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Trinity Family Physicians – “Let Our Family Care for Yours”



Amir Shirmohammad, M.D. & Stephanie Eldridge, M.D.

By Kim Thomas

Our health can directly affect the quality of our lives now and in the future; therefore, it is pertinent to find a physician that you can trust to provide the proper guidelines for a healthy life; one that will prescribe needed medication with care and caution, and when necessary, one who will order the right diagnostic tests and see that you receive the best care possible if the need for a specialist or a hospitalization arises. You'll find all of that and much more in the healthcare professionals at Trinity Family Physicians, located at Trinity Professional Place at the corner of Trinity and Duck Slough Boulevards in Trinity.

Living by their motto, “Let Our Family Care for Yours,” husband and wife team Amir Shirmohammad, MD, MPH, and Stephanie Eldridge, MD, MPH, offer exceptional general medical care as well as a variety of specialties that include dermatology, preventive medicine, adolescent concerns and all aspects of women's health and gynecology. Their patients range from adolescents to those in the final years of a long life. Serving patients in our area since 2007, Dr. Shirmo (as patients affectionately call him) and Dr. Eldridge just celebrated their practice's four-year anniversary in September.

Dr. Shirmo and Dr. Eldridge not only embrace their patients, they have thoroughly embraced their commu-

nity as well. I met the couple three years ago in 2009 when they were co-chairs for Gulfside Regional Hospice's Hike for Hospice. Witnessing firsthand how down-to-earth they both are and the genuine care they have for others, we chose them to be the doctors for our family and have been very happy. As a mom to two young adults and one teenager, I know how important it is for a young person to have a doctor that they

See “Physicians” on page 54.

The Community Dining & Business Guide that your neighbors READ!

The Miller Wealth Management Group, Where They Invest In You

By Julie Kanehl

If you are looking for financial planners who are dedicated to their clients, their community and their craft, then look no further than The Miller Wealth Management Group. Conveniently located at the corner of Trinity Blvd. and Duck Slough Blvd. in the Trinity Professional Plaza at 1818 Short Branch Drive, The Miller Wealth Management Group is a team of highly qualified and experienced financial advisors who are dedicated to helping their clients achieve their financial goals, manage their portfolios, and plan for their futures and for their retirements.

Mike Miller, owner of Miller Wealth Management Group, has over



15 years of experience as a financial advisor, and created his independent firm so that he could free his

clients from being tied to one particular product or service. As an independent financial advisor, his company can provide many financial options that can be tailor-made to meet their clients' needs. The benefits of having an independent company are far-ranging because of the time, effort and interest that can be invested with each client, whether they want to invest a lot or a little, meet once a month or twice a year, it's this personalized approach that sets them apart.

Miller, who is an Ohio University Alumni, served in the National Guard

and the Army Reserves before moving to sunny Florida in 1992, and discovered that he wanted to go into financial planning when he began to research his own investments. As an active member of our Trinity community and of Generations Christian Church, and as a board member of the Trinity Business Association, Miller invests in his clients personally as well as professionally. As a newlywed, and as a father, Miller understands the importance of saving for your future, planning for your retirement, and providing for your family.

Mike Chissell has been in the financial services industry for nearly 25 years, and graduated with a degree in Finance and Marketing from Central

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school, they were interested in public health and the study of epidemics, so they both received Masters Degrees in Public Health in Epidemiology at Tulane before attending and graduating from medical school at Tulane Medical School in 2003.

Fully committed to each other and their careers, the pair completed their Family Practice Residencies in 2006 at Florida Hospital, a Christian and "faith-based" hospital in Orlando.

Though the doctors had many choices available to them after completing their residencies, they decided on this area partly due to the state-of-the-art Medical Center of Trinity, which just opened this winter. With privileges at Medical Center of Trinity, Mease Countryside and North Bay hospitals, and knowledge of specialists and all hospitals in the area, Dr. Eldridge and Dr. Shirmo will make certain that you get the care you deserve. "I send my patients to the hospital that best meets their specific need," says Dr. Shirmo. "But our focus is preventive medicine to keep patients out of the hospital."

Dr. Shirmohammad also is the Medical Director for Madison Pointe, a nursing home, and he is very com-

passionate and sensitive to the feelings and needs of older patients. He says, "For every patient that I see in there, I vow to help their kids and grandkids to get the preventive care they need for life-long health."

Dr. Eldridge and Dr. Shirmo have brought a new member into their healthcare "family" and welcome Nurse Practitioner Nicole Zweifel. Knowing these two for some time now, I realize how difficult the choice must have been for the doctors to bring in someone to help care for Trinity Family Physicians' patients.

"It is like letting someone take care of your baby," explains Dr. Shirmo. "We wanted to be able to provide more services and more accessibility, but it had to be someone who we completely trust. Nicole is a great fit. She has over 10 years in healthcare, she can write prescriptions and her experience as an ER nurse makes her well-equipped to handle just about anything."

Nicole attended St. Petersburg College, where she graduated magna cum laude in 2005. She went on to earn her Masters of Science in Nursing in 2007 from the University of South Florida in Tampa, where she was hon-

ored with an Outstanding Achievement award. She has extensive nursing experience, including eight years as an Emergency Room Registered Charge Nurse at Bayfront Medical Center.

Like Drs. Eldridge and Shirmo, Nicole is very attentive and thorough in her examinations. So far, three of my family members (including myself) have seen Nicole and we agree that she is approachable and friendly.

Family Medicine That Makes Sense

Excellent, personalized, and unrushed professional care and treatment are given to each patient at Trinity Family Physicians. All patients are going to be able to get quick appointments, usually the next day, and all patients will receive excellent care.

"We are getting more and more families, and more people are trusting in us," says Dr. Shirmo. "We have been busier than ever. Stephanie and I are just so proud and privileged to be here. This is such a great area. There are just such great people here, with so many good things going on in the area."

Even though Trinity Family Physicians has grown and added staff, the care patients receive is only en-

hanced. Dr. Shirmo and Dr. Eldridge want patients to know that the doctor is still in the house! "Stephanie and I are still here just as much and we are still just as involved with our patients as ever."

Trinity Family Physicians is located at the corner of Trinity Blvd. and Duck Slough Blvd. at 1817 Cypress Brook Drive, Suite 101, in Trinity. Hours are Mon. - Fri., 8 a.m.-5 p.m. For more information call (727) 834-8377.

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“Physicians” Continued from page 1

truly connect with. My boys love the frank, honest discussions and advice that they receive from Dr. Shirmo, who really seems to ‘get’ them, offering confidentiality and medical care, along with a good dose of humor. My daughter finds Dr. Eldridge to be easy to talk to about women’s healthcare and says she likes her better than any other doctor she has known.

Continually finding ways to help the community, Dr. Shirmo and Dr. Eldridge just completed their third year as co-chairs for the Hike for Hospice. Also this year, residents of nearby Heritage Springs honored Drs. Eldridge and Shirmohammad with an award for their participation in the Bonefish Charity Golf Invitational for members of Heritage Springs. The plaque hangs prominently in Trinity Family Physicians’ waiting room and is inscribed with a heartfelt ‘thank you’ by a patient, Bob Docherty, who is a resident of Heritage Springs.

Mr. Docherty catches the true spirit of these two dedicated medical professionals with these words—

*What they believe...
they believe passionately.*

*What they love...
they love deeply.*

Their compassionate practice has been an enormous benefit to our community, with a powerful impact to our quality of life, and its mighty weight will endure.

Their hearts are awakened and all of us and our families are the (beneficiaries).”



Dr. Amir Shirmohammad (back) & Dr. Stephanie Eldridge (front, center) & their staff celebrated Trinity Family Physicians’ 4th Anniversary in Sept.

Getting to Know Trinity Family Physicians

Dr. Shirmo and Dr. Eldridge take time with each patient, getting to know them by name and as individuals. Their goal is to make you feel like you have a doctor in your family. With two precious little girls of their own, Jasmine and Lily, they know how important it is to have a doctor that you can trust, turn to and talk to.

Dr. Shirmo and Dr. Eldridge first met when they were both 17, while

working summer jobs at Busch Gardens and became high school sweethearts even though they attended separate high schools in Tampa (Dr. Shirmo graduating magna cum laude from Jesuit High School and Dr. Eldridge graduating from King High). They did attend Tulane University in New Orleans together and both graduated cum laude from Tulane with Bachelor of Science degrees in Cell and Molecular Biology. While they both had plans to go to medical

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