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INDIAN RIVER COUNTY

VOLUME 132

## Sebastian River Medical Center Top 10% in the Nation for Patient Safety



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**Sebastian River Medical Center**

A STEWARD FAMILY HOSPITAL





by Anne Miller, MS, BSN, RN

## ICU from “A Nursing Perspective”

*Who is worth more? A father who built a life and a family or the dealer who tears families apart?*

In a tale of two cities Tolstoy muses that, “it was the best of times, and it was the worst of times.” As a nurse, this author has often thought of this wonderful profession in much the same way. We admit a client to intensive care which is our work home. The sounds and beeps as familiar to us as the creaks in our childhood homes.

We are comfortable with our skills and with the combined knowledge of our team. Everyone knows their role without even speaking. Sometimes, we feel like we can handle anything. The general public thinks that we maintain distance from people..... but mostly we bond quickly and empathize with our patients.

In the best of times, a father comes in, trailed by his wife and teenage sons. We ask them to step out and then the work begins. Intravenous lines go in running life saving medications, oxygen goes on making it a little easier to breathe, vital signs are closely monitored. While part of the team continues to work with this devoted father, another part gets pulled away to work with a “frequent flyer”. This is someone who comes in and out of the hospital on a regular basis.

In this case, this is a drug dealer who has sampled too much of his product. He was discovered “just in time”. He was moments from death but was able to get needed medication, had a tube placed in his throat to breathe and was given intravenous medications to help his body come into balance. His critical moments are over and will recover completely.

Back to our father, his heart is still fragile, excitable and all of a sudden it goes into a deadly rhythm, alarms go off, the team gathers and all the knowledge and skills are for naught. The worst has happened. He is gone.

We fight the part of us that wants to judge the value of one life over the other. Who is worth more? A father who built a life and a family or the dealer who tears families apart?

On any given day a nurse will experience the exhilaration of saving a life and the weight of telling a family their loved one is gone. What we cannot do is judge. It is not easy but it is necessary. Sometimes it means we need to leave one area of nursing and go to another to rest our spirit. The best gift is that we can do that. But that tale is for another day.



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 Guide to Medical Services  
 in Indian River County  
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## cover story

Sebastian River Medical Center  
 Top 10% in the Nation for  
 Patient Safety and SMG  
 Primary Care Physicians.  
 p 8, 44 & 45

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Cindy Bryant

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Madoli

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Refer to page 55 to find one.*

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## Another reminder.....

Socializing, shopping, and running errands can be difficult for those who are sensitive to various scents such as perfumes, artificial fragrances, and industrial chemicals. The smoke free and fragrance-free signs do help; but increased public awareness would help. Scent sensitivities can trigger symptoms that render one feeling ill; such as headaches, burning eyes, and rhinitis. Anxiety then pursues as one tries to finish an errand or enjoy an event. Sensitivity can even cause breathing difficulty requiring medical intervention. Individuals learn how to maneuver through stores to avoid heavily scented areas. They have developed strategies to minimize exposure in their daily routine. Their colleagues and friends go "scent free" personally and in their homes or offices which provide "safe-zones". We don't need more policies or regulations; less scents and more common sense goes a long way. Such as, maintain an arm's-length approach when using scented perfumes or products. Try scent free products that are now available. If you missed the article on Common Scents and Common Sense, visit: [www.heartbeatofthetreasurecoast.com/files/HB129%20WEB.pdf](http://www.heartbeatofthetreasurecoast.com/files/HB129%20WEB.pdf). Clean, fresh air is naturally just that and doesn't need artificial fragrances. Breathe deeply and relax!

*Cindy*

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Heartbeat of the Treasure Coast



## Sebastian River Medical Center and Steward Medical Group: A high quality combination



Sebastian River Medical Center is proud to receive Healthgrades Patient Safety Excellence Award for 2016 and 2017. This award is given to hospitals in the Top 10% in the Nation for Patient Safety. Sebastian River Medical Center is the only hospital in the region to achieve this award two years running! The hospital focuses on providing high quality, personalized care to patients and earning our patient's recommendation to their friends and family. The high quality care at Sebastian River Medical Center starts with our primary care physicians.

A Primary Care Physician (PCP) is an essential member of your health care team regardless of your age. He or she is the doctor you establish a long-term relationship with for overall health care, chronic care, and for preventative care, and wellness. They are your first contact for undiagnosed symptoms, preventative screenings, and yearly wellness exams. As such, primary care physicians recognize and treat early symptoms of disease and provide referrals to a specialist when needed. Having a primary care doctor is a key component of good health. Your primary care doctor helps coordinate all of your care and serves as your personal health advocate, so it's important to establish an ongoing relationship so your doctor is familiar with your medical history.

Steward Medical Group is a physician-led medical specialty organization with a mission to provide the highest possible quality at an affordable price. Our team of providers works collaboratively to improve patient outcomes through

preventative care. Our providers are excellent communicators; they take the time to listen, and to educate. They promote screenings to patients based on a patient's age and history, which are usually covered by most insurance plans as part of yearly wellness visits. In addition, our providers advocate for quality of life and current treatment options for patients living with a chronic illness. Having a great PCP is important for optimal health and wellness.

At Sebastian River Medical Center and Steward Medical Group, our patients are at the center of all that we do, combining the science of medicine with the compassionate art of healing. Our physicians and advanced care practitioners provide the highest quality care right where you live. There is no need to travel far from home to receive world class care. Sebastian River Medical Center is right around the corner at 13695 U.S. Highway 1 and Steward Medical Group has five convenient primary care locations. They are:

- 1 Barefoot Bay Internal Medicine**  
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• Dr. Brenda Field, (Internal Medicine)
- 2 North County Medical**  
13838 US Hwy 1, Sebastian, FL 32958, **(772) 581-6900**  
• David Deputron, DO (Internal Medicine)  
• Ralph Geiger, MD (Internal Medicine)
- 3 Steward Medical Group**  
13840 US Hwy 1., Sebastian, FL 32958, **(772) 581-0334**  
• Cassi Jones, DO (Internal Medicine)  
• Miciara Hernandez Perez, MD (Family Medicine)
- 4 Vero Family Medicine**  
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• Kristen Kelly, MD ( Family Medicine)  
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- 5 Indian River Walk-In Care**  
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For more information visit Sebastian River Medical Center's website at [www.sebastianrivermedical.org](http://www.sebastianrivermedical.org). You can also use the 'Steward DoctorFinder' on the website to make it easier to find the right doctor for you and your family. If you prefer to speak with someone directly, please call 800-488-5959 for assistance.

**Sebastian River Medical Center** 772-589-3186  
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## Advanced Motion Therapeutic....



Homer Zambigadis, owner/founder of Advanced Motion Therapeutic, has worked in clinics and hospitals building his experience over the last 24 years. Advanced Motion Therapeutic, Inc. has been providing top quality rehabilitation services on the Treasure Coast since 1999. Their standard is providing quality care to each and every patient, helping people regain and build skills that are important for health, well-being, security and happiness.

Advanced Motion Therapeutic, Inc. is a complete Physical, Occupational, Speech and Massage Therapy facility. Services are available for the adult and pediatric populations at the office and in their natural environment.

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taking the time to listen to each patient and accurately customize a plan of care. Their wide range of therapy programs will address:

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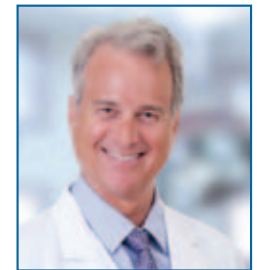
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by Colleen Symanski, RN, Certified Diabetes Educator

# Ageless Aesthetics of Florida integrates advanced techniques

Women's health concerns certainly change as we age and the conversations we openly engage in do as well. Talks about pregnancy, child birth, breast-feeding, and breast cancer are fortunately discussed openly. Then there are subjects that are often referred to as "TMI" aka too much information; such as the fear of

Dr. Joseph Crawford is the founder of Ageless Aesthetics of Florida. Since the 1980s, he has studied and adopted many laser technologies designed as minimally invasive therapies for medical and aesthetic problems faced by his clients. His years of practice as a urologist and lifelong interest in the human body's



Dr. Joseph Crawford, founder of Ageless Aesthetics of Florida

were difficult to successfully treat.

It is evident that connecting with clients and patients is important to them.

Dr. Crawford's expertise includes female and male rejuvenation, bio-identical hormone replacement, as well as combination laser/ injectable skin and hair treatments for those seeking sensual and perceptual

as well as in adult and pediatric urology. He is a member of the International Society for the Study of Women's Sexual Health and the Society of Urologic Prosthetic Surgeons. He has privileges at Indian River Medical Center, Sebastian River Medical Center and the Vero Beach Outpatient Surgery Center.

Ageless Aesthetics of Florida offers patients a comprehensive approach



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## FACIAL RESURFACING



working-out and urinary or bowel incontinence- or perhaps the dreaded cough, sneeze, or hardy laugh. Changes or difficulties in sexual desire or function often remain silent. These topics don't have the same openness in communication, especially in mid-life years. We consider ourselves still young yet have these concerns traditionally chalked up to "old age". A recent visit to Ageless Aesthetics of Florida to interview Dr. Joseph Crawford revealed innovative options for women and men.

structure, function, and appearance offers patients advanced approaches for men and women. Dr. Crawford explains "patients come to us to feel better, look better, and function better. Listening to the patient makes the right exam for the right diagnoses".

Ageless Aesthetics of Florida integrates advanced techniques in urology, sexual health, and aesthetics in their center. Dr. Crawford and his skilled team focus on providing a proprietary combination of therapy to meet conditions which, in the past,

rejuvenation. You can even have your tattoos removed or focus on making your hands look as young as you feel. Optimal well-being incorporates physical health with the art of optimal functional health. Their focus on using modern technology and the art of listening allows them to find individualized solutions for every client so that they can look and feel their best.

Dr. Crawford is certified by the American Association of Sexuality Educators, Counselors and Therapists

for natural beauty combined with traditional medicine and innovation for premium care and results. Be sure to visit their website at [www.agelessofvero.com](http://www.agelessofvero.com) for more information. They are located at 1986 35th Avenue, off route 20 in Vero Beach. Their telephone number is (772) 999-5664. They even have office hours on Saturdays.



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**Indian River**  
Medical Center



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

## Protecting Yourself Against Shingles



As a pharmacist, I very often interact with patients who are dealing with shingles, also known as herpes zoster, as they come in to pick up prescriptions to treat the virus and its complications. One of the frequent quotes I hear is "I wouldn't wish this on my worst enemy"! The reason is that shingles can be extremely painful and even debilitating. Symptoms often include a rash, pain, and itching that last days to weeks. However, the biggest concerns related to shingles are the long term complications and secondary infections that can develop.

According to the Centers for Disease Control, shingles develops in people who have previously had chickenpox (varicella) and studies have shown that 99.5% of people born in the United States who are over 40 have been infected with the chickenpox virus. Therefore, older Americans are at risk of developing shingles and 1 in 3 adults over the age of 50 will develop shingles in their lifetime. Additionally, the risk of more severe complications also increases with age.

The most common long term complication is Post Herpetic Neuralgia (PHN), or lingering pain in the area where the shingles rash occurred that lasts weeks, months or even years after the rash disappears. Other complications include involvement in the

eye which can lead to pain, infection or even vision being affected, a secondary infection related to the skin rash, or rare complications such as pneumonia or encephalitis.

With all of the studies that have been conducted, it is still unclear what causes the dormant chickenpox virus to reactivate as shingles. However, it is clear that people with compromised or suppressed immune systems have an increased risk such as those who have cancer, are on immunosuppressant medications (i.e. steroids or chemotherapy), or have had a bone marrow or solid organ transplant. There are many schools of thought that stress is also a big trigger of a shingles outbreak. Finally, even patients who have experienced shingles previously are not immune to a further outbreak. Although it is not clear why shingles can recur, it can and does and some people experience it 2 or 3 times in their lifetime.

So, with all of this depressing news, how do you protect yourself from shingles? Great question! As of this year there is a new preventative vaccine called Shingrix. This new vaccine contains an adjuvant that boosts the body's immune response to the vaccine. Other differences

*continued on page 20*

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from Zostavax, the prior shingles vaccine, are that Shingrix can be given to patients who are immune compromised, it is indicated for age 50 and up (instead of 60 and up), and the overall effectiveness is much greater. In fact, studies have shown that Shingrix is effective in up to 97% of patients versus 51% for Zostavax.

Shingrix and Zostavax are covered by prescription benefits, not Medicare Part B like many other vaccines such as flu and pneumonia. In Florida, vaccines can be performed by

than \$100 per vaccine. Side effects include pain at injection site and some malaise the first day following the vaccine, but seem relatively self-limiting.

Shingles can be very miserable, but it can also be prevented. I encourage you to learn more about options to prevent it. And, if you do ever develop symptoms of shingles such as a rash on one side of the body that is painful, itchy or blistery, see your physician right away. If you start antiviral therapy within 48 hours,



*One of the frequent quotes I hear is "I wouldn't wish this on my worst enemy"!*

pharmacists under "standing orders" so you will not need a prescription if you go to a pharmacy to receive it. Shingrix is also a 2 dose series, so it is very important that patients receive their initial dose and then a follow up booster between 2 and 6 months later to ensure its effectiveness. Because Shingrix is a 2 dose series, patients will incur 2 copays, however, many of the copays we have seen have been less

it will greatly decrease the length and severity of the symptoms. As always, Bay Street Pharmacy is happy to serve as a resource if you want more information or pricing and you may contact us at 772-589-2043. Alternatively, ask your prescriber, the health department, or visit websites such as the CDC.

<https://www.cdc.gov/shingles/hcp/clinical-overview.html>

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## Shopping for Rehabilitation Is Like Comparing Apples to Oranges



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

- Return home two weeks earlier
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\*Dobson | DaVanzo analysis of research identifiable 20% sample of Medicare beneficiaries, 2005-2009

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

\*The hospital provides access to independent physicians.

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BE PREPARED!

## Emergency Preparedness Checklist: For You & For Your Pet

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Prepare Plan Recover	
For You	For Your Pets
<b>Communication/Contacts</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Key contact information for family, friends, colleagues, neighbors</li> <li><input type="checkbox"/> Out-of-state contact</li> <li><input type="checkbox"/> Nearest hospital</li> <li><input type="checkbox"/> Medical group or physician</li> </ul>	<b>Communication/Contacts</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Key contact information for family, friends, colleagues, neighbors who can help with pet if you are not home</li> <li><input type="checkbox"/> Pet-sitter</li> <li><input type="checkbox"/> Nearest veterinarian</li> <li><input type="checkbox"/> Veterinarian outside of your area</li> <li><input type="checkbox"/> 24 Hour animal hospital</li> </ul>
<b>Important Documents</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Important documents in a waterproof container</li> <li><input type="checkbox"/> Personal identification</li> <li><input type="checkbox"/> Social Security Card</li> <li><input type="checkbox"/> Passport</li> <li><input type="checkbox"/> Medical card and health information</li> <li><input type="checkbox"/> Insurance information</li> <li><input type="checkbox"/> Photo of household members</li> <li><input type="checkbox"/> Inventory of valuable household items</li> </ul>	<b>Important Documents</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Important documents in a waterproof container</li> <li><input type="checkbox"/> Pet identification</li> <li><input type="checkbox"/> Pet license/registration</li> <li><input type="checkbox"/> Microchip information</li> <li><input type="checkbox"/> Vaccination documents (especially rabies)</li> <li><input type="checkbox"/> Medical records</li> <li><input type="checkbox"/> Detailed information about special health needs (medicine, feeding schedule)</li> <li><input type="checkbox"/> Recent picture with owner</li> <li><input type="checkbox"/> List of your pets hiding places</li> </ul>
<b>Supplies</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Water and food (3 day supply)</li> <li><input type="checkbox"/> Medicines (if needed)</li> <li><input type="checkbox"/> First aid kit/supplies</li> <li><input type="checkbox"/> Special items (hearing aids, eye glasses, contacts, diapers, baby formula/food, wheelchair, canes, walkers)</li> <li><input type="checkbox"/> Flashlight and radio</li> <li><input type="checkbox"/> Cash and small bills</li> <li><input type="checkbox"/> Personal hygiene items (shampoo, toothbrush/paste, toilet tissue)</li> </ul>	<b>Supplies</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Water and food (one week supply)</li> <li><input type="checkbox"/> Medicines (if needed)</li> <li><input type="checkbox"/> First aid kit/supplies</li> <li><input type="checkbox"/> Carrier or cage for each pet</li> <li><input type="checkbox"/> Leash and muzzle</li> <li><input type="checkbox"/> Bedding</li> <li><input type="checkbox"/> Comfort items: toys, blankets, treats</li> <li><input type="checkbox"/> Sanitation items: paper towels, newspaper, plastic trash bags, household bleach</li> </ul>



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Heartbeat of the Treasure Coast



# Grace SERVING YOU FROM OUR HEART REHABILITATION CENTER *of* Vero Beach

## A Unique Training Program to Better Understand the Emotional and Physical Challenges of Dementia



(L-R) is Peggy Cunningham, Exec. Director Alzheimer & Parkinson Assoc. of I.R. Co., Amy McCardell Burklew, Director of Admissions & Marketing at Grace, Dorothy Anne Maier, RN, BSN, Director of Nursing at Grace and Elroy Thiel celebrating Nursing Home Week during Grace's island party for the residents.

Parkinson Association of Indian River County to provide their staff with a unique training program to better understand the emotional and physical challenges that a person with dementia faces every day. It is a rolling classroom that offers a dementia experience that is brought on site. Amy McCardell Burklew, Director of Admissions & Marketing at Grace, expressed the importance of being able to "educate staff that also included an experience".

Grace Rehabilitation Center of Vero Beach is a 5 Star Quality Care Center facility, an award earned with consistent hard work, teamwork, and passion for caring for others. In fact, US News & World Report recognized them as a "Best Nursing Home for 2017 – 2018". Grace's philosophy of "Serving you from our heart" is embraced throughout their organization; to employees, residents, and their families. Grace Rehabilitation Center is also known for the quality education and training they provide.

On May 17th, Grace teamed up with the local Alzheimer &



(L-R) Brianna Sukhu LPN and Karen Harmon, LPN.

Brianna Sukhu, LPN and Karen Harmon, LPN shared their experiences. "It was a scary 5 minutes" they both stated. Brianna was impacted by what she described as "too much auditory stimulation," Karen was overwhelmed by her "visual loss while trying to accomplish the tasks assigned". They believe that the training experience will provide a deeper understanding to

caring for residents with Alzheimer's. "Everyone should do this," they said.

Upon completing the experience, employees were able to discuss their experiences in private with Peggy and gained additional knowledge for caring for others with dementia. "It's about connecting with our residents", said Amy; the training has certainly enriched our caregiving skills.

Dorothy Anne Maier, RN, BSN, the Director of Nursing, stated "by the end of the day, over half of our staff will have completed the training. Grace Rehabilitation will continue to have the Alzheimer & Parkinson Association of Indian River County rolling classroom back on site in the months to come as they continue to assist in creating a Dementia Friendly Community. For more information on Grace Rehabilitation Center of Vero Beach contact Amy McCardell Burklew (772) 567-5166. For more information on the Alzheimer & Parkinson Association of Indian River County contact Peggy Cunningham, Executive Director (772) 563-0505

[GraceRehabilitationVeroBeach.com](http://GraceRehabilitationVeroBeach.com)

2180 10th Avenue • Vero Beach • 772.567.5166

**RENAISSANCE**  
SENIOR LIVING of VERO BEACH

Assisted Living | Memory Care  
AL #13068  
2100 10th Avenue  
Vero Beach, Florida 32960  
772-562-8491 • [renaissanceverobeach.com](http://renaissanceverobeach.com)

## Effort Fatigue

“I am doing everything right but my results don’t show it!” is a statement we frequently hear. Wellness changes and results can fluctuate for reasons out of our control. “Effort Fatigue” can occur when one has been diligent for a long period of time and the effort doesn’t seem to be producing the desired results. One might begin to feel discouraged, depressed, or unmotivated and even give up healthy habits. Years of prepping, cooking, working out, blood glucose testing, and paying close attention to wellness and habits can become exhausting or get derailed. An injury or exacerbation in an illness can alter physical activity, appetite, and new medications such as prednisone can wreak havoc on blood sugar, sleep, or weight. There are many other factors that can cause effort fatigue. Listed below are a few more examples.

- Changes in our body such as fluctuations in hormones like cortisol, insulin, estrogen or testosterone. They can adversely affect quality of sleep,



*“Willpower isn’t just a skill. It’s a muscle, like the muscles in your arms or legs, and it gets tired as it works harder, so there’s less power left over for other things.”*

*-Charles Duhigg*

weight management, muscle mass, blood glucose control, and fat distribution. Then there is also menopause, mid-life crisis, and being too sedentary.

- Over-training & pressure/stress to hit goals, too much repetition in a routine, and even reducing calories too much.

- Goal setting without implementing sustainable small steps to create habits. Don’t depend on willpower to sustain long term goals; habits and reassessing do.

Effort fatigue is a common occurrence and is repairable once you recognize it and seek out the best options to get back on track. Colleen and Ken, owners of A Healthier Me have the expertise in physiology, function, and identifying what will most likely work the best for you. They help you with the following but not limited to:

- Identifying contributing factors to effort fatigue.
- Making sure your exercise program is diversified and combined with a well-nourished body. Ken will assist your body’s adaptation period by changing the intensity, duration, frequency and/or the mode of your exercise and include interval training as necessary. As your body gets use to your fitness routine he will alter it to maximize your results and make sure you have a recovery plan as well.

- Prepping, planning, and goal setting. Much like having an itinerary for travel or a financial planner for retirement goals; we help you develop a plan and thrive once again. Colleen will provide strategies, knowledge, and experience to maximize your food shopping, prepping, and cooking. In addition, she will work with you on specific health goals and help you understand your results and what to do based on your numbers and results.

Wellness is a voyage that embraces planning, effort, dedication, and self-love. Be kind to yourself when effort fatigue derails you and seek help. Schedule a complimentary consultation with Ken or Colleen; or both of them. Call them at (772) 231-5555 and also visit their website at [www.ahealthiermeverobeach.com](http://www.ahealthiermeverobeach.com). “We love what we do; you’ll love how you feel.”

2855 Ocean Drive, Suite C-5, Vero Beach, FL (772) 231-5555



# Mardi Gras Celebration Raises \$191,000 for WE CARE Foundation of Indian River



*Dr. Arley Peter and  
Dr. Nancy Baker*



*(L to R) Michael Swan, We Care Mardi Gras  
Celebration Co-Chair Hala Laviolette and Leslie Swan*



*We Care Mardi Gras Krewe Members*



*Honorary Chair Tracey Zudans with  
her husband Dr. Val Zudans*



*(L to R) Ann Marie McCrystal, Phoebe Samba  
Team Dancer, Carol Kanarek*



*(L to R) Celebration Co-Chair Hala  
Laviolette with Honorary Chairs Helen  
Shafer and Tracey Zudans, We Care  
Mardi Gras Co-chair Elizabeth White*

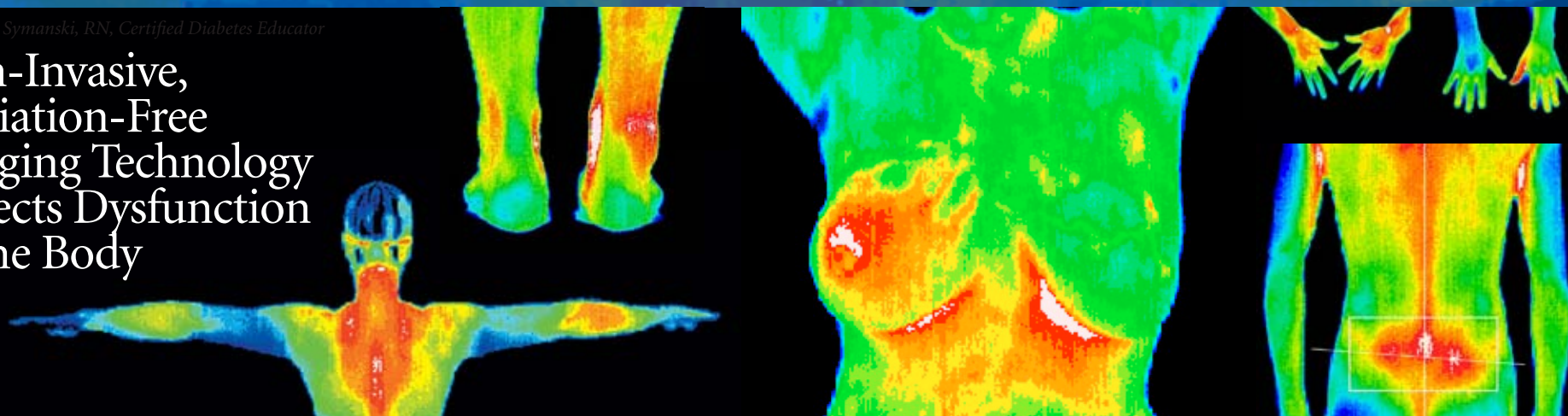


*(L to R) Dr. Charles Mackett III, Executive Director Shelley Stuvén, Dr. Jim Shafer,  
Celebration Co-chair Hala Laviolette, Dr. Michael Weiss and Board President  
Dr. Dennis Saver*



by Colleen Symanski, RN, Certified Diabetes Educator

# Non-Invasive, Radiation-Free Imaging Technology Detects Dysfunction in the Body



Thermography of Brevard, LLC, is owned by Katie Ainsley and Shelly Gardner. Katie and Shelly are both breast cancer survivors who were diagnosed in their early thirties and neither had a family history of breast cancer. After meeting through a breast cancer support group; Katie and Shelly decided to partner together to bring thermography services to Brevard and Indian River Counties. They are both certified as clinical thermography thermographers (CTT).

Thermography/ thermal imaging, also known as digital infrared thermal imaging (DITI), detects heat patterns on the skin's surface. Digital Infrared Thermal Imaging (DITI), or Thermography, is an FDA approved, non-invasive, radiation-free imaging technology. It measures and maps heat patterns on the skin's surface which are evident through the

sympathetic nervous system. The heat patterns are captured using an ultra-sensitive medical infrared thermal camera. Thermography detects dysfunction in the body by detecting the hyperthermia or hypothermia patterns on the skin's surface and can show increased blood flow and metabolism changes; it can be used as a risk assessment tool to detect and monitor abnormal physiology in the body. Physicians trained in thermography, examine changes in the temperature, patterns and blood vessels, for dysfunction, asymmetric patterns, abnormalities and signs of possible cancer or pre-cancerous cell growth before they might be detected using other diagnostic procedures. Breast thermography is a screening tool used alongside a primary test like a mammography and does not replace a mammogram.



Shelly Gardner



Katie Ainsley

Thermography has been approved by the FDA as an additional diagnostic screening tool for breast cancer and other uses such as: peripheral vascular disease, neuro-musculoskeletal disorders, thyroid gland abnormalities, and various other neoplastic, metabolic and inflammatory conditions. Such as arthritis, back and neck pain.

Thermography of Brevard and now, Indian River Thermography is with the thermology company Meditherm. Meditherm has been in business for over 20 years and has over

40,000 systems in use in the United States, in Europe, Australia, Canada, Central America, South Africa. Meditherm has the only HIPPA compliant data base where the reports are stored for future comparison. The benefit of this is that a patient can have their scan done in Indian River County then move across the country or even out of the country and still have their future thermography scans compared to the first one they had done. There is a high standard of consistency. Patient records are stored in a HIPPA compliant database. Your previous records can be referenced (but not seen) by any thermographer nationally or internationally and connected no matter here you get your scan.

For additional information or to make an appointment contact Katie at 321-312-0363 or email via at: [thermographyofBrevard@gmail.com](mailto:thermographyofBrevard@gmail.com).



# Renaissance Senior Living!



Renaissance Senior Living in Vero Beach is now operating as a community with our first anniversary in sight. "Time marches on" as the saying goes and that is what we witness daily at Renaissance. The rhythms of community as we have grown from a steady arrival of residents each bringing in their own contributions of style and energy, has grown into a true sense of place. Each resident adding their own sense of color, flavor, and texture of life to the community.

That is what community is all about. The differences each one brings provides a deeper character. With that comes experiences and points

of view that provide the whole with a sense of openness and capacity to express their differences. Combine this with the values, the strengths of our staff's services, and the building itself affirming a commitment to walk alongside our residents giving them the resources to draw on as they build this community.

We at Renaissance Senior Living in Vero Beach have chosen this path, this alongside, with our residents. We do not get in the way instead we provide the means to further each one's journey. They bring the life, the spark of fire that stokes the experiences, stories, and memories to live as the

legacy for their Families and loved ones. This ability to draw on a sense of self, that may have been drained by a physical event or ailment, comes from a rest from the numerous things that needed doing. We have taken on those burdens giving our residents time and a new pace to view life from.

Our Team of Nurses, Med-techs, and CNA's connect with our resident's daily situations. Processes that required great thought, planning, and physically preparing for, all taking priceless time and energy are now managed and accounted for. Our team frees up that space for our residents. Space on the counter, in the pill boxes,



on the shelves, the strength of hands and arms, the strained eyes; all of this is now provided for giving each a rest for their minds and bodies. Residents are free to better understand what it is they are dealing with each day. Free to value the time and resources they can now put into relationships and community. Free to be themselves.

License AL13068



## RENAISSANCE

SENIOR LIVING of VERO BEACH

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## 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](http://NewVisionEyeCenter.com).



### R. Carrington Mason, DO, FACS

Board-Certified Urologist

3450 11th Court

Suite 303

Vero Beach, Florida

(772) 794-9771



### Yakov Gitin, MD

Board-Certified Gastroenterologist

3450 11th Court

Suite 206

Vero Beach, Florida

(772) 299-3511



772.257.8700  
New Vision Eye Center  
1055 37th Place, Vero Beach, Florida  
[NewVisionEyeCenter.com](http://NewVisionEyeCenter.com)

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[IRMCPhysicians.com](http://IRMCPhysicians.com)

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# Christmas in July

To benefit Shop with a Cop

- DJ SHHH-OP Entertainment
- Car Show
- Small Business Vendors
- Food, Games & Face Painting

Join us on Saturday,  
July 21, 2018  
10:00 AM – 2:00 PM  
Riverview Park in Sebastian



Bring the family out for a wonderful time in the park.  
Come out and show your support for an amazing cause  
to benefit our local children in need.



Visit with Santa 

For further information please contact:  
Officer Ashley Penn with Sebastian Police Department @ 772-589-7212

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## TO LIVE YOUR BEST LIFE, START WITH THE VERY BEST CARE.

Sebastian River Medical Center is among the Top 10% in the Nation for Patient Safety and the only hospital in the region to achieve the 2016 and 2017 Healthgrades® Patient Safety Excellence Award™.


We pride ourselves on providing high quality, personalized care and earning our patient's recommendation of Sebastian River Medical Center to their friends and family.



### Sebastian River Medical Center

A STEWARD FAMILY HOSPITAL

Steward

 [SebastianRiverMedical.org](http://SebastianRiverMedical.org)

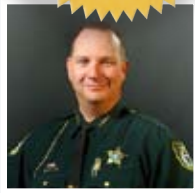
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# LOCAL PEOPLE

## Making a Difference!



### Thank you to our Indian River County Sheriff and Office Volunteers!

*Indian River County Sheriff Deryl Loar*

Indian River County Sheriff's Office has a fantastic group of volunteers that consists of their two Citizens Auxiliary Patrol (Road and Marine), We Care, Victim Advocates and their Administrative Volunteers. The use of volunteers allows the Sheriff's Office to improve services and operate efficiently.

They are looking for volunteers to perform a variety of tasks and assignments. Volunteers are needed in Law Enforcement, Corrections and Support services.



To become a volunteer you need the following minimum qualifications.

- Be at least 18 years of age
- Be able to pass a stringent background investigation
- Have a good driving record and a current Florida driver's license
- Have basic computer skills.

Specialized training for the area in which you volunteer will be provided by the Indian River County Sheriff's Office. You must have either completed their Citizens Academy or do so within the 1st year of volunteering. Specific needs at the moment is in their CAP Road Patrol Unit. If you are interested in learning more about the CAP Road Patrol Unit, you may contact Jera Payton Torres at 772.978.6317 or email [jpayton@ircsheriff.org](mailto:jpayton@ircsheriff.org).

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### Thank you to our Sebastian Chief of Police and Community Volunteers!

*Sebastian Police Department Chief Michelle Morris*

The Community Service Volunteer Program is an extremely important and valuable asset to the Sebastian Police Department. The service provided to the department and the residents of Sebastian are performed by caring and unselfish individuals, without compensation.

The Volunteers' primary service is to provide residential security checks. This service is for all Sebastian residents and is provided for as little as a few days,



but can extend for up to 6 months or more. The residential security checks are done in a very organized and consistent manner that would not be possible without our dedicated Volunteers.

Aside from this service, their overall duties include, but are not limited to traffic and crowd control and miscellaneous pick up and delivery services.

They are always visible and can be counted on at special City events such as the July 4th Celebration, National Night Out and the Christmas Parade to name a few. The diversity of their duties are too numerous to outline, but should be especially noted that their efforts not only greatly enhance the department's ability to better serve the residents and business owners of this City, they also save many, many, man hours that would have to be absorbed by sworn and non-sworn personnel.

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Steward Medical Group - Vero



**Raman Ashta, MD**  
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Board Certified Family Medicine  
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Vero Beach, FL 32960



**Jeffrey Gottfried, DO**  
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**Kristin Kelly, MD**  
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Steward Medical Group - Sebastian



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**Ralph Geiger, MD**  
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**Miciara Hernandez, MD**  
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Sebastian, FL 32958



**Cassi Jones, DO**  
772-581-0334  
Board Certified Internal Medicine  
13840 US Highway 1  
Sebastian, FL 32958



He always  
had a green  
thumb!

SRA gives Hugh the interaction  
and socialization he loves.

It gives our family peace of mind.

Licensed by the Agency of Health Care Administration (AHCA),

Senior Resource Association's Adult Day Care is focused on  
caring for individuals with Alzheimer's or Dementia and other neurological  
or cognitive impairments. With two convenient locations in  
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Keep Your Mind Active with our

# Sponsor Name Scramble

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S C O L O P L A S T Y H P A R G O M R E H T Y

- ☐ A Healthier Me
- ☐ Advanced Motion Therapeutic
- ☐ Ageless Aesthetics
- ☐ Aloha Home Care
- ☐ Alzheimer Parkinson Assoc
- ☐ Bay Street Pharmacy
- ☐ Christopher Shumake MD
- ☐ Coloplast
- ☐ David J O'Brien MD
- ☐ Florida Eye Institute
- ☐ Grace Rehab

- ☐ HealthSouth Rehab
- ☐ Home Instead Senior Care
- ☐ Indian River Medical Center
- ☐ Joseph Crawford MD
- ☐ Karen Todd MD
- ☐ New Vision Eye Center
- ☐ Paul V Minotty MD
- ☐ Perkins Medical Supply
- ☐ Renaissance Senior Living
- ☐ Robert Reinauer MD
- ☐ Sebastian River Medical Center

- ☐ Stephen Tate MD
- ☐ Steward Medical Group
- ☐ Thermography
- ☐ Thomas Baudo MD
- ☐ Treasure Coast Community Health
- ☐ Trilogy Home Healthcare
- ☐ True Colors Salon Spa
- ☐ Val Zudans MD
- ☐ VNA
- ☐ Walk to Remember
- ☐ WeCare



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

**Mindy M**  
CAREGiver  
of the Month –  
January 2018  
Home Instead  
Senior Care



Mindy's kind nature, dependability and heart make her a CAREGiver that provides both comfort and care to her clients. She is always gentle in her approach and is able to empathize effectively with the seniors that she cares for. Mindy makes a difference in the lives that she touches and is a true blessing to all that she comes in contact with!

**Dona C**  
CAREGiver  
of the Month –  
February 2018  
Home Instead  
Senior Care



Dona has the natural ability to help others feel at ease, being reliable to the clients that she serves. She has an incredible heart and is truly compassionate for the care that she provides. Dona expresses kindness and can brighten any room with her smile and willingness to provide a gentle hand!

**Tina S**  
CAREGiver  
of the Month –  
March 2018  
Home Instead  
Senior Care



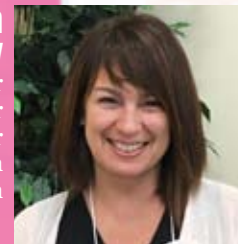
Tina is attentive to any needs and changes that may take place in a seniors home. She provides a listening ear, a bright smile and a hug as she provides the highest quality of care. Tina's kindness and patience are highly valued to all of our seniors and our team!

**Teresa Hilton**  
Trilogy Home  
Healthcare



Trilogy Home Healthcare is pleased to announce the addition of Teresa Hilton to its Administrative support team as Regional Community Development Executive. Hailing from Boston, Hilton has over 12 years of experience on the Treasure Coast in healthcare as a former hospital administrator and consultant for HealthSouth, and as a community liaison for several home health agencies. Hilton is founder of NoBull PR and former supervisor at Edelman Worldwide in Boston. She also served as Editor and Spokesperson for the Massachusetts of Housing & Community Development under Governors Weld, Cellucci and Swift; she began her career at Arnold Worldwide. Teresa volunteers on the We Care of Indian River County committee and ARC of IR County board, and served on the board of the Vero Beach Wine & Film Festival. When not at work, you can find her walking the beach with her dog or enjoying a run along A1A. Welcome Teresa to Trilogy!

**Lisa Harvey**  
Volunteer  
of the Year  
Alzheimer  
& Parkinson  
Association



Lisa has been a volunteer with the Alzheimer & Parkinson Association for a number of years. What makes her very special are her values which are what leads her life and touches other's lives. She values respect, both for individuals, and for organizations. She values dependability - she shows up, she does the job and carries on in her low-maintenance style. It doesn't matter what the job is - she gets it done. She values humor that is woven into every conversation. She values compassion - so evident in the many ways she will help any individual - she is a resource for the community. She values the mission of our local Alzheimer & Parkinson Association, passionately. She has given her efforts, for many years, to the Dementia Friendly community initiative, to the Walk to Remember and to the Day of Hope - with her volunteers hours numbering in the thousands.

# PULSE POINTS

## VNA's Senior Music Therapist Moreen Burkart Selected Non-Profit Professional Woman of the Year

Congratulations to Moreen Burkart, VNA's Senior Music Therapist who was named Woman of the Year by Junior League of Indian River, under the Civic/Non-profit Professional category. As a Woman of the Year nominee, Burkart was recognized as a woman who demonstrates high ethical standards personally, is a recognized role model, has a strong sense of community responsibility and is outstanding in her contributions within Indian River County.

Winners were selected by the Junior League of Greater Orlando, based on applications submitted by their nominees. As a Woman of the Year winner, Burkart was uplifted for having a positive impact her work has had in our community. "It was such an honor to be recognized for the progress we are making because of the music therapy program, and I feel very fortunate to have the VNA's continued support," said Burkart. "I see many opportunities for music therapy to help in our community and hope that as we continue to advocate, more music therapy jobs will be created so that anyone interested in our services can receive them."

Having graduated with a bachelor's

degree in music therapy, Burkart moved to the area in 2012 and saw a need to create a music therapy program in our community to help local patients. She set out to do just that, and in 2015, Burkart successfully created Indian River County's first music therapy program, run by a



board-certified music therapist. Since the inception of this program, more than 700 hospice patients and families have benefited, and the program has tripled in size, going from just Burkart to three full-time music therapists. She is fulfilling her mission of bringing music therapy to VNA patients as well as the greater community.

VNA's program provides free programming through partner-

ships with organizations like the Scully-Welsh Cancer Center and the Alzheimer and Parkinson Association. Through these collaborations, the VNA's music therapists provide music therapy to individuals battling cancer, both in-patient and at the infusion center, while they are receiving chemo therapy. At the Alzheimer and Parkinson Association, VNA's music therapists provide group music therapy sessions for the Dementia-day program, as well as a weekly neurologic music therapy group, specifically designed for people with

Parkinson's to help improve their gait and balance.

In 2015, the VNA was awarded the prestigious Indian River Impact 100 grant of \$100,000 as of the grant proposal that Burkart co-wrote and presented to the 400 members of Impact 100. She also created VNA's internship program, which is a national roster internship site for music therapy students.

For more information about VNA's Music Therapy Program or other VNA services, call 77.567.5551 or visit [www.vnatc.com](http://www.vnatc.com).

## VNA Private Care Receives 2018 Best of Home Care – Provider of Choice Award for 8th Year

The Visiting Nurse Association's (VNA) Private Care department has received the 2018 Best of Home Care – Provider of Choice Award from Home Care Pulse. The Provider of Choice Award is granted only to the top-ranking home care providers, based on client satisfaction scores gathered by Home Care Pulse, an independent satisfaction research firm for home care. VNA Private Care is now ranked among a select few home care providers across the country who have proven their ability to provide outstanding care. This is the organization's eighth year in a row achieving such recognition.

Best of Home Care – Provider of

Choice award-winning providers have contracted with Home Care Pulse to gather feedback from their clients by conducting live phone interviews with their clients each month. Because Home Care Pulse is a third-party company, it is able to collect honest and unbiased feedback.

"Receiving the Best of Home Care – Provider of Choice award for eight years in a row is a testament to the excellent care the VNA prides itself," said Donna Sorge, RN, program director of VNA Private Care. "We are so proud of our associates for consistently providing excellent care for our patients, and we will strive to continue

*continued on next page*



# PULSE POINTS

to set the standard for superior care.”

“Our goal at Home Care Pulse is to empower home care businesses to deliver the best home care possible,” says Aaron Marcum. “We are happy

to recognize VNA Private Care as a Best of Home Care – Provider of Choice and to celebrate their accomplishments as a trusted home care provider.”

## Indian River County Senior Collaborative

Indian River County Senior Collaborative (IRCSC) is being developed to address the needs of the rapidly growing aging population in Indian River County. Information provided by U.S. Census Bureau shows that between April 1, 2010 and July 1, 2016 the population of residents over 65 grew by 4.5% and was estimated at 31.7% of Indian River County’s population. There are now over 48,000 residents in this age category. This is greater than Florida’s 65 plus population which represents only 19.4% of Floridians. The over 65 population in Indian River County is forecast to continue growing with a projected population of 65,000 in 2030.

The purpose of Indian River County Senior Collaborative (IRCSC) is to improve the quality of life of the aging and also assist their care givers and families in making informed decisions of services available in Indian River County. IRCSC is intended to be an alliance of senior service providers, funders and advocates. By bringing these groups together, they strive to coordinate a community partnership

able to reach a broader audience of policymakers, service professionals, caregivers and older adults. The Collaborative is supported by United Way of Indian River County.

Their mission is “To improve the quality of life of all Indian River County Seniors through a community collaboration of service providers, funders and advocates.” Some of the ways this will be accomplished are by establishing a Senior Information Center, promoting an aging friendly community, and advocating for the needs, services and protection of seniors in our communities.

For more information contact Randy J. Riley, the administrator for the Indian River County Senior Collaborative. His telephone number is (772)469-2270 or you can reach him via email to: [rriley@ircsc.org](mailto:rriley@ircsc.org).

*Note: The Guide to Medical Services in Indian River Country and the Guide to Senior Services in Indian River County is available through Indian River Publishers, Inc. Contact Cindy Bryant at (772)473-6107 to obtain copies.*

## TCCH Celebrates 25 Years of Service to Indian River County with Open House



*Ernestine Williams, Andrea Fedock, CFO, Dr. Denise Tonner, Dr. Walter Janke, Vicki Soule, CEO, Trisha Cartwright, and Jessica Ormsby, COO celebrate the new TCCH administration office with a ribbon cutting.*

In 1993, Treasure Coast Community Health opened its doors as Fellsmere Medical Center. Originally intended to treat migrant farm workers, TCCH consisted of a handful of volunteer providers who performed routine checkups.

After 25 years, TCCH has grown to serve more than 19,500 patients annually at six service sites across Indian River County. To sustain this growth, TCCH has opened a new administration office and celebrated its opening with members of the community, patients, family and friends.

“We want to thank all of our supporters, whether they are patients, donors, partners or volunteers,” said Vicki Soule, CEO of TCCH. “Your help allows us to continue serving

Indian River County. We look forward to many more years of providing primary care to those in need of our services.”

TCCH’s new office is located on the second floor of Bridgewater Office Suites at 1555 Indian River Boulevard, Suite B-210 in Vero Beach.

TCCH is Indian River’s first and only Federally Qualified Health Center (FQHC) and a non-profit, 501 C (3) organization that offers affordable, comprehensive primary care, i.e. medical, dental and behavioral health services. Sliding fee discounts may be available for patients with limited resources.

As an FQHC, TCCH is held to the highest standard of quality care. TCCH is accredited as a Patient Centered Medical and Dental Home by the Accreditation Association for Ambulatory Health Care (AAAHC), an independent organization which conducts ongoing evaluations to continuously improve care and services.

To schedule an appointment at one of TCCH’s six (6) Indian River County sites, please call 772-257-8224. For additional information or appointments please refer to TCCH’s website at [www.tcchinc.org](http://www.tcchinc.org), TCCH’s Facebook page at [www.facebook.com/tcchinc/](http://www.facebook.com/tcchinc/) or call 772-257-8224.



# Bay Street Pharmacy

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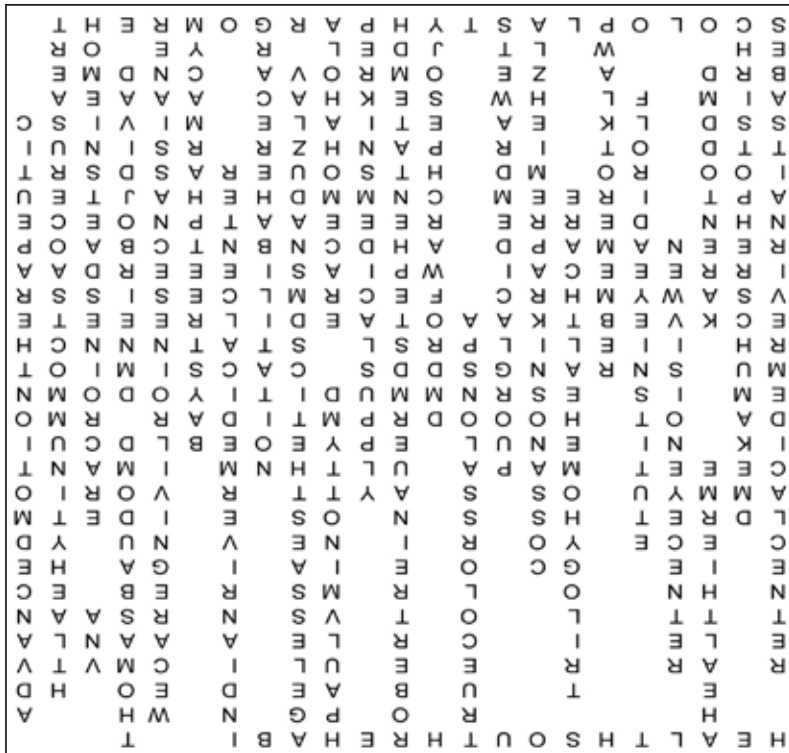
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