

HeartbeatTM

OF THE TREASURE COAST



Cleveland Clinic Indian River Hospital Welcomes New CMO Dr. David Peter

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by Colleen Symanski, RN CDE

Vial of Life

What is It? The Vial of Life is a tool to help emergency responders obtain critical and current health information when they arrive at your home or at a motor vehicle accident. Hence, the acronym is **LIFE**, which represents: **L**ifesaving **I**nformation **F**or **E**mergencies Program of Indian River County. The kit contains a prescription bottle that contains a medical and medication history form and 2 Vial of Life stickers. You are to complete the form and place a sticker on the vial and the second sticker on your refrigerator or freezer so EMS knows where to find your information.

Why is it Helpful?

The **Vial of Life** is designed to speak for you when you can't speak for yourself. The Vial of Life helps ensure that emergency responders have the correct information at the right time so medical professionals can provide proper treatment. When EMS responds you want them to have your most current information. They use this information for emergency transport treatment and to assist emergency room physicians to respond quicker.

What you need to Know:

The Vial of Life is a credible tool that promotes optimal emergent care. It must be completed and updated frequently. You must document your



health history and maintain a current list of medications.

In speaking with Caption Greer, he stresses the importance of keeping your information up to date, especially medications which can change frequently. He explained to me the importance of initially filling out the information in the vials. It's great to have the vials of life but you must complete the form- otherwise its like having a prescription for a lifesaving medication that you never had filled.

Where to obtain it:

For more information or to obtain a Vial of Life Kit contact Indian River County Fire Rescue at the operations center located at 4225 43rd Avenue in Vero Beach. Their telephone number is (772) 226-3865. They are working on an editable medical history form on-line on their website.

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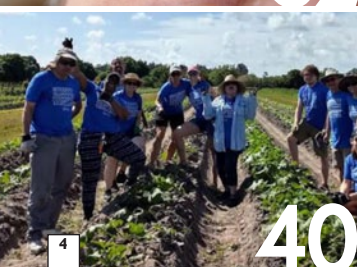
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The Value of an Opinion

Have you ever witnessed someone asking another person for their opinion and it ends in hurt feelings? Opinions can provide insights or fights; be inspiring or less desiring. Opinions can



spark great conversations and they can ignite debates of who is right or wrong. I prefer to see them as different thoughts that show many possibilities much like a colorful sunrise or sunset.

I believe it's important for us to value other people's opinions, even when their opinions differ from our own. Giving value to others helps us emotionally and intellectually.

I would rather be happy than right.....

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Dr. David Peter, Chief Medical Officer Cleveland Clinic Indian River Hospital

As the integration of Cleveland Clinic Indian River Hospital (CCIRH) continues, two major areas of focus include quality and safety. In a medical setting, these go hand in hand. Dr. David Peter, MD, MBA, FACEP, joined



Dr. David Peter, MD, MBA, FACEP

Cleveland Clinic Indian River Hospital as Chief Medical Officer and was previously involved with Akron General's integration with Cleveland Clinic. Dr. Peter believes CCIRH has a strong team in place to reach these quality and safety goals. "I felt this was a great opportunity to use experience through another integration process," he said, "and I'm thrilled to be part of the team."

Cleveland Clinic designates all of its employees as "caregivers" because they believe each employee has a hand in patient care on some level. Creating a family-like culture, setting expectations, and providing

tools and resources needed to achieve quality and safety goals is how Cleveland Clinic provides world-class care and puts patients first.

Cleveland Clinic Indian River Hospital is working on improving overall outcomes and patient experience. Partnering with Cleveland Clinic and sharing best practices will help CCIRH reach goals across the enterprise. Improving outcomes requires a team effort and collaboration between physicians, nursing, administration and all of our caregivers. "Transparency and communication are vital to building a safety culture," explains Dr. Peter, "sharing lessons learned and improving reporting for safety events."

The hospital is already seeing positive changes through the tiered-huddle system. Tiered huddles are brief, 15 minute conversations that provide safe environments to share challenges in the moment and identify solutions. They start with the care teams and escalate to executive leadership. Caregivers throughout all tier levels resolve issues, often within the same day. Tiered huddles support CCIRH's care pillars: caring for patients, caregivers, organization and the community.

With an increase in safety comes improved quality. "We're establishing common standards, expectations and language around safety and the patient experience," according to Dr. Peter. "We've begun the integration processes, and we're in continuous contact with Cleveland Clinic Florida in Weston with their quality and safety department. We have lots of support on this journey."

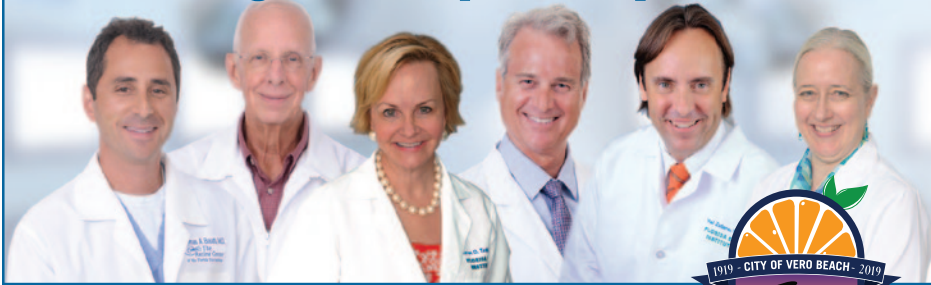
The expectation is that patients will see an outstanding team delivering high quality care. "Things that occur out of sight should seem natural," Dr. Peter stated. For example, CCIRH emphasizes hand hygiene and patients should expect caregivers to sanitize or wash their hands every time they walk in and out of a room. In addition, reducing hospital acquired infections and eliminating serious safety events round out some of the top hospital-wide goals.

Dr. Peter emphasizes the "main goals of CCIRH are to deliver world-class care to patients... this means delivering the right care, in the right place, at the right time, to the right patient, every time. It also means creating the high quality care and experience patients and families will value."



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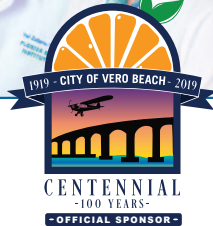
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by Colleen Symanski, RN, CDE, Co-owner of A Healthier Me

The Chum Bucket!

Joanne Holmes's daughter was an English teacher; besides grading papers, planning and prepping for the classroom, she noticed her daughter would also pack snacks. She finally asked her why she packed so many. Michele told her mom, she packed them for students to satisfy their hunger so they could concentrate better on learning. This encouraged Joanne to not only help her daughter, but to also help the students at the school.

In September of 2015 Joann Holmes and Carol Scaramuzzi saw a need for a need pantry. They approached Mr. Racine, the principal at Sebastian River High School (SRHS). Carol and Joanne approached him with their idea to help families going through some rough times so students would not go hungry. He had just 3 "rules" that he felt needed to be met. They were:

- **The pantry had to be for SRHS Students.**
- **Food had to be delivered and picked up by volunteers- not students.**
- **No students were to be in the pantry during academic hours.**

Joann and Carol agreed. Michele's English class students came up with the name: "Chum Bucket" which aligns with the school's mascot which is a shark. The Chum Bucket is the need pantry for SRHS students and their families located on the school's campus.

The Chum Bucket helps approximately 60 families and their names are kept confidential. Volunteers pick



Emily Mendoza, Janice Kahn
and Zach Stambaugh



Patrick Prescott, Nicholas Quinones &
Arty Escobar

Heartbeat of the Treasure Coast



students as well as enrich their own skills. The enthusiasm of volunteers and students is overwhelming.

The Chum Bucket is a non-profit organization that depends on donations from businesses and individuals. Volunteers are always needed to help deliver, pack boxes, process veggies, pick up donations or make deliveries. Please contact Joanne for volunteer opportunities or to make a donation. Her email is jholmes1125@bellsouth.net. You can call the front desk telephone number at SRHS: 772-564-4201 and ask for the Chum Bucket or call their direct line at (772) 564-4255. The Chum Bucket goes beyond feeding the hungry; they nourish intellect and giving.



Ed Albers, Karin Daley, Joanne Holmes, Patrick Prescott, Nicholas Quinones, Arty Escobar

Heartbeat of the Treasure Coast

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

Vaccine Preventable Diseases – updates about Hepatitis A and Measles



Phones of area doctors, pharmacies and health departments have been ringing off the hook with questions about Hepatitis A after the recent outbreak in Martin County and other areas in Florida. While the Florida Health Department and CDC are still gathering information to determine the source of the outbreak, it is definitely unsettling to hear of deaths caused by this virus. And, while I don't want to sound like an alarmist, I do think it is important to arm yourself with education about diseases that can be prevented by vaccinations so you can weigh your options and determine if you should make a trip to your health care provider.

According to the Centers for Disease Control (CDC), Hepatitis A is a highly contagious liver infection caused by the hepatitis A virus. It can range from a mild illness lasting a few weeks to a severe illness lasting several months. Although rare, hepatitis A can cause death in some people. Hepatitis A usually spreads when a person unknowingly ingests the virus from objects, food, or drinks contaminated by small, undetected amounts of stool from an infected person. Hepatitis A can also spread from close personal contact with an infected person such as through sex or caring for someone who is ill.

Because Hepatitis A can be spread through contact with food, one of the ways it can be transmitted is through restaurants. Although Hepatitis A is not as common in the United States as in other parts of the world, there were 4,000 reported cases in the US in 2016.

Many adults have had their "routine" vaccinations such as

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by Colleen Symanski, RN CDE

Maintaining and Promoting Independence through Adult Day Care



Adult day care is about connecting and creating extended families. When you have a loved one in need of quality care that maintains and promotes independence, safety, and optimal functioning through socialization and engagement; look no further. The Senior Resource Association in Indian River County does just that. The Adult Day Care Center is affordable for many

because of the generosity of grants and private funds.

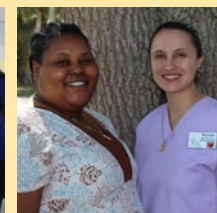
Gary has been enjoying and contributing to the Center on Mondays and Wednesdays for several years. He is legally blind and lives alone independently and stays busy with self-care activities that keep him living a quality lifestyle. "The center offers fantastic socialization and the ability to communicate with others." He told me he still has a wonderful life and his time spent at the Center is uplifting and the meals are 4 stars! Gary's advice if you are considering the SRA Center is to "come and check it out. You will enjoy the comradery in a very accepting environment." Gary is also a pianist and shares his talent with others and likes helping singer, Hobo Jim set-up.

Ines is another regular participant at the SRA Adult Day Care; she attends the center Monday through Friday from 8:00 am to 4:30 pm. She tells me, "My doctor recommended the center to my daughter and me. When I first came to the center I was in a wheelchair and didn't want to talk to anyone. It is now a year later; I am walking with a cane and dancing. I love the book club with Penny and look forward to guitarist Ed. There are many wonderful educational and enjoyable activities and events to participate in. I have wonderful friends here. My daughter and son-in-law no longer have to worry about my safety and isolation if I was home alone when they are working. My job is to be here, to help my kids."

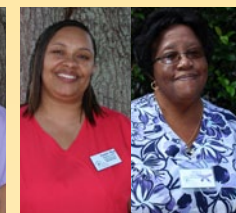
The center provides staff with nurturing qualities and dedication. Ella Ford, CNA, has been at the center for 30 years. "This could be my mom- it could be your mom, dad, grandparent, or loved one. They have stories and history; I love listening to them", Ella explains. Annie Marie Stokes, LPN, Adult Day Care Administrator, has been with the SRA going on 20 years. She gets a bit



(from left to right) Alex, CNA, Danielle, CNA, Ella, CNA, Nieashia - Adult Day Care Manager, LPN, Ann, RN, Mary, CNA, Vivian, CNA, and Michele, CNA



Courtney Chambliss, CNA & Mariela Cerda, CNA



Annie Mae Stokes, LPN- Adult Day Care Administrator & Ella Ford, CNA

teary-eyed and shares "I love what I do here, I get to go home knowing I made a difference in their lives and they have enriched my life. I cannot imagine working anywhere else." "We are not just a health care facility here; we are a family with compassion."

When we validate a loved one's contributions to the family, we validate their life and inspire them so he or she can have quality of life. The Senior Resource Association does just this. They celebrate good days and embrace challenging days without judgement. For more information or to schedule a tour of the center contact Emily Wilcox, Business Development Director at ewilcox@sramail.org or Annie Mae Stokes at astokes@sramail.org.

The Senior Resource Association provides home and community-based services for seniors and adults age 18 and older that need care in a safe and welcoming environment. They are the only state-licensed adult day care facility in Indian River County; with locations in Vero Beach and Sebastian. Their centers are open to adults age 18 and older.



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What is that odd feeling in your belly, dry mouth, narrowed vision, feeling jittery when going through a new experience, meeting new people, going to a new place? It is anxiety. Sometimes it hits right out of the blue! Who gets it? Nearly everyone.....

Stress and anxiety are becoming a part of our daily experience in this fast-paced world. Sometimes anxiety is a good thing. Performance anxiety gives us that “sparkle” when we get up to give a speech, for example. It doesn’t feel very good prior to the performance, but after there is relief. Anxiety can be debilitating when it prohibits/inhibits us from doing activities that are good for us, like going to the Doctor or Dentist.

There are physical symptoms, such as upset stomach (nausea), sweaty palms or head, rapid heartbeat to name a few. But, anxiety is likely to be produced in

our brain/mind by thoughts called cognitive distortions. When we are anxious we have a great ability to believe things that have no basis in reality. David D. Burns, MD lists several in his classic book *FEELING GOOD*:

- 1. All or Nothing Thinking:** Life is rarely one way or the other and sets you up for perfectionism.
- 2. Overgeneralization:** You arbitrarily conclude that because one thing happened to your one time it will occur over and over and over.
- 3. Focusing on the Negative:** “selective abstraction” is only focusing on a negative detail of the situation and that is all that you let enter your mind.
- 4. Disqualifying the Positive:** Thinking that anything positive said about you doesn’t count because “they” don’t really know how awful you are.
- 5. Jumping to (Negative) Conclusions:** Mind reading or fortune telling. You call or text a friend and they don’t call or text back in a reasonable amount of time and you conclude they must not like you anymore or be mad at you.
- 6. Emotional Reasoning:** I feel like a dummy therefore I am a dummy.
- 7. Magnification and Minimization:** Blowing things out of proportion or shrinking them.
- 8. Should Statements:** (One of my personal favorites) Should statements create a lot of turmoil in your life when applied to yourself or others. I prefer to use the word *COULD* instead. A long time ago someone told me I should stop shoulding on myself!
- 9. Labeling and mislabeling:** This is an extreme form of overgeneralization by creating a completely negative self image of yourself based on your errors.
- 10. Personalization:** Dr. Burns says this cognitive distortion “is the mother of guilt”! This means taking whatever happens and assuming responsibility for a negative even when there is no basis to do so. You can influence but not control others.

When we consider that anxiety comes from outside of ourselves, we are wrong. A deep sense of fear of whatever we fear causes our brain to distort reality and produce symptoms based on our thoughts. A special boost of self confidence can help combat cognitive distortions when we recognize them. Our self talk can remind us of reality.

true

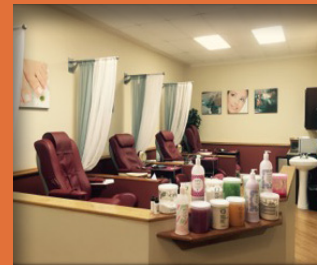


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by Colleen Symanski, RN, CDE, Co-owner of A Healthier Me

Sun, Skin, Safety!



I, like many of you, love living in Florida. We have lots of sunshine, sandy beaches, and ocean enjoyment. So, sun safety is always in season for us.

It is important for us to protect our skin and eyes from sun damage throughout the year, even on cloudy days; up to 80 percent of the sun's UV rays can get through the clouds. Sun damage is caused by invisible ultraviolet (UV) radiation. Spending time in the sun increases the risks of skin cancer and early skin aging. People of all skin colors are at risk for this damage. Incorporate diligent sun safety if you have:

- pale skin;
- blond, red, or light brown hair; or
- been treated for skin cancer or have a family member with a history of skin cancer.

Certain medications can also increase sun sensitivity. It is important to speak with your physician and pharmacist to see if a medication

you are taking causes sun sensitivity. Also, see a dermatologist for skin checks regularly and perform self-skin checks. Contact your physician if moles or skin spots change or look suspicious.

We can reduce our risk of sun damage if we follow a few sun safety recommendations which are listed below.

- **Limit your time in the sun**, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense. Being outdoors is good, however, stay in the shade as much as possible.
- **Wear clothing to cover** skin exposed to the sun. Such as long-sleeve shirts, pants, sunglasses, and broad-brim hats are intended. Sun-protective clothing is now available and is also regulated by the FDA if are used for

medical purposes.

- **Apply broad spectrum sunscreens** with a Sun Protection Factor (SPF) value of 15 or higher regularly and as directed. Broad spectrum sunscreens offer protection against both UVA and UVB rays, two types of the sun's ultraviolet radiation.
- **Read the label** on your sunscreen product. You want to use your sunscreen correctly. (Ask your health care professional before applying sunscreen to infants younger than 6 months.)

Because sunlight reflects off sand and water it increases exposure to UV radiation; which increases the risk of also developing eye problems. Sunglasses are a must and can help protect your eyes. When using sunglasses keep the following in sight:

- **Choose sunglasses** labeled with a UVA/UVB rating of 100% to get the most UV protection.
- **Do not mistake** dark-tinted sunglasses as having more UV protection.

The darkness of the lens does not indicate its ability to shield your eyes from UV rays. Many sunglasses with light-colored tints, such as green, amber, red, and gray can offer the same UV protection as very dark lenses.

- **Protect children.** They need to also wear sunglasses with UV protection. Toy sunglasses may not have UV protection, so look for the UV protection label.
- **Consider large, wraparound-style frames**, which may provide more efficient UV protection because they cover the entire eye-socket. (They protect the eyes from the sides.)

Pricy sunglasses don't always mean you are buying greater UV protection. Sunglasses are more effective when worn with a wide-brim hat.

Research indicates that skin cancer is the most common type of cancer in the world. Let's take some precautions measures and enjoy the sunshine (and cloudy days) safely.

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Social Activities Make a Difference

We received many positive comments about our Giving the Gift of Joy Every Day story in the last issue of Heartbeat so I wanted to continue the conversation with a focus on social activities for Grace Rehabilitation Center of Vero Beach residents.

The social activities are fun for all, from the professional staff, residents and guests alike. Administrator Randall Rees explains to me that “Grace embraces the concept of socialization for every resident and believe the healing process and long-term health stability relies on Whole Person Care”. Every department stays involved with Shelly Garcia, Activities Director, on a day to day basis to assure each resident has an opportunity to maintain a fulfilled and pleasurable stay. From one-on-one interaction to group participation, Grace’s energetic team strives to utilize tailored activities to meet the individualized needs of their residents. Compassion is expressed both by how care is delivered by their staff and how they operate Grace and the programs.

Throughout your stay you will experience Birthdays and Anniversaries celebrated, the ever popular BINGO, movies, ice-cream socials, magic nights, popcorn 3 times a week, cotton candy once a month, HAPPY HOUR EVERY



William Trainor, Blanch Serrano, Catherine Conway. Steven Ministers from United Methodist Church brought Easter Eggs and chocolate.



Flower arranging with Glestine Williams, CNA; Gina Shoaf & Blanch Serrano.

DAY, dining in our local restaurants, fishing, fashion show, Sarah’s Party animals, arts & crafts, balloon volleyball and live entertainment 3 – 4 times a week. Another life rewarding experience is a monthly resident “Make a Wish” come true. Staff members who care for the resident become aware of certain desires and wishes their residents may have and each month a group meets to ascertain what wishes they are able to fulfill.

Grace Rehabilitation Center of Vero Beach, a licensed 72-bed skilled nursing and rehabilitation facility, gladly offers physical, occupational and speech therapies 7 days a week, which makes the return to living independently at home that much sooner. Through their center’s model of care, our team encourages experiences that promote a positive outlook on life and endeavors to provide a supportive, homelike environment with options for private suites, dining and daily activities.

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



Evelyn Davis



Robert Auton



Grace's mascot Charlie

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by Leslie Spurlock, Community Health Advocate, QuitDoc Foundation

Vapor Rise Concerns Surgeon General

In December 2018, the dramatic rise in e-cigarette use among youth compelled the U.S. Surgeon General to declare a nationwide epidemic. In 2018, nearly 25% of Florida's high school students reported current use of e-cigarettes. This is a drastic increase of 57% over the previous year. In comparison, only 4% of Florida adults vape. Indian River students' exposure to secondhand vapor, their current use of ENDS, and the rate of students that have ever tried ENDS are all higher than the State's average rates. Accurate information about youth vaping needs to reach every resident, especially adults who can share information with youth. Electronic Nicotine Dispensing Systems, (ENDS) come in all shapes and sizes. A variety of styles include refillables with liquid nicotine "juices", disposables that look like traditional

cigarettes, and products that use disposable cartridges. ENDS contain batteries that heat a liquid solution, producing an aerosol that is inhaled. It is not 'water vapor' because the liquid is not water. Nearly all products contain nicotine, flavoring and other chemicals. It's no coincidence that flavors are used by the industry to appeal directly to adolescents and teens. Although approved by the FDA for ingestion, the liquids like glycerin and propylene glycol, are not approved for inhalation, and may be in many e-cigarette products. Juul is the most popular ENDS brand among youth. It quickly captured 72% of the e-cigarette market, perhaps fueled by the rapid rise of youth vaping. Juul uses a disposable pod that contains propylene glycol, flavorings, benzoic acid and nicotine salts. Nicotine salts allow high levels

continued on page 54

Keep Your Mind Active with our

Sponsor Name Scramble

T R I Y L P P U S L A C I D E M S N I K R E P
R U V C O U O W H E P C N M T I E E B A E M N
E D G A V Y R C I S P I M E U N N W K R S R O
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| <input type="checkbox"/> A Healthier Me | <input type="checkbox"/> Indian River Medical Center | <input type="checkbox"/> Susan Long RN MSW LCSW |
| <input type="checkbox"/> Alzheimer Parkinson Assoc | <input type="checkbox"/> Karen Todd MD | <input type="checkbox"/> Theresa Tolle RPH |
| <input type="checkbox"/> Bay Street Pharmacy | <input type="checkbox"/> Leslie Spurlock | <input type="checkbox"/> Thomas Baudo MD |
| <input type="checkbox"/> CC Indian River Hospital | <input type="checkbox"/> New Vision Eye Center | <input type="checkbox"/> Treasure Coast |
| <input type="checkbox"/> Christopher Shumake MD | <input type="checkbox"/> Paul V Minotty MD | Community Health |
| <input type="checkbox"/> Chum Bucket | <input type="checkbox"/> Perkins Medical Supply | <input type="checkbox"/> True Colors Salon Spa |
| <input type="checkbox"/> David J O'Brien MD | <input type="checkbox"/> Renaissance Senior Living | <input type="checkbox"/> Val Zudans MD |
| <input type="checkbox"/> David J Peter MD | <input type="checkbox"/> Robert Reinauer MD | <input type="checkbox"/> Vial of Life |
| <input type="checkbox"/> Encompass Health | <input type="checkbox"/> Senior Resource Assoc | <input type="checkbox"/> VNA |
| <input type="checkbox"/> Florida Eye Institute | <input type="checkbox"/> Shining Light Garden | <input type="checkbox"/> Walk to Remember |
| <input type="checkbox"/> Grace Rehab | <input type="checkbox"/> Sjogrens | <input type="checkbox"/> WeCare |
| <input type="checkbox"/> Home Instead Senior Care | <input type="checkbox"/> Stephen Tate MD | |



Tips for Chronic Pain

Chronic pain is defined as “persistent pain” and is a common complaint in Sjögren’s syndrome. For example, Sjögren’s patients often complain of muscle aches, joint pain, oral and eye pain, and pain from neuropathies and vasculitis. Not only does pain interfere with everyday life functions, it contributes to “brain fog,” fatigue, and a general lack of mental well-being. Some tips for dealing with chronic pain:



Continue caring for the condition causing your pain.

The underlying medical condition needs to be attended to on a continuing basis.

Pay attention to any new pain problems.

Your pain may be caused by other conditions not related to your underlying chronic pain condition or disease. These conditions need to be investigated aggressively.

Don’t be a couch potato.

A common cause of chronic pain is de-conditioning or getting badly out of shape. An intelligent and consistent exercise program with your doctor’s approval may be extremely helpful.

If you are overweight, shed those pounds.

As a general rule, do your best to maintain a healthy weight by pursuing a healthy diet as well as initiating an exercise program if okayed by your physician.

Avoid pain triggers.

Try to understand what causes the

pain to get worse and avoid those triggers if possible.

Don’t let stress compound your pain.

Stress is the result of the way you react to the world, and heightened stress equals heightened pain. Learn relaxation techniques or seek help in reducing your stress level.

Get enough sleep.

Practice good sleep habits and get adequate sleep on a continuing basis.

Don’t let depression persist.

Find out if depression is a problem for you, and discuss potential treatment with your physician.

Remember your rights as a health consumer.

Try to gain as much information as possible from your health care providers. Become an active participant in treatment decisions and an informed consumer.

For more information on Sjögren’s syndrome, visit the SSF Web site at www.sjogrens.org, call 800-475-6473 or e-mail ssf@sjogrens.org

Changing the World, One Doctor at a Time

Dr. Robert Reinauer of New Vision Eye Center recently hosted Dr. Jairo Torres, a Retina Fellow from Montemorelos Nuevo León, Mexico. Dr. Reinauer met Dr. Torres while doing mission work in Mexico through the Christian Ophthalmic Surgery Expedition Network (ChOSEN).

ChOSEN’s mission is to provide high-quality eye surgery in developing areas, and Dr. Reinauer has been involved for many years. He has had the opportunity not only to correct vision on his missions but to teach new techniques and give technical advice to the doctors in the area, like Dr. Torres, so that the highest-quality patient care can be more easily accessible in areas that it would otherwise not be.

During his last trip to Montemorelos Nuevo León, Dr. Reinauer invited Dr. Torres to New Vision Eye Center to spend a week with him in the clinic and observe patient care in the United States. “By allowing doctors from less advantaged parts of the world observe how our world-class techniques are used, we hope to change the frontier of ophthalmic care, not only in the United States but across the globe, one doctor at a time,” Dr. Reinauer said of his experience with Dr. Torres and the ChOSEN mission.

After his time with Dr. Torres, Dr. Reinauer traveled back to Mexico with the ChOSEN mission where he performed hundreds of cataract surgeries alongside other ophthalmologists who are, like him, dedicated to improving vision worldwide.



772.257.8700 • 1.877.MINOTTY
NewVisionEyeCenter.com
1055 37th Place, Vero Beach, Florida
www.newvisioneyecenter.com

Bourbon Street Comes Alive at 5th Annual We Care Mardi Gras Celebration



Dr. Brian and Tina Deonarine

Amid the revelry of Bourbon Street, New Orleans cuisine, carnival booths and a Samba line, the We Care Foundation of Indian River kicked off its 5th Anniversary Mardi Gras Celebration at Oak Harbor Country Club.

Over 200 guests attended We Care's signature fundraising event on March 1st, enjoying a culinary tour of New Orleans,

dancing to music from DJ Louis G, stilt walkers, jugglers and the amazing Phoebe's Samba Team. Adding to the excitement of the evening was a silent auction, a roving magician and a 50/50 drawing.

Founded in 1991 as a cooperative venture between the Indian River County Medical Society, the IRC Health Department, and the IRC Hospital District, the We Care program coordinates free physician services for uninsured indigent patients in Indian River County. More than 160 volunteer doctors, dentists and other medical professionals donate care to as many as 3,000 qualified Indian River County residents each year. These donated services are valued at over \$1 million annually.

Dr. Dennis Saver, founder of the We Care Program 28 years ago, started the party as he led in the samba line of dancers and drummers, who then entertained the guests. Following their performance, Dr. Saver addressed the Mardi Gras crowd.

"Thank you for being here tonight to honor the giving spirit of physicians who have volunteered free medical service to our neighbors in need, Saver said. "We Care continues to be blessed by the support of this community, and is grateful to our sponsors and donors."



Drs. Rick and Nancy Baker



Dr. James and Helen Shafer



*L to R: Elizabeth White, Co-Chair;
Dr. Dennis Saver, Foundation
Brian Hartman, Co-Chair*



*R to L: Dr. Arley and Sonia Peter
Heartbeat of the Treasure Coast*

Celebrating Vero's Centennial with Your 20/20 Experience Photos



Richard Zalenski December Winner

As Vero Beach turns 100 with a year-long calendar of events, a well-known local medical practice, Florida Eye Institute, is also on the cusp of a major anniversary in the year 2020.

To commemorate Vero's centennial and celebrate 35 years of vision within the community, Florida Eye Institute has unveiled a photo contest called My2020Experience.

"A photo contest seemed the perfect way to support the Centennial while sharing our community's vision of this special celebration of Vero Beach. We encourage everyone to share all that they see during the entire yearlong celebration."

A special website, My2020Experience.com, was crafted expressly for the contest. Entries are divided into months to coincide with the series of year-long activities. "Direct links to the Vero Beach 100 Calendar of Events are highlighted throughout our site to help people plan their activities and see all there is to experience during this awesome year," continues Green. "Visit My2020Experience.com and share your vision of all things Centennial!"

The public can upload their digital photos directly to the site. A winning photo will be selected each month. Winners will receive a gift card valued at \$50.

At the conclusion of Vero's yearlong Centennial Celebration in October 2019 a Grand Prize Winner will be selected from the winning monthly entries. Grand Prize will be \$250 cash.

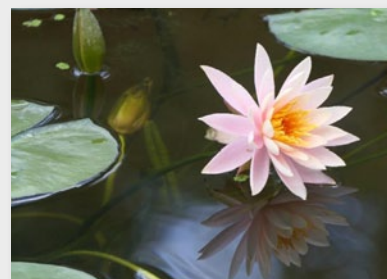
More information can be found online at My2020Experience.com and VeroBeach100.com. Visit fleye.com or contact Cindi Green at 772.569-9500 Ext. 134 for more information.



Wyatt Hora November Winner



Gretchen Giles February Winner



Marie Daumey March Winner



Joe Semkow January Winner





Alan Grosset, MD
772.226.4810
Medical Oncologist
3555 10th Court
Vero Beach, FL 32960



Alastair Kennedy, MD
772.569.8550
Rheumatology
3450 11th Court, Suite 305
Vero Beach, FL 32960



Alice Ulhoa-Cintra, MD
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Julio Pagan, MD
772.569.7706
Internal Medicine
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Heartbeat of the Treasure Coast

Editor Scopes out Indian River Events!



The Alzheimer & Parkinson Association of Indian River County hosted a Community Social at the Gifford Community Center. Complete with refreshments, entertainment, and door prizes. Attendees of all ages enjoyed the 'Social' and learned more about the programs and services available such as memory screenings, Project Lifesaver, and "Breathing Room" classes & events.



Florida Eye Institute's gives a warm welcome to "shoppers" at their 4th annual multi-family yard sale to benefit the Indian River County Relay for Life. There were lots of items for home, garden, and fashion. They even had coffee and breakfast snacks for earlier morning shoppers. They met their goal and unsold items were donated to a local non-profit.



The Shining Light Garden has provided flowers and vegetables to the VNA of the Treasure Coast to help those in need. On this beautiful morning, the VNA organized volunteers to spend some gardening time together.



Riverside Cleaning Services and A Healthier Me setting up for a community Diabetes Support and Resource Group. Carole, owner of Riverside Cleaning Services, with husband Andrew is styling her insulin pod.

Hilarity for Charity and the Home Instead Senior Care Partnership Grant



For years, Kathy Parker has been the primary caregiver for her 71-year-old husband, David. Five years ago, he suffered a traumatic brain injury after falling from a ladder and last year he was diagnosed with late-onset Alzheimer's disease. David experienced immediate personality changes due to his injury and failed to recognize Kathy, his wife of 46 years. He now suffers from sun-downing and wandering due to the Alzheimer's, and his days and nights are reversed. His need for round-the-clock care prevents Kathy from also caring for her 92-year-old mother, as well as doing things for herself and her own well-being. "I am a tennis player," Kathy said. "I was no longer able to play because of Dave's severe symptoms. It's so important for me to be able to do that."

Kathy will soon be able to return to the tennis court thanks to a one-time grant of 50-hours of free specialized, in-home care services as part of Hilarity for Charity's Alzheimer's and Dementia Care Relief Grant program. Through this grant, the Parker family will receive personalized care services in their home provided by the Vero Beach Home Instead Senior Care office. Hilarity for Charity is led by comedian husband and wife duo, Seth Rogen and Lauren Miller Rogen, and the Alzheimer's Association® to inspire change and raise awareness of the devastating effects of Alzheimer's disease.

"When a family caregiver carries the responsibility of providing care to a loved one 24 hours a day, we often times see isolation and a decrease in their own social activities," said Erica Vezza, general manager of the Home Instead Senior Care office in Vero Beach. "Part of the quality of care that we provide to our clients is the opportunity for respite. This allows them the comfort of knowing that their loved one is safe and cared for in their absence – whether it's tennis lessons, errands, or just some time to themselves with a book on the porch."

"Our CAREGiver is a sweetheart. She is so attentive to Dave. I never knew that this help was available," Kathy said. "I worked with Alzheimer's patients myself locally for 12 years and it's so different when it's your own family. What Home Instead does is truly amazing."

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To us, it's personal.

flu, pneumonia, shingles, tetanus and childhood vaccines, however, the Hepatitis A vaccine is not a routine vaccination. It is, however, easy to obtain and often covered by insurance copays. It is carried at many pharmacies and the local health department and is a 2 dose series separated by 6 months. I encourage you to look into this vaccination to help protect you from exposure.

Another disease that seems to be making resurgence is measles. Measles is a serious respiratory disease (in the lungs and breathing tubes) that causes a rash and fever. It is very contagious. In rare cases, it can be deadly. It is very contagious and can be spread by coughing or sneezing. Almost anyone who is exposed to measles and unvaccinated will contract it.

Reports of measles have been widely covered in the media in recent weeks, although these cases currently are largely restricted to New York and California. As of this writing, the number of measles cases reported in 2019 is up to 704, the highest since an outbreak in 2014 and much higher than a typical year. Cases seem to be restricted to communities where there have been large numbers of unvaccinated children, mostly due to religious or cultural reasons.

So, should you be concerned about contracting measles or getting vaccinated? The CDC says that most adults born before 1957 actually contracted measles in childhood and are considered protected. However,

those immunized in the mid-1960's (1963-1967) most likely received a killed measles vaccine which is not considered effective. Therefore, those adults should consider getting one dose of live measles vaccine (MMR) because it will be 93% effective against measles (and also provide protection against mumps and rubella). Those vaccinated after that time should also be protected. However, the CDC does advise that it is safe for patients to get a booster dose if they are unsure or do not have access to their immunization records.

Your health care providers are happy to answer questions that you may have. Additionally, many local pharmacies have stocked up on both of these vaccines due to the increase in cases and the increase in interest by the public. I have provided some links below to the CDC pages for more information and these pages also list the contraindications for obtaining these vaccines as certain patients are not eligible depending on their immune system competency or allergies.

In summary, adults do need vaccines too! Please allow your pharmacist to serve as a valuable resource to help you determine what vaccines you should get. And, don't forget about your annual flu shot, along with ensuring that you are up to date with tetanus, pneumonia and possibly the shingles vaccine. As always, the staff of Bay Street Pharmacy is happy to help so call us at 772-589-2043 or visit www.baystreetpharmacy.com.

NEWS MAKERS

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

Mikhala J
CAREGiver
of the Month –
January 2019
Home Instead
Senior Care



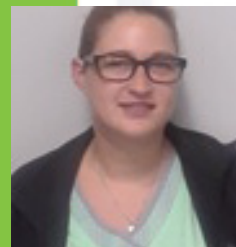
Mikhala is very caring and well organized. Her clients absolutely love her. She provides the office with consistent updates on her clients and is always concerned for their best interest.

Bobbi W
CAREGiver
of the Month –
February 2019
Home Instead
Senior Care



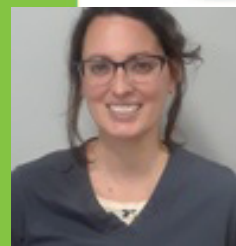
Bobbie is flexible with her schedule and is always willing to help. Her clients adore her. This may be due to the fact that she is so adaptable with the needs of each individual client.

Ashtin D
CAREGiver
of the Month –
March 2019
Home Instead
Senior Care



Ashtin is very enthusiastic about her career as a Home Health Aide. She is more than willing to do additional training to add to her skill set to better care for her clients. She is a true asset to Home Instead Senior Care.

Kelly B
CAREGiver
of the Month –
April 2019
Home Instead
Senior Care



Kelly is just terrific with all of her clients. She is always patient and very creative. She never hesitates to go above and beyond to match activities with the clients needs and interests.

Renaissance Senior Living!



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.

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Heartbeat of the Treasure Coast



LOCAL PEOPLE

Making a Difference!



Senior Resource Association

Denise Hegener – *Meals on Wheels Volunteer*

Denise has been a volunteer with Meals on Wheels for over 10 years! Denise always goes above and beyond what is expected of her as a volunteer. She is our go to volunteer when we need an extra hand and is always reliable. She knows our Meals on Wheels clients on a personal level and even has a personal relationships with their families. She is always very communicative to staff and informs us of any issues or concerns. She is attentive to clients' needs and

reports back to us on their health and condition. She is such a joy and makes people smile and laugh wherever she goes. Denise is very involved in the community and volunteers with multiple organizations including the United Way. She is a great advocate for Meals on Wheels and a true ambassador for Senior Resource Association. She was recently awarded the 2019 Sophie Restivo award from Karen Deigl, President & CEO of SRA, at our recent Volunteer Appreciation Luncheon and has been nominated for the Jewels of the Treasure Coast Volunteer of the Year award.



Senior Resource Association

Patti Battista – *Silver Tones' Volunteer*

Patti is a volunteer with Senior Resource Association's senior choir program known Silver Tones'. Silver Tones' perform three concerts seasonally that help raise funds to support our programs like Meals on Wheels. Patti is so incredibly kind and has an infectious smile on her face that brightens the day of anyone who comes through her path. She is also known to help out with just about anything for her fellow choral members without asking for any special

recognition. Patti was recently recognized at our 2019 Volunteer Appreciation by the Director of Silver Tones', Jacob Craig.



Senior Resource Association

Penny Blair – *Adult Day Care Volunteer*

Penny has been a volunteer with Senior Resource Association for several years and has helped out in multiple programs including Meals on Wheels, Administration, and Adult Day Care. She has done such a great job helping us with our annual customer service surveys over the phone and helps us to improve our programs and services here at SRA. Additionally, she created a new enrichment program at our ADC facilities in which clients participate in a book club

and discussion group. She facilitates each book club weekly at both our Sebastian and Vero centers. Penny was recently recognized at our 2019 Volunteer Appreciation by our Director of Programs, Shawna Callaghan as one of our Top Volunteers.



SRA BINGO

Committee Members

Senior Resource Association hosts several fundraising events each year. Our 14th Annual Bingo Luncheon was a huge success thanks to the amazing help of our committee members: Anna Valencia Tillery, Carrie Adams, Dawn Michael, Eileen O'Donnell, Liz Earman, Lisa Harvey,

and Nikki Parris. Our "Step Right Up!" 14th Annual Bingo Luncheon was a fun, circus-themed event featuring a champagne silent auction, bingo prizes and a spectacular drawing. Proceeds benefited Meals on Wheels and Adult Day Care programs for seniors and caregivers throughout Indian River County. This popular event has helped keep seniors in their own homes for as long as safely possible while also providing respite and support for caregivers. If you are interested in volunteering to be on a committee to help with any of our fundraising events please contact Angela Bosman at abosman@sramail.org

Community welcomes Kyle Sanders to Sebastian River Medical Center



Newly appointed President for Sebastian River Medical Center, a Steward Family Hospital, Kyle Sanders, MBA, FACHE brings more than 30 years of leadership, finance and operations experience in healthcare settings to our local community.

"We are excited to welcome Kyle to the Sebastian River family," said Daniel Knell, Division President of Steward Health Care. "He has distinguished himself as an exceptional and innovative leader. We look forward to the vision and leadership he will bring to this hospital and vibrant community."

Prior to accepting the position with Sebastian River Medical Center, Sanders served as President for St. Vincent's Health Partners in Jacksonville, FL., where he was responsible for providing strategic direction and oversight to the accountable care organization (ACO) and also served as the COO of the St. Vincent's Medical Group. Previous to that he held several hospital CEO positions.

"I am honored for the opportunity to help lead this great hospital to new levels of success in providing high quality health care services to Sebastian," said Sanders. "I look forward to building on the positive legacy and connection Sebastian River has with this community."

Kyle earned his Bachelor of Business Administration from West Texas State University and his MBA from Arizona State University. Kyle and his wife Rhonda will be relocating to the area from Jacksonville. They have two grown children, one daughter-in-law and one granddaughter.



"2019 SRMC Physician of the Year"

In honor of the 2019 Doctor's Day, Steward's Sebastian River Medical Center proudly announced that Dr. Kirk Maes was awarded as "2019's Physician of the Year."

Sebastian River Medical Center

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Heartbeat of the Treasure Coast

PULSE POINTS

VNA's Kara Henson and Kim Metz Named Associates of the Year



The Visiting Nurse Association of the Treasure Coast (VNA) is pleased to announce Kara Henson, Physical Therapist, and Kim Metz, Occupational Therapist, were recently recognized as VNA's Associates of the Year.

Associates of the Year are nominated by their colleagues for consistently demonstrating VNA's WHY statement: Collaborating as a team to provide excellent care

to patients and families – with integrity, compassion, knowledge and love – so that patients and families experience optimal quality of life at all times! In addition, these employees have shown a commitment to VNA's core values of integrity, collaboration, accountability, respect and excellence.

As therapists for the VNA, Henson and Metz help patients recovering from surgery, illnesses and accidents achieve their physical and occupational goals.

Henson and Metz were recognized because they go above and beyond in their care for patients, including one in particular whom they have worked with since 2016. The patient, Eugene, was in a car accident that left him a bedbound quadriplegic. Henson and Metz have worked alongside Eugene from the beginning of his admission and celebrated with him as he walked 100 feet to his church pew last Father's Day. He is now able to walk with a walker. Henson and Metz collaborated with several departments to ensure Eugene received the best care.

Remarked Henson about being named Associates of the Year, "We're both so grateful to have received Associates of the Year awards because of our wonderful patient Eugene! He has made such incredible progress in the last couple years and continues to amaze. We're really the lucky ones to be able to work with such a marvelous person! Thank you from the bottom of our hearts to everyone in the VNA for this honor!"

Cleveland Clinic Indian River Hospital Announces New Chief Operating Officer



Ralph Turner, DBA, MSHA, MPA, FACHE

Cleveland Clinic Indian River Hospital is pleased to announce that Ralph Turner, DBA, MSHA, MPA, FACHE, will join the leadership team as Chief Operating Officer.

Turner has spent the last two years serving Cleveland Clinic as the Executive Director for Patient Support Services. As Executive Director, he was responsible for driving high reliability across many enterprise service lines, including Food and Nutrition Services, Laundry and Linen, Textiles, Red Coats, Patient Transport, and Service Express Call Center.

Prior to joining Cleveland Clinic, he served as Vice President for Facilities, Support and Emergency Medicine Services, and President, Best Western Inn

Towner, LLC at UW Health, the integrated health system of the University of Wisconsin-Madison. He served in several roles over 21 years as a member of the Health Services Command in The United States Army, retiring as a Chief Warrant Officer Four.

A native of Georgia, Turner holds a Bachelor of Science in Business Administration and Management, and a Master of Science in Health Care Administration from the University of Maryland, as well as a Master of Public Administration from Troy University. He recently completed his Doctorate in Business Administration from the University of Wisconsin-Whitewater.

"Ralph Turner brings 32 years of healthcare experience and a proven track record for successful operations," stated Dr. Greg Rosencrance, President of Cleveland Clinic Indian River Hospital. "I'm excited that he will be joining our leadership team as his extensive knowledge of operations will serve us well."

PULSE POINTS

VNA Private Care Receives 2019 Best of Home Care® – Provider of Choice Award for Ninth Year



The Visiting Nurse Association's (VNA) Private Care department announced today that it has received the 2019 Best of Home Care – Provider of Choice Award from Home Care Pulse. The Provider of Choice Award is granted only to the top-ranking home care providers, based on client satisfaction scores gathered by Home Care Pulse, an independent satisfaction research firm for home care. VNA Private Care is now ranked among a select few home care providers across the country who have proven their ability to provide outstanding care.

This is the organization's ninth consecutive year achieving such recognition. "We want to congratulate VNA Private Care on receiving the Best of Home Care – Provider of Choice Award," says Erik Madsen, CEO of Home Care Pulse. "Since this award is based on client feedback, it demonstrates their dedication to providing the highest quality of care with a focus on client satisfaction.

We are pleased to recognize VNA's dedication to quality professionalism and expertise in home care."

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

"Being recognized as a Best of Home Care – Provider of Choice for nine straight years is a true testament to our employees and the care that they provide," said Donna Sorge, RN, program director of VNA Private Care. "We are so proud of our associates for consistently providing excellent care for our patients, and we look forward to year ten of setting the standard for superior care."

"Our goal at Home Care Pulse is to empower home care businesses to deliver the best home care possible," says Erik Madsen. "We are happy to recognize VNA Private Care as a Best of Home Care – Provider of Choice and to celebrate their accomplishments as a trusted home care provider."

To learn more about VNA Private Care's commitment to excellence and other VNA services, visit www.vnatc.com, or call 772-567-5551.

Clinical Trials

Geodysey Research offers clinical trials in Vero Beach for individuals diagnosed with Multiple Sclerosis, Parkinson's, and other neurological disorders. There are many benefits or research participation. Such as physical exams and diagnostic procedures at no cost and relationship with physicians that are at the forefront of medical sciences. Please call Clellia Bergamino, Director of Clinical operations. She can be reached at 772- 299-4304.



Elizabeth, Clellia and Susan

of nicotine to be inhaled more easily and with less irritation. Juul contains a higher amount of nicotine than cigarettes and other e-cigarette products. Nicotine exposure can harm adolescents' developing brains by interfering with parts of the brain that control attention, learning, mood, and impulse control. Youth are especially vulnerable to the effects because brains continue developing until the mid-20s. The nicotine from one Juul pod is like smoking a pack of 20 cigarettes. The U.S. Surgeon General warned that despite these risks, approximately two-thirds of JUUL users aged 15-24 do not know that Juul always contains nicotine.

Juul is shaped like a USB flash drive making it easy to conceal, easy to charge, and easy to use at school. Using nicotine in adolescence may increase risk for future addiction to other drugs. Long-term health effects of e-cigarettes are unknown. Early research suggests that youth who use e-cigarettes may be at greater risk of starting to smoke regular cigarettes. Tobacco industry giant Altria, a corporate parent of Phillip Morris, the maker of Marlboro cigarettes, bought a 35% stake in Juul for 12.8 BILLION dollars in 2019. For more information, please visit tobaccofreeflorida.com/eepidemic.

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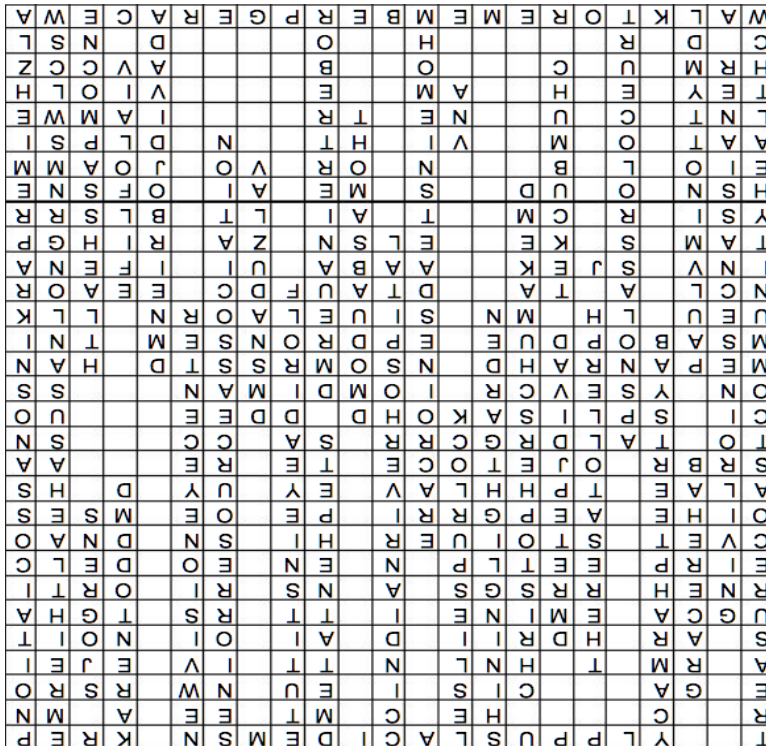
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