

HeartbeatTM

OF THE TREASURE COAST



Cleveland Clinic Indian River Hospital Chief Operating Officer Ralph Turner

Read about Dr. Turner on page 8



Cleveland Clinic
Indian River Hospital

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Two Local Women Quietly making a Difference

In Our Community and
in Our Schools

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cover story

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 Indian River Hospital's
 COO, Dr. Ralph Turner
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Heartbeat of the Treasure Coast

New Cataract Surgery Technology Increases Patient Satisfaction

The Cataract Institute at New Vision Eye Center is pleased to announce the acquisition of the IOL Master 700, the latest addition to their technologically advanced center. The IOL Master 700 is the first and only in Vero Beach and has revolutionized cataract surgery, along with patient safety and satisfaction.



The IOLMaster 700 is the newest technology from medical device maker ZEISS. The machine utilizes the OCT imaging process, in which a single beam of unified light is sent out at a low coherence to scan every angle, detail, depth, length, and structure in the inner and outer eye, making it exceedingly more advanced than the other eye-scanning technologies available in Vero Beach.

These images are used for the pre-operative planning for cataract surgery, including the selection of the intraocular lens (IOL) implanted during cataract surgery. Other devices display only numbers whereas the new IOLMaster 700 displays multiple-image pictures of the patient's unique eye. This greatly increases confidence in the pre-operative measurements.

This revolutionary scanning device provides a precise and extremely clear three-dimensional scan of the eye from the cornea to the retina, time after time. Our cataract surgeons, Dr. Paul Minotty and Dr. Stephen Tate, then use this high-resolution scan to better understand each complexity of your eye before the cataract procedure takes place.

The Cataract Institute at New Vision Eye Center continually updates their equipment and expertise as new technological advances become available, providing their patients with world-class eye care. Patients have access to a knowledgeable, caring staff and state-of-the-art technology and procedures for all of their vision concerns at 1055 37th Place, Vero Beach, FL 32960. For more information, call (772)257-8700 or online at NewVisionEyeCenter.com.

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Cindy Bryant

DESIGN
Madoli

EDITOR
Colleen Symanski,
RN, CDE, Health Coach

SPECIAL FEATURE WRITERS
Theresa Tolle, R.PH
Susan Long, RN,
MSW, LCSW

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We take care of so many things throughout the day; our health, our car, our home, family and friends' and the list goes on. Before we know it; we spend too much time on daily tasks and not enough time for mental well-being activities. Resting our mind and treating stress or anxiety are necessary for good mental health. I don't mean coming home and turning the TV on or surfing social media. Seek the right resources and activities that match your needs and likes. Get fresh air, spend time in nature, or meditate daily. Let go of what you can't change and embrace new opportunities that align with your goals and wellbeing. Have a mental health wellness plan that also includes who you can reach out to if you find yourself in a slump. Enjoy the day, be happy and be humble.



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Chief Operating Officer Ralph Turner and Focusing on Patient Care

Cleveland Clinic Indian River Hospital's (CCIRH) integration is changing in more ways than just the name. And with caregivers such as Chief Operating Officer, Ralph Turner, DBA, MSHA, MPA, FACHE, at the helm of operations, the hospital is in excellent hands.

For Dr. Turner, his job is more than just day-to-day operations; he focuses on the question "How are we caring for the patient?" One way is through continuously improving hospital safety and quality on a daily basis. "Improving infrastructure and equipment creates a safe hospital environment for patient care," he states.

Another way to improve patient care, according to Turner, is by employing caregivers who are knowledgeable and caring. "You hire good people, you empower and support them," he emphasizes. Dr. Turner walks the hospital every day to have conversations with caregivers and patients looking for feedback. In addition, the daily department huddles address immediate concerns brought up by caregivers. "It's a good system for open dialogue and to address issues in real time."

"We have leadership rounding where every manager, director, and executive is divided amongst departments." After one hour of rounding, administration leaders debrief for an additional 30 minutes and exchange feedback. Dr. Turner works toward creating a caring culture at CCIRH. He says the Cleveland Clinic has systems and processes in place to create the culture, and part of that process is being visible and accessible, not only within the hospital, but in the community as well. Attending county commission and board meetings and joining the Economic Development Committee of Indian River County are ways CCIRH leadership can learn about the community's needs.

CCIRH has \$21 million allocated for capital improvements this year. So how does a hospital choose what projects and equipment need updating and replacing? "Customer service is critical so we ensure that nursing staff and doctors' needs are met. What equipment does the caregiver require to do their job? Beds? Carts? Chairs?" Dr. Turner believes giving caregivers the tools to better serve patients is vital in the 'Patients First' mentality within the Cleveland Clinic enterprise.

Over the last few months, Dr. Turner has overseen many projects, including Operation Clean House, where caregivers were encouraged to shred, store or dispose of old and outdated paperwork and equipment. Environmental care and decluttering may seem small, but it's "a way to establish an environment that is safe, aesthetic, and pleasing to patients and families" he says.



Dr. Turner is working on a complete upgrade of CCIRH's labor and delivery department.

Also in the works is a complete upgrade of CCIRH's labor and delivery department. State-of-the-art newborn warmers have been ordered, as well as labor beds, bassinets, telemetry fetal monitoring equipment, ultrasound monitor, and furniture, including recliners, sofas, tables, etc.

"The Cleveland Clinic integration with IRMC involves changes in the healthcare system to support the wonderful caregivers that were already here," Turner explains. "My job is to improve upon infrastructure and processes by implementing new tools to support those caregivers. I'm proud to be part of an organization that prioritizes making healthcare more efficient and accessible to the community."



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Heartbeat of the Treasure Coast

Theresa Baxter is Making a Difference

Each edition of Heartbeat of the Treasure Coast features people making a difference. In fact, every person or business in Heartbeat does. We like to feature individuals who also operate behind the scenes so to say. They are not easy to write about as they like to blend in and do what they do with little attention. They value their privacy and the privacy of those they help. We thank two special women who agreed to share their personal humanitarian passions in Heartbeat. They make a difference. They elicit the best in us; they include us. Thank you Theresa Baxter for your years of community service and compassion.



Theresa Baxter originally from Rochester, New York, considers Vero her home. She moved to Vero with her parents when she was a child. They were active with the church and her parents helped the community residents; especially the seniors. Caring for seniors is a passion that Theresa grew up doing and is a passion she serves. She even lives in the home her parents built over 20 years ago. Theresa is family oriented. She is a role model for her two daughters, a granddaughter, and is very active in their lives.

Theresa has been the Senior Program Coordinator for the Beyond Special K Program GYAC

for 12 years. "Beyond Special K" provides seniors with social, spiritual, wellness, and recreational activities. Theresa is also the Program Coordinator of the Breathing Room Program in Gifford for the past 7 years for our local Alzheimer & Parkinson Association. She is a fabulous 'chef' and cooks a

delicious lunch for seniors attending the Breathing Room program.

Theresa is quiet and observant. She is an active listener and wonderfully protective of seniors. She knows where they live, knows their families, and checks in on them when they are ill. If someone needs a home-cooked meal, Theresa will make sure they get one. She also runs the food and clothing pantry on the 2nd and 4th Wednesday of each month. Theresa also packs up care boxes for the homebound and homeless and delivers them. She has recently added household and beauty products for those in need.

In addition to the above, Theresa is a board member for the Senior Collaborative Indian River County and serves as a community advocate for the Community Collaboration & Vulnerable Village Initiative. It is not unusual to see her helping other local nonprofits in our community.

For the past nine years she cooks a Thanksgiving meal for seniors in a local apartment community. She returns again to provide a homemade pre-Christmas meal and give Christmas presents. Theresa told me, "These holidays usually have family around but many of these seniors don't have family nearby and they should not feel alone or forgotten. Then I go and spend these holidays with my own family." Theresa sees a need, and she just quietly fills it.



Left to right: Wanda Scott, John May, Willie Staley and Theresa Baxter



Migraines

I have had migraines in the past and know people who had them and some still do. Migraines can be severe; they can cause nausea, sensitivity to light, and just want to make you lay down in a quiet dark room until it passes. They are more common in women and people between the ages of 15 to 55. The exact cause of migraines is unknown; however there are common triggers according to experts. The information below is from *The Office on Women's Health* on what can trigger a migraine.

Experts do know that people with migraines react to a variety of factors and events, called triggers. These triggers can vary from person to person and don't always lead to migraine. A combination of triggers — not a single thing or event — is more likely to set off an attack. A person's response to triggers also can vary from migraine to migraine. Many women with migraine tend to have attacks triggered by:

- Lack of or too much sleep
- Skipped meals
- Bright lights, loud noises, or strong odors
- Hormone changes during the menstrual cycle
- Stress and anxiety, or relaxation after stress



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John's Island Foundation grant helps Whole Family Health Center solve patient transportation challenge

Ripple effect mobilizes community to help the nonprofit

When a community unites to help those in need, the ripple effect is a powerful thing. When Whole Family Health Center, a 501(c)(3) nonprofit provider of healthcare services with offices in Vero Beach and FT. Pierce, was awarded a grant from the John's Island Foundation for the purchase of a new van to transport patients to its facilities, it sparked support from other members of the John's Island community.

"We are beyond thankful and honored for the generosity of the John's Island Foundation," says Whole Family Health Center CEO

Marie Andress. "One of the greatest obstacles to care for our patients is transportation to their medical and diagnostic appointments. Having the ability to provide transportation to our underserved patients will allow us to better serve our clients and ensure they receive the medical care they need."

The John's Island Foundation provides Capital funding to organizations that are primarily directed toward supporting basic human needs including assistance with disabilities and health issues. Whole Family Health had a van

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by Colleen Symanski, RN CDE

Home Services and How the Senior Resource Association Helps

The Senior Resource Association (SRA) is located in central Vero Beach. They provide a variety of services to seniors and those who have disabilities. For instance, the “Go-Line”, “Community Coach”, “Meals on Wheels”, as well as a senior care center; staffed with nursing personnel, volunteers, and activity providers. They also offer services that many community members might not know about. The SRA has home services for persons 60 and older as an alternative to institutional or nursing home care.



William McClung and Sharon

Supportive home care services help the well-being of elders so they can live independently in their home and in their community. Not everyone can afford to pay out of pocket. The SRA even helps defray the costs for those in need but do not meet the requirements for free services. Home services available through the SRA include the following:

- Caregiver Training/Support
- Chore Services
- Medication Management
- Homemaking
- Personal Care
- Companionship
- Respite Care

Once clients are approved for services, a SRA Case Manager is

assigned to conduct a comprehensive in-home assessment to determine the ability to remain in their home. In-Home Services are then arranged with the appropriate provider to address each client’s needs.

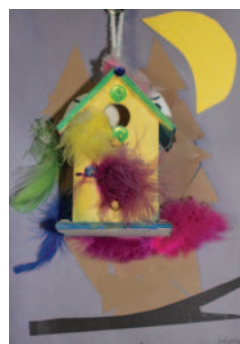
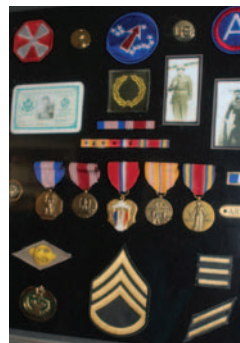
William McClung, a 95 year old Veteran, receives in-home care and respite services from the SRA. His caregiver, Sharon, has been with Mr. McClung for seven years through SRA in-home care options. She assists him with self-care and homemaking. Sharon also provides respite services for his daughter so she

has an opportunity for her own self-care. Sharon is greeted by the family dachshund who loves to play the miniature piano for her. Mr. McClung states “Sharon is a big help; it is hard to explain. She is calm, has a loving and kind nature; she is like family to us after all these years. I don’t know what we would do without her.”

Mr. McClung talked about his service to our country and shared memories worthy of capturing. His home is filled with years

of history, family, and love. The walls are decorated with paintings that his wife did and metals and memories of a life time. The birdhouse was made by his wife, who was once a professional artist. She was diagnosed with Alzheimer’s and attended the SRA where she was able to participate in art therapy.

The SRA has staff and case managers dedicated to help clients with the application process. SRA’s In-Home Services assist seniors and their caregivers in the selection and utilization of supportive services that increase their wellness and independence. Working closely with the client, their Case Managers develop comprehensive care plans customized to the needs of the individual. For more information about In-Home services and eligibility requirements, please contact Senior Resource Association at caseaide@sramail.org or call 772.569.0760.



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SENIORRESOURCEASSOCIATION.ORG

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

Review Your Medicare Part D Plan EVERY YEAR!



A recent headline from CMS (Centers for Medicare and Medicaid) reads: "Medicare Part D 2020 Premiums Predicted to Decrease in 2020". While this seems very encouraging, especially since the average premium decrease is predicted to be 7%, it is important to remember that things are not always as they seem. In other words, a decrease in monthly premium does not mean that overall costs will go down!

Many patients who have drug coverage through Part D do not realize the importance of checking their coverage changes each year. However, the contracted plans in the Medicare Part D program (i.e. Silverscript,

Wellcare, BCBS, United Healthcare, Aetna, Humana and others) often have several different plan designs and therefore several different monthly premiums. Additionally, they have different formularies (also known as preferred drug lists) that can change from year to year. Sometimes medications are added or taken away, or, alternatively a medication might change "tiers", which means that it can go from a lower copay structure to a more expensive copay. In other words, changes can happen that are not very apparent, even when they do send you notification by mail, so it is prudent to do a review every year.

Open enrollment for Medicare runs from October 15 to December 7 each year and it is the ONLY time (with few exceptions) that you can make changes for the coming calendar year. An extremely important point to consider is that choosing a plan is not as simple as choosing a low monthly payment. It is best to use a tool, such as www.medicare.gov, to list all of your medications and the pharmacy of your choice to determine what your anticipated out of pocket will be. This tool will factor in your monthly premium, any deductible, a preferred or non-preferred

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by Susan Long, RN, MSW, LCSW



No one likes anxiety! Or the associated depression it can cause. We can get depressed because we are so anxious. What a depressing thought!

In the last issue of HEARTBEAT, “cognitive distortions” were discussed. Some common ways we distort reality is by using all or nothing thinking; overgeneralization; focusing on the negative; jumping to negative conclusions to mention a few. These are important because our body responds to what the mind thinks about a scary situation or an unconscious thought. Let’s say you think you might be having a heart attack (scary thought) because your heart is beating fast. The unconscious fear of having a heart attack rises to the surface. Then you get short of breath and your chest feels tight. At this point, the sympathetic nervous system (fight or flight response) is in full swing. This is a protective survival device that comes automatically from the body.

But wait, is it rational to think that you may be having a heart attack? Maybe/ maybe not. Sometimes people wind up in the emergency room simply to rule out heart disease when anxiety is the cause of symptoms that lead you to think you are having a heart attack. But, it is good to have your symptoms checked out if you have a family history of heart disease.

A common fear I hear from people who live alone is a worry about “who will take care of me if I get sick”. Again, this thought can produce anxiety to the point of a panic attack. This concern is very common among people who have lost a spouse or a life partner.

According to cognitive behavioral health theory (CBT) the likely cause of anxiety is that you are having scary and/or irrational thoughts. Thoughts are not reality, they are just thoughts. But our nervous system doesn’t always know that. One way to cope with the physical result of these irrational thoughts or assumptions called “cognitive distortions” is to BREATHE.

- Controlled breathing means taking in a long inhalation (count to 4) and let out a long exhalation (4 counts). Authorities say that you can stop or reduce an anxiety/panic attack by taking 4 slow deep long breaths in a row when you recognize the symptoms (rapid heartbeat, shortness of breath, tight chest). Although this is not easy, it can be very effective to reduce the results of a thought that produces fear.

We can feel anxious when our body responds to a distorted thought. For example, when we feel uneasy in a relationship; breathing is helpful, especially when combined with the next two coping strategies.

- Here is a technique is to bring yourself mindfully into the present moment. Letting go of the thoughts of imminent catastrophe, look around at your environment while quieting and grounding yourself as you recognize the present situation. Mindfulness is simply just noticing instead of mindlessly wandering.

- Practicing controlled breathing with relaxation really can work to decrease anxiety and let the rational/logical mind take over. A simple way to learn to relax is to contract and relax your muscle groups. It is helpful to begin by tensing your whole body, then letting go of the tension. Next, starting at your feet go upwards through your body, mindfully, tensing and relaxing each muscle group (your feet, then shins and calves, then thighs, and so on).

All of the techniques, controlled breathing, mindfulness, and relaxation could be practiced in advance until they become second nature to do when anxiety strikes.

In addition there are some pharmacologic remedies that can be useful in the short term or antidepressants to help in the long term. Please see your physician for more information on these medications. But, the three techniques listed above can keep you in control of reducing the reaction of the sympathetic nervous system.

Susan Long Counseling is located in the Terry Mindfulness & Long Wellness Center, 3150 Cardinal Drive, Vero Beach, FL 32963. For more information about anxiety and depression, call 386-847-6435.

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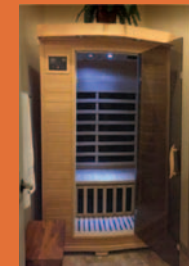
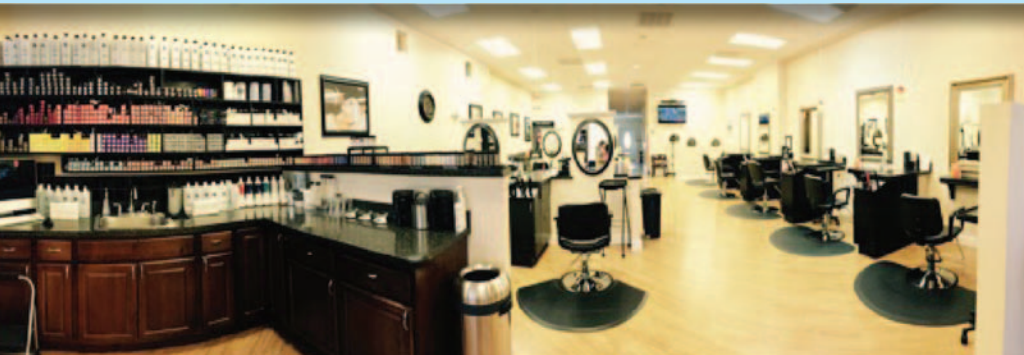


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Encompass Health is a Stroke Center of Excellence. In addition our stroke rehabilitation program has earned Disease-Specific Care Certification from The Joint Commission. According to the 2016 adult stroke rehabilitation guidelines released by the American Heart Association, whenever possible, stroke patients should be treated at an in-patient rehabilitation hospital rather than a skilled nursing facility. While at an in-patient rehabilitation hospital, a patient participates in at least three hours of rehabilitation a day from physical therapists, occupational therapists, and speech therapists. Nurses are continuously available and doctors typically visit daily. (Source: American Heart Association, Inc.)

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Grace Rehabilitation Center of Vero is more than rehab. They provide skilled nursing care, respite care, palliative care, and long-term care. They have been awarded a 5 star rating since 2004. Grace just doesn't just provide excellent care; they provide social interactions that benefit the mind and promote a sense of well-being. They promote a sense of family by offering a variety of activities and social outings. After all, isn't that what families do? We chat over meals, during holiday gatherings, and do things together.

Just recently residents visited the Vero Beach Museum of Art; where they got to enjoy art together and have a wonderful change of scenery and conversation. At "home", children are invited to do sidewalk art and traveling BINGO brings new adventures. The talented Showbirdz visit as well as therapy dogs. Art, nature, and intergenerational events are integral to the care you receive at Grace.



Jack Owens enjoying Christmas at Grace

Christmas in July was so much fun. The local Salvation Army's program coordinator for social services, Kayla Moore, was a great partner and all the residents had a blast. Speaking of Christmas, Grace will be hosting another Candle Light Dinner on December 12, 2019. Last year over 100 family members and residents enjoyed sharing a wonderful meal prepared by Grace's own chef. So make your reservations now.

The 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. They create pleasurable memories while addressing the needs of each resident. Visiting family and friends are welcomed to join in, too!



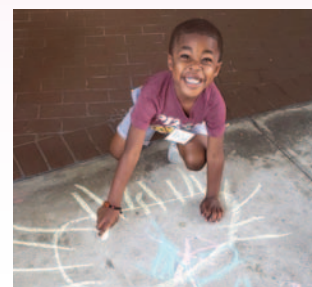
Carol Schumann at the Vero Beach Museum of Art



Mr. Drake with the Showbirdz

delivering opportunities for residents to maintain a fulfilled and pleasurable stay". From one-on-one interaction to group participation, their team strives to utilize tailored activities to meet the individualized needs of all.

Visit Grace Rehabilitation of Vero Beach at 2180 10th Avenue, Vero Beach. Call 772.567.5166 or visit their website www.gracerehabilitationverobeach.com. The superior care at Grace maintains dignity and defines graceful living.



Kids sidewalk art



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Rosi Stubbs is Making a Difference

Each edition of Heartbeat of the Treasure Coast features people making a difference. In fact, every person or business in Heartbeat does. We like to feature individuals who also operate behind the scenes so to say. They are not easy to write about as they like to blend in and do what they do with little attention. They value their privacy and the privacy of those they help. We thank two special women who agreed to share their personal humanitarian passions in Heartbeat. They make a difference. They elicit the best in us; they include us. Thank you Rosi Stubbs for your years of community service and compassion.



Rosi with Mr. Stubbs

community and their unique needs. She also works part time at Kroegel's Home-
stead Produce in Sebastian for more than 10 years.

Rosi is a catalyst for Friends of North County Schools which has been operating for over 20 years. It is now known as "The Recycling Club" and is a non-profit organization. Their mission is to reduce School Supply lists for North Indian River County Schools. The Recycling Club collects items such as empty/used ink cartridges, food box tops, and other recycling items that can be

Rosi Stubbs is vivacious. She is dedicated to her family and to helping others. Rosi is a "Florida Girl". She was born in Vero Beach and has lived in Sebastian for many years. She is a third generation graduate of the Indian River County School's district. Rosi owns a successful and busy Avon business for 15 years. "The luxury of me owning my own mobile business with Avon allows me to connect the dots with our com-



Warehouse for the recycling club



converted to cash or credit. The funds collected then fund school supplies and 3 scholarships." I am blessed to have drop off sites and family and friends that help me. We are fortunate to have the support of local businesses; they give us a lot of recyclable items."

Interviewing Rosi was a challenge. She likes working behind the scenes and always maintains the privacy of those she helps. "In all honesty, the hungry and homeless are a priority to me. I ask questions and do my homework. If I can't help them I refer them to local resources and will even go with someone if need be. It is important to me that people aren't hungry and their health is good. I just want to see people smile. Sometimes we don't know what a person is going through." Rosi believes love and kindness fixes what money can't buy. She refers to efforts combined with the help from others as the "Love Club". There is no need too small or one too hard. It is clear that Rosi and the "Love Club" operates from the heart.



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Heartbeat of the Treasure Coast

that was in need of replacement and the \$25,000 grant allowed for the purchase of a new van to assist with safe non-emergency transport.

The assistance did not end there. Ron Rosner, a resident of the John's Island community and owner of Rosner Motorsports, went above and beyond to shop, locate, and facilitate the purchase and delivery of a 2019 seven passenger Dodge Caravan for transport to the Centers.

Currently the transportation offered was able to operate only 20 to 30 hours per week. Now that the John's Island

community has come together to assist Whole Family Health with the purchase of a new reliable vehicle the center will be able to transport upward of 140 patients a month to and from their Centers to receive medical care.

"Our mission is to provide high quality and accessible health care services to adults and children regardless of their ability to pay," says Andress. "The addition of this van to our centers allows for even more accessible healthcare which will allow us to serve even more people in our community."

For appointments and more information about free transportation services call Whole Family Health at 772-468-9900 in Fort Pierce and 772-257-5785 in Vero Beach, and visit the website at www.wholefamilyhealthcenter.org.

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- Weather changes
- Alcohol (often red wine)
- Caffeine (too much or withdrawal)
- Foods that contain nitrates, such as hot dogs and lunch meats
- Foods that contain MSG (monosodium glutamate), a flavor enhancer found in fast foods, broths, seasonings, and spices
- Foods that contain tyramine, such as aged cheeses, soy products, fava beans, hard sausages, smoked fish, and Chianti wine
- Aspartame (NutraSweet® and Equal®)

To pinpoint your migraine triggers, keep a headache diary. Each day you have a migraine headache, put that in your diary. Also write down the:

- The time of day your headache started
- Where you were and what you were doing when the migraine started
- What you ate or drank 24 hours before the attack
- Each day you have your period, not just the first day

Talk with your doctor about what sets off your headaches to help find the right treatment for you.

Source: <https://www.womenshealth.gov/a-z-topics/migraine>. Page last updated: April 01, 2019.

Heartbeat Welcomes Jenna Katz Schwibner, DMD as a New Special Feature Writer



Dr. Schwibner (known by her patients as Dr. Jenna) is a native of Vero Beach and the owner of Dental Partner of Vero Beach, Schwibner and Associates. She completed her undergraduate degree at Vanderbilt University and graduated at the top of her class from Nova Southeastern University's College of Dental Medicine with a Doctor of Dental Medicine degree.

Dr. Jenna is a graduate of The Dawson Academy which places her in an elite class with less than 10% of dentists worldwide. Dawson Academy graduates, unlike most dentists, practice the "Concept of Complete Dentistry." This emphasizes a comprehensive, individualized approach to a patient's dental care, beginning with prevention and early intervention. It requires an understanding of every structural part of your chewing system, including the jaw joints, facial and temporal muscles, and teeth. In the long run, this could save you from years of pain, suffering and extensive costs for multiple and repeated dental work.

Dr. Jenna advocates for prevention, early detection and treatment so she can treat patients in a more conservative and less costly manner. Her Professional Affiliations are:

- Dawson Academy, Alumni & Dawson Academy, East Coast of Florida Study Club Leader
- The Academy of General Dentistry, Fellow
- The American Dental Association and the Florida Dental Association
- American Society of Reconstruction & Implant Dentistry, Fellow
- Atlantic Coast District of the Florida Dental Association, Delegate
- Impact 100 Indian River

Dr. Jenna is committed to providing unparalleled quality care. She keeps up to date with the latest technological advancements in dentistry through advanced seminars, conferences, and academic programs. Her areas of expertise include: general, family, implants, cosmetic, and complete dental care.

Welcome Dr. Jenna and thank you for your time as a special feature writer for Heartbeat. To contact Dr. Jenna, call (772) 569-4118

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www.wholefamilyhealthcenter.org

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Drum Circle

group lessons, school visits and HealthRHYTHMS® – an evidence-based protocol developed by the Remo Drum Corporation that utilizes drums and percussion for health and wellness programs.

We all know that music, and especially drumming, has numerous positive affects on our health and well-being. Brandon is now spreading those affects in our area. Remo, Inc. has over 4000 trained HR facilitators in over 27 countries world-wide. Brandon, however, is the only trained HR facilitator in the Treasure Coast area! HealthRHYTHMS® is a fun, evidence-based whole person strategy which promotes socialization and ensures a healthy non-strenuous workout. On a deeper level it builds bridges while fostering nurturing, support, camaraderie, self-respect and respect for others. It is not really about drumming, but uses the drum as a

continued on page 54



Brandon Putzke

Options for Living with a chronic illness

Think about this for a minute. Six in ten adults have a chronic disease according to the CDC. Even if you are an only child you most likely have more than 10 members in your family. If you are fortunate not to have a chronic condition, most likely you have a family member battling with one. Chronic conditions have a ripple effect. The diagnosis is just the beginning; along with it comes changes that affect daily living, and lifestyle; as well as dynamics between family and close friends.

According to the Center for Disease Control (CDC), "Chronic diseases are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both." (Some sources state lasting 3 months or more.) Such as cardiovascular disease, asthma, COPD, cancer, type 2 diabetes, obesity, and arthritis. Other chronic diseases are Alzheimer's and kidney disease.

Living with a chronic disease affects everyone differently; however, a common theme is that they do impact quality of life. Pain and depression can make self-care even more difficult at times. The following are some tips to incorporate in your self-care plan. There are literally hundreds of options; find the ones that you like.

Stay Connected with People

- **Attend a support group.** Many organizations and hospitals offer support groups. Perhaps, join an on-line group. There are online blogs and discussion groups about many topics which might be helpful.

I recommend you select groups that are associated with professional organizations.

- **Tell others about your disease.** You may look and feel fine most of the time. But at some point, you may have a bad day. You may need to take breaks

for self-care or have a medical emergency. You want people to step in and help. For example, if you have diabetes, you want someone to know the symptoms of a low blood sugar and what to do.

- **Attend** local talks and health fairs that offer information and resources about your disease.

- **Volunteer.** We have many local organizations that welcome volunteers. You get the benefit of being with others who have the same condition as you as well as access to what's new in current therapies or treatments.

- **Get help with daily tasks** to help conserve your energy and maximize your quality of life. Such as hire a cleaning service. Keep a list of who you can ask or hire to help you. Have a copy of the Guide to Medical Services in Indian River County and the Guide to Senior Services in Indian River County.



Identify self-care activities to incorporate into your personal self-care practice

- Write in a journal or make a gratitude list
- Meditate, listen to guided visualization, read a good book or listen to music.
- Cuddle with pets. Treat yourself to a massage.
- Eat healthy, eat mindfully, and stay hydrated.
- Keep your body moving. This can be done by walking, swimming, yoga, consulting with a personal trainer or physical therapist. Perhaps work in a garden.
- Engage your creativity. Perhaps through photography, writing, painting, or a new hobby.

Please remember that your mental and spiritual well-being needs attention also. There are chronic care illness therapists to confide in as well. You can search for a Chronic Illness Therapists in Vero Beach, FL at Psychology Today website located at this web address: www.psychologytoday.com/us/therapists/chronic-illness/fl/vero-beach?sid=5d46a432d5ae6. Talk with your health care providers especially if your treatment plan is not working or if it is overwhelming you. They can revise your treatment plan with your input. Self-care and treatment plans change over time and need revisiting so your hard work and effort continues to give you the results you are striving for. Above all, make sure you have a written personal plan so you can be kind to yourself.



Travel Tips if you Have Diabetes – for land, air or sea

- **Get documentation.** Carry a note from your doctor stating you have diabetes and need to have your medication with you at all times. If you're going to a country where they speak a language other than your own, translate the note into that language. Wear a medical ID bracelet with pertinent information.
- **Keep supplies close at hand.** No matter how you travel, keep diabetes supplies easily accessible. Keep back-up insulin in a carry; checked bags can be exposed to extreme cold or heat that can spoil insulin and ruin glucometers. To keep insulin cool, use a cold pack and not a freezer pack as freezing insulin destroys its effectiveness.
- **Increase your supplies.** Pack diabetes supplies as if you were staying twice as long. If you're using a pump, bring extra supplies in case your pump fails. Perhaps obtain a back-up loaner pump.
- **Check Blood Glucose.** Traveling can throw people off schedule. Think ahead. Pack snacks. Sitting for long periods of time and the lack of activity may cause high blood glucose levels. Sightseeing and other physical activity may lower glucose. Check glucose frequently. Pack glucose tablets—they won't melt, explode in heat or leak.
- **Know local foods.** Research local foods before your trip with websites such as Calorie King or Nutrition Data. Check blood glucose before and after meals to see how new foods affect your sugar.
- **Consider time zone changes.** If you wear an insulin pump adjust your pump's clock to reflect the time zone change.
- **Tell others.** It is important to tell people traveling with you what they should do in case of an emergency such as hypoglycemia.
- **Prepare to Fly.** Carry insulin bottles, pens and meds in original packaging to prove the prescription is yours. Check the Transportation Safety Administration's website.

Call Colleen if you would like a detailed travel plan tailored to your needs. She can be reached at (772) 231-5555. Evening and weekend appointments are available. A Healthier Me is located at 2855 Ocean Drive, Suite C-5 in Vero Beach. Safe travels and enjoy!



Thomas Schalcosky, DO, DPM

772.794.3364

Family Medicine

3450 11th Court, Suite 201

Vero Beach, FL 32960



Jorge Requena-Penenori, MD

772.794.5631

Infectious Diseases

3450 11th Court, Suite 203

Vero Beach, FL 32960

AND

801 Wellness Way

Sebastian, FL 32958



Lori Posk, MD

772.794.3364

Internal Medicine

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restore swallowing or an occupational therapist to learn to use a fork or spoon, we don't follow a formula for treatment. We deliver integrated care that adapts fluidly to meet patients where they are.

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Stroke Support Group

The support group is open to the public and meets the 4th Thursday of each month at 3 p.m. For more information or to RSVP call us at 772-778-2100.



In 2019, Encompass Health embarked on a three-year strategic national sponsorship of the American Stroke Association's Together to End Stroke initiative. By working together, we can show how stroke is treatable, beatable and preventable. Visit our website to download "Life after a Stroke"; an educational guide co-developed by the American Heart Association/American Stroke Association and Encompass Health. This is a great resource for stroke patients and their caregivers. It is also available in Spanish.

Encompass Health is located at 1600 37th Street in Vero Beach. Our telephone number is 772-778-2100. Visit our website to learn more about us: <https://encompasshealth.com/treasurecoastrehab>. We remain dedicated to guiding each patient through recovery and are committed to changing your life for the better. Schedule a tour; they are available 7 days per week; no appointment necessary.



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

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

If you need assistance choosing a plan you can reach out to SHINE,

a free State of Florida service found by dialing 211. Also, local insurance representatives can help choose a Part D plan, along with a medigap plan if needed or, alternatively, they can help evaluate between those options and a Medicare Advantage plan. Finally, Bay Street Pharmacy offers a FREE service each year to meet with you by appointment to help choose a Part D plan. Please call 772-589-2043 to schedule an appointment starting in mid-October.

So, take a few minutes to consider your choices for 2020. You won't regret it!

Food Safety...4,3,2,1!

Each year, 1 in 6 Americans get sick from eating contaminated food. The CDC tracks foodborne illnesses and collaborates with state and local health departments and other federal agencies to investigate foodborne outbreaks. CDC's work provides information to improve food safety. Follow these 4 steps to keep your kitchen and guests happy and healthy!



Home alone was not an option

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by Colleen Sanders-Symanski, RN, CDE, NDPP

We love what we do- *you'll love how you feel!*

When asked what I do as a health coach, I often respond that I help people invest in their health.

My journey toward being a health coach has been interesting; beginning early in my nursing career in public health nursing. Along the years I have invested in many certifications in health and wellness so clients have a credentialed and passionate professional to guide them. I also became a certified diabetes educator (CDE); which required extensive learning, practice in the field of diabetes, behavior, & motivation, and then passing a national certification exam. Whether it is prevention or healing, it's all about progress.

At 'A Healthier Me' we embrace a personalized approach toward taking steps each day toward being healthier- in mind, body, and spirit. Along, with my business partner, Ken Symanski, a personal fitness trainer, we opened a studio to fill a needed gap for individuals to come when they want to invest in their health.

Clients are often overwhelmed with how to make changes. The first thing I often advise clients to do is to take a deep breath and relax. Most of us have enough work and social pressures - improving health needs to feel positive. Many clients have tried a bevy of diets, weight loss programs, and or worked-out feverishly at large gyms. Sustainable



improvement in health is personal- "One size fits all" doesn't work!

As a health coach, I work to identify client goal(s) first and set a realistic and appealing plan. Clients have a variety of valuable coaching resources to reach their goals. Such as home kitchen and pantry assessments, grocery store/ produce market excursions, culinary classes, consultations with Registered Dietitian, and runs on the beach.

The most common trigger for initiating a change is often a serious medical event such as a heart attack, cancer, or diabetes. Don't wait for those types of triggers to happen before you call me. 'A Healthier Me' health and fitness studio is located at 2855 Ocean Drive, Suite C-5, in Vero Beach. The telephone number is (772) 231-5555. Call us- we love what we do- you'll love how you feel!



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

David Neuman
Senior Resource Association



David has joined the Senior Resource Association as our Director of Development. A Chicago native and proud Florida State graduate, David brings a wealth of donor development experience to the Senior Resource Association. David oversees all activities related to philanthropic giving for operating, capital and endowment funds. He provides leadership, management and coordination for all fundraising and outreach efforts for SRA. Welcome David!

Wei Vuong, DMD
Dental Partners of Vero Beach



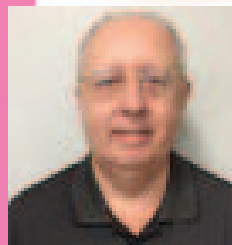
Dr. Wei finds it rewarding helping others feel better about themselves. She enjoys forming relationships with her patients and provides tailored care, making sure she understands each patient concerns, desires and needs. Dr. Wei is a fabulous addition to Dental Partners of Vero Beach, Schwibner and Associates team.

Xiaoxiao Hong, DMD, PhD
Dental Partners of Vero Beach



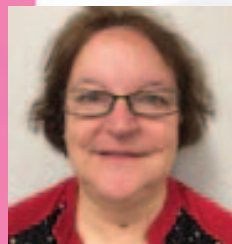
Dr. Hong loves the challenges and personal rewards of providing comprehensive dental care. She is looking forward to building lifelong relationships with her patients. Dr. Hong's passion is to provide high quality, comprehensive dental care in Vero Beach and to be an active member of the community. Dr. Hong is a wonderful addition to the team at Dental Partners of Vero Beach, Schwibner and Associates.

Michael B
CAREGiver of the Month – May 2019
Home Instead Senior Care



His client really loves getting out and about and Michael helps him do that while keeping the family's mind at ease. He is an absolute joy to be around and is very patient.

Robin W
CAREGiver of the Month – June 2019
Home Instead Senior Care



Robin is very flexible with her schedule and is always willing to help when she can. She is so motivated and willing to help any client. Great communication with office and does great with her clients

Angela F
CAREGiver of the Month – July 2019
Home Instead Senior Care



We just wanted to let her know how much we value and appreciate her going above and beyond for her client. She is very creative in making day to day tasks easier for her. She is very dependable and really shows passion in her work.

Sharna-L B
CAREGiver of the Month – August 2019
Home Instead Senior Care



Sharna-Lee is just terrific with all of her clients. She has a great understanding of what their needs are and makes them very happy. She is a wonderful personality to have as part of our team!

PULSE POINTS

Join us October 20, 2019 at Captain Hiram's for Adopt Your Race Duck!



Are you ready for The Great Duck Derby??

On Sunday October 20th, 2019, over 5,000 rubber ducks will be launched into the Indian River Lagoon at Capt. Hiram's & race to finish at the shore line.

The adoptive parent of the 1st place duck will win \$1,000 CASH!

Get Your Duck in the Race TODAY!!
www.TheGreatDuckDerby.com



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VNA'S "Shoo the Flu" Vaccination Clinics Begin in September

Flu season is quickly approaching, and the Visiting Nurse Association (VNA) is preparing for its 27th annual "Shoo the Flu" vaccination program. Public vaccination clinics begin September 10. Those who get their flu shot at any of the Hidden Treasures clinics will receive a coupon to the hospice thrift store for 50% off any one item. To receive a flu shot from the VNA, individuals should bring their primary insurance card. Those without health insurance, or who are unable to afford the cost of a flu shot, can call VNA Community Wellness Manager, Paula Thibideau, LPN, at 772-978-5524 for more options.

The VNA will offer three types of flu vaccinations: a preservative-free high-dose vaccine, a preservative-free quadrivalent vaccine and a regular quadrivalent vaccine. The high-dose vaccine contains four times the number of antigens and is only for those individuals who are 65 years or older. The quadrivalent vaccine is for individuals 10 years or older and offers broader coverage than the regular flu shot. All VNA flu vaccines are manufactured in the United States, and money raised from the VNA's "Shoo the Flu" program supports the



agency, allowing the non-profit to provide care to anyone in the community who needs quality home health and hospice services, including those who do not have adequate healthcare coverage for much needed care. The VNA's priority is to keep the community healthy, and the organization encourages all area residents to get their flu shot early in the season. Money raised by the "Shoo the Flu" program stays in the community and helps fund VNA charitable health care initiatives. For the most up to date schedule, visit www.vnatc.com/flu.

For more information on VNA services, please visit www.vnatc.com or call 772-567-5551.

PULSE POINTS

Cleveland Clinic Indian River Hospital Caregivers Honored



2019 Clinical Excellence Award Recipients (L-R) Seated: CCIRH Caregivers Evelyn Kho, Vasthie DesSources, Sheila Kramer, Maryellen Harmon, Lea Ann Brown; Standing: CCIR Foundation President Liz Bruner, CCIRH President Dr. Greg Rosencrance, CCIRH Caregivers Irene Strever, Ron Buchanon, Indre Kirla, Nancy Burdette, Rose D'Ambrosio, CCIRH Chief Nursing Officer Linda Walton and CCIR Foundation Board Chair Tony Woodruff

Ten caregivers at Cleveland Clinic Indian River Hospital were recognized by their peers at the annual Clinical Excellence Award ceremony, held at the hospital. The honorees include nine individuals who directly care for patients and one support associate nominated and selected by their colleagues. Established in 1999 by Joseph Laraja and endowed with a gift to Cleveland Clinic Indian River Hospital Foundation from The

Laraja Foundation, Inc., the awards recognize professional commitment, teamwork, expertise and positive communication skills.

"Though created some 20 years ago, Mr. Laraja's concept for the Clinical Excellence Awards aligns perfectly with Cleveland Clinic's commitment to 'patients first' care today and every day," stated Greg Rosencrance, MD, FACP, President, Cleveland Clinic Indian River Hospital.

"The Foundation is proud to continue the Laraja legacy, recognizing the efforts of our caregivers with both financial and commemorative awards," noted Tony Woodruff, Chairman, Cleveland Clinic Indian River Foundation.

Joining Dr. Rosencrance and Mr. Woodruff to congratulate the winners were Senior Vice President/ Chief Nursing Officer Linda Walton and Foundation President Liz Bruner. A standing-room-only crowd of fellow caregivers and honorees' family members celebrated the 2019 award

recipients: Lea Ann Brown, Nursing Assistant 5 South; Ron Buchanon, RN Oncology Infusion; Nancy Burdette, RN CVICU/SICU; Rose D'Ambrosio, RN Women's Health Care; Vasthie DesSources, RN 4 South; Maryellen Harmon, Respiratory Therapy; Evelyn Kho, RN Interim Cardiac Care; Indre Kirla, Front Office Coordinator Cardiovascular Surgical Services; Sheila Kramer, RN Emergency Department; and Irene Strever, RN Clinical Data Abstractor and Stroke Program Coordinator.

Santa for Seniors- Help the SRA "Fill the Bus"

The Senior Resource Association (SRA) annual "Santa for Seniors" drive is on its way! Similar to toy drives for children, "Santa for Seniors", is for adults/seniors, mostly whom are homebound. More than 450 older and disabled adults depend on SRA for a hot meal, in-home services and a safe, welcoming place to go each day. Christmas can be lonely for seniors; especially if they live alone or are homebound. This year, the SRA's mission is to fill a bus with gifts to uplift the hearts of seniors in our community and deliver them. "Fill the Bus" is being hosted at the Vero Beach Outlets. For more information

on how to participate, contact Angela Bosman at abosman@sramail.org or 772.569.0760 (x119).



tool for communication and personal expression.

HealthRHYTHMS® is a research-based group drumming program which is used in hospitals, assisted living facilities, schools, support groups, community outreach, and more. Research has shown this protocol can help strengthen the immune system, reduce stress and burnout rates, improve mood states, and promote creativity and bonding...and it's just plain fun to drum!

Brandon Putzke has a Bachelor of Science degree in Music Education from the University of South Florida. He is a National Board Certified teacher. He taught elementary music for 15 years at both Sebastian Elementary and Liberty Magnet Elementary and most recently the Associate Band Director at Vero Beach High School (2016-2019). He is endorsed by Remo, Sabian Cymbals and Vic Firth sticks and mallets. He currently plays percussion with local band, Souljam. For more information on Treasure Coast Percussion, or to book your HealthRHYTHMS® drum circle, visit www.tcpercussion.com.

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Save the Date and RSVP Early!

The Shining Light Garden Foundation is hosting their annual fundraiser dinner on March 10th, 2020 at Bent Pine Golf Club in Vero Beach. RSVP early. If you have a business and would like to donate to their silent auction let them know soon. The Shining Light Garden is a local nonprofit organization that has been growing fresh vegetables for over 10 years to help feed the homeless, hungry and the forgotten. Contact Connie at: cdderman@bellsouth.net to RSVP and to contribute to their silent auction.

