Heartbeat

Cleveland Clinic Indian River Hospital Welcomes New President Dr. Greg Rosencrance

Read about Dr. Rosencrance on page 8

Cleveland Clinic
Indian River Hospital

Project Lifesaver recovers missing 86 year old _____

12

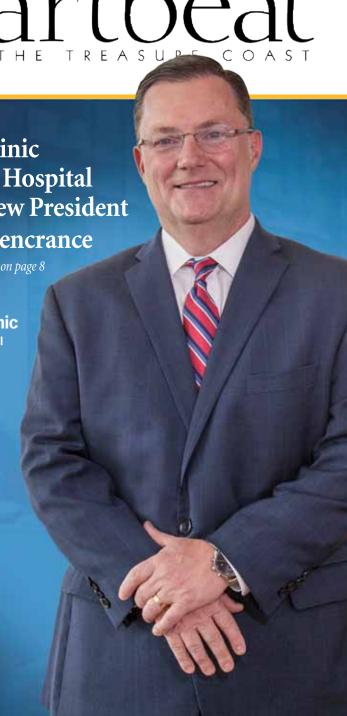
Theresa Tolle, R.PH 2018 National Preceptor of the Year

33

New Blood Pressure Guidelines

More Americans now diagnosed with high blood pressure

40



SAVE the DATE 4.10.19



The iconic Rita Moreno will be the guest speaker at the second annual "Successful Aging Luncheon" to be held at the Vero Beach Museum of Art and to benefit the Alzheimer & Parkinson Association of Indian River County.

Ms. Moreno is the award-winning actress, dancer and singer who belongs in the elite group of only 12 living performers who have won entertainment's grand slam of the industry's most prestigious awards: The Oscar, The Emmy, The Tony and The Grammy. She remains one of the busiest celebrities in show business, recently starring in the critically acclaimed remake of Norman Lear's classic sitcom, One Day At A Time on Netflix, and just announced, she will be in Steven Spielberg's remake of West Side Story, with production set to begin the summer of 2019.

Contact Judy Lemoncelli at 772-563-0505 or judyl@alzpark.org for ticket and table reservation information.



24 Hour Oxygen Service Complete Medical Equipment • Scooters • Beds Wheelchairs • Lift Chairs • Bathroom Safety Equipment

- Diabetic Orthopedic & Ostomy products and more!

LET US ANSWER YOUR QUESTIONS: 1-888-837-5467

Perkins MEDICAL SUPPLY

West Store 569-3797

4005 20th Street, Vero Beach

East Store 569-3798

3717 10th Court Across from Indian River Medical Center

Sebastian 388-5251

13000 U.S. Highway 1 Across from WalMart

Port St. Lucie

772-337-4631 10365 South U.S. 1

www.perkinsmedicalsupply.com











contents

- 14 Vaping in Teens the Dangers of E-cigarettes
- **18** Meet John May
- **24** Hospice-Myth vs Fact
- 30 Alzheimer & Parkinson Association of I.R.Co. meet staff
- **34** WECARE Mardi Gras
- **36** Insights for a Healthier Me
- www.HeartbeatoftheTreasureCoast.com www.guideformedicalservices.com www.guideforseniorservices.com
- print Heartbeat of the Treasure Coast
 Guide to Medical Services
 in Indian River County
 Guide to Senior Services
 in Indian River County
 Guide to Medical Services
 for Port St. Lucie, Florida

direct Heartbeat of the Treasure Coast

mail



cover story

Cleveland Clinic Indian River Hospital Welcomes New President Dr. Greg Rosencrance p 8

Heartbeat of the Treasure Coast is published by Indian River Publishers, Inc. (772) 473-6107, FAX (772) 464-3216. Every effort is made to provide dependable data; however, the publisher does not warrant that the data herein is complete or accurate. Any rates, special offers, etc. are subject to change by the individual advertisers and are not guaranteed by Indian River Publishers, Inc.

The information contained in Heartheat of the Treasure Coast is believed to be accurate, but in some instances, may represent opinion or judgment. The digest providers do not guarantee the accuracy or completeness of any of the information and shall not be liable for any loss or damage caused, directly or indirectly, by or from the information. All information should be considered a supplement to and not a substitute for the care provided by a licensed health care provider or any other appropriate expert. The appearance of advertising in this digest should in no way be interpreted as product endorsement by the digest providers or publisher.

 $@2019\ Indian\ River\ Publishers, Inc.\ All\ rights\ reserved.$

Heartbeat of the Treasure Coast



WORLD-CLASS EYE CARE.













AT NEW VISION EYE CENTER, WE TREAT MORE THAN YOUR VISION. WE CARE ABOUT YOU.

From the moment you enter New Vision Eye Center, you will experience our dedication to patient care. Our highly skilled, board certified doctors and friendly staff are here to provide you with world-class eye care.

Paul V. Minotty, MD | David J. O'Brien, MD | Stephen M. Tate, MD | Robert M. Reinauer, MD

1055 37th Place | Vero Beach, FL 32960 | 772-257-8700 NewVisionEyeCenter.com We Accept Medicare & Most Insurance Plans.







VOLUME 134 COMPLIMENTARY

Heartbeat of the Treasure Coast is a locally-owned publication.

OWNER/PUBLISHER Cindy Bryant

DESIGN Madoli

EDITOR Colleen Symanski, RN, CDE, Health Coach

SPECIAL FEATURE WRITER Theresa Tolle, R.PH

FEATURE CONTRIBUTORS Indian River County Sheriff's Department

For sponsor rates and information, Call (772) 473-6107 or Fax (772) 464-3216

Your Free Telephone Directory can now be found in the upcoming 2019 Guide to Medical Services in Indian River County.

Seek. Find. Win.

Find these symbols in this issue. Three (3) entries will receive a \$10.00 produce gift card.



Email your results to heartbeatoftc@comcast.net

Heartbeat

www.HeartbeatOfTheTreasureCoast.com

Make a Difference



It just takes a minute to make a difference; for your own selfcare or for someone else. Some of the most wonderful freedoms we have can be shared in a minute; a smile, a hug, the anonymous gift of paying for someone's cup of coffee. Feel good by making a difference

in some one's life one person at a time. Include strangers, family and friends; sometimes the people we are closest to are struggling more than we realize. Donate to local non-profits serving people and petsevery little bit helps. Keep accomplishing goals and set new ones. Just don't' forget about you; get enough sleep, stay hydrated, and don't over-commit. Self-care provides energy to help us thrive and do for others.

Hot showers, temperature controlled homes, and time to read books are all blessings.

Be good to yourself, help others. Enjoy your pets, family, and friends. Take mental health breaks and stay strong. America is great; appreciate the freedoms we have. The right to hold high positions in jobs, to learn something new each day; we have the freedom to pray and express ourselves in writing and speech.



All the home care you need from one trusted source.



Private Care

Whether it's help around the home, spending time with loved ones or transportation – we can help

Home Health

After a surgery, diagnosis or illness or hospital stay, our nurses and therapists can care for you at home

Hospice

Increases quality of life for patients and families though compassionate end-of-life care and support

772.202.3972 www.vnatc.com

Heartbeat of the Treasure Coast



License# III/A299991281/HII/A21276095/IIPC5038096 • Hospice License Issued in 1986

7

Cleveland Clinic Indian River Hospital Welcomes New President Dr. Greg Rosencrance



Celebrating a process that spanned nearly two years, Indian River Medical Center officially joined the Cleveland Clinic Health System in January. The new Cleveland Clinic Indian River Hospital now becomes part of a premier academic health system in Florida, providing access to innovative care and world-class treatment options for Vero Beach, Indian River County, and Treasure Coast residents.

As part of the agreement, Cleveland Clinic will invest a minimum of \$250 million in the hospital over the next 10 years and will maintain and operate the following services: maternity care (labor, delivery and obstetrics); in-patient well baby care/pediatrics and gynecology services; behavioral health/mental health services; inpatient and outpatient cardiovascular services; inpatient and outpatient cancer care services; and gastroenterology services. The Foundation's assets, both current and future, will be dedicated to supporting the hospital and used for strengthening activities and projects in Indian River County.

Cleveland Clinic recently announced a new regional leadership structure in Florida. This new leadership team will provide oversight for its current Florida hospital in Weston as well as Martin Health System and Indian River Hospital.



The new logo was unveiled by Wael Barsoum, M.D., CEO and President, Cleveland Clinic Florida Region; Wayne Hockmeyer, PhD, Board Chairman; Greg Rosencrance, MD, FACP, President, Cleveland Clinic Indian River Hospital; and Tom Mihaljevic, MD, CEO and President of Cleveland Clinic.

Under this new structure, the previous CEO and President of Cleveland Clinic Florida, Wael Barsoum, M.D., will serve as the CEO and president of the Cleveland Clinic Florida region.

Cleveland Clinic selected Greg Rosencrance, MD, FACP, to serve as the new President of Indian River Hospital. Dr. Rosencrance joined the staff at Cleveland Clinic Florida in 2014, moving to Cleveland in 2016 to serve as chairman of the Medicine Institute. During his tenure in Cleveland, he was instrumental in launching Cleveland Clinic Community Care, the hospital system's population health initiative.

"I am very excited to lead Cleveland Clinic Indian River Hospital as we expand clinical programs and services for our patients," stated Dr. Rosencrance. "I look forward to leading the integration with the Cleveland Clinic Health System and the future of healthcare. My wife Jackie and I already feel very welcomed and we are thrilled to become a part of the Indian River community."

Cleveland Clinic Indian River Hospital marked January 1, 2019 as a historic day for patients in the local community – and all of southeast Florida - as the Cleveland Clinic Florida region begins to take shape.



1000 36th Street • Vero Beach, Florida, 32960 • (772) 567-4311

by Colleen Sanders-Symanski, RN, CDE



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.

Everyone feels better with a good tan!

"NOT JUST A SPRAY TAN. A FULL BEAUTY TREATMENT."













VERSA SPA exclusive to Forbidden Tan in Vero Beach

Locally owned and operated by Kimberly Harris

Managed by Kyra Moffett

- Organic walnut base
- No orange hue
- Prep spray & dry
- Instant tan & dry
- Clear & dry
- No residue. No streaks.
- Open air VERSA SPA room.

Also available UV tanning beds and full line of skin care for tanning & after care

1820 58th Avenue • Suite 105 • Vero Beach (across from Home Depot)

772.562.4816 • Appointments & walk-ins for VERSA SPA.



From the Indian River County Sheriff's Department

Project Lifesaver works to recover missing 86 year old man



In the evening hours of Monday, November 5th, Vona Wohlenberg called to report her husband, 86 year old Dan Wohlenberg missing from their home in the 13800 block of 99th Street in Fellsmere. Mrs. Wohlenberg said that she believed he had been missing for approximately one hour and had left the residence on foot. Mr. Wohlenberg was outfitted with a Project Lifesaver bracelet, used for those with dementia. Alzheimer's, Autism, and anyone who may go missing. Deputies immediately deployed their Project Lifesaver equipment and found Mr. Wohlenberg sleeping

under palmetto bushes on their seventeen acre property. EMS responded and verified that he did not have any injuries before he was reunited with his wife.

Indian River County Sheriff Deryl Loar stated, "Project Lifesaver saved Mr. Wohlenberg's life Monday night. Were it not for this program, we would have spent hours trying to locate Mr. Wohelberg. We know we have many more people in our county who should have Project Lifesaver bracelets, as evinced by our frequent searches for those without bracelets. The program was designed by former law enforcement for speedy recovery of those who may wander. We hope anyone out there with a family member or friend in need of this technology hears about the program and has them sign up before they go missing."

The Indian River County Sheriff's Office has participated in Project Lifesaver for more than a decade. You can find out more about the program by visiting their website at https://projectlifesaver.org/. Locally, the program is administered by the Alzheimer and Parkinson Association of Indian River County. You can visit their website at https://alzpark.org/memory-programs/ project-lifesaver/.

Treasure Coast Community Health

Your friendly neighborhood health care home

Announcing the opening of "Vero 787"

Now open and accepting new patients

Our adult-only location conveniently located off 37th Street.

Offering quality healthcare to insured, Medicare and self-pay patients:

- · Women's Health
- Family Practice

Heartbeat of the Treasure Coast

- Behavioral Health
- Affordable and customized pharmacy solutions

Providing Healthcare Supportive Services at no additional cost!













ATENCIÓN: Si habla español ATANSYON: Si w pale Kreyðl Ayisyen TCCH App on



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

Vaping in Teens – the Dangers of E-cigarettes



Much attention has been given to the emerging trend of e-cigarettes in our society, particularly the product Juul and its growing popularity among teens. Not only is this gaining nationwide attention, but groups like the Tobacco Free Partnership and the Quit Doc Foundation are studying and researching the trends and advocating to change the statistics.

In Indian River County we are fortunate to have a local Tobacco Free Partnership. Leslie Spurlock, the Community Health Advocate for Ouit Doc Foundation, is tireless in her efforts to spread the word about the dangers, assist with surveillance of local trends and advocate to local, state and national representatives to reduce the trends and sales.

According to the CATCH Foundation, Nicotine has been proven to be an addictive substance with only heroin being more addictive. Nicotine rewires the brain of teens and puts them at risk of developing addictions to other substances in the

future. In other words, nicotine can be considered a "gateway drug" and can lead to use of other tobacco, marijuana, or even stronger substances.

There are many types of e-cigarettes on the market, however, JUUL e-cigarettes have recently emerged as the most popular. They are slim, portable and recharge by plugging in to a USB device. They contain 0.5mg of nicotine compared to a typical cigarette of 0.3mg and have about 200 puffs per refill. The liquids that are vaped are flavored and also contain substances to make them have a vapor. Some of these substances have been linked to cancer or other serious medical conditions.

A huge concern about JUUL is its marketing. They claim to be for adults looking to quit smoking but the messages are clearly different with youthful young adults teens in the advertising. A very powerful study published in Bloomberg in March 2018 by the Dartmouth

continued on page 38



Thinking About Cataract Surgery?



Trust Your Eyes to Expert Care.

Changes in vision mean it's time for clarity. Advanced lens technologies offer options like never before. Discover custom procedures from our Board Certified physicians to bring your best vision to light.

Call today for your comprehensive consultation.

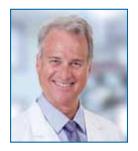
Compassionate care always included.



Karen D. Todd, MD



Val Zudans, MD



Christopher S. Shumake, MD

FLORIDA EYE INSTITUTE

569-9500 - fleye.com Offices in Vero Beach & Sebastian





VNA's Health Care on Wheels mobile clinic prevents ER visits



The Visiting Nurse Association of the Treasure Coast's (VNA) Health Care on Wheels mobile health clinic is keeping patients out of the ER and providing economic returns for the residents of Indian River County. Over a three-month period, data collected through patient surveys indicate that 68 mobile unit patients would have chosen to seek

treatment at the ER for non-emergency ailments if they were unable to go to the VNA Health Care on Wheels bus.

"The Health Care on Wheels mobile clinic not only helps patients by going into communities to provide care, but it strengthens our county by preventing unnecessary ER visits," says Lundy Fields, VNA president & CEO. "When individuals go to the ER for non-emergency reasons, it increases cost of care for everyone in our area. The mobile unit bus gives those individuals who would otherwise seek treatment at the hospital a more appropriate and cost-effective option."

The VNA's Health Care on Wheels mobile health clinic provides same, day non-emergency care and connects patients with other local resources so they can get the ongoing support they need. The mobile clinic offers care to everyone who needs it, even those who cannot pay for it. The mobile unit is available to all Indian River County residents with the goal of making healthcare more accessible and collaborating with other local organizations to create a healthier community for all.

For more information about the VNA's Health Care on Wheels mobile health clinic, please visit www.vnatc.com or call 772-567-5551.











We welcome you to call for a complimentary lunch and tour!

RENAISSANCE

SENIOR LIVING of VERO BEACH

2100 10th Avenue | Vero Beach, FL 32960 772-562-8491 renaissanceverobeach.com



Heartbeat of the Treasure Coast

Heartbeat of the Treasure Coast

by Colleen Symanski, RN CDE

MEET A MAN OF ACTION.... JOHN MAY....



Kenya May and John May

John May is an inspiration and knows firsthand the struggles of going from trouble to triumph. John Left New Jersey in May 1995 headed to Florida in hope of a better path; it only took a month and he found himself incarcerated. While in jail, at the age of 35, John tells me "I asked God to help make me drug free and I will serve him until I die." John was released and ordered to 160 hours of community service hours. My Father's Table Soup Kitchen took John in so he could full-fill his community service hours; that relationship has lasted over 17 years.

J Ralph Lundy was John's mentor at Our Father's Table Soup Kitchen; Mr. Lundy oversaw the soup

kitchen, the summer camp program, and was a pillar in the community. John was fortunate to be able to care for his mom for many years and she was able to rejoice that her child was able to flourish. With focus and gratitude, John incorporated the summer camp into Feed the Lambs Enrichment Program and became President of Feed the Lambs. He expanded the summer camp from 4 hours to 7 hours. In addition, mentoring and tutoring programs are also available.

John May is also the HIV Outreach Coordinator for Florida Department of Health in Indian River County. "We want out community to learn more to stay safe and healthy" explains John. He has served this full-time position for 19 years. John's dedication to our community's health and to future of our children is obvious through his words and commitments.

Feed the Lambs Enrichment Program, Inc. is a local non-profit organization that mentoring, tutoring, a 13 week electrical workshop, and supper camp provides to children in need; and they do this at no financial cost to families. Programs are supported by members and businesses in our community. Feed the Lambs Enrichment Program objectives are:

- To instill in our youth with the necessary knowledge and skills to make positive life choices.
- To empower our youth to remain drug, alcohol and tobacco free.
- To empower our youth to solve problems and handle interpersonal relationships and conflict without anger and violence.
- To prepare our youth scholastically for school-related educational activities and responsibilities.



One on one computer skills tutoring

The Lambs Summer Camp had EPIC Missions assist with bible lessons, scriptures, fun and games.

- To empower our youth to practice obedience and have respect for their elders, family members, teachers and peers.
- To prepare our youth to develop goals associated with fostering a positive work ethic.

In talking with John, he makes it clear that his mission is to anybody he can; it is clear that he believes this mission begins with children. "I want our youth to believe that they are able to do whatever they want to do and become. They need to feel empowered. They need fun, and mentoring to promote better life choices." John wants to sit back one day and see his accomplishment from this heart to the head. John explains it's not about collection of dollars; it's about collaboration for life enrichment.

"We hope one day to have our own space and transportation" John says. Feed the Lambs Enrichment Program has been blessed with the support of Principle Beth Hofer at Oslo Middle School which helps with mentoring, tutoring, and provide space for summer camp. Feed the Lambs also incorporates a parent's program to help them learn how to help their children exceed scholastically.

Thank you John May, the board of directors, staff, and volunteers who are

committed to fostering well-being and future success for our youth. You provide valuable services and mentoring across their life span. You offer opportunities for many of our youth to thrive and reach their dreams from childhood to adulthood.

Please call Feed the Lambs Enrichment Program at 772-404-9955 or 772-501-2617. Your donations and volunteer contributions are invaluable. You can also reach John at his email address: john_may699@yahoo.com



Heartbeat of the Treasure Coast Heartbeat of the Treasure Coast



Home alone was not an option

We give families and caregivers what they need most: a safe, welcoming place and peace of mind.

For Anne, Brandon and Hugh, staying home alone was simply not safe. Due to memory loss, brain injury and lack of socialization, each had a special story that led their families to Senior Resource Association's Adult Day Care program.

Since 1974, we have helped seniors and disabled adults stay in their own homes for as long as safely possible.

To schedule a tour or discuss giving opportunities: Call 772.569.0760



SENIORRESOURCEASSOCIATION.ORG

VERO BEACH: 686 14th Street SEBASTIAN: 815 Davis Street Hours: Monday – Friday; 7:30am to 5:30pm





HealthSouth is now Encompass Health

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.

Collaborative Mindset: Enabled by superior information systems and responsive communications, we collaborate effectively with other care providers in our market to keep patients' needs at the center.

Superior Patient Care:

Characteristic	Rehabilitation Hospital	Nursing Home
Frequent visits by an attending physician	0	⊗
Multidisciplinary team approach	0	\otimes
RN oversight and availability	24 hrs/day	At least 8 consecutive hrs/day
Specialty nursing training, rehabilitation expertise	0	\otimes
Physical, occupational and/or speech therapy level of service	3 hrs/day, 5 days/week (minimum)	No minimum

Encompass Health Rehabilitation Hospital of Treasure Coast is a "Stroke Center of Excellence"

1600 37th Street • Vero Beach • 772.778.2100 • www.encompasshealth.com

Heartbeat of the Treasure Coast

Salon & Spa

colors



- Massages starting at \$49
- Fibromyalgia, Therapeutic, Lymphatic Drainage,
 Swedish, Deep Tissue,
 Hot Stone Massages
 and more!
- Dry Heat Sauna Available
- Private Spa Area Secluded from Salon
- Couples Massage Room
- 7 Treatment Rooms
 Available
- Custom Airbrush Tanning











1281 Old Dixie Hwy., Vero Beach FL 32960 • kkortinc@yahoo.com

772.569.4247 • www.TrueColorsSalon.com

Learn the Facts About Hospice



Hospice is a unique form of care that focuses on increasing the quality of life for a patient facing a life-limiting illness. However, there are many misconceptions surrounding hospice care. It's important to fully understand hospice and all the benefits it provides. Below are just a few of the common myths about hospice.

MYTH #1 Hospice is just for the last few days of life. **FACT:** The earlier hospice is elected, the better it serves the patient. An early referral to hospice means that hospice staff can work with the patient to better manage pain, symptoms and understand their goals. In addition, hospice offers an array of services including music therapy, counseling and pet therapy. The longer hospice staff can work with the patient, the better their hospice experience will be.

MYTH #2

Choosing hospice means giving up hope.

FACT: Electing hospice does not mean that you have given up or are days away from dying; it means that you have made a choice to live. Hospice is about living life with dignity and quality. There are many benefits that hospice has to offer for both the patient and family, and if hospice is elected early, both will be able to take advantage of these benefits. Hospice goes beyond just physical care, it also provides emotional and spiritual support. Getting to know the hospice team and the wide range of services they offer will improve the level of care you receive.

MYTH #3

Hospice hastens death.

FACT: Many people erroneously believe that pain medication, like morphine, will hasten death. This is incorrect, and hospice care does not take steps to accelerate the dying process. In fact, studies have shown that when elected early, hospice patients have a longer life expectancy than patients who are receiving standard care. This is due to the focus on increasing quality of life and minimizing pain.

MYTH #4

Patients need to wait until their physicians bring up hospice to talk about it. **FACT:** Having the talk about your end-of-life care wishes needs to be discussed with your physician before a health crisis occurs. It's never too early to learn about hospice and all the benefits it has to offer. Talking with your physician about what is important to you at end-of-life is an important step to ensuring that your needs are being met.

MYTH #5

Hospice only cares for the patient.

FACT: Hospice doesn't just care for the patient; it provides support for the family as well. Family members and loved ones can call on grief counselors, chaplains, social workers, music therapists and volunteers to help them through their hospice journey. In fact, hospice care doesn't end when the patient passes. For 13 months, hospice counselors work with the family members to help them through their grief process.



For more information about hospice, please call the VNA at 772.202.3972 or visit us online at www.vnatc.com/hospice.

Heartbeat of the Treasure Coast Heartbeat of the Treasure Coast

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

- Orthopedic, Neurological and Cardiac Rehabilitation
- Parkinson's program
- Strength/Endurance therapy
- Anodyne Therapy
- Lymphedema/Swelling

- Vertigo
- Continence Management
- Spinal and Sports Injuries
- Osteoporosis and Arthritis

Advanced Motion Therapeutic therapists are here for you every step of the way and look forward to helping you achieve success.

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.





The right cardiac surgery. Right here.

When Michael Natale needed cardiac surgery, he turned to Indian River Medical Center – the only hospital in the county that offered the lifesaving procedure he required. As a small business owner, Michael relied on the team at the Welsh Heart Center to put together a comprehensive plan to ensure a swift recovery. Regular sessions with the cardiac rehabilitation program after his surgery allowed him to be carefully monitored and helped to get him back to work. At Indian River Medical Center, we're with you for life.

Learn more at MylRMCstory.com or call (772) 770-6857.



Grace Serving you from our HEART REHABILITATION CENTER of Vero Beach

Giving the Gift of Joy Every Day



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

With the joy of the holiday season still with us let's not forget that the joy can last for more than the season. It can happen every day if we give of ourselves; think of others; share our memories and take someone by the hand.

The holiday season is just one of the great events that Grace Rehabilitation Center of Vero Beach shares with their residents, families, associates and neighbors. From their tree decorating, candlelight dinner (seating over 100), and staff-to-resident gift giving to Christmas day dinner the staff thinks of the quality of life they share with each person.

Improving the quality of life for both short-term and long-term residents is on the mind of every associate at Grace Rehabilitation. The healthcare team is dedicated and knowledgeable. Quality resident care comes first. They do this with integrity and a positive attitude to ensure comfort to residents and families.



John Fillman, Diane Fillman, Seated (L-R) Ruth Jobson, John Ownes, June Owens next is Christmas Tree





John Martinelli, Marygrace Martinelli, Frank Martinelli and Joan Martinelli



Conrad Klein with Viola Tyburski

Grace associates know the importance of keeping residents connected to the community. Helping residents stay involved with community activities, social functions and individual hobbies that they were active with prior to coming to Grace will assist in the rehabilitation process. The Grace team strives to create a fun, diverse 'Daily Activities Calendar' that is reminiscent of a cruise ship experience; resulting in cognitive stimulation and a positive outlook on all that life has to offer.

Another life rewarding experience Grace Rehabilitation shares is a monthly resident "Make a Wish" come true. The practice of having the same staff members consistently care for the same resident benefits both the individual and the caregiver. Residents are more comfortable with a familiar face and appreciate not having to repeat their needs to different people. Therefore, staff members are aware of certain desires and wishes their residents may have. Each month a group meets to ascertain what wishes they are able to fulfill.

Visit Grace Rehabilitation of Vero Beach at 2180 10th Avenue, Vero Beach. Call 772.567.5166 or visit their website www.gracerehabilitationverobeach.com

GraceRehabilitationVeroBeach.com

2180 10th Avenue • Vero Beach • 772.567.5166 SNF-148696



Heartbeat of the Treasure Coast

Assisted Living | Memory Care
AL #1306B
2100 10th Avenue
Vero Beach, Florida 32960
2-562-8491 * renaissanceveroboach.com



Meet the Team at our local Alzheimer Parkinson Association of Indian River County

Peggy Cunningham, Executive Director

Peggy is the Executive Director for the Alzheimer & Parkinson Association of Indian River County. She has the overall strategic and operational responsibility for the execution of the organizations mission. That includes overseeing financial stability, organizational growth and building community partnerships. Peggy ensures that vital programs meet the needs of participants and their families at no charge. She spearheads the organization's mission for "Serving community residents with disorders affecting memory and movement by promoting quality of life and choice through advocacy, support, empowerment, education and research connections." Peggy's email address is peggyc@alzpark.org.

Judith Lemoncelli, *CFRE*, *Director of Development* and *Communication*

Judy is the Director of Development and Communication for the Alzheimer & Parkinson Association of Indian River County and she is a national Certified Fund Raising Executive, one of only twelve in Indian River County. Judy has two decades experience in senior fundraising from upstate New York. Her expertise also includes marketing, grant writing, annual appeals, and public relations. Judy oversees the annual 'Walk to Remember' and a new spring fundraiser, "Successful Aging". Judy is honored to be raising much-needed funds for an organization dedicated to serving families in need in our community. If you would like to support

the Association contact Judy; her email address is: judyl@alzpark.org.

Courtney Sanchez, Director of Programs

Courtney volunteered for the Association for several years before becoming its Director of Programs. Courtney is responsible for the planning and management of all programs offered by the organization, which includes oversight of staffing, monitoring program budget and assuring effective delivery of all memory, movement and educational offerings.

She manages the social respite programs in Vero Beach, Sebastian and Gifford and in-home respite. Courtney oversees movement classes, 'Project Lifesaver', and support groups. She also facilitates the memory screenings and wellness programs such as 'Stress Busters' and 'Memory Work-Out'. To learn more about these vital programs or to participate contact Courtney. Her email address is courtneys@alzpark.org.



Dina DeGroat, Social Respite Activity Coordinator

Dina is the Social Respite Activity Coordinator at the Alzheimer & Parkinson Association of Indian River County. She has been with the Association for three years. Dina coordinates the daily activities during our Social Respite program which offers uplifting activities for people with dementia while their caregivers can take some much-needed down time Activities for participants promote socialization, hand and eye coordination, mind activity, and chair exercises. Participants can stay for just a few hours or bring a lunch and stay for the day. Dina loves making a difference though personal and social interactions. Programs are offered Monday thru Friday from 9:00AM — 3:00PM and on the first and third Saturday of the month. Dina's email is dinad@alzpark.org.



Cheryl Coutu, Administrative Assistant

Cheryl recently joined the team and is the Administrative Assistant. Cheryl is often the first voice you will hear and the first face you will see at the Alzheimer & Parkinson Association of Indian River County. Her main role is to welcome and assist family members and others about programs and services the Association offers. Cheryl's email address is cherylc@ alzpark.org.

Stay tuned for their new Educational Co-ordinator

Heartbeat of the Treasure Coast Heartbeat of the Treasure Coast

by Colleen Symanski, RN CDE

Good Neighbors and Friendships

Some are friends, others are neighbors, and some are both. Perhaps you raised your family together; share retirement adventures, or welcome new neighbors. You know the names of

It takes time and effort to get to know your neighbor. It is an important thing to do because you never know when you might need them or might need you. Not everyone has family nearby.

the furry friends and share treats. Houses are watched and helping hands are given. Neighborhoods are more than just places we live. They can also be a sense of community within communities.

2018 was a pretty tough year in our small neighborhood; major health concerns, loss of loved ones, and expensive home repairs.

Neighbors and Friends... They are like chocolate; as we melt together we get sweeter and sweeter" Can't separate us we become one.

Some are caregivers for aging loved ones; others are helping family members with health recovery. The year was also good.

New neighbors with children and puppies brought youth. Team efforts provided stronger networks and less stress. Barbeques and holidays embraced strangers, neighbors, and friends.

I don't know everyone in our neighborhood but I know we all look after our community's safety and well-being. I am blessed with sharing hugs in a driveway, exchange of gifts over the fence, and kind smiles and waves. We are fortunate that neighbors and friends know our routines and when something doesn't seem in the norm a call or text is made. We respect each other privacy and property and nurture kindness.

We have a lovely neighborhood and are blessed, we also work at it. It's easy to get busy in one's own life; but try to make more opportunities to be a better neighbor or friend. Sometimes, all we need to do is to listen or look for cues.

Friends are people who no matter how long of a time you are away from them, when you see them again; you start right back to where you left off. So if you have friends who are neighbors you're in a good spot.

Reprinted from The Pharmacy Times Magazine

NCPA Foundation Names 2018 National Preceptor of the Year

A Florida pharmacist has been named the 2018 National Preceptor of the Year by the National Community Pharmacy Association (NCPA) Foundation at the NCPA 2018 Annual Convention being held in Boston this week.

Theresa Tolle, owner of Bay Street Pharmacy in Sebastian, Fla., was recognized with the award, which honors a pharmacist who has made significant contributions to the education of student pharmacists by devoting time, talent, and effort as a preceptor.

Inside Bay Street Pharmacy, which Tolle has owned and operated for nearly 20 years, a sign on the wall reads: "We desire to impact the greater Sebastian community through patient education, community participation, and an integrative approach to physicians and other health care providers."

According to a statement from the NCPA Foundation, Tolle demonstrated her com-



mitment to the education of students by developing of a series of educational tasks and projects for students on rotation, including weekly presentations to pharmacy staff on drug information, counseling on new or changed prescriptions, and completion of medication therapy management cases assigned to the pharmacy through Mirixa and Outcomes. She guides students through compounding activities, immunizations, and adherence activities.

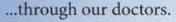
Tolle has trained dozens of student pharmacists from the local university and continues to stay in touch with many of them to help coach them in their careers. These future pharmacists consistently praise her knowledge, enthusiasm, work ethic, and commitment to the pharmacy profession.

Heartbeat of the Treasure Coast

Heartbeat of the Treasure Coast

33







...through our community.



...FOR UNINSURED PATIENTS IN THEIR TIME OF NEED.



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!



Join Us!

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!

All proceeds provide free non-physician medical services and supplies for uninsured, indigent patients in the We Care Program.



FOR SPONSORSHIP OR TICKET INFORMATION: WECAREIRC, ORG OR CALL 772,562,0123



Insights for A Healthier Me

Even with health insurance you need to ensure your health.

The primary reason for buying health insurance is to reduce hospitalization and other medical costs. Health insurance is kind of like house insurance; you know you should have it and hope you don't need to use it. Like our homes and our bodies; we want to also ensure good health long term.

What you do in between annual health exams should ensure and promote optimal health and well-being. Often times it requires a personal investment that your primary policy doesn't cover or has minimal coverage. Such as seeing a dentist, an acupuncturist, a personal trainer, a massage therapist, or a CDE (certified diabetes educator). Optimal Health and fitness requires making time for you on a daily basis. When you invest in yourself it yields high returns. If you feel like you are in a routine rut then a consultation may be all you need.

What will it take versus what can I take.

There's a pill for that... there is a tendency to opt for a quick fix to an ailment; but these quick fixes may be doing more harm than good for our well-being. Ask yourself, "what will it take before you reach for what can I take?" A fast



paced society bombarded with constant input distracts us from more holistic approaches that are good for our mind and body. Have a headache, perhaps reach for a glass of water and take 10 for deep breathing and relaxation. Improve insomnia with taking time to prepare for sleep. Such as cooling down your house, dimming lights, and removing technology from your bedroom. Too much on your mind- write notes to clear your mind. If you are feeling stressed, anxious, or overwhelmed- walk, run, bike, or swim for 10 minute and clear your mind. There is no magic pill.

Eat Mindfully, Healthier and Un-diet.

So many people have spent much of their adult years on "yo-yo diets". Attempts to establish healthy eating habits become a struggle; it is hard for the brain to re-wire years of coding. The Healthy Plate approach focuses on nourishing food choices not food control; and allows everyone in the household to benefit- no more cooking different meals. Drink more water and teas and less alcohol. Turn off cell phones to engage in conversation and enjoy the taste of food. Healthy eating is more sustainable and creates a positive mindfulness; good for the mind, body, and soul.

Sleep for better fitness and health.

Sleep is critical for optimal health and well-being; and provides our cells and tissues the opportunity to recover from the wear and tear of the day. Lack of quality sleep causes alterations in hormones such as leptin, ghrelin, ADP; and is associated with weight gain, insulin resistance, and cardiovascular disease. Sleep is the body's prime time to restore and repair tissues, muscle growth, and protein synthesis. It's also the time our body naturally detoxes. So when you get up in the morning, have a big glass of water, stretch, move your body, and prep for a fruitful day. If you're not getting enough sleep then remove something from your to-do list or routine. You need sleep for better fitness and health. (Sweet dreams!)



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

Bay Street Pharmacy

Independently 2nd generation owned and serving the greater Sebastian area since 1984



Services we offer:

- Complete prescription services including compounding
- Compliance (bubble) packaging of monthly medications
- Delivery available from Grant to Fellsmere to Vero Beach

- Short wait times and always 2 pharmacists on duty to answer your questions
 Affordable on-site cholesterol and A1C testing with results in 5 minutes
 FREE monthly diabetes class on the 3rd Thursday at 8AM call for details
- Complete vaccine services including shingles, pneumonia, flu, and others
- Full line of medical equipment bathroom, walkers, lift chairs, hospital beds
- Respiratory services CPAP, oxygen, nebulizers and supplies



• Young Living Essential Oils and Bariatric Advantage vitamins

Theresa Tolle, R.PH OWNER

Pharmacy Honoring most insurance. We bill Medicare and private insurance.

7746 Bay Street · Sebastian · (772) 589-2043 · baystreetpharmacy.com North of SRMC in Bay Street Center on US 1 in Roseland

Danger of E-cigarettes continued from page 14

Institute of Health Policy showed that "e-cigarettes breed 81 times more smokers than quitters" so clearly e-cigarettes are not reducing tobacco use in the United States.

Teens surveyed in a research study stated that "JUUL is a lot less addictive than cigarettes" and trends show that among local high school students all other forms of tobacco use has steadily decreased yet e-cigarette use has increased from 5% to 25% of students since 2013 and is even rising among middle school students!

So, what can we do to change this trend? Clearly the message that teenagers are receiving does not match the research. These products are indeed addictive and dangerous,

perhaps more than we even know, and can lead to a lifetime of tobacco use.

Educate yourself about the real dangers, not what the marketing says, and spread the word to users and elected officials. Fortunately a constitutional amendment that passed in November in Florida will go into effect no later than July 2019 and that will prohibit vaping anywhere that tobacco products are already prohibited. Finally, the Tobacco Free Partnership is open to anyone concerned about youth tobacco use and environmental tobacco control policies. Please contact them at Info@ quitdoc.com, phone: 772-577-3701 or www.tfp-indianriver.org. Special thanks to Leslie Spurlock for her assistance with this article.

ADVANCED MOTION THERAPEUTIC

Physical Therapy • Occupational Therapy Speech Therapy • Massage Therapy

A team of the best licensed certified therapists experienced in treating adult and pediatric population.

THERAPY PROGRAMS:

- Orthopedic Rehabilitation
- Neurological Rehabilitation
- Parkinson's program
- Strength/Endurance Therapy
- Cardiac Rehabilitation

- Vertigo
- Continence Management

Lymphedema/Swelling

- Spinal and Sports Injuries
- Osteoporosis and Arthritis
- Anodyne Therapy



567-8585 2965 20th St. • Vero Beach (West of 27th Ave.) Fax: 299-7868

www.AMTvero.com

Serving the Treasure Coast Since 1999



We are a Certified Medicare/Medicaid Out Patient Physical Therapy facility and accept most insurances. MM# 18470



WALK-INS WELCOME - FREE CONSULTATIONS

Heartbeat of the Treasure Coast Heartbeat of the Treasure Coast

THE CONVERSATION by the American Heart Association.

The latest blood pressure guidelines: What they mean for you

Updated blood pressure guidelines from the American Heart Association mean that many more Americans, notably older people, are now diagnosed with high blood pressure, or hypertension. This may sound like bad news, but the new guidelines highlight some important lessons we cardiologists and heart health researchers have learned from the latest blood pressure studies. Specifically, we have learned that damage from high blood pressure starts at much lower blood pressures than previously thought and that it is more important than ever to start paying attention to your blood pressure before it starts causing problems. High blood pressure accounts for more heart disease and stroke deaths than all other preventable causes, except smoking.



The AHA, the American College of Cardiology and nine other health professional organizations reviewed more than 900 studies as part of a rigorous review and approval process to develop this first update since 2003 to comprehensive U.S. high blood pressure guidelines.

Here's what's new:

- High blood pressure, previously defined as 140/90 mm Hg or higher, is now defined as 130/80 mm Hg or higher. This change reflects the latest research that shows health problems can occur at those lower levels. Risk for heart attack, stroke and other consequences begins anywhere above 120 mm Hg (for systolic blood pressure, the top number in a reading), and risk doubles at 130 mm Hg compared to levels below 120.
- Blood pressure in adults will be categorized as normal, elevated, stage 1 hypertension or stage 2 hypertension. The category "prehypertension" is no longer used; it previously referred to blood pressures with a top number (systolic) between 120-139 mm Hg or a bottom number (diastolic) between 80-89 mm Hg. People with those readings are now categorized as having either Elevated or Stage I hypertension.
- Determination of eligibility for blood pressure-lowering medication treatment is no longer based solely on blood pressure level. It now also considers

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

a patient's risk of heart disease or stroke over the next 10 years, based on a risk calculator. For people with blood pressure higher than 140/90 mm Hg, medication is recommended regardless of risk level.

Putting the guidelines to work

Hypertension is known as the "silent killer" because often there are no obvious symptoms. The only way to know whether you have it is by having your blood pressure measured. Accurate blood pressure measurement is critical to a correct diagnosis.

The guidelines emphasize use of proper technique to measure blood pressure, whether taken by a health care professional in the clinic or by the patient using a home blood pressure monitoring device. Blood pressure levels should be based on an average of two to three readings on at least two different occasions.

A number of common errors can inflate a reading. These include having a full bladder, slouching with unsupported back or feet, sitting with crossed legs, or talking while being measured; using a cuff that is too small or wrapping the cuff over clothing; and not supporting the arm being measured on a chair or counter to keep it level with the heart. An accurate reading is critical to a correct diagnosis, faster treatment and the most appropriate care.

The lower threshold for a diagnosis of high blood pressure increases the percentage of U.S. adults (ages 20 and older) who have the condition, from approximately 1 in 3 to nearly half (46 percent).

Even with the new threshold, the percentage of U.S. adults for whom medication is recommended (along with lifestyle management) will increase only slightly. Most of the people who are newly diagnosed with high blood pressure will be advised to make lifestyle changes to shift their blood pressure into a healthy zone.

Author: John Warner, Executive Vice President, Health Affairs, UT Southwestern Medical Center

Heartbeat of the Treasure Coast Heartbeat of the Treasure Coast by Colleen Symanski, RN, CDE, Co-owner of A Healthier Me

Tips for Keeping Veggies Fresh

BEETS

Store: Cut tops off 2 inches from the root as , wash and pat dry. Store in crisper covered with a damp cloth. The leaves sap moisture from the beet root. Don't trim the tail. Store leaves in a separate plastic bag and use within 2 days. **Shelf Life:** The root bulbs should also be bagged and can be stored in the refrigerator crisper drawer 7 to 10 days.

BROCCOLI

Store: in a plastic bag inside the crisper drawer of the fridge with other foods that are sensitive to ethylene gas. Wrap in a damp cloth and store in bag or a container in crisper or cut and store in air tight container with damp towel under the lid. To store, mist the heads, wrap loosely in damp paper towels, and refrigerate. Shelf Life: 3-4 days in the refrigerator

CAULIFLOWER

Store: in their wrapping/packaging and kept in the fridge. **Shelf Life:** *3-4 days in the refrigerator*

CABBAGE

Store: Keep the whole head of cabbage in a plastic bag in the refrigerator or store unwrapped in the crisper. Can also wrap in a damp cloth and store in the fridge. **Shelf Life:** up to a week or 2 weeks. Loses freshness quickly once chopped so us within a day. If you only need half a head, place the remaining half in a plastic bag and shake a few drops of water onto the cut side. Close the bag and refrigerate. The cut half should last a few days.

CARROTS

Store: If they have green tops, cut off all but an inch. Wrap them in a damp paper towel, seal in a plastic bag and store in the crisper drawer. Or store in the refrigerator for up to a month - cut off the greens, place in a containers with lid and cover completely in water and change the water ever 4-5 days. **Shelf Life:** will keep for several weeks properly stored.

continued on page 54



The greatest breakthrough in senior care? We help aging parents stay at home, whether they're dealing with Alzheimer's, arthritis or anything in between. Personal care | 24-Hour care | Memory care | Hospice support | Meals and nutrition | D. Power President's Award Recipient for "Excellence in Customer Satisfaction" | The ID Power President's Award Recipient for "Excellence in Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer Satisfaction" | The ID Power President's Award Recipient for "Street Costs of Customer S

Each Home Instead Senior Care franchise is independently owned and operated. □ 2018 Home Instead, Inc.

Indian River Medical Center Receives Significant Achievement in Patient Safety Award

Indian River Medical Center received the Significant Achievement in Patient Safety award from the Hospital Improvement Innovation Network. Recognition for this award involves meeting or exceeding the goal in at least half of the tracked measures, along with active engagement in the improved activities.

Some of the tracked measures include a reduction in falls with injury, central line-associated bloodstream infection, surgical site infection, and adverse drug events.

As part of the Hospital Improvement Innovation Network (HIIN), Indian River Medical Center strives to reduce patient harm which leads to lower preventable readmissions, improved patient safety and quality of care.

The HIIN consists of more than 1,600 hospitals across 34 states that share resources and best practices. The program is through the American Hospital Association Health Research and Education Trust, and Florida Hospital Association, funded by Centers for Medicare and Medicaid Services.

Heartbeat of the Treasure Coast



Renaissance Senior Living in Vero Beach enjoyed a festive one year anniversary last fall with members of our great community of Vero Beach and wonderful residents and their families at Renaissance. "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

www.renaissanceverobeach.com • (772) 562-8491

THANKYOU TO ALL OUR SUPPORTERS!



WALK TO REMEMBER

MARK YOUR CALENDARS FOR 2019 WALK TO REMEMBER 16TH ANNUAL Saturday, November 9, 2019.

www.walktoremembervero.org

Keep Your Mind Active with our

Sponsor Name Scramble

0 G ORV Α S Μ MRR D DHNAT S USLACIDEMSNI

- ☐ A Healthier Me
- ☐ Advanced Motion
- Therapeutic
- ☐ Alzheimer Parkinson Assoc
- □ Bay Street Pharmacy
- $\hfill\Box$ Christopher Shumake MD
- ☐ Cleveland Clinic
- ☐ David J O Brien MD☐ Encompass Health☐
- ☐ Florida Eye Institute
- ☐ Forbidden Tan
- ☐ Grace Rehab

- ☐ Home Instead Senior Care
- ☐ Indian River Medical Center
- ☐ John May
- ☐ Karen Todd MD
- ☐ New Vision Eye Center☐ Paul V Minotty MD
- ☐ Perkins Medical Supply
- ☐ Project Lifesaver
- \square Renaissance Senior Living
- ☐ Robert Reinauer MD
- ☐ Senior Resource Assoc☐ Shining Light Garden

- \square Stephen Tate MD
- ☐ Theresa Tolle RPH
- ☐ Thomas Baudo MD
- ☐ Treasure Coast

 Community Health
- ☐ True Colors Salon Spa
- ☐ Val Zudans MD
- □ VNA
- \square VNA Hospice
- ☐ Walk to Remember
- □ WeCare



Award LOGAL PEOPLE Winning

Making a Difference!

Volunteers of the Year – Recognized at the Sebastian River Area Chamber of Commerce Luncheon



Judy Kerr Sebastian Elks Lodge



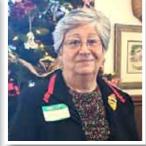
Linn Stewart For the Love of Paws



Mary Clark The Salvation Army of IRC



Nancy Johnson Recycling Club



Reina Ropequet Senior Activty Center



Stacy Thompson United Against Poverty



Rotary Club of Sebastian

Mac Gingras

Sebastian Police Department



Congratulations to Dispatcher Sabrina Iackson. Sabrina was recognized as CIT Officer of the Quarter for her calm handling of a suicidal person. Sabrina talked with the person and convinced them to get help instead of suicide.



Sebastian Police Department Explorers volunteering for their annual Turkey Drive at Walmart in Sebastian. Left to right is COPE Specialist Roberta Barker, Explorer Lt. Jennifer Blackledge, Explorer Sgt. Jennifer McElvy, Explorer Harmon Bansil, Officer Donald Hart, and Explorer Soledad Hernandez. The Explorer program is for young adults age 14 and graduated from 8th grade through age 20. Explorers meet once a week and are introduced to the law enforcement field through field training, classroom instruction, and ride-alongs with law enforcement officers.



Sebastian Police Officer Donald Hart and Officer Jason Gillette with graduates of the SAFE Women Class, offered free by the Sebastian Police Department. The ladies are with the Vero Beach Canine Country Club along with some friends and family. The SAFE Women class is a program about personal safety that uses videos, a presentation, and practical application to teach women how to respond to and escape threats. It is two hours long, for ages 13 and up, and is free. Those who are interested can contact Officer Jason Gillette at 772.388.4438 to sign up for a class.





Trudie Rainone... 2018 Outstanding Volunteer Fundraiser Award

Congratulations to Trudie Rainone, Board member and enthusiastic supporter of the Alzheimer & Parkinson Association of Indian River County, on her prestigious and well-deserved award as 2018 Outstanding Volunteer Fundraiser at the National Philanthropy Awards Dinner!

Armed with a big heart and an analytical mind, Trudie Rainone is always seeking a way to help others. She believes that giving back is a responsibility and privilege to be shared by those who are able to support worthy causes in their community. She follows a simple yet profound creed that has guided her over the years and made it possible for her to have a lasting impact on people's lives: "When you have a passion for giving," she says, "people can read it in your eyes... and they want to join you and raise money for a worthy cause."

Trudie Rainone is known in Indian River County as a stalwart advocate for improving the lives of people in our community who are less fortunate and who are in need of support. The list of her contributions of time, talent and expertise is lengthy and impressive. For more information about our LOCAL Alzheimer & Parkinson Association of Indian River County telephone 772.563.0505

NEWS

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

MAKERS

Kim R CAREGiver of the Month – July 2018 Home Instead Senior Care



Kim is reliable, helpful and remains professional in any situation that she is faced with. She is always willing to help the office when a shift is needed to be filled. Families have called her amazing, awesome and a true match made in Heaven!

CAREGiver of the Month – August 2018 Home Instead Senior Care



Lacey is very patient and friendly. Her clients feel confident when she provides their care. She is informataive with updates to the office and is willing to help fill any last minute needs. Lacey is a true asset to Home Instead Senior Care!

Virginia Q CAREGiver of the Month – September 2018 Home Instead Senior Care



Virginia has a bright, welcoming smile and a bubbly personality. Her kindness and caring is felt by all of the clients! She is truly compassionate in the care that she provides. She is reliable and always quick to communicate with the Home Instead Senior Care office!

Heartbeat of the Treasure Coast

PULSE POINTS



TCCH launches #Just4Me teen program

Treasure Coast Community Health, Inc. has launched their #Just4Me program, a reproductive and mental health service for males and females ages 13-19. #Just4Me provides confidential health education, pregnancy testing, Sexually Transmitted Disease/Infection (STD/STI) testing and treatment, cont raceptives, counseling services, and care management to teens for free or reduced rates.

"Through this program, we hope to provide confidential, quality services to reduce teen pregnancies, STD transmission, and mental health crises in Indian River County," says Vicki Soule, CEO of TCCH. "Our goal at TCCH is to eliminate barriers in order to provide quality care for all people, including our teenage population."

Confidentiality and parental notification should not be a barrier to teen health-care. Lack of access to healthcare services due to poverty, structural exclusion, disadvantage, and parental notification requirements all contribute to young people's ability to prevent unintended pregnancy, HIV, and STI's. In addition to helping young people choose healthier behaviors, TCCH's #Just4Me program will help dismantle barriers to health equity and encourage autonomy in sexual and mental health to help all young people build healthy lives.

TCCH's mission is to eliminate barriers by providing affordable, quality care to ALL people. This should include Indian River's teenage population. According to Florida statutes 394.4784, 381.005, & 384.30, teens ages 13-19 retain the right to consent to mental health and preventive sexual health services. Though teens are encouraged to bring a trusted adult, it is not a requisite for treatment and should not prevent teens from seeking necessary care.

Teens can easily make appointments via phone by calling TCCH's main number 772-257-8224 and asking the operator for an appointment "just for me". The program will be active at each of TCCH's medical facilities, increasing the availability of services.

TCCH provides comprehensive, affordable medical, dental and behavioral health services. In addition to confidential teen health services, TCCH's primary care services include women's health, family practice, geriatrics, pediatrics, pediatric & adult psychiatry, on-site pharmacies, pharmaceutical home delivery, on-site labs, x-ray services, and more.

To schedule an appointment at one of TCCH's seven (7) Indian River County sites, please call 772-257-8224. For additional information or appointments please refer to TCCH's website at www.tcchinc.org, TCCH's Facebook page at www.facebook.com/tcchinc/ or call 772-257-8224.



Treasure Coast Community Health, Inc. has announced the opening of a 7th facility located at 787 37th St, Suite 140 in Vero Beach.

To accommodate the rising need for quality, affordable healthcare in Indian River County, TCCH is opening this new medical facility to better serve patients by decreasing wait times and increasing access to services.

The new facility will provide Women's Health, Behavioral Health & Family Practice services. Dr. Jennifer Moore, Joyce Wagner (PA-C), Michal Andries (LMHC), Iris Madison (LCSW) & Shela Anderson (APRN) will be among the many providers stationed at the 787 location.

"I'm so proud of our team and of the tremendous growth we've seen over the past 25 years," stated Vicki Soule, CEO of TCCH. "It is our hope that the new facility will assist us in furthering our mission of providing exceptional and accessible primary care to Indian River County."

TCCH's mission is to eliminate barriers by providing affordable, quality care to ALL people. Just as all disparities, barriers to healthcare can hide in plain sight. Healthcare in the country is changing, leaving many on the outskirts of accessible, quality primary care. Personal and financial situations can be unpredictable and leave anyone in circumstances without access to the care they need.

TCCH provides comprehensive, affordable medical, dental and behavioral health services. These primary care services include women's health, pediatrics, geriatrics, pediatric & adult psychiatry, on-site pharmacies, pharmaceutical home delivery, on-site labs, x-ray services, and more.

Tips for Keeping Veggies Fresh continued from page 42

LETTUCES AND LEAFY

Store: Greens thrive in the crisper drawer. Wrap greens in a paper towel or thin cloth towel to help them stay moist but also absorb extra water.

Shelf Life: Expect greens to last: 1-2 weeks in the refrigerator. Treat greens like flowers. Don't wash or cut, until you're ready to use them.

ONIONS

Store: in a cool, dry place that has good air circulation. (Store in the fridge if you don't have such a place.) They need to be stored in a dark, cool, dry and well ventilated area, such as a pantry, drawer, or closet. You can separate them by placing them in paper bags, never plastic ones. Do note store with potatoes! **Shelf Life:** 2 to 3 months. Chopped or sliced stored

in a sealed container last in the fridge for 1-2 weeks.

POTATOES

Store: in a cool, dry, dark place that has good air circulation. Do not store with onions. **Shelf Life:** *2 to 3 months.*

TOMATOES

Store: in a cool, dry place stem-side down. Don't store in plastic bags as trapped ethylene will ripen quickly. Once ripe, place in the fridge to slow ripening process. Eat at room temperature. **Shelf Life:** 5-7 days on the counter

ZUCCHINI/SQUASHES

Store: Refrigerate in a plastic bag in the refrigerator crisper drawer. **Shelf Life:** 4 to 5 days or up to 2 days once cooked.

1	d	3	Я	К	- 1	N	S	M	3	a	- 1	О	Ą	٦	S	n	d	d	٦	A.		Λ
Я	Я	Μ	Õ		Ö	Ħ	H		1	A	Ń	H	Ť	Ė	- 34	9	- 72		Ė	A		N
3	0	A	8		٦	Μ	- 1	\neg	n	Λ	а	Я	Τ			ы				M		A
A	r	'n	3		3	Λ	N		1	1	Ĭ	Ĭ	Н			A			S	N		Ė
S	Э	Ж	Я		Λ	- 1	- 1	Λ	- 1	а	A	S	3			О			Е	Н	$\overline{}$	
n	0	1	1		3	S	N	N	1	r	N	1	ы			3			N	0		0
Я	1	0	ы		٦	ī	9	Α.	S	0	ы	Ō	3			Я			ī	۲		ì
3	٦	Я	3		A	0	٦	Ĥ	N	8	ī	d	S	9		3	Λ		0			1
0	- 1	3	ī		N	N	- 1	0	- 1	ы	Λ	Н	A	N		Н	¥		Ы			n
0	Н	M	N		a	3	9	S	3	- 1	3	3	1		Н	¥	٦		Я			3
A	3	3	¥		c	J	Н	d	À	3	ы	Я	Õ	Λ	0	8	Z		3	$\overline{}$	À	d
S	S	W	n		٦	3	I	- 1	3	Ν	W	S	٦	i	W		n		S		C	A
Ţ	A	8	3	1	ī	Č	9	Ö	₩	W	3	Ö	٦	٦	3	\Box	a	\neg	Ö		A	Я
0	۸	3	Ы	Ы	N	3	٧	3	a	a	а	Н	3	Ы	ī		٧		n		M	3
0	Е	Я	W	n		N	Я		- 1		-	n	Я	0	N	a	N		Я		Я	Н
M	Я		а	3	О	1	а	а	Я		0	M	d	- 1	S	M	S	Н	О		A	1
M				Э		3	3	W	0		A.	Α	Н	N	1	0	W	1	3		Н	N
Π	A	a		0		Я	N	٨	٦		٦	К		3	3	a	а	٦	A		d	0
N	Н	M		٦	-1			1	H		0	3		S	A	n		Α	S		1	- 1
- 1	3	3		0	0	\Box	\neg	T		а	3	M		3	а	A		3	S		Э	1
T	A	T		Я	Я	\neg		0		M	N	а		С	S	8		Н	0		3	0
人	٦	A		S	8			N		a	T			N	3	S		S	0		Я	M
Н	Τ	T		S				- 1		a	3			A	N	Ą		S			T	a
3	Н	N		¥	a			M		0	뇝			S		M		٧			S	3
'∀'	- 1	3		٦	a			Λ		1				S	0	0		d			À	C
٦	Я	Н		0	3			٦		Ν				- 1	Я	Н		N			A	N
Т	Τ	d		N	N			n		3				Α	0	_1		0			8	A
Н	M	3		S	T			A		Я				Ν	A			О				Λ
	3	Т		d	A			d		А				3	Ы			N				а
0	0	S	S	Α	N	Ω	S	N	-1	К	Я	A	d	Я	3	W	- 1	3	Н	Z	٦	A

COMING FEBRUARY - 2019 Guide

Locally owned and published for 27 years in Indian River County

YOUR ONLY COMPREHENSIVE MEDICAL SERVICES

DIRECTORY IN INDIAN RIVER COUNTY!!!!

2019 GUIDE TO

MEDICAL SERVICES

INDIAN RIVER COUNTY, FLORIDA



Independently Owned and Operated by Cindy Bryant

INSIDE THE GUIDE TO MEDICAL SERVICES:

Physicians by Medical Specialty
Physicians Medical Biographies
Physician Group Practices
Hospitals
Medical Clinics
Home Health Care Agencies
Skilled Nursing Facilities
Assisted Living Communities
Medical Equipment Suppliers
Pharmacies
Public Health and more:

Available at:

Medical Service providers waiting rooms, senior centers, community centers, chamber of commerce, social security office, selected residential communities, support group meetings, health fairs and all LIBRARIES!!!

For additional information contact Cindy at medicalservicesguide@comcast.net or 772.473.6107

www.guideformedicalservices.com

PRSRT STD U.S. POSTAGE PAID WEST PALM BCH, FL PERMIT # 611

Post Office Box 519 Vero Beach, Florida 32961



