SRMC Introduces Robotic Surgery!

Sebastian River Medical Center, the **FIRST IN INDIAN RIVER COUNTY** to offer patients the option of surgery with the da Vinci Robotic System for an improved outcome and faster recovery. Read all about it on pages 8-9 and 22-23

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- American Cancer Society Local Services 39
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In the last issue of Heartbeat I talked about knowing someone special and how great you feel when you volunteer to help others. I was fortunate enough to attend the Alzheimer & Parkinson Association’s Volunteer Luncheon sponsored by Joyce Steggles a few months ago. What a great group of volunteers. Enjoy the picture montage in the upcoming pages.

This issue features the state-of-the-art da Vinci Robotic Surgical System, the FIRST OF ITS KIND IN INDIAN RIVER COUNTY and now at Sebastian River Medical Center. A day before Heartbeat’s deadline, Dr. Edward Murphy successfully completed two colon resections with the assistance of four robotic arms and the highly trained staff at SRMC, you will want to read more on page 22.

When turning the pages ahead you will meet Dr. Taryn Gallo who recently joined the staff of Sebastian River Medical Center; you will read about Royal Palm Healthcare and Rehabilitation Center receiving the AHCA/NCAL National Quality Bronze Award and a reminder about Medicare Part D enrollment coming up.

Keep turning the pages to learn about the state-of-the-art BioMat; how a 911 call miles away saved a coworkers life; the great resources that our American Cancer Society offers and our own Theresa Tolle winning the Cardinal Health’s National Leadership award. Plus take a look at our local People Making a Difference and News Makers.

Please mark your calendar for the Alzheimer & Parkinson Association 8th Annual Walk to Remember on Saturday, November 12 at Riverside Park.

Should you have a story you would like to submit for consideration in the next issue or if you have something of interest you would like to read about, please email me at heartbeatoftc@comcast.net. I really want to hear from you.
Indian River County Council of Community Services (CSS) Awards Scholarship to DOROTHY JAMES, of Royal Palm Healthcare and Rehabilitation Center.

Our Indian River County Council of Community Services (CCS) organization is a 501(c)(3) corporation which provides an opportunity for organizations and individual members relating to the health, safety, welfare and education in our county to exchange information about services. They meet monthly to develop and promote a strong, mutually beneficial network among and between member organizations.

A professional skills scholarship is available for those members who wish to further their career in the field of health, safety, welfare, education or human services. Dorothy James, Transportation Manager for Royal Palm Healthcare and Rehabilitation Center was awarded the scholarship for 2011. I was so excited when I heard the news of the scholarship because I got to know Dorothy personally when I spent ten days at Royal Palm for my rehab after total hip replacement. I found her to be very compassionate, professional, friendly and always smiling. She also works with the activities director assisting with trips to the beach, decorating for the holidays, playing trivia and fun therapeutic games with patients. Dorothy has been with Royal Palm for seven years and loves working there because it is like a “big close family and most importantly everyone treats each other with respect”.

Born and raised in St. Lucie County, Dorothy started her healthcare profession right after graduating from high school. When I asked her why she chose the healthcare industry she said “I just want to help people”. That may stem from the fact that she comes from a very close-knit family and is the youngest of 10 siblings; they all took care of each other.

Her children, Amber 13 and Brian 20 are very proud of their mother and Amber follows in her footsteps by volunteering in the community. Dorothy enjoys fishing, catching red snapper and grouper. She reminisced with me about the hours she and her dad fished when she was a little girl.

Dorothy plans on using the scholarship to help her attain an Associate Degree in Business Management at IRSC and looks forward to specializing in Health Management. Her future goal is to own her own healthcare facility.

Congratulations Dorothy! “It’s never too late to go back to school,” Dorothy said.
Sebastian River Medical Center introduces Robotic Surgery! and becomes the FIRST in Indian River County to use this cutting edge technology...

It may look like something out of a science fiction movie but the da Vinci Robotic Surgical System is just the newest addition to the ever-expanding technology available at Sebastian River Medical Center. The sophisticated robotic platform is designed to enable complex surgery using a minimally invasive approach. Surgery with the da Vinci Surgical System reduces the patient’s pain, risk of complications, and hospital stay time; and expedites recovery so that patients can return to a normal healthy life in no time!

The da Vinci System consists of an ergonomic console, a patient-side cart with interactive robotic arms, a 3D HD vision system and proprietary EndoWrist instruments. Powered by state-of-the-art technology, the da Vinci System scales, filters and seamlessly translates the surgeon’s hand movements into more precise movements of the EndoWrist instruments. The net result is an intuitive interface with breakthrough surgical capabilities.

One of the first thoughts people have when they think about Robotic surgery is that the robot will be performing the surgery and that the surgeon is not involved. The opposite could not be more true! The beauty of the da Vinci System is that the surgeon is not only required to be right in the operating room but he/she is the one manipulating the robotic arms from a specially designed surgeon console that is right next to the patient. One of the greatest benefits of the da Vinci System is the high-resolution 3D viewer that provides surgeons with an engaging experience. Unlike conventional approaches, the surgical site appears at higher magnification in brilliant color and with a natural depth of field. It is often compared to watching a TV show on an old TV versus watching it on the new high definition LED screen that shows every image to the greatest detail.

Fast Facts – da Vinci Robotic System... Intuitive Surgical, Inc. introduced the da Vinci Surgical System in 1999. Then in 2000 it became the first robotic surgical platform commercially available in the United States to be cleared by the FDA for use in general laparoscopic surgery. Today, there are more than 1,840 da Vinci Systems installed in 1,430 hospitals worldwide. More than 895,000 patients worldwide have had a da Vinci procedure for cardiac, thoracic surgery, urologic, gynecologic, pediatric or general surgery. More women now choose da Vinci surgery for minimally invasive hysterectomies than conventional laparoscopy or vaginal surgery and roughly three out of four prostate cancer surgeries today are performed using da Vinci Systems.

Benefits of Robotics Surgery for both the Surgeon and the Patient include the following:

**Better View** - Magnification of 10 times greater than the human eye allowing surgeons to truly see critical anatomy during surgery.

**Better Comfort for the Surgeon** - In traditional surgery the surgeon must stand hunched over the patient during surgery, which can cause extreme fatigue by the end of the day. Surgeons say that now they feel refreshed and more energized for each new case.

**Improved Outcome and Recovery** - Patients often experience a shorter length of stay in the hospital, less pain, less risk of infection, less blood loss, less scarring and faster recovery.

As Emily Holliman, CEO of Sebastian River Medical Center stated, “We are excited to be the first hospital in the county to offer this state-of-the-art technology to patients. We anticipate that urology, gynecology, thoracic surgery and general surgery will be the first service lines to utilize the new da Vinci System and performed our first procedure in August 2011. With the explosive growth of robotics in surgery that list will soon grow to include additional specialties.”

Many surgeons at Sebastian River Medical Center are trained and familiar with the da Vinci Robotic Surgical System and they anticipate many more physicians will be trained to perform this cutting edge technology. In fact, on deadline for this issue of Heartbeat, August 10th, Sebastian River Medical Center performed two successful surgeries. Read more about the first of its kind of surgery in Indian River County on page 23 in this issue of Heartbeat of the Treasure Coast.

Sebastian River Medical Center recently completed a $25 million dollar expansion. It now boasts 154 beds, nearly 600 employees, 240 volunteers and 120 active physicians on staff. Sebastian River Medical Center has provided award winning patient care in Indian River County for over 40 years.

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Call 772-299-7900 to schedule a personal appointment and tour.
As Jennifer Searl worked at Mr. Steak in Galesburg, Illinois during high school and her early college years, she didn’t know that 22+ years later she would be of assistance to her steakhouse manager, Don McBride. This is a short story on what a small world it truly is and how lasting impressions can be made through loyalty, hard work and being the best you can be all the time!

Don McBride, former manager of Mr. Steak and his lovely wife Susan relocated to Vero Beach in 1996. In March of this year he saw a picture of Jennifer, her sister and grandmother celebrating grandmother Geraldine’s 103rd birthday in a local publication. He immediately recognized Jennifer from their Mr. Steak days, cut the photograph out intending to telephone her for lunch. Time went by and the picture remained on his desk. Well, six weeks ago Don needed stomach surgery and was sent to the Mayo Clinic in Jacksonville, Florida. After the successful surgery he required additional care somewhere, either in Jacksonville or Vero Beach. There was no decision to be made he knew immediately where he wanted to go. He asked the case manager at Mayo to contact Jennifer Searl, Administrator for Royal Palm Healthcare and Rehabilitation Center. When Jennifer heard the name of the patient as Don McBride, she said “it can’t be.” Yes, it was her Mr. Steak manager. With arrangements made Don and Susan hired a driver to get them back to Vero Beach and to Royal Palm Healthcare and Rehabilitation Center where he spent four days in the Hemingway Suite.

One would think that, with all the advanced technology available to healthcare providers today, there would be a tool able to detect an imminent heart exacerbation before the patient reaches the stage where hospitalization is the only course of action.

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- Medication Management

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Orthopaedic Update: Treatment with Total Knee Replacement

David W. Griffin, MD, FAAOS, AAHKS, FACS

Dr. Griffin is a fellow of the American Academy of Orthopaedic Surgeons and Board Certified by the American Board of Orthopaedic Surgery.

Continuing to improve pain relief for post op care following total knee replacement is an ongoing goal of orthopaedic surgeons. A combination of techniques utilizing spinal anesthetic and femoral nerve block is very safe. The spinal anesthetic allows the patient to breathe on their own and avoids nausea and vomiting post op. With the addition of the femoral nerve block this gives excellent relief of pain. Patients now use compression cold/heat therapy which can be very beneficial for quicker recovery with less pain.

Patient Specific Knees and Gender Specific Knees are new advancements in joint replacement technology. Patient Specific Knees are generated from MRI and x-rays to produce exact knee models. These models are used to create patient specific cutting blocks that the surgeon uses in the operating room. If proper alignment is achieved, a prosthesis may last 25 years. Gender Specific Knees are total knee replacement components designed for the male and female anatomy. This allows better fit and alignment of components.

Hip Resurfacing: An Alternative to Hip Replacement

Richard Steinfeld, MD, MBA, FAAOS

Richard Steinfeld, MD is a fellow of the American Academy of Orthopaedic Surgeons and is Board Certified by the American Board of Orthopaedic Surgery. His orthopaedic practice includes sports injuries, hip, knee, and shoulder reconstruction, general orthopaedics including foot, ankle, hand surgery, and fracture care. Dr. Steinfeld also specializes in advanced and leading technologies such as Hip Resurfacing. Resurfacing of the hip joint is a bone preserving approach that offers younger, active patients the ability to live pain-free and engage in most activities. The worn surfaces of the hip are resurfaced with a smooth metal cap and socket without violating the bone normally removed with a hip replacement. From an activity standpoint, hip resurfacing allows most patients to return to more active lifestyles including impact activities such as tennis, running, skiing, etc.

Epidural Steroid Injections: A Non-Surgical Approach To Reduce Back Pain

Marcus J. Malone, MD

Dr. Malone specializes in Physical Medicine and Rehabilitation and is noted for his work in Chronic Pain Management. As a Physiatrist, Dr. Malone coordinates the long-term rehabilitation process for patients with disabilities and neurological impairments. This specialty is particularly helpful for patients with musculoskeletal injuries and joint replacement post operative care. With his training focused on managing pain, Dr. Malone performs Epidural Steroid Injections (ESIs). This process is a common non surgical treatment method used to help relieve pain in the neck, low back, arm and leg so that patients may resume their normal activities. Epidural Steroid Injections consists of a long lasting corticosteroid and an anesthetic. ESIs have proven to be helpful and are commonly used in combination with a Physical Therapy program.
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Dr. Taryn Gallo, MD Joins Sebastian River Medical Center

Dr. Taryn Gallo joined the staff of Sebastian River Medical Center in August 2011. She is certified by the American Board of Obstetrics & Gynecology and completed a fellowship in minimally invasive robotic surgery at Yale.

Dr. Gallo attended the University of Miami, graduating with a Bachelors of Science degree with a double major in Biology and Religion in 2001. She went on to Saint George's University receiving her Doctor of Medicine in 2006. She completed her residency in Obstetrics & Gynecology at Yale University Program/ Bridgeport Hospital. Dr. Gallo then completed a fellowship in laparoscopic and robotic surgery at the Yale Minimally Invasive Gynecologic Surgery Program.

Her awards include the Association of Professors in Gynecology & Obstetrics Surgical Scholar in September 2010, the AAGL Award for Special Resident in Minimally Invasive Gynecology in June 2010, and she received Recognition for Scientific Merit in Advances in Surgical Technology at the Bridgeport Hospital Annual Science Symposium in April 2009.

Dr. Gallo has been an international volunteer physician at the Scheer Memorial Hospital in Nepal in 2009, working at their women's health and uterine prolapse clinic. She has done volunteer work at Miami Children's Hospital as well as Touching Miami with Love in 2001 – 2002.

Dr. Gallo has been an international volunteer physician at the Scheer Memorial Hospital in Nepal in 2009, working at their women's health and uterine prolapse clinic. She has done volunteer work at Miami Children's Hospital as well as Touching Miami with Love in 2001 – 2002.

For over 10 years she has been practicing yoga and meditation and also enjoys traveling. Dr. Gallo has traveled to Thailand, India, Nepal, Turkey, Greece, France, Canada and many islands in the West Indies. Settling in Sebastian she tells me “I am delighted to be in the Sebastian area and am really looking forward to being an active member of SRMC's medical staff. With my training in robotic surgery I will be able to offer the community a minimally invasive approach for many gynecologic conditions. If you are considering surgery for any gynecological issue, please call my office for a consultation. Or if you would just like a second opinion on a previous diagnosis, I would be happy to discuss your treatment options.”

With Sebastian River Medical Center's newest addition of the da Vinci Robotic Surgical System, Dr. Gallo’s professional medical experience will only enhance the award winning hospital’s patient services. The sophisticated da Vinci Surgical System provides patients with a minimally invasive treatment option for a range of complex gynecologic conditions, including adenomyosis, endometriosis, excessive menstrual bleeding and vaginal prolapse. Dr. Gallo is trained in both the medical and surgical management of these gynecologic conditions. Her specialized training in da Vinci surgery includes hysterectomy, myomectomy, and pelvic floor repair procedures. Surgery with the da Vinci Surgical System can decrease the patient’s pain, risk of complication and hospital stay time. It also expedites recovery so the patients can return to a normal healthy life faster.

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LAP-BAND/LAP SLEEVE SURGERY WINNERS!

Obesity has become one of America’s most serious health problems. In fact, it’s estimated by the Florida Department of Health that 57 percent of Floridians are either overweight or obese. Obesity affects more than just aesthetics. Studies have shown that excess weight significantly increases the risk of heart disease, high blood pressure, stroke and diabetes.

The solution seems simple enough, lose the excess weight and enjoy better health and an improved quality of life. But, as we all know, losing weight is anything but easy. Bariatric (weight loss) surgery may be the answer for those who are struggling to lose excessive weight. And while gastric bypass is the most widely known bariatric surgery, newer techniques – such as laparoscopic band (lap band) and laparoscopic vertical sleeve gastrectomy (lap sleeve) – are yielding successful results with fewer short and long term risks.

Sebastian River Medical Center recently held a contest for qualified candidates to win a FREE LAP-BAND or LAP SLEEVE SURGERY. The contest was held in July 2011 and was so successful they have plans to hold another one in the near future. Candidates had to be between the ages of 18 and 60, weighed less than 375 pounds, if their Body Mass Index (BMI) was between 30 and 40, they must have at least one of the following obesity related co-morbid conditions: Type II Diabetes, Obstructive Sleep Apnea, Cardiovascular Disease, Hypertension, Hyperlipidemia, Arthropathy of spine/weight bearing joints, or Gastrointestinal Reflux Disease, if their BMI was greater than 40, no co-morbid condition was required. no previous weight reduction surgery and resided within 150 miles of Sebastian, Florida.

Dr. Patrick Domkowski and the staff at Riverside Surgical and Weight Loss Center narrowed entries down to 5 finalists. Those 5 finalists had their photo and story posted on the Sebastian River Medical Center website. Viewers could click on the photo to vote for the candidate they felt was most deserving of this life-changing event. Voting took place between July 11, - July 24, 2011. The lucky winners were Michele Calvo and Les Ray.

Sebastian River Medical Center Comprehensive Weight Management Program is the first program in Indian River County to offer both the lap band and lap sleeve procedures. “We are very excited to offer both of these minimally invasive procedures to surgical weight loss patients in Indian River County, as well as surrounding areas,” say SRMC Medical Director of Bariatric Surgery Patrick Domkowski, MD.

If you are prepared for both the physical and mental journeys of weight loss surgery, contact Sebastian River Medical Center Comprehensive Weight Management Program at 772.388.4388. Their team can show you how to achieve healthy, long-term weight loss.

Michele Calvo - “I still cannot believe that I have been chosen as one of the winners in the “Why Weight” contest. After so many failed attempts at weight loss and exhausting myself working out in the gym, winning this contest is a dream come true. I can’t help but to envision the future and imagine how this surgery will change my life. This surgery and the associated weight loss will help to relieve so much pressure on my back, hips and joints. It will help to prevent many diseases associated with obesity. I will again be able to enjoy extracurricular activities with my son as I once had. This surgery will help my self esteem and self confidence, which I believe will help to make me perform better at work. This is a wonderful gift and a life changing experience and I must thank everyone who made it possible.”

Les Ray - “This is so awesome! I am very excited, encouraged, and happy. It is hard to put into words how good it feels to know that I will soon be receiving the Lap-Sleeve surgery that I so desper-ately need to help me lose weight. My life is about to change, and I am looking forward to it. I look forward to being able to do so many things that I cannot do now because my current weight will not allow it.

There were many anxious moments during the two weeks of vot-ing. When I heard that I was a winner, I really couldn’t believe it. I tried to stay calm... but on the inside I was jumping for joy. It is so thrilling to know that many radio listeners as well as my friends and family, voted for me. This is all so unbelievable. I’ve never won anything this significant and impacting before. I am ready to get going and to see this whole process transpire. My life is changing and I love it. It is truly an honor to be chosen, and it is very humbling as well. I am extremely grateful to Dr. Domkowski and the entire team at Sebastian River Medical Center. I am also grateful to all the people who took the time to vote, as well as to everyone who has been so supportive and encour-aging in this whole process. Thanks!”

Dr. Patrick Domkowski
Bariatric/General Surgeon

Dr. Alan Durkin
Plastic Surgeon
Dr. Edward Murphy, board certified general surgeon at Sebastian River Medical Center, successfully performed the first robotic general surgery in Indian River County Wednesday, August 10, 2011. During the operation Dr. Murphy successfully completed two colon resections with the assistance of four robotic arms and the highly trained staff at SRMC. “It’s a privilege for me to be able to offer this state-of-the-art technology to residents of Indian River County at Sebastian River Medical Center,” said Dr. Murphy. “We couldn’t be more pleased with the outcomes of today’s surgical cases. Both Dr. Murphy and our surgical team’s dedication and commitment to excellence is second to none,” said Christopher Booth, OR Director of the Sebastian River Medical Center.

Sebastian River Medical Center is the only hospital in Indian River County to offer the very latest in robotic technology, the da Vinci® Si™ Surgical System. “We are pleased to be able to offer this state-of-the-art technology to Sebastian and surrounding communities,” said Emily Holliman, Sebastian River Medical Center CEO.

The addition of DaVinci Si robotic surgery to our already award winning surgical services at Sebastian River Medical Center, delivers the latest in surgical technology to our local region. “Robotic surgery has significantly simplified many of the complex procedures and patient benefits include less pain, less blood loss and quicker recovery times,” said Christopher Booth.

The da Vinci® Si™ has several unique features designed to provide additional clinical benefits and efficiency in the operating room, many of which translate to patient benefits. Here are a few features of the da Vinci® Si™:

- Enhanced 3D, high-definition vision of operative field with up to 10x magnification
- New optional dual console allows second surgeon to provide assistance
- Superior visual clarity of tissue and anatomy
- Surgical dexterity and precision far greater than even the human hand
- Updated and simplified user interface to enhance OR efficiency
- New ergonomic settings for greater surgeon comfort

Together, these technological advancements provide surgeons with unparalleled precision, dexterity and control that enable a minimally invasive approach for many complex surgical procedures.

Da Vinci’s advanced level of technology takes surgery beyond the limits of the human hand. This acquisition complements our goal of extending minimally invasive surgery to the broadest possible base of patients. It can be used for a multitude of procedures, including, but not limited to: prostatectomy, hysterectomy, myomectomy, coronary artery bypass, mitral valve repair and colorectal surgery.

Dr. Murphy, who graduated from the Hahnemann University School of Medicine and completed his residency at Thomas Jefferson University Hospital, has been with Sebastian River Medical Center since 2000.

Sebastian River Medical Center recently completed a $25 million dollar expansion. It now boasts 154 patient rooms, nearly 600 employees, 240 volunteers, and over 120 active physicians on staff. Sebastian River Medical Center has provided award winning patient care for over 40 years.

For more information please contact: Kelly Enriquez, Kelly.enriquez@hma.com or call (772) 388-1388.
ROYAL PALM WINS NATIONAL AWARD

Royal Palm Healthcare and Rehabilitation Center Receives AHCA/NCAL National Quality Bronze Award

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL) is the nation’s largest association of mission-driven, dedicated long term care providers who advocate for compassionate, quality care and services for frail, elderly and disabled Americans. The AHCA/NCAL National Quality Award has been designed as a progressive three-step process to encourage the continuous learning and development of integrated quality systems to achieve performance excellence. Each progressive step requires a more detailed and comprehensive demonstration of quality integration and performance. The criteria for each step is based on the Baldrige Performance Excellence Program’s core values and concepts.

Royal Palm Healthcare and Rehabilitation Center on 10th Avenue in Vero Beach is celebrating the BRONZE...COMMITMENT TO QUALITY! Reviewed by independent examiners, applicants who receive the Bronze award are able to describe their mission, characteristics and key challenges and to recognize the relationship of these factors to their ability to achieve performance improvement. The Bronze award recognizes that the provider has developed a foundation to begin a journey of continuous quality improvement.

I asked Royal Palm’s Administrator, Jennifer Searl about this recognition “we received this award because of our commitment to always give our residents the best quality care and our emphasis on customer service. This award was given to us by the American Health Care Association and National Center for Assisted Living.”

Royal Palm Healthcare and Rehabilitation Center is located at 2180 10th Avenue in Vero Beach and has been serving our communities for over 40 years. Contact them at 772.567.5166
Science and medicine have come together to develop this FDA medical device for home and professional use. The Amethyst Bio Mat reverses degenerative disease cycles and speeds cellular renewal. This allows post traumatic and surgical healing processes to occur 57% faster.

Far Infrared Ray (FIR) NATURES HEALING LIGHT

Remarkable health benefits through advanced technology... The core of BioMat technology is a combination of far infrared rays, negative ion effects and the conductive properties of amethyst channels. These three powerful health stimulators are combined in a single, easy-to-use product with remarkable healing properties. The BioMat delivers soothing, deep-penetrating heat while stimulating the regeneration of damaged cells in your body. It’s a safe and natural way to achieve optimal health now and maintain a stronger, more resilient body in the future. This highly effective therapy is now available to home consumers who want to improve health and well-being with products based on Nobel prize-winning scientific research pioneered by NASA and developed using pure, natural materials. continued on p. 38

The specific benefits of the BioMat’s amethyst crystals are:

- balances and stabilizes energies
- calms emotions and stress
- heightens intuition and psychic abilities
- relieves bone and joint ailments
- improves sleep and relieves insomnia

The specific benefits of the BioMat’s negative ions are:

- Acts like a “master power switch” that activates cellular communication channels to all parts of the body and makes every body function work better
- Releases free radicals and toxins from the body
- Purifies the blood and revives the cells
- Improves the immune function
- Relieves pain
- Elevates moods
- Enhances the body’s ability to absorb nutrition
- Alleviates allergies, migraines and sinus problems
- Helps to relieve insomnia, stiffness and chronic constipation
- Purifies the air and surroundings, relieving asthma symptoms

Medicare Part D is an “opt-in” prescription drug plan offered by Medicare that started in 2006. Congress took a big step in offering this program by creating a competitive privatized market for prescription drug plans. What that means to you is there are MANY choices for coverage! What it also means is that because these companies that offer the benefits are “for profit” they are constantly making changes to their premiums, copays, and formularies.

Soon the enrollment period for the 2012 plan year will open! Please note, this year, that enrollment period has CHANGED! Usually it is between November 15 and December 31, however this year it has moved up and will be October 15 thru December 7! If you want to review your plan choices or change plans you must do so by December 7 or you will not be able to change again until the next enrollment period.

So, how do you review your plan? There are a few options, but one of the easiest is to visit the www.medicare.gov website. There is an option on the home page to “compare prescription drug plans for 2012”. The best way to do this is to follow the prompts and enter all of your current medications. The website will choose plans based on the lowest overall cost for the year, will calculate what your copays will be for each medication, and will also predict if you will hit the dreaded coverage gap, also known as the “donut hole”. You can even enroll in a new plan directly from this site by completing a little information. If you do choose to do this, your coverage will switch at the beginning of the year from your current plan choice to your new plan choice. Other websites that offer a similar plan finder service are: www.q1medicare.com or www.partdplanfinder.com.

If you prefer personalized service choosing a prescription plan, you have a few options as well. The State of Florida has an information line, 211, and calling that number will help you locate organizations such as SHINE (Serving Health Insurance Needs of Elders – a Florida Department of Elder Affairs assistance agency). In addition, many independent insurance agents will sit down with you to evaluate your plan choices. And, finally, Bay Street Pharmacy offers this as a no charge service by appointment. Beginning the first week of October we will offer appointments on a first come first serve basis. Please call 772-589-2043 for more information.

by Theresa Tolle, R.Ph
Owner Bay Street Pharmacy
& Home Health Care
How Exercise can keep the Brain Fit – yes even moderate activity

There are many factors as one ages that can lead to cognitive decline and forgetfulness that are not easily preventable. These factors might be related to a trauma, a fall, or illness. Diseases such as Alzheimer's that affect the brain’s “fitness” are often not preventable and home health care is often ordered by the physician. Mederi Caretenders is well known for their Alzheimer Caregiver’s program as well as their orthopedic rehabilitation services. But don’t wait for something major to happen to improve your brain's fitness.

More and more research is proving the benefit of moderate activity on slowing down cognitive function. Jae H. Kang, assistant professor of medicine at Brigham and Women's Hospital at Harvard Medical School and senior author of the study on energy expenditure and cognitive functioning of elderly participants says it best: “If an inactive 70-year-old is heading toward dementia at 50 miles per hour, by the time she's 75 or 76, she’s speeding there at 75 miles per hour, but the active 76-year-olds in our study moved toward dementia at more like 50 miles per hour. Walking and other light activity had bought them, essentially, five years of better brainpower.” The activities generally consisted of walking around the block, cooking, gardening, and cleaning.

Exercise seems to directly affect brain structures and nerve cell growth and development. Researchers are uncovering ways in which exercise improves thinking. Scientists discovered in the 1990's that adults can grow new neurons, or brain cells, throughout life. Health and wellness professionals are recommending 150 minutes of activity per week even if done in 10 minutes increments.

Resistant and chair exercises, which our physical therapists teach patients, are equally included in a moderate exercise program. In addition, our occupational and speech therapists have specialized training in improving memory and brain fitness. Contact us if you or a loved one would like more information on improving brain fitness. We also have professionals available to provide lectures or fun educational events for your community.

Our Vero Beach office telephone is (772)794-9577 and our Sebastian office telephone number is (772) 589-1632. We are your advocates for quality health and wellness care! HHA license number: HHA 21244096

EXERCISE AND YOUR BRAIN

Surgical Weight Loss Program

with Dr. Patrick Domkowski
Bariatric Surgeon, Board Certified

Affordably Priced Quality Care
Without Compromise.
LapBand or LapSleeve as low as $12,500
“Recently featured in Newsweek Magazine”
For More Information call (772) 388-4388

“Why Weight” Contest Winners

Michele Calvo
This surgery will help my self esteem and self confidence, which I believe will help to make me perform better at work. This is a wonderful gift and a life changing experience and I must thank everyone who made it possible.

Les Ray
My life is changing and I love it. It is truly an honor to be chosen, and it is very humbling as well. I am extremely grateful to Dr. Domkowski and the entire team at Sebastian River Medical Center.

UPCOMING LECTURES
Call (772) 388-4388 for current schedule of events.

Sebastian River Medical Center Presents
Deirdre ‘Deedee’ Safikhani, Indian River Medical Center transcriptionist supervisor, has a close relationship with all of her transcriptionists even though they are located in New Hampshire, Colorado and throughout Florida.

It was this tight bond – and her knowledge that women’s heart attack symptoms differ from men’s – that helped Deedee know that New Hampshire transcriptionist Marie Gagne was in real trouble, despite Gagne’s protests that she was just having a gallbladder attack.

Gagne, who works from home, e-mailed Safikhani, that she was having right-sided chest pain radiating to her back and down her right arm and was experiencing sweating and nausea. Safikhani e-mailed Gagne back immediately and asked why she had not called 911. Gagne was convinced that nothing serious was going on and even a phone call from Safikhani did not convince her to call an ambulance.

“I just knew that was her personality. She was so certain it was her gall bladder, but I just knew that those symptoms in a woman signaled a heart attack,” Safikhani said. “She is a very stubborn woman and I just knew in my gut that she was in trouble.”

Safikhani took it upon herself to place the 911 call from Florida. Gagne remembers the police knocking on her door telling her that the ambulance was on its way and that is her last memory of the experience until she came to in the hospital and a doctor told her she was having a heart attack. She had almost complete blockage and underwent a cardiac cath and placement of a stent to the left anterior descending coronary artery.

“When I became more aware the following day, I was told I was a very lucky woman to be alive. If I had not gotten to the hospital, I would not be here today. Thank you to Deedee for being so persistent in following up on what was going on with me,” Gagne said.
New Technology Gets Rave Reviews From Patients

by Cindy Bryant

When a business gets it right their clients want the whole world to know. When you combine great customer service with the greatest of technology the results are all positive. Audibel Hearing Care Centers have experienced many accolades with their newest ANTHEM INVISIBEL hearing device, with active noise control.

Some very satisfied patients wanted to share their thoughts with you:

“Thanks to my new Audibel Hearing aids with intelleflex technology for the first time in over 20 years I don’t have a hearing problem. I hear as well as a person with good hearing and no longer have to guess what people are saying. It has made a huge improvement in my quality of life. These aids are so comfortable I forget I’m wearing them and will often reach up and touch them to be sure they are there. My wife, who has excellent hearing, can adjust the volume on our TV to her comfort level and I can hear just fine. Thanks to Kim Harris and Andrea Amato at the Audibel Hearing Care Center in Vero Beach.” Richard Arnold

“Jack Krovocheck, satisfied, happy patient, “Audibel’s products, namely the Invisibel, Audibel’s owners and its staff are the best in the world!”

Hearing Help for Every Patient!

“Thanks to my new Audibel Hearing aids with intelleflex technology for the first time in over 20 years I don’t have a hearing problem. I hear as well as a person with good hearing and no longer have to guess what people are saying. It has made a huge improvement in my quality of life. These aids are so comfortable I forget I’m wearing them and will often reach up and touch them to be sure they are there. My wife, who has excellent hearing, can adjust the volume on our TV to her comfort level and I can hear just fine. Thanks to Kim Harris and Andrea Amato at the Audibel Hearing Care Center in Vero Beach.” Richard Arnold

Jay Kalish visited Audibel Hearing and was fitted with the ANTHEM, with intelleflex technology. Since wearing the ANTHEM Jay says it is like life started all over again. “It’s like being reborn. Along with all its other benefits, it helps me differentiate the direction of sound.” His comment about Audibel Hearing is “They’ve done wonders for me, They are the most cooperative people I’ve ever done business with and I’ve done business with a lot of people.”

“Audibel is family owned and operated and you can tell patient care is their #1 priority. We need more people in business that provide such outstanding service to the community. Thank you Kim Harris and the entire staff at Audible Hearing Care Centers.” Jeff Luther

You must visit the Audibel Hearing Care Centers on the Treasure Coast for a rewarding experience of customer service and the most up to date technology to help you hear and understand.

COMING THIS FALL
SECOND LOCATION IN VERO BEACH TO SERVE YOU AT 3725 10TH COURT!

Operators standing by 24/7 for your convenience
Call to schedule your FREE appointment 877.498.HEAR (4327)
Alzheimer & Parkinson Association Volunteer Luncheon 2011

Sue Jordan, Volunteer of the Year with Peggy Cunningham, Executive Director

Dorsey Smith-Seed, Board Member, Eileen Findstone, Board Member & Dr. Roberta Rose, Board Member

Karl Brandt, philanthropic recognition and Executive Director Peggy Cunningham

Carol Zinck, Special Respite Volunteer Recognition, Peggy Cunningham & Nancy Robinson, Special Respite Volunteer Recognition

Joyce Steggles, luncheon sponsor, George Bryan, Board Chairman & Peggy Cunningham

Beth Wodtke, RN, Support Group Leader, Carolyn Veeneman, Past Executive Director

Joe Loecher, volunteer, Bubs Baird, Alzheimer & Parkinson Volunteer Program Developer, Marian Wenzel, Volunteer Extraordinaire

Deacon Dick Blake, Board Secretary & Andrea Mears, past Board Chairman

Rehabilitation Services  32 Bed Alzheimer’s/ Dementia Unit
Separate Sub Acute Unit  Admissions 24/7
24 Hour Nursing Care  Respite Care

CONSULATE HEALTH CARE of VERO BEACH

1310 37th Street • Vero Beach, FL • (772) 569-5107
In speaking with Don and Susan regarding the reunion with Jennifer he told me “Jennifer has put together a great staff here at Royal Palm, everyone I came into contact with was positive, nothing negative, always smiling and upbeat. This is a real caring and sincere place to be, I got the best treatment ever. But this does not surprise me as I would not have expected anything less from Jennifer.” He told me that during her time at Mr. Steak she always had a huge smile on her face, was happy and was someone he could always depend on. “She was always the same, day after day after day.” “She sold a lot of wine, just couldn’t serve it, because of her age and her tips were consistently more then others.”

Jennifer has fond memories of her time working for Don at Mr. Steak. He always had confidence in me and when I returned from college during the summer or holidays he made room on the schedule for me to work “Don believed in me and I have never forgotten that. It was my pleasure to be able to assist him in his rehabilitation at Royal Palm.” Jennifer said.

When Don thinks of his stay at Royal Palm Healthcare and Rehabilitation, “It wasn’t fun and games but it was what I needed to recover. What an extremely professional team of healthcare providers.” Funny how things happen, Don told me that his wife Susan broke her leg in 2009 and he needed to find a rehabilitation facility for her. He drove to Royal Palm but couldn’t find a parking place so he went somewhere else. “I didn’t know it at the time but I must have been drawn to Royal Palm for a reason, now I know why.”

Royal Palm Healthcare and Rehabilitation Center, 2180 10th Avenue, Vero Beach, Florida 772.567.5166
Thanks to Phyllis Karvetsky and her "Healing Hands", I have been able to significantly reduce my intake of Pain Medications.

In the past two years, I have experienced a series of medical conditions including upper and lower back pain, peripheral neuropathy in my legs, and having a kidney and lymph nodes removed due to Cancer. At times, I have experienced soft tissue muscle tightness, spasms, and circulation problems. With a doctor’s approval, using a combination of massage techniques such as Lymphatic, Deep Tissue, and Reflexology, Phyllis has been able to decrease my pain, release the spasms, and increase the circulation in my legs which allows me to participate in everyday activities.

Phyllis is a licensed Massage Therapist and a certified Medical Massage Practitioner. She offers a Medicare discount and accepts most Insurances and personal injury cases with medical massage and a doctor’s prescription.

For more information, please call Phyllis at Healing Hands Therapeutic Massage and Wellness Center. (772)299-4325. MA48636

Bio Mat continued from page 27

The specific benefits of the BioMat’s FIR are... kills cancer and viral cells without harming surrounding healthy cells, deeply penetrates muscles and body, heating from the inside out, increases blood circulation, creates antibacterial function, backaches and arthritis and balances pH by decreasing acidity.

AMETHYST.....NATURES SUPER CONDUCTOR

Now the far infrared rays and negative ions are transferred through amethyst quartz channels that cover the entire BioMat’s surface. Amethyst quartz has been scientifically found to offer the steadiest, most powerful delivery of healthy far infrared light waves and the highest vibrational frequencies in the body. The amethyst crystals have also been known for their calming and healing effect since ancient times.

All BioMat medical devices are constructed to the highest standards and protected by a one-year warranty. Plus, the product has been subjected to rigorous quality testing and is both FDA-REGISTERED and ISO CERTIFIED.

For more information and demonstration contact WANDA SIMMONS 772.643.7735. Ask about local testimonials and happy clients who are using the BioMat.

Email: wanda.simmons@thebiomatcompany.com
Website: www.simmons.thebiomatcompany.com
Hair Thickening by Hairdreams is the most natural and durable method to give fine and thinning hair body and volume. With many options available, we can create a solution to solve your unique thinning concerns. This process integrates 100% human hair in with your own hair for a totally natural look that can be worn for months, even riding in a convertible and swimming!

True Colors Salon & Spa proudly introduces Thinning Hair Solutions by Hairdreams USA.

Hair Thickening by Hairdreams is the most natural and durable method to give fine and thinning hair body and volume. With many options available, we can create a solution to solve your unique thinning concerns. This process integrates 100% human hair in with your own hair for a totally natural look that can be worn for months, even riding in a convertible and swimming!

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Trouble Swallowing?
Ask Nurse On Call about VitalStim® Therapy.

Am I a Candidate for VitalStim Therapy?
Anyone is eligible for dysphagia therapy when they show signs of, or are at risk for aspiration and/or when they have difficulty managing their diet. One or more of the following signs and symptoms will be evident:

- Coughing/clearing of throat after swallow
- Abnormal heavy cough
- Decreased voice quality (wet, hoarse, weak)
- Recurring chest infections
- Requires multiple swallows or special maneuvers to clear throat
- Difficulty completing a meal
- Feeling of food being stuck in the throat
- Requires diet to be modified (e.g., thickened, pureed food, soft solids)
- Difficulty initiating a swallow
- Spillage of food/liquid from lips and/or drooling

HELPING YOU Recover Faster...
At NURSE ON CALL, we strive to offer the best in patient care and therapy solutions, VitalStim Therapy is just one state of the art screening & treatment services that you receive at home.

LOW VISION PROGRAM to help visually impaired individuals perform activities of daily living independently and create a safe home environment

LYMPHEDEMA therapy offering decongestive therapy with the use of compression devices and manual Lymphatic Drainage massage by certified clinicians.

VESTIBULAR REHABILITATION designed to promote habitation and compensation for deficits related to a wide variety of balance disorders

BALANCE AND FALLS, a therapy program focused strengthening, flexibility, gait training, balance retraining, vestibular rehabilitation, footwear assessment and home safety assessment.

ANODYNE THERAPY is an infrared therapy device applied in direct skin contact to any area of the body for increased circulation and for reducing pain, stiffness and muscle spasm.

NO DEDUCTABLE NO WAITING!!
MEDICARE PAYS 100%

Contact Nurse on Call at 772.234.9006 or visit us at 3755 7th Terrace, Suite 301 in Vero Beach, Florida.

HHA299993209

NURSE ON CALL professionals are always ready 24/7 to help.

Lee, 65, a patient that was assisted with VitalStim® Therapy.

“I had Cancer of the tongue, received radiation, chemotherapy, and had a PEG tube. True, the esophageal dilation, as well as some medications prescribed to reduce swelling of the esophagus and to get rid of mucous in the canal all contributed to my recovery. But the VitalStim was key. VitalStim started me on the road to recovery. It showed me that it was possible to swallow again, even if all the odds seemed against it. And now I am able to share and enjoy meals with the people I love”
NEW VISION

Their new location is just east of Vero Radiology and across the street from Indian River Medical Center. The process of choosing this site was somewhat tedious and deliberate but in the end was clarified by applying the same precepts and criteria which New Vision applies every day in the care of their patients, namely: safety, efficiency, technology and the overall quality of the patient experience. Minotty tells me that “the location turned out to be great because it is across from the hospital. That was the key. Being located in a single story facility with quiet access and egress in the heart of the medical district will help to contribute to safe patient visits.”

The 19,000 square foot center has 12 exam rooms, eight work-up rooms and a 7,000 square-foot surgical center. New Vision’s interior was lead by Minotty’s youngest daughter Christina Minotty Bruce, 28, an interior designer living in Savannah and a graduate of the Savannah College of Art and Design. Proud dad Minotty said, “Christina coordinated everything from designing the patient flow, choosing all the colors and finishes; it was fun to work with my daughter.”

Dr. Paul Minotty, Dr. Roger Meyer, Dr. David O’Brien and Dr. Stephen Tate are proud that along with the brand new space comes brand new equipment, ensuring that their patients receive the most up to date technological advantages. Their high tech visits will be easy and pleasant. An unseen upgrade is the computerization of patient records, which meant scanning tens of thousands of paper patient files and installing a computer workstation in every examination room and diagnostic lane. This enables the doctors to see a patient’s entire medical history with a click of a mouse. “It is a great system of checks and balances,” Minotty said. “We will represent every specialty both medically and surgically as far as ophthalmology is concerned,” Dr. Minotty said. “In addition, we will be able to grow if that is something we decide to do.”

“Earning Trust, One Patient at a Time!”

For the best quality eye care visit New Vision Eye Center at 1055 37th Place, Vero Beach.
8th ANNUAL WALK TO REMEMBER
You can make a difference in the lives of hundreds of families struggling with Alzheimer’s & Parkinson’s diseases when you sign up to walk or sponsor an individual or team or school. Business owners sponsor your employees. It’s tax deductible and everyone has FUN!
Show the community your team spirit, pledge your support today.
November 12, 2011
Riverside Park, Vero Beach
Proceeds Benefit the Alzheimer & Parkinson Association of Indian River County
2300 5th Avenue, Suite 150,
Vero Beach, Florida 32960
772.563.0505 fax 772.563.0758
email: wtradmin@alzpark.org
www.alzpark.org

Many sponsorship opportunities available, become a sponsor with cash or in-kind donation.
LOCAL PEOPLE

AUDIBLE HEARING CENTERS

**Pat Miller**

Pat is the office manager for Audible Hearing Centers so she knows how difficult life can be when you can not hear or understand people. When Pat heard Kimberly B. Zechman was close to deaf and could not afford hearing aids she tried to get some assistance for her. After telephoning numerous politicians and local agencies over the past two years, to no avail, she turned to her own company Audibel. Kim Harris and Bill Smith, owners of Audibel jumped at the chance to help by contacting Fisher Hearing Technologies in Lake Mary, Florida. They donated the hearing devices and now is enjoying life.

ALZHEIMER & PARKINSON ASSOCIATION

**Becky Loughran**

Becky Loughran knows what it means to serve her community. Her background in nursing (for 40 years!) gave her a wide base of skills and that specialized understanding that characterizes the best in volunteerism. Becky jumped into our Project Lifesaver program with two feet eagerly taking on the task of going out into the county to check on the Project Lifesaver equipment. With the ease of a professional caregiver, Becky knows just how to offer reassurance to family caregivers and a calm, quiet touch to our Alzheimer clients who are at risk of wandering.

This demure, Pennsylvania-raised farm girl gives our program a rock-steady stabilizing presence. Thank you, Becky, for walking through our door and into our Alzheimer & Parkinson Association family!

INDIAN RIVER DENTISTRY

**Dr. Joe Thomas**

Dr. Joe Thomas, a practicing dentist in Indian River County, is known for being an excellent dentist, however, his sense of community responsibility is not as well known due to his silent contributions. Countless children and adults have received dental sealants and/or dental care products through his financial contributions over the years. In addition, he has supported the needs of those in the community for other health care related services. I would be remiss as a professional and as one of his patients not to acknowledge the positive impact Dr. Thomas has made to our children and adults. We thank you!

ALZHEIMER & PARKINSON ASSOCIATION

**Mariclaire Kelly**

Mariclaire Kelly seemingly fell out of the sky and hit the ground running as a premiere volunteer for our Social Respite group. Like two interlocking puzzle pieces, Mariclaire found her “fit” working with our Alzheimer clients. She makes every moment a positive one, evoking laughs, good memories, and a sense of camaraderie with an ease that can only come from an authentically positive outlook. Mariclaire, who also works with stroke victims on cognitive issues and OT skills, brings her creative and artistic talents to our organization with activities that make the time pass ever so quickly…especially with her infectious sense of humor carrying us along!! We are deeply grateful for her talents, commitment and spirit of giving…aka volunteer perfection!!

ALZHEIMER & PARKINSON ASSOCIATION

**Dennis Loughran**

Dennis Loughran has talents that run the gamut, and his volunteer commitments in our organization show the breadth of how much he gives to the Alzheimer & Parkinson Association. With his impressive background as head of maintenance for two malls, Dennis is our “go to” guy for any project that involves facility needs. But he doesn’t stop there – his outgoing personality lends itself beautifully to working with our Social Respite group – engaging our wonderful Alzheimer clients in easy social activities and a bit of physical exercise. He is also dedicated to working with our Project Lifesaver clients, traveling throughout the county to assure that the lifesaving equipment is working properly to protect those at risk of wandering.

Thank you, Dennis, for walking through our door!!
Amber Payne, MPT
Mederi Caretenders

Mederi Caretenders is pleased to recognize Pauline Amber Payne, MPT, a graduate from Northern Illinois (2003) with a Masters in Physical Therapy and a BS in Psychology. She has worked in outpatient settings and Home Health with a focus on Orthopedics. She enjoys treating patients in the home care setting because she can spend quality one on one time with them. Amber is a recent resident of Vero Beach, FL. She is happily married and a new mother of an 18 month old son. Amber has been with Mederi since February 2011.

“Nursing is my passion, it is my heart. Providing comprehensive skilled care to patients and their families on a day to day basis is what drives me. Nurse on Call’s philosophy of treating every patient and their caregiver as if they were our own feels, cultures and motivates that passion within me. Every member of my team is a competent family member to patients.”

Brooke Jones, RN
Field Nurse, Nurse on Call

Brooke has been a home care nurse for the last 4 years with Nurse On Call and a recent graduate of the RN program of IRSC. Nurse on Call is pleased to have her as an integral member of the Wound and Urological Team. Caring for patients in their homes enables her to connect to the whole person and gives her great satisfaction in the lives of her patients.

Danielle Ballantyne is a LPN with Mederi Caretenders. She was born and raised in Indian River County and is an advocate of quality nursing care in the home setting. She loves the one-on-one quality nursing care that home health nursing offers and being able to be a part of the patient’s improvement process. Danielle’s nursing passion is in cardiac and palliative care. Danielle understands the challenges and fears that patients and caregivers face and is able to respond and teach them on a level that promotes well-being and confidence.

Kareen Miclaus, RN BS
Director of Clinical Sx, Nurse on Call

Cardinal Health has named Theresa Tolle, owner of Bay Street Pharmacy of Sebastian as the recipient of its annual Ken Wurster Community Leadership Award at its annual Retail Business Conference in Las Vegas.

The award honors a retail independent pharmacist who promotes the ideals of a community pharmacy. The selection criteria includes the ability to inspire others, community leadership and involvement and willing to go above and beyond the daily business operations of a retail independent pharmacy. The Wurster Award selection committee indicated that Tolle was selected from among more than 50 nominees. She did not know that her staff and company representative nominated her.

Theresa employs higher-than-average pharmacy staffing ratios in her store, to enable her to spend more time with patients. She also employs a registered nurse to work with diabetic patients and often makes house calls. For the last three years, Tolle has been recognized by the Florida Pharmacy Association repeatedly for her outstanding leadership, mentorship and motivation.

American Cancer Society, volunteers as a second and third grade Sunday School Teacher and taught children on a mission trip to Tipitapa, Nicaragua in 2010. Theresa was also the Sebastian Sun’s 2010 Woman of the Year.

Cardinal Health will donate $10,000 in her name to the University of Florida College of Pharmacy from which she is a 1988 graduate. Theresa was pleased to have been selected and said “I am as excited about giving the money as getting the award. It is a great feeling to give back and help future generations of students.” Commenting further “The award is a great reflection on our business in general and of my employees who extend themselves in the community and allow me to take time to participate as well. This is really a Bay Street Pharmacy Award and not just a Theresa Tolle Award.”

Bay Street Pharmacy is at 7746 Bay Street, Sebastian, Florida 772.589.2043
PULSE POINTS

VNA to Those 65 and Older: “Look Into Getting the ‘HIGH-DOSE’ Influenza Vaccine”

The Visiting Nurse Association is preparing for the 19th season of its “Shoo the Flu” vaccination program. The VNA’s priority is to keep our community healthy, and the organization encourages all area residents to get their flu shot early in the season.

Persons aged sixty-five years or older are at greater risk for hospitalization and death from seasonal influenza than those in other age groups. According to the U.S. Centers for Disease Control and Prevention, getting a flu vaccination is the first and most important step in protecting yourself against the flu.

This year, the VNA will be offering a “High-Dose” influenza vaccine, specifically designed for people sixty-five and older. High-Dose vaccines contain four times the amount of antigen (the part of the vaccine that prompts the body to make antibody) contained in regular flu shots. The additional antigen is intended to create a stronger immune response in the person getting the vaccine, since our body’s immune response weakens as we age.

The VNA will also offer limited amounts of two additional vaccines; the “regular” influenza vaccine for individuals ten to sixty-four years old, and a preservative free vaccine also for individuals ten to sixty-four years old.

This year the High-Dose vaccine is $45 and the regular and preservative free influenza vaccines are $25. There is no out-of-pocket expense for individuals with the following insurances: Traditional Medicare, Medicare Railroad, Quality Health Plans, AARP Medicare Complete, Advantra Freedom, Health First Health Plans, Humana Medicare, Secure Horizons, United Healthcare Medicare, Universal Healthcare, Health First Health Plans, and TRICARE. The VNA will bill these insurances on clients’ behalf.

The VNA will begin holding public The “Shoo the Flu” vaccination clinics on September 1st. Visit www.vnatc.com/flu to find a VNA clinic near you. For more information about influenza and the various vaccines available this year, visit www.flu.gov.

VNA Announces Associate of the Quarter

The VNA is pleased to announce that Glenda Grady, Nurse Practitioner, has been named VNA’s associate of the quarter. Grady was selected by her peers for delivering high standards for service excellence by placing the health and well-being of VNA associates as her number one priority.

Grady has worked as the VNA’s Associate Wellness Coordinator since August 2010, and has implemented several wellness programs including the associate wellness health fair, weight watchers, and on-site Zumba classes. Glenda conceptualized and manages the programs along with the associate wellness clinic.

“I am honored to be selected as associate of the quarter. I am so grateful to be a part of the VNA, and I look forward to strengthening wellness within our organization.”

“I was thrilled when Glenda decided to join the HR team and still am because of her passion about wellness,” said Rosalie Webster, Vice President of Human Resources and Professional Development. “Glenda loves what she does as our Associate Wellness Coordinator, ARNP, and it shows in the level of service she provides to her clients. Her commitment to align wellness with our HR strategies is right on target. Glenda is so professional and is very conscientious in everything that she does; her wellness events, to her input at various committees, or when interacting with associates. She is the best and so deserving of Associate of the Quarter.”

Since 1975, the VNA has been committed to bringing skilled, compassionate, and cost-effective home health care to Indian River County patients. For more information about VNA services, call 772.567.5551 or visit www.vnatc.com.
VNA Announces Associate of the Quarter

The VNA is pleased to announce that Shawn Swanson, Director of Professional Development and Education, has been named VNA’s associate of the quarter. Swanson was selected by her peers for putting patients’ needs first, delivering on promises, and demonstrating integrity.

Swanson joined the VNA in March, 2009 and has broadened associates’ knowledge base and increased their skill levels through agency-wide strategic assessments, planning, and educational interventions. She developed a clinical preceptor program that facilitates professional development and growth within the VNA.

“My focus with VNA has been to provide a sound education process that gives new associates a welcoming and supportive feeling, while offering a comprehensive training schedule. The Education team is steadily growing, and changing to meet this objective, we work hard and enjoy what we do to,” states Swanson.

Shawn is a Registered Nurse and is certified in Hospice and Palliative Care. Shawn has worked in Hospice and Palliative care for nine years, having spent the last three in Clinical Management.

“Shawn demonstrates our VNA core values; service excellence, integrity, accountability, and collaboration, each day. She puts our external and internal clients first, ensuring that what she says will happen, gets done; she is honest, speaks with passion and holds herself and her team to a high standard; and she is the first to offer support to another department so that the VNA can meet the needs of the community. This is all in addition to managing the education function and giving our associates the tools they need to continue their education within their field,” says Rosalie Webster, VNA’s Vice President of Human Resources.

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IRMC’s Philips Lifeline Offers Independence and Peace of Mind

Patricia Connolly, a resident of Vero Beach since 1976, has been living alone for quite a few years. At 82 years old, she shares her immaculate apartment with her affectionate and curious cat Daisy and is in good health except for a circulation problem in her right leg that leaves her prone to falls.

More than four years ago, Connolly fell when she was alone and broke her hip. Then, the first day back in her apartment after returning home from physical rehabilitation, she fell again. Right away, her daughter, who also lives in Vero, said, “I know what I’m doing next” and called Philips Lifeline at Indian River Medical Center.

Philips Lifeline is a medical alert service designed to ensure that disabled or older adults living at home get quick assistance whenever needed – 24 hours a day, 365 days a year – resulting in peace of mind for themselves and their families.

Connolly did not hesitate to go along with her daughter’s idea. “I knew that it was going to give her peace of mind as well as myself,” she said.

Connolly estimates she’s fallen at least six times in the last four years since getting Lifeline – three times in the period of a week. Each time, Lifeline responders have alerted her daughter or had emergency personnel come to Connolly’s home. She wears her Lifeline neck pendant at all times and said that she knows she would not have been able to reach a phone after a fall.

“Without Lifeline, I can say that I don’t think I’d be here today. And it gives my daughter such comfort,” Connolly said.

IRMC has been providing Lifeline for more than 27 years in Indian River, Brevard and St. Lucie counties. For a small monthly fee, subscribers are able to remain independently and confi-
Nightingale Private Duty Nursing Receives Best of Home Care Award

Nightingale Private Duty Nursing was recently honored with a “Best of Home Care” award from Home Care Pulse.

Awarded to the top 25% of private duty nursing agencies in client and employee satisfaction scores, Nightingale is now ranked among a select few of the best agencies in the country.

Home Care Pulse is a company specializing in measuring and benchmarking client and employee satisfaction for private duty home care agencies. Recently Home Care Pulse conducted the largest study ever performed on behalf of the private duty industry.

“We know that sometimes it is difficult to make care decisions when you don’t have specific experience with an agency. It was our goal to provide families with the ability to make an informed decision, have tangible ways to measure quality, and help them find a comfort level when choosing an agency to work with,” commented Aaron Marcum, founder of Home Care Pulse. Home Care Pulse, a company that measures client and employee satisfaction, created the award to identify those agencies in the private duty home care space that demonstrated a passion for client and employee satisfaction.

“I am very proud of our Nightingale Private Duty Nursing team. They have put their clients in the center of all that they do, living the vision that together, we provide the highest quality patient care,” said Joyce Baldrica, VNA’s President and CEO.

The selection process for the “Best of Home Care” includes the evaluation of client and employee satisfaction in areas such as agency training, communication, overall quality of care, caregiver performance, caregiver morale, response to problems, and recommendation of services to name a few.

“We want to congratulate Nightingale for winning the “Best of Home Care” award and commend their commitment to placing high priority on client and employee satisfaction,” concluded Marcum.
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