

MUCHA *Salud*

An informational magazine for  patients

How you can manage STRESS

Celebrating you at Leon

What to do in case of a stroke



SUMMER EDITION

Dear Member,

As the warmth of summer sets in, we enter a season that reminds us of the importance of preparation, care, and community. Hurricane season has begun, and our priority remains the same: keeping you healthy, safe, and informed.

At Leon, we take this time of year seriously, carefully preparing every one of our centers to ensure your healthcare continues without interruption. All our facilities are equipped with industrial-grade generators and reinforced with impact-resistant glass on all windows and doors—allowing us to reopen quickly after a storm and continue delivering the care you deserve. Your safety is always top of mind, and you can rely on us to be ready for you—rain or shine.

This year, we’re also proud to introduce Leon Surgery Center, a state-of-the-art ambulatory surgery center located in downtown Dadeland. This facility was created to provide a more convenient and comfortable setting for outpatient procedures while maintaining our hallmark standard of medical excellence. From minimally invasive surgeries to specialty treatments, the team at Leon Surgery Center brings advanced care closer to home.

Please stay connected to our communications for any storm-related updates and helpful resources throughout the season. And be sure to explore this summer’s edition of the Mucha Salud newsletter, packed with health tips, storm preparedness guidance, and a variety of content designed to support your well-being and lifestyle.

Thank you for continuing to trust Leon with your health. We are honored to serve you and look forward to many more seasons of medical excellence and Personal Attention At All Times.

There is only ONE LEON!

Warm regards,



Albert Maury
President, Chief Executive Officer

Please contact our Member Services number toll free at **844-9-MY-LEON** (1-844-969-5366) or local at **305-541-LEON (305-541-5366)** for any questions. (TTY users should call 711). Hours are from **8 a.m. to 8 p.m., seven days a week** from October 1st through March 31st and Monday through Friday from April 1st through September 30th.

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2025



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CONTRIBUIDORES

Editor-in-Chief
Yolanda Foster

Managing Editor
Scarlet Martinez

Graphic Design
Pilar Gaunard

Copy Editor
Ariadna Olive

Editor
Caridad Ravelo

Chief Medical Officer
Dr. Rafael J Mas
Dr. Luis O Fernandez

Leon Surgery Center *at Dadeland*

In keeping with Leon’s long-established commitment of continued medical excellence, the newly opened state-of-the-art **Leon Surgery Center at Dadeland**, located at **9065 Dadeland Boulevard**, provides patients with personalized care and comfort. As the only Medicare Advantage plan in Miami-Dade rooted in Leon’s promise of medical excellence and personal attention at all times, no Patient feels like a number at Leon. Rather each patient receives the highest quality care and service as we make each visit as comfortable and efficient as possible.

At the Leon Surgery Center, you can expect:

- Medical Excellence provided by a highly-trained staff
- White-Glove Treatment and 5-star service
- Low wait times and convenient scheduling for procedures
- Coordination of care
- State-of-the-art facility with the highest standards in surgical equipment



Where Healing Meets Hospitality

Our state-of-the-art surgery center combines cutting-edge medical care with the elegance and comfort of a hotel. From the moment you step through our doors, you’re greeted by the warmth of our attentive staff, ensuring that each patient receives personalized care with the highest standards of service, compassion, and professionalism, unlike the cold clinical settings of other healthcare providers.

Every detail of the Leon Surgery Center has been thoughtfully

designed to put patients at ease. Because at the Leon Surgery Center, the well-being of each patient is our priority – and peace of mind is an essential part of the treatment.



Services and Procedures

Leon Surgery Center at Dadeland offers a wide range of outpatient procedures—each delivered with precision, empathy, and excellence. Our state-of-the-art facility provides a seamless patient experience tailored to your needs. With a wide range of specialties, our mission remains clear: to provide safe, expert care with personal attention at all times.

Our newly opened facility is currently equipped to handle the following procedures:

- General Surgery
- Ophthalmology
- Orthopedics
- Urology
- With other specialty procedures soon to come.

At Leon, we are proud to offer surgery center services as we expand our integrated coordination of care and the well-being of each patient within our own system of medical excellence and personal attention. To learn more about the new **Leon Surgery Center at Dadeland**, call us at **305-642-5366**.



A Vocation of Hope: Dr. Mirelys Barrios *Leads with Heart in Women’s Health*

Born and raised in Cuba, Dr. Barrios came to the United States as a teenager, with big dreams and an early passion for medicine. After earning her medical degree from the University of Miami, she continued her training in radiology at the prestigious Brigham and Women’s Hospital, affiliated with Harvard Medical School. But her deep desire to give back to the community that shaped her brought her back to Miami, where she now proudly leads the Women’s Health Institute at Leon Medical Centers, guided by her values of compassion, service, and integrity.

From the earliest days of her medical career, Dr. Barrios felt a deep connection to women’s health, especially after witnessing the emotional impact of a breast cancer diagnosis. This experience led her to specialize in breast imaging/radiology, a field that blends cutting-edge technology with the human and empathetic patient care she believes is essential. “My patients are my daily inspiration,” she says. “Supporting them through such delicate moments is more than a job it’s my calling.”

With a clear vision and a committed heart, Dr. Barrios aims to leave a legacy of excellence in women’s healthcare. Her mission is to broaden access to high-quality care, raise community awareness, and champion early breast cancer detection.

In every patient, Dr. Barrios sees not just a story, but a life that deserves to be protected with the very best that medicine has to offer.

“Mammograms save lives. Don’t be afraid. We are here to care for you with empathy and professionalism.”

Dr. Mirelys Barrios
*Director
Women’s Health Institute*





MEDICAID

Awareness Month

Having adequate healthcare coverage is essential to our health and well-being. But if your income is limited, that's where Medicaid comes in. This April marks the 8th annual Medicaid Awareness Month.

What is Medicaid?

Medicaid is a state public health insurance program for people with low income and limited resources. It pays for a broad range of medical services and limits out-of-pocket costs for eligible adults, older adults, children, pregnant women, and people with disabilities. Medicaid plays a major role in our nation's healthcare system. Many people have healthcare needs that are complex and costly. Roughly 1 in 4 Medicaid enrollees are older adults or people with disabilities.

How is Medicaid funded?

Medicaid is a federal-state partnership. It's funded jointly by the U.S. government and individual states.

What does Medicaid cover?

States are required by law to cover certain healthcare services through their Medicaid programs, including:

- Doctor visits
- Hospital services (inpatient and outpatient)
- Mental health services
- Substance use treatment
- Preventive care (e.g., immunizations)
- Long-term care (in nursing homes and at home)

Many states also choose to cover additional services such as:

- Physical and occupational therapy
- Home- and community-based services
- Prescription drugs
- Dental and vision care

- Prosthetic devices

Check with your state Medicaid office to learn more about the scope of coverage provided.

Who is eligible for Medicaid?

Since each state operates its own Medicaid program, guidelines may vary. However, you may be able to qualify for Medicaid based on your:

- Age
- Income level
- Household size
- Disability status

Some states have broadened their Medicaid eligibility rules to cover all people below certain income levels. If your state has expanded Medicaid coverage, you can qualify for the program based on your income alone. You must also meet requirements for state residency and U.S. citizenship. If you're not a U.S. citizen, you must be a qualified non-citizen (i.e., lawful permanent resident).

The best way to see if you qualify for Medicaid is to reach out to your state's Medicaid office. Find Medicaid contact information for your state on the Medicaid website.

Can I have both Medicare and Medicaid?

About 12 million Americans have both Medicare and Medicaid coverage. These people are "dual eligible." Medicaid can cover Medicare co-payments and deductibles, lowering your out-of-pocket costs. It may also provide services not covered by Medicare, such as vision, hearing, and dental care.

If you're dual-eligible, you have multiple options for coordinating your coverage and care. The standard choice is having Original Medicare with separate coverage through Medicaid. However, you can also choose to enroll in a Dual Eligible Special Needs Plan (D-SNP) if one is offered in your area.

Medicaid?

You can apply for Medicaid through your state Medicaid agency or through Leon Medical Center's Access office, call 305.642.5366 to make an appointment.

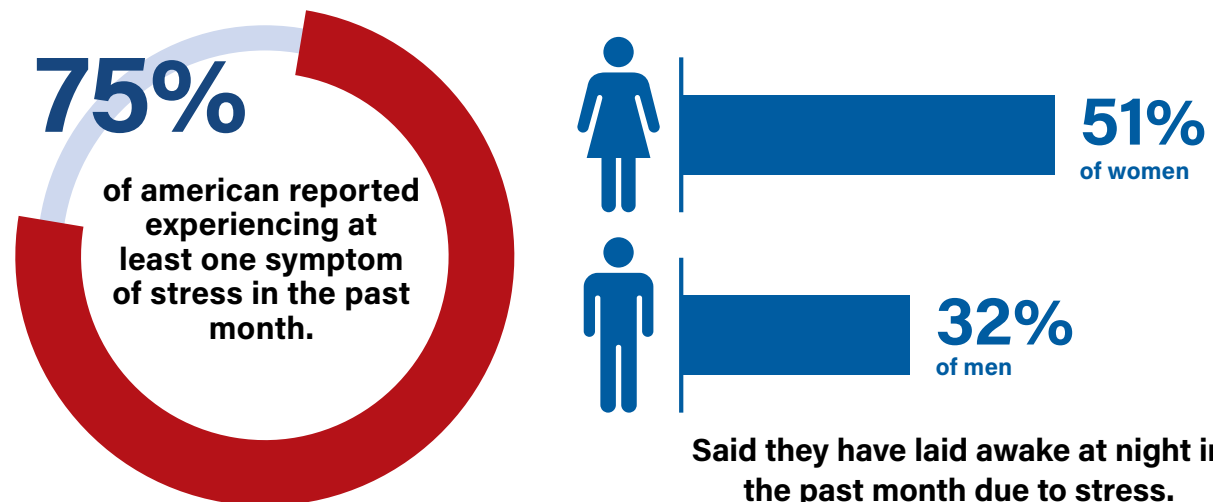
Unlike Medicare, which has specific enrollment periods, you have the option to apply for Medicaid any time of year.

What is the difference between Medicaid and Medicare?

Medicaid and Medicare are two separate programs. Medicare is a federal health insurance program for older Americans. While you must be age 65 to get Medicare in most cases, it also covers younger people with specific disabilities. Medicaid serves a much broader range of populations.

Additionally, with Medicare, members usually pay a share of their healthcare costs through deductibles, coinsurance, and copayments. Since the Medicaid program serves low-income groups, its enrollees have minimal or no out-of-pocket costs for covered medical expenses.

STRESS #WhatYouNeedToKnow



EFFECTS OF EMOTIONAL STRESS ON THE BODY



STRESS MANAGEMENT TACTICS



“Stress is not good, but everyone experiences it. That’s why it’s important to manage stress in healthy ways”.

Dr. Hugh Calkins - Director of Cardiac Arrhythmia Service

TRY IT - POSITIVE SELF-TALK. #StressTip

How we interpret life events is important. Use positive self talk to position those sometimes negative thoughts into positive ones. If you can catch yourself during a negative thought and talk to your self in a positive way, you’ll turn your stress reaction around.

<https://www.stress.org/news/everything-you-need-to-know-about-stress/>

What is stress?

First, it is helpful to understand that stress is your body’s reaction to a specific event or to your thoughts and feelings about that event. Stress is different from anxiety, according to the National Institute of Mental Health. While anxiety is the body’s internal reaction to stress for some people, it’s also an almost constant state of being, even if it is not tied to an immediate or specific threat.

In contrast, stress is how people respond to a specific upcoming or in-the-moment event, like the way you feel before visiting a doctor’s office. In these cases, feelings of stress are pretty immediate. They also typically fade away when the event is over. Stress can be positive, for example, when it motivates someone to meet a deadline or do their best work. But sometimes stress can also cause health issues. So it’s important to recognize when you are feeling stressed and how to handle it.

Causes of stress

There is no one specific cause of stress. Both the mental and physical signs of stress can be triggered by any number of things. These include:

- Receiving a poor performance review at work
- Having an illness
- Getting ready to leave for vacation

- Living through a traumatic event like a tornado or a house fire
- Witnessing or being targeted by violence
- Relationship issues
- Financial strain

Types of stress

Most people use stress as a general term, but it’s really more of an umbrella description. There are three main types of stress, according to the American Psychological Association (APA). Each type can make people feel and respond differently. The types of stress include:

Acute stress. This is the runaway roller coaster kind of feeling. Small stressors can pile up into a big mess. For example, you’ve got a project deadline looming on the same day a co-worker calls in sick, shifting his work to your desk. The check engine light in your car went on, and you can’t remember if you let the dog back in the house before you left for work.

Episodic, acute stress. This type describes people who ping-pong from one mini-crisis to another. Their stress levels rise and fall and tend to be very reactionary. This type of stress can trigger feelings of physical tension and anger.

Chronic stress. People living in this state are dealing with an ever present feeling of stress caused by situations largely

out of their control. It’s used to describe people who live lives permeated by poverty, hunger, war, social injustice, racism, or other societal ills.

Chronic stress symptoms, according to the APA, are:

- Increased heart rate and blood pressure
- Increased risk of heart attack and stroke
- Inflammation in the circulatory system, affecting heart function
- Higher cholesterol levels

Three ways to keep stress in check

Everyone learns their own coping mechanisms to deal with stress in their daily lives. Some people lace up their running shoes, while others look forward to a daily call or text session with a friend. The APA recommends building your stress-relief plan around these three tenants:

- Make sure to have a good social support network. This could be family, friends, co-workers, neighbors, or all of the above.
- Get regular physical exercise. Take a walk outside, hit the treadmill at your gym, or lift weights with a buddy.
- Get enough sleep. Being tired can only compound stress. Make sure you’re setting aside enough time for sleep.

Stress can creep up on you slowly or descend suddenly like a runaway roller coaster. Each person feels it in a unique way and has their own physical and mental response to it. Most adults have felt stress at one time or another, whether it’s triggered by an upcoming presentation at work, waiting for medical results, or a monthly bill-paying session when your debit card gets a workout. Even though you’ve lived through it, there’s probably a lot you don’t know about the details of stress, the different types, and how best to keep it under control.

What Is Diabetes and How Can I Manage It?

Diabetes is a condition that results in blood sugar rising to dangerous levels. Blood sugar, also called glucose, is controlled by insulin. Blood sugar is your main source of energy and comes mostly from the food you eat. Insulin is a hormone that helps your body's cells absorb the glucose from your blood and use it or store it for energy.



There are two main types of diabetes: Type 1 and Type 2. **Type 1** diabetes usually occurs in children and young adults. It happens when the body stops producing insulin. People with Type 1 diabetes must take insulin or other medications daily.

Type 2 diabetes is the most common form of diabetes. It most often appears in adults. It develops when the body doesn't use the insulin it makes efficiently. This is called insulin resistance. Also, the pancreas may not make enough insulin for the body's needs.

Prediabetes means that the body is having trouble getting your blood sugar numbers down to a healthy range, but it hasn't reached the level of Type 2 diabetes.

Am I at risk for Type 2 diabetes?

- You're more likely to develop Type 2 diabetes if you:
- Are of age 45 or older.
 - Have a family history of Type 2 diabetes.
 - Have prediabetes.
 - Have non-alcoholic fatty liver disease.

- Are overweight or obese.
- Don't get enough physical activity.
- Don't eat a healthy diet.

How can I manage diabetes and reduce my risk for heart disease and stroke?

Changing your habits is key to managing your diabetes and preventing heart disease and stroke. Medication may still be needed, but you can reduce your risk by taking these steps.

What Is Diabetes and How Can I Manage It?

Following a heart-healthy eating plan is a great way to help manage your diabetes and reduce other risk factors.

1. Control your diabetes.
2. Don't smoke and avoid second-hand smoke.
3. Control your blood pressure.
4. Improve your cholesterol.
5. Eat a heart-healthy diet.
6. Reach and maintain a healthy weight.

What is Heart Failure?

If you have heart failure, you're not alone.

About 6 million Americans are currently living with it. In fact, it's one of the most common reasons people age 65 and older go into the hospital. It can take years for heart failure to develop.

Heart failure symptoms usually develop over time as your heart becomes weaker and less able to pump the blood that your body needs.

Heart failure usually results in an enlarged heart (left ventricle).

Heart failure is a serious long-term (chronic) condition. But you can live a full, active life with the right medical treatment and attention to your lifestyle.

Does your heart stop?

When you have heart failure, it doesn't mean that your heart has stopped beating. It means that your heart isn't pumping enough blood. The heart keeps working, but the body's need for blood and oxygen isn't being met.

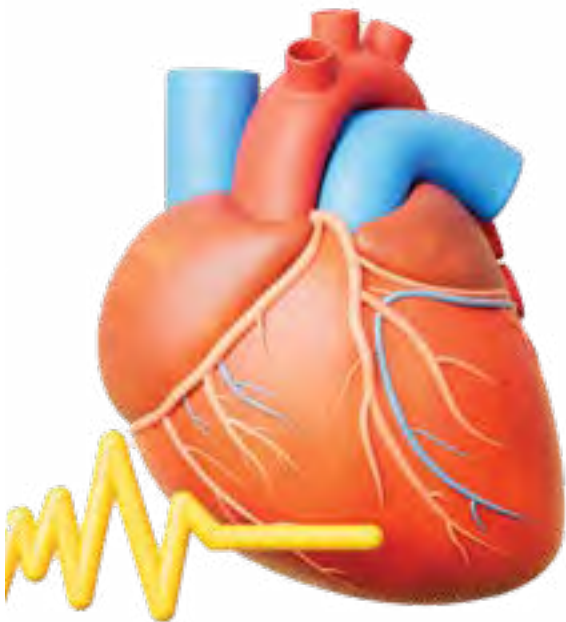
Heart failure can get worse if it's not treated. The best thing you can do is follow your healthcare professional's instructions and make any needed changes in diet, physical activity, and lifestyle. This will help you have the best possible quality of life.

What are the signs of heart failure?

- Shortness of breath, especially when lying down
- Tired, run-down feeling (fatigue)
- Coughing or wheezing, especially when you exercise or lie down
- Swelling in feet, ankles and legs
- Weight gain from fluid buildup
- Confusion or can't think clearly
- Dizziness or lightheadedness

What can I do to manage my heart failure?

- Follow your healthcare professional's advice.
- Quit smoking, if you smoke.
- Take your medications exactly as prescribed.
- Weigh yourself daily to watch for sudden weight gain.
- Track your daily fluid intake.
- Monitor your blood pressure daily.
- Lose or maintain your weight based on your doctor's recommendations.
- Avoid or limit alcohol and caffeine.
- Follow a heart-healthy diet.



- Reduce your sodium (salt) intake.
- Be physically active.
- Get adequate rest.

The two most common causes of heart failure in the U.S. are high blood pressure and coronary artery disease (CAD).

CAD occurs when arteries that supply blood to the heart muscle become narrowed by buildups of fatty deposits called plaque.

Your Hurricane Safety Guide



Are You Ready?

Hurricane season brings the potential for powerful storms that can disrupt daily life, damage homes, and put lives at risk. Preparation is key, and ensuring our patients safety is Leon's top priority. Our information and resources are designed to help patients and their loved ones get ready before a storm hits and know exactly what to do in the days that follow.

On the following page, attached you'll find a detailed checklist of essential emergency supplies, important safety tips, and information on protecting homes and our patients' health during a hurricane. You will also find critical phone numbers, reminders for those with medical needs, and steps for ensuring pets and family members are safe.

Additionally, Miami Dade County has initiated the Door Hanger Program. Please refer to your Miami Dade County Brochure for these Door Hangers that were mailed to you. If you did not receive this brochure, call Miami Dade County Department

of Emergency Management at 305.468.5400.

What to do with the Door Hanger:

These are designed to help emergency teams quickly identify the status of homes during a crisis, allowing them to focus their efforts effectively. They are not for reporting power or water outages, only for real emergencies.

- Place the GREEN "OK" door hanger on your front door (facing the street)

if everyone in your home is safe and you do not require emergency help.

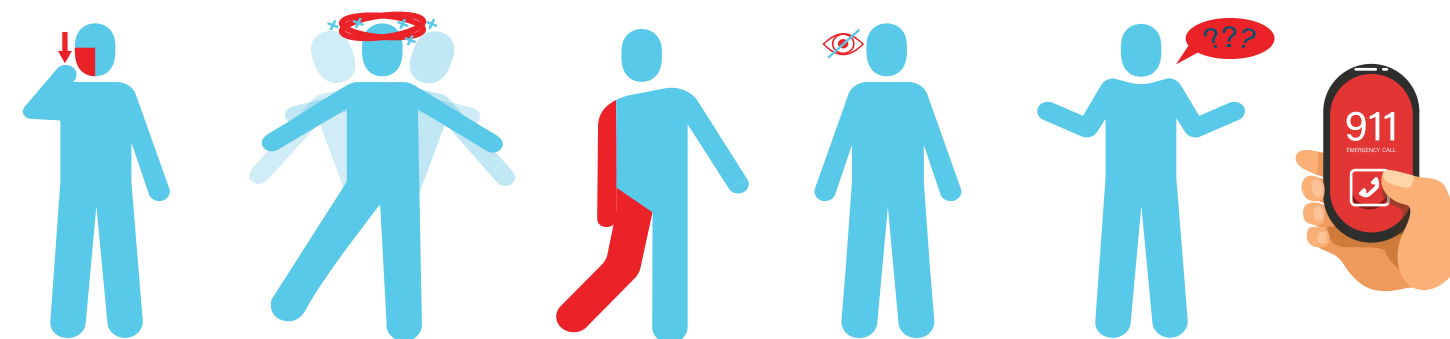
- Place the RED "HELP" door hanger if you need immediate assistance. For injuries, medical concerns, or if someone is trapped, first try calling 911.

By following our information and using the door hangers properly, you'll help keep you and your family safe during a hurricane. Together, we can be prepared and ensure everyone's well-being.



F.A.C.T is how together we can end with the strokes

Learn about the warning signs of strokes



F . A . C . T

Face Drooping

Arm Weakness

Speech Difficulty

Time to Call 911

FACT #1:

STROKE KILLS BRAIN CELLS

A stroke happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.

FACT #2:

TYPES OF STROKE

Ischemic caused by a clot, Hemorrhagic caused by a rupture and Transient Ischemic Attack (TIA) or "warning stroke" caused by a temporary blockage.

FACT #3:

ABOUT ONE IN-EVERY FOUR-STROKE SURVIVORS ARE AT RISK FOR ANOTHER.

Fortunately, up to 80 percent of second clot-related strokes may be preventable.

FACT #4:

PREVENTION IS KEY

Had a stroke? Work with your doctor to identify the cause and create a plan to prevent another. This may include managing high blood pressure, making healthy lifestyle choices, and taking medications as recommended by your doctor.

After an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy.

FACT #5:

TIME LOST IS BRAIN LOST

celebrating... MOTHER'S DAY!

Mother's Day, that special occasion dedicated to honoring all mothers and mother figures for their love, sacrifice, and devotion. It's not a matter of just physical gifts, but rather, showing gratitude and recognition. Saying "thank you" and how much they are valued could be the biggest gift.

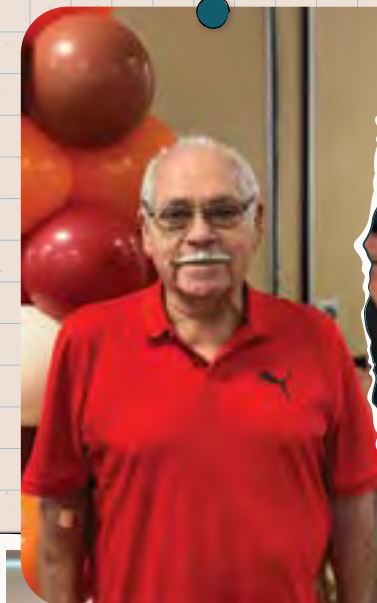


In the United States, the Second Sunday in May serves as a reminder for us to stop, reflect, and celebrate the vital role that mothers play in our lives.

Thus, this Mother's Day, take a moment to honor the special women who make this world a better place because, even though it seems that, from the outside, everything is perfect, we know that behind each mother, there is a world of effort and devotion worthy of celebration.



FATHER'S DAY

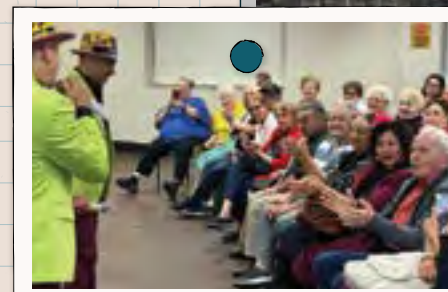


Celebrating Fathers: Heroes of Everyday Life

They're the pillars of our families who, with their strength and resolve, face everyday challenges to provide us with a better future. From shared laughs to lessons learned, their influence shapes our personality, and it gets us ready to face the world with courage.

Remember those days when Dad, with endless patience, taught us how to ride a bike? His hand steady on our backs, his encouraging voice telling us we could do it, and his pride-filled smile when we finally did it. While small, those moments lead us to remember how much love and devotion are behind each of Dad's actions.

Fathers don't seek recognition or applause; their biggest reward is to see us joyful and accomplished. Those sacrifices and actions out of selfless love are worthy of celebration and honor. This Father's Day, let's celebrate our real everyday heroes, who inspire us to be better every day with their love and example.





URGENT CARE NOW WITH EXTENDED HOURS

OPEN 24 HOURS/7 DAYS A WEEK

FLAGLER

7950 NW 2ND ST, MIAMI FL 33126

OPEN 7 DAYS A WEEK FROM 8AM TO 8PM

KENDALL

12515 SW 88 ST, MIAMI, FL 33186

WEST HIALEAH

2020 W. 64 ST, HIALEAH, FL 33016

MIAMI

101 SW 27 AVE, MIAMI, FL 33135

OPEN MONDAY - FRIDAY FROM 8AM TO 5PM
SATURDAY - SUNDAY FROM 8AM TO 2PM

EAST HIALEAH

445 E. 25 ST. HIALEAH, FL 33013

BIRD ROAD

11501 SW 40 ST MIAMI, FL 33165

HOMESTEAD

2250 NE 8TH ST, HOMESTEAD, FL 33033

305.642.5366 | leonmedicalcenters.com

Register!



1,
2,
3.

Have access to your Medical Records with the latest electronic health record system and stay connected to our medical staff wherever you are.

- If you forget or lose your code, you can still enroll by visiting the website and answering some personalized security questions about yourself.

- If you want to give a trusted caregiver, family member, or friend access to your **MyLeon** account, just fill out a form indicating that you want someone else to view your electronic health record.

- During your first medical visit, you will receive an activation code to enroll in **MyLeon**.

- Remember that we are available 24/7 to help you sign up and to answer all your questions.

Before closing this magazine dedicated to you, sign up for **MyLeon** right now.

Don't forget to call us at **305.642.5366** for more information and help from our trained staff on using our digital platform.

..... MTM Program

The Leon Health plan offers a free Medication Therapy Management (MTM) Program for select members with multiple health conditions and medications. Qualified members will receive a letter indicating they have been selected to participate in the program. If you receive this letter, please feel free to call our pharmacists at (305) 541-5366 to take advantage of this free program. Leon Health will provide you with a complete medication review, which helps lower the risks of medication-related problems and gives you helpful tips on your medication therapies and medical conditions. Our team looks forward to working with you to help you manage your care.

Opting-Out of Plan Business Notice

The Centers for Medicare & Medicaid Services (CMS) regulations have specific rules Medicare Advantage (MA) organizations and Part D plans must follow regarding members' or former members' opting-out option for phone calls for plan business.

What are plan business calls?

Calls related to helping a beneficiary choose a Medicare Advantage plan.

Plan business calls include:

- Calling to promote non-Medicare products about aging into Medicare from commercial products offered by the same Medicare Advantage (MA) plan.
- Calling members in a Part D plan to discuss other Medicare products or plan benefits.
- Calling to an organization's existing Medicare-Medicaid Plans (MMP) enrollees to talk about its Medicare products.
- Agents or Brokers calling clients about other plans they sell, such as auto or home insurance.
- Medicare Advantage plans making unsolicited calls about other services as a way to generate leads.

Will I still receive calls that are intended for my care and services?

Yes. This does not remove you from being called from Leon Health, Inc. for calls that are intended for managed care, coordinating your coverage for services, or any other member needs.

How do I optout of business calls?

Please contact our member services department at toll-free **844-9-MY-LEON** (1-844-969-5366) or local at **305-541-LEON (305-541-5366)** to opt-out. (TTY users should call 711). Hours of operation are from 8 a.m. to 8 p.m., seven days a week from October 1st through March 31st and Monday through Friday from April 1st - September 30th.

We thank you for your continued trust, and we look forward to assisting you at all times.



LEON*licious*

Did you know that salmon is rich in Omega-3 fatty acids that are beneficial for a healthy brain and heart? That vegetables provide a variety of essential vitamins and minerals, as well as dietary fiber, promoting a healthy digestion? Or that olive oil is a source of healthy fats that help reduce inflammation and improve cardiovascular health?

THE KITCHEN IS YOUR GATEWAY TO LOVE

Grilled Salmon and Vegetables



INGREDIENTS

- 2 Salmon Filets (approx. 150-200 grams each)
- 1 Medium Zucchini, sliced
- 1 Red Pepper, in strips
- 1 Carrot, in thin slices
- 1 Small Onion, sliced
- 1 Clove of Garlic, minced
- 2 Tablespoons of Extra Virgin Olive Oil
- Salt and Pepper, to taste
- Fresh Herbs (such as parsley) for garnish

INSTRUCTIONS

1. Preheat your oven to 200°C (390°F).
2. Place the sliced zucchini, pepper, carrot, and onion on a baking tray. Add the minced garlic and spray a tablespoon of olive oil. Mix in the vegetables thoroughly, so that they are covered with oil.
3. Place the salmon filets over the vegetables on the baking tray. Spray lime juice over the salmon and add the other tablespoon of oil; season with salt and pepper to taste.
4. Place the tray in the preheated oven and bake for 20-25 minutes or until the salmon is well cooked or the vegetables are tender.
5. Remove the tray from the oven and garnish the salmon with fresh herbs before serving. Serve hot, and enjoy this nutritious and delicious dish.

At this time, we are sharing a delicious and healthy recipe for two portions



From ancient temples and sanctuaries to Tokio's vibrant skyline, there is plenty to discover and admire. Besides, Japanese culture is rich in history, art, and unique tradition, taking you to a completely new world.

plain-looking but beautiful figures. And finally, we'll enjoy Japanese cuisine, from sushi to the delicious wagashi sweets.

Join this incredible virtual adventure and enjoy each moment of this trip to Japan.

In our day and age, technology provides us with the wonderful opportunity to explore the world without leaving home, meaning that we can embark on exciting adventures and discover new places without worrying about long journeys. As a result, this time, we want to invite you to an unforgettable virtual trip to a fascinating destination: **Japan.**



What Can You Expect from Today's Trip?

A visit to the emblematic **Senso-ji Temple** in **Asakusa, Tokyo** and the awesome **Osaka Castle** and its beautiful gardens.

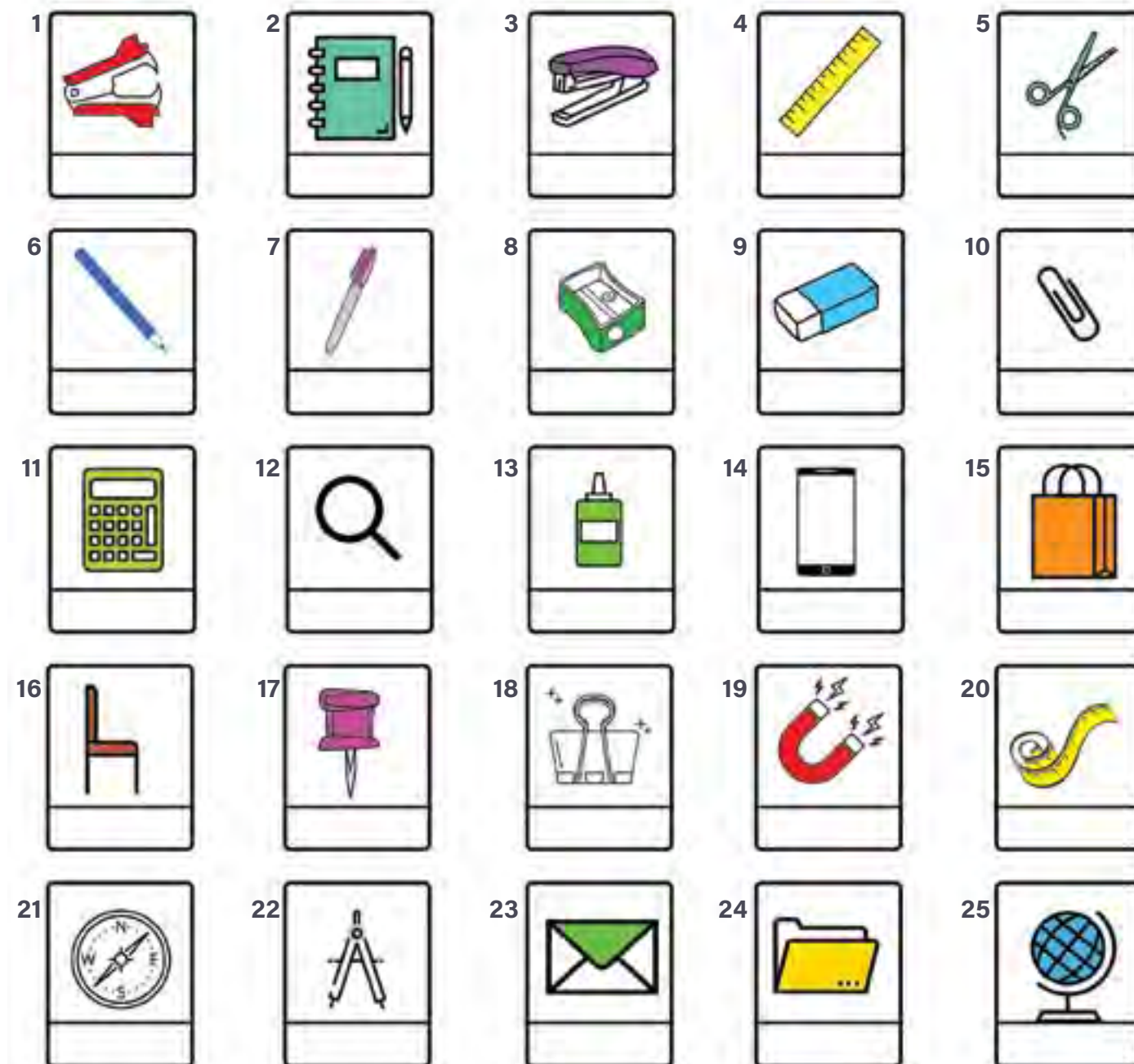
We'll also take part in a traditional tea ceremony; we'll become familiar with origami art, and we'll create

See you on the next trip!



Let's Play! Summer Edition

Can you name this office supplies?



answers on page 23

It's good to be prepared

Advance Directives

Find out your options for end-of-life healthcare.

- Communicate your decisions.
- Read about the Advance Directives and what its components represent.
- Clarify any concerns you may have.
- Build confidence in that your family knows your wishes.
- Express your desired medical care.

Keep communication open

As we get older, we expect life to be longer while we enjoy more opportunities with our loved ones. Preparing Advance Directives just in case something happens to us is another way of keeping communication open and enjoying the time we have; without worrying that those who love us won't know what to do or how to fulfill our wishes.

What are Advance Directives?

Advance Directives is written statements that describes your personal wishes regarding the medical care that you may or may not want if you become unable to make your own decisions.

How can Advance Directives be helpful?

Advance Directives make difficult decisions easier for your family and loved ones. By planning with them and letting them know your personal decisions, they are better prepared to make tough calls and carry out your wishes.

Where can I find the Advance Directive Forms?

Your healthcare provider or attorney are available to help you with the forms or any questions you may have. Call **LEON MEDICAL CENTERS** patient services at **305.642.5366** or talk to your doctor about your options.

ADVANCE DIRECTIVES - POCKET CARD Please fill out and bring the card below. Present it to your health professionals. Keep it in your wallet or purse, and indicate that you have already prepared your Advance Directives and where you keep them.

cut

NOTICE TO HEALTH PROFESSIONAL
I ALREADY PREPARED MY ADVANCE DIRECTIVES

My name _____

Date of birth _____

My phone _____

My doctor _____

Doctor's telephone _____

A copy of my Advance Directives are:

Other copies:

Name _____

Phone _____

Name _____

Phone _____

fold



SOCIAL SERVICES AND ECONOMICAL ASSISTANCE

Leon Medical Centers, through its Leon Access program, is an Office of Economic Self-Sufficiency partner, which helps families in need apply for benefits and services through the Department of Children and Families (DCF). As a long-standing community partner with seven (7) locations throughout Miami Dade County, our mission, along with that of the Department of Children & Families (DCF), is

to be accountable for changing lives and strengthening communities.

The mission is to protect the most vulnerable citizens of our society and accomplish that by administering different programs and services, such as but not limited to; Medicaid, Food Stamps, Temporary Cash Assistance, Lifeline Free phone program, Medicare savings program, Long Term Care assistance, Citizen Application,

and much more.

The benefit of establishing this, is to assist our patients and community in obtaining access to much-needed resources and programs, and to work closely with our clinical providers to ensure that both clinical and service excellence is at the heart of everything we do.

ASK US IF YOU QUALIFY
305.642.5366

ANSWER TO THE GAME

- | | |
|-----------------------------|-------------------------|
| 1: STAPLE REMOVER | 14: MOBILE PHONE |
| 2: NOTEBOOK | 15: BAG |
| 3: STAPLER | 16: CHAIR |
| 4: RULER | 17: PIN |
| 5: SCISSORS | 18: BINDER CLIP |
| 6: PENCIL | 19: MAGNET |
| 7: MARKER | 20: TAPE MEASURE |
| 8: SHARPENER | 21: COMPASS |
| 9: ERASER | 22: MATH COMPASS |
| 10: PAPER CLIP | 23: ENVELOPE |
| 11: CALCULATOR | 24: FOLDER |
| 12: MAGNIFYING GLASS | 25: GLOBE |
| 13: GLUE | |

**Your opinion is very important to us,
share it in our social media or
call us at 305.642.5366**

Stay tuned and informed on our social media, and if you have any questions about the Flu vaccine or others, contact your primary care physicians or specialists.



@LEONMEDICALCENTERS



leon.medical



@LeonMedical



Leon Medical Centers



Scan with your smart phone

If you are satisfied with your visit, please review us on Google and Yelp!





8600 NW 41st Street
Doral, FL 33166

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Miami, FL
Permit #2332

Health and wellness or prevention information.

Leon Health is an HMO plan with a Medicare contract. Enrollment in Leon Health, Inc. depends on contract renewal.

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