

# Neighborhood News & Lifestyles

The Business & Dining Magazine Directly Mailed To 18,000 Homes In Odessa, Lutz & Land O' Lakes Areas

This Independent Community News, Business & Dining Guide Is Directly Mailed Once Each Month To:

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## Angela's Pizza - Taste Heirloom Italian Recipes



Angela Johnson treats customers to recipes handed down for generations

By Alexis Heymann

Fresh ingredients, a friendly environment, and great tasting Italian food are what really make Angela's Pizza so unique. The best tastes of Philadelphia and New York define this friendly pizzeria that really knows what it takes to make amazing quality food that will satisfy every customer. The environment is very cheerful and bright and provides a friendly hangout for both families and friends. Angela's Pizza is the first family-owned New York-style pizzeria in Odessa and really prides itself in knowing that it not only pro-

vides the neighborhood with authentic Italian food, but also a fun place to make great memories. "We are not your average restaurant, we are your family New York-style pizzeria," states Angela, who owns the pizzeria with her husband Robert Johnson.

Angela's Pizza has been proudly serving the area for the past year, just recently celebrating their first year anniversary on July 23rd. After moving to Odessa five years ago, Angela and Robert soon went looking for a nice local pizzeria to try. To their dismay there was nothing around and every time they wanted to go out for pizza

they had to drive all the way to Tampa. Robert, who actually grew up here, had moved to Long Island where he spent the previous eight years before moving back to Odessa with Angela. This is where he acquired much of his knowledge of what a true New York-style pizza really tastes like. After years of planning and waiting for the right time to open Angela and Robert decided to go forth with their dream and thus Angela's Pizza was born.

Angela's father, Michael D'Uva, is the source of all their other knowledge

See "Angela's Pizza" on page 28.

## Trinity Family Physicians: Partners In Health

By Anne Bromberg

"I cannot praise them enough," says Edna Silver, 92, a patient of Trinity Family Physicians. "Dr. Eldridge is thorough, kind and always pleased to answer my questions. I have complete confidence in their medical opinion and I am so grateful they are my doctors. They make me feel like family." Speak to any patient of the Trinity Family Physicians' practice, located at the corner of Duck Slough Blvd. and Trinity Blvd., and you'll hear similar sentiments echoing satisfaction with everything from the way both doctors take their time with patients and the extraordinary care provided, to how accessible they make themselves. Husband and wife team, Amir Shirmohammad, MD, MPH ('Dr. Shirmo' as

his patients call him), and Stephanie Eldridge, MD, MPH, have joined our community with one hope, to "Let Our Family Care For Yours."

"We practice up-to-date medicine with the latest technology to give the best care for our patients and we try to do that in the simple, old-fashioned way that medicine used to be practiced—by getting to know our patients and their families," explains Dr. Shirmo. Beyond offering exceptional general medical care, Dr Shirmo and



Dr. Shirmohammad & Dr. Eldridge

Dr. Eldridge practice a variety of specialties that include dermatology, preventative medicine, adolescent concerns, men's health and all aspects of women's health and gynecology, allowing patients to make only one trip to address many areas of their health.

At 17, the doctors—then Jesuit High School student Amir and King High School student Stephanie—met while working at Busch Gardens and started what would be an exciting new life together. Now, those high school sweethearts from Tampa have a thriving medical practice and two beautiful girls, Jasmine and Lily. Their story began when they followed their hearts and each other to Tulane University in New Orleans, graduating Cum Laude with Bachelor of Science degrees in

The Community Dining & Business Guide that your neighbors READ!

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## “Physicians” Continued from page 1

Cell and Molecular Biology. Upon graduation, a strong interest in public health and epidemics led them both to pursue and receive Masters Degrees in Public Health in Epidemiology at Tulane. Their impressive academic journey continued as they both attended and graduated from Tulane Medical School in 2003. After being heavily recruited by hospitals, practices and communities around the country, Dr. Shirmo and Dr. Eldridge decided that the Trinity area, where the new state-of-the-art Trinity Medical Center is being built, would be a good place to start their practice.

Dr. Shirmo and Dr. Eldridge are passionate about empowering patients to live healthy lives and serve as partners in maintaining the health of everyone in the family, treating ages 8-108, from adolescents to great-grandparents. The doctors place a strong emphasis on preventative medicine and encourage patients to exercise, take supplements and eat healthy, as well as get regular cancer screenings. They also support stress management and a balanced lifestyle. Using a holis-

tic approach, Dr. Eldridge explains that they both look at the symptoms the patient presents with, combined with their lifestyle choices and family history, affording them the opportunity to see the broad spectrum when diagnosing and treating their patients.

Trinity Family Physicians offers a refreshing change from rushed appointments and waiting days or weeks to get an appointment when you're sick. They are there when you need them and they are approachable for everyone in the family. Patients also enjoy positive and personal interactions with everyone on staff at Trinity Family Physicians, where the goal is patient satisfaction. “If you take your car to be repaired and the mechanic does not do a superior job, the car will live,” explains Dr. Shirmo. “If you or a family member comes to a medical practice and a superior job is not done, it is your health or potentially life that is compromised. Dr. Eldridge and I feel it is the greatest privilege to provide the best care for the precious health of our patients and their families.”

A family friend of mine, who also is a physician, referred my husband Craig and me to Dr. Shirmo and Dr. Eldridge. When I had my first visit

with Dr. Eldridge, she checked into every area of my health. Her approach was exactly in line with my hopes for my new doctor. She even exceeded my expectations by sending me to a specialist to confirm that a genetic condition was under control—something which no other doctor in my past had ever checked into. I felt confident that if any serious health issues or disease were to arise in the future, Dr. Eldridge is the medical professional I want in charge of my care. Craig's experience with Dr. Shirmo demonstrates the personalized care provided at Trinity Family Physicians. Craig needed a test to check for a potentially life-threatening disease. Rather than having to wait and worry over the results for a long period of time, Dr. Shirmo accelerated the process to assure him everything was fine. We were both thankful and relieved that Dr. Shirmo handled this personally.



*Dr. Shirmo and Dr. Eldridge with Mike Alstott at Hike For Hospice, one of many community fundraisers that the doctors of Trinity Family Physicians have supported.*

### VIP Health Care Membership Is Like Having a Doctor in the Family

The VIP Health Care Program at Trinity Family Physicians provides a solution to gain more control over the direction of your medical care and that of your entire family. It removes the uncertainty of whether or not your visit or tests will be covered by insurance and empowers individuals to choose and manage their own care within the practice. It eliminates any worry over pre-existing conditions. For those who do not have access to insurance, it provides an alternative

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measure of hope. "Our VIP care is unique and a change from the traditional approach to managed care," says Dr. Shirmo. "We have all become victims by allowing these third parties to control and determine what kind of treatment patients are allowed to receive. VIP care puts patients in the driver's seat. And, we are hoping that going to the doctor will become a good experience and inspire people to come in for more visits, even preventative visits."

VIP patients will continue to pay or use insurance for medications and out-of-office tests but they aren't limited by third party rules and control of care is in the hands of the patient and physician—where it should be for visits within the practice; therefore, VIPs may have unlimited monthly visits. VIP patients are limited in the practice so that the doctors may provide them with all of the benefits that the program allows. Traditional patients and VIP patients both receive the same exceptional quality medical care; however, VIP patients have a few extra perks like extended visits and membership benefits. For about \$4 per day, a person or a family can become a VIP member. VIPs can schedule the entire family in one visit rather than having

individual separate visits for each family member when something contagious strikes, like the flu or cold. VIP members are encouraged to call should any health-related concern arise. This is especially beneficial to patient's battling a life threatening illness or persons currently living with and managing disease or for those striving for prevention.

As a potential patient of the VIP membership, the person or family attends a free consultation to determine the patient's expectations, discuss the benefits of the program and decide if the relationship would be mutually beneficial. VIP members are given a comprehensive "Presidential Physical," just as the President of the United States receives. Every aspect of health is explored including an on-site EKG and lung function test. The VIP patient and the doctors will discuss where their health stands today, establish a plan and set goals for improved health in the future. VIP health care has proven to be so popular, there is currently a waiting list to become a member.

#### Patients Consider Them Family

Dr. Shirmo and Dr. Eldridge agree the best compliment they can re-

ceive is for their patients to trust them to provide care to the entire family. "We are so proud to care for not only our staff's families but also our colleagues in the community and their families. It is a privilege. We are passionate about practicing medicine and blessed to live and work in a community that has embraced us and our practice."

I spoke with long-time patient of Dr. Shirmo, Dennis Holland of Heritage Springs, who spent his career working in the medical community, serving ten years as a Board Member for University Community Hospital in Tampa and managing his own company that dealt with pharmaceuticals in world-renowned hospitals like Yale and University of Connecticut. "I have worked with and have been a patient of many physicians in my career, and Dr. Shirmo and Dr. Eldridge are the most talented, caring clinicians I have ever encountered," praises Dennis. "They are young and approachable, but above all, they provide the most sincere, kind and caring treatment. Their unique backgrounds, combining an excellent balance of public health knowledge with the latest, most current knowledge in medicine, make them an amazing team.

From my first meeting with Dr. Shirmo, I was treated as not just a patient but as a friend. I have the utmost trust and confidence in their medical abilities." Dennis and his entire family, including his wife, son and daughter-in-law all see the doctors. After his wife was recently given a difficult diagnosis, Dennis called Dr. Eldridge her "guardian angel." Dennis has referred more than 50 people from his community, all of whom have all experienced the same outstanding level of care, and he vows to continue to spread the word about Dr. Shirmo and Dr. Eldridge.

Good health at any age will improve your quality of life. Don't wait until a problem exists. As Dr. Shirmo says, "Get in the driver's seat" and take a proactive approach to your health. Turn to Trinity Family Physicians to experience a true partner in health.

Trinity Family Physicians is located in Trinity Professional Place at 1817 Cypress Brook Dr. in Suite 101 in Trinity. Both doctors are currently accepting patients from most insurance plans. For more information, please call 834-8377. Trinity Family Physicians are open Mon. to Fri. 8:30 a.m. - 5 p.m.



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