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INDIAN RIVER COUNTY • VOLUME 130

S.R.M.C. welcomes Alejandro Perez, D.O. Gastroenterologist

Read about him on page 8



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COPE program 40**

**Local Police Dept.
Dispatchers & Awards 42**

by Peggy Cunningham, Executive Director

Meet Our Rolling Classroom!

This past spring the Alzheimer & Parkinson Association was the recipient of a \$100,000 Impact 100 grant to be used to launch its “Dementia Friendly Community” initiative.

Our organization will use the grant to provide dementia – friendly education and training to individuals and businesses in our community. With the purchase of a 27-foot RV, we transformed an ordinary vehicle into a rolling classroom to serve key sectors of Indian River County. In addition to offering business training, staff and volunteers will use the vehicle for Virtual Dementia Tours, memory screenings, support group meetings and one- on – one family guidance.

Impact 100 was founded in 2008 with the idea that 100 women each donating \$1000 could make a transformational difference in the community. Since its inception, Impact 100 has distributed more than \$3.3 million to nonprofit organizations in this region. Words cannot express the gratitude and deep appreciation for the opportunity this gift has given our organization to further its mission. On behalf of our staff, volunteers, board, supporters and friends of the Alzheimer & Parkinson Association, we say ‘THANK YOU, IMPACT 100!’

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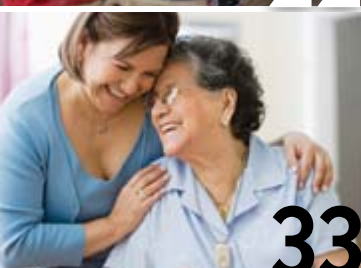
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 in Indian River County
 Guide to Senior Services
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cover story

S.R.M.C. welcomes
 Alejandro Perez, D.O.
 Gastroenterologist p8

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Heaven has a new angel; my daddy William R. Bryant, Sr. who was also a World War II Veteran. He lived a full life for 97 years. As daddy's health care needs changed and our family needed assistance caring for him we found everything he needed right here in Indian River County.

This is volume 130 for Heartbeat; my motivation in publishing Heartbeat of The Treasure Coast, 10 years ago, was initially from my personal commitment to help my dear mother and father mature with dignity. My father, brother, sister, and myself spent many hours researching Alzheimer's disease. But gradually our research included, assisted living facilities, physicians, medications, food supplements, vitamins, skilled nursing facilities, surgeons, neurologists and the list goes on, in efforts to help my mother who lost her battle with Alzheimer's Disease ten years ago.



This journey was followed by us caring for our father and finding the right resources and health care professionals for him. Once again, we feel blessed.

The process of finding the right person, the right place or the right technique is totally up to the individual, or their family; but if there is something that Heartbeat can do to assist you in not having to fight through that maze, then I have done what I intended. We are fortunate to have the finest health care professionals and facilities right here in our beautiful community. Thank you to my family, friends, and health care professionals who supported me and took great care of my daddy.

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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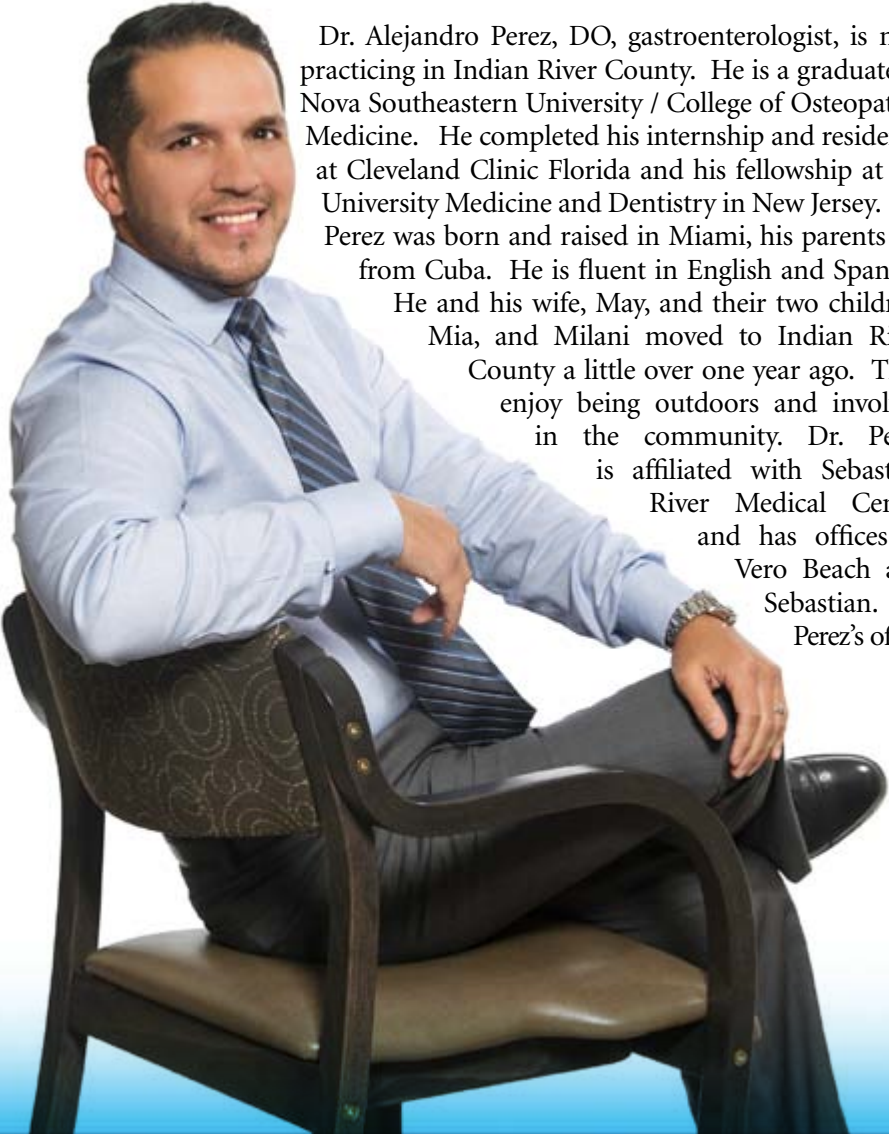
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Introducing Dr. Alejandro Perez, Gastroenterologist



Dr. Alejandro Perez, DO, gastroenterologist, is now practicing in Indian River County. He is a graduate of Nova Southeastern University / College of Osteopathic Medicine. He completed his internship and residency at Cleveland Clinic Florida and his fellowship at the University Medicine and Dentistry in New Jersey. Dr. Perez was born and raised in Miami, his parents are from Cuba. He is fluent in English and Spanish.

He and his wife, May, and their two children, Mia, and Milani moved to Indian River County a little over one year ago. They enjoy being outdoors and involved in the community. Dr. Perez is affiliated with Sebastian River Medical Center and has offices in Vero Beach and Sebastian. Dr. Perez's office

locations are: 3745 11th Circle, Suite 103, in Vero Beach – 7765 144th Street, Suite 6, in Sebastian. The office telephone number is (772) 567-4825.

Dr. Perez loves the diversity and scope of being a gastroenterologist which includes the management of diseases of the gastrointestinal tract which includes the esophagus, stomach, small intestine, colon and rectum, pancreas, gallbladder, bile ducts and liver. He helps patients with both common and important conditions; such as colon polyps and cancer, hepatitis, reflux (heartburn), peptic ulcer disease, colitis, gallbladder and biliary tract disease, nutritional problems, Irritable Bowel Syndrome (IBS), and pancreatitis.

Dr. Perez's practice consists of about 50% procedures and 50% clinical medicine. Common procedures he performs are upper endoscopies, colonoscopies and ERCPs (endoscopic retrograde cholangiopancreatogram). ERCP's help to find diseases of the liver, bile ducts, and pancreas as well as find and treat blockages within a bile duct. His practical medicine approach is based on the principal of helping patients by educating and setting realistic treatment goals. Dr. Perez wants his patients to have access to accurate resources, information, and credible educational material.

Dr. Perez's approach is that you don't just treat a condition or a disease. "It's about the connection", says Dr. Perez. "Patients need good medical information and guidance and they also need to be able to connect with their physician." He and his office staff, as well as the other physician's in the group, strive to make sure their patients have a positive experience. Dr. Perez spends time with patients so their quality of life and well-being are improved. Often times, patients have symptoms that they think are embarrassing; and this is often overcome by earning the patients confidence and trust. Other chronic conditions such as Irritable Bowel Syndrome can be stressful for patients. He emphasizes that good follow through and follow-up is essential to providing the highest quality of care.



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by Susan Long RN, MSW, LCSW

Faith Community Nursing

(Previously Known As Parish Nursing)



Increasingly churches are becoming places to which people can turn for healthcare with a spiritual dimension. Today, healthcare no longer means "sickness care", it is also about preventing sickness; recognizing symptoms early to prevent or reverse illnesses. Nurses in churches are in a perfect position to promote health, healing and wholeness, recognizing pain and suffering, and facilitating support in times of crisis. Faith Community Nurses passionately subscribe to a holistic style of care based on the understanding of the interconnected unity of physical, mental, social, environmental and spiritual factors that need to be considered in any interventions.

The Faith Community Nurse is Health Educator, Health Advocate, Personal Health Counselor, Referral Agent, Developer of support groups; such as caregivers, weight loss, grief and loss. In short, the Faith Community Nurse supports and facilitates physical functioning, psychological function and lifestyle changes, protection of the family, use of the health care system and health of the congregation. It is a way of sharing Christ's unconditional love for all people through education and care.

Nurses have long been concerned about the emphasis on sickness care. Faith Community Nurses are in a position to collaborate with members of the congregation, other nurses, other faith communities, community-based organizations in an important aspect of Faith Community Nursing. Effective collaboration puts God and the patient first, while respecting and responding to their gifts and differences to communicate mutual expectations and planning. Periodically the FCN evaluates the effectiveness of those working relationships.

Faith Community Nursing is a calling and a ministry to the congregation. It serves as promoting health for the whole body of Christ. The FCN integrates Faith and Health with knowledge about the human spirit, spirituality, and how spirituality and religion overlap in the context of the congregation. Through support groups and presence the Faith Community Nurse can bring about healing; that process of integrating the mind, body, and spirit to bring about wholeness, health, and a sense of spiritual well-being, even though the actual disease may not be cured.

Faith Community Nursing is located in the First Presbyterian Church in Vero Beach located at 520 Royal Palm Boulevard.



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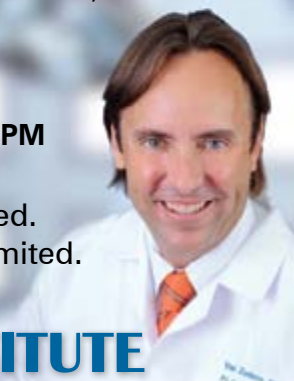
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by Theresa Tolle, R.PH, Owner Bay Street Pharmacy & Home Health Care

Public Health Emergency – Florida's Opioid Crisis



On May 3, 2017, Governor Rick Scott did something unprecedented in our state by declaring the opioid epidemic a public health emergency. Our federal government has been fighting this “drug war” for many years and this step is just the latest in a series to move toward a lasting solution.

In 2015, Florida had almost 3,900 documented deaths related to opioids. The Centers for Disease Control (CDC) states that prescription opioids are medications used to treat moderate-to-severe pain and often prescribed following surgery or injury, or for health conditions such as cancer. However, in recent years, there has been a dramatic increase in the acceptance and use of prescription opioids for the treatment of chronic, non-cancer pain, such as back pain

or osteoarthritis, despite serious risks and the lack of evidence about their long-term effectiveness. Medications that fall into this class include Hydrocodone, Oxycodone, Morphine, Hydromorphone, Fentanyl, Methadone and others. Some of the risks include physical dependence, drowsiness, dizziness, drug interactions with other medications, confusion, depression and many others. And, of course, addiction and even overdose as stated above.

There has been a multi-faceted approach to trying to solve this crisis, that includes education to physicians about the dangers and risks of prescribing these medications, changes to state laws to limit prescribing of some of these medications to a one week supply for new patients, changes to drug plan formularies to include more layers of approval before a patient can receive opioids, and others. Also, to ensure that patient who do have pain are adequately treated guidelines have been issued to help distinguish between acute (short term) and chronic pain and which medications are the “best practice” for each type of pain. Prescribers are also encouraged to have patients pursue non-drug therapies such as physical therapy, massage, relaxation techniques, acupuncture and others.

continued on page 20

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Patient Care Navigators Make a World of Difference

At Scully-Welsh Cancer Center, the Patient Care Navigators become the face and reassuring voice that helps patients make sense of what can be an overwhelming experience. Caring, specially-trained guides lead patients through the maze of cancer terminology, tests and treatment, while sharing means of coping with stress. They assist with research, locate specialists, make appointments, help with financial paperwork and connect patients with many medical and non-medical resources.

The navigators can effectively help patients anticipate and avoid obstacles to care, such as:

- **Social barriers:** appointment not kept because of need for child or elder care, fear of side effects of therapy
- **Healthcare barriers:** fragmented services, lack of coordination of available services
- **Financial barriers:** lack of or insufficient insurance, overwhelming paperwork, undocumented status and lack of citizenship, lack of financial resources
- **Physical barriers:** lives excessive distances from the cancer center, lack of car or access to public transportation
- **Information/educational barriers:** primary language is not English, inadequate health literacy, need for information about cancer care



The navigators, left to right: Denise Hudspeth, Joanna Brown and Sandra Webster

The Patient Care Navigators help community members to receive the care they deserve and provide a seamless transition from diagnosis to treatment to survivorship. They advocate for the highest quality care and help to make the journey easier so patients can focus on the healing process.

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

Food Allergy & Anaphylaxis

Food Allergy Basics

- Food allergies affect approximately 15 million Americans, including 6 million children.
- A food allergy is an immune system response to a food the body mistakenly believes is harmful.
- When a person with food allergy eats the food, his or her immune system releases massive amounts of chemicals, including histamine, that trigger a cascade of symptoms that can affect the respiratory system, the gastrointestinal tract, the skin, and/or the cardiovascular system.
- There is no cure for food allergies.
- The prevalence of food allergies appears to be increasing among children under the age of 18, that is 2 students in every classroom.

- Although food allergy desensitizations are being studied, these are not yet proven treatments, so strict avoidance is the only way to prevent an allergic reaction.
- Managing a food allergy on a daily basis involves constant vigilance.
- Trace amounts of an allergen can trigger an allergic reaction in some individuals.
- Unfortunately, food allergy deaths do occur, even among persons with a history of mild reactions in the past.
- 9-1-1 must ALWAYS be called with every anaphylactic reaction.

Anaphylaxis

- Is a serious allergic reaction that comes on quickly and has the potential to become life-threatening.
- Symptoms can develop rapidly after exposure to an allergen, often within minutes and usually within 30 minutes. However, it can take up to 2 hours for symptoms to occur after exposure to a food allergen.
 - Sometimes a second round (or “phase”) of allergic reactions can occur after the initial anaphylactic reaction. This is called “biphasic anaphylaxis”. A second reaction may happen as early as an hour after the first reaction or as long as 72 hours later (the average is 10 hours later) and can be less severe, as

severe, or even more severe than the initial reaction.

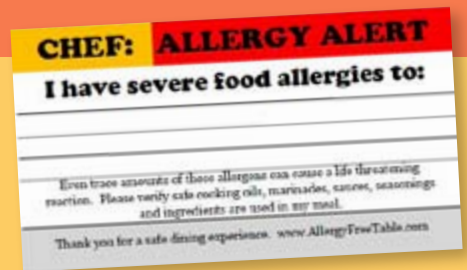
- Must be treated immediately with epinephrine (adrenaline).
- Prompt administration of epinephrine is crucial to surviving a potentially life-threatening reaction. Epinephrine has very few side effects. It is prescribed as an auto-injector device (Auvi-Q®, EpiPen®).

A food allergy is NOT:

- A food intolerance (lactose intolerance, gluten intolerance, etc.).
 - An intolerance does not involve the immune system – it involves the digestive system because the body lacks an enzyme needed to digest and process a particular food.
 - Symptoms of an intolerance include gas, bloating, and abdominal pain.
- A food preference (vegetarian, kosher, etc.).
- Celiac Disease (is a NON-IgE mediated food allergy).

Eight foods account for 90 percent of all food allergy reactions:

- Peanuts
 - Tree nuts (cashews, pecans, walnuts, etc.)
 - Milk
 - Egg
 - Wheat
 - Soy
 - Fish (halibut, salmon, etc.)
 - Shellfish (crab, lobster, shrimp, etc.)
- However, almost any food can cause a reaction. To learn more about food allergy, we recommend the video



“Understanding Food Allergy” by the National Institute of Allergy and Infectious Diseases.

Avoid high-risk types of restaurants. Persons with food allergies should generally avoid high-risk types of restaurants, including:

- Buffets and deli stations (risk of cross-contact).
- Asian cuisine (peanuts, tree nuts used in many dishes).
- Bakeries (risk of cross-contact).
- Ethnic (language barrier).

Minimize risk

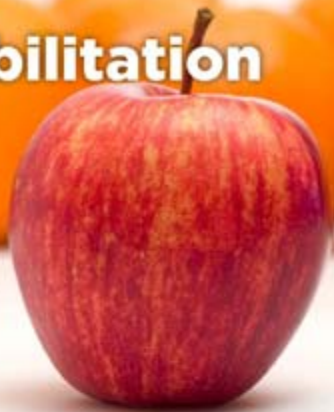
There are ways to minimize risk of accidental exposures and feel more secure about eating out.

- Look for allergy information from the restaurant. Some chains are food-allergy aware and may post allergen information on their Web site.
- Establish good relationship with manager, staff, etc.
- Consider using a “chef card” to alert the staff about your food allergy.
- Leave the restaurant or bring your own food if you feel uncomfortable about the restaurant’s food preparation.

For more information about food allergies, contact FAACT, and visit FAACT’s Education Resource Center for FREE and downloadable resources.



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:

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

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Nursing hours per patient per day	Between 5 and 7.5 hours	Between 2.5 and 4 hours
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Steward

Opiod Crisis continued from page 12

All of these tactics should help start to decrease the overall prescribing of prescription opioids.

However, that is only half of the story. The reason we have a crisis is that many patients have become addicted to prescription and illegal opioids. Fortunately, a positive outcome of Governor Scott declaring this emergency is that our first responders will now have access to an opioid reversal agent called naloxone (brand name, Narcan). Many counties in our state are securing this life-saving medication to be available in the vehicles of all emergency responders. This will undoubtedly save the lives of patients who have accidentally overdosed, but also,

potentially of a first responder who has unwittingly come into contact with one of these powerful and deadly chemicals. Other monies have been allocated by the federal government for mental health counseling and treatment centers to allow more access by patients who are seeking to treat their addiction.

In summary, the state of Florida has done much to address this crisis, but it will not go away quickly. Pharmacists are on the front line to prescribe and dispense naloxone to at risk patients and their caregivers. Please ask your pharmacist for more information or call us at Bay Street Pharmacy if we can help answer your questions, 772-589-2043.

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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**



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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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by Colleen Symanski, RN, CDE, Health Coach



Hope Project International

Good Shepherd Church of God in Vero Beach has gone to Nicaragua for the last 2 years; teaming up with Hope Project International. Church member, Jeremy Lloyd, was one of the Good Shepherd volunteers for the June 2017 mission. Jeremy said, "We go for one week and build a house per day teaming up with Hope Project Intl, a local church and local builders. Most of the work is done with just using hand tools. We mix the concrete on the ground and bucket it to the houses. One day in the week is spent with the local church and their feeding program."

Than and Megan Graffam founded Hope Project International after 10 years of experience as full time Children's Pastors. Both have international missions experience through short term trips starting in 1999. Through those trips they saw the need for people to come alongside of missionaries and existing programs to bring help to kids who desperately need it. With their hearts full of compassion and vision they started Hope Project

International in April of 2013.

Jeremy explains, "It's the most rewarding week you can imagine. Hard work pays off when you dedicate the homes and see the look on the faces of the families. They are a close knit community and have a dependence on God. We get to be His hands and feet and help make families stronger and children more hopeful."

Good Shepherd Church in the last 2 years have built and paid for 6 houses. Proud new owners of the houses include:

- Grandmother with amputated arm
- Father with amputated leg
- Child with special needs
- Brand new mom
- Parents who continue to sleep under a make do shelter so kids can sleep in the new concrete homes

Hope is a powerful word with the potential to change lives. Thank you Jeremy and to the other volunteers for your passion and being Good Shepherds.



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Heartbeat of the Treasure Coast

Hurricane Irma - No match for Grace and It's Employees

Long before Hurricane season begins, Grace Rehabilitation has a detailed emergency response plan, and practices implementing throughout the year to ensure we are ready for Hurricane season to begin.

When Irma was swirling around and wreaking havoc to small islands in the Atlantic on a course for Florida, Grace Rehabilitation's Administrator, *Jennifer Searl Palleschi*, was on daily scheduled phone calls with our association and the Governor. She provided comfort and reassurance for residents, staff and family, advising them all that if they were concerned for their safety where they lived, there was a place for them to stay. Jennifer made sure all preparations were done without a hitch. She made sure money was available after the storm for any staff who may not have access to their bank. Every staff member was given the time to take care of their own homes and family needs during the week prior to the storm, so they were all ready and able to come in and tend to resident needs.

The Environmental Services team was busy fueling up, preparing generator, obtaining plywood for staff and families, storage pods, U Haul, air mattresses, storm shutters, securing the grounds, etc. all while maintaining the facilities ongoing daily needs.

The Admissions & Marketing team was hard at work, making arrangements for new residents being discharged from the hospitals, as well as, members of our community who needed a place to shelter during the storm.

The Dietary team ordered 2 weeks worth of food, water, treats, Happy Hour supplies, and prepared all meals with fresh ingredients and nothing coming from a can; residents enjoyed it very much!

The Social Services team called every resident's designated family member to discuss plans, as well as, offering them a place to shelter as well. Social support was given to staff, families and residents alike.

The Nursing & MDS teams were also reassuring residents and their families, collecting specific paper charts from resident records in case of a power outage disabling electronic data, so they were able to see medications, allergies, specific



needs for every single resident. Medications and medical supplies were stocked and on hand for any need that should arise during and after the storm.

Human Resources was hard at work answering staffing needs, putting together lists for loans in case staff were unable to obtain money after the storm, keeping track of staff, families and where they were going to stay during the storm.

The Business Office made sure that all vendors were on standby and she was ready to cut a check in case we needed them after the storm.

The Company President came down to assist staff with preparations and clean up.

The Owner drove down from Tennessee with additional supplies for staff and families, including chainsaws, water and generators.

The Renaissance Senior Living helped to house extra water and supplies, as well as, family members in their facility.

When the storm made landfall and the winds began to whip around, The A Team: Administrator, Dietary Manager, Director of Nursing and the Maintenance Teams were in full gear and remained through the entire storm. Grace Rehabilitation lost electricity, but our generator immediately came on and powered the entire building and no one ever knew any different. Happy Hour was extended. In the morning bacon, eggs, homemade pancakes, French toast, and hot grits were on the menu. We did it again this year – Success!

"Each day we do all we can to provide quality care for our residents, including being prepared for all circumstances, including natural disasters or other emergencies. I am extremely proud of our staff and our company and their unwavering commitment to our residents." Jennifer Searl Palleschi.

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Heartbeat of the Treasure Coast



VNA promotes aging safely at home with Philips Lifeline medical alert devices



Donna Sorge, RN, BSN, director of VNA Private Care displays Philips Lifeline's GoSafe model with AutoAlert function.

One out of three seniors fall each year, and the risk of falling and fall-related injuries increase with age. To help allow seniors age safely in their homes, the VNA of the Treasure Coast (VNA) now offers Philips Lifeline medical alert devices to all individuals who want to feel safe in their homes or on the go. Philips Lifeline medical alert devices will summon help; allow you to talk to a Philips Lifeline response associate through the device; or can even detect falls and will call to see if there is an emergency. There are three different medical alert models available, and each model provides varying benefits depending of the needs of the individual.

"Philips Lifeline gives people more security, especially to those who live alone," said Donna Sorge, RN, BSN, VNA Private Care program director. "The different levels of devices provide people the opportunity to get the device that best suits their needs. For seniors

who like to travel and are active, the GoSafe with AutoAlert is the best option because they can take the device with them outside of their house."

The VNA provides private duty home care, home healthcare and hospice services throughout Indian River County. VNA Private Care, the private duty service line of the agency, promotes healthy and independent aging in the home through the help of home health aides and companion care in addition to skilled nursing care. VNA Private Care assists with activities of daily living such as transportation, meal preparation and medication reminders. To learn more about VNA services, please visit www.vnadc.com or call 772-567-5551.

To learn more about Philips Lifeline medical alert devices, please visit www.vnadc.com/lifeline or call 772-453-2639.

Heartbeat of the Treasure Coast

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

As a RN and Certified Diabetes Educator, three of the most frequent complaints people with diabetes complain about are fatigue, stress, and feeling depressed. Each of them affects quality of life. This article addresses diabetes and fatigue; some of the causes and some tips on what to do about them. This information does not replace the advice of your physician.

High blood glucose

Makes your blood a bit "sludgy," which slows down circulation so cells can't get the oxygen and nutrients they need. This can make you feel groggy. When blood glucose levels are not in a healthy range it affects red blood cells and causes an increase in blood viscosity. Stay hydrated, keep your BG in your target ranges and go for a 10 min. walk to help lower blood glucose.

Inflammation

Blood vessels get inflamed by the excess sugar. Research is suggesting when this happens immune cells called monocytes affect the brain

which can cause fatigue. Limit refined carbs.

Low blood sugars

Our cells and brain use glucose as fuel. When blood sugars are too low there isn't enough energy for the cells to work well. Keep blood glucose in target range; otherwise it is like trying to drive your car on empty. Try to avoid over correcting which can cause a spike and then another low.

Medication side effects

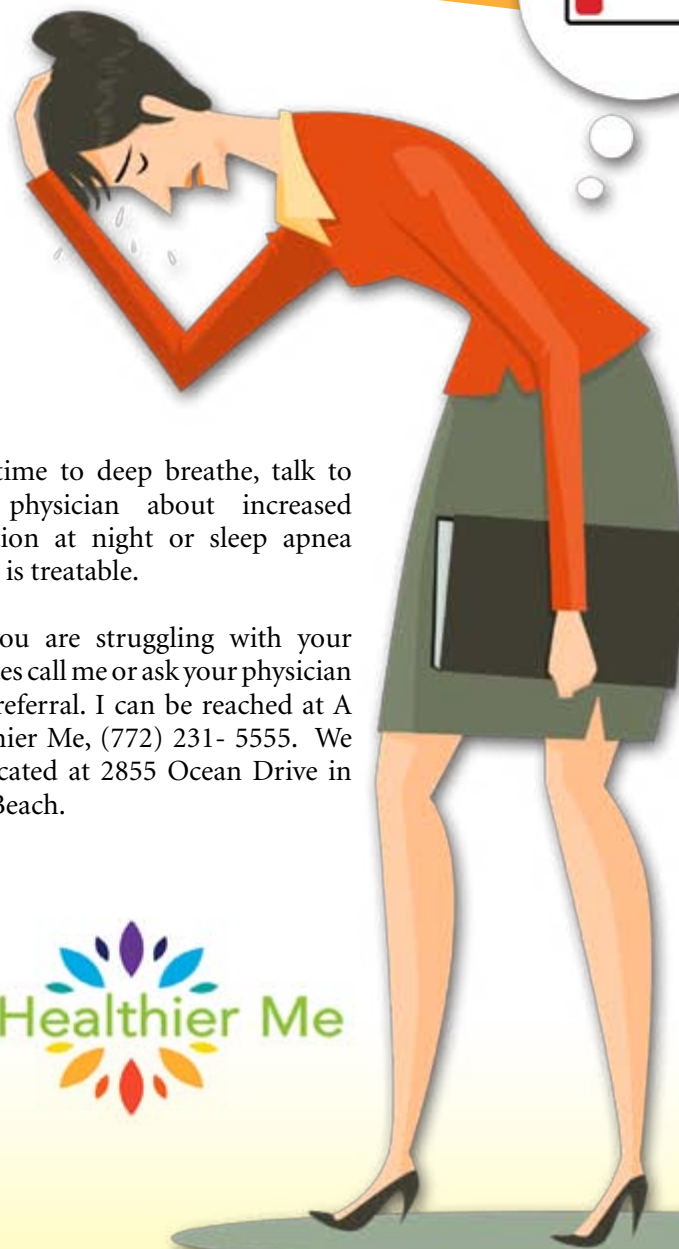
There are some medications for diabetes, blood pressure, depression, pain, and other issues that have a fatigue side-effect. Know your medications and speak with your doctor and pharmacist for alternatives.

Lack of sleep or poor sleep

Perhaps you are up at night due to stress, have to use the bathroom, or have sleep apnea; any of these can make you feel tired. Pace yourself during the day, prioritize, and adopt energy conservation techniques.

Take time to deep breathe, talk to your physician about increased urination at night or sleep apnea which is treatable.

If you are struggling with your diabetes call me or ask your physician for a referral. I can be reached at A Healthier Me, (772) 231- 5555. We are located at 2855 Ocean Drive in Vero Beach.



Renaissance Senior Living NOW OPEN!



Renaissance Senior Living is now open and we look forward to seeing you soon. 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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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 Oph-

thalmic 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 breakfast 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.



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



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5 years at Sebastian River Medical Center

Welcome to The New Health Care.

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LOCAL PEOPLE

Making a Difference!

Sebastian Police Department Community Oriented Policing Endeavor (COPE)

Community policing has been the long-standing, organizational-wide philosophy utilized by the Sebastian Police Department promoting partnerships with both businesses and the community.

For over a decade they have realized the benefits of extremely low crime rates and increasing crime clearances through proactive problem-solving and community engagement. So how did this happen? It starts at the top with the Chief of Police and Command Staff "leading from the front" and personally participating in the effort to focus current employees on positive interactions to hiring the right people with the right mind-set. While the entire civilian and sworn staff lives the concept of community policing in their everyday tasks, their C.O.P.E. Unit is the department's "tip of the spear" dedicated to organizing and coordinating this vital function across the agency.

The mission of the C.O.P.E. Unit is to be the catalyst in forming partnerships that bind the community and the Sebastian Police Department together with common cause. The Unit's effort focuses on developing and employing proactive crime prevention strategies with community

education and involvement, in addition to forming alliances with both residential and business partners. This is based on a prescriptive needs assessment as to the wants and needs of the specific neighborhood or the particular business environment.

To engage the community, they conduct the standard fare of attending homeowners meetings, creating neighborhood watches and networking with community organizations, but one unique aspect was to launch



Sebastian's C.O.P.E. Unit and School Resource Officer host back to school bash.



(Left) Chief Morris and company get face time with citizens at the Sebastian Chamber's Grill Out Night. (Right) Neighborhood kids enjoy popcorn and snow cones served up by Officer Gillette.



the Community Outreach Program traveling trailer. Simply put, this is the mechanism that makes it easy for the agency to hook-up, pull out and re-locate the police department out in a neighborhood or at a special event within City of Sebastian. They host events several times each month. The purpose is for members of the agency to meet with citizens face-to-face in one-on-one encounters. Officers, Command Staff and other members of the agency, such as the Volunteers, Crime Scene Technician and Dispatchers, set up in various neighborhoods with in the city to participate in this outreach. They provide an attraction and utilize food, giveaways and activities such as popcorn, snow cones, pizza, pamphlets, footballs, basketballs, etc., based on the constituency of the particular event or location. For example, recently C.O.P.E set up at the local basketball courts and football practice fields at Barber Street Park

on a weekday evening. Uniformed officers played basketball with the more than 25 regular teenagers that routinely play there.

Children in pee-wee football came over to partake in snow cones and sit in the police car and have their picture taken. At the City's 4th of July daylong event they handed out hundreds of pamphlets, answered questions about citizens' concerns, and provided giveaways in the form of t-shirts, pencils, etc. to the kids. These events provide an opportunity to inform the public, distribute crime prevention materials, and build relationships with neighborhood kids, parents, retirees and business partners about quality of life issues and often correct misconceptions about the police, procedures or crime activity in the City. The goal is to create a lasting environment of cooperation between the police, the citizens and businesses of Sebastian.



LOCAL PEOPLE

Making a Difference!

Celebrating Our Local Dispatchers

Sebastian Police Department



Gloria Brown has been with the Sebastian Police Department for 28 years. She has served as the sole Communications Supervisor for just over 17 years. She is responsible for the oversight and the operation of four 12 hour shifts consisting of a total of 9 dispatchers. Each shift normally has two dispatchers on-duty. As Supervisor her primary responsibilities are to manage and lead the personnel assigned to the Communications Center. Due to position vacancies, leave requests and training requirements, Gloria often fills in as one of the two active dispatchers

answering phones and dispatching calls. Gloria is very loyal to the police department and her goals are consistent with the direction of the Agency. Gloria stands head and shoulders with the best of the communications supervisors and managers in the State of Florida and continues to be an indispensable asset to this organization. She influences and inspires the workers of her unit with a focus on service to the citizens, accuracy of information collected and recorded and the monitoring of the radio to ensure the safety of the police officers.

Vero Beach Police Department



Communications Officer Rhianna Fincher has been with the Vero Beach Police Department for a total of 12 years over the last 17 year span. Although Rhianna briefly left VBPD in 2009, she came back in 2013 with a wealth of knowledge looking forward to apply her experience to her career as a dispatcher with her home agency. Since 2013, Rhianna has been recognized with a prestigious Employee of the Quarter Award three times. Most recently, Rhianna received the Employee of the Quarter Award for April through June of 2017 for going above and beyond her dispatch

duties. In this latest nomination, Rhianna was recognized by patrol shift supervisors for going above the call of duty in assisting the shift in their investigation of several cases, such as missing persons, drug investigations, and outstanding warrants. Most

continued on page 54

Heartbeat of the Treasure Coast

VB Police Department recognizes and honors its award recipients

Vero Beach Police Chief David Currey (left) makes presentation



Det. Brian Kerensky was promoted to the rank of Corporal and will be transferred to the patrol division as one of the day shift supervisors, where he's expected to do a fantastic job!



Ofc. Green was recognized with a CIT Award (Crisis Intervention Training) for deescalating a dangerous situation with a suicidal subject armed with a knife. Due to Ofc. Green's efforts, no one got injured during this incident.



Ofc. Casey Myers was recognized as the Officer of the Quarter for his outstanding job enforcing traffic laws, handling over 60 traffic crashes, and assisting the patrol shift during the last quarter.



Communications Officer Rhianna Fincher was recognized as the Employee of the Quarter for going above and beyond in her dispatch duties and keeping the officers safe.

Heartbeat of the Treasure Coast



by Ken Symanski, personal trainer/co-owner of A Healthier Me
 "Simplifying health and fitness"
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Ask the Trainer



Do I need to be in shape prior to training with you? I'm not an athlete or gym-body type of person. It's been a few years since I've done anything and I've injured myself before.

This is a yes and no type of answer. While it does help to be in shape before you start a committed training program, you do not need to be in any kind of shape to start, you just have to begin where you're at and build up from there. Everyone is at their own level of physical fitness anyways, whether they've done it their whole lives, or just beginning at 60.

Begin without a solid base; take it light and easy the first few weeks so you don't cause any damage to any dormant muscles, tendons, ligaments, or joints. Should you join a workout group or use a personal trainer, make sure you undergo a fitness evaluation of some kind before you jump in and begin. The last thing you want to do is start out with too much intensity too soon, and set yourself up for injury. Many trainers, including myself, offer a complimentary consultation.

I recommend a balance of cardiovascular, muscular, stretching, and meditation to everyone I know. Taking a well-rounded, mental and physical approach is going to give you the best chance at attaining optimal levels of fitness and well-being. It is crucial to give yourself adequate rest and hydration. Once you have all that going, make sure to enjoy a wide-variety of fresh foods, fruits, vegetables.

So to answer more specifically, find 2 or 3 things you really enjoy doing and incorporate them into your routine for at least 20-30 minutes 4-5 times a week. There is no real reason to push yourself to any extreme with one thing only; so I suggest rounding it out and keep it varied and avoid boredom. If you prefer a more solid and structured routine, go for 1 or 2 fitness routines and find what works best. Be safe, keep it simple, and enjoy what you're doing and you'll reap the benefits for the rest of your life!

by Theresa Tolle, R.PH, Owner Bay Street Pharmacy & Home Health Care



Have you had your Part D Checkup?

There are many things in our lives that we work hard to maintain, such as our vehicles, homes, health and finances. However, one area that many people who are Medicare eligible fail to maintain or review annually is their Part D prescription plan. If you have a Part D plan, you should review it every year during open enrollment, October 15 through December 7, to ensure that you still have the plan that is best for you.

Unfortunately, choosing a plan is not as simple as choosing a low monthly payment. It is best to use a tool, such as www.medicare.gov, to list all of your medications and the pharmacy of your choice to determine what your anticipated out of pocket will be for the year. This tool will factor in your monthly premium, any deductible, a preferred or non-preferred pharmacy, the formulary coverage of the plan and more. It will also predict if or when you are likely to enter the coverage gap, also called the donut hole, during the year.

One of the main reasons you should check every year is because Part D plans will change their formulary, or preferred drug list. Therefore, you could have some brand name medication that is very expensive but covered by your plan for 2017, however, in 2018, it is no longer covered, yet you are stuck with the plan for the entire year. Your only option would be to have your physician prescribe a similar medication or pay out of pocket for that medication for the year. Formulary changes from one year to the next seem to be happening with great frequency, so it is important to understand how they might affect you.

Another thing to consider is our baby boomer population who is just turning 65 at the rate of 10,000 per day. Many boomers will transition from employer-sponsored insurance plans to Part D plans and the benefits will be vastly different, so boomers also need to head the advice of choosing carefully.

In addition to the website I have mentioned above there are other resources to seek help with this important decision. Another website with a lot of information is www.q1medicare.com and they update annually with all of the plan changes. The state of Florida offers SHINE, a free service found by dialing 211. In addition, your local insurance representatives can often help choose a Part D plan, along with a medigap plan if needed or, alternatively, they can help evaluate between those options and a Medicare Advantage plan. Finally, Bay Street Pharmacy offers a FREE service each year to meet with you by appointment if you want help choosing a Part D plan. Please call 772-589-2043 to schedule an appointment starting in mid-October.

Growing older is best when you have a great quality of life. By spending a little time to get "checkups" along the way, my hope is that you will be able to enjoy the "golden years" you have worked so hard to reach.

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- ☐ Patrick Judson
- ☐ Paul V Minotty
- ☐ Perkins Medical Supply
- ☐ Phillips Lifeline
- ☐ Renaissance Senior Living
- ☐ Physician Stat Lab
- ☐ Robert Reinauer
- ☐ Sebastian River Medical Center
- ☐ Scully Welsh Cancer Center

- ☐ Stephen Patterson
- ☐ Stephen Tate
- ☐ Suzanne Kirby
- ☐ Susan Long
- ☐ Thomas Baudo
- ☐ Treasure Coast Community Health
- ☐ True Colors Salon Spa
- ☐ Val Zudans
- ☐ VNA Private Care
- ☐ Walk to Remember
- ☐ WeCare
- ☐ Wilson Wallace

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

Mollie Lanham
CAREGiver
of the Month –
May 2017
Home Instead
Senior Care



Being incredibly pleasant, professional and helpful to all are some reasons Mollie was selected as CAREGiver of the month of May. Her willingness to be flexible with schedules and updating the office when necessary are tributes to her organizational skills. Clients and co-workers speak highly of her upbeat attitude in all situations.

Thuong Passerelle
CAREGiver
of the Month –
June 2017
Home Instead
Senior Care



Applause for Thuong Passerelle for all she does at Home Instead Senior Care. She is incredibly helpful in everything she does, even at the last minute she comes through for her clients and families. Patience and her sweet demeanor makes her an amazing CAREGiver. Home Instead receives wonderful feedback from her clients and family alike. The genuine interest in the families she cares for makes her a real asset.

Katie Reilly
CAREGiver
of the Month –
April 2017
Home Instead
Senior Care



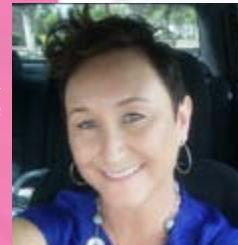
Katie was selected CAREGiver of the Month due to her diligence in reporting changes in her client's wellbeing and a willingness to adjust her work schedule to accommodate others. In all business' there are difficult situations that happen, Katie greets them with a smile and some resolution. A client family says "Katie is very patient, kind, and understands how my mom is. She is always willing to do anything to help and is a sweet nice person"

Kathy Moon,
RN
Aloha
Home Care



Congratulations to Kathy Moon, RN Aloha's Employee of the Month! Kathy works full time as a Clinical Manager in the Port St Lucie office location. Her knowledge and experience in home health care is evident as she is able to juggle phone calls from staff, family and referral sources from early morning until late afternoon. Aloha management are delighted to have her on our team!

Kristi Hall
Aloha
Home Care



Aloha is pleased to welcome Kristi Hall to our Melbourne team. Ms. Hall joins Aloha as a Community Liaison for Brevard County. Kristi has extensive experience working with seniors, facilities, and physicians throughout the Treasure Coast. Kristi will be providing education to referral sources, providing talks to senior communities, assisting facilities in identifying care needs for safe home discharges, and will work with clinical staff from referral to admission. For more information, or to contact Kristi, please call the Melbourne office location: 321-259-3733.

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.

VNA Associates of the Quarter

The Visiting Nurse Association (VNA) is proud to announce Tanya Donsife, Brenda Joslyn and Lori Newton as their most recent Associates of the Quarter. Information specialists in VNA's human resources department, Donsife, Joslyn and Newton are awarded this honor by their peers for their integrity, collaboration, accountability, respect and excellent customer service. VNA's



VNA's most recent Associates of the Quarter with President & CEO, Mary Linn Hamilton. From left: Brenda Joslyn, Tanya Donsife, Mary Linn Hamilton, Lori Newton.

information specialists are recognized as "the voice of the agency" and are often the first point of contact for associates, patients, families and the general public on a daily basis. Their dedication to top quality customer service, teamwork and collaboration to ensure associate and patient needs are met in an exemplary manner earned them this honor.

"With each interaction, VNA's information specialists provide a variety of communication about VNA and community services. They strive for prompt, accurate and quality service to callers, visitors and associates. I am honored to have them as part of human resources and the VNA team," said Rosalie Webster, SPHR, SHRM-SCP, vice president of human resources.

"It wasn't until I started working for VNA that I came to understand their broad, positive impact out in the community and at the hospice house. I consider myself very fortunate to be part of an awesome team that values collaboration and strives every day to make our department a great place to work," said HR Specialist, Brenda Joslyn.

The VNA provides home health, hospice, private duty and community wellness services to Indian River County residents, and has had a presence in the community for over 42 years.

If you are interested in learning more about careers with the VNA, or VNA services, please visit www.vnatc.com, or call 772-567-5551.

PULSE POINTS

VNA Caregiver Conference recognized at state level

The Visiting Nurse Association (VNA) was recently awarded a prestigious Golden Image Award on behalf of the Florida Public Relations Association (FPRA). Their bi-annual community outreach event, the VNA Caregiver Conference, received top honor under the Community Relations category for incorporating sound public relations research and planning, as well as meeting the highest standard of production, execution and evaluation of results and budget. VNA also received a Judge's Award for their entry. FPRA's Golden Image Awards draw hundreds of submissions from across the state, and are judged by accredited professionals who have at least 10 years of experience practicing public relations and a history of winning Golden Image Awards.

"It is an honor to be recognized at the state level for our programming," said VNA Director of Marketing, Steve Smith. "VNA is dedicated to providing not only the highest quality patient care, we also see it as essential to provide quality resources at no-cost to our community members. This would not be possible without the generous community partnerships we have formed through organizing our caregiver conferences, and the hard



Meg Cunningham, VNA Communications Specialist, and Marketing & Communications Coordinator, Sara Almond, accepted the awards earlier this month.

work of our dedicated staff."

VNA's Caregiver Conference bridges the gap between caregiver needs and local, affordable resources by partnering with other community organizations to bring awareness, education, resources and support to seniors and caregivers. The event is offered bi-annually to community members at no-cost. FPRA is made up of public relations professionals throughout 16 different chapters across the state. The organization has existed since 1938, and celebrated their 60th Anniversary of the Golden Image Awards this month.

For more information about VNA services and their Caregiver Conference, please visit www.vnatc.com. To learn more about FPRA, go to www.fpra.org.

PULSE POINTS

VNA recognized as a We Honor Veterans partner

It may surprise many people to learn that 25 percent of those who die every year in the U.S. are veterans. To help provide care and support that reflect the important contributions made by these men and women, the Visiting Nurse Association (VNA) has become a national partner of We Honor Veterans (WHV), a pioneering campaign developed by the National Hospice and Palliative Care Organization in collaboration with the Department of Veterans Affairs. As a WHV partner, VNA will implement ongoing veteran-centered education for their staff and volunteers to help improve the care they provide to the veterans they proudly serve. Veterans in the care of VNA Hospice receive a special pinning ceremony, thanking and acknowledging their service and duty.

"VNA Hospice of Indian River County is committed to compassionately caring for the men and women who have served our country," said Vice President of Clinical Services, Kathy Orton. "Our Hospice team believes that the We Honor Veterans program will enable us to meet the unique needs of our veterans."

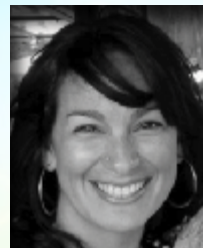
The We Honor Veterans campaign provides tiered recognition to organizations that demonstrate a systematic commitment to improving care for veterans. "Partners" can assess their ability to serve veterans and, using resources provided as part of the campaign, integrate best practices for providing end-of-life care to veterans into their organization. By recognizing the unique needs of our nation's veterans who are facing a life-limiting illness, VNA is better able to accompany and guide veterans and their families toward a more peaceful ending. And in cases where there might be some specific needs related to the veteran's military service, combat experience or other traumatic events, VNA will find tools to help support those they are caring for.

"We Honor Veterans shares a common goal with our nation's hospices, and that is to provide the best possible care specifically tailored for veterans, meeting their goals of care in their preferred setting," said J. Donald Schumacher, NHPCO president and CEO. As we focus on working together and unite our services and skills, WHV will channel our combined strengths directly to veterans - wherever they are receiving care."

The resources of WHV focus on respectful inquiry, compassionate listening and grateful acknowledgment, coupled with veteran-centric education of health care staff caring for veterans. To learn more

about We Honor Veterans or to support this important work via a secure, online donation, please visit www.wehonorveterans.org. To learn more about VNA services, please visit www.vnatc.com.

Nurse On Call Adds Highly Skilled, Seasoned Professional to its Home Healthcare Coordinator Team



Nurse On Call is pleased to announce the addition of Lisa Harvey to its Home Health Coordinator sales team. Boston

native who moved to Sebastian in 2002, Lisa brings over 15 years of experience to the agency, most recently in healthcare as the Director of Transitional Care for Palm Garden of Vero Beach and Home Care Coordinator for a private duty agency. Lisa's new role will focus on providing Medicare home healthcare services to those that need it most at home, with a focus on assisted living communities.

"We are thrilled to have Lisa on the team," said Nikki Parris, Manager of Sales. "She brings a tremendous amount of energy and experience

from her prior positions in the assisted living and private-duty settings, and are excited to have her join the Nurse On Call family!"

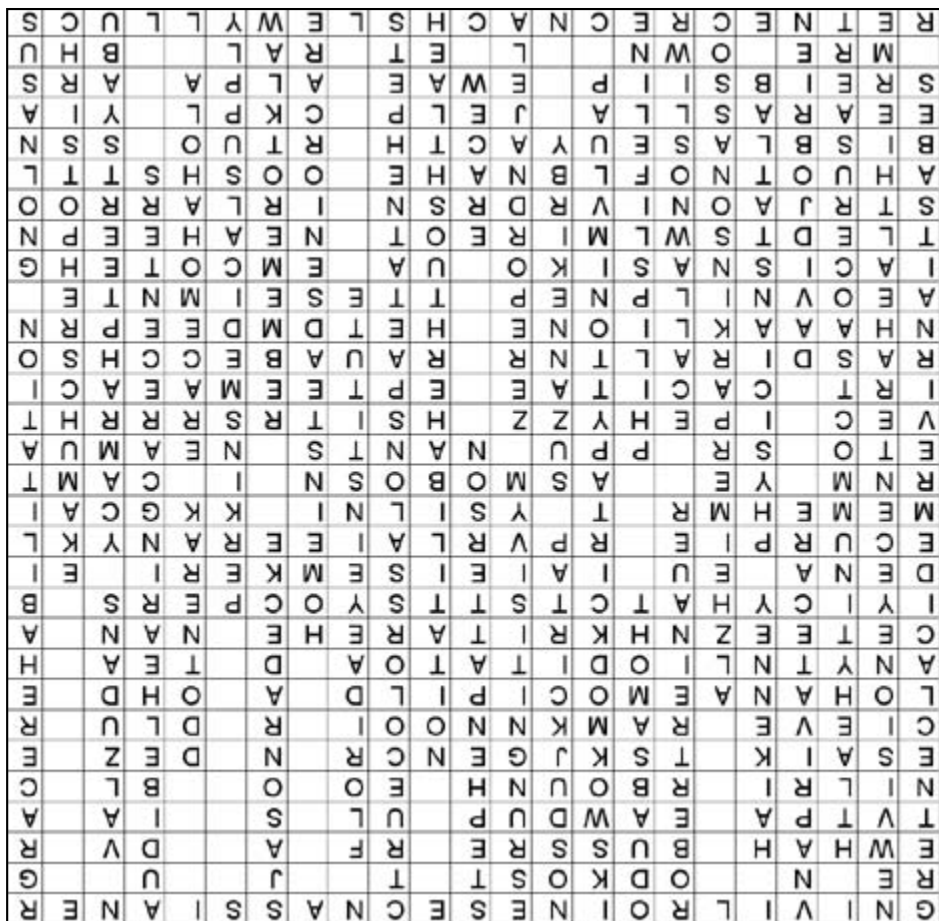
When Lisa isn't working, you will find her volunteering her time for the Alzheimer & Parkinson Association's Walk to Remember and the Dementia Friendly Community Initiative, as well as the Senior Resource Association's Meals on Wheels and Annual Bingo event.

As you can see, Lisa has a heart for caring and giving back to our community. Please join us in welcoming Lisa to the team!

Nurse On Call, a subsidiary of Brookdale Senior Living, Inc., is a Medicare-certified home healthcare agency that provides multi-disciplinary care by an experienced team of healthcare professionals to our community since 1989. For more information, call (772) 770-1167 or

Celebrating Dispatchers continued from page 42

notably, while assisting the shift in an investigation of a suspicious vehicle with occupants holding multiple warrants, Rhianna, along with other dispatchers, cared for a child located inside that vehicle when the officers brought the child back to the police department. The dispatchers worked as a team to make sure that the officers had all the information they needed in proceeding with criminal charges in that case, while also entertaining and looking after a toddler who was wearing nothing but a diaper right inside the 911 Center. It is cases like these, among many others, and the teamwork Rhianna fosters and takes part in along with other Communications Officers at Vero Beach Police Department that makes our Communications Section so successful and outstanding!



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