LOCAL HEALTH, WELLNESS & FITNESS DIGEST

VOL 137 • FREE

Heartbeat™ OF THE TREASURE COAST

Orthopaedics Excellence at Cleveland Clinic Indian River Hospital

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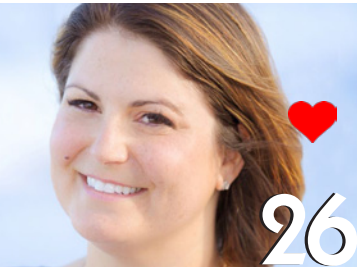

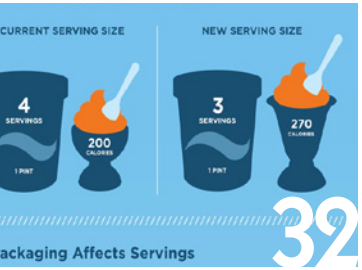

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Hope

Martin Luther King Jr. said "If you lose hope, somehow you lose the vitality that keeps moving, you lose that courage to be; that quality that helps you go on in spite of it all. And so today I still have a dream." What I love about this quote is the importance of always having a dream; so that you can set goals, develop ways to achieve them and have the energy to stay with them. Hope is believing that there is something that will make the future better.

Heartbeat™ features hopeful people who believe in what they do and how their profession provides hope for those in need of their health and wellness services. Each publication features numerous businesses and professionals making a difference in our community. Their services do provide hope to others. Whether it is assistance with getting medications, recovering from an illness, a mental health need or and self-care. Don't stop believing and doing.

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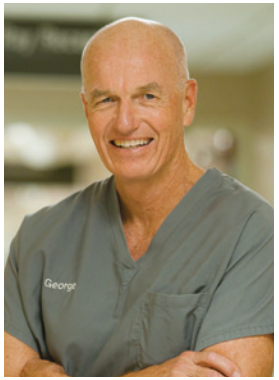
Orthopaedics Excellence at Cleveland Clinic Indian River Hospital

The orthopaedic department at Cleveland Clinic Indian River Hospital (CCIRH) has a lot to be proud of. In 2019, the hospital earned The Joint Commission's Gold Seal of Approval® for Advanced Certification for Total Hip and Total Knee Replacement. This advanced certification is for Joint Commission-accredited hospitals seeking to elevate the quality, consistency and safety of their services and patient care. CCIRH orthopaedic surgeon George Nichols, MD, is proud of the program, "Orthopaedics is one of the mainstay services of the hospital. We take really great care of patients and provide high quality care."

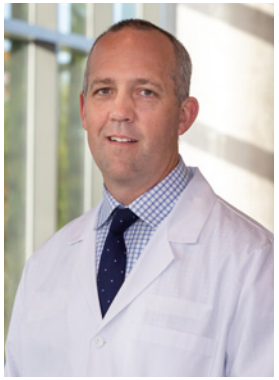


George Nichols, MD

Serving the Vero Beach area for 35 years, Dr. Nichols is Yale-trained and has performed more than 7,000 knee and 7,000 hip replacements, and was instrumental in CCIRH earning the Joint Commission's advanced certification. Both in and out of the operating room, Dr. Nichols' passion for treating patients is evident: "In orthopaedics, I can make them better and improve their quality of life. That's what makes it so rewarding," he said.

With Cleveland Clinic's 'patients first' philosophy added to the mix, the orthopaedic department is looking to help more residents stay active. "We have a high volume of cases and as part of Cleveland Clinic, we're going to attract even more patients. Recently, a patient from Merritt Island came all the way to Vero Beach for surgery," Dr. Nichols pointed out.

It was the Cleveland Clinic model that attracted CCIRH's newest orthopaedic surgeon to the area. Clay Greeson, MD, was trained at Cleveland Clinic in Ohio, but more than training led to Dr. Greeson's viewpoint. "My mom was cared for at Cleveland Clinic in Ohio, so I have - personal experience from the family side," he explained. "The term 'patients first' is not just a motto, it's a higher standard of care." It's that same standard of care Dr. Greeson implemented at his hometown hospital in Kansas after training in Ohio, and what eventually led him to Vero Beach.



Clay Greeson, MD

"The wonderful thing about Cleveland Clinic is that if I have an idea, as a surgeon, we have partners within Cleveland Clinic Innovations where you can research that idea and work on it. So this is just the next generation of how that has progressed," noted Dr. Greeson. "Cleveland Clinic is a world leader in healthcare. There's no one in the world that does it better because they incentivize you to be innovative and provide you with the tools, the technology and the people to get it done."

It's the innovation and world-class care that has pushed CCIRH to the forefront of orthopaedics in Indian River County and beyond. One of those innovations is the recently added robotic-arm assisted surgical robot which guides the surgeon when performing hip replacement surgery, as well as either partial or total knee replacement. Robotic-surgery is another option in a surgeon's toolbox when creating a patient's treatment plan. It enables surgeons to provide each patient with a personalized surgical experience based on their specific diagnosis and anatomy.

Cleveland Clinic Indian River Hospital offers orthopaedic services that demonstrate the hospital's commitment to providing the community with outstanding healthcare. To schedule an appointment with Dr. Nichols or Dr. Greeson, call 772.794.1444.

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Homer Zambigadis, owner/founder of Advanced Motion Therapeutic, has built a solid foundation of confidence from his patients over the last 20 years. With over 24 years of experience working in clinics and hospitals Homer understands the importance of building a trustworthy therapy relationship with people who come to see him and his professional staff. Top quality rehabilitation services is first and foremost in their minds. Their standard is providing quality care to each and every patient, helping people regain and build skills that are important for health, well-being, security and happiness.

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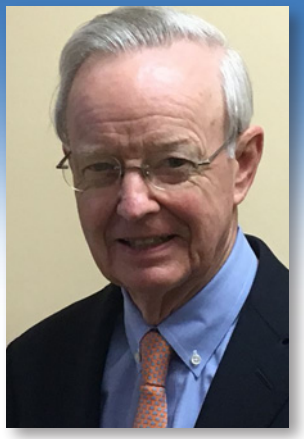

Bruce McEvoy... 2019 National Philanthropy Day Award Recipient

Bruce McEvoy, Chair of the Alzheimer & Parkinson Association of IRC, won the prestigious 2019 National Philanthropy Day Award in the Unsung Hero category. Bruce has led the board of the Association as it united and grew to lift up the organization several years ago. His strong business sense and unwavering loyalty were key factors in keeping the board focused on the future of the organization. For the past decade, Bruce has rolled up his sleeves, used his business acumen and imagination, financial savvy, and on the ground common sense to promote and champion the Alzheimer & Parkinson Association of IRC.

Bruce's heartfelt and strong desire to help others in Indian River County who are grappling with movement disorders led him to the Alzheimer & Parkinson Association. He has logged thousands of hours of volunteer time over the past decade, helping to raise awareness of and revenue for the vital programs that serve thousands of residents of Indian River County. In the process, he has taken on tasks and projects of every type and size, including the organization's first three-year comprehensive Strategic Plan. By dedicating so much of his time, talent and resources, Bruce has helped shape the Alzheimer & Parkinson Association into the strong, thriving nonprofit it is today.

Congratulations to Bruce McEvoy, 2019 Unsung Hero!

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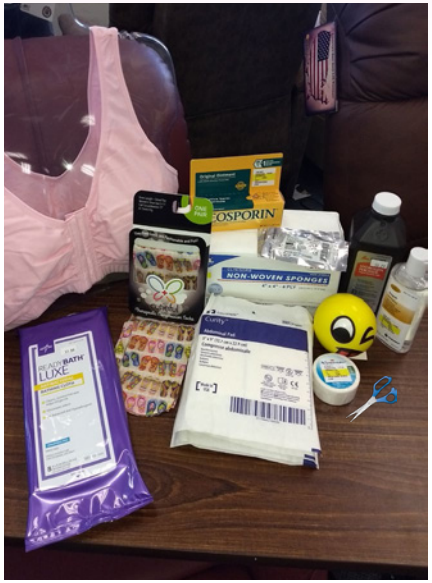
by Colleen D. Symanski, RN, CDCES

'Perkins- Perfect' Gift Kits after Breast or Abdominal Surgery

Basic Gift Kit



Gift Kit Plus

Ever wonder what to give someone preparing for surgery or recovering from breast or abdominal surgery at home? Consider one of Perkins Medical Supply gift kits to buy for someone or perhaps as part of your own pre- surgery planning. People recovering from surgery often have the following concerns to deal with:

- Pain, discomfort, and constipation
- Incision and skin care
- Limited mobility and range of motion

The *basic gift kit* always comes in handy. Running out of bandages or ointment happens. Hand sanitizer for visitors, caregivers, and yourself help to prevent infections. Peroxide helps remove blood stains from garments and binders. Showering is often not allowed; items that help with body and hair care are refreshing. The *basic gift kit* includes frequently requested supplies as listed below and cost about $36.97.

- Neosporin ointment, bottle of peroxide and hand sanitizer
- Package of 4 x4 gauze pads, four

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

Protecting Yourself Against Shingles

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

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

The most common long term complication is Post Herpetic Neuralgia (PHN), or lingering pain in the area where the shingles rash occurred that lasts weeks, months or even years after the rash disappears. Other complications include involvement in the eye which can lead to pain, infection or even vision being affected, a secondary infection related to the skin rash, or rare complications such as pneumonia or encephalitis.

With all of the studies that have

continued on page 40

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by Colleen D. Symanski, RN, CDCES

Adult Enrichment & Respite Offers New Specialized Classes, Support Groups and Socialization Opportunities for Adults of all Ages.

Many people in Indian River County have at least heard about Senior Resource Association and their programs over the years. The organization is well-known for its Meals on Wheels programs and transportation services. Lesser known, but equally important, is the Adult Enrichment & Respite program. Formerly Adult Day Care, the only state-licensed program in the area has expanded its services to include much broader opportunities for adults of all ages.

The new "Life-Way" program offers caregivers and their loved ones not yet needing specialized services an opportunity to participate in interest-based classes, support groups, and other social opportunities. Yoga classes, music therapy, art classes, and special-interest clubs like Gardening, Cooking and Veterans Clubs now provide an underserved senior population with exciting new opportunities tailored specifically to their needs and interests. New classes and programs will be offered in Vero Beach and Sebastian in 2020.

"We know how seniors were served in years' past is much different than what they want and need today. Our goal at Senior Resource Association is to broaden the types of programs we offer and make an impact on the quality of life for all seniors and their caregivers," Shawna Callaghan, Director of Programs said.

The "Day-Away" program, for those who can no longer stay home alone, will continue to promote social inclusion and diverse activities five days a week at two Senior Resource Association locations in Vero Beach and Sebastian.

Senior Resource Association provides a host of senior supportive services, including a wide range of in-home services, Meals on Wheels for homebound seniors, Social Congregate Meals for mobile seniors, transportation, daily programs and classes, and the all-volunteer Silver Tones choral group. To take a tour and learn more about these diverse programs available to seniors and their families, contact Emily Wilcox, Business Development Director at wilcox@sramail.org or 772.569.0760 (ext 220).

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Senior Resource
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'Perkins- Perfect' Gift Kits *continued from page 15*

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- Funny face stress ball

The *gift kit plus* includes the above items, cheerful light compression socks to help promote circulation due to activity and mobility restrictions and an Amoena front-close wire-free comfort bra. The gift kit plus cost around $94.00. You can also customize it. The staff at Perkins are knowledgeable and can help you choose the right products.

You can order either gifts kit, create your own, or purchase a gift certificate. Renting a lift chair or bedside table is a great option. If you don't have safety grab bars by your toilet then consider a raised toilet seat with handrails, so you can easily sit down and stand up. Perkins Medical Supply provides great customer service and offers home delivery.

For more information call them at 772-569-3797 or call Toll Free 1-888-837-5467. Their email address is perkinsmedsupply@aol.com. Visit their website at: www.perkinsmedicalsupply.net. They have 4 locations in Indian River and St. Lucie Counties. Stop in one of their stores or call them to discuss your gift kit choices. You will be glad you did!

Tips for Better Sleep

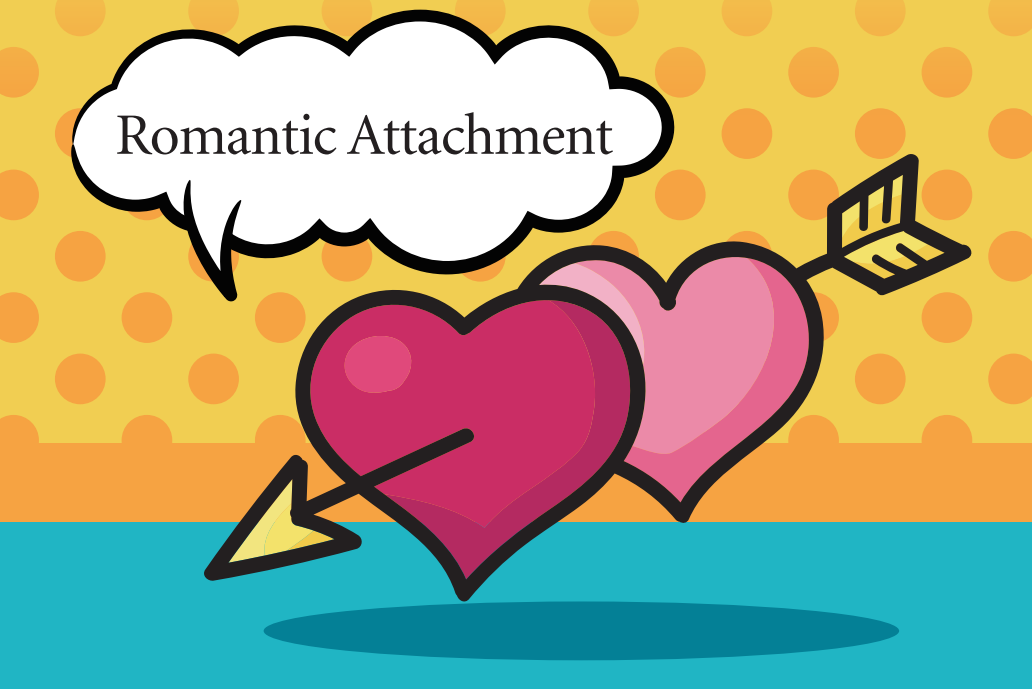
Good sleep habits (sometimes referred to as "sleep hygiene") can help you get a good night's sleep. Some habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

(source: National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health)

by Susan Long, RN, MSW, LCSW
(Excerpts from ATTACHED Amir Levine, MD and Rachel S.F.Herller, MA)

Romantic Attachment



The way we are in a romantic relationship has to do with our "attachment style". Theorist John Bowlby believed that attachment styles are developed by life experience….especially during our relationship with our parents early in life. He also asserted that the need to be in a close relationship is embedded in our genes. The object of this article is to help people gain insight into how we think and act as we do in a relationship, and to learn strategies to find and improve a satisfying romantic relationship.

By understanding that people vary greatly in their need for intimacy and closeness, and that these differences cause clashes, offers a new way of looking at romantic relationships. Attachments are always between two people.

Anxious: Some Anxious people crave intimacy, are often preoccupied with their relationships and tend to worry about their partner's ability to love them back. Their behavior can look clingy.

Avoidant: People with Avoidant characteristics do connect with romantic partners but always maintain mental distance and an escape route. They expect to be rebuffed and abandoned. With this style, people equate intimacy with loss of independence and constantly try to minimize closeness.

Secure: Learned that parents are responsive and sensitive to their needs. These people are comfortable with intimacy and are usually warm and loving.

People with each of these attachment styles differ in:
- their view of intimacy and togetherness
- the way they deal with conflict
- their attitude toward sex
- their ability to communicate their wishes and needs
- their expectations from their partner and the relationship

Can we change our attachment style? Not easily. Perhaps 1 in 4, especially if a secure person is in relationship with an anxious partner. The anxious one can learn to be more comfortable. Depending on your partner is not a bad thing. It is easier to step out into the world if we know that there is someone beside us we can depend on. The essence of attachment theory is finding the right person to travel with toward independence and happiness and someone to be able to depend on.

Statistically, persons with an avoidant attachment style tend to end their relationships more often. wwPersons with a secure attachment style usually don't go through many partners before they find one with whom they are compatible. So, when dating the probability that the new person you meet has an avoidant relationship style is high. That may explain why you see the same people on dating web sites year after year.

But if you do meet someone with a secure relationship style, you have hit the jackpot! This is the person where the bells don't go off. Your attachment system is not activated. Because the secure person is not afraid of love. Realize that your activated attachment system is not love. No games are played, conversation is earnest and truthful, no playing hard to get. Successful dating tips for the anxious attachment person are as follows.

- Acknowledge and accept your relationship needs.
- Recognize and rule out avoidant prospects early.
- Be your authentic self and use effective communication.

For a fully validated adult attachment questionnaire, log on to Chris Fraley's web-site at http://www.web-research-design.net/cgi-bin/crq/crq.pl.

Susan Long, RN, MSW, LCSW is a psychotherapist in Vero Beach. Her office, Terry Mindfulness & Long Wellness Center, is located at 3150 Cardinal Drive, Suite 201, Vero Beach, FL 32963. Her telephone number is 386-847-6435.

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by Jenna Katz Schwibner, DMD, FAGD

The Inflammation Connection

Dr. Jenna Katz Schwibner

Flip through the pages of your favorite lifestyle magazine and you are bound to come across the topic of Inflammation, which we now understand is at the root cause of almost all ailments and diseases. But what is inflammation, anyway?

Turns out it's your body's natural response to fix an injury or infection. However, when an issue persists and is too severe to resolve on its own it can become chronic. One of the most prevalent examples is Periodontitis, commonly known as Gum Disease, and this is highly correlated to other major health conditions. Therefore, it turns out that a major source and/or identifier of inflammation throughout the entire body is in your mouth.

As a graduate and ambassador of The Dawson Academy (www.findadawsondentist.com) I have been trained to be a problem solver. I focus on the "Why" and identify how to correct problems at their source and prevent them from reoccurring. Patient exams at my office can last up to an hour, where we dive deeper to practice what we call "Complete Dental Care for Complete Health".

There is a strong connection between oral health and overall health; problems within your mouth can often be warning signs as either the cause of other ailments or a sign that one already exists. By taking time to uncover the bigger picture we can do our best to ensure the prescribed treatment will be the most effective one and hopefully decrease the need for re-treatment; ultimately offering opportunities to partner with your other medical professionals and improve your overall health in a collaborative manner.

The basics include the prevention of cavities, which lead to broken and abscessed teeth and then progress to root canals and extractions. The not so obvious are things like enlarged tonsils and adenoids, acid reflux, grinding of teeth and oral cancer. All of these and more should be screened for through a comprehensive oral exam, as they are precursors to more serious issues like diabetes, high blood pressure, cardiovascular disease and sleep apnea.

The scientific relationship between oral health and your overall wellness is strong. A properly trained dentist, focusing on comprehensive care, should be your first line of defense against all inflammation-related disorders and diseases.

Dr. Schwibner, is the practice owner of Dental Partners of Vero Beach. For additional information about this topic or any other topic related to dental care please call 772.569.4118 or visit VeroBeachDentist.com

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Relationships with Community Enrich the Lives of Others

Grace Rehabilitation Center of Vero Beach believes connection to the community is important; it offers residents diverse activities that peak their interests and prevent isolation. They had many events and outings in 2019 and here are snapshots of just a few of them.

National Junior Honor Society students from Sebastian Charter Junior High School helped inspired several activities. They helped residents carve 40 pumpkins for the haunted courtyard stroll. They also provided baked

Local preschool girls with Witch

Blanche Serrano enjoys girl talk with the NJHS kids from Sebastian Charter Junior High

items for a bake sale where the funds supported 10 wreaths for 'Wreaths Across America'. Grace's Activities Director and a NJHS student took several residents to the ceremony at Veterans Memorial Island Sanctuary in Vero Beach. Amongst them was a resident who was a World War II Veteran and a resident who was a POW.

Ghosts, goblins, spiders and more came to life at Grace's Haunted Stroll. A creative Halloween courtyard was created by the staff. Parents and children

Adopt a family gifts

Tuong Phan and Hugh Lee at Wreaths Across America

Barbara Kelvington receives her gift from Santa

from the community enjoyed ghoulish decorations, activities, and treats.

The annual Candlelight Dinner was also a huge success bringing the community, families and residents together for an intimate and heart-warming meal. The delicious dinner consisted of bacon wrapped fillet mignon, shrimp and an assortment of gourmet desserts.

Adopting a family for Christmas is always a special event for Grace's staff

continued on page 34

by Colleen D. Symanski, RN, CDCES and Ken Symanski, Personal Trainer

2020 Health & Fitness Goals

Are you ready to enhance and reach your 2020 health and/or fitness goals? Then look no further! We can customize and personalize any program to simplify and achieve your goals. We engage the minds and hearts of our clients by discovering their strengths & weaknesses, clarifying their values and goals, and creating a plan of action to attain them. Whether you're looking to increase your bone density, lower your A1C, or just become more fit and healthy we will make it happen! We work privately with anyone and everyone of all abilities, and current states of health/well-being.

In other words, we want you to enjoy being "A Healthier Me".

Health Coaching with Colleen

Health coaching is unique to each person. You benefit from your coaches' expertise, so you have clear obtainable and sustainable goals. Best of all, you gain a higher sense of accountability and confidence. Colleen loves to work with clients who want to improve their physical and mental well-being; holistically and mindfully. Connect with your health coach to make what you are already doing better- not busier.

Colleen is a RN and Certified Diabetes Care and Education Specialist. She also works with clients (and their health care team) who are at risk or have the following health concerns. (RN 2196152)

- Metabolic Syndrome: such as prediabetes; which can lead to diabetes, heart disease, and stroke. Client concerns include high blood pressure, high blood sugar, excess body fat around the abdomen, and abnormal cholesterol levels.
- Endocrine and Autoimmune: such as PCOS, type 2 and Type 1 diabetes.

Personal Fitness Training with Ken

Train one-on-one, or in a controlled private group with a friend, colleague, or relative. Each session is designed around the core and functional movements, not just isolating certain muscle groups. After an evaluation the workouts become more specific to the individual(s) and their goals, strengths, and of course weaknesses to keep the body balanced and aligned properly.

- Full-body Functional Personal Training: for anybody looking to get fit, feel better and have more energy.
- Sport Specific/Athletic Training: for the casual exerciser, weekend warrior, or competitive athlete.
- Adult Fitness: for those who want to strengthen their core, improve balance & posture, increase lean muscle mass, improve bone density and feel more youthful.

Yoga

Mindfulness is an important component of a healthy routine; it helps to reduce cortisol levels associated with stress and lack of sleep. To address this, we offer yoga for mind, body, and spiritual wellbeing. Classes are limited to 9 people; so, you have more personal attention and focus during your yoga practice.

- ***Tuesdays- 5:30 PM to 6:30 PM: Yin Yoga*** – A gentle practice seated or lying down the class. We breathe through and hold stretches to allow the muscles to stretch and release. A great class for runners, cyclists or anyone looking to build flexibility in a calm and gentle setting.
- ***Thursdays- 5:30 PM to 6:30 PM: Yinyasa*** – This is a blend between the Yin Practice and a gentle Vinyasa Flow. The movement is slow with opportunities to build strength while increasing flexibility.

We also make home visits and offer a variety of wellness and culinary events.

We are located at 2855 Ocean Drive, Suite C-5. You can visit our website at www.ahealthiermeverobeach.com or call us at 231-5555 to schedule an appointment. We look forward to serving your health and fitness needs in 2020. Thank you for supporting your local small businesses!

A Healthier Me

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

by Colleen D. Symanski, RN, CDCES

Making Better Informed Food Choices

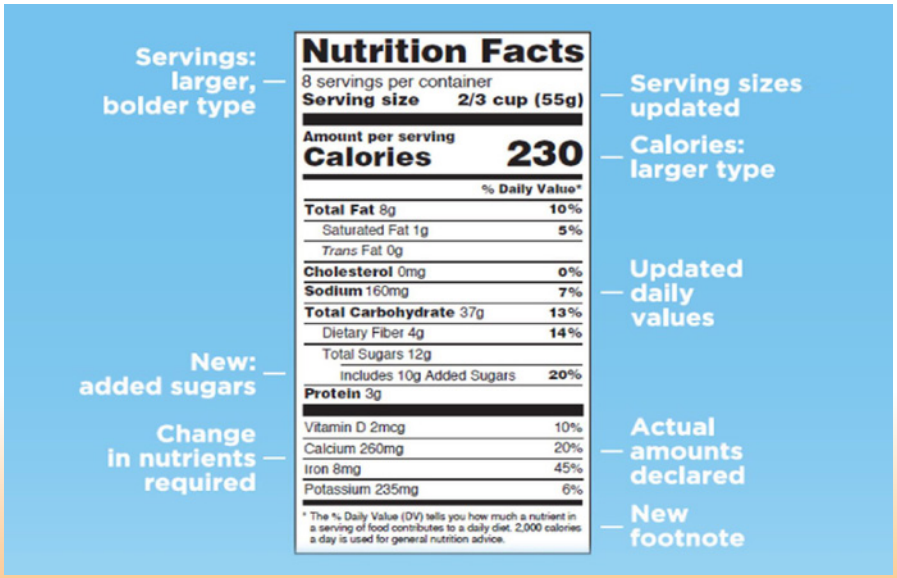
On May 27, 2016, the FDA published final rules on the new Nutrition Facts label for packaged foods to reflect new scientific information, including the link between diet and chronic diseases such as obesity and heart disease. The new label will make it easier to make better informed food choices.

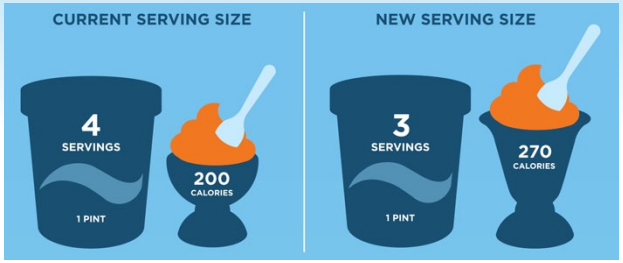
The new label is already appearing on packages even before it is required to be used. Manufacturers with $10 million or more in annual sales must switch to the new label by January 1, 2020; manufacturers with less than $10 million in annual food sales have until January 1, 2021 to comply.

• "Added sugars," in grams and as percent Daily Value, will be included on the label. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar, and this is consistent with the 2015-2020 Dietary Guidelines for Americans.

• The list of nutrients that are required or permitted to be declared is being updated. Vitamin D and potassium will be required on the label. Calcium and iron will continue to be required. Vitamins A and C will no longer be required but can be included on a voluntary basis.

• While continuing to require "Total Fat," "Saturated Fat," and "Trans Fat" on the label, "Calories from Fat" is being removed because research shows the type of fat is more important than the amount.





• Daily values for nutrients like sodium, dietary fiber and vitamin D are being updated based on newer scientific evidence from the Institute of Medicine and other reports such as the 2015 Dietary Guidelines Advisory Committee Report, which was used in developing the 2015-2020 Dietary Guidelines for Americans. Daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the percent Daily Value (% DV) that manufacturers include on the label. The %DV helps consumers understand the nutrition information in the context of a total daily diet.

Updates Serving Sizes and Labeling Requirements for Certain Package Sizes

• By law, serving sizes must be based on amounts of foods and beverages that people are actually eating, not what they should be eating. How much people eat and drink has changed since the previous serving size requirements were published in 1993. For example, the reference amount used to set a serving of ice cream was previously 1/2 cup but is changing to 2/3 cup. The reference amount used to set a serving of soda is changing from 8 ounces to 12 ounces.

• Package size affects what people eat. So for packages that are between one and two servings, such as a 20 ounce soda or a 15-ounce can of soup, the calories and other nutrients will be required to be labeled as one serving because people typically consume it in one sitting.

• For certain products that are larger than a single serving but that could be consumed in one sitting or multiple sittings, manufacturers will have to provide "dual column" labels to indicate the amount of calories and nutrients on both a "per serving" and "per package"/"per unit" basis. Examples would be a 24-ounce bottle of soda or a pint of ice cream. With dual-column labels available, people will be able to easily understand how many calories and nutrients they are getting if they eat or drink the entire package/unit at one time.

 continued from page 29

Robert and Susan Holland at the Candlelight dinner

Marguerite Lobingier gets an in room visit from Santa

and residents. This past year (2019) they helped Grandparents who are raising their three grandchildren. Especially timely because the grandmother was just finishing chemotherapy for breast cancer. Residents and staff gave gifts for all family members and Publix Gift Cards. Giving the gift of Joy again.

Even Santa visited Grace, where everyone was on the nice list. The staff enjoys the holiday season as they search for special Christmas gifts for residents. They listen to the residents through-out the year for hints or clues. They learn some of their favorite things they miss or would like to have again; then they go shopping. What a pleasure it is to see the residents open a gift with joy and excitement.

It is obviously that Grace cares about the residents and the vital role that our community fills to enrich the lives of others. The staff are generous with both their time and heart. Visit Grace at 2180 10th Avenue. Their telephone number is 772.567.5166. Visit their website: www.gracerehabilitationverobeach.com.

Grace Rehabilitation Center of Vero Beach is rated five stars by CMS. In addition, they received The Joint Commission's Gold Seal of Approval for Nursing Care Center Accreditation; for complying with the highest national standards for safety and quality of care and a commitment to continually improving patient care in March 2019.

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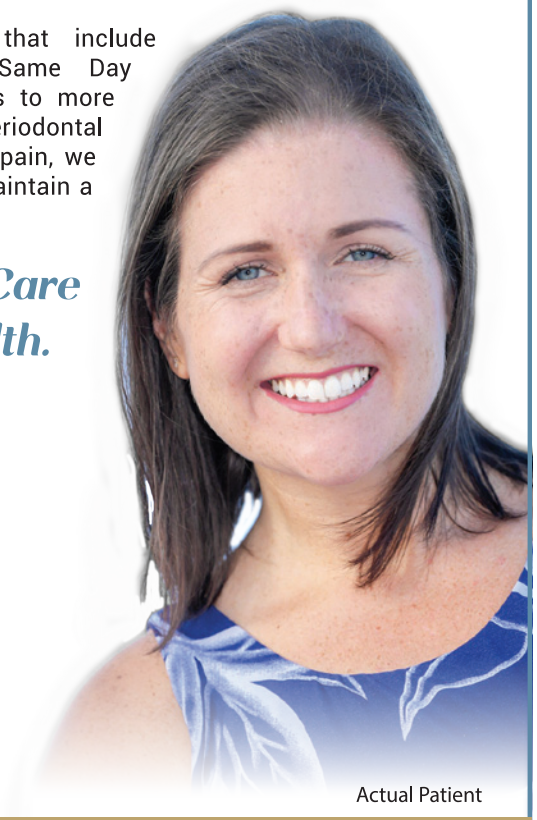

Actual Patient

3790 7th Terrace • Suite 201, Vero Beach, FL. 32960
VeroBeachDentist.com

by Colleen D. Symanski, RN, CDCES

Chromotherapy: Change Your Colors; Change your Mood

Color therapy has a rather interesting two-thousand year history. Ancient Egyptians and Greeks used colored minerals, stones, crystals, and dyes as remedies. They painted the walls in treatment sanctuaries in various shades of color to promote healing. Traditional Chinese Medicine was founded on the idea that every individual is a balance of five elements; wood, fire, earth, metal, and water. Each element has an associated color; they are green, red, yellow, white and blue. Ayurveda medicine uses color energy to restore health and wellness balance. Healing colors are the colors that influence mood, calm the nervous system and make the environments less provoking and peace inducing. Over the centuries, many cultures across the world have employed colors for their healing powers.

Sir Isaac Newton invented the first color wheel. Newton began a series of experiments with sunlight and prisms. He demonstrated that clear white light consisted of seven visible colors; like the colors of a rainbow. Johann Wolfgang Goethe studied the psychological effect of colors about a century after Newton. Goethe created a color wheel showing the psychological effect of each color. He divided all the colors into two groups: the plus group (red, orange, yellow) and the minus group (green, blue, indigo, violet). Let us not forget the introduction of mood rings in the seventies.

Colors have different meanings in various cultures. Color preferences are also highly individualized. The way colors affect our emotions depends on a color's brightness, shade, tint or tone.

COLORS	EFFECTS OF COLOR
Warm colors: Red, orange and yellow	• Evoke emotions ranging from feelings of warmth and comfort to feelings of anger and hostility. • Feelings of happiness, optimism and energy. • Sunny yellow is an optimistic color. It is a difficult color for the eye to take in and can be overpowering if overused. • Yellow enhances concentration (legal pads). It speeds up metabolism. • Red is the most emotionally intense color. It can increase the rate of one's heartbeat, breathing, and appetite. Red is the color of love. • Red clothing gets noticed and makes a person look heavier. Not ideal color to wear for negotiations. • Yellow, red and orange have an attention-grabbing effect such as stopping at traffic signs or pulling over for firetrucks.
Cool/calming colors: blue, green, and purple	• Blue and green can make you feel calm. Think of the ocean or a beautiful blue sky. • Green symbolizes nature. It is the easiest color on the eye and can improve vision. It is a calming and refreshing color. • Light purple is said to result in a peaceful surrounding, thus relieving tension. Think of lavender or lilacs. • Purple can help spark creativity but can cause feelings of sadness. • Neutrals like white, beige and grey can add a sense of calmness.
Happy colors: Bright, warm colors like yellow, orange, pink and red. Pastel colors like peach, light pink or lilac.	• Peach, light pink or lilac can also have an uplifting effect on your mood. • The brighter and lighter a color; the happier and more optimistic it will make you feel. • Pink is the color of romance and tranquility. • Pastel colors and particularly cool toned pastels like baby blue, lilac and mint have a calming and relaxing effect.

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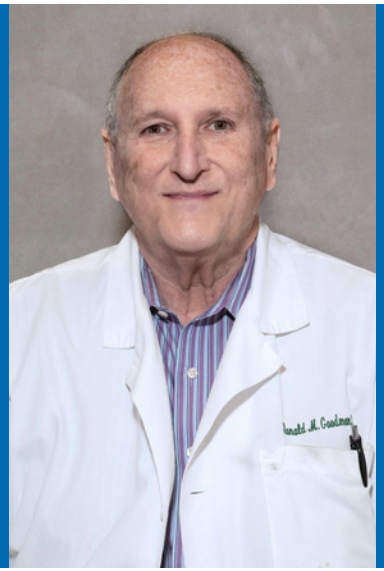
Welcome Dr. Goodman!

whole family health center

Dr. Ronald Goodman is a Family Medicine physician with extensive experience as both a physician and a teacher. For more than forty years, he cared for patients in his practice in Wilmington, Delaware, and was a member of the Medical Staff of St. Francis Hospital. While serving on professional medical committees for hospitals and health plans in the Delaware area, Dr. Goodman also served on the faculty of Drexel University, Jefferson Medical College of Thomas Jefferson University and Arcadia University. With both patient care and education as his passions, he joins Whole Family Health Center with a commitment of helping patients over the age of eighteen take the best care possible of their total health and well-being. He has a special interest in treating diabetes, hypertension and cholesterol. Dr. Goodman is board-certified in Family Medicine by the American Board of Osteopathic Family Physicians.



Ronald M. Goodman, DO

PRIMARY DISCIPLINE
Family Practice

GRADUATED
Philadelphia College of Osteopathic Medicine

RESIDENCY
Riverside Hospital, Wilmington, DE

BOARD CERTIFICATION
American Board of Osteopathic Family Physicians

MEMBERSHIPS
American Osteopathic Association, Florida Osteopathic Medical Association

For appointments and information, call Whole Family Health Center at 772-468-9900 in Fort Pierce and 772-257-5785 in Vero Beach, and visit their website at www.wholefamilyhealthcenter.org.

WFHC is a 501(c)3 non profit corporation. It is a FQHC-LAL dedicated to the delivery of healthcare to all, including individuals with limited resources and access to care.

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

So, with all of this depressing news, how do you protect yourself from shingles? Great question! There has been a vaccination for shingles for many years, however, as of 2 years ago a "new" vaccine is available called Shingrix. This new vaccine contains an adjuvant that boosts the body's immune response to the vaccine. Other differences from Zostavax, the prior shingles vaccine, are that Shingrix can be given to patients who are immune compromised, it is indicated for age 50 and up (instead of 60 and up), and the overall effectiveness is much greater. In fact, studies have shown that Shingrix is effective in up to 97% of patients versus 51% for Zostavax. Due to the interest in getting vaccinated, until recently Shingrix vaccine was being allocated by the manufacturer so it was in limited supply in many places, however that has improved in the past few months. So, if you inquired at your pharmacy in the past, reach out again and they may now have it in stock!

Shingrix and Zostavax are covered by prescription benefits, not Medicare Part B like many other vaccines such as flu and pneumonia. In Florida, vaccines can be performed by pharmacists under "standing orders" so you will not need a prescription if you go to a pharmacy to receive it. Shingrix is also a 2 dose series, so it is very important that patients receive their initial dose and then a follow up booster between 2 and 6 months later to ensure its effectiveness. Because Shingrix is a 2 dose series, patients will incur 2 copays, however, many of the copays we have seen have been less than $100 per vaccine. Side effects include pain at injection site and some malaise the first day following the vaccine, but seem relatively self-limiting.

Shingles can be very miserable, but it can also be prevented. I encourage you to learn more about options to prevent it. And, if you do ever develop symptoms of shingles such as a rash on one side of the body that is painful, itchy or blistery, see your physician right away. If you start antiviral therapy within 48 hours, it will greatly decrease the length and severity of the symptoms. As always, Bay Street Pharmacy is happy to serve as a resource if you want more information or pricing and you may contact us at 772-589-2043. Alternatively, ask your prescriber, the health department, or visit websites such as the CDC.

VNA

VNA to Host Caregiver Conference in April

Caring for a loved one is a difficult job. Yet, there are currently over 40 million Americans providing unpaid care to their loved ones every year. Family members may not always identify as a caregiver, but they help their aging loved one with activities of daily living such as bathing and dressing. Family members are called upon to provide transportation to their loved one who no longer drives or do errands for them. Studies have shown how being a caregiver to a loved one can cause financial, emotional and physical strain. Balancing caregiving duties with jobs and families has proven to be a tough task to accomplish.

However, in our community, there are resources available to help caregivers with their role. The VNA Caregiver Conference, slated for April 16 at the Intergenerational Center, aims to do just that – connecting caregivers to local resources.

"There's no clear guidebook on what you're supposed to do when you start caring for your older loved one," says Meg Cunningham, marketing and communications director for VNA. "The VNA Caregiver Conference is intended to help caregivers learn about local resources, ask questions and connect with other caregivers. We hope that attendees walk away with a higher level of awareness and education of what services are available to assist them in their caregiving role."

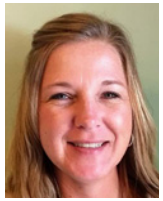
The annual conference is free and open to the public. The conference will feature speakers on relevant topics and vendors representing various organizations or services for attendees to learn more about.

This year, the conference will be held on April 16, which is National Healthcare Decisions Day. Advance care planning is an important aspect of being a caregiver and will be a focus on this year's conference.

For more information about the conference or to register, please visit www.vnatc.com/care.

by Amie Wilson, RN and Kimberly Crews-Quigley, LPN

Constipation after Surgery



Amie Wilson, RN

Kimberly Crews-Quigley, LPN

You are now home after a planned surgery. Your calendar is clear, prescriptions are on the counter, needed home medical equipment is in place, and your caregivers and friends are on board. You are following your discharge instructions such as resting and taking pain medications. All is going well; until you unexpectedly realize you're CONSTIPATED! As nurses, we see many patients who didn't plan or realize constipation is a common complaint after surgery; often trumping pain.

Constipation occurs after surgery due to inactivity, changes in your usual eating habits and use of opioids for pain management. Anesthesia slows down your bowel f and if you were constipated before surgery you will mostly likely be so after surgery.

You may be asymptomatic or have the following signs and symptoms of constipation:

- fewer than normal bowel movements (<3 a week is a standard guide),
- painful defecation (dyschezia),
- abdominal bloating, lower back pain,
- a feeling of incomplete evacuation or a sensation that there is a blockage in the rectum preventing bowel movements, or
- straining, lumpy or hard stools, and/or manual maneuvering is required to defecate. (Severe cases may cause vomiting).

The 3 "Ms" for a BM — Meds

After surgery your stool can be dry and it can be difficult to eliminate. A number of over-the-counter medications and supplements are available to combat constipation. It may take you 3-4 days to have a bowel movement after surgery. It is good to make sure your bowels are also moving before a planned surgery. Ask your physician or surgeon which one you should take. Some common choices are:

- Stool softeners like Colace and Phillips Liquid Gels are emollient laxatives that add moisture to stool to allow for strain-fee bowel movements.
- Stimulant laxatives like Senokot and Dulcolax trigger rhythmic contractions of the intestinal muscles to eliminate stool.
- Combination products like Senokot-S, Peri-Colace and SurgiLax combine the benefits of both laxatives and stool softeners.

Move!

After surgery you will have activity restrictions and it is important to rest and move safely. You may not feel like moving but you need to. Your first outing will mostly be from your bed to the chair with help. After eating a meal sit up in a chair for 30 to 60 minutes or as tolerated. Walk around your room as permitted. Physical movement encourages your intestines to start working again. Walking helps the healing process and reduces chances of blood clots.

Meals

You may not have an appetite after surgery; you might feel nauseous from medications and or constipation. After surgery it is easy to become dehydrated. Constipation can be related to dehydration as well. Make sure that you are drinking plenty of water. This will help your body from pulling water from your colon and help to keep your stools softer and easier to pass. So start with clear liquids and soft bland foods at first. Such as broths, juices (prune juice is a good choice), jello, applesauce. They are natural food choices that support your medications and have nutritional value as well.

continued on page 44

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POST SURGICAL CONSTIPATION

Constipation

continued from page 43

Be sure to eat lean protein for healing and foods high in fiber. Keep in mind that too much fiber, too quickly can lead to bloating, gas and cramping. So, if you're not use to eating a fiber-rich diet, gradually increase the amount of fiber that you're consuming each day to allow the beneficial bacteria in your digestive tract time to adjust to the change. Yogurt is another good choice and helps replenish healthy gut bacteria. Look for the "Live & Active Cultures" seal on yogurt.

Keep this information handy; chances are you or someone you know will appreciate these tips before and after surgery. Always follow your physician's orders and talk to them about your concerns. Have a plan for your 3 "Ms" for a BM!

Keep Your Mind Active with our

Sponsor Name Scramble

D	M	E	K	A	M	U	H	C	S	R	E	H	P	O	T	S	I	R	H	C	L	V
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E	T	N	O	N	U	N	M	G	T	N	T	F	U	Y	N	E	R	G	Y	A	S	M
D	P	O	T	I	A	A	U	B	I	E	U	G	Y	E	C	I	H	T	O	P	O	D
D	H	I	N	N	B	S	W	E	O	H	Y	T	T	A	E	H	O	Y	I	M	C	E
I	A	S	E	I	S	S	E	W	N	P	H	Z	E	H	S	T	S	U	Y	O	J	C
B	R	I	R	H	A	I	T	E	R	E	U	S	D	G	M	L	P	Q	U	C	T	N
R	M	V	A	S	M	A	D	C	F	T	N	Q	B	M	A	A	I	A	E	N	G	A
O	A	W	K	Q	O	N	X	A	N	S	E	G	N	B	Y	E	T	C	V	E	B	V
F	C	E	G	A	H	E	C	R	I	A	S	C	E	D	E	H	A	D	B	D	R	D
B	Y	N	M	V	T	R	U	E	C	O	L	O	R	S	S	A	L	O	N	S	P	A

- ☐ Advanced Motion Therapeutic
- ☐ A Healthier Me
- ☐ Alzheimer Parkinson Assoc
- ☐ Bay Street Pharmacy
- ☐ CC Indian River Hospital
- ☐ Christopher Schumake MD
- ☐ Clay Greeson MD
- ☐ David J. O'Brien MD
- ☐ Dental Partners
- ☐ Encompass Health Hospital
- ☐ Florida Eye Institute
- ☐ Forbidden Tan
- ☐ Frances Mayes
- ☐ George Nichols MD
- ☐ Grace Rehab
- ☐ Home Instead Senior Care
- ☐ Karen Todd MD
- ☐ New Vision Eye Center
- ☐ Paul V Minotty MD
- ☐ Perkins Medical Supply
- ☐ Renaissance Senior Living
- ☐ Robert Reinauer MD
- ☐ Senior Resource Association
- ☐ Shining Light Garden
- ☐ Stephen Tate MD
- ☐ Susan Long RN MSW LCSW
- ☐ Theresa Tolle RPH
- ☐ Thomas Baudo MD
- ☐ True Colors Salon Spa
- ☐ Val Zudans MD
- ☐ VNA
- ☐ Walk to Remember
- ☐ WeCare
- ☐ Whole Family Health

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ALZHEIMER & PARKINSON ASSOCIATION OF INDIAN RIVER COUNTY

17th ANNUAL LOCAL

WALK TO REMEMBER

The 2020 Walk To Remember will take place on Saturday, November 14 at Riverside Park. All proceeds from this fundraiser stay local and support programs and services for families in need in Indian River County!

Call Judith Lemoncelli, Senior Director, Development & Communications at 772-563-0505 ext. 107 for information about getting involved in this event!

www.walktoremembervero.org

"Play to Remember"

"Holy Cross"

"Indian River Estates"

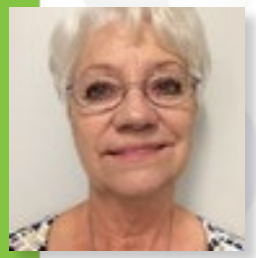
NEWS MAKERS

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

Arianna C
CAREGiver of the Month – September 2019
Home Instead Senior Care

Arianna is a great addition to our team as she takes her role very seriously. Taking notes to ensure she can provide the beat level of care to her clients. A self-starter, Arianna is very flexiable with any last minute scheduling needs.

Annetta A
CAREGiver of the Month – October 2019
Home Instead Senior Care



Annetta has a true gift when it comes to caring for her clients. She has been recognized by her long-term client as "part of the family" because of quality of care she provides them with. Going above and beyond, she is on top of any changes and has great communication skills.

Sandra H
CAREGiver of the Month – November 2019
Home Instead Senior Care

Sandra is very dependable and really shows passion in her work. Her clients family feels at ease knowing their loved one is in her care. Sandra is a true asset to us and leave a lating impression on everyone she meets.

Beverly M
CAREGiver of the Month – December 2019
Home Instead Senior Care

Truly dedicated, Beverly makes sure her clients are covered and cared for throughout the day and night. She is very detail oriented and dependable. Her clients love her cheerful disposition and she is a pleasure to be around.

Rashonda Williams Pharmacist
Treasure Coast Community Health

As a pharmacist at Treasure Coast Community Health (TCCH), Rashonda Williams explains how meds work in terms everyone can understand, and why they need to take them at certain times. Since some meds are very expensive, she helps patients get into Patient Assistant programs; and will even arrange for free home delivery to those with transportation problems. Rashonda is a great listener, problem solver, and has a heart of gold! Rashonda shares with us: "I went to Florida A&M University in 2002 as soon as I graduated Vero Beach High School. The road wasn't easy due to I gave birth at 15 years old to my current 20 year old son whom is a US Marine serving in Japan. I received my Doctorates in Pharmacy in April 2008. I joined CCH in 2011 as a per diem pharmacist due to I wanted to receive clinical experience. In 2013 I joined full time and I can tell you this has been the best 8 years because I enjoy what I do and giving back to the community. When being one on one contact with my patients, I know I make a difference and those interactions make me who I am. I chose pharmacy and to move back to where I originated to make a difference."

MARDI GRAS
CELEBRATION
WE CARE FOUNDATION OF INDIAN RIVER

SAVE *the* DATE
02.28.20

Casino • Culinary Tour of New Orleans • Silent Auction
Music & Entertainment • Live Performances

Friday, February 28, 2020
6:30PM - 10:30PM

Oak Harbor Club • 4755 S Harbor Drive • Vero Beach, FL

Join us for the 6th annual Mardi Gras Celebration and Fundraiser Supporting the We Care Foundation of Indian River

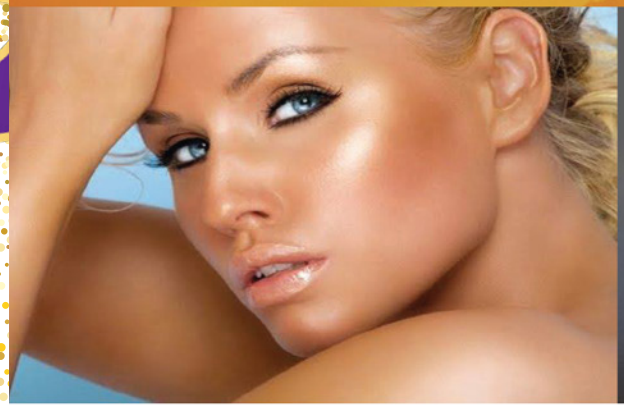
All proceeds provide free non-physician medical services and supplies for uninsured, indigent patients in the We Care Program.

For sponsorship or event information: WeCareofIRC.org or Call 772.562.0123

WE CARE FOUNDATION OF INDIAN RIVER

Everyone feels better with a good tan!

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



Forbidden Tan

VERSA SPA exclusive to Forbidden Tan in Vero Beach

Locally owned and operated by Kimberly Harris

Managed by Kyra Moffett

- Organic walnut base
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- Prep spray & dry
- Instant tan & dry
- Clear & dry
- No residue. No streaks.
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(across from Home Depot)

772.562.4816 • Appointments & walk-ins for VERSA SPA.

Senior Resource Association Public Guardian Program for Indian River County

Senior Resource Association provides guardianship services to incapacitated adults of limited financial means who may be subject to abuse and neglect because they lack someone who is willing or able to monitor and advocate for them. ***The Public Guardian Program*** is designed to protect and exercise the legal rights of persons who lack the capacity to make their own decisions and are not adequately able to care for themselves. Through our guardians appointed to each case, an individualized care plan for medical and mental health treatment, social services and residential placement is established and filed with the court on behalf of our clients.

For more information contact Karen Deigl. She can be reached at 772-907-5460 or via email: SRAPublicGuardian@sramail.org.

Florida Eye Institute Surgeons Certified in New Hydrus Microstent for Glaucoma

Florida Eye Institute cataract surgeons Karen Todd, MD and Val Zudans, MD, have successfully demonstrated the technical knowledge to implant the Hydrus Microstent according to certification by Richard Hope, MD, Vice President of Clinical and Medical Affairs at Ivantis.

Hydrus is the latest FDA approved minimally invasive glaucoma surgery (MIGS) device used for the treatment of mild to moderate primary open-angle glaucoma in conjunction with cataract surgery.

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"The Hydrus Microstent has proven to be a reliable option to reduce dependence on pressure lowering drops for our glaucoma patients," states Karen Todd, MD, Board Certified Ophthalmologist, fellowship trained in glaucoma.

"We have searched a long time for the right minimally invasive, effective solution for open-angle glaucoma patients. Hydrus provides a convenient way to achieve two extremely positive outcomes with one surgery – removal of cataract and reduction of intra-ocular pressure."

Dr. Val Zudans, Board Certified Ophthalmologist, cataract and refractive surgeon adds, "We are really impressed with the clinical findings. Recent studies show nearly 78% of Hydrus patients achieved a statistically significant decrease (≥ 20 percent reduction in unmedicated IOP) at 24-months postoperative. This represents the largest improvement over a control group in any MIGS trial to date."

There are several options available for open angle glaucoma. Current therapies include prescription eye drops, laser therapy, and surgery. Based on the severity of glaucoma and other health conditions, your ophthalmologist will recommend treatments for your specific needs.

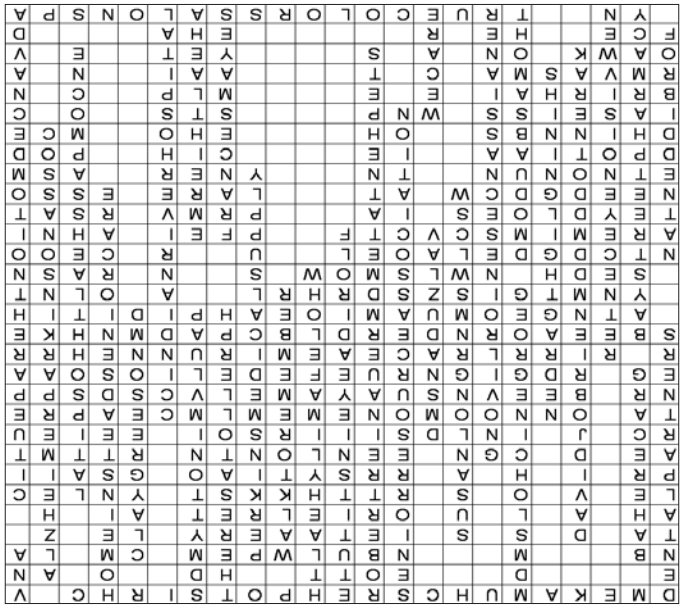
To learn more about the latest developments in cataract surgery, glaucoma, and eye health visit www.fleye.com. Florida Eye Institute is located at 2750 Indian River Blvd. in Vero Beach and 13397 US Hwy 1 in Sebastian. Contact 772.569-9500 for more information.

PULSE POINTS

Home Instead Senior Care of Vero Beach earns the Caring Stars 2020 award

They are one of 466 highly rated agencies in 46 states providing in-home , home health care, hospice and/or geriatric care management.

Caring Stars is a national program recognizing service excellence in senior living and in-home care, based on consumer ratings and reviews in the Caring.com senior care directory. Agencies must meet a rigorous set of criteria, including but not limited to: having 10 or more reviews, an overall average rating of 4.5 stars or higher and 3 or more new reviews withing the qualification time frame. Caring.com senior care experts also conducted a reviews-integrity audit and took other quality-assurance measures before determining the Caring Stars of 2020.



Home alone was not an option

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

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

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

To schedule a tour or discuss giving opportunities:

Call 772.569.0760

Senior Resource Association

SENIORRESOURCEASSOCIATION.ORG

VERO BEACH: 686 14th Street **SEBASTIAN:** 815 Davis Street

HOURS: Monday – Friday; 7:30am to 5:30pm

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