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INDIAN RIVER COUNTY • VOLUME 129

State of the Art S.R.M.C. Cardiac Cath Lab

*Read about the
expansion
on page 8*

Dinesh Patel, M.D.

Charles Croft, M.D.

IN THIS ISSUE:

Grief As a Process **10**

Scent Sensitivities **16**

Periodontal Disease **22**

Applaud our Local
Correctional Officers **40**



Sebastian River
Medical Center
Serving the Standard for Hospital Care

by Colleen Symanski, RN, CDE, Health Coach



Friends play a crucial role in helping women diagnosed with cancers. Some of those friends, who were once strangers, become friends because of the dedication of others who know the healing power of friendships. Friends After Diagnosis (FAD) and the Treasure Coast Ovarian Cancer Alliance (TCOCA), have united their efforts to reach and support women after diagnosis. They kept the name "Friends After Diagnosis". Their mission is "Enhancing the lives of those touched by breast and women's cancers through regular support meetings, education, wellness programming, celebration, and networking."

Lin Reading was the founder of Friends After Diagnosis, and Suzy Stoeckel and Nancy Dustin organized TCOCA meetings and resources. They serve on the board of directors and believe the merger supports the efforts of all, reduces duplication, and strengthens connection and services for the community. Friends After Diagnosis is a support organization for patients and survivors of breast and women's cancers, and their families, friends, and caregivers on Florida's Treasure Coast. They are also a 501(c)(3) nonprofit organization.

Friends After Diagnosis has 4 meet-



Lin Reading of Friends After Diagnosis and Suzy Stoeckel of Treasure Coast Ovarian Cancer Alliance have joined forces to support survivors of breast and all women's cancers, as well as their loved ones and caregivers.

ings a month which provide support and expert Guest speakers. In addition, they have several special programs such as:

- Pilates in Pink (in partnership with S.T.A.R. Pilates),
- Ride Beyond Diagnosis (in partnership with Special Equestrians of the Treasure Coast), and
- Row Beyond Diagnosis (in partnership with Vero Beach Rowing).

They have a calendar of events page on-line or you can call them at 772-978-9392. Visit their website at: <http://www.friendsafterdiagnosis.com> to learn more about Friends After Diagnosis and how they have partnered with local resources to help women physically, mentally, and spiritually.



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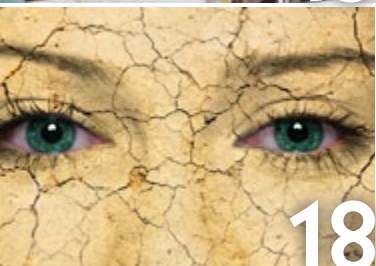
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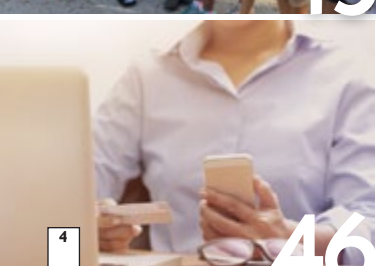
18



24



45



46

contents

- 12 Adult Vaccines
- 15 Scully-Welsh Cancer Center
- 18 Sjogren's Syndrome
- 24 Hydration
- 33 Never Too Busy for Healthy
- 45 Walk To Remember Nov. 4, 2017
- 46 Credit Card Fraud

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cover story

State of the Art Cardiac
 Cath Lab at Sebastian River
 Medical Center 8

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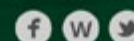
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PEACE OF MIND

In 1984, President Ronald Reagan signed Proclamation 5187; creating "National Correctional Officers' Week." The first week in May was 'National Correctional Officers and Employees Week; it recognizes the contributions of correctional officers and personnel who work in jails, prisons, and community corrections across the country. **Read about Local DOC on page 40.**

The correctional profession is a challenging and vital profession; often "forgotten" because their work place is not open to the public. Correctional staff keeps us safe; they secure jails and prisons and help offenders confined there. They serve as counselors, teachers, chaplains, health care professionals, and support staff. They are given those who engaged in dangerous and addictive behaviors, along with the responsibility to reform and rehabilitate. Correctional staff provides education and medical care. Few truly understand the difficulties and challenge these corrections professionals face daily, often at great personal risk.

May also included National Police Week. We should celebrate all our law enforcement officers, correctional officers, first responders every official that keeps us safe EVERY DAY!!!!

A special thank you to Commander John Blackledge, Sebastian Police Department for the Law Enforcement guidance in bringing you this issues story and forthcoming series of tributes to the men and women who give us PEACE OF MIND in keeping us safe.

Thank you for your service.

Blessings,

Cindy



Your Free Telephone Directory can now be found in the
2017 Guide to Medical Services in Indian River County.
Refer to page 55 to find one.

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Sebastian River Medical Center's State of the Art Cardiac Cath Lab

The cardiac catheterization lab at Sebastian River Medical Center (SRMC) is a state of the art cath lab. A cardiac catheterization lab, also known as a "cardiac cath lab," is a special hospital room where doctors perform minimally invasive tests and procedures to diagnose and treat cardiovascular disease. The procedures performed in a cardiac cath lab almost always involve tiny, flexible tubes, called catheters, which can be used instead of surgery, to access the heart and blood vessels. When minutes count for

yourself, your loved ones, friends, and our community rest assured that the SRMC cath lab team saves heart muscle and lives. The 5,000 square foot cath lab opened under the leadership of renowned Dr. Charles Croft in 2012. The cath lab has expanded to meet our community's needs and welcomes another well-known interventional cardiologist, Dr. Dinesh Patel.

Dr. Dinesh Patel is a graduate of the Medical College of Georgia and did his fellowship in cardiology also at the Medical College of Georgia. Dr. Patel also has privileges at Holmes. His experience includes practicing cardiology at major hospitals across the county. In speaking with Dr. Patel, his passion for timely and quality care is obvious. "This is a great community and we want patients to be physically active and enjoy the beautiful amenities offered here. "Cardiac catheterizations have a positive impact on a patient's quality of life; and it is very important for anyone with symptoms of a heart attack to come to the hospital immediately."

It is unusual to have such a state of the art cath lab in smaller communities Dr. Patel says. "The leadership and mindset at SRMC make this possible." Dr. Croft and Dr. Patel, emphasize the importance of the cath lab's stellar team

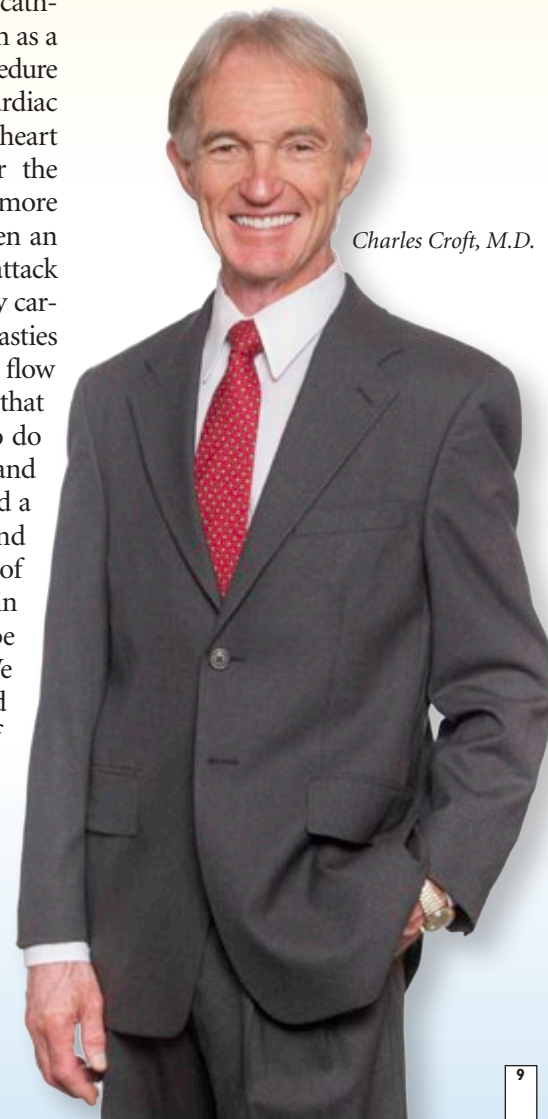
Dinesh Patel, M.D.

which also includes but is not limited to a nurse practitioner, registered nurses, and Registered Cardiovascular Invasive Specialists.

A person usually has cardiac catheterizations in an emergency such as a heart attack or as a scheduled procedure to detect and improves one's cardiac health. Dr. Croft explains "when a heart attack is occurring, the sooner the catheterization is performed the more likely heart muscle is saved. When an artery suddenly closes, a heart attack will most likely occur. Emergency cardiac catheterizations and angioplasties can save lives by restoring blood flow to the heart. We want to save that heart muscle, and we are here to do that. Patient outcomes are better and the outlook for the person to lead a normal life increases." Dr. Croft and Dr. Patel shared the importance of SRMC cath's lab. Heart patients in need of a cath no longer have to be transferred out of the county. We can treat them here. Dr. Croft and Dr. Patel stress the importance of timing during a cardiac event. Minutes do matter!

Please visit SRMC's website to learn more about heart health. Go to: sebastianrivermedical.org/81/service/heart-care. Dr. Dinesh Patel,

we wish you a hearty welcome to Sebastian River Medical Center and to our community. For more information telephone 772.589.3186



Charles Croft, M.D.



by Susan Long RN, MSW, LCSW

Grief is a Process

Tracey lost her mother to death and her father died a short time later. Next she lost her sister and one year later, her spouse of 47 years died. When her dog died, Tracey was devastated and immobilized.

Grieving from loss can be described as a process. Current losses can reawaken feelings around old losses. The process is unique. Everyone experiences loss differently. Do not compare yourself with others when it comes to dealing with grief. There is no time limit for grief. Loss changes our life and our reality forever. Our life changes permanently as we long to be reunited with the loved one. This is natural, normal, and acceptable.

Some predictable responses to loss are: shock, disbelief, confusion, sadness, anxiety, fear, anger, hopelessness, frustration, guilt/regret, exhaustion, loneliness, temporary memory loss, problems concentrating, sleeplessness, nightmares, problems communicating with others, withdrawal from significant relationships,

decreased energy, poor sleep, nausea, emptiness, heart palpitations, an inability to feel, and disinterest in usual activities once found enjoyable. These responses and others describe grief. That is, how we think, feel and behave after a loss.

Grief prepares us for mourning. Mourning is the process whereby we loosen the emotional attachment to a loss, relocate our loss in our emotional life, and create emotional space for investing in relationships and other “aspects of living. We need at least a couple of months of grieving before we are ready to mourn. Grieving requires hard work and perseverance to come to terms with the loss, express our pain, and get our bearings. Mourning takes time and emotional energy. When a loss is not sudden, such as when the loved one has a lengthy illness prior to death, grief and mourning occur over a protracted time. However, with the finality of death still comes shock and disbelief no matter how ready one is for that moment.

continued on page 36

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We Accept Medicare & Most Insurance Plans - Se Habla Español

by Theresa Tolle, R.PH, Owner Bay Street Pharmacy

Adults need vaccines too!

Summer is coming and probably the last thing on your mind is whether or not your adult vaccines are up to date. Usually the spotlight turns to vaccinations in the fall each year as we move into cold and flu season, however, there is at least one vaccine that you should consider if you will be spending time with family, particularly infants. And you should probably assess your need to have additional vaccinations too.

Tdap (Tetanus, Diptheria and Pertussis) vaccine, which also goes by the brand name Boostrix, has gained popularity primarily because it is the only vaccine that contains pertussis, also known as whooping cough.

Research has shown that although most adults received a "lifetime" vaccine when they were younger, the immunity is now waning. New guidelines recommend a one time booster for adults after age 19. This is particularly important when you will be around infants under 6 months of age because pertussis is highly contagious, easily spread, and can even be deadly to infants who contract it. Infants can be protected by having all adults, including their pregnant moms between weeks 27 and 36, get a booster dose to Tdap. In addition, a booster of tetanus only is recommended every 10 years for adults.

continued on page 44



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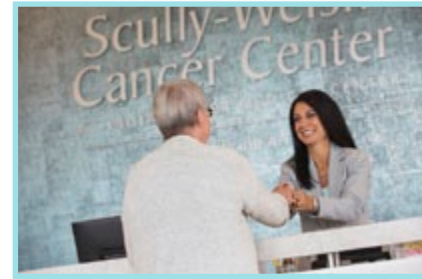
When it's cancer, experience matters. The Scully-Welsh Cancer Center is a Duke Health affiliate, providing access to teams of board-certified physicians, experienced cancer specialists and advanced diagnostic and treatment technologies within minutes of home. Our patient care navigators are dedicated to assisting with appointment and insurance coordination. And it's all focused on you. **Same day appointments available, call (772) 226-4810.**

When it's cancer, advanced care is right here.



ScullyWelshCancerCenter.com

Scully-Welsh Cancer Center Provides Local Care for the Community



The Scully-Welsh Cancer Center, an affiliate of Duke Health, brings world-class cancer care to the Treasure Coast. Located on the campus of Indian River Medical Center in Vero Beach, the comprehensive cancer program encompasses outpatient, inpatient, and surgical care. The center offers a full range of medical oncology, radiation oncology treatment, resources for cancer patients and their families, and physician offices, all in one convenient location.

Patients needing infusion or chemotherapy receive their treatments in a semi-private therapy room, with comfortable reclining chairs providing heat and massage. Ten therapy rooms have floor-to-ceiling windows letting in an abundance of natural light, overlooking lush healing gardens. The remaining two rooms are more private, with beds instead of chairs, allowing patients a more secluded option to receive their treatment. Family and friends are encouraged to spend time with

the patients and our staff ensures that they are as comfortable as possible for the duration of their loved one's visit. Each room has a flat screen television and Apple I-pads are available for use.

To ensure that patients receive care as quickly as possible, same-day or next-day appointments are available along with rapid follow-up with diagnostic results to help guide treatment plans. Early diagnosis leads to better outcomes and the Scully-Welsh Cancer Center provides the very best care without having to travel or wait for appointments.

Dedicated oncology operating suites within the main hospital allow surgeons to perform procedures in a setting designed specifically for the surgical treatment of cancer. The 14-bed inpatient oncology unit at Indian River Medical Center provides a soothing setting with large rooms for patients whose treatment requires an overnight stay. All nurses are trained to Duke Health standards and certified through the Oncology Nursing Society in areas of specialty that include Chemotherapy, Biotherapy, Breast Care and Radiation Oncology.

Tours of the Scully-Welsh Cancer Center are held the last Tuesday of every month at 1:30pm and are open to members of the public. If you would like to attend a tour, call (772) 226-4828. www.ScullyWelshCancerCenter.com

Common Scents and Common Sense

Do any of these scenarios sound familiar?

- **You catch a whiff** of a co-worker's fragrance, and within minutes, you have a headache.

- **You arrive at a friend's home** and smell freshly baked pumpkin pie. You begin to sneeze, your eyes are burning, and you feel nauseous. You learn she hasn't been baking- it is a scented candle burning.

- **You walk into your freshly cleaned office** you start to wheeze or have difficulty breathing. The culprit: scents or chemicals in the cleaning products.

If the above sounds like you, you may be one of many people with fragrance allergies or sensitivities that can have mild to severe health consequences. Reactions to scents range from the mild, such as slight throat irritation or nausea, to debilitating, such as migraine, anxiety, and depression. Other symptoms of fragrance sensitivity are:

- headaches
- lightheadedness
- loss of appetite
- fatigue/weakness
- difficulty with concentration
- worsening asthma symptoms
- upper respiratory symptoms such as coughing, sneezing,

wheezing, shortness of breath

- skin irritation

A prosperous industry in scents is adversely affecting the health and well-being of many people. Studies in the United States reveal that 30.5 % of people have sensitivity to scented products worn by others. A Denmark study reported that 42 percent of the population experienced symptoms involving their eyes, nose, mouth, throat, or lungs after exposure to fragranced products. If you already have seasonal or pet allergies you might be prone to fragrance sensitivities.

Scent Complications

What makes the problem of scent sensitivities complicated is that people react differently to fragrance. Often people will react to one fragrance but not another. There's no way to know what that smell is in the cologne or shampoo we or those around us are using. Regulations in the United States allow manufacturers to keep the ingredients that make up that scent a secret. The words "perfume" or "parfum/fragrance" is often all that is on the ingredient list. More than 3,000 fragrance ingredients have been reported in consumer product studies. A single fragrance



in a product can contain a mixture of between 50 and 300 different chemicals. It is just not easy to determine which fragrance or chemical is the culprit. At one time many perfumes were made with natural ingredients but synthetic scents are replacing what was once natural.

For many people, allergy symptoms resolve once the scent is out of range. For some, repeated exposures cause an increase in symptoms that occur more often and last longer. According to the American Academy of Allergy and Immunology, more people are being affected by a condition known as 'multiple chemical sensitivity (MCS)'. For people with MCS, sensitivity to a fragrance or odor can result into a debilitating reaction.

How we can Help One Another

- Use less. "Olfactory fatigue" can prevent you from detecting the power of your own fragrance so you spray on more.
- Ask others if they can detect your scent from an arm's length away.
- Tone down your scent if you spend time in shared spaces such as boardrooms, vehicles, or offices.
- Switch to products without fra-



grance. The terms "fragrance free" or "unscented" doesn't mean there are no chemicals in the product; it can mean a masking agent has been added to hide scents.

- If you own a business, eliminate air fresheners in washrooms or dressing rooms.

- Try an air purifier with a gas or carbon filter to reduce fragrance.

- Use a portable fan to deflect odors from your workstation.

- Nasal antihistamine and nasal corticosteroid medications can be effective to control allergy symptoms. Be sure to speak with your physician first.

- Use scent-free products if at all possible.

- Ask your friends, partner, and co-workers to avoid wearing or using fragranced products around you.

- Limit or avoid public places such as restaurants and theatres as best as you can.

- Be sensitive to requests to go fragrance free.

- Drink plenty of pure water and balance your diet. Keep your body healthy to improve your immune system and overall resistance.

The best sense is probably minimal or no scents.

Sjögren's Syndrome

Sjögren's Syndrome is a chronic autoimmune disease; which means the immune system attacks its own cells and tissues. In Sjögren's, the white blood cells attack the mucous membranes and moisture producing glands (the exocrine system). The eyes and mouth are usually affected first causing decreased production of tears and saliva. The dryness causes eyes to burn, itch or feel as if they have sand in them. Blurred vision is common as is sensitivity to bright light. A dry mouth may feel chalky. Because of the dryness, it can be difficult to swallow, speak or taste. The dryness can also lead to cavities, mouth infections, a sore or cracked tongue, dry or burning throat, and dry or peeling lips. Sjögren's syndrome can also cause one or more of the following:

- Joint pain, swelling and stiffness
- Swollen salivary glands — particularly the set located behind the jaw and in front of the ears
- Skin rashes or dry skin
- Vaginal dryness
- Persistent dry cough
- Prolonged fatigue

Although rare, other parts of the body, such as joints, the thyroid, gastrointestinal system, kidneys, liver, lungs, skin, and nerves can be affected.

Sjögren's is a common autoimmune disorder yet it takes an average of 4.7 years to receive a diagnosis according

to the Sjögren's foundation. Sjögren's can occur at any age, but most people are older than 40 when diagnosed and 9 out of 10 patients are women. There are two classifications of Sjögren's. "Primary" Sjögren's syndrome occurs in people with no other rheumatologic disease.

"Secondary" Sjögren's occurs in people who have another rheumatologic disease, such as lupus or rheumatoid arthritis. Certain genes put people at higher risk for the disorder, but it is believed that a triggering illness such as thyroiditis or an infection with a particular virus or strain of bacteria is necessary.

Since there is no cure yet for Sjögren's treatment focuses on relieving symptoms. Some individuals may have severe symptoms and others may have mild symptoms that are easier to relieve.

Remissions and exacerbations are to be expected. The Sjögren's Syndrome foundation has a tremendous amount of information for symptom management and resources.

Their web address is www.sjogrens.org. There is also a video on their website that anyone diagnosed with Sjögren's should watch. Contact Colleen at A Healthier Me, who is also a Sjögren's Ambassador for more information. Colleen can be reached at (772) 231-5555

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Shopping for Rehabilitation Is Like Comparing Apples to Oranges



When comparing inpatient rehabilitation facilities (IRF) to skilled nursing facilities over two years, research* concludes that long-term outcomes for IRF patients are superior:

- Return home two weeks earlier
- 8% lower mortality rate
- 5% fewer emergency room visits
- Significantly fewer hospital readmissions per year

*Dobson | DeVanZo analysis of research identifiable 20% sample of Medicare beneficiaries, 2005-2009

Characteristic	Rehabilitation Hospital	Nursing Home
Frequent visits by an attending physician*	Required	Not required
Multidisciplinary team approach	Required	Not required
RN oversight and availability	24 hours/day	At least 8 consecutive hours/day
Nursing hours per patient per day	Between 5 and 7.5 hours	Between 2.5 and 4 hours
Specialty nursing training, rehabilitation expertise	Yes	Not required
Physical, occupational and/or speech therapy level of service	3 hours/day, 5 days/week (minimum)	No minimum

*The hospital provides access to independent physicians.

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Clinical Trial for Parkinson's disease in Vero Beach

I came across a clinical trial in the open enrollment stage and was delighted to learn it is right here in Vero Beach. Geodysey Research, LLC in Vero Beach is seeking individuals with Parkinson's disease who are experiencing motor fluctuations to participate in a clinical trial. Trials are a crucial step for developing better treatments for Parkinson's patients; yet only a small percentage of people ever take part in a clinical trial. For more information on this study and to see if you are a candidate, visit this web address: https://studykik.com/2842022_parkinsons_disease_geodysey_research/?utm_source=facebook&utm_medium=FBAd&utm_campaign=FBAd or contact Geodysey Research. They are located at 1040 37th Place Suite 201 Vero Beach, FL 32960. Their telephone number is (772) 299-4304.

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Amato at the Audibel Hearing Care Center in Vero Beach."

"I do enjoy them. It helps me communicate with my wife much better. Compared to previous ones, I can hear much better. I also love the way the people in the office give you personal service. I am really happy with Bill Wilson in Sebastian." **JC Griffin**

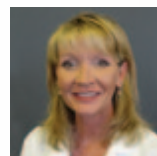


"Audibel is family owned and operated and you can tell patient care is their #1 priority. We need more people in business that provide such outstanding service to the community. Thank you Kim Harris and the entire staff at Audibel Hearing Care Centers." **Jeff Luther**

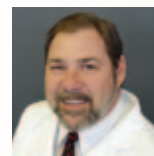
Jay Kalish visited Audibel Hearing and was fitted with the ANTHEM, with intellex technology. Since wearing the ANTHEM Jay says it is like life started all over again. "It's like being reborn. Along with all its other benefits, it helps me differentiate the direction of sound." His comment about Audibel 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." **Jay Kalish**



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AUDIBEL



No Cut, No Sew, No Fear



Bradley Reiner, DMD, FAGD

Originally developed as a simple communication to help patients understand the differences between the LANAP protocol and traditional periodontal surgery, the No Cut, No Sew, No Fear logo helps educate patients and increase treatment acceptance. By helping to reduce the fear associated with gum surgery, we can help more patients receive the treatment they need.

Our mouths are our gateway to better health; from the foods we eat to the dental care we dedicate time to. If you take oral health for granted you run the risk of putting your overall well-being in jeopardy. As a result, avoiding treatment for dental issues can increase a person's risk of or exacerbate

other health problems. Many oral diseases are caused by inflammation in the gum tissue. Such inflammation wreaks havoc elsewhere in the body. There's a link between gum disease and other health concerns; like diabetes, cancer, heart disease, and pregnancy complications.

Oral bacteria causes gum disease. Gum disease is an infection of the tissues that surround and support your teeth. It is a major cause of tooth loss in adults. Gum disease is usually painless; you may not know you have it. Periodontal disease is an example of gum disease; it is one of the most prevalent bacterial diseases known to mankind.

Many of us are familiar with treatments that involve oral surgery for the treatment of gum disease. It requires cutting, suturing, and often times delay seeking treatment because of the "down- time" for recuperation. Many complain of pain. There is an easier way through laser dentistry. If you suffer from gum disease, laser-assisted new attachment procedure, known also as "LANAP", involves the use of lasers to rid your gums of infected tissue while promoting regeneration. Some gum disease treatments do not promote regeneration of tissues; LANAP does and is a wonderful alternative. In addition, there is very little pain, bleeding and swelling. There is minimal downtime; you can have it done during the day and re-



turn to work tomorrow.

Gum disease can eventually lead to tooth loss, which is why regular checkups to detect the problem are so important. LANAP can be used even in when severe gum disease is present. Few dentists offer LANAP



for gum disease; we are fortunate that Dr. Bradley Reiner is trained and offers advanced technology to help you achieve the healthiest gum tissue possible. Go ahead- enjoy your smile!

Dr. B. Reiner has been practicing dentistry in his hometown of Vero Beach since 1993. He's a graduate of the University of Florida College Of Dentistry. He is a Fellow of the Academy of General Dentistry and a member of the American Academy of Cosmetic Dentistry, the Southeast Academy of Prosthodontists and the American Prosthodontist Society. Dr. Reiner received advanced training in cosmetic dentistry at the prestigious Las Vegas Institute for Advanced Dental Studies, and is certified for laser gum surgery with Periolas. Visit his website at www.yourcosmeticdentist.com to learn more or call his office at (772) 564-0724.



by Ken Symanski, personal trainer/co-owner of A Healthier Me
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Water: 8 eight ounce glasses per day right?



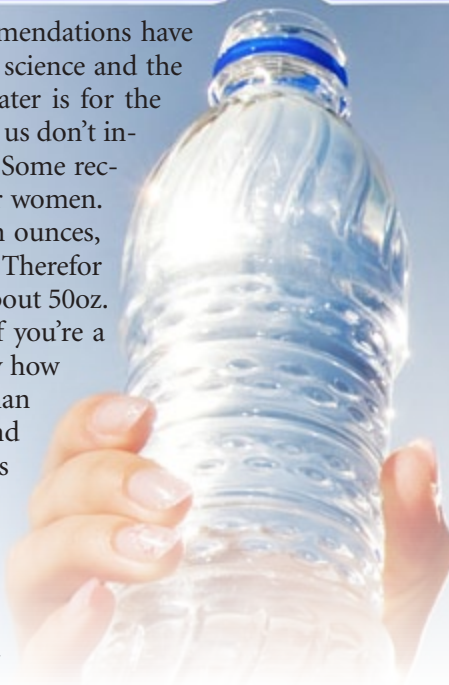
Well, not so much anymore! The recommendations have changed with new studies and advances in science and the medical field. We know how important water is for the body, and staying hydrated, but yet most of us don't intake enough. How much should you have? Some recommend a little more for men, and less for women. I suggest about half of your body weight in ounces, your activity level, and how the weather is. Therefore if you weigh 100lbs. you should consume about 50oz. You might need to add or subtract more if you're a man or woman, active or sedentary, and by how much you sweat. Most people weigh more than 100lbs., but this is still very easily doable, and we could all benefit from losing a few pounds as well for a better overall bill of health.

For those that decide to take action and begin a new exercise routine, or are already in progress, make sure to drink 16-20oz about 2-4 hours prior to, and 3-8 ounces every 15-30 minutes. If you find yourself suffering from headaches, constant fatigue, dry skin/lips or even nausea and/or dizziness, pick up another bottle of water! Your mind, body, and soul will thank you.

There are many water, electrolyte, and nutrient packed foods and drinks to choose from! See the list at the bottom for hydrating choices, as well as dehydrating items to stay away from, or consume less of if it's prevalent in your diet now. Should you desire and need some motivation, accountability, and a more in depth personalized plan reach out to us and we'll give you a free consultation!

Hydrating Foods: watermelon, celery, cucumbers, lettuce, carrots, zucchini, yogurt, tomatoes, apples, grapefruit, bell peppers, cantaloupe, mangos, pineapple, and coconut water

Dehydrating Foods: Coffee in excess, alcoholic beverages, cured meats, soy sauce, bouillon cubes, white asparagus, fried & processed foods, and basically anything high in sugar



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Visit www.RenaissanceVeroBeach.com to learn more about the advantages of our premier senior living and memory care services

STATE OF FLORIDA LICENSE PENDING

True Colors Salon & Spa is located on Old Dixie Hwy, just North of 12th street in Vero Beach. True Colors is a full service salon and spa offering many different services from

- Hair
- Nails
- Skincare
- Massage
- Body Treatments
- Electrology and more.



The Spa has recently been renovated and now offers a private sauna with its own private shower, a new wet room for body treatments and spray tanning, also with its own shower. The treatment rooms are spacious and cozy, offering a very relaxing environment. They offer complimentary wine, beer and many other refreshments.

The massage therapists each have advanced training in their fields and

offer massages such as

- Fibromyalgia
- Therapeutic
- Medical
- Sport
- Swedish
- Hot Stone
- Deep Tissue
- Lymphatic Drainage, and much more.

A list of True Colors' monthly specials can always be found on their website, TrueColorsSalon.com.

In addition to a state of the art spa department, True Colors also has a new and updated hair salon, and an outstanding and relaxing nail department too.

All the talented stylists can be found on the True Colors website along with examples of their work. The salon is set up in such a way that many clients have two or three stylists whom they like to see, because True Colors is different than most other salons... Friendliness and hospitality are the foundations of their success. They also Guarantee all of their work and all the products they sell.

If you love pampering and a friendly welcoming environment, and you haven't been to True Colors Salon and Spa yet, your really need to check them out...



Grace's On-Site Physician Zafar Sharar, M.D. brings a higher level of physician involvement to its' Residents Care.

Grace Rehabilitation Center of Vero Beach is pleased to welcome Dr. Zafar Sharar as their on-site physician. Dr. Sharar will be providing on-site care at Grace Monday through Friday. He was previously at Lifecare Centers of Palm Bay, where he served as their full-time on-site physician from 2010 to 2016. Dr. Sharar has been practicing for over 20 years. He started AMICUS Physician Services with the goal of providing on-site physician services exclusively at Grace Rehabilitation Center.

With the ever increasing medical complexity of skilled nursing residents, there has been a growing need for a higher level of involvement for physicians to oversee these resident's care. On-site physicians such as Dr. Sharar have been shown to improve patient outcomes, reduce hospital readmissions and increase resident and family satisfaction.

Dr. Sharar will be on-site at Grace full-time where he will be readily available to address and treat medical issues, provide education and support to staff, and interact with residents and their families on a regular basis.

"Having an MD in the facility improves resident trust during their stay knowing they will get prompt attention for their needs. Continued education for all staff, Dr. Sharar takes the time to explain what to look for in acute situations that might otherwise be overlooked." **Rachel Barker, LPN**

"Families are so happy with the accessibility and opportunities to interact with Dr. Sharar. Nurses appreciate having accessibility to collaborate with the doctor. The collaboration of having nurses give their observations of the resident's in a timely manner with the physician's immediate assessment and intervention leads to improved outcomes and less re-hospitalizations. Dr. Sharar has provided in-house staff education in the classroom as well as at the bedside" **Dorothy Anne Maier, RN, BSN, Director of Nursing**

M.D. brings a higher level of physician involvement to its' Residents Care.

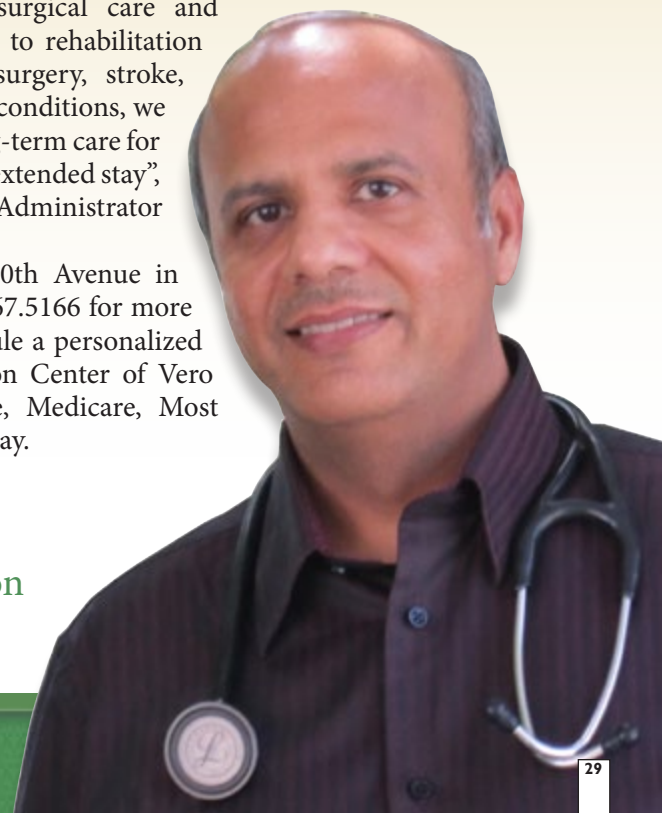
Zafar Sharar on staff and look forward to providing an even higher level of skilled nursing and rehabilitation in the community.

Grace Rehabilitation Center of Vero Beach, a licensed 72 bed skilled nursing and rehabilitation facility, offers outstanding physical occupational and speech therapies 7 days a week. From superb nursing care and nutritional support, to the activities of daily living, they focus on an innovative, comprehensive interdisciplinary approach to enhance the patient experience.

"Our services include diabetes management, ostomy care, IV management, enteral nutrition, post-surgical care and wound care. In addition to rehabilitation after hip replacement surgery, stroke, falls, or any other health conditions, we also offer specialized long-term care for residents that require an extended stay", Jennifer Searl-Palleschi, Administrator of Grace shared with me.

Visit Grace at 2180 10th Avenue in Vero Beach or call 772.567.5166 for more information or to schedule a personalized tour. Grace Rehabilitation Center of Vero Beach accepts Medicare, Medicare, Most Insurances, and Private Pay.

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We Care Clinic Celebrates Mardi Gras



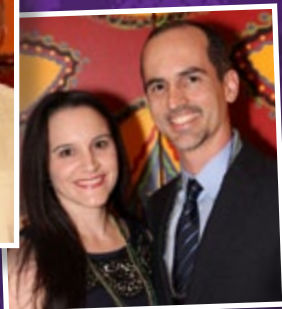
Ann Marie McCrystal and Helen Shafer



Dr. Nancy Baker, Janean Barrows, Marie Zambigadas and Homer Zambigadas



Dr. Seth and Susan Coren



Dr. Arley & Sonia Peter



Mary Linn Hamilton and Bob Savage



We Care Volunteer physicians

Photos: Tania Ortega-Cowan



Deborah Hawkins



Group Dancing



Drs. Michaela Scott & Dennis Saver



Dr. and Mrs. Herman Fountain



Photos: Tania Ortega-Cowan

2017 We Care Krewes - Back Row (L-R) Helen Shafer, Samantha Kudo, Brian Hartman, Honorary Chair Diana Startk, Jason Pomar, Tracey Zudans, Jay Rinchack, Miranda Hawker, Elizabeth White. Front Row (L to R) Shelley Stuvén, Honorary Chairs Carol Kanarek and Ann Marie McCrystal, Event Chairs Eileen O'Donnell and Hala Laviolette, Donna Sorge



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by Colleen Symanski, RN, CDE, Health Coach



Tips for a Better, Healthier You When You're Busy

Time for self-care activities can actually cause stress and de-rail us from our routines that we worked hard to develop; it can be a struggle to keep the time slots we scheduled for them. So how do we avoid this or get our groove back? Here are some tips to prevent your healthy lifestyle from creating stress.

Set a realistic schedule. Confirm your schedule and goals are realistic so you are more likely to succeed and avoid self-sabotage. Keeping the same routine year round may not be realistic. You may need to change the times of your routine based on "seasons". If your work-load or responsibilities have predictable changes and demands, adjust your goals. Perhaps you own your own business and have a peak season that requires more work time. Or school is out for the summer and parenting demands reduce self-time. It's okay to cut back from 3 times a week to two times a week. Eat healthier, drink more water, and get the additional sleep or meditation time to meet increased demands.

Create More AH Me Moments. A healthier 'me' is just that- it's about you. Don't compare your regime to someone else. Personalize your intentions and tailor your goals so that they fit into your lifestyle, routine, and objectives. In addition

to the type of workout, the time you choose to exercise can also have varying effects on our mindset. Scale down; take a break from a big gym or large group activities or perhaps avoid popular gym times when it's crowded and busy.

Do One Small Thing. Cultivating lasting change requires small steps. Choose one thing, maybe it's a commitment to leaving work right at 5 o'clock on Fridays and get it incorporated into your life so it becomes a habit. Then choose a second thing and get it integrated and habitual, and then a third thing when you are ready. It's difficult to transform your life overnight.

Subtract, Don't Add. The standard advice for being overwhelmed is to add something in order to relax. Don't sign up for a yoga retreat or sacrifice sleep to go for an early-morning run. These things can add to your time crunch and create additional stress. We have a consumerist and busyness mindset when it comes to our time, and too often it is about adding something. It is okay to cut back and to say "no."



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Renaissance Senior Living Grand Opening to be held in July!



Renaissance Senior Living's Grand Opening will be in July and we look forward to seeing you. After meeting prospective residents and those that are caring for family members and loved ones, we know the need is real. Caregivers are encouraged that we will be able to provide a safe and welcoming place for residents to thrive. Located between the Arts District and Miracle Mile, Renaissance Senior Living welcomes residents to 60 Assisted Living and secured Memory Care Apartments offering One-Bedroom Deluxe, Studio, Alcove, and Companion apartments.

Residents will experience a Renaissance of events planned and hosted by Life Enrichment Director Brooke Keesee. We will transport residents to events in the Arts District and shopping along the Miracle Mile and beyond. Van transportation will

assist with healthcare and small group visits in the Vero Beach area.

Resident Care Director, Camille Marcheggiani, RN will introduce and manage the care of our residents. Each resident will meet with Camille to understand what needs and requirements exist so that expectations are set properly. Beyond our mission is the value to "Go the extra mile." We are striving to hire the best possible caregivers. We will provide additional training and continual education to assure the highest level of care. At the core of our success will be our team members.

Food Services Director, Tejai Jones will be the crown jewel in our resident's day. With over 20 years' experience in Senior Living Dining, Tejai turns simplicity into elegance bringing fine dining to the table. Every detail of dining for our Assisted

Living and Memory Care residents has been considered making sure of an ambience that welcomes all our residents and their guests. Tejai will be meeting with each resident to discover what the resident enjoys and needs. Our desire is to provide diners with quality food and flavors that encourages the appetite and provides the fuel for living well.

Leading the way for Renaissance Senior Living is Executive Director, Liz Earman. With over a dozen years in Senior Living Management, Liz has a heart for each of our residents from which she directs the care our team members will provide. Liz has lived in Vero Beach for 45 years and after a 20-year career in banking has placed all her fiscal and personnel management skills to work in Elder Health Care. This is critical to understanding the holistic value of our services.

Liz knows what is required to care for people properly, she knows how to count the costs of care. This understanding connects her with every resident and their loved ones at the time when they need the highest level of counsel.

Every team member is here to provide the day to day assurance that resident's needs will be met with respect and dignity. Every team member will be ready to provide the attention to detail required to ensure resident's family members that their loved one's health and wellbeing are our priority every day. Renaissance Senior Living will be a true asset to our community and most of all to the lives of our residents and their loved ones.

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SENIOR LIVING of VERO BEACH

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Grief continued from page 10

For awhile, we may go back and forth between grief and mourning. The process is finding a place for our loss that will change our relationship to the loss. We eventually go from the pain of loss to a place where the pain is more manageable. We cannot put all of this process into words, but try to by talking to best friends, family, or small support groups. It can help you feel better. Or use artistic pursuits, such as, music, art, dance, photography, rearranging your furniture, etc. to help get yourself through this time of pain.

Bereavement is a general term for the fact that one has experienced a significant loss. It is an umbrella term to note the occurrence of a loss. There is no timetable for bereavement. You don't want to find yourself years later

like Tracey experiencing unresolved grief! Set aside a time to grieve daily or several times a week. You might spend time thinking about the loved one and holding the memories, or seeing or doing things that remind you of your loved one. Tears are good!! They are the body's release valve for grief because holding grief inside can become physically destructive.

Join a support group. Sharing your story and hearing other's stories will help you realize you are not the only one having the same feelings. When Tracey realized she was not only experiencing the grief for her dog, but also the unresolved grief for her husband, she joined a support group. She came to a turning point when the question of "why" is this happening became "Now that this has happened, what shall I do?"

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Heartbeat of the Treasure Coast

Dr. Robert Reinauer's Passion

Sight and vision are essential to our everyday life, influencing how we learn, communicate, work, play, and interact with the world. Indian River County is home to world class eye care and also to philanthropy. It doesn't take long to realize we have quality medical professionals who have a commitment to serve and help others in need. Dr. Robert M. Reinauer exemplifies quality care and compassion. Dr. Reinauer's core focus is the surgical care of the retina, diabetes eye care, and treatment of macular degeneration.

Dr. Reinauer joined New Vision Eye Center in 2015; his passion for protecting and restoring vision is a perfect fit. In July of 2016 New Vision Eye Center sponsored Dr. Robert M. Reinauer for a return ChOSEN medical missionary trip to Mexico.

'ChOSEN' is the Christian Ophthalmic Surgery Expedition Network and Dr. Reinauer is a volunteer physician. Their mission "is to faithfully share the Gospel of Jesus Christ through compassion and restoration of sight through ophthalmic surgery." He spent a week in Mexico this summer with 3 cataract surgeons and another retinal surgeon. His days began with prayer and break-



LtoR; Robert Reinauer, MD; Ryan Rush, MD; Avery Rush, MD; Alan McCarty, MD; Aaron Pittard, MD.



fast and the team of 26 volunteers performed around 100 surgeries a day. Patients received the latest technologies and techniques from highly-trained and experienced eye surgeons. Dr. Reinauer also provided education and training to the local healthcare providers that worked with him to promote optimal long term outcomes.

Thank you, Dr. Reinauer, for your compassion, dedication, and delivery of quality eye care.

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Heartbeat of the Treasure Coast

Heartbeat of the Treasure Coast

Steward



LOCAL PEOPLE

by Cindy Bryant and Colleen Symanski, RN, CDE, Health Coach

Making a Difference!

KUDOS To Our Local Correctional Officers and Staff



Special Weapons and Tactics team

Entering through the doors of our local jails was an honor that opened our minds and hearts. Beyond the barbed wire fences and concrete walls are dedicated professionals that for the most part go unnoticed by most of us. I have opted to write this story in reverse chronological order.

The corrections system is complex and because of this it will take a series of articles in Heartbeat for due justice. First, special thank you is in



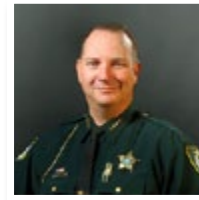
Sheriff Deryl Loar addressing graduation class

order because without their consent and willingness this story wouldn't even be possible. Thank you, Sheriff Deryl Loar of Indian River County and Major Selby Strickland - Thank you, Sheriff Ken J. Mascara of St. Lucie County and Major Patrick Tighe for opening your doors to us. Cindy and I left your facilities with an eagerness to continue our mission to honor your contributions to the judicial system. We will do our best to portray the integrity and roles made by correctional officers and staff.

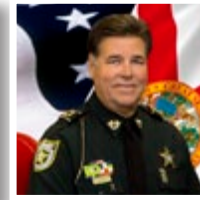
Typically, our jails houses three main types of inmates:

People who have been arrested and are being held pending a plea agreement, trial, or sentencing;

People who have been convicted of a misdemeanor criminal offense and are serving a sentence of (typically) less than 1 year; and



Indian River County
Sheriff Deryl Loar



St. Lucie County
Sheriff Ken J. Mascara

People who have been sentenced to prison and are about to be transferred to a prison.

About 70% of individuals detained in the jails are in the "pre-trial or holding pattern". They have been arrested but not found guilty. Their average length of stay is about 21 days.

About 30 % have been sentenced to serve jail time for 1 year or less or are transferred to a prison. Correctional officers safe guard the rights of inmates awaiting sentencing as well as those who have been found guilty.



Training



Memorial Tribute



Practice

Both facilities offer programs to inmates that promote needed skills to live productive lives when released from jail. Programs focus on training and skills needed for income and self-confidence such as inmates achieving high school diplomas and vocations skills. Vocation programs

continued on next page



LOCAL PEOPLE

Making a Difference!

Correctional Officers *continued from previous page*



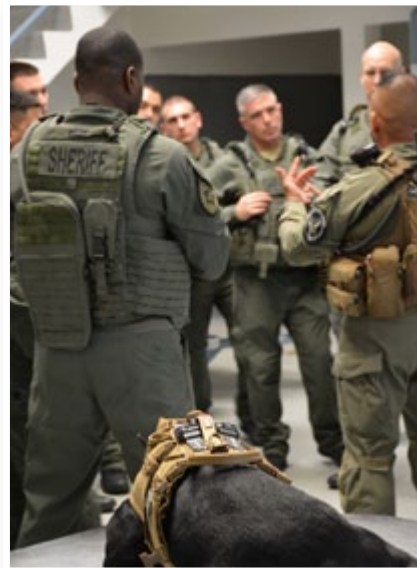
Part of a large family

range from lawn maintenance to print shop skills. They also include classes for parenting and drug and alcohol recovery. Wells Fargo even provides a program to teach money management. Our local jails provide counseling services, religious support, physical and mental health care. Besides correction officers are clergy, nurses, teachers, physicians, and social workers who work with inmates. Many are volunteers.

Correctional officers and staff open their doors to individuals arrested for a crime, armed only with verbal skills to diffuse. Their vest of protection is the art of diffusion. It is clear that the rights and mental well-being of those in our jails are at the fore-front of corrections. A significant number of those in our jails are substance abusers and in need of mental health care as well. When arrested,

if they have Medicaid, they lose their insurance coverage and have to wait 30 days to re-apply for coverage. This is a 30 day struggle for many when they are released; especially if they are in need of mental or physical health care or need prescriptions refilled.

When speaking with the correctional officers it was obvious that they have high standards and care for the inmates. Although the recidivism rate is high, their sense of accomplishments and reward is being greeted in the community by



Protect & Serve



All officers have the MACE experience first hand

those whose lives have been turned around. Working in corrections is hard work physically and mentally; a career that definitely requires special skills and compassion. Correctional officers and staff protect inmates and safe-guard our communities.

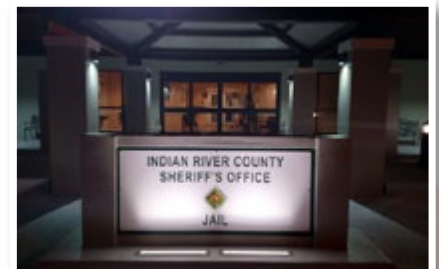
Thank you again for your time and for introducing us to the dedicated correctional officers, staff, and volunteers whose careers often go unnoticed by the public. Major Strickland is with the Indian River County jail and Major Tighe is with the St. Lucie County jail. Without their leadership and commitment this story would not be possible. Our jail time left Cindy and me almost speechless but we found the two most important words:

"Thank you".

To learn more or to become a volunteer visit their websites at www.ircsheriff.org and www.stluciesheriff.com.



Major Selby Strickland at graduation



Adult vaccines *continued from page 12*

Adults also need a yearly booster of the influenza vaccine. From season to season, different strains of Type A and Type B flu are seen in patients and the vaccine is manufactured based on input from the ACIP (Advisory Committee for Immunization Practices) to “match” the strains that are expected for the upcoming flu season. For that reason, a new vaccine should be given in the fall each year for the best protection against the flu.

There are also 2 different types of pneumococcal pneumonia vaccines that are recommended based on a person’s age and underlying condition and these vaccines prevent 80-90% of pneumococcal disease. The trade names of these vaccines are Pneumovax and Prevnar. Based on the latest guidelines from the CDC, most patients will need at least 2 doses of pneumococcal pneumonia vaccine in their lifetime, usually beginning at age 65, unless you have certain underlying medical conditions. Please consult your physician or pharmacist to determine which vaccine you might be due for.

Shingles vaccine, Zostavax, is indicated for patients who are age 60 and over. In certain cases it can be given at a younger age. The current guidelines recommend a shingles vaccine only once in a lifetime. Although the vaccine is not guaranteed to prevent shingles, it greatly reduces

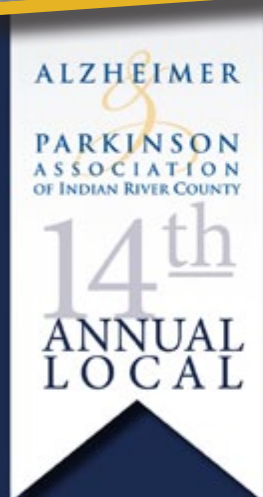
the chance of contracting shingles and/or it decreases the symptoms one experiences should they contract shingles.

Prior to administering your vaccines, your health care professional will screen you to determine if there is any contraindication, or reason why you should not get the vaccine. For example, people who have an allergy to eggs may not be able to receive certain vaccines, but, fortunately there is a new egg-free flu shot available. Also, vaccines that are live, such as shingles, should be avoided if you are taking certain medications or if you are immunocompromised.

Florida law allows pharmacists to administer most vaccines without a prescription from your physician. In most cases, you can walk in and only have a short wait. Medicare Part B pays for influenza and pneumonia vaccines, however, others such as shingles and Tdap will be covered under your prescription insurance plans.

If you have more questions, I encourage you to call your pharmacist, speak with your physician, or check with our local health department to get more information. Most of all, I urge you to research what vaccines you need so you can enjoy a healthy lifestyle. As always, the staff of Bay Street Pharmacy is happy to help so call us at 772-589-2043 or visit www.baystreetpharmacy.com.

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www.walktoremembervero.org

How to Protect Yourself: Credit Card Fraud

According to the U.S. Department of Homeland Security, the cost of credit card fraud may be as high as \$500 million a year. Consumer pay for the fraud through higher finance charges, annual fees and increased costs for law enforcement investigations and prosecutions. To protect yourself against credit card fraud, consider the following:

Protect your bills and credit cards. Unscrupulous scam artists often raid mailboxes or use “phishing” scams online to gather credit card account numbers and other financial information. If your cards or bills are late, contact your credit card company. Sign all credit cards as soon as they arrive. Keep a record of your credit card numbers in a secure place and include in that record the expiration date, phone number and address of the card issuer. Always get your credit card back promptly from salesclerks.

Guard your credit card number. Do not give your credit card number out over the phone or online unless you initiated the contact or you have verified the website you are on belongs to the company with which you believe you are dealing. Do not keep your PIN number with your credit card.

Merchants cannot require you to show a credit card for ID when paying by check. By Florida law, a consumer does NOT have to produce a credit card number or expiration date before payment by check; a consumer can be required to show have a valid credit card. The merchant can note the type of card and the name of the issuing bank, but nothing else.

Safety tips when using your credit card. Destroy carbons and voided receipts immediately. Check your bill against receipts. When traveling, carry the name of the issuer, account number and the toll-free number of the issuer in a secure place.

Reporting losses and fraud. If you lose your credit cards or realize they’ve been stolen, immediately call the issuer(s). Many companies have toll-free numbers and 24-hour service. By law, once you report the loss or theft, you have no further responsibility for unauthorized charges. In any event, your maximum liability under federal law is \$50 per card.

Keep Your Mind Active with our

Sponsor Name Scramble

S C U L L Y W E L S H C A N C E R C E N T E R
R A C E C C A T S I E A B E H A E E S C R K H
E R T T G A L T U S A H R I A Y N B R E E A N
T Y R A S M K H Z O L E A R R D A P U R A M R
N H U P E R T U A N G H L E J I A N A S U E
E S E H Y A O T N A S T L E O E C S L U G N U H T
E C E C S R H R S N A S T L E J O S E S L U G N E R C N
E C O E Y P E T E I O H Y D C W A V I W E S E
R I L N E T M P K D U I R I R Y N M T U C R C
A V O I R E E Y I R T E E V O H C I I H O E L A
C R R D A E M B R E H R I A F N E N S Y A H A
G S S R C R B N B T R M N D T E S O I L S P C
N S S E R T E O Y F E E P C T E T V P T O I
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Y E W E C A B G R N L R S A E F G E C P Y E S

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|---|---|--|
| <input type="checkbox"/> A Healthier Me | <input type="checkbox"/> Grace Rehabilitation | <input type="checkbox"/> Scully Welsh |
| <input type="checkbox"/> Aloha Home Care | <input type="checkbox"/> HealthSouth Rehabilitation | <input type="checkbox"/> Cancer Center |
| <input type="checkbox"/> Audibel Hearing | <input type="checkbox"/> Home Instead Senior Care | <input type="checkbox"/> Stephen Tate |
| <input type="checkbox"/> Care Centers | <input type="checkbox"/> Karen Todd | <input type="checkbox"/> Susan Kirby |
| <input type="checkbox"/> Bay Street Pharmacy | <input type="checkbox"/> My Visiting Nurse | <input type="checkbox"/> Thomas Baudo |
| <input type="checkbox"/> Bradley Reiner | <input type="checkbox"/> New Vision Eye Center | <input type="checkbox"/> Treasure Coast |
| <input type="checkbox"/> Charles Croft | <input type="checkbox"/> Patrick Judson | <input type="checkbox"/> Community Health |
| <input type="checkbox"/> Christopher Shumake | <input type="checkbox"/> Paul V Minotty | <input type="checkbox"/> True Colors Salon Spa |
| <input type="checkbox"/> David J O'Brien | <input type="checkbox"/> Perkins Medical Supply | <input type="checkbox"/> Val Zudans |
| <input type="checkbox"/> Dinesh Patel | <input type="checkbox"/> Renaissance Senior Living | <input type="checkbox"/> VNA Private Care |
| <input type="checkbox"/> East Coast Clinical Services | <input type="checkbox"/> Robert Reinauer | <input type="checkbox"/> Walk to Remember |
| <input type="checkbox"/> Florida Eye Institute | <input type="checkbox"/> Sebastian River | <input type="checkbox"/> WeCare |
| <input type="checkbox"/> Friends after Diagnosis | <input type="checkbox"/> Medical Center | <input type="checkbox"/> Wilson Wallace |

Our local healthcare professionals making headlines and changing the world we live in.

Catalina Lasalle, HHA
CAREGiver of the Month – February 2017
Home Instead Senior Care



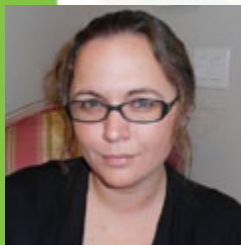
We appreciate Catalina for her prompt reporting when there are changes in client conditions. She works every weekend, and helps to staff last minute shifts. She is responsible, reliable and is loved by her clients for the outstanding service she provides. Catalina has the heart of a true CAREGiver and her work reflects this.

Lynn Floyd
CAREGiver of the Month – March 2017
Home Instead Senior Care



Lynn is CareGiver of the month for March because of her pleasant personality and always exhibits a great attitude about everything. She assists the office tremendously with reference to staffing schedules, no matter what the hour is. Her willingness to help regarding our higher level of care clients has been deeply appreciated. Lynn has gone above and beyond to set her clients at ease. She is known as a valuable asset to co-workers because they know they can count on her.

Brenna Dobbs
CAREGiver of the Month – April 2017
Home Instead Senior Care



Home Instead Senior Care is very proud of Brenna, for being the wonderful CAREGiver that she is. Families, clients and office staff alike appreciate her warm, polite and all around pleasant nature. They are so excited to have Brenna as part of their CareGiving team.

Gabrielle Wagner
Physical Therapist
Compass Therapeutic INC.



Compass Therapeutic INC. is proud to announce that Gabrielle Wagner, Physical “Therapist, has been recognized by the Academy of Geriatric Physical Therapy as a Certified Exercise Expert for Aging Adults. Gabrielle views aging as a positive event and understands that quality of life is enhanced throughout the lifespan by following principles of health promotion, prevention of disease, and appropriate rehabilitation intervention. Gabrielle provides direct care to her clients at Compass Therapeutic INC following the highest standards of clinical practice as supported by research and education. If you would like to work with Gabrielle please call 772-999-3129.

Susan Ferguson Long,
RN, MSW, LCSW
Faith Community Nurse
First Presbyterian Church of Vero Beach



Susan Ferguson Long moved to Vero Beach in 2015 and in just 2 years she has nestled in Vero Beach and is making a difference to our community. Susie’s background is in biopsychosocial care; which emphasizes the importance of understanding human health and illness. The biopsychosocial approach considers biological, psychological, and social factors for health and well-being. In 2015 Susie and husband joined the First Presbyterian Church. She sings in the choir, plays the handbells, became a deacon, and implemented a monthly grief support group. Susie coordinates health and wellness fairs and events for church members which are also opened to the community. Her most recent accomplishment is becoming a credentialed Faith Community Nurse and she fulfills this role at the First Presbyterian Church. Susie provides physical, mental, and spiritual health and wellness care to the church and our community. Her passion for helping others is a gift and a grace.

PULSE POINTS

VNA Private Care awarded 2017 Best of Home Care – Provider of Choice Award for seventh year

The Visiting Nurse Association's (VNA) **Private Care** department announced today that it **has received the 2017 Best of Home Care – Provider of Choice Award from Home Care Pulse**. The Provider of Choice Award is granted only to the top-ranking home care providers, based on client satisfaction scores gathered by Home Care Pulse, an independent satisfaction research firm for home care. VNA Private Care is now ranked among a select few home care providers across the country who have proven their ability to

provide outstanding care. This is the organization's seventh year in a row achieving such recognition.

"We want to congratulate VNA Private Care on receiving the Best of Home Care – Provider of Choice Award," says Aaron Marcum, CEO and founder of Home Care Pulse. "Since this award is based on client feedback, it demonstrates their dedication to providing the highest quality of care with a focus on client satisfaction. We are pleased to recognize VNA's dedication to quality professionalism and expertise in home care."

"Our VNA Private Care consistently meets the highest standards of providing private care services - that of licensure as a home health agency. This honor demonstrates our continued

commitment to our staff to provide on-going training and supervision, which assures our clients will continue to receive the very best care," said VNA President and CEO, Mary Linn Hamilton.



Angela Dickens joins the Scully-Welsh Cancer Center

Angela Dickens joined the Scully-Welsh Cancer Center at Indian River Medical Center, managing all Marketing, Public Relations and Branding initiatives. Previously, Dickens was the Director of Marketing & Community Relations for Sebastian River Medical Center and prior to that, three major medical centers in New England, bringing over two decades of healthcare marketing and strategy experience to her role at the cancer center. Dickens earned her Bachelor of Arts degree in Journalism & Commu-



Angela Dickens

nications from the University of Maine and has received several awards from national organizations for her excellence in healthcare marketing communications.

25th Anniversary of We Care of Indian River Culminates at 3rd Annual Mardi Gras Fundraiser *(See pictures pages 30 & 31)*

Amid the revelry of Bourbon Street jazz, New Orleans cuisine and casino fun, the We Care Foundation of Indian River culminated its We Care program 25th anniversary celebration at its 3rd annual Mardi Gras at Oak Harbor Country Club. Over 250 guests attended We Care's signature fundraising event.

Founded in 1991 as a cooperative venture between the Indian River County Medical Society, the IRC Health Department, and the IRC Hospital District, the We Care program coordinates free specialty physician services for uninsured indigent patients in Indian River County. More than 130 volunteer doctors, dentists and other medical professionals donate care to as many as 3,000 qualified Indian River County residents each year. These donated services are valued at over \$1 million annually.

PULSE POINTS

VNA's Health Care on Wheels mobile health clinic now offering pay for service option

The Visiting Nurse Association of the Treasure Coast's (VNA) Health Care on Wheels mobile health clinic is now offering a pay for service option for patients seeking non-emergency, same-day medical attention. This new model allows for more individuals and families, not just those who qualify for free services, to use the mobile health clinic's services.

The VNA Health Care on Wheels continues to offer no-cost care to uninsured residents of Indian River County who have the Hospital District Care Card. To qualify for the Hospital District Care Card, you must be an Indian River County resident for a period of no less than six months and meet the criteria for the Federal Poverty Guidelines. Applications for the Hospital District Care Card are available at the VNA's Health Care on Wheels. Patients will be asked to provide a photo ID as proof of Indian River County residency.

For those who do not qualify for the Hospital District Care Card or have health insurance, the mobile health clinic's services are available at the following low cost prices: Sick Visit: \$60; Work Physical: \$40; Sports Physical: \$30. The mobile health clinic is accessible six days a week



and is located at various, convenient locations throughout Indian River County. Advanced registered nurse practitioners aboard the clinic can examine, diagnose and prescribe medications for minor, non-urgent illnesses such as upper respiratory infections, sore throats, earaches and minor cuts. For the full schedule and hours for the clinic, visit www.vnatc.com.

The VNA's Health Care on Wheels works in collaboration with the Indian River County Hospital District. For more information about the VNA's Health Care on Wheels and its services, please visit www.vnatc.com, or call 772-567-5551.



June is Cataract Awareness Month – Are You at Risk?

Living with cataracts can be compared to looking at life through a dull, dirty window.

But did you know untreated eye disease, including cataract, can adversely affect daily activities? Sometimes to devastating effect.

Studies show a high correlation between increased risk for automobile accident and untreated cataract – as much as 75% - compared to those who seek appropriate and timely treatment. Additionally, studies confirm those over age 65 show a 16% decrease in hip fractures after the sight saving surgery.

It's estimated more than 22 million Americans live with cataracts and over half of all Americans will develop the condition by age 80. Although cataract is the leading cause of blindness throughout the world, it is considered a conquered disease in the United States due to widely available treatment. However, cataract still accounts for significant vision impairment in the US, especially for those with difficulty accessing care due to cost, availability or other health barriers.

Treatment of cataract involves removal of the clouded natural lens

of the eye, replaced with an artificial intraocular lens (IOL) implant. Cataract removal is the most common procedure performed in the US with more than a million surgeries conducted annually.

In observance of Cataract Awareness Month, Florida Eye Institute will host Free Vision Screenings in June. Hours are 9:00 am - 11:00 am; Friday June 9th, 16th, 23rd and 30th at both Florida Eye Institute locations.

Florida Eye Institute is located at 2750 Indian River Blvd. at the corner of Royal Palm Pointe in Vero Beach, and 13397 US Highway 1 in Sebastian. Contact 772.569-9500 or www.fleye.com for more information.



Friendly technicians are ready to assist you at Florida Eye Institute in Vero Beach and Sebastian during Cataract Awareness Month. Free Vision Screenings are offered every Friday beginning June 9th through June 30th from 9 am - 11 am. Contact (772) 569-9500 or fleye.com for more information.



Full Referral Laboratory

Monday to Friday 6:30am to 4:45pm

NO DOCTORS ORDER REQUIRED
 GLYCO-A1C • CBC • Lipid Panel
 Comprehensive Metabolic Profile
 Highly Sensitive C-Reactive Protein
 PSA • TSH • Pro-Time (PT)
 Liver & UA • Direct LDL Cholesterol
 For information on tests go to
www.labtestsonline.org

EACH TEST ONLY **\$10.00**

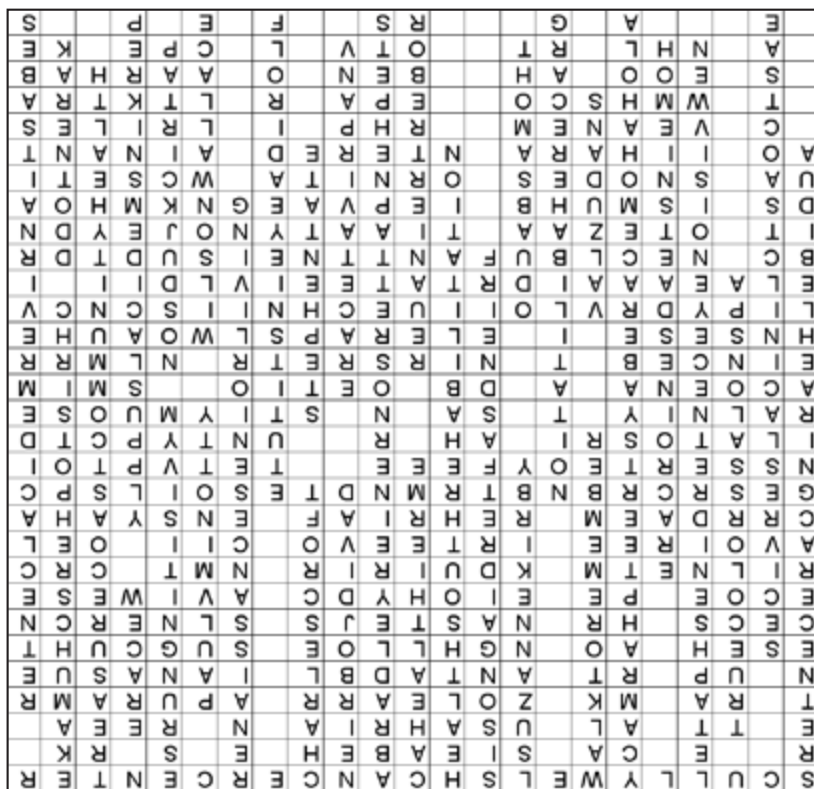
HEALTH FAIRS
\$10.00 EACH TEST

SPECIAL VERO HEALTH FAIR
 EVERY WEDNESDAY
 from 6:30am to 4:45pm



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