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Sebastian River Medical Center

A STEWARD FAMILY HOSPITAL





VNA Welcomes New President & CEO Erik Kolacinski

The Visiting Nurse Association (VNA) of the Treasure Coast is pleased to announce that it has selected Erik Kolacinski as its new president and CEO. Kolacinski, who most recently served as senior vice president for Care South Health System in Georgia, has extensive experience with physician-ordered home healthcare, private duty nursing and hospice, all core service lines offered by the VNA.



VNA President & CEO
Erik Kolacinski

"I am very excited to be part of the VNA and their long-standing history," says Kolacinski. "From the short time I've been here, I've seen the incredible dedication the VNA staff has for our patients and the commitment the organization has to this community."

Kolacinski has over 15 years of experience in the healthcare industry with a strong emphasis on collaborating with healthcare providers to improve patient outcomes and the quality of healthcare delivered to the community. He previously had direct oversight of field clinical operations and sales for a home health and hospice organization with revenues exceeding \$175 million. He brings to the VNA an expertise in operational efficiency and business development strategies.

"We could not be more excited to have Erik join the VNA as our new chief executive," adds Sue Tompkins, chairman of the VNA Treasure Coast board of directors. "In addition to his industry experience, Erik's energy, enthusiasm, and passion for our mission will help us drive healthcare solutions in the communities we serve."

The VNA is the only non-profit home care and hospice provider in Indian River County. For over 40 years, this community has trusted VNA nurses, therapists, home health aides and staff to care for them in their homes. Patients and families benefit from the VNA's unique ability of offering a continuum of care through the organization's main service lines of home healthcare, private care and hospice. The VNA also provides daily community wellness services through its no-cost blood pressure and blood sugar clinics, flu program and the VNA's "Health Care on Wheels" mobile health clinic.

*For more information about the VNA,
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cover story

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 patient satisfaction
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Refer to page 55 to find one.*

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Vivid blues, white clouds casting by, the shimmer of color on dragon flies wings; the deep green of oaks leaves and grass on bright days are some of my favorite colors. Yellow buttercups, the velvet red of poinsettias, and purples and pinks... Yes, bright colors bring joy and comfort to me and they illuminate my home and life. Color stimulates our brain. During ancient times Egyptians and Chinese used colors to heal to help the body function better. Color, simply stated, is broken down white light and wavelengths. Today's holistic and western medicine uses light and color as a more sophisticated therapeutic modality.

We feel light and color physically and emotionally. How or what we feel about it varies from one person to another. The meaning of certain colors can also be different culturally. Color is also a powerful mode of communication. We know to stop at a red light and go on a green light. We can use color to uplift our mood or to relax it. Have fun with color with what you wear and within your home. Enjoy how it makes you feel. Take time to soak in those color waves. Your mind and body will thank you.

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Sebastian River Medical Center Emergency Room

Emergency rooms (ER) are a unique part of essential health care. They are open 24 hours every day and staffed with physicians and clinicians who have a specialty in emergency care. Unlike primary care physicians who often have detailed history and knowledge with their patients; emergency room physicians have to make decisions based on limited information. They are prepared to diagnose and treat unforeseen illnesses, injuries, and even disasters. Their main focus is to prevent death or further disability and they do so with a strong team that even includes those outside of the emergency room such as EMS personnel and law enforcement. Transformation is also happening at the same time.

As healthcare continues to transform itself, ERs are also changing to improve quality of care, safety, and reduce ER wait times. Many people have experienced that dreaded wait in an ER to be seen but the ER team at SRMC is changing that! Their ER team includes ER physicians, nurses, technicians, and admission and registration personnel. Patient wait times have been reduced by almost 50%. This means being seen in an average of 17 minutes. They use the 'direct bedding' process to get patients in an ER room immediately or as quickly as possible to be seen by a healthcare practitioner.

Marco, a recent patient at SRMC, best reflects what patients can expect. "Wait time was not an issue. The ER staff was professional and compassionate. I felt they really cared and I was treated as a person versus a statistic or a number on a clip board. My whole attitude changed. I came in as a stranger and by discharge time I felt I had a family who cared. The ER physician and staff saved my life."

Featured physicians such as Dr. John R Fernandez and Dr. Dawn M. Davidson Jockovich are emergency medicine specialists. Dr. John R Fernandez attended and graduated from University Of South Florida College Of Medicine in 1988 and has over 25 years of diverse experience, especially in emergency medicine. He is also the emergency room medical director. Dr. Davidson Jockovich graduated with honors from the University Of Florida College Of Medicine at Gainesville and has over 26 years' experience. She is also the director of the hospital's Center for Wound Care and Hyperbaric Medicine.



Dr. John Fernandez and Dr. Dawn Davidson-Jockovich with SRMC ER patient.

In keeping the Steward Health Care's philosophy to provide the highest quality of care within local communities, the SRMC ER team does just that. Don't be surprised if the ER physician who cared for you visits you in your hospital room. While they are entrusted to save lives, they also plan how, where, and needed resources every ER patient needs. Many emergency patients require hospitalization and for others, hopefully they get to go back home. Always call 911 for an emergency; outcomes are better when care is sought quickly. At Sebastian River Medical Center ER, you or your loved one will receive the speedy high quality care when every second counts!

Sebastian River Medical Center is located at 13695 U.S. Hwy. 1 in Sebastian. The phone is 772-589-3186. To learn more visit their website at www.sebastianrivermedical.org.



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The Psychology of Physical Health

As a health psychologist, Dr. Marikle helps patients deal with the psychological factors and behaviors that influence a person's health, illness, and how they manage within the healthcare system. Individuals coping with life-changing conditions often experience significant levels of stress. Concerns such as anxiety and depression can interfere with a person's ability to manage the demands of their medical care. Dr. Marikle helps patients overcome emotional barriers that prevent them from living the healthiest lives possible. "When we feel confident and effective, we are much better at facing medical treatments and taking care of our bodies," noted Dr. Marikle.

Dr. Marikle's specialty in sports psychology benefits athletes at all levels. Athletes may want to strengthen their mental game and improve their focus. Or perhaps overcome anxiety and cope with injury rehabilitation. Athletes in-

involved in competitive events can face anxiety and social isolation due to countless hours devoted to achieve ultimate performance. Dr. Marikle helps athletes achieve goals because she understands the dynamics of being an athlete.

Dr. Marikle also works with individuals who have anorexia, bulimia, binge eating disorder, and body dysmorphic disorder. She can help with eating disorder behaviors such as overeating, emotional eating, and over-exercising. Dr. Marikle says, "Many people believe the myth that individuals with eating disorders can just stop these behaviors at any time. They also may believe that their disordered eating behaviors have no impact on their physical health. Eating disorders are serious, potentially life-threatening conditions."

Small changes can have significant and lasting impacts in one's ability to successfully navigate the challenges for living a healthy life.

Dr. Susana Marikle is a licensed Clinical Psychologist. She earned her doctorate from Nova Southeastern University in Ft. Lauderdale, did her predoctoral internship at Jackson Memorial Hospital. Her postdoctoral fellowship was at the Center for Eating Disorders at the Sheppard and Enoch Pratt Hospital in Baltimore, Maryland. Dr. Marikle specializes in health psychology, sports psychology, and eating disorders.

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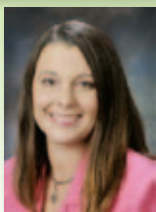
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Life is Looking Better Already

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

Florida Medical Marijuana Update



In 2016, Florida voters passed a constitutional amendment to allow for more widespread prescribing of medical marijuana. Prior to that amendment passing, the only form of medical marijuana allowed in our state was a low-THC version that required a prescription by a certified physician and had to be dispensed by a licensed dispensary only to a small subset of patients with cancer, seizures or severe muscle spasms.

The 2016 constitutional amendment greatly broadened the allowed diagnosis and the types of marijuana that are allowed to be dispensed. However, to implement the amendment, rules had to be written into Florida law. The Office of Medical Marijuana Use was created and they are charged with writing the rules for marijuana use in Florida and overseeing the Marijuana Use Registry in Florida. The rules were finalized in mid-2017, so patients now have more access. To review all of the detailed information, visit their website at <http://www.floridahealth.gov/programs-and-services/office-of-medical-marijuana-use/index.html>.

To obtain medical marijuana in Florida, you must first visit a qualified physician who has obtained special certification to prescribe it. As of the writing of this article, there are 20 physicians listed in Indian River County

and the list of eligible physicians can also be found at the above website. Once the physician agrees to prescribe to you, they list your information in the Medical Marijuana Use Registry and put your order information into the system. The patient will then need to apply for a Compassionate Use Registry Identification card. It takes about 30 days to be approved for one of these cards, however, once received, the patient can then go to a dispensary licensed by the State of Florida and obtain the medical marijuana prescribed by their physician.

There are several restrictions to obtaining medical marijuana in Florida, in addition to the limit on the number of physicians who are eligible to prescribe. The first restriction is that the qualifying diagnosis is limited to the conditions listed below:

- Cancer
- Epilepsy
- Glaucoma
- HIV/AIDS
- Crohn's disease
- Parkinson's disease
- Multiple sclerosis (MS)
- Medical conditions of the same kind or class as or comparable to those above
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)

- A terminal condition diagnosed by a physician other than the qualified physician issuing the physician certification
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition

A second restriction is that medical marijuana will not be dispensed from pharmacies and will only be dispensed from licensed dispensaries (medical marijuana treatment centers). The state has strict limits on the number of licenses that they provide to these treatment centers and, currently, it appears that there are only dispensaries in 17 Florida cities. Some of the reason for this is also because of concerns of local governments and temporary bans that have been placed against dispensaries opening. In our area, Indian River and Brevard counties have a temporary moratorium in place to not allow dispensaries, however, the City of Sebastian has passed a conditional use permit to allow a dispensary should one want to locate within the city limits. I do believe that some of these limits will be lifted over time, but the distance does not mean that a patient won't have access if properly prescribed. The approved dispensaries can provide medical marijuana to patients through a courier service under Florida law.

Finally, a third restriction, and one not often discussed, is COST! Even the Office of Medical Marijuana website has the disclaimer "Medical Marijuana is available in Florida, however, remains illegal under federal law". This becomes important because medical marijuana is technically not a drug by the FDA (Food and Drug Administration) standards so it does not have a national drug code and is not billable to any insurance. Also, because marijuana is still illegal by federal law, most dispensaries will not accept any form of payment other than cash because it is technically illegal for them to accept credit cards for an illegal substance. So, if you are considering seeing a physician to prescribe medical marijuana to you the financial considerations should definitely be discussed with your physician to determine if this is an affordable option.

In conclusion, unless we see further changes in federal or state law, access to medical marijuana will remain limited for now. Time will tell whether we see expansion to further indications or even more lax laws as we have seen in other areas of the country. As always, please utilize your pharmacist as a resource to answer questions regarding medical marijuana use and possible drug interactions with your current prescription or non-prescription medications.

Skin Cancer Surgeon and Confocal Microscopy Expert Joins Scully-Welsh Cancer Center

The Scully-Welsh Cancer Center at Indian River Medical Center is well-known for providing state-of-the-art cancer treatment on the Treasure Coast, and now it has another world-class physician in its ranks. Lilia Correa-Selm, MD, a highly skilled skin cancer surgeon, recently joined the team of multi-disciplinary medical experts.

You'll be hard pressed to find a dermatologist with a more extensive medical background than Dr. Correa-Selm. In addition to her training in dermatology, she is board certified in internal medicine. She completed a fellowship in confocal microscopy at Rutgers-Robert Wood Johnson Medical School in New Jersey. She is one of only a handful of physicians in the country trained in this technique, which allows sharply defined optical sections to be collected from which three-dimensional renderings can be created.

What exactly is confocal microscopy and Mohs surgery?

"Confocal microscopy is a special technique," said Dr. Correa-Selm. "It's basically a virtual biopsy – you put the microscope on top of the skin and it sees the layers under it. Confocal microscopy lets us differentiate between the lesions that need a biopsy and those that don't. It's great



Skin Cancer Surgeon, Lilia Correa-Selm, MD

for delicate areas on the face, where you want to avoid scarring as much as possible."

Dr. Correa-Selm completed an intensive fellowship in Mohs surgery and dermatologic oncology at Affiliated Dermatologists and Dermatologic Surgeons at the Morristown Medical Center in New Jersey. Mohs micrographic surgery is widely considered to be the most effective technique for treating the most common types of skin cancer, namely, basal cell carcinomas and squamous cell carcinomas.

Dr. Correa-Selm's office is on the second floor of the Scully-Welsh Cancer Center, which is located on the campus of Indian River Medical Center. To schedule an appointment, call (772) 226-4800.



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Bruce McEvoy and Parkinsons Disease



Bruce McEvoy is well-known in the produce industry; he is a recipient of the 2017 'United Fresh Lifetime Achievement Award'; an award he is proud of. This award reflects years of contributing towards research and development for fresh produce growers and ensuring children have access to fresh fruits and vegetables. Bruce stresses that this success is the result of team work; working with others, being mentored and being a mentor to others as well. Bruce is also the President of the Alzheimer & Parkinson Association of Indian River County.

Bruce was diagnosed with Parkinson's Disease (PD) in 2010; after two years of misdiagnosis. Bruce shares with us that "The post diagnosis period was very difficult in terms of treatment and just the quality of life.

I went through three neurologists and what seemed to be an endless number of medication cocktails prescribed by the doctors. I had periods of dizziness and nausea that made it difficult to work and I was probably close to depression. My wife and I along with our children kept reading about PD and finally came to the conclusion that I needed to find a neurologist who specialized in movement disorders." Bruce found Dr. Jay Van Gerpen, a PD specialist. Dr. Gerpen's advice included instructions to work with a physical therapist familiar with PD and to have a healthy diet.

"While the government plays an important role, all of us with Parkinson's must take charge of our condition" explains Bruce. Managing symptoms and social isolation can be challenging. Bruce stresses the importance of being in control of decisions and treatments. "Eat healthy, be active every day, and connect with others. Dealing with a progressive disease is stressful;

disconnecting from others can be debilitating. It is through connection that we do better; and are able to promote awareness, education, and hope until there is a cure." Bruce recommends two books by Michael S. Okun, M.D. [Parkinson's Treatment: 10 Secrets to a Happier Life](#), and [10 Breakthrough Therapies for Parkinson's Disease](#).

Shortly after being diagnosed with PD, Bruce discovered the Alzheimer Parkinson's Association of Indian River County. The support groups, speech therapy, exercise programs, yoga, and lectures that the Association provides are invaluable. Bruce stated, "At first I was reluctant to participate, but now I am a regular because I know I can help others who attend these sessions. I find that the interaction with all those with the Association helps me to be aware of new treatments or other activities that improve the quality of life." Bruce is active with the Tremble Clefs, a national program held at the Association. Parkinson's disease

can often affect the throat, causing a decreased volume in speech and trouble swallowing. This therapeutic singing program addresses these symptoms and the benefits of the Tremble Clef program can include:

- Promoting good posture and increasing vocal levels
- Adopting breathing techniques
- Increased mobility through moving to the music

"Parkinson's is always described as a chronic, progressive neurological disease that never gets better. While this may be a correct medical statement I've talked with many people with Parkinson's who have improved their quality of life through intense effort and a positive outlook. Even marginal changes bring hope that we slow the progression and eventually we'll find the cure. And, every victory counts!"

Thank you, Bruce McEvoy, for sharing your journey and for your passion to help others through their journey.

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

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by Susan Landwer

How Children "BEAR" the ER



Mary Harrington is a volunteer at Indian River Medical Center. During her time at the hospital, she realized that when children came into the emergency room they were very stressed and agitated; making it difficult for medical professionals to examine the children. It can be a scary placed for the littles ones, X-ray equipment looks like giant monsters waiting to swallow them and medical staff stick needles and push on spots where it hurts. So Mary was inspired to help the children.

Being an experienced seamstress, Mary brought her idea to our group, Florida Sewing Society, (FSS). The idea was for all members of our sewing group to handmade Teddy Bears. Mary used an existing pattern, she traced it, handed it out to club members and they used fabric scraps from past projects. So each member went to work making stuffed Teddy Bears. Once all the Teddy Bears were finished they were gently gathered

up and placed in care of the volunteers who handed them out to children admitted to the emergency room. This project served two objectives for the sewing group. It fulfilled a community service project, but most of all they gave the children great comfort and alleviate some of the fears while in the emergency room. Teddy Bears are hugged by the children, their tears are wiped away and a smile is everyone's reward. FSS has delivered bunches of bears and now are watching the bunnies to multiply for the spring season!

Florida Sew-Society, Vero Beach Chapter (FSS) is a group of members who love to sew. Members are of all levels from experienced to novice. It is an educational group, at each meeting there is a business section, show and tell and a member demonstrates a project of interest. They meet the third Monday of each month at 9:30AM at the St. Augustine of Canterbury Church located at 475 43rd Ave in Vero Beach. You can send an email to otisue@aol.com for additional information.



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by Ken Symanski, personal trainer/co-owner of A Healthier Me
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 (772)231-5555 • www.ahealthiermeverobeach.com

Ask the Trainer



What type of clients do you work with and what is functional training?

My clientele base has, and does range from people of all ages, from 5-90 and all ability levels from complete beginners to professionals. I have a passion for working with people that really want to enhance their well-being in the realm of health and fitness, which does end up translating to a better quality of life. Rather than separate people into groups, I would say that my area of expertise is training any "senior", youth/teen, athlete of any age for almost every sport, and last but certainly not least, the average person that might be a novice or already fit and just needs one-on-one guidance. I also work with a lot of people coming off of surgeries, injuries, and guiding someone along after Physical Therapy.

We know that big gyms can sometimes be intimidating and confusing to figure out how to setup and use the machines, select the proper weights, and design workout programs so they don't get stale and lose your inspiration to keep going. One of the most common things I hear from my clients is that "I know I wouldn't do it on my own, and I love how you make it fun."

Functional training is working your body in movements similar to those used during daily activities and specific to your lifestyle. We work on movements such as pushing, pulling, bending, squatting, and rotating. Functional training includes core strengthening, improving balance & flexibility, achieving proper posture, and improving breathing. The benefits are quite vast really; but in a nutshell, your whole body will strengthen and become more flexible, build some lean muscle, reduce body fat, and grow your mental muscle for taking on life obstacles. You have the potential to improve your bone density, heart health, and reduce your cholesterol and blood pressure. Should you be an athlete, you will notice an improvement in your strength, endurance, flexibility, speed, agility, coordination, and body control.

*Best wishes for a happy new year.
 Call me to receive your gift of two
 complimentary fitness sessions.*



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It Starts in the Cart Tour

When my family member was terminally ill I found myself searching for the truth in “let food be thy medicine”. It made sense, if there are food products detrimental to health then there had to be foods that heal. I spent countless hours in the grocery store- so many that not only did customers think I worked there, I was even able to assist them! I consulted with physicians, a registered dietician, and a chef. It was a two year intensive journey that left me competent and wanting to prevent others from such an arduous task.

One of the easiest ways to improve health ‘starts in the cart; the grocery cart. Supermarkets offer 45,000 or more choices for consumers to make decisions on. We like choices but there are the challenges to managing them. Such as reading nutrition and ingredient labels, being in a hurry, and discovering new products. Not to mention grocery shopping can be a mundane task that finds us buying the same stuff to make the same way. Marketing, packaging, and the art of new product displays also known as “discovery zones” can be helpful as well as misleading. It’s really up to each of us to negotiate the maze of

products which can be daunting!

Together we will travel the aisles that lead you to a new adventure for healthier eating and falling back in love with food! Listed below is the ‘It Starts in the Cart’ itinerary which also serves as helpful tips.

- Think color and have lots of it!
- Aim for 4 or less ingredients.
- Embrace short shelf life and foods close to their natural source.
- Fear not the middle aisles.
- Have a grocery list and know

how you are going to prepare your selections.

- Save money- eating healthier doesn’t always mean spending more money.

Contact Colleen at A Healthier Me to schedule your ‘Starts in the Cart’ tour; the telephone number is (772) 231-5555. You can have a session just for yourself or gather a few friends for a group session. Add on the chef option to refresh your prepping and cooking skills. “We love what we do; you’ll love how you feel.”



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Heartbeat of the Treasure Coast

UNDERSTANDING
STROKE RISK IN WOMEN

ARE YOU AT RISK?



In the United States,

1 in 5
women will have a stroke.

Each year, stroke kills
2x as many
women as breast cancer.

Not all women are equally affected by stroke.

African-American women are more likely than other groups of women to have a stroke, mainly because of having high blood pressure, being overweight or obese, and having diabetes.

Women have **UNIQUE RISK FACTORS** for stroke.

- Stroke risk increases with **age**, and women often live longer than men. This is largely why **6 in 10** people who die from stroke are women.

- Stroke risk doubles in women at **midlife** and roughly doubles during the 10 years after **menopause**.

- Stroke risk increases during **pregnancy**.

- Taking **birth control pills** may double stroke risk, especially in women with high blood pressure.



All women can take 5 steps
to reduce their risk for high blood pressure.

- 1 Know your family history.
- 2 Be physically active.
- 3 Eat a healthy diet that's low in sodium.
- 4 Limit alcohol intake.
- 5 Avoid smoking.

High blood pressure is a major risk factor for stroke.

1 in 3 women
has high
blood pressure.

Check your blood pressure frequently. If you have high blood pressure, work with your doctor to keep it under control.



Learn more by visiting
www.cdc.gov/stroke.



National Center for Chronic Disease Prevention and Health Promotion
Division for Heart Disease and Stroke Prevention



Heartbeat of the Treasure Coast

Source: <https://blog.medicare.gov/2018/01/25/new-medicare-cards-protect-personal-information>

New Medicare Card Protects Your Personal Information

Starting in April 2018, Medicare will mail new Medicare cards to all people with Medicare, to help protect you from identity fraud. Fraudsters are always looking for ways to get your Social Security Number so we're removing Social Security Numbers from all Medicare cards to make them safer.

Your new card will have a new Medicare Number that's unique to you. The new card will help protect your identity and keep your personal information more secure. Your Medicare coverage and benefits stay the same.

And there's more good news—Medicare will automatically mail your new card at no cost to the address you have on file with Social Security. There's nothing you need to do! If you need to update your official mailing address, visit your online my Social Security account.

Once you get your new Medicare card, take these 3 steps to make it harder for someone to steal your information and identity:

- **Destroy your old Medicare card** right away.
- **Use your new card.** Doctors, other health care providers, and plans approved by Medicare know that Medicare is replacing the old cards. They are ready to accept your new card when you need care.
- **Beware of people contacting you** about your new Medicare card and asking you for your Medicare Number, personal information, or to pay a fee for your new card. Treat your Medicare Number like you treat your Social Security or credit card numbers. Remember, Medicare will never contact you uninvited to ask for your personal information.

For more information about your new Medicare card, visit go.medicare.gov/newcard. You can also visit Medicare.gov for tips to prevent Medicare fraud.



Make sure your mailing address is up to date so you get your new card. Visit ssa.gov/myaccount or call 1-800-772-1213 (TTY: 1-800-325-0778) to correct your mailing address.

Deborah Brown, M.D.

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Health and Wellness Center
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Indian River
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Heartbeat of the Treasure Coast

Renaissance Senior Living NOW OPEN!



Each day at Renaissance Senior Living of Vero Beach is new! Staff are walking along side our residents providing needed support to enjoy a full life. Residents walk into a charming dining room welcoming and comfortable. Chef Tejai Jones prepares a variety of fresh meals daily. At times people quietly start their days and others the noise and chatter of conversation rises into the air. Friends and family members dine with residents so it feels like a reunion daily.

Life Enrichment Director, Brooke Keese's planning unfolds with numerous things to do. You'll see opportunities to engage with others using music, art, gardening, and relaxing in the sun at times. Residents spend time as they choose. Many are private people enjoying the comfort of their apartment and the spaces for quiet time available on campus. The sense of personal space or

community engagement can be easily accommodated making each person comfortable.

Maintenance Director Ray Jones and his staff are continually caring for the building and grounds. Although new everything needs to be cleaned and maintained to ensure the optimum use of our campus is achieved. Beds are changed and made. Resources are managed and prepared for each day's needs. And there are still people moving in so things are upbeat and freshened daily.

People join us because they want an assurance our Caregivers are nearby. On this they can rely. Our Resident Care Director, Claire Foceri is committed to providing a staff that is trained and capable, providing the highest level of attention for our residents. Residents live very independently though each receive assistance with some of their activities of daily living. We provide

medication management ensuring that instructions are followed and accounted for. Walking alongside residents provides information that only a trained observer can collect and maintain, information critical for a resident's physicians and loved ones.

Keeping all this moving forward is our Executive Director, Liz Earman. Her empathy and expertise in ensuring our staff provides the services and care of our residents is her mission. She is accountable to each of our residents, their families, or those responsible for the resident's wellbeing. Her experience of over 15 years in senior care bring about the desired results.

For our financial affairs, Business Administrator Alla Kramer's over 20 years' experience in business serves the needs of residents, their families or their representatives. Alla's background in Finance and HR also

assures successful acquisition and retention of quality staff.

Life moves forward; we treat each day as a gift. Our residents in Assisted Living and in the Harbor Memory Care are waking up to new ways to get going and get living. Resident bus trips to the local beaches, shopping and of course to take care of business happen weekly. Entertainers are here weekly to provide culture and recreation, yes there is a great deal of singing even dancing. Families and friends drop in for visits. Our Chaplain holds Sunday services and all are welcomed and encouraged.

Life is full and lived well at Renaissance Senior Living of Vero Beach.

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ANTHEM INVISIBLE Hearing Device Gets Rave Reviews From Patients



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

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

"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**

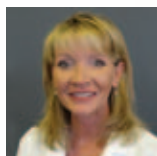


"Audibel is family owned and operated and you can tell patient care is their #1 priority. We need more people in business that provide such outstanding service to the community. Thank you Kim Harris and the entire staff at Audibel Hearing Care Centers." **Jeff Luther**

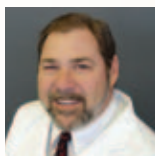
Jay Kalish visited Audibel Hearing and was fitted with the ANTHEM, with intellex technology. Since wearing the ANTHEM Jay says it is like life started all over again. "It's like being reborn. Along with all its other benefits, it helps me differentiate the direction of sound." His comment about Audibel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



Update on Dr. Reinauer Mission Trips

New Vision Eye Center ophthalmologist, Dr. Robert Reinauer just returned from his second mission trip this year with the Christian Ophthalmic Surgery Expedition Network (ChOSEN).

The surgeons who graciously volunteered their time and skills to this mission traveled to Hospital La Carlota, located in Montemorelos, Mexico. They spent a week completing 408 cataract surgeries and 63 retina surgeries for people who would otherwise go without these sight saving procedures.

The patients were extremely grateful for the service that the group of doctors provided, some having traveled long distances in extreme conditions to get the donated procedures.

Dr. Reinauer's passion for helping people began almost a decade ago. He attended his first mission trip in 2008. He was in medical school at the time, and traveled with the organization Medical Ministry International for an ophthalmology project. This first trip inspired him in two ways. He knew he wanted to make ophthalmology his career, and he knew he wanted to provide better care to the people he was helping.

After completing his degree and retina fellowship he began going on mission trips with the Christian Ophthalmic Surgery Expedition Network. He has since gone on a total of six trips and plans to continue going on two to three missions a year with ChOSEN.

Thanks to surgeons like Dr. Reinauer, ChOSEN was able to provide 1,700 surgeries to people in Mexico this past year. Their goal is to spread the word of God, while providing the same caliber of care that one would receive in a surgery center located in the United States.

New Vision Eye Center is proud that they have such a compassionate doctor who not only helps people in our community, but his care extends to people all over the world. For more information on New Vision Eye Center and the work that their doctor's do, visit NewVisionEyeCenter.com.



772.257.8700
New Vision Eye Center
1055 37th Place, Vero Beach, Florida
NewVisionEyeCenter.com

Heartbeat of the Treasure Coast



Sebastian Police Department
1201 Main Street
Sebastian, Florida, 32958
772-589-5233 Fax 772-388 1872 e-mail spd@cityofsebastian.org
Michelle Morris, Chief of Police

UNITY WITH THE COMMUNITY ANNUAL BANQUET

A long-standing principle of the Sebastian Police Department has been service to the community. This core value comes from the community policing philosophy and is the guiding principle of everything we do. To this end, we are initiating a forum to bring community organizations, businesses and community leaders together once each year with our **Unity With The Community Banquet**. Our first banquet will be Saturday, March 10 at 6:00 pm at the Elks Lodge at 731 South Fleming Street in Sebastian.

In addition to raising the necessary funds to support the many program events of the C.O.P.E. (Community Oriented Policing Endeavor) Unit, we will also be formally recognizing individuals, businesses and organizations that support the efforts on community outreach in the City of Sebastian and surrounding area.

We are reaching out to you to seek your support as a table sponsor, contributor to the program, or any other manner that fits your means. We want everyone who is willing and interested to have a "place at the table." Please consider becoming involved in this worthwhile effort.

Thank you and we hope to see you at the banquet. For more information you can contact Officer Donald R. Hart (772) 589-5233, ext. 8589, or Officer Jason Gillette (772) 589-5233, ext. 8550.

Michelle Morris, Chief of Police
Sebastian Police Department





LOCAL PEOPLE

Making a Difference!

Major Eric Flowers Graduates from the 270th Session of the FBI

Indian River County Sheriff Deryl Loar is proud to announce the graduation of Major Eric Flowers from the 270th Session of the FBI National Academy Program at Quantico, Virginia. In October 2017, two hundred and twenty-two law enforcement officers began the rigorous eleven week training program. Known for its academic excellence, the National Academy Program, held at the FBI Academy, offers courses in advanced communication, leadership, cyber crime, and fitness for selected law enforcement leaders who have proven records as professionals within their agencies.

The 270th Session of the National Academy consisted of men and women from 49 states, the District of Columbia, 20 international countries, three military organizations, and four federal civilian organizations. Training for this program is provided by the FBI Academy instructional staff, Special Agents, and other staff members holding advanced degrees, many of whom are recognized internationally in their fields of expertise. The FBI National Academy began in 1935 as a way to professionalize policing across the country. Since 1972,



Major Flowers with FBI Director Christopher Wray

National Academy students have been able to earn undergraduate and graduate credits from the University of Virginia through the courses offered in the program.

Sheriff Deryl Loar stated, "The Indian River County Sheriff's Office is proud of Major Flowers for this prestigious accomplishment. Less than one tenth of one percent of all law enforcement officers have the opportunity to attend the FBI National Academy Program. In the 92 year history of the Indian River County Sheriff's Office, Major Flowers is only the 11th person to represent our agency at the FBI Academy in Quantico."

Volunteers of the Year - Sebastian River Area Chamber of Commerce



From left to right: Ashima Wild (KIRB), Susie Giacchina (H.A.L.O.), Andrew Rich (Rotary Club of Sebastian), Donna Keys (ShrimpFest), Richard Peters (Indian River Habitat for Humanity), Carol Tromba (Senior Activity Center of Sebastian), Alice Arrington (For the Love of Paws Senior Pet Sanctuary), Brian Hartman (Indian River County Medical Society Foundation) and Frank Aquino (American Red Cross). Not pictured, Elaine Welsh (St. Elizabeth's Episcopal Church).

Deputy Roberta Barker Retires after 29 Years of Dedicated Service



The members of the Indian River County Sheriff's Office wish Deputy Roberta Barker well in her retirement. Roberta has been with our agency since 1989 and after nearly 29 years of dedicated service, she is retiring.

She is by far best known for her excellent work in our community policing efforts and has been assigned to our Crime Prevention Unit since 2008. She has organized countless events including the Citizens Academy, National Night Out, Neighborhood Watch meetings, Operation Medicine Cabinet, and nearly every parade in which our agency participates. Roberta also served in patrol, investigations, and as a K-9 handler. She will be greatly missed in her well-deserved retirement. Thank you for everything, Roberta!!

by Colleen Symanski, RN, Certified Diabetes Educator

Home Health Care Tips

I have been professionally and personally involved in home care for over 30 years; as a caregiver, a provider, as well as an advocate. Home care has many different levels of caregivers. They range from family and privately hired caregivers. Home care also includes professionals and home health aides from Medicare agencies,



private duty home care agencies, and registries.

We are fortunate that in Indian River County we have many options for home care providers and they work together to meet your home care needs. Initially home care can be overwhelming for the client as well as family members. So, here are some tips to help you when you are in need of a private duty agency.

- **Plan ahead whenever possible.** Even a scheduled surgery can be stressful and find you needing a little extra help. Interview a couple of agencies prior to surgery and then sign up with one of them. In some

cases you may need both a Medicare Certified agency and a private duty agency. Many private duty agencies don't require a contract. If you need services afterwards then you are already signed up which makes the process much easier.

- **Don't rush a hospital discharge especially if late in the day.** The transition from home to hospital can be difficult and has been identified as a dangerous time; especially if you are older and also have other chronic illnesses. Hospital or other facility staff often quickly read discharge instructions to patients and hand them new prescriptions. Older patients may not understand what they are being told because they have dementia or are weakened and confused from their hospitalization. It is easy to become anxious to leave and not pay enough attention. Make sure you or your loved ones has the necessary home care services and providers, medical supplies and equipment such as oxygen or a hospital bed, and new medications obtained.

- **Notify the Agency as soon as possible if your caregiver is not there as scheduled.** The Home Health Aide (HHA) may be running a few late; sometimes delays at guard gates or dimly lit streets at night can cause an unexpected delay even if the aide



left early. A client emergency can also cause unexpected delays. If more than 10 minutes has gone by call the agency. There is a possibility of the agency sending another compatible HHA to provide services. Agencies don't want aides running late either. They strive to meet your expectations. Also, don't change your schedule with the aide; notify the agency as well.

- **Have a plan for how medications are to be taken and organized.** Studies confirm that inappropriate medication use remains a serious problem for the elderly. If your loved one shows signs of confusion about their medications, or has been diagnosed with cognitive impairment, Alzheimer's disease, or another form of dementia it is best not to allow them to manage or take their own medications. If they are just having trouble tracking their medications, a reminder system or a pharmacy bubble pack may be

helpful. A home health nurse can also oversee medication management and pre-fill pill boxes. Taking medications incorrectly can be harmful or fatal. Please note, home health aides are not permitted to administer medications in most states.

There is also a wonderful tool called the "adapted Beers' Criteria (HCFA Guidelines for Potentially Inappropriate Medications in the Elderly)". It identifies medications noted by experts to have potential risks that outweigh potential benefits of the drug for persons older than 65 years of age. Home health nurse can use this tool as well as well as complete a thorough review of medications from facility to home to help minimize errors.

Home care is a valuable service and a critical part of the health care delivery system.

The [Senior Services Guide](#) and the [Guide to Medical Services](#) (also known as the little blue book) are useful publications that list home care providers in Indian River County.

Contact Cindy Bryant 772.473.6107 for additional information.



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15th
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| <input type="checkbox"/> Bruce McEvoy | <input type="checkbox"/> Perkins Medical Supply | <input type="checkbox"/> VNA |
| <input type="checkbox"/> Florida Eye Institute | <input type="checkbox"/> Preferred Private Care | <input type="checkbox"/> Walk to Remember |
| <input type="checkbox"/> Florida Sewing Society | <input type="checkbox"/> Renaissance Senior Living | |
| | <input type="checkbox"/> Robert Reinauer MD | |

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

Lisa Sellers,
ARNP, MSN
2017 VNA
Associate
of the Year



The Visiting Nurse Association (VNA) of the Treasure Coast is pleased to announce Lisa Sellers, ARNP, MSN, FNP-C has been named VNA's Associate of the Year. Sellers manages the VNA's associate wellness program, as well as the VNA's Health Care on Wheels mobile health clinic. Nominated by her peers for her commitment to promoting a healthy lifestyle, Sellers provides a variety of health

and wellness programs and customizing wellness plans for associates. She also serves as the organization's on-site wellness nurse.

"We are so pleased to have Lisa focus on health and wellness with our associates," said Rosalie Webster, vice president of Human Resources & Education. "One of the advantages of joining the VNA is our ability to offer medical services in-house by our associate wellness nurse versus having to wait for a doctor's appointment or having to wait at a walk-in clinic." In addition to offering an employee wellness clinic, the VNA offers free flu shots to its associates and discounted flu shots to immediate family members.

"I am honored to be recognized as Associate of the Year. It has been a great privilege to take care of the staff at the VNA," Sellers remarked. "We all work as a team to provide the highest level of care to our patients, their families and the community. The role I have is unique as I get to take care of the clinicians and office staff and tend to their health and wellness issues and help to get them back to providing excellence in the community. I want to thank the staff who voted for me!" She is currently offering a competitive weight-loss challenge and a variety of well attended weekly exercise programs. Sellers has also coordinated educational presentations for employees on topics like: healthy meal prep and recipes, eye care, spine health, Alzheimer's & Dementia, drunk driving prevention, colon health and many more diverse, applicable topics relevant to VNA staff.

Cindy Green,
RN
Director of
Marketing for
Florida Eye
Institute



Cindi Green, RN, Director of Marketing for Florida Eye Institute, has achieved Accreditation in Public Relations (APR) from the Universal Accreditation Board.

The designation signifies a high level of professional experience and competence in the field of public relations. Earning the APR demonstrates mastery of strategic communications along with a commitment to lifelong

learning and ethical practice standards.

The accreditation process, which includes a portfolio presentation in addition to a comprehensive exam, reflects industry-wide best practices culled from over 70 areas of competence (knowledge, skills and abilities). The Universal Accreditation Board requires at least five years of professional experience in public relations prior to pursuing accreditation.

"The Accreditation process taught me that Public Relations is so much more than great tactics and campaigns" states Green. "PR professionals provide strategic counsel and communication strategies critical to an organization's success. Florida Eye Institute offers outstanding encouragement to advance employee skills and education; I'm delighted to achieve this designation!"

Colleen Symanski,
RN, CDE
2018 Diabetes
COI Chair



Colleen Symanski, RN, CDE was appointed the national chair of the 2018 chair of the Community of Interest (COI), "Diabetes Educators in Industry". The Diabetes Educators in Industry Community of Interest provides a place for networking and information sharing in order to bridge the gap in the perceptions and realities of the role of diabetes educators in industry positions. Additionally,

this group finds ways for all diabetes educators to work together in ethical, collaborative, and professional relationships that enhance diabetes education and improve the lives of people living with diabetes. Colleen is one of only 18,000 Certified Diabetes Educators and she lives right here in Indian River County helping others at A Healthier Me 2855 Ocean Drive, Suite C5.

PULSE POINTS

Champion Home Health Care Celebrates its 25th Anniversary!

Champion Home Health Care is celebrating its 25th anniversary. The first Champion office was incorporated in Boca Raton in 1993. The Vero Beach office opened in 2006, by owners Anne and Tom Michaels. Tom retired from the NYC Health & Hospitals Corporation, after 21 years as an Associate Executive Director. Anne retired as a social worker with the Catholic Guardian Society. The Vero Beach Champion office serves Indian River and Saint Lucie Counties, and has been voted “Best Home Health Care Provider” by readers of the Treasure Coast Press Journal and Hometown News for the past 4 years.

The Epiphany Blessing is celebrated

12 days after Christmas on January 6th, when we remember the wise men who visited Jesus. It is the revelation of God incarnate as Jesus Christ. In tradition, it is a day for priests to give blessings. The Monday after the Epiphany (January 8th) is known as Plough Monday, representing our return to work in good faith, after our Christmas celebration. We ask Father John Morrissey, on this Plough Monday, to bless Champion for the New Year and renew our faith; so we can continue to serve clients and each other with dignity and respect, as we acknowledge the sanctity of life. Father John Morrissey is the Pastor of Saint Sebastian Church.



Tom Michaels, Anne Michaels, Laura Gagne, Father Morrissey, Anna Miller, Kim Crews, Kathy Hirsch, Teletha Smith, and Judy Kline

VNA Hospice Team Named Associates of the Quarter

The Visiting Nurse Association (VNA) of the Treasure Coast announces the team who cared for hospice patients at the special needs shelter during Hurricane Irma as the most recent Associates of the Quarter. The team consisted of VNA employees Paula Ferguson, Barbara Monroe, Sam Marcillon, Kim Smith, Lisa Sparks, Kathy Emborsky, Sue Marsden, Ginny Lange, Brenda Corral, April Brown, Richard Whipple, and Melissa King. This team sprang into action and provided exceptional care to hospice patients who were required to weather out the storm at the special needs shelter during Hurricane Irma.

Associates of the Quarter are nominated by their peers for demonstrating VNA's core values: integrity, collaboration, accountability, respect, and excellence. “Typically, the VNA recognizes a single associate. However, these individuals all deserve to be honored for their dedication to the community in its time of need,” said Kathy Orton, Vice President of Clinical Services. “We are proud to have such devoted employees, who never lose sight of our vision to provide the highest quality patient care.”

Irma was no match for Hospice Team's commitment to VNA's core



As Hurricane Irma approached...you made my journey peaceful!

March 9, 1920 - August 30, 2017.

values. They responded with grace, by collaborating with their teammates, patients, the community and patients' family members to ensure patients experienced a seamless continuum of quality care, despite the improvised setting. Associates exhibited laser focus on caring for patients and their families during the three-day shelter stay.

Together they understood comfort and care can be provided in many settings. Despite being confined to a crowded room, sleeping on cots, eating cafeteria food for days, the team's commitment to excellence evoked such comments as, “The staff

continued on next page

PULSE POINTS

is the best,” “Staying here was such a relief,” and “The Hospice staff made it an enjoyable experience.”

The VNA is the only non-profit home care and hospice provider in Indian River County. For over 40 years, this community has trusted VNA nurses, therapists, home health

aides and staff to care for them in their homes. Patients and families benefit from the VNA's unique ability of offering a continuum of care through the organization's private duty, home health and hospice services.

For more information on VNA careers or services, please visit www.vnatc.com.

Inaugural Successful Aging Luncheon with Gail Sheehy Friday, March 23

Alzheimer & Parkinson Association of Indian River County invites you to its Successful Aging Luncheon. The event will take place at Oak Harbor Club, 4755 S. Harbor Drive, Vero Beach at 12:00 noon.

Come meet Gail Sheehy, world-renowned author of 17 books, including the iconic **PASSAGES** as she headlines our inaugural luncheon, the first in a series of annual events featuring nationally-recognized speakers who celebrate wellness and longevity.

Ms. Sheehy is known for her insightful lectures and sensitive observations about life and aging well. Her book **PASSAGES** was named one of the ten most influential books of our times by the Library of Congress.

Please RSVP by March 16, 2018 to Judith Lemoncelli at 772-563-0505 or judy@alzpark.org with questions or

for more information. The cost is \$100 per person. A book signing will take place immediately after the luncheon.



Congratulations to Captain Milo Thornton for completing the Southern Policing Institute's 10 week Command Officer Development Course!

Left to right: Major Eric Flowers, Captain Milo Thornton and Indian River County Sheriff Deryl Loar.

Home Instead Senior Care pays tribute to their CareGivers



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