



## SENIOR HEALTHCARE CENTERS

PRIMARY CARE FOR SENIORS

 SENIOR  
HEALTHCARE CENTERS

NORTH FLORIDA REGIONAL HEALTHCARE

We are with you **for life.**

# *Welcome*

## *Our Mission*

is to provide exceptional primary care to seniors.

With our knowledge of the medical, functional and psychosocial aspects of geriatric care, we partner with patients, families and caregivers to improve quality of life.

Our four Senior Healthcare Centers are outpatient departments of North Florida Regional Medical Center.

We are recognized by The Joint Commission for upholding the highest standards of quality care. The Senior Healthcare Centers specialize in primary care for patients 65 years of age and older.

## Our Services

- Comprehensive Primary Physician Care
- Case Management
- Medication Management
- Laboratory services, including lab draws, urine dips and blood glucose testing
- Anticoagulation clinic, with onsite result testing
- Immunizations and vaccinations
- Osteoporosis clinic, including infusions and injections
- Routine office procedures, including echocardiograms (EKGs), bladder scans, simple skin procedures, joint injections and ear lavages





## Our Team

The Senior Healthcare Centers' interdisciplinary team of professionals is trained to address the wide range of medical and psychosocial issues affecting the aging population.

Our dedication to this specialty is reflected in the services we offer and in the way we care for our patients.

Our Senior Healthcare Center TEAM includes:

- Board Certified Physicians with advanced specialties
- Certified Geriatric Pharmacists
- Case Managers
- Registered Nurses
- Licensed Practical Nurses
- Referral Coordinator
- Support staff specializing in geriatric medicine

## What Makes Us Unique

- Comprehensive care including assessment, treatment and education about complex health issues. Examples include Alzheimer's dementia, depression, osteoporosis, diabetes, hypertension, heart disease and end of life care
- Awareness of the vital role of families and caregivers as part of the healthcare team
- Computerized health record and electronic medication prescribing
- Continuing education and training for staff and providers in geriatric medicine
- Support groups for caregivers and patients
- Meeting space for Tai Chi and Gentle Motions classes (led by private instructor)



## Medication Management Services

At the Senior Healthcare Centers, our certified geriatric pharmacists are specially trained to address the complex needs of the aging population.

Our pharmacists work with physicians to help patients reach their treatment goals and reduce the risk of medication-related problems. They review medications for drug interactions, side effects, unnecessary medications and potential cost savings. The pharmacists educate patients about medications they take, as well as certain conditions such as osteoporosis.

Pharmacist consultations are available at each center by appointment.





## Case Management Services

Patients can depend on understanding, reassurance and compassionate support from the case managers at the Senior Healthcare Centers.

Our case managers are trained healthcare professionals who serve as patient advocates. They help patients maintain their maximum level of independence by working with the healthcare team to formulate a plan based on a patient's physical and psychosocial needs. Case managers also provide education and information on many age-related issues.

**Case Management services are available at each center by appointment.**

- Long-term care planning
- Advance Directive education
- Memory testing
- Depression screening
- Caregiver support
- Community resource coordination
- Hospice referrals
- Transportation options
- Medical equipment
- Home healthcare and alternative living arrangements, including skilled nursing, assisted living and retirement communities



# Senior Healthcare Center at Crown Pointe



**2205 NW 40th Terrace, Suite B  
Gainesville, FL 32605**

**Phone: (352) 375-1999**

**Fax: (352) 375-9922**

**Office Hours:**

**Monday – Friday, 8:00 am – 5:00 pm**



## **Driving Directions**

### **From I-75/Oaks Mall (Exit # 387/SR 26):**

Take Newberry Road EAST.

Turn LEFT onto NW 43rd Street.

Turn RIGHT onto NW 16th Boulevard.

Take 2nd LEFT onto NW 40th Terrace.

Proceed to the last RIGHT in the cul-de-sac at the back of the complex.

The clinic is the second building on the LEFT.

### **From Downtown Gainesville/University of Florida:**

Take University Avenue WEST.

Turn RIGHT onto NW 43rd Street.

Turn RIGHT onto NW 16th Boulevard.

Take 2nd LEFT onto NW 40th Terrace.

Proceed to the last RIGHT in the cul-de-sac at the back of the complex.

The clinic is the second building on the LEFT.

### **From: SR 121/NW 34th Street:**

Take NW 34th Street SOUTH.

Turn RIGHT on NW 16th Avenue (this road becomes 16th Boulevard).

Turn RIGHT onto NW 40th Terrace.

Proceed to the last RIGHT in the cul-de-sac at the back of the complex.

The clinic is the second building on the LEFT.

### **From Williston Road:**

Take SW 34th Street NORTH.

Turn LEFT on NW 16th Avenue (this road becomes 16th Boulevard).

Turn RIGHT onto NW 40th Terrace.

Proceed to the last RIGHT in the cul-de-sac at the back of the complex.

The clinic is the second building on the LEFT.



# Senior Healthcare Center at Springhill



**3720 NW 83rd Street  
Gainesville, FL 32606**

**Phone: (352) 336-3050**

**Fax: (352) 337-2571**

**Office Hours:**

**Monday – Friday, 8:00 am – 5:00 pm**



## **Driving Directions**

### **From I- 75 North or South:**

EXIT Interstate at EXIT 390.

Merge EAST on SR 222/NW 39th Avenue

(toward Santa Fe College and Gainesville Regional Airport).

Turn RIGHT on NW 83rd Street.

Take first RIGHT into the Springhill Professional Center.

Our building located on the LEFT.

### **From Downtown Gainesville/University of Florida:**

Take University Avenue WEST.

Turn RIGHT onto NW 43rd Street.

Turn LEFT onto NW 39th Avenue.

Turn LEFT on NW 83rd Street.

Take first RIGHT into the Springhill Professional Center.

Our building is located on the LEFT.

### **From Newberry:**

Take Newberry Road EAST.

Turn LEFT onto 241 NORTH.

Turn RIGHT on NW 39th Avenue/SR 222.

Turn RIGHT on NW 83rd Street.

Take first RIGHT into the Springhill Professional Center.

Our building is located on the LEFT.

# Senior Healthcare Center at Melrose



**5818 Centre Street  
Melrose, FL 32666**

**Phone: (352) 475-3792  
Fax: (352) 475-3794**

## **Office Hours:**

**Monday – Thursday, 8:30 am – 4:30 pm  
Friday, 8:30 am – 12:30 pm**



## **Driving Directions**

### **From Gainesville/Orange Heights:**

Take SR 26 EAST into Melrose (approximately 5.5 miles from Highway 301).  
Turn RIGHT onto Hampton Street.  
The clinic is located on the LEFT (behind Lake Area Physical Therapy).

### **From Keystone Heights:**

Take SR 21 SOUTH to Melrose.  
Turn RIGHT/WEST onto SR 26.  
Turn LEFT onto Centre Street.  
The clinic is located on the RIGHT (behind Lake Area Physical Therapy).

### **From Hawthorne:**

Take SR 20 EAST. Turn LEFT/NORTH onto SR 21 to Melrose.  
Turn LEFT/WEST onto SR 26.  
Turn LEFT onto Centre Street.  
The clinic is located on the RIGHT (behind Lake Area Physical Therapy).

### **From Palatka/Interlachen:**

Take SR 20 WEST.  
Turn RIGHT/NORTH onto SR 21 to Melrose.  
Turn LEFT/WEST onto SR 26.  
Turn LEFT onto Centre Street.  
The clinic is located on the RIGHT (behind Lake Area Physical Therapy).

### **From Florahome/Grandin:**

Take SR 100 WEST to SR 26.  
Turn LEFT onto SR 26.  
Proceed through the light in Melrose, crossing over SR 21.  
Turn LEFT onto Centre Street.  
The clinic is located on the RIGHT (behind Lake Area Physical Therapy).



# Senior Healthcare Center at The Village



**The Commons, Suite 2  
8000 NW 27th Boulevard  
Gainesville, FL 32606**

**Phone: (352) 872-5332**

**Fax: (352) 224-5694**

**Office Hours:**

**Monday – Thursday, 8:00 am – 4:00 pm**

**Friday, 8:00 am – 12:00 pm**

## **Driving Directions**

### **From The Village Main Entrance:**

Enter through Main Gate.

Take the third LEFT and follow signs to Administration & The Commons.

Parking is available out front.

Enter The Commons building.

The Senior Healthcare Center will be on your RIGHT through the Vitality Program Office.

### **From The Tower Club at The Village:**

Turn RIGHT onto NW 27th Boulevard.

Turn RIGHT at the first stop sign.

Take the second LEFT and follow signs to The Commons.

Parking is available out front.

Enter The Commons building.

The Senior Healthcare Center will be on your RIGHT through the Vitality Program Office.

The Senior Healthcare Center at The Village opened in January 2012. Located on The North Florida Retirement Village's campus, it provides on-site and accessible primary care to its residents. Prior to being seen, residents must become patients of the Senior Healthcare Center. The Senior Healthcare Center at The Village is a department of North Florida Regional Medical Center.

# Our Providers



## Alan Goldblatt MD, Medical Director

**Location:** Crown Pointe

**Board Certification:** Internal Medicine; Hospice and Palliative Care

**Medical School:** MD, St. George's University School of Medicine, St. George, Grenada, 1981

**Residency:** Allegheny General Hospital, Pittsburgh, Pennsylvania, 1982-1984



## Rafael Cott, MD

**Location:** Crown Pointe, The Village

**Board Certification:** Internal Medicine; Geriatric Medicine

**Medical School:** MD, Instituto Tecnológico De Santo Domingo, 1993

**Residency:** Marshall University School of Medicine, Huntington, West Virginia, 1999-2001

**Fellowship:** Geriatric Fellowship at the University of Florida, Gainesville, Florida, 2001-2002

**Additional Languages Spoken:** Spanish



## Bernard Ballou, MD

**Location:** Springhill

**Board Certification:** Internal Medicine

**Medical School:** MD, University of Miami, Miami, Florida, 1985

**Residency:** Shands Teaching Hospital, Gainesville, Florida, 1986-1988



## Sherif El-Salawy, MD

**Location:** Crown Pointe, The Village

**Board Certification:** Internal Medicine; Geriatric Medicine

**Medical School:** MD, University of Al Fateh, Tripoli, 1993

**Residency:** Marshall University, Huntington, West Virginia, 1999-2003

**Fellowship:** Geriatric Fellowship at the University of Florida, Gainesville, Florida, 2003-2004

**Additional Languages Spoken:** Arabic, Italian, Russian



## Prabir Banik, MD

**Location:** Crown Pointe, The Village

**Board Certification:** Internal Medicine, Geriatric Medicine

**Medical School:** MD, University of Chittagong, 1993

**Residency:** Kingsbrook Jewish Medical Center, Brooklyn, NY, 2000-2003

**Fellowship:** Geriatric Fellowship at the University Hospital of New York Medical College, Valhalla, NY, 2004-2005

**Additional Languages Spoken:** Bengali, Hindi



## James Nelson, MD

**Location:** Springhill

**Board Certification:** Internal Medicine; Cardiology

**Medical School:** MD, Hahnemann Medical College, Philadelphia, Pennsylvania, 1973

**Residency:** Geisinger Medical Center, Danville, Pennsylvania, 1973-1978





**Cynthia Preston, MD**

**Location:** Springhill

**Board Certification:** Internal Medicine

**Medical School:** MD, University of Florida College of Medicine, Gainesville, Florida, 1991

**Residency:** Shands Teaching Hospital, Gainesville, Florida, 1991-1994



**Ann Weber, MD**

**Location:** The Village

**Board Certification:** Internal Medicine

**Medical School:** MD, University of Florida College of Medicine, Gainesville, Florida, 1995

**Residency:** Shands Teaching Hospital, Gainesville, Florida, 1995-1998



**Joel Rich, MD**

**Location:** Crown Pointe, The Village

**Board Eligible:** Internal Medicine

**Board Certification:** Geriatric Medicine

**Medical School:** MD, Tufts University, 1995

**Residency:** Newton-Wellesley Hospital, Newton, Massachusetts, 1995-1999

**Fellowship:** Geriatric Fellowship at the University of Florida, Gainesville, Florida, 1999-2000



**Julie Zhu, MD**

**Location:** Springhill

**Board Certification:** Internal Medicine; Geriatric Medicine

**Medical School:** MD, Nanjing Medical College, China, 1982

**Residency:** Shands Teaching Hospital, Gainesville, Florida, 1999-2001

**Fellowship:** Geriatric Fellowship at the University of Florida, Gainesville, Florida, 2001-2002

**Additional Languages Spoken:** Chinese



**Rakesh Sharma, MD**

**Location:** Melrose

**Board Eligible:** Internal Medicine

**Medical School:** MD, Wright State University, Dayton, Ohio, 1996

**Residency:** Miami Valley Hospital, Dayton, Ohio, 1996-1999

**Additional Languages Spoken:** Hindi, Pujabi, French



The Senior Healthcare Centers are outpatient departments of North Florida Regional Medical Center (NFRMC). North Florida Regional Medical Center is Gainesville's only community hospital and provides medical and acute care for 14 surrounding counties. NFRMC offers comprehensive cardiovascular care, oncology, orthopedics, neurosciences, weight loss surgery and treatment, women's health, wound therapy, diabetes care and senior care.

[www.SeniorPrimaryCare.com](http://www.SeniorPrimaryCare.com)

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