
 \$1,800 charter fee includes 7 days aboard with access to Hawks Cay's pools, restaurants, and one full day with a licensed captain to take you diving, snorkeling, fishing or cruising.  
 \*Additional days for \$300/day.  
 Meals not included.

Please submit classified ads to  
[newsletter@familycarepartners.com](mailto:newsletter@familycarepartners.com)  
 for next issue.