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INDIAN RIVER COUNTY

VOLUME 133

Sebastian River Medical Center expands Award-Winning Bariatric Program



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Sebastian River Medical Center

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Miracle Fruit at the Shining Light Garden

Since 2008, the Shining Light Garden Foundation, a non-profit organization in Vero Beach, has been growing fresh vegetables to help feed the homeless, hungry, forgotten, and help to the healing. The garden began in Joel Bray's backyard and through the generosity of others has grown to about 20 acres. The garden provides vegetables to food pantries, food kitchens, churches, and to homebound seniors and veterans. They recently added fruit trees and now have miracle fruit, also known as miracle berries.

Miracle Fruit (*Synsepalum dulcificum*) is a berry on a small shrub native to Africa. The fruit contains a unique glycoprotein called miraculin that binds to taste receptors and alters the natural flavors of food; most notably, the ability to make sour food taste sweet. The effects of the miraculin have been shown to mask the overwhelming metallic taste of foods that people can get after chemotherapy that causes extreme nausea and can lead to patients developing an aversion to eating and unwanted weight loss. Miracle fruit is also used for medical purposes, such as changing the flavor of

unpleasant medication.

The berries work when you put one in your mouth and gently scrape the fleshy part off the seed. Then swirl it around your mouth and over your tongue for about 2 minutes before swallowing or spitting it out. The effect of the miracle berry usually lasts between 30 minutes and 2 hours and varies for different individuals. Always consult with your physician(s) and let them know you are using miracle berries. Potential side effects can cause some acidity if you eat too much sour foods. The fruit could also mask the heat of spicy food which could lead to heartburn or GI distress. Use berries in moderation, and be mindful of what types of food you are eating to avoid unnecessary problems.

For information on how to obtain miracle berries or schedule a group presentation call Greg Vafiades, (772) 532-8777. The garden provides fresh foods, fruits and berries at no cost to those in need in Indian River County. They are always in need of more volunteers and donations. Visit the Shining Light Garden's website at: www.shininglightgardenfoundation.com.



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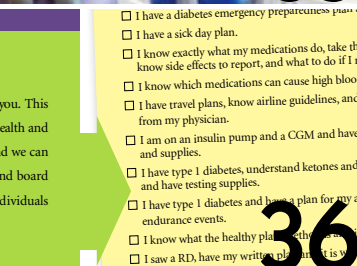
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cover story

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 expands Award-Winning
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Today's lifestyle is fast-paced and the work place is often no exception. Some days, with deadlines, social appointments and meetings you do not have enough time to care for yourself. However it is so important to take time off; it doesn't have to be much time. Our brains need a pause and to be refueled. Probably all of us can find five minutes a couple times a day to take a much-needed break. It could be to take a walk, deep breathe, meditate, or get some water and a healthy snack. Unplug and pause for a break. Most likely you will find yourself refreshed, more productive, and hopefully a bit more relaxed.

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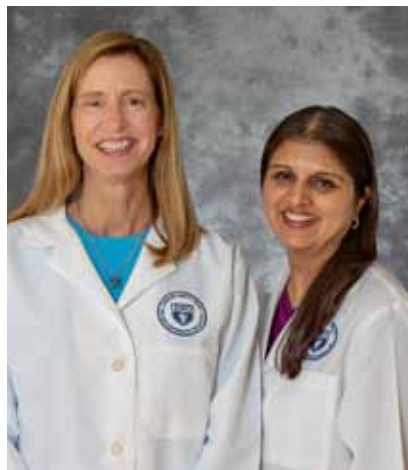
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Sebastian River Medical Center Expands Award-Winning Bariatric Program



Barbara Allen, ARNP and Raman Ashta, MD

Indian River County has award winning comprehensive Bariatric services available right here at home. Sebastian River Medical Center has the only Bariatric Center of Excellence in our county. This designation was awarded by the American Society for Metabolic and Bariatric Surgery (ASMBS) and the American College of Surgeons (ACS) in 2012 and Sebastian has maintained that designation through a recent recertification. To achieve this designation the hospital must submit to a rigorous program review of the hospital's surgical outcomes, several quality metrics and protocol implementation.

Our team includes a Clinical Program Coordinator, Registered Dietitians, Psychologists, Physical Therapists, and Nurses.

In addition to being the only Center of Excellence in Indian River County, Sebastian River Medical Center has been rated a Five-Star Recipient for Bariatric Surgery from Healthgrades for 2015-2018. Sebastian is one of only 3 hospitals in the entire state of Florida to receive this rating four years in a row. The hospital has also been recognized with a Blue Distinction® Center+ for Bariatric Surgery designation as part of the Blue Cross Blue Shield Association's Blue Distinction Specialty Care program. Blue Distinction Centers are nationally designated health care facilities that show expertise in delivering improved patient safety and better health outcomes, based on objective measures that were developed with input from the medical community. Kelly Enriquez, Hospital President, stated "Sebastian River Medical Center is very excited to be recognized for the great quality care and service that we have been delivering for many years."

Patrick Domkowski, MD, Medical Director of the program, is passionate about delivering quality care to the greater Central Florida community. With his long time partner, Jason Radecke, MD they have built a program that is highly regarded and respected for delivering safe quality care to patients with

obesity disease. "These designations signify that our program provides the highest quality of care and compassion for patients," stated Patrick Domkowski, MD. "This is reflected through extensive bariatric surgery experience, staff members' continuing education, state-of-the-art medical equipment. The recognition and awards have definitely been noticed in our community. Bariatric surgery volume has increased significantly, so much so that Drs. Domkowski and Radecke have added a third bariatric surgeon to their team – Natalee Stone, MD. We are pleased to welcome Dr Stone as she continues the tradition of offering world class care locally to our community. All three surgeons are Board Certified by the American Board of Surgery and practice the safest and best techniques in Laparoscopic and Robotic Bariatric Surgery.

Steward Medical Group and Sebastian River Medical Center have also expanded their medical weight loss services. The team is excited to welcome Raman Ashta, MD. Dr. Ashta is a board certified medical bariatrician. This is a special certification in addition to her being board certified in family medicine. She specializes in medically supervised weight loss management. Medical Weight Loss is also available with Dr. Radecke and Barbara Allen, our advanced registered nurse practitioner.

We recognize that obesity is a disease that has many different treatments. Our team takes a multidisciplinary approach which includes surgery, medical weight loss, counseling, nutritional support and lifestyle modification. Whether you want to lose 30lbs or 300lbs we are your center for weight loss and health improvement.

Weight loss can not only improve your quality of life, it can also prevent or lower your risk of developing life-threatening conditions like diabetes and high blood pressure. Studies have shown that patients on traditional weight-loss programs lose weight, but often regain two-thirds of it within one year – and almost all of it within five years. If you are interested in more information on surgical or medical weight loss – please call the Steward Medical Group Bariatric office at **772-581-8003**. Our team can show you how to achieve healthy, long-term weight loss and improve your quality of life. Don't wait, make your appointment today to meet with one of our doctors! We have offices in Sebastian and Vero Beach!

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Heartbeat of the Treasure Coast

REBRANDING INITIATIVE

HealthSouth Treasure Coast Rehabilitation Hospital to unveil new name and brand

HealthSouth Treasure Coast Rehabilitation Hospital will unveil its new name and brand as part of its company's name change and rebranding initiative. Beginning Oct. 1, the inpatient rehabilitation hospital will be known as Encompass Health Rehabilitation Hospital of Treasure Coast and will continue to provide the same high-quality, post-acute care for patients overcoming a variety of debilitating illnesses and injuries.

"Our new Encompass Health brand reflects more than the change of our name. It reinforces our commitment to working together to continuously improve the care we provide our patients," said Mike Kissner, CEO of Encompass Health at Treasure Coast. "With a focus on clinical collaboration and strengthening relationships, we will continue to play an important role in making a difference in the lives of our patients."

Birmingham, Alabama-based HealthSouth Corporation launched its new name and brand on Jan. 1, 2018 and will be transitioning its 128 inpatient rehabilitation hospitals, and 272 home health and hospice locations serving 36 states and Puerto Rico through 2019. All of the Company's post-acute care service locations in Florida will migrate to the Encompass Health name and branding on Oct. 1.

HealthSouth Treasure Coast Rehabilitation Hospital is an 80-bed inpatient rehabilitation hospital that offers comprehensive inpatient rehabilitation services. Serving patients throughout Indian River, St. Lucie, Okeechobee and Martin counties, the hospital is located at 1600 37th St. in Vero Beach and on the Web at www.healthsouthtreasurecoast.com.

Encompass Health is a national leader in post-acute care, Encompass Health (NYSE: EHC) offers both facilitybased and home-based patient care through its network of inpatient rehabilitation hospitals, home health agencies and hospice agencies. With a national footprint that spans 128 hospitals and 272 home health & hospice locations in 36 states and Puerto Rico, the Company is committed to delivering high-quality, cost-effective care across the post-acute continuum. Driven by a set of shared values, Encompass Health is the result of the union between HealthSouth Corporation and Encompass Home Health & Hospice, and is ranked as one of Fortune's 100 Best Companies to Work For, as well as Modern Healthcare's Best Places to Work.

Encompass Health & Rehabilitation Hospital is a "Stroke Center of Excellence"

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Heartbeat of the Treasure Coast

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

Too Busy to Review Your Part D Medicare Plan? Think Again!



A commonly repeated saying in our culture is “If it ain’t broke, don’t fix it”. I know that I am certainly guilty of saying it and definitely of applying it to my life. When things are moving along well, why would we want to do anything different? I would say that this mantra works in many scenarios, however, if you are on a Medicare Part D plan, you might be surprised if you do not do an annual review to determine what adjustments you should make. Open enrollment for Medicare runs from October 15 to December 7 each year and it is the **ONLY** time (with few exceptions) that you can make changes for the coming calendar year.

According to Q1Medicare.com, the monthly premium for your plan is predicted to **DECREASE** by about 5% in 2019, however that does **NOT** mean that your overall costs will go down! Your Medicare drug plan’s prescription coverage (which

drugs are covered and at what cost) can, and probably will change every year — even if your Medicare plan’s monthly premium remains about the same. Therefore, you could have some brand name medication that is very expensive but covered by your plan for 2018, however, in 2019, it is no longer covered, yet you are stuck with the plan for the entire year. Your only option would be to have your physician prescribe a similar medication or pay out of pocket for that medication for the year.

Unfortunately, choosing a plan is not as simple as choosing a low monthly payment. It is best to use a tool, such as www.medicare.gov, to list all of your medications and the pharmacy of your choice to determine what your anticipated out of pocket will be. This tool will factor in your monthly premium, any deductible, a preferred or non-preferred pharmacy, the formulary

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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.

Their team of therapists are dedicated to helping patients achieve success,

- Orthopedic, Neurological and Cardiac Rehabilitation
- Parkinson's program
- Strength/Endurance therapy
- Anodyne Therapy
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- Spinal and Sports Injuries
- Osteoporosis and Arthritis

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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Stop by their office at 2965 20th Street in Vero Beach and visit their website www.advancedmotiontherapeutic.com or telephone them at 772.567.8585.



"As usual, my wife knew best and called 9-1-1."



"Thanks to my amazing stroke care team, I'm back on the shooting range."

At 46 years old, Adam Goodner experienced a stroke. Luckily, his wife recognized the signs and insisted on getting him to the hospital right away. She knew that the sooner a patient is treated, the better the chance of regaining pre-stroke health. After successful treatment, Adam returned to work at the Sheriff's Office and was even promoted to Captain in the Patrol Operations Division.

The doctors that took care of Adam are all fellowship-trained in endovascular surgical neuroradiology and now lead the Interventional Neurology and Stroke Team providing 24/7 coverage at IRMC.

- Ayman Gheith, M.D.
- Akram Shhadeh, M.D.
- Vikas Gupta, M.D.

Learn more about Adam and the Interventional Neurology Program at IRMC by visiting myIRMCstory.com or call (772) 448-8600.





VNA Names Lundy Fields CEO



Lundy Fields

The Visiting Nurse Association (VNA) of the Treasure Coast has named Lundy Fields as its new president and CEO. Fields, who joined the VNA's board of directors last August, brings with him a wealth of experience, working with large healthcare companies including Johns Hopkins and Cleveland Clinic.

"I am greatly humbled to serve as VNA's CEO and am excited about the journey ahead," exclaimed VNA's President and CEO, Lundy Fields. "With three key attributes: honesty, trust and integrity, at the core of VNA's values, we will continue to fulfill our mission of

setting the standard for patients and caregivers needing home health, hospice and community health services."

Closely aligned with VNA's vision to provide the highest quality patient care, Fields prides himself on building trust and empowering teams to deliver excellence. He has a proven track record of leading teams to succeed and has led upwards of 2200 employees and managed \$240 million in revenue across multiple countries.

Since joining the healthcare industry over 25 years ago, Fields has been repeatedly recognized for delivering results, both nationally and internationally.

As former Managing Director of My Health Solutions (UK) Ltd. and CEO at Fields Consulting, LLC, Fields led the adoption of healthcare kiosks in the United Kingdom. After selling the business in November 2017, he acted as a consultant to investment firms and healthcare organizations on the company's behalf. Prior to that, Fields served as president of MöInlycke Health Care and Novartis. At MöInlycke Health Care, he created a board-approved five-year strategic plan, increased sales, reduced turnover and built a shared vision of success. Joining Novartis as Manager of Business Analysis and departing as President of the North America division, Fields increased market share and sales in every position held.

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For more information about the VNA & Hospice Foundation, visit www.vnatc.com.



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by Colleen Sanders-Symanski, RN, CDE

“Today I woke up. I am healthy.
I am alive. Thank you.”

Kim Crews and Jeff Moore were out on the intracoastal in their boat enjoying the evening; and watching a pod of dolphins. Kim adores seeing the dolphins so they idled there a bit longer than usual. It was Tuesday, August 7, 2018 around 6:00 p.m. There was only one other boat out that evening with a father and his young son on it.

Jeff looked north and saw a boat hit a channel marker while seeing someone “fly off the boat and into the water”. Immediately racing to the scene, Jeff yelled out to the man in the other boat to call 911. Kim and Jeff reached



left to right: Brittney, Kim, Kysa, and Jeff



the boat within a minute where a young woman was in the water and her bleeding appeared to be profuse; it was Kysa. Jeff dove into the water and carefully embraced Kysa and began swimming toward his boat. Kim and Jeff as a team worked together confidently and safely to get Kysa on the boat. While Jeff headed to the Fire station at Riverside Park, Kim supported Kysa's head and held together significant lacerations while applying pressure to control bleeding. She spoke calming the whole time asking Kysa pertinent questions while at the same time comforting her. Kysa was amazing; despite the shock of the trauma she gave Kim the answers she needed for the paramedics and hospital staff.

Within 11 minutes (to the best of their recall), Kysa's life was transferred to the care of the paramedics. She was quickly taken to Lawnwood Regional Trauma Center. Kysa just turned 16 and was with some friends when the boating accident happened. She suffered facial and skull injuries. Kim is a nurse at Champion Home Health Care and Jeff's mom was a nurse and his father was a

physician. They have strong medical knowledge and both are experienced boaters and divers; use to being on the water since childhood.

Brittney, Kysa's mom shared with me: “Our entire family is so very thankful for the both of them for saving our baby. We will never be able to thank them enough. They are now our family.” Perhaps guardian angels, faith, or alignment of positive energy for being in the right place in the right time; there is more to this story. Kim and Brittney, also



a nurse, worked together in the past. Jeff and Kysa's grandmother taught at the same elementary school years ago. Kim, as a young woman was in a car accident that caused multiple traumatic injuries which resembled similar injuries to Kysa's. Jeff and Kim hope “that anyone else would do the same thing in an emergency.”

Kysa is recovering well and her outlook is remarkable as she now embarks on an unexpected journey of recovery and reconstruction. Kysa is a junior in High School and plans to major in marine biology after she graduates. She shared “Today I woke up. I am healthy. I am alive. Thank you.”



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Karen Lampert-Riley receives the Terri Santangelo Outstanding Leader Award

Becoming Encompass Health

Our hospital has officially transitioned to Encompass Health, reflecting the corporate name change that went into effect on Jan. 1, 2018. The shift to Encompass Health reflects our strategy to deliver high-quality, coordinated care through our inpatient rehabilitation hospitals and home health and hospice agencies. The Encompass Health name honors the strengths and legacies of both HealthSouth and Encompass Home Health & Hospice (acquired by HealthSouth in 2015).

What's changing

The name and logo at our location are changing over to Encompass Health, along with branded assets such as signage, marketing collateral, forms and our website.

What's not changing

We are still the same company, with the same ownership and management. Our phone numbers have not changed, and the shift to Encompass Health will not impact our referral process.

What is means to partner with Encompass Health

Tailored Approach: We take the time to understand the goals that drive each potential partner and deliver a tailored post-acute solution that fits the needs of each health system.

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Indian River Home Care (IRHC) is overjoyed to announce that Karen Lampert-Riley, RN, vice president and director of patient relations, is the first and only person in Indian River County to be selected for an award from the Home Care Association of Florida (HCAF). Lampert-Riley received the Terri Santangelo Outstanding Leader Award, the most notable accolade of three that was presented during the 2018 Excellence in Home Care Awards ceremony on July 31, at the Renaissance Orlando at SeaWorld in Orlando.

According to HCAF, this honor is bestowed upon an exceptionally sedulous professional in memoriam of the venerable trade association's former president. Among several

other impassioned qualifications, the awardee possesses, "exemplary team spirit, excellent problem-solving skills, creativity, innovative spirit and dedication to patient and staff satisfaction." "Karen not only encompasses all of these attributes, but she is continuously willing to attend doctor's appointments, make visits with other clinicians, place phone calls on behalf of staff members and spend countless hours advocating for clients and their families — everything and more you would want in a leader," aid Margot Kornicks, RN, MBA, founder and president of IRHC.

"Indian River Home Care has given me the opportunity to partner with remarkable individuals who believe in promoting healthcare excellence and innovative interdisciplinary delivery of services," Lampert-Riley said. "We have all been inspired by the passion and vision Margot brought to our community when she opened Indian River Home Care." Karen has been with IRHC since 2012 and is such a valuable asset and embraces leadership and advocacy for extraordinary patient care. Congratulations Karen Lampert- Riley!

Indian River Home care is located at 65 Royal Palm Pointe, Suite A in Vero Beach FL. Their telephone number is 772-569-3885. Karen invites you to call her to discuss your home care needs or answer any questions you may have. She is also available to meet you in your home for confidential and personal attention.

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Heartbeat of the Treasure Coast

Heartbeat of the Treasure Coast

VNA and SAFIR Partner to Promote Proper Disposal of 27,000 Prescription Pills



Candy Sherwood, Robin Dapp and Mary Spear

Thanks to a newly founded partnership with Substance Abuse Free Indian River (SAFIR), the Visiting Nurse Association (VNA) of the Treasure Coast has begun deploying Deterra pouches to provide patients and caregivers with a safe, convenient way to properly disposing of prescription pills.

“We are excited to partner with VNA, our mission is to keep our community healthy, safe and substance abuse free,” said Robin Dapp, Chair of Substance Abuse Free Indian River.

Because many people don’t realize flushing medications down the toilet or discarding them with their household trash is harmful to the environment, dangerous substances continue to make their way into the wrong hands, our waterways and landfills. Through an initiative called SAFIR Rx, SAFIR aims to work with community partners, such as the VNA to educate the community on safe storage of medications and proper disposal. Partnering with the VNA enables SAFIR to focus their efforts on Indian River County’s senior population who often have multiple bottles of expired and unused medications.

Part of SAFIR’s outreach efforts include the purchase and distribution of Deterra pouches. According to Deterra’s website, “Each patented Deterra pouch contains a water-soluble inner pod containing proprietary MAT12® activated carbon. Once the drugs are placed in the pouch, warm water is then added, which dissolves the inner pod releasing the activated carbon. Deterra works on pills, patches and liquids, allowing them to be adsorbed by the carbon, rendering them inert and non-retrievable.” Each of the 300 donated pouches can hold up 90 pills, making it possible to prevent 27,000 from ending up in harm’s way.

continued on page 42

For more information about careers at the VNA, please visit www.jobs.vnatc.com, or call 772-567-5551.



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One in a Million Lady!!!! Congratulations on your Retirement!!!!



Jennifer Searl-Palleschi dancing with Geraldine

always seems to find the right answer to accommodate all. Smiling and happy all the time.

Jennifer's awesome personality is contagious. People want to emulate her. Her tireless energy and pride in her staff led them to win the "Graceful Living Award" two consecutive years. Grace competed with 42 other properties when they accepted the corporate mission "CHALLENGE" and WON! Twice!!!! The "Graceful Living Award" honored the building with \$50,000. Jennifer immediately decided to divide it equally among the team. Under her guidance Grace Rehabilitation Center of Vero Beach attained a 5-Star Rated Medicare.gov Nursing Home Compare; Named Best Nursing Home 2017 – 2018 U.S. News & World Report and 2012 AHCA/NCAL National Quality Bronze Recipient.

Sometimes in life we are in the right place at the right time. We meet someone that inspires us, who cares for others above themselves and leaves such a lasting memory you think of them daily. Jennifer Searl-Palleschi, who has been the administrator of Grace Rehabilitation Center of Vero Beach is just that someone. Everyone who has the benefit of knowing and working with her comes away feeling that she really cares and

Many team members wanted to share their thoughts about Jennifer, so let's hear from them:

"Dynamic, thoughtful leadership, the words that best describe Jennifer. She is an innovator, always thinking and putting into place what is best for the individual resident as well as their family. Jennifer brought Grace of Vero Beach to the 5-star facility it is today. Personally, working with her for the past 10 years, I remain forever grateful for all that she has brought to me, our team, building and company. She will always be our Rock Star!!!!". -Kathleen Pelletier

"Jennifer has taught so many of us life lessons over the past 10 years. Not only was she a great leader but an awesome friend. She is very compassionate with not only the residents but the staff as well. She always looked after all of us and put our needs before her own. She treated everyone as though they were family". -Tara Abrahams

"Jennifer is not just a boss. She is a caring compassionate leader with a huge heart. She has the gift and ability to help you achieve your dreams. When you feel like you can't go on or want to give up she will be right there to cheer you up. She made Grace more than just a work place. She brought fun and lots and lots of laughter. I just can't say thank you enough for all she has done for me". -Christina (Extraordinaire) Lattimore

"Jennifer was a great leader and Administrator at Grace. She made Grace a happy and fun place to work. She always put the patient and family first....she taught us to always do the right thing...but most important the right thing for our patients". -Danielle Ray

"I have worked with Jennifer since 2011. She has been a great mentor to learn about long-term care! It's exciting to work with her as she keeps us on the cutting edge of our industry. Jennifer has ingrained in the staff to be out of the box thinkers....to add quality to the resident's life every day they are here. Jennifer has been in healthcare and rehabilitation for years- leading the way where we all can attain the qualities of a motivating leader"! -Dorothy Ann

continued on next page

One in a Million Lady!!!! *continued from previous page*

The comments above reveal how loved Jennifer is. She and Grace Healthcare believe in their team, offering continuing education and promoting from within. In the last few years Jennifer was not only the administrator for Grace but also the regional director over the company's Florida health care facilities.



Randall Rees, Administrator

Now let's welcome Randall Rees as the new administrator of Grace Rehabilitation Center of Vero Beach. Randall has been with the company for 7 years and spent time at all three of their facilities in Florida, including assistant administrator in Vero Beach in 2013. Randall always had a special place in his heart for Grace. He was thrilled when they offered him the administrator position. Randall grew up in a health care family, (his father a hospital administrator) so it comes naturally for him to enjoy being involved with patients, their families and community. His passion for the industry came from the time he spent in nursing care facilities and home health agencies during a

master's program internship with Orlando

Health. When the team at Grace heard that Randall was coming back they were happy, missing Jennifer, yet confident that he was the perfect person to pick up where she left off.

Grace Rehabilitation Center of Vero Beach started its life as a small private long-term care nursing home. They have now grown to be a leader in health and rehabilitation in Indian River County. It is their goal that you and your loved one will receive quality, compassionate care by well trained professionals whose goal is serving you from the heart. Having the appeal of a bed and breakfast gives the residents and families a feeling of comfort. One of the many fine qualities Grace offers is the "Suite Life" of Vero Beach with luxurious amenities. Through their center's model of care, their team encourages experiences that promote a positive outlook on life and endeavors to provide a supportive homelike environment with options for a private room, suites and fine dining.

Grace Rehabilitation Center of Vero Beach participates in the Comprehensive Care for Joint Replacement program (CJR), Chronic Heart Failure (CHF) and Stroke program. They proudly do over 30 admits and discharges a month; works with hospitals, home health agencies and local physicians to admit directly into

Grace within that 30-day window without having to go back into the hospital setting; offers in-patient and extended outpatient rehab with community reentry and all programs are designed to fit each patient's individual needs. Grace's Recreational Therapy integrates patients back into the community with outings, enjoyable activities, games and social interactions with therapeutic ways to keep the body and mind nimble. Grace Rehab has the highest percentages of returns to the community in Indian River County.

The philosophy of "Graceful Living" encourages facilities to go above and beyond in creating a warm and caring environment.

Residents and families can enjoy luxurious amenities such as daily newspaper delivery, Keurig coffee bar, refrigerator stocked with Natalie's Orchid Island Juices, bar cart services, fresh floral arrangement, white down bedspread, private in suite tiled bathroom, Wi-Fi, Flat screen TV with cable".

Visit Randall and the professional team at Grace Rehabilitation 2180 10th Avenue, Vero Beach, Telephone 772.567.5166 or visit their website www.gracerehabilitationverobeach.com



Randall assists resident to catch a fish in one of Grace's outings

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by Shelley Stuvén, IRCMS, and Theresa Tolle, R.Ph Bay Street Pharmacy (committee members)

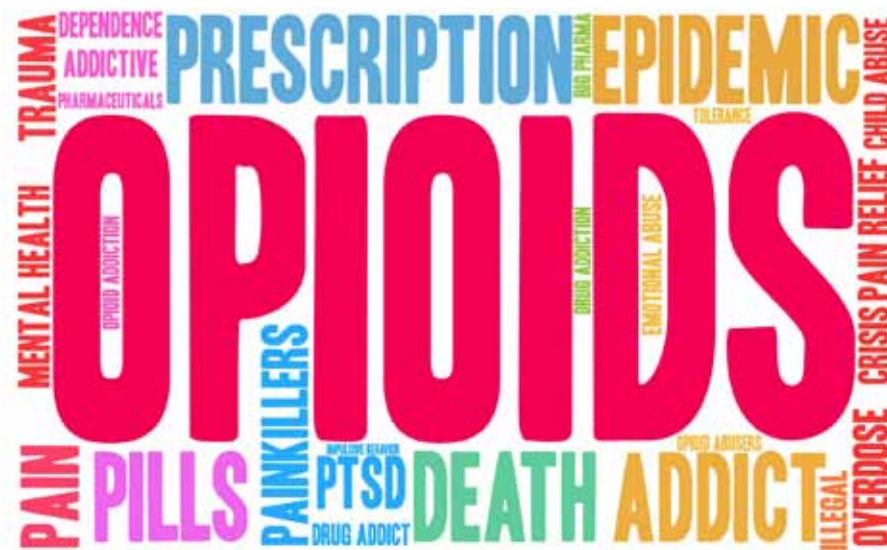
“The Making of a Summit: Raising Community Awareness about the Opioid Crisis”

In February 2017 the Sebastian River Chamber of Commerce put together a committee of health-related business leaders in our community with a mission statement to “inform, educate and promote health care issues among Chamber members”. A further goal was to “develop community awareness of important health related issues”. As we narrowed the tasks that we hoped to accomplish, it became very clear from input from our committee that one of the first areas we should tackle was what our Governor labeled in 2017 as a public health emergency – Florida’s opioid crisis. Specifically, we wanted to put the spotlight on the problem in our own backyard and also the solutions available in Indian River County and the greater Central Florida area.

In 2016, there were 2,798 opioid-related overdose deaths in Florida—a rate of 14.4 deaths per 100,000 persons—compared to the national rate of 13.3 deaths per 100,000 persons. In an August 2017 article in TCPalm, Indian River County Sheriff Deryl Loar said “the county is in an opioid epidemic”. The Centers

for Disease Control (CDC) states that prescription opioids are medications used to treat moderate-to-severe pain and often prescribed following surgery or injury, or for health conditions such as cancer. However, in recent years, there has been a dramatic increase in the acceptance and use of prescription opioids for the treatment of chronic, non-cancer pain, such as back pain or osteoarthritis, despite serious risks and the lack of evidence about their long-term effectiveness. Medications that fall into this class include Hydrocodone, Oxycodone, Morphine, Hydromorphone, Fentanyl, Methadone and others. Some of the risks include physical dependence, drowsiness, dizziness, drug interactions with other medications, confusion, depression and many others. And, of course, addiction and even overdose as stated above.

Fast forward to today. Our committee has been working very diligently to build “Opioid Crisis: An Equal Opportunity Destroyer Summit”. We have assembled experts who are local physicians, law enforcement, attorneys, mental health



counselors, treatment specialists, legislators, family members and those in recovery to tell their personal stories. The mission statement for this event is to “increase the general public’s knowledge of opioid and prescription drug abuse and to connect the public with resources to aid in the prevention and treatment of opioid/prescription drug addiction and abuse”. Our goal is to tell the story of addiction, but also provide the hope of recovery and resources for those who have been touched by this disease. Additionally, we want attendees to leave with information to become plugged in with area organizations where they can volunteer to help fight this crisis.

Special thanks to Beth Mitchell, President of the Sebastian Chamber

of Commerce, for the idea of forming a health care committee and all of the support to bring this fruition. Additionally, we would like to thank our committee members for their hard work over the past 18 months. Finally, we are grateful to our sponsors SAFIR (Substance Abuse Free Indian River), the Indian River County Medical Society and the City of Sebastian for allowing us to use their council chambers.

For more information please visit the www.sebastianchamber.com and click on the Opioid Summit link. Additionally, we welcome members of our Chamber business community to volunteer to join our Health Care Committee for future projects. Please contact the chamber for more information.

Alfonsina Garcia-Bracero, M.D.

Obstetrics & Gynecology

1050 37th Place

Vero Beach

770-6116

801 Wellness Way

Sebastian

770-6801

**James Gordon, M.D.**

Gastroenterology

3450 11th Court

Vero Beach

299-3511

**Ivana Parody, M.D.**

Rheumatology

3450 11th Court

Vero Beach

794-1444



Occupational Therapy in Vero Beach



Carol DeFazio, MSOTR, has been a practicing Occupational Therapist for over 21 years. She has a Master of Science degree and is certified through the National Board for Certification in Occupational Therapy. Carol is also certified as an LSVT BIG provider for Parkinson's disease. Originally from NY, she has lived in Vero Beach for over 8 years. Her passion is to provide quality, individualized services to patients.

The LSVT BIG & LOUD program is a research-based therapy program, focused on body perception and movement patterns. Frequently, an individual with Parkinson's disease becomes unaware of their movement patterns and/or self-conscious of how others perceive their mobility. They have difficulty with body calibration and self-regulation; which often results in smaller movements and a weaker voice.

Multiple studies show the LSVT BIG & LOUD program surpasses other protocols as an effective treatment in managing symptoms in Parkinson's disease. This program is best when started immediately upon diagnosis, but can be beneficial at any time throughout the life span with modifications. The patient engages in four therapy session per week, lasting one hour. Patients need to repeat their exercises daily. The program lasts for 4 weeks and must continue with the exercises for maximum benefit. Patients should see the therapist every 3 months to one year for tune ups and checks as needed.

Clinicians must be certified as an LSVT clinical provider in order to perform these treatments. Carol provides the LSVT BIG or movement portion of this and her partner Jacqueline Davis, MA, CCC-SLP, provides the speech therapy side of the LSVT LOUD. Services can be provided in the patient's home for their privacy and these are Medicare covered services. You can find more in-depth information on this program at <https://www.lsvtglobal.com>.

Your Occupational Therapy appointment will be held in your own home without a need to worry about transportation. Contact Carol at (772) 208-8662 to discuss how they can help you and to schedule an appointment. Also visit her website at www.lifeenrichmentandwellness.com to learn more.

Diabetes Checklist

There is a lot to managing diabetes, for many people it is a life-time journey. Aging, which is a good thing, and life circumstances affect optimal health and diabetes.

This checklist is a tool for you to review; not to overwhelm you. This brief checklist can help you identify opportunities for better health and gain additional knowledge. Diabetes can be overwhelming and we can work together to address areas that you identified. As a RN and board Certified Diabetes Educator (CDE) my specialty is assisting individuals who have prediabetes or diabetes.

When you are ready, call me at (772) 231- 5555 to make your appointment. 'A Healthier Me' is located at 2855 Ocean Drive, Suite C-5 in Vero Beach. Our website is www.ahealthiermeverobeach.com



- ☐ I am in my A1 C and blood glucose target goals
- ☐ I use my blood glucose results to make better decisions.
- ☐ I know my liver and kidney lab values and what they mean.
- ☐ I use 1 blood glucose meter and have validated my reading to current lab values.
- ☐ I follow the "15 -15 rule" for treating low blood sugars.
- ☐ I have a diabetes emergency preparedness plan and supplies.
- ☐ I have a sick day plan.
- ☐ I know exactly what my medications do, take them as prescribed, know side effects to report, and what to do if I miss a dose.
- ☐ I know which medications can cause high blood glucose.
- ☐ I have travel plans, know airline guidelines, and have a letter from my physician.
- ☐ I am on an insulin pump and a CGM and have a backup plan and supplies.
- ☐ I have type 1 diabetes, understand ketones and ketoacidosis and have testing supplies.
- ☐ I have type 1 diabetes and have a plan for my athletic/sports endurance events.
- ☐ I know what the healthy plate method is and it is helpful on a daily basis.
- ☐ I saw a RD, have my written plan and it is working well. (and I can find it)
- ☐ I know my carb to insulin ratio and my blood glucose is my target ranges.
- ☐ I frequently dine out, plan ahead, and know how to determine what I am eating.
- ☐ I engage in purposeful movement 30 minutes daily and can know the impact on my blood glucose.
- ☐ I understand how stress affects my diabetes and have useful tools to help me keep my numbers within my goals.

Fields *continued from page 16*

"After a nationwide search, finding a CEO of Lundy's caliber right here in Vero Beach is ideal for our organization. We are excited to have his leadership as we strive to deliver the highest quality health and wellness services to the entire community," remarked VNA of the Treasure Coast Board Chairman, Sue Tompkins.

Fields earned a Bachelor of Science in Entrepreneurship from the University of Southern California and went on to receive his Master of Business, with a concentration in Finance, from the University of South Carolina.

Fields and his wife Katharine "Kit," a fourth generation Vero Beach resident and realtor, have called Vero Beach their home for the last 10 years. Married for 35 years, they have four daughters and eight grandchildren.

For over 40 years the VNA has been fulfilling its mission to provide compassionate, innovative care of the highest quality. With Lundy's experience and vision, the VNA will continue to set the standard for patients and caregivers needing home care, hospice and community health services.

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The "We Care" program provides free medical services to an average of 3,000 qualified Indian River County residents each year. With your help the We Care Foundation is able to donate the necessities of after care to those patients who truly need it.



Save the Date!

**MARCH 1, 2019, 6-10 PM
OAK HARBOR CLUB**

TICKETS: \$200 PER PERSON

Annual fundraiser and celebration
of the We Care Program Volunteer
Medical Professionals!

Uninsured? Who cares? We Care.

The We Care Program, founded in 1991, provides free physician services for qualified uninsured indigent patients in Indian River County. More than 130 volunteer physicians donate care to over 3,000 residents annually. Specialty areas include, but are not limited to:

- Dermatology
- Internal Medicine
- Otolaryngology
- Orthopedics
- Urology
- Cardiology
- General Surgery
- Neurology
- Ophthalmology
- Podiatry

Who Qualifies?

Patients must reside in Indian River County (>6 months), have no group or private insurance and meet the financial eligibility guidelines including income up to 150% of the Federal Poverty Level. <https://aspe.hhs.gov/poverty-guidelines>

Patients are referred by a physician with the IRC Health Department, Whole Family Health Center, Treasure Coast Community Health or may self-refer. The We Care Clinic offers an on-site physician and coordinators to assist patients throughout the referral process.

The We Care Program is a cooperative venture between the Indian River County Medical Society, the IRC Health Department, the IRC Hospital District and the We Care Foundation of Indian River.

"Before We Care my eyes were so bad I couldn't see at all. Thank you for everything. It has made my life so much better and clearer."

Cathy Tennant

"The We Care Program has allowed me to get the necessary medical attention that I need. I would not be able to afford the testing and procedures needed."

Judy Heritage

"We Care has provided me with the best health care in my life."

June Mitsakos

"The program helps me see doctors that I couldn't otherwise see due to the lack of insurance."

Melanie Grant



Through funds raised by the We Care Foundation of Indian River, a 501(c)(3) non-profit organization, the We Care Program also offers assistance with prescription medications, medical equipment, transportation for medical appointments, and other non-physician medical needs.

VNA and SAFIR Partner *continued from page 26*

“As a new member of the SAFIR Coalition, we are proud to provide home healthcare and hospice patients and caregivers with a safe, convenient way to properly dispose of unused and expired medications. SAFIR’s donation of Deterra pouches is a most appreciated resource for our patient population,” said Kathy Orton, VNA’s Vice President of Clinical Services/Chief Regulatory Officer.

Seniors are especially in need of a resource for proper medication disposal due to their sometimes-limited mobility and frequent changing of medications. Together, VNA and SAFIR are working towards keeping prescription pills out of our landfills and waterways and minimizing the negative effects of what is now considered to be a healthcare crisis of epidemic proportions.

The VNA is a home care agency that offers home health, hospice and private care services throughout Indian River County, making it the only local home care agency able to provide a continuum of care for its patients.

Reviewing Medicare Part D *continued from page 12*

coverage of the plan and more. It will also predict if or when you are likely to enter the coverage gap, also called the donut hole, during the year.

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

If you need assistance choosing a plan you can reach out to SHINE, a free State of Florida service found by dialing 211. Also, local insurance representatives can help choose a Part

D plan, along with a medigap plan if needed or, alternatively, they can help evaluate between those options and a Medicare Advantage plan. Finally, Bay Street Pharmacy offers a FREE service each year to meet with you by appointment to help choose a Part D plan. Please call 772-589-2043 to schedule an appointment starting in mid-October.

So, take a few minutes to consider your choices for 2019. You may find out that the plan that has worked for you really isn’t the best one for next year. And, maybe it will keep you from going broke by fixing it before that happens! We wish you the best and are here to help if we can.

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LOCAL PEOPLE

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Upcoming Community Events brought to you by the Sebastian Police Department

**OCT
23**

Community Night Out is an opportunity to meet local, state, and federal law enforcement officers. The event takes place in Riverview Park and gives the community the opportunity to see Patrol Cars, Crime Scene Vehicles, Patrol Boats, and much more.

**NOV
17**

Sebastian Police Department partners with St. Sebastian Church and Wal-mart to conduct a turkey drive. The event takes place at Wal-mart and all the food collected benefits Sebastian residents in need of help with their Thanksgiving meal. We accept turkeys and dry food.

**DEC
1**

The Sebastian Police Department partners with the Marine Corps and Wal-mart for a Toys For Tots Toy Drive. The event takes place at Wal-mart and all the toys collected benefit Sebastian children to make sure Christmas is a joyous day for all.

The RadKIDS Safety Class Program



The RadKIDS program is a safety class for elementary age children to learn how to be safe and to physically resist violence. Kids who participate are empowered to make decisions that protect them from abduction, bullying, child abuse, and sexual assault. The class culminates in a simulation where kids use what they have learned throughout the week to resist an abduction.

Fun Time Christmas in July, sponsored by the Sebastian Police Department.

Another SUCCESS!!!! The Christmas in July event makes it possible to take kids who are in need, Christmas shopping through the Sebastian Police Department's "Shop with a Cop" program. The success was due to the great cooperation of the community members and residents who know the importance of putting smiles on children's faces during the holiday season.



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- ☐ A Healthier Me
- ☐ Advanced Motion Therapeutic
- ☐ Aloha Home Care
- ☐ Bay Street Pharmacy
- ☐ Carol DeFazio
- ☐ Christopher Shumake MD
- ☐ David J O'Brien MD
- ☐ Florida Eye Institute
- ☐ Grace Rehab
- ☐ HealthSouth Rehab
- ☐ Home Instead Senior Care
- ☐ Indian River Medical Center

- ☐ Jason Radecke MD
- ☐ Karen Riley
- ☐ Karen Todd MD
- ☐ Natalee Stone MD
- ☐ New Vision Eye Center
- ☐ Patrick Domkowski MD
- ☐ Paul V Minott MD
- ☐ Perkins Medical Supply
- ☐ Renaissance Senior Living
- ☐ Robert Reinauer MD
- ☐ Safir
- ☐ Sebastian River Medical Center

- ☐ Senior Resource Assoc
- ☐ Shining Light Garden
- ☐ Stephen Tate MD
- ☐ Steward Medical Group
- ☐ Thomas Baudo MD
- ☐ Treasure Coast Community Health
- ☐ True Colors Salon Spa
- ☐ Val Zudans MD
- ☐ VNA
- ☐ Walk to Remember
- ☐ WeCare

J.D. Power Presents President's Award to Home Instead Senior Care

J.D. Power presented its prestigious President's Award today to Home Instead Senior Care in recognition of its commitment to caring for older adults and exceeding customer expectations. Home Instead Senior Care is a network of more than 1,100 franchises that provide in-home, non-medical care for seniors, with offices in 12 countries.

The J.D. Power President's Award is a discretionary award that recognizes individuals or companies demonstrating dedication, commitment and sustained improvement in serving customers. During the 50-year history of J.D. Power, only 13 companies have previously received the award.

Finbarr O'Neill, President of J.D. Power, presented the award to Home Instead Senior Care President and Chief Executive Officer, Jeff Huber, during a ceremony at the J.D. Power corporate headquarters in Costa Mesa, Calif.

"Home Instead Senior Care has established a customer-centric culture within their organization that merits this special recognition. Home Instead provides cutting-edge thought leadership across aging-related industries and provides clients and families with the most relevant resources for senior care and aging," said O'Neill. "Since Lori and Paul Hogan founded the company in 1994, they have embraced clients with dignity, appreciation and service excellence. We at J.D. Power are honored to present our highest accolade to Home Instead Senior Care."

O'Neill noted that Home Instead's achievement in terms of customer service excellence reflects a culture committed to the highest level of care for seniors.

"It is a true honor to accept this prestigious award as a testament to the Home Instead Senior Care mission, which is to enhance the lives of aging adults and their families," Huber said. "Through the outstanding care provided by our franchisees and their teams, the collaboration of our leadership team with global aging organizations, the resources we provide through CaregiverStress.com and HelpForAlzheimersFamilies.com, and the contributions of the Home Instead Senior Care Foundation, we are changing the face of aging in the United States and around the world."



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

Cindy
CAREGiver
of the Month –
April 2018
Home Instead
Senior Care



Cindy is always compassionate and professional when providing care. She prepares herself before entering a home with the items she needs to complete her job and to do it effectively. Cindy works well with the office and is always flexible with her schedule to cover shifts even if that means adjusting her own personal schedule. Her kind heart and patient attitude allow her to resolve any situation she faces while remaining empathetic to her client's needs. Cindy is a true team player offering suggestions and encouragement to her coworkers. Cindy makes a difference in the lives of her clients and is a true joy to all that she comes in contact with!

Lori
CAREGiver
of the Month –
May 2018
Home Instead
Senior Care



Lori is always professional, caring and reliable. Her kind, quiet personality allows her to be empathetic to her client's needs. She is willing to lend a helping hand when needed and makes certain that all who come in contact with our clients give only the best of care to them. Lori does her best to turn a difficult situation into something positive to brighten someone's day. Lori is a true asset.

Kathy
CAREGiver
of the Month –
June 2018
Home Instead
Senior Care



Kathy's positive and friendly personality allow her to handle any situation. She always has a kind word to say and a smile to offer. No matter what her day is like, Kathy tries her best to make someone else's day better. She is always willing to help when she can. Besides her wonderful personality, Kathy's attendance at office events is greatly appreciated by all. She participates in discussions and offers suggestions. Kathy is a true blessing to work with.

PULSE POINTS

Premier Women's Health is Now Open in Sebastian

Premier Women's Health recently opened an office in Sebastian and is scheduling appointments. The office is staffed with five physicians dedicated to patient care: Alfonsina Garcia-Bracero, M.D.; Felix Bigay, M.D.; Kristy Crawford, D.O.; Deni Malave-Huertas, M.D.; and George Fyffe, M.D. These specialists utilize state-of-the-art technology and perform advanced gynecologic procedures to treat women of all ages.



The practice offers comprehensive gynecologic services, such as well-woman exams, contraception and menopausal care. Other services include minimally invasive surgery and treatment for sexual wellness. In addition, Premier Women's Health offers cosmetic gynecology through the use of ThermiVa, a non-invasive, non-hormonal treatment designed to combat the challenges of childbirth, menopause and aging.

Each patient is treated as an individual and receives personalized, one-on-one attention. Several physicians and staff members are Spanish speaking to help ensure that all questions and concerns are addressed.

"We are excited about launching gynecology services in the Sebastian area," stated Felix Bigay, M.D. "Located right next to Walmart, the office provides an excellent location in the Sebastian Medical Suites, plenty of parking and ability to schedule appointments in a timely manner."

Premier Women's Health was designed with patients in mind and is conveniently located at 801 Wellness Way, Suite 109, in Sebastian. To schedule an appointment, call (772) 770-6801.

SRA Wins Urban Community Transportation System of the Year

The Community Transportation Association of America awarded Senior Resource Association, operating Indian River Transit, for our responsiveness to the community's needs. We were selected the 2018 Outstanding Urban System of the Year from among thousands of other community transportation systems across the nation. What an honor and testament to our organization and our staff's dedication to promote independence and dignity by providing safe, affordable transportation for all.



Karen Deigl, President/CEO and Chris Stephenson, Transportation Mobility Management Director accepted the award during the Community Transportation EXPO luncheon in Pittsburgh, PA on June 12th.



PULSE POINTS

VNA's Matthew Martin Named Associate of the Quarter

The Visiting Nurse Association (VNA) of the Treasure Coast is pleased to announce Matthew Martin, as their newest Associate of the Quarter. As a Help Desk Specialist for the VNA's IT Department, Martin is tasked with troubleshooting anything from printer malfunctions to phone system failures. In the short time that he has been part of the VNA family, Martin has exhibited VNA's core values in his everyday work.



Janean Barrows Joins Nightingale Private Care in Vero Beach



We are pleased to announce that Janean Barrows has joined Nightingale Private Care in Vero Beach as our Community Liaison. After working the last 6 years in the Out-Patient Rehab industry she has chosen to make the change to Private Care and we couldn't be more pleased to have her on our team. She has served on several boards and committees over the years in IRC and presently serves on the boards for Feed the Lambs and Community Service Alliance, she also sits on the Committee for

our local Alzheimer's and Parkinson's Association for the 15th annual Walk to Remember as well as holds the role of Ambassador for our Indian River County Chamber of Commerce. We look forward to continuing our community involvement with Janean representing us.

IRMC Announces Interventional Stroke Program

Indian River Medical Center has launched an interventional stroke program in Vero Beach. IRMC has engaged the Arubah Neuroscience Institute with the goal of becoming a Comprehensive Stroke Center. The neuro-interventionalist team, including Drs. Ayman Gheith, Vikas Gupta and Akram Shhadeh, has begun treating ischemic strokes using a procedure known as mechanical thrombectomy.

An ischemic stroke is caused by a blood clot that blocks the flow of blood to portions of the brain, unlike a hemorrhagic stroke which is caused by bleeding in the brain due to an aneurysm or a weakened blood vessel. Nearly 87% of strokes are ischemic. The mechanical thrombectomy, which has revolutionized ischemic stroke care in the United States, can treat even the most severe cases.

While not an option for all patients, mechanical thrombectomy uses a catheter to reach the blockage, and then entangles the clot in a wire mesh stent for removal. Each patient's recovery is individualized, but research clearly shows the procedure has positive results for one of every three patients if treated within

24 hours. This dramatically increases a patient's chances of returning to his or her pre-stroke health following the procedure.

"Our goal is to treat the patient as quickly as possible in order to achieve the best possible outcome," according to Dr. Ayman Gheith. "We feel so strongly about what we do because we've witnessed patients beginning to move their arms within minutes of removing the clot. Time equals brain, so this is a game-changer for stroke patients in this community to receive care faster than ever before."

IRMC is currently a Joint Commission Certified Primary Stroke Center and has received the American Heart Association/American Stroke Association's Stroke Gold Plus Quality Achievement Award. The addition of the highly trained, experienced interventional neurology team moves IRMC toward the goal of becoming a Comprehensive Stroke Center. Over the next year, IRMC will continue to elevate and increase capacity for stroke care with the expansion of procedure and recovery spaces and by augmenting technology.

The QUACK is BACK

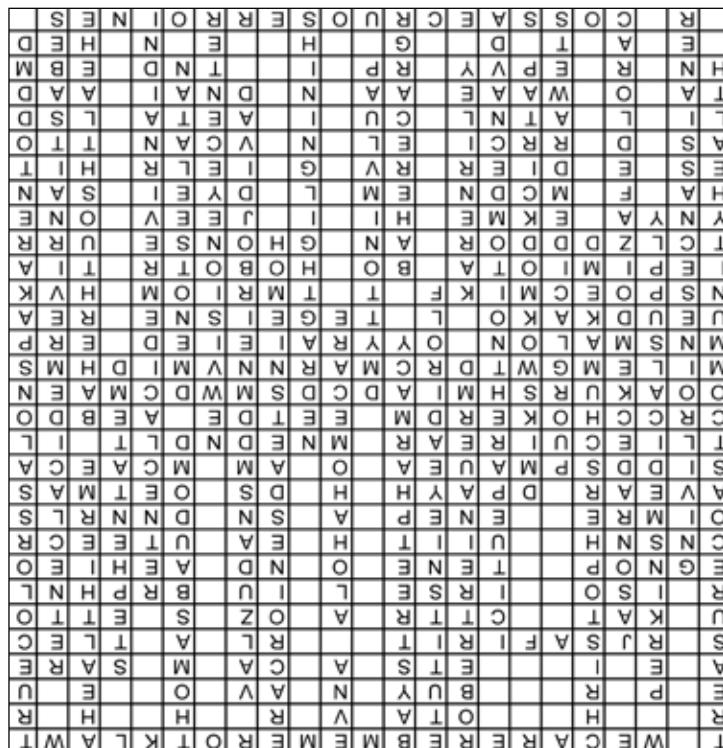
The Great Duck Derby

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October 14

at Capt Hiram's RESORT

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