

THE BARTON & WESTERLY LIFE

FEBRUARY NEWSLETTER

2026



BARTON
COMMUNITIES
ACTIVITY CENTER

216-221-3400
14300 DETROIT AVE.
LAKEWOOD, OH 44107

WWW.BARTONCOMMUNITIES.ORG

BARTON CENTER CONTACTS



Allison Urbanek

President

216-221-3400 ext. 1

aurbanek@bartoncommunities.org

Christina Stover

Lead Activities Coordinator

216-221-3400 ext. 2

cstover@bartoncommunities.org

JeAnna MarBury Sr.

Activities Coordinator

216-221-3400 ext. 3

jmarbury@bartoncommunities.org



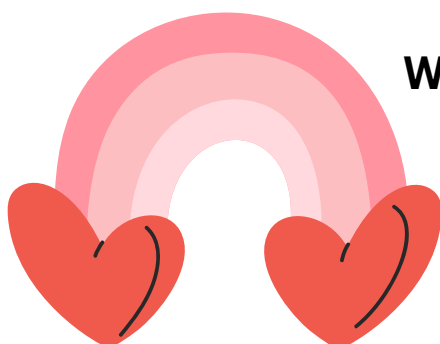
Pam Schraff

Activities Coordinator

216-221-3400 ext. 4

pschraff@bartoncommunities.org

**The Barton offices will be closed on Monday,
February 16 for the holiday.**



**Would you like the newsletter delivered to your
email each month?**

See Christina or email her at:

cstover@bartoncommunities.org

WESTERLY CONTACTS

Work Orders or General Questions Call 216-521-0053 - Dial by Extension

Property Administrator

Meghan Curran Ext. 6 — mcurran@bartoncommunities.org

Assistant Property Manager

Grace Steiner Ext. 3 — gsteiner@bartoncommunities.org

Compliance Manager

Nicole Garner Ext. 4 — ngarner@bartoncommunities.org

Occupancy Specialist

Mary-Francis Miller Ext. 1 — mmiller@bartoncommunities.org

Occupancy Specialist

Brenda Colbert Ext. 2 — bcolbert@bartoncommunities.org

Front Desk Coordinator

Christy Rose Ext. 0 - frontdesk@bartoncommunities.org

Service Coordinators Press 3 or Dial by Extension

WI South Building

Debbie Magda-Vukmanic Ext. 8 — dvukmanic@bartoncommunities.org

WII North Building

Paul Keiper Ext. 7 — pkeiper@bartoncommunities.org

WIII West Building

Milica Djordjevic Ext. 9 — mdjordjevic@bartoncommunities.org

Maintenance & Custodial Team

Tim Ferris — Maintenance Superintendent

Allen Roslan — Maintenance Tech

Lamontay Black — Maintenance Tech

Maceio Williams — Maintenance Tech

Michael Toth — Unit Turn Tech

Carolyn Copeland — Lead Custodian WIII West Building

Angela Sciarrino — Custodian WII North Building

Mary Curtis - Custodian WI South Building

AFTER-HOURS URGENT MAINTENANCE REQUESTS ONLY 216-521-2141

This phone is not answered during business hours

BARTON CENTER SHOPS

The Library

Hours: Monday - Friday
9 a.m. - 8 p.m.
Key FOB Entry

Salon & Barber Shop

Taking appointment reservations
starting in mid-January. Will reopen
in February!
Call Chris at (216) 287-6634

Book Nook

Hours: Tuesdays & Thursdays
9:30 a.m. - 2:30 p.m.

Hodge Podge Resale Shop

Hours: Monday 9 a.m. - 12 p.m.,
Wednesday 9 a.m. - 12 p.m., &
Thursday 6 p.m. - 8 p.m.

The Corner Store

Hours: Monday 10 a.m. - 12 p.m.
Tuesday - Thursday 10 a.m. - 3 p.m.

\$7 Lunch Delivery by Barton Center

**Residents are required to pre-pay for meals
by 12 p.m. noon on Tuesday each week.**

Meals can be prepaid at The Corner Store.

February 12:

Cabbage rolls, mashed potatoes, and cookie

February 26:

Soup, salad, bread, and cookie



February Movie Days

Popcorn is provided at each movie!

The Six Triple Eight

When: Monday, February 2

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



The Lost Valentine

When: Monday, February 12

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



Hidden Figures

When: Monday, February 26

Time: 2 p.m. - 4 p.m.

Where: Faulhaber Auditorium



February Crafts

Perler Bead Keychains

When: Thursday, February 5

Time: 1 p.m. - 3 p.m.

Where: Craft Room



Wooden Heart Garland

When: Thursday, February 12

Time: 1 p.m. - 3 p.m.

Where: Craft Room



Bubble Painting

When: Thursday, February 19

Time: 1 p.m. - 3 p.m.

Where: Craft Room



Diamond Art Magnets

When: Thursday, February 26

Time: 1 p.m. - 3 p.m.

Where: Craft Room



**Residents MUST pre-register for ALL crafts on the Craft Room door.
See Barton Staff with questions!**

February Activities

Food Box Distribution -

Cleveland Food Bank

When: Friday, February 6

Time: 10 a.m. - 2 p.m.

Where: Cafe

You must pre-register.

Contact: Christina at (216) 221-3400 ext. 2



3rd Annual SOUP-er Bowl

When: Monday, February 9

Time: 12 p.m. - 1 p.m.

Where: Cafe

Join us for free soups made by Barton & Westerly staff and vote for your favorites. All are welcome!



Music Bingo

When: Tuesday, February 17

Time: 1:30 p.m. - 2:30 p.m.

Where: Cafe

Join us in the Cafe for an extra game of music bingo with JeAnna!



Volunteers
needed

Volunteer Interest Meeting

When: Monday, February 23

Time: 3:30 p.m. - 4:30 p.m.

Where: Cafe

Are you interested in volunteering at Barton Center? Do you want to learn about volunteer opportunities? Join us for this informational meeting to learn more. All are welcome!

February Activities

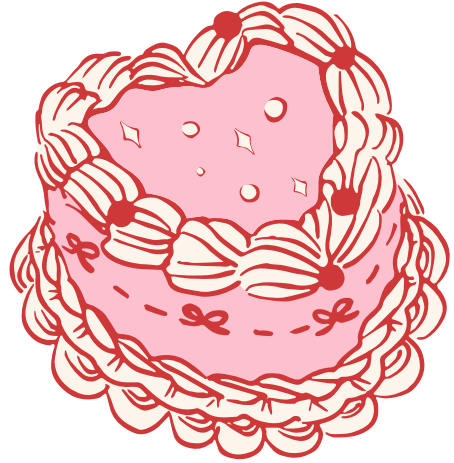
February Birthdays

When: Friday, February 27

Time: 2 p.m. - 3 p.m.

Where: Cafe

Join us for cake and trivia to celebrate all February birthdays!



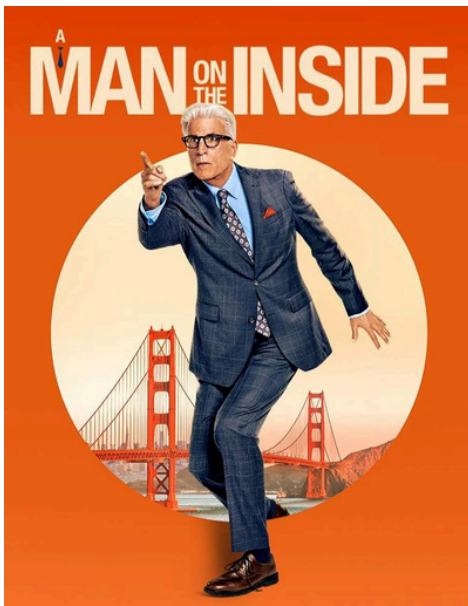
“Man on the Inside” TV Showing

When: Every Friday

Time: 1:30 p.m. - 2:30 p.m.

Where: Faulhaber Auditorium

A new season of *Man on the Inside* has dropped! Join us to watch both seasons of this show starring Ted Danson as a private investigator within a nursing home.



Prize Bingo

When: Wednesdays, February 4 & 18

Time: 3:30 p.m. - 4:30 p.m.

Where: Cafe

Come join friends and win fun prizes!



M2B2 Band Rehearsals

When: Thursdays, February 5 & 19

Time: 7 p.m. - 9 p.m.

Where: Faulhaber Auditorium

All are welcome!



Join us for a

GALENTINE'S DAY PARTY W/ H2O

February 12 | 3:30 p.m. – 5 p.m.
Cafe

Join us for a tea party with
desserts and nail painting,
courtesy of H2O students
from Lakewood High School.

Please RSVP by February 10
as spots are limited. See
Christina, Pam, or JeAnna to
reserve your spot.

AEROBIC LINE DANCE



HOSTED BY

H-Connect NCA



BEGINNERS & ADVANCED



DATE: Friday, February 20

TIME: 2 p.m. - 3 p.m.

WHERE: Cafe



We Can Help



You MUST sign up in advanced. See Barton Staff to sign up for a 15-minute slot.

Sign Up to receive Free One-on-One Tech Support with IConnect

**Date: Tuesday, February 24
Time: 2 p.m. - 4 p.m.
Where: Cafe**

- ❑ Questions on your new device?
- ❑ Need help downloading games or apps?
- ❑ Want to know how to check or send email?
- ❑ Want to watch a movie on your tablet?
- ❑ Questions on saving pictures?
- ❑ Trouble with storage?





SOUL GROOVE PARTY

Join us for a Soul Groove Party!

**We will have Motown music
through the decades, food,
dancing, and so much more!**

**Tickets are \$5. Please see
Christina, Pam, or JeAnna to
reserve your spot! RSVP by
Monday, February 23.**

When: Thursday, February 26

Time: 5 p.m. - 8 p.m.

Where: Cafe

Center Member Group Activities

Coffee With Friends



When: Every Saturday

Time: 9 a.m. - 12 p.m.

Where: Cafe

Wednesday Morning Coffee

When: Every Wednesday

Time: 8:45 a.m. - 10:30 a.m.

Where: Cafe



Book Club

When: Wednesday, February 4

Time: 1 p.m. - 2 p.m.

Where: Craft Room

We are discussing *Beautiful Ugly* and will be given *The Authenticity Project* for next month.



Lakewood Public Library: Homebound Service



When: Every Tuesday

Call LPL Customer Service Desk by 6 p.m. the Saturday before your delivery date at: (216) 226-8275 ext. 110.

Library representative available to receive books to be returned at this time in the Cafe area.



Beginner's Spanish Class



When: Every Tuesday

Time: 3 p.m. - 4 p.m.

Where: Cafe

Join Irene & Esteban to learn beginner's Spanish! It is recommended that you attend weekly and bring a notebook and writing utensil to this class.



Stories On Paper

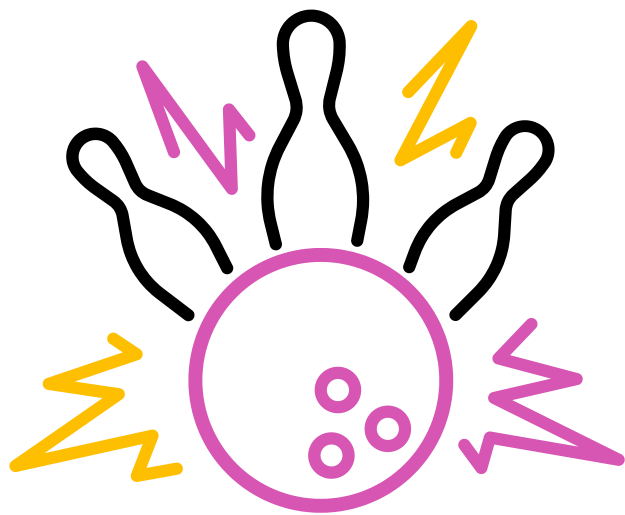
When: Wednesdays,
February 11 & 25

Time: 10 a.m. - 12 p.m.

Where: Faulhaber Auditorium

Participants are given a creative prompt to write a short story on their own time that can be shared with the group at the next class. Come get creative with us!





Tabletop Bowling

When: Wednesdays,
February 11 & 25

Time: 1 p.m. - 2 p.m.

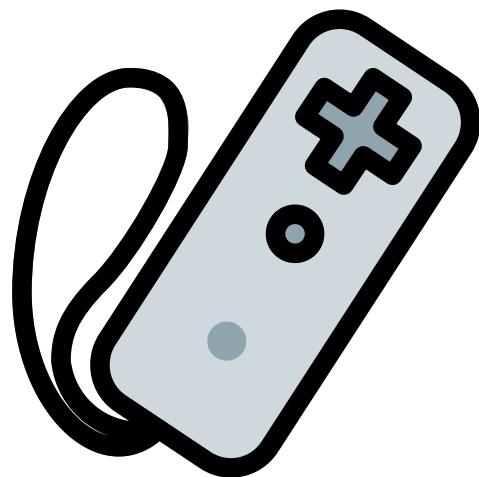
Where: Cafe

Wii Bowling

When: Wednesdays,
February 4 & 18

Time: 2 p.m. - 3 p.m.

Where: Cafe



February Birthdays & Trivia

When: Friday, February 27

Time: 2 p.m. - 3 p.m.

Where: Cafe



We are joining this activity with
February birthdays this month!

Open Craft Room Hours

When: Every Monday

Time: 9 a.m. - 12 p.m.

Where: Craft Room

Come hang out and work on
your crafts!



Karaoke

When: Saturdays, February 7 & 21

Time: 6:30 p.m. - 8 p.m.

Where: Cafe

with Ron & Lilie Walden



Health & Wellness

Activities

Balance Class

When: Every Monday

Time: 11 a.m. - 11:45 a.m.

Where: Community Room

This class is designed to improve balance and lower body strength for older adults through chair exercise. **We will focus on stability and strength exercises as well as fall prevention techniques.**

NO CLASS ON MONDAY, FEBRUARY 16!



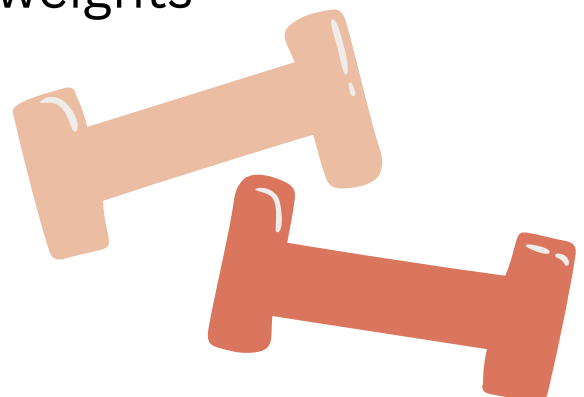
Movement & Lightweights Class

When: Every Tuesday

Time: 11 a.m. - 11:30 a.m.

Where: Community Room

Participants will be given 1 lb or 2 lb weights in this seated class.



Creative Therapy Activities

Art Therapy

When: Every Tuesday

Time: 4 p.m. - 5:30 p.m.

Where: Craft Room
with Jocelynn



Music & Memories Class

When: Every Thursday

Time: 2:30 p.m. - 3:30 p.m.

Where: Community Room
with Gavin



Religion & Worship

Activities



Rosary Services

When: Every Tuesday

Time: 7 p.m. - 8 p.m.

Where: Community Room
with Ms. Tyburski

Bible Study

When: Wednesdays, February 11 & 25

Time: 11 a.m. - 12:30 p.m.

Where: Community Room
with Ron & Lilie Walden



Barton Center

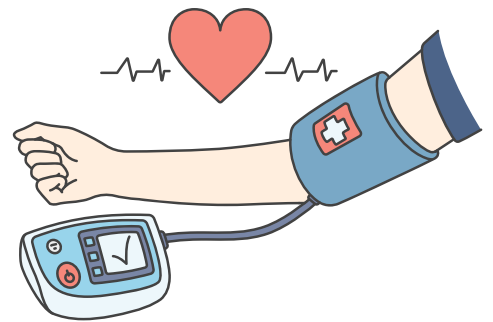
Wellness Corner

Neighborhood Paramedic Blood Pressure and Glucose Checks with Oliver Harper

When: Thursday, February 19

Time: 10:30 a.m. - 11:30 a.m.

Where: Cafe



Fitness Center

OPEN 24 HOURS

Please see the Westerly Office, room 110, to sign a waiver and activate your fob. **A waiver must be completed prior to using the Fitness Center.**



**Dr. Mark Massie
Podiatrist**

When: Thursdays

Time: 9 a.m. - 3 p.m.

By appointment ONLY
216-402-4233



**Anthony Lima
Licensed Massage Therapist**

When: Tuesdays and
Saturdays
By appointment ONLY

Call or Text:
216-704-0794

Email:
GITmassage@hotmail.com



**Free Hearing &
Hearing Aid Checks**

When: Monday, February 2
Time: 10 a.m. - 4 p.m.

Where: Wellness Center

Call now to schedule your appointment!
Earl Gentile - 440-333-3271



Barton Center
Transportation Services
Must book in ADVANCE



(216) 221-4282

COST: \$2 one-way \$4 roundtrip

Monday - Friday 9 a.m. - 11:15 a.m.

1 p.m. - 3:15 p.m.

Westgate Trip:
Wednesday, March 11

Must be able to get in and out of the car independently. The Barton Center is not responsible for any **lost, stolen or damaged items.**

You must be on time for your ride, or the car will leave without you!!

Barton transportation reserves the right to refuse rides based on resident behavior.

A Word from the Property Manager

Dear Residents of the Westerly Apartments,

I want to take a moment to reflect on our recent meeting— thank you to those who attended! I strongly encourage even more residents to join us next time. Your input is invaluable, and this is the perfect chance to voice any concerns or questions you may have about our community.

As a reminder, letters regarding the new 2026 rent amounts have been sent out. Please ensure you sign and return the lease addendum to the office. Remember, the new rent amounts will take effect on April 1, 2026.

If you have any questions or wish to discuss anything further, please feel free to reach out to me directly.

Thank you for your cooperation!

**Warm regards,
Meg**



Town Hall Notes from January 13

Meghan (Δ)– explained to residents:

There will no longer be “sharp containers” available – she asked residents to dispose of any “sharps” responsibly

Δ Recycling – no longer able to offer. Cost is too expensive

Resident (♥) asked:

♥ When will the coffee machine be fixed?

Δ If you lose money on any machine (vending or coffee), please call that company directly

Δ Along with that, if the machines in the laundry room on your floor are not working, please don't go to other buildings or floors. Please call machine repair number on washer or dryer

Δ Also, there is no smoking in your apartment. Meghan stated she will be doing inspections and has tests can do to detect smoking

♥ People are overloading the washing machines – they bounce all over the place and are breaking Δ Meghan agreed and asked residents to be mindful of how full they load the machines

♥ Laundry room doors are so heavy and hard to open and close. Δ Meghan will do a work order to get closures adjusted

♥ Resident asked if restrooms (public) can be well stocked with toilet paper – especially for the weekend – CAROLYN – stated she would make sure

♥ Resident complained the CO2 detectors are too close to the ceiling – CO2 “rises, not falls” Δ Meghan said she would talk to Tim and reach out to the fire marshal

Town Hall Notes from January 13

♥ **Resident inquired about all the bug problems in the West building.** Δ Meghan assured them that the laundry room had been closed and treated. She explained MACO comes twice a week to address. If they have personal concerns about their apartment to call the front office to be put on the schedule, if they want extra treatments

Δ Meghan asked residents to be properly dressed when not in their apartment – NO slippers or bed attire. Street clothes and shoes only

♥ **Resident asked if maintenance could have some sort of ID so they are easily identifiable since there has been so much turnover.** Δ Meghan stated they are supposed to be wearing Westerly apparel

♥ **Resident PRAISED Carolyn** – she is great at her job and cleaned up after maintenance made a mess in the hallway

♥ **Resident wanted to know who takes care of trash outdoors. Said parking lots and courtyard is “filled” with trash flying around. Also, cigarette butts are out of control** Δ Meghan said this is maintenance’s job but if any residents want to volunteer to help beautify the area, they are more than welcome. - Earth Day 4/22/26 was mentioned by many as a good day to do this.

♥ **Resident complained the hallways “stink”. They also stated if the hallways were less hot, will stink less** Δ Meghan said she would address and look into

♥ **Resident stated there are wind tunnels between the buildings. They suggested moving the benches away from the wind tunnels** Δ Meghan will look into

Town Hall Notes from January 13

♥ **Resident complained they cannot go into the craft room on the weekend.** Δ Meghan said she understands but it is not open on the weekends.

♥ **Resident complained the atrium is cold – blowing cold air from the vents not hot.** Δ Meghan said they would look to see if something needs to be addressed

♥ **Resident stated if the bed bug problem could be eliminated, more people would take advantage of the craft room. Everyone agreed**

♥ **Resident complained about all of the cardboard in the West Laundry – isn't it supposed to be broken down.**

Δ Meghan – YES – please break it down and PLEASE do not put cardboard down the chute – clogs and is a fire hazard

♥ **Resident stated no bulletin board in West** - ¥ Milica chimed in they do by her office

♥ **Residents – landscapers are AWFUL!**

Δ Meghan said getting new company

Δ **Meghan – please clean up after yourselves.** This is a home and we all residents to feel comfortable. Also, be mindful of bringing pets in the cafe area.

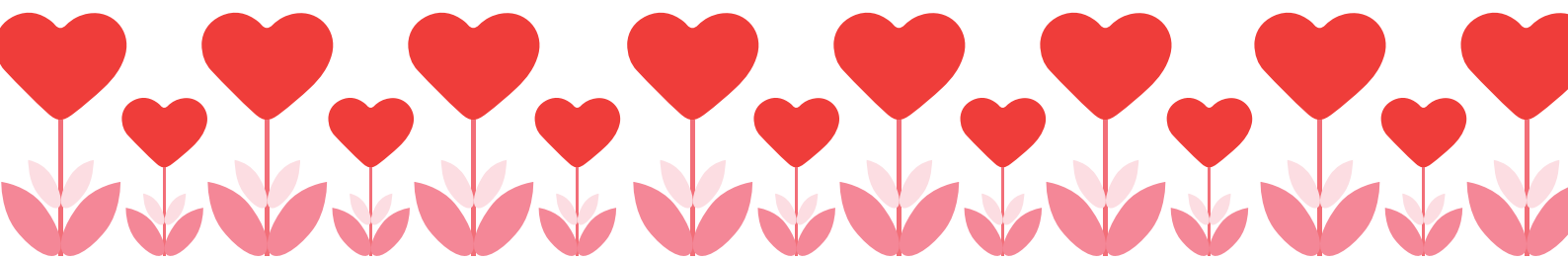
♥ **Resident complained the low attendance for the Town Hall Meetings**

Δ Meghan stated she is sad about turn out sometimes, too. However, she was pleased with the number today! 😊

Things You Should Know

Several of the reminders listed below were discussed at the recent town hall meeting:

- Cardboard boxes cannot be placed down the trash chute, as it will clog. Residents should break down the boxes and place them in either the laundry room (W2 and W3) or the recycling room (W1).
- Residents are responsible for cleaning out the laundry equipment (both washer and dryer) after each use.
- The lobbies in Westerly 1, 2, and 3 are for short-term visiting only.
- The Barton Center café is a shared space for the residents to utilize to visit friends, family, and neighbors. We need to be mindful and respect each other while utilizing this space.
- If you see something, say something. As we are not here during evening or weekend hours, it is helpful for residents to report matters to the office to address any concerns or issues promptly.
- When you are using the cafeteria, please be mindful and cleanup after yourselves if a mess is made.
- If someone is calling you through the callbox, stay on the phone and dial 9 to let them in the building. Hanging up and then pressing 9 does not work.
- Residents should not have foil in their drip pans; it is a safety issue.
- Please refrain from using drain cleaner in your sinks as it is destroying the pipes.



Service Coordinators' Corner

Food Delivery from Lakewood Community Services Center (LCSC): On the third Friday of each month, LCSC and H2O volunteers bring a bag of groceries to residents who have registered to receive it. This month it will be on February 20. You must be in your apartment to receive the delivery between 3 and 5pm. If will not be available for the delivery, or you want to sign up or cancel, please contact your Service Coordinator for assistance.

Home Energy Assistance Program (HEAP)

HEAP runs from 7/1 through 5/31. There are 4 months left to apply. If you do not receive a subsidy for your rent, you are eligible for the program because you are paying for your utilities with your rent. You do not get a utility bill. If you qualify, a check will be mailed directly to you to help offset the cost of your utilities. You can apply every year. Contact your Service Coordinator for assistance.

“Have You Met Lakewood’s Neighborhood Paramedic?”

with Oliver Harper, Neighborhood Paramedic

“Black History Month Series: Black Health in Focus”

with Devon Jones, LSW, MSSA, MNO & Program Manager,
CWRU School of Medicine



Service Coordinators' Corner

Please join the Service Coordinators in Welcoming...



***Oliver Harper, Neighborhood Paramedic
and Friends***

"Questions & Answers"

Friday, February 6

1:30 pm to 2:30 pm

Barton Center Community Room



RAFFLE! RAFFLE! RAFFLE!

Service Coordinators' Corner

Please join us for a

Valentine's Day Cooking Class

February 10th

1pm Westerly

in the Cafeteria

No bake Cheesecake Dip

Please RSVP or Sign Up

**h/VNA
of Ohio**

Service Coordinators' Corner

Please join the Service Coordinators in Welcoming...

CWRU PRESENTS

Black Health in Focus

**Bridging the Past, Present, and Future
A Lunch & Learn**

When: Friday, February 13

Time: 1 p.m. - 3 p.m.

Where: Community Room

Since **lunch is provided**, sign-up is **required**. Please add your name to the sheet on the transportation desk.

We invite you to participate in an interactive presentation centered on the theme of Black Health and Wellness. Together, we will explore the past, present, and future, examining how these elements impact the health and wellness of Black Americans. This presentation is free and open to all residents.



DAWN
ALZHEIMER'S RESEARCH



Service Coordinators' Corner

7 Common Health Concerns African Americans Should Monitor

By: **CentraState Health**

Several health disparities exist between African Americans and white Americans. Doctors are seeing diseases that you'd expect to see in older patients—heart disease, diabetes, stroke—in relatively young African Americans. While genetics may play a role in certain instances, socioeconomic factors have a significant impact on how African Americans are able to prevent and treat certain conditions.

Heart Disease

In general, diseases of the heart are the No. 1 killer of Americans. However, while the rate of heart disease has been steadily decreasing among white Americans since the 1970s, the rates are not decreasing as sharply among African Americans.

The data tells us that the issue is not that more African Americans have heart disease, but that this group's chances of surviving a cardiovascular event are not as high as in other populations. In fact, African Americans aged 18 to 49 are two times more likely to die of heart disease than other Americans. The Affordable Care Act, which was passed by Congress in 2010, expanded access to healthcare insurance for all Americans. This access has improved cardiac care for African Americans, but a disparity still exists. In general, this population does not receive referrals for potentially lifesaving treatments like cardiac catheterizations in a timely manner, leading to worse outcomes than their Caucasian counterparts.

Service Coordinators' Corner

High Blood Pressure

One of the risk factors for heart disease is high blood pressure. Also known as hypertension, this condition is particularly troublesome for African Americans. In fact, one in three African-Americans suffers from high blood pressure. High blood pressure is difficult to manage without adequate access to care. African Americans are less likely to have blood pressure under control than non-Hispanic Caucasian Americans. Further, African Americans develop high blood pressure earlier in life and typically exhibit much higher blood pressure levels.

Cancer

While cancer is the No. 2 killer for all races, African-American men are 50 percent more likely than white men to get lung cancer, and more African-American men experience issues such as enlarged prostate and prostate cancer. And, sadly, more African American males die from cancer than any other ethnic group. African-American women under the age of 35 see **breast cancer** rates that are two times higher than Caucasian women of the same age and have a 42 percent higher rate of death from the disease.

Compounding these trends, inadequate access to care leads to poorer outcomes. For example, by not getting referred to cancer treatments like chemotherapy early, the disease progresses faster, leading to more complications and higher death rates. In fact, young African American women are three times as likely to die from breast cancer as young Caucasian women.

Service Coordinators' Corner

Diabetes

Diabetes, or high blood sugar, also is an area of concern for African Americans, who are almost twice as likely to be diagnosed with the disease as non-Hispanic whites. Additionally, African Americans are more likely to suffer complications from diabetes, such as end-stage renal disease and lower extremity amputations.

Stroke

Vascular diseases—those that affect your arteries and veins—also disproportionately affect African Americans. Stroke impacts African Americans more than any other racial group—and at a younger age. Sadly, they are twice as likely to die from stroke as Caucasians and are more likely to become disabled and experience difficulties with daily activities if they survive a stroke.

While the reasons for this disparity are not clear, risk factors for stroke include high blood pressure, diabetes, sickle cell anemia, smoking, and obesity—all conditions that are prevalent among African Americans.

Peripheral Artery Disease

Peripheral artery disease (PAD), a condition that develops when your arteries become clogged with fatty deposits that can limit circulation, affects one in every 20 Americans over age 50. PAD is more common in African Americans than any other racial or ethnic group in the U.S. This again may be attributable to risk factors; the conditions that raise the risk for developing PAD include diabetes and high blood pressure, which, as previously discussed, are more common among African Americans. PAD increases your risk of having a heart attack or stroke.

Service Coordinators' Corner

Sickle Cell Disease

A small percentage of Americans develop sickle cell disease, a category of inherited red blood cell disorders. White Americans rarely develop the disease, while one in every five hundred African Americans will. The condition affects more than 90,000 Americans, according to the National Institutes of Health.

When healthy, round red blood cells travel through small blood vessels to carry oxygen throughout the body. In someone who has sickle cell disease, however, these cells become sticky and hard and resemble a sickle, a C-shaped cutting tool. Sickle cells die earlier than healthy cells, creating a constant shortage of red blood cells (anemia). Sickle cells also get stuck while traveling through blood vessels, blocking blood flow. This can cause weakness, pain, and other serious issues, such as infection, kidney disease, stroke, or acute chest syndrome, a life-threatening condition that causes fever, chest pain, and breathing difficulties. In fact, sickle cell disease can shorten life expectancy by as much as 30 years.

The only cure for sickle cell disease is a bone marrow or stem cell transplant, which collects healthy red blood cells from one patient and transfers them to a person with sickle cell disease. These healthy stem cells cause bone marrow to create new, healthy cells. However, these transplants are painful, expensive, and very risky, and can have serious side effects. More funding and research are needed to find better treatment options. Unfortunately, not a lot of state or federal resources are dedicated to researching this disease.

Service Coordinators' Corner

Preventing Disease to Close the Gap

I recently saw a 35-year-old African American man who was referred to me after being diagnosed with heart disease in the emergency room. He was shocked by the diagnosis. It just illustrates what the data has shown: more African Americans are developing diseases typically seen in older patients at an early age.

How do we reverse this trend? Preventing illness is much easier and less costly than treating it. I encourage all Americans, regardless of race to take ownership of their health. By getting routine preventive health screenings like blood pressure, blood sugar, and cholesterol checks; age-appropriate screenings like mammograms and colonoscopies; and an annual physical exam, you're taking steps to ensure disease can be caught and treated at its earliest stage.

Forging an ongoing relationship with a primary care physician is also important to establish a baseline for your current health status to compare to future test results. To find a primary care physician, visit CentraState Medical Center's online Physician Finder at [centrastate.com/find-a-physician/](https://www.centrastate.com/find-a-physician/).

Dr. Fiola Sowemimo is on staff at CentraState Medical Center and is board certified in internal medicine and bariatric medicine.