

NOW, PERSONAL PHYSICIAN HAS A WHOLE NEW MEANING.

If you would like to learn more or schedule an appointment for a complimentary visit to meet one of our physicians, please call us at (757) 252-9300 or visit our website at

www.dedicatedcarecenter.com



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NEWSLETTER WINTER | 2012

Holiday Do's for Maintaining a Healthy Diet from our friends at Tidewater Bariatrics

The holidays can be a difficult time to successfully manage our dietary intake and consumption. Here are some holiday "do" tips that may help you navigate through holiday parties.

- ✓ Do eat before you go to the party. Going to a party hungry will make selecting healthy choices much more difficult.
- ✓ Do drink water or diet soda at the party. Alcohol is a double whammy. It is 7 calories per gram (protein and carbohydrates are 4 calories per gram and fat is 9 calories per gram), and its disinhibiting properties make it more difficult to be attentive to the food one is consuming.
- ✓ Do socialize first before heading to the buffet table. Place the emphasis of your party attending on the people rather than on the food served. You may want to show up "fashionably" late so you will be less tempted to overeat. Spend most of your time at the party in the room without the food.
- ✓ Do identify someone that eats well and makes wise choices and make your plate look like theirs. Identifying a food role model is a great way to learn good eating habits.
- ✓ Do bring healthy food to the party to share with others. Consider bringing a vegetable or fruit tray to give you a healthy option for nibbling.
- ✓ Do plan physical activities for your holiday gathering. Start a new family tradition of a walk before and after dinner, family football game, or family bike ride.
- ✓ Do put all food away right after dinner. Clearing the table and closing the kitchen is a very important skill to prevent "picking" and "grazing."
- ✓ Do give party attendees left-overs as they're leaving. Consider having small bags or colorful saran wrap to "gift wrap" their party favors.



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Our Commitment to Customer Service

In an era when healthcare is becoming less personable, we understand the importance of customer service. Trained by The Ritz-Carlton® to exceed your service expectations, our staff will help you see the way healthcare should be delivered.



Did you know that most primary care physicians don't go to the hospital anymore? That's right. With most practices, when you are sick and most in need, your care is turned over to a hospital based physician until you leave the hospital.

Not in the Dedicated Care Center. We care for all our patients admitted at Sentara Norfolk General Hospital and see our patients every day.

New Faces

All of us at the Dedicated Care Center welcome our new team members, and look forward to continuing to expand our program in an effort to further improve your medical care and optimize your future health.



Lori Schrand

Lori Schrand, our Administrative Secretary/Receptionist, joined the Dedicated Care Center in August of 2011. A native of Ohio, she lived 17 years in Arizona, working, volunteering and raising 3 wonderful children. Lori brings with her a Bachelor of Science Degree in Computer Science and 25 years of professional and administrative experience. She enjoys keeping active outdoors, volunteering in her community and spending time with her husband and children.



Michelle Morrison

Michelle has recently joined the DCC as an Administrative Secretary. She comes to us from Pulmonary Medicine of Virginia. Michelle attended Everest College with a concentration on Medical Administration. She enjoys making jewelry and spending time with friends. Michelle will be floating as a substitute Patient Service Coordinator and looks forward to meeting all of our great patients!

To you and yours!

As an added convenience we have prepared instructions for the upcoming holiday closings. As always, we here at the Dedicated Care Center hope you have a safe, healthy, and happy holiday season!

DECEMBER 24, 2012

During the hours of 8:00am- 12:00pm there will be staff members available to answer your phone call, however the office is closed in observance of the holiday. Please call the after hours number at 252-9400 if you have an urgent need or would like to speak with the on-call physician.

DECEMBER 25, 2012

The office will be closed in observance of the holiday. Please call the after hours number at 252-9400 if you have an urgent need or would like to speak with the on-call physician.

DECEMBER 31, 2012

During the hours of 8:00am-12:00pm the office will be open. After 12:00pm, please call the after hours number at 252-9400 if you have an urgent need or would like to speak with the on-call physician.

JANUARY 1, 2013

The office will be closed in observance of the holiday. Please call the after hours number at 252-9400 if you have an urgent need or would like to speak with the on-call physician.

Nutritional Seminars | 2013 SCHEDULE

ALL CLASSES ARE HELD FROM 1:30PM-2:30PM ON THE FOLLOWING DATES

- January 9th Salt and Sodium
- February 13th Protein Foods-Power and Variety
- March 13th Breakfast is Your Friend
- April 10th Grocery Shopping Tour—Site TBA
- May 8th Healthy Eating for Vegetarians
- June 12th Choose “My Plate”
- July 17th Small Steps to a Healthier You
- August 14th Label Reading
- September 11th Carbs—Friend or Foe
- October 16th *Diabetes and Your Health*
- November 13th Heart Healthy Eating
- December 11th Nutrition Supplements



Nancy Harding, RD Instructor

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Open Enrollment

We would like to remind all of our patients to please be aware when choosing your health insurance coverage that the physicians at the Dedicated Care Center do not participate with Anthem HealthKeepers. If you are currently enrolled in Anthem HealthKeepers, please contact your Patient Service Coordinator for guidance. As always, we here at the Dedicated Care Center wish you a happy and healthy holiday season!