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The Future of Health Care
By Trevor Lloyd

Does this scenario sound familiar? You arrive at your doctor's appointment 15 minutes early only to wait another 45 minutes before the physician sees you. When they finally knock on your door, it feels as if their main priority is getting to their next patient.

Unfortunately, it's a situation that plagues many major medical institutions all over the country.

Anna Ferrer, Advanced Nurse Practitioner and Certified Family Nurse Practitioner, opened Modern Health in Wesley Chapel to combat this very issue. Born and raised in the Ukraine, she moved to Florida to work as a nurse. She quickly realized this common plight that health care workers experience. According to Ferrer, doctors are not entirely to blame, but more so the insurance companies that put pressure on doctors to perform a certain way.

"Everything I used to do revolved around I could never spend the time that I wanted with my patients because I was always under the scrutiny of a third party," said Ferrer.

Ferrer said insurance companies would analyze her every medical decision. Much of her day went to entering insurance codes that would hopefully justify the treatments she was providing to her patients, instead of spending time with them. At the end of the day, if the insurance company didn't agree with her, the treatment wouldn't be covered.

"The solution to all of this? A medical system called Direct Primary Care. Direct Primary Care is simple. At Ferrer's office, members of Modern Health pay a monthly fee and receive essential and personal care they need when they need it. No insurance, no copay, no deductible, and very few parties are involved with medical decisions every individual gets attention and a guaranteed hour of attention.

"It's like going to a gym. You pay once a month, and then everything is in your unlimited number of visits," Ferrer. Prices vary depending on the service and range from \$60 to \$120.

This also includes more advanced services such as telehealth, blood and urine panels. Ferrer and her team also have many of her patients also have a monthly fee to pay for their health so they can enjoy the benefits of Direct Primary Care.

"I did not choose this path because that is sincerely helping people that I always intended to," she said.

For more information on appointments visit modernhealth.com

MODERN HEALTH
DIRECT PRIMARY CARE

813-715-2006
www.modernhealth.com
33853 SR 54, S Wesley Chapel, FL

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Holy Trinity Lutheran Church
WELCOMES ALL INDIVIDUALS SEEKING GOD'S LOVE

By Kelli Carkner

The church was founded in 1973, when a small group of Lutherans would meet up at the then Land O' Lakes community center, near the post office. In 1976, they bought a property in Lutz, just south of State Road 54 and U.S. 41, where the church still resides today.

"We might be a little congregation, but we have a big heart," says Beverly Schmidt, who has been with the church since 1978.

When asked how the church has changed throughout the years, Schmidt says in its most important aspect, it hasn't.

"We're still the loving, caring, warm family we were from the very beginning," says Schmidt. "We've always been a close-knit congregation. We have a very strong family core here."

One way the church supports its family is through its Shepherd's Group.

"There's about eight of us that are 'Shepherds' and we have church members that are referred to as 'lambs' that we watch out for," says Schmidt. "If we haven't seen them in a while, we reach out and make sure they are okay. You have to care about your people."

Dwayne Johnson, current president of the church, echoes Schmidt's sentiments. He adds that another one of the church's strengths is going the extra mile to welcome its members.

"We've heard many stories of people going to other churches, and no one would even say 'them,'" says Johnson. "Here, we go out of our way to express Christ's love to you with genuine, heartfelt warmth."

Johnson has been a member of Holy Trinity Lutheran Church for almost 32 years. As a president, he handles all of the day-to-day operations of the church.

His main goal? "To always add new members to the church's family and to continue growing the community."

The church achieves this by supporting local shelters and nonprofits such as Christian Services, Ovario Pregnancy Care, Christian Adoption Army, and the Special Olympics.

A popular outreach program at Holy Trinity Lutheran Church is child care services. Voluntary Kindergarten (VFK) for 4-year-olds which is state funded, and a preschool called Little Lambs.

Little Lambs is a nonprofit and office-based program that is licensed by the State of Florida, and is led by licensed preschool teachers and assistants. The curriculum is the development of the total child: emotional, cognitive, social and physical.

Through academics and creative arts, Holy Trinity Lutheran Church's child care always begins at 9 a.m., and continues until 3 p.m. It is then followed by School, then fellowship.

HOLY TRINITY LUTHERAN CHURCH
20735 Leon
Land O' Lakes
813-949-1111
holytrinitylutz.com

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Leading Locals on a Natural Path
By Nicole Sanchez

Some of us spend years figuring out what we want to be when we grow up. Luckily for Shantone Corkren, she had a head start.

Corkren started working at her dad's independent pharmacy when she was 6 years old, and followed in his footsteps by going to pharmacy school with her brother. After graduating and working a few years in the field, with the support of her family, she opened Magnolia Pharmacy in San Antonio, in 2013.

Magnolia Pharmacy has become a staple in the area for local residents looking for a more natural approach to medicine and a personalized experience at their pharmacy.

Corkren is able to do this by offering compounding, customized medication packaging, and one-on-one consultations.

"Compounding allows us to offer customized medication often including more than one ingredient for conditions such as pain therapy. It allows us to take out fillers and colorings that patients may be allergic to," says Corkren.

She also offers one-on-one consultations for weight loss, hormones, medication management and functional medicine.

"Functional medicine works on finding the root cause of the disease, and fixing it with diet and lifestyle changes," says Corkren.

The new location in San Antonio has a remodeled display shelving, cabinets and desks that were built by Corkren's husband and father-in-law, and are stocked with unique items that Corkren researches and/or are recommended by other professionals that she trusts.

"I always want to support smaller companies, local and family owned businesses like mine who follow that more natural path," says Corkren.

Currently, her husband is building cabinets and counters for the pharmacy's new pantry section that will include trays, bins along with a coffee and tea bar which should be finished in the next month or so.

Corkren also takes the time to write her own health blog in order to inform customers about diet, lifestyle changes, supplements, and so much more.

"I get a lot of questions from customers every day. I wanted to focus on educating people and sharing the things I learn from my blog in order to inform customers about diet, lifestyle changes, supplements, and so much more."

Being a part of a small community like San Antonio is ideal for Magnolia Pharmacy.

"We know everyone who continues to visit us. We know about their medications and what's going on in their life, so we can make those personal recommendations," says Corkren.

Corkren says she's constantly looking at new services and products to add that can help benefit the health of the community, and is open to suggestions that people would like to see the pharmacy carry.

MAGNOLIA PHARMACY
12525 Curley Street • San Antonio
352-588-3330 • magnoliapharmacyllc.com

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