

# Lancaster Area Meet the Staff



**Cynthia Abachnou, MSN, FNP-BC**  
Nurse Practitioner

Cynthia "Cindee" Abachnou, MSN, FNP-BC is a board-certified family nurse practitioner. She received her Bachelor of Science in Nursing from Bloomsburg University and Master of Science in Nursing from Millersville University. Cindee likes to focus on overall wellness and incorporating small changes for better health. Outside of work, Cindee's hobbies include reading and hiking. She is a lifelong learner and challenges herself to attempt new experiences.



**Jenna Rogers, APRN, FNP-C**  
Nurse Practitioner

Jenna Rogers, APRN, FNP-C, is a nurse practitioner certified in family medicine, as well as DOT. She received her Master of Science in Nursing from Chamberlain University. Jenna loves learning about new medical research and advocates for members of the mental health, autism, and LGBTQ+ communities. Outside of work, Jenna's hobbies include gardening, reading, and crafting. She enjoys caring for her animals and all things Harry Potter.



**Jessica Robinson, RD**  
Registered Dietitian

Jessica Robinson is a Registered Dietitian licensed in the state of Pennsylvania. Jess has a passion for helping people set and achieve realistic health and nutrition goals to improve their overall wellness, all while eating the food they love! She is specialized with a Certificate of Training in Adult Weight Management and has over twelve years of experience working in this field. Jess completed her nutrition degree at Penn State University in 2005 and currently resides in her hometown of Annville, Pennsylvania where she enjoys cooking, gardening, reading, and crafting with her three young kids.



**La-Toya Larke, MSW, LCSW**  
Mental Health Professional

La-Toya Larke is a Licensed Clinical Social Worker dedicated to helping covered members manage stress, anxiety, relationship issues, career difficulties, and depression. She creates a safe and open environment where covered members can share their thoughts and feelings without fear of judgment. La-Toya earned her Bachelor of Social Work from Delaware State University and her Master of Social Work from the University of Pennsylvania. She utilizes a variety of treatment modalities, including Solution Focused Therapy, Narrative Therapy, Client-Centered Therapy, Dialectical Behavioral Therapy, Mindfulness, and Cognitive Behavioral Therapy. In her spare time, La-Toya enjoys spending time with her family and friends.



**Jenniffer Rodriguez, LPN**  
Licensed Practical Nurse & Health Center Manager

Jenniffer Rodriguez is a licensed practical nurse with over 15 years experience in different medical settings such as family medicine, OBGYN, infertility and mental health. Nursing is not only a career, but a passion for Jenniffer. She is the voice of her patients and takes pride in that. In her free time, she enjoys being a mom, new adventures, cooking and reading.

All eligible participants can visit the health center for a provider referral into the health coaching program.  
The health center and physical therapy services are available to staff who meet eligibility criteria.

## Three easy ways to schedule an appointment:

Burle 717.455.3833 / Lebanon 717.455.3820 / Harrisburg 717.610.1636 / Red Lion 223.848.4343

[www.careatc.com/patients](http://www.careatc.com/patients)

CareATC app



Show Me  
The App!

