

# Heartbeat<sup>TM</sup>

OF THE TREASURE COAST



## Cleveland Clinic Indian River Hospital Rises to the Challenge

*Read about  
their Covid-19  
Response  
on page 8*



**Cleveland Clinic**  
Indian River Hospital

### ..... **Telemedicine**

Technological advances  
in communication

**2**

### ..... **Loneliness**

Connection Matters

**16**

### ..... **Lessons Learned from COVID-19**

Taking the next step

**19**

by Colleen Symanski, RN, Certified Diabetes Care and Education Specialist

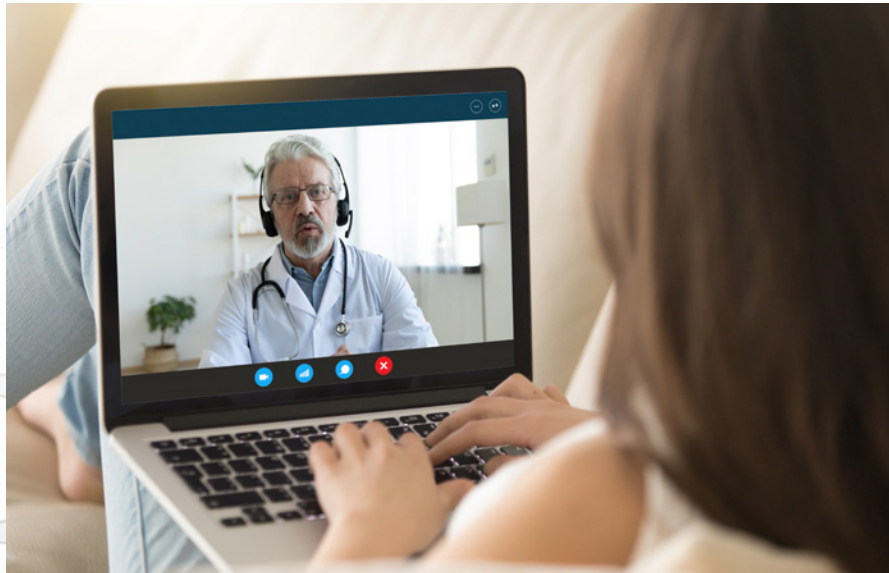
## Telemedicine

When you are not feeling so well or have questions about your health, you usually schedule an appointment with your primary care physician. In after-hour situations, you might seek attention at an urgent care clinic. But as communication technology advances, your options for care are expanding. Through telemedicine services, you can receive medical advice anytime, anywhere, without leaving the comfort of your home. This is made possible with telemedicine; specifically using video-conferencing.

There are 3 common types of telemedicine, which include but not limited to:

- **Interactive Medicine** – which allows patients and physicians to communicate in real-time while maintaining HIPAA compliance. This uses video-conferencing.
- **Store and Forward** – which permits providers to share patient information with a practitioner in another location.
- **Remote Patient Monitoring** – which allows remote caregivers to monitor patients that reside at home by using mobile medical devices to collect data (e.g. blood sugar, vital signs, and weight). This is often referred to as telehealth.

*continued on page 12*



## We Will Continue to Assist in Keeping You Safe!



Thank you to all the first responders, medical and non medical delivery personnel, the entire healthcare industry including physicians, nurses, respiratory therapists, CNA'S, therapists, maintenance personnel, scientists, clinical and research laboratories, chemists, home health services, rehabilitation facilities, nursing homes and mental health professionals.



**West Store**  
**569-3797**  
4005 20th Street,  
Vero Beach

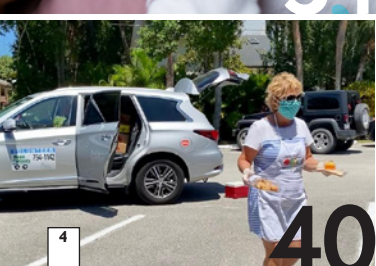
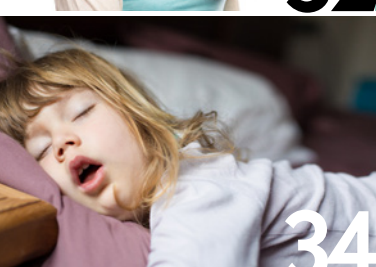
**East Store**  
**569-3798**  
3717 10th Court  
Across from  
Indian River  
Medical Center

**Sebastian**  
**388-5251**  
13000 U.S.  
Highway 1  
Across from  
WalMart

**Port St. Lucie**  
**772-337-4631**  
10365 South U.S. 1

[www.perkinsmedicalsupply.com](http://www.perkinsmedicalsupply.com)





# contents

- 10 Alzheimer & Parkinson Association- You are Home BUT NOT ALONE
- 14 Encompass Health Referral FAQ
- 28 Soup, Salad and Sunshine
- 32 Polymyalgia Rheumatica (PMR)
- 34 Sleep Disordered Breathing
- 40 Senior Resource Association

**web** [www.HeartbeatoftheTreasureCoast.com](http://www.HeartbeatoftheTreasureCoast.com)  
[www.guideformedicalservices.com](http://www.guideformedicalservices.com)  
[www.guideforseniorservices.com](http://www.guideforseniorservices.com)

**print** Heartbeat of the Treasure Coast  
 Guide to Medical Services  
 in Indian River County  
 Guide to Senior Services  
 in Indian River County  
 Guide to Medical Services  
 for St. Lucie County

**direct mail** Heartbeat of the Treasure Coast



## cover story

Cleveland Clinic Indian River Hospital Rises to the Challenge  
 p 8

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

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

©2020 Indian River Publishers, Inc. All rights reserved.

Heartbeat of the Treasure Coast



## WORLD-CLASS EYE CARE.

Laser & Dropless Cataract Surgery | LASIK | Eyelid Surgery | Surgical Retina  
 Macular Degeneration Treatment | Glaucoma Care | General Ophthalmology



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

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

1055 37<sup>th</sup> Place | Vero Beach, FL 32960 | 772-257-8700

[NewVisionEyeCenter.com](http://NewVisionEyeCenter.com)

We Accept Medicare & Most Insurance Plans.



Heartbeat of the Treasure Coast



VOLUME 138  
COMPLIMENTARY

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

OWNER/PUBLISHER  
Cindy Bryant

DESIGN  
Madoli

EDITOR  
Colleen D. Symanski, RN, CDCES

SPECIAL FEATURE WRITERS  
Theresa Tolle, R.PH  
Susan Long, RN, MSW, LCSW  
Jenna Katz Schwibner, DMD, FAGD

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

**Seek. Find.  
Win.**

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



Email your results to  
heartbeatoftc@comcast.net

Heartbeat<sup>™</sup>  
OF THE TREASURE COAST

www.HeartbeatOfTheTreasureCoast.com



In what feels like a blink of the eye, our lives changed drastically, with little notice for preparations. Yet, we have witnessed incredible efforts of so many people in various roles responding to pandemic or crisis situation. Many businesses had to cease their “doing business as normal”. Others have had to go into overtime and learn how to work with safety measures totally new to them. Parents are learning to work at home and home school their children at the same time. Easier said than done. Patients with existing and new serious medical needs do not have their loved ones with them. Seniors are also isolated from their families and care providers are trying different ways to fill the void. Even the death of a loved one has changed how we gather, mourn, and support one another. People are practicing temporary social distancing and embracing precautions when in public establishments.

Everywhere I look I see people coming together. Some are sewing homemade masks so healthcare professionals have the PPE needed specific to their role. Some are making hand sanitizers. Others are providing meals. Neighbors are connecting more, and strangers are now familiar faces. Thank you to each of you. We are blessed to live in a community that genuinely cares.

*Cindy*

For 45 years, we've been  
caring for you. And during  
this challenging time,  
we are prepared to continue  
delivering safe, quality care.



The safety of our staff and patients is our highest priority. During the COVID-19 pandemic, we have prepared so we can safely provide care to our patients and continue to meet the needs of our community. Our caregivers are on the frontlines every day ensuring that our patients can remain safely in their homes. Learn more about the important steps we've taken to protect our staff and patients at [www.vnadc.com/patientsafety](http://www.vnadc.com/patientsafety).

Heartbeat of the Treasure Coast



**772.202.3972**  
[www.vnadc.com](http://www.vnadc.com)

License# HHA299991281/HHA21276095/HPC5038096  
Hospice License Issued in 1986



# Cleveland Clinic Indian River Hospital Rises to the Challenge

Cleveland Clinic Indian River Hospital operated in a sustained state of readiness at the onset of the COVID-19 pandemic. The success of the hospital's coronavirus response in Indian River County was based on rapid planning and compassionate frontline caregiving along with tremendous community support.

Starting in early March, Cleveland Clinic Indian River Hospital's local leadership team met at least twice a day to carefully track data related to the virus, made plans to address the impending crisis, and took action to ensure that patients with COVID-19 receive the highest quality care while protecting all patients and caregivers. Jennifer Puglisi, Holly Owen and Patty Lees (featured on the cover) were instrumental in organizing and staffing the Nurse Call Center and the Drive-Through Testing Location to serve the community's needs in a safe, efficient manner.

"The scope and depth of work performed by our caregivers during this challenging time is incredible," says Greg Rosencrance, MD, President of Cleveland Clinic Indian River Hospital. "We are driven by our mission and the goal to protect and care for our patients and the communities we serve."

The heroic efforts of the nurses, technicians, physician providers and all the caregivers at Cleveland Clinic Indian River Hospital was acknowledged by the City of Vero Beach when the hospital was presented with a "COVID-19 Crisis Unsung Hero" recognition in April.



From left to right: Dr. Greg Rosencrance, President; Kim Mayo, RN; April Boudet, RN; Jennifer Kovatch, RN; Holly Owen, RN; Chrissy DePino, Registration; Donna Thomas, Patient Coordinator; Joanna Fekieta, RN; Michelle McDonald, RN; Sam Samuels, Environmental Services; Dr. Ralph Turner, COO

Dr. Rosencrance credits the dedicated caregivers and having access to the latest information on patient care, operational best practices, and research developments from across the Cleveland Clinic enterprise for the hospital's ability to be proactive and nimble throughout the evolving situation.

"Expanding our operations to address the community's testing needs was essential to our rapid response," Dr. Rosencrance explains. "Our nurse call lines, drive-through testing site, and evaluation center were vital to connecting patients to the care they need and to provide reassurance in these uncertain times."

Early on there was a laser focus on keeping the environment of care safe for caregivers and patients. Social distancing was promoted within facilities, telehealth visits were offered for routine appointments, and facility access and visitation were restricted. Innovative caregiver teams developed techniques to conserve personal protective equipment and prevent cross-contamination of the virus.

Several additional safety measures were implemented, such as temperature screening at the entrance to all facilities, designated areas for patients with symptoms of the virus, and rapid COVID-19 testing for emergency department and admitted patients, among many other best practices.

"We are proud to have one of the lowest COVID-positive caregiver percentages in the region, which is a testament to the work that has been done to keep our caregivers safe," notes Dr. Rosencrance.

Caregiver teams in the Emergency Department, Intensive Care Unit, and non-ICU areas have worked diligently throughout the crisis to care for patients with COVID-19. Recognizing their essential role, Cleveland Clinic has promoted caregiver resilience by providing emotional and financial support.

In addition, education teams worked to reinforce care teams by cross-training nursing professionals to care for patients with COVID-19. These are clinicians from the operating room, special procedure areas, and health and wellness center teams that would otherwise not be accustomed to delivering bedside care.

In early May, Cleveland Clinic Indian River Hospital began resuming surgeries and procedures and all patients will be tested for COVID-19 beforehand. In addition, patients may notice changes in place to ensure a safe environment. When entering facilities, patients and permitted visitors will be screened for potential COVID-19 symptoms including a temperature scan. They will be asked to sanitize their hands and will be provided with a mask to

*continued on page 20*



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





## Alzheimer & Parkinson Association of Indian River County Tells Caregivers: You are Home but Not Alone

The Alzheimer & Parkinson Association of Indian River County is exploring different ways it will offer its congregate programs during the remainder of the year in the safest and most responsible manner. As the organization presently offers creative options for families in need to stay connected via interactive technology, its overarching goal is to signal to families that **they may be home... but they are not alone!**

As social distancing and self-quarantining are being encouraged in our communities to reduce the spread of COVID-19, especially for older and vulnerable adults, it is equally important to ensure those same people do not become socially isolated.

The Alzheimer & Parkinson Association is responding to this challenge by offering much-needed support groups and caregiver education via interactive video and audio conferencing. Its support groups are especially vital to those who miss the one-on-one camara-



derie and education that these groups offer. The organization is also providing movement classes like Qigong, Balance and other seated exercises via online videos easily accessed through its website at [www.alzpark.org](http://www.alzpark.org). In addition, staff members are available for crucial and timely battery changes and equipment needs with regard to Project Lifesaver, the program that is designed to quickly locate individuals with cognitive disorders who are prone to the potentially life threatening behavior of wandering.

“We are proud to be the only local comprehensive resource center in Indian River County that serves residents with Alzheimer’s, Parkinson’s and related disorders,” said Peggy Cunningham, Executive Director, adding “and we continue to offer vital services to families in need. We hope we can help lessen social isolation by offering people with dementia, their caregivers, as well as people with movement disorders, many uplifting and purposeful choices that improve their quality of life during this unprecedented time.”

For more information on programs and services offered by the Alzheimer & Parkinson Association of Indian River County, call 772-563-0505 or visit [www.alzpark.org](http://www.alzpark.org)

*The Alzheimer & Parkinson Association of Indian River County is dedicated to serving county residents with disorders affecting memory and movement by promoting quality of life and choice through advocacy, support, empowerment, education and research connections. It is a local non profit that relies solely on private donations and does not receive any support from any national organizations.*



This article is specifically addressing interactive medical care services, aka telemedicine. Telemedicine is the practice of medicine using technology to deliver care at a distance. A physician in one location uses a telecommunications infrastructure to deliver care to a patient at a distant site such as in their home, hotel, or dormitory. This gives you the freedom to receive treatment without needing to go to a physician's office for medical care.

Telemedicine allows you to discuss your symptoms, medical issues, and more with a healthcare provider in real-time. Through telemedicine, you can receive a diagnosis, discuss treatment options, and get a prescription if needed. Telemedicine is not for emergency situations like a heart attack or stroke, lacerations, or broken bones that require hands on treatments such as x-rays, splints, casts, or sutures.

Telemedicine can be used for a variety of conditions, which include but not limited to:

- You suspect a cut may be infected,
- You are on vacation and think you are coming down with something – perhaps strep throat.
- You have a cold, sore throat, or pink eye
- You have a rash, seasonal allergies
- You need psychotherapy.

Sometimes it seems like it is always after hours or on a weekend that our self or one of the kids get sick. Say hello “telemedicine”!

Access to a telemedicine provider can reduce the need to visit the emergency room. According to a 2017 study, ( source: <https://www.healthaffairs.org/doi/full/10.1377/hlthaff.2016.1130>) the average telemedicine visit was \$79. The average doctor's visit was \$149 and the average trip to the emergency room was \$1,734. Telemedicine does offer a more affordable option. Coverage and costs vary. There are state specific regulations and coverage may vary depending on your health insurance benefits. You can also pay privately. You do not need to have a primary care physician (but you should have one) to use telemedicine.

There are several ways to learn more about telemedicine services. Many hospitals have information and portals for telemedicine on their websites. You can ask your primary care physician if they offer telemedicine. There are also telemedicine companies such as HeyDoctor by GoodRx. You can compare prices and various telemedicine companies on the GoodRx Telehealth Marketplace. 98point6 is just one example.

Telemedicine does not replace physician office visits and in-person care. It is an option to occasional non-urgent care. Be well and seek care early.

## Experience the Difference With *Complete Dental Care*

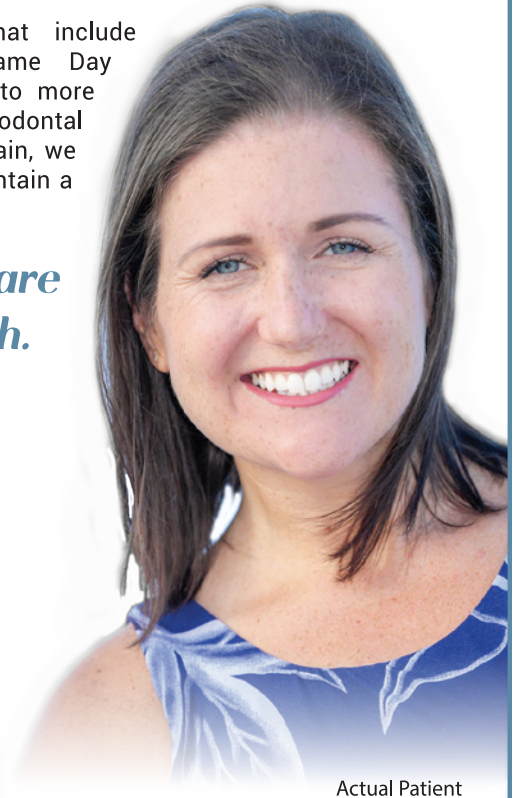
Everyone deserves the best dental health. Dental Partners of Vero Beach practices the concept of Complete Dentistry. We emphasize a comprehensive, individualized approach to a patient's dental care focused on prevention and early intervention. It requires an understanding of every structural part of 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.

From cosmetic restorations that include Implants, Teeth Whitening, Same Day Crowns, Invisalign and Veneers to more comprehensive care treating Periodontal Disease, Sleep Apnea and Jaw pain, we can help you and your family maintain a lifetime of healthy smiles.

***Complete Dental Care  
for Complete Health.  
Call Us Today!***

**dental  
partners**  
of Vero Beach  
Schwibner & Associates

**(772)569-4118**



Actual Patient

3790 7<sup>th</sup> Terrace • Suite 201, Vero Beach, FL. 32960  
VeroBeachDentist.com

## Encompass Health Referral FAQ

### How can I contact a liaison?

During these challenging times, there are multiple ways that you can contact our team for quick and efficient service. If your location has a designated liaison and you have their personal contact information, you can continue to contact them via email or cell phone.

### Are your liaisons available to evaluate patients?

Our liaisons are available, as they always have been, to serve as your trusted clinical experts and help you determine if inpatient rehabilitation is the right level of care for your patient. Our team of liaisons is fully staffed to quickly meet your needs as they arise.

### Are you available to take patients on the weekend?

We will continue to operate over the weekend in the same manner as we always have.

### Why have I not seen your liaison in my facility?

Our liaisons will comply with your facility's preventative guidelines during this unprecedented time. This may mean you do not see our liaisons in your location. However, they are working on-site at our hospital and are available to respond to referrals. We can complete bedside screenings either at your location or by phone.

### Are you able to admit patients from home during this time?

Patients and referral sources can still request in-home screenings from one of our clinical liaisons to see if inpatient rehabilitation is the right plan for regained independence.

### Is your hospital able to admit directly from the emergency department?

Our hospital may be able to admit your patient directly from the emergency room, freeing valuable bed space in your hospital. A three-night stay in

the acute care hospital is not required for admission for qualified patients. This program is a consideration for people who are not sick enough to be admitted to the acute care hospital and who may be experiencing the following symptoms:

- Balance issues or frequent falls
- Chronic pain
- Decline in function
- Increased weakness and loss of energy
- Exacerbation of chronic condition

### How is your hospital protecting patients from the spread of COVID-19?

The safety of our patients, caregivers, employees and partners has always been and remains our top priority. We are following all CDC and state guidelines to keep patients safe during their post-acute stay while still maximizing the intensive therapy they need to achieve superior outcomes.

- All equipment will continue to be cleaned between each patient
- Social distancing recommendations between patients will be followed during therapy sessions
- Group therapy sessions may continue with appropriate patient social distancing

### Should my patient still receive rehabilitation?

We know that when patients go home too soon or skip a needed level of care there is a marked increase in those patient's readmission rates. In order to assist in minimizing readmissions through overburdened ERs in our community, our liaisons remain available to assist you in transitioning your patients to post-acute rehabilitation hospital.

The professionals at Encompass Health Rehabilitation Hospital of the Treasure Coast look forward to hearing from you. Contact them at 772.778.2100. They are conveniently located at 1600 37th Street in Vero beach. You may also visit them at [www.encompasshealth.com](http://www.encompasshealth.com).

Encompass Health Rehabilitation Hospital  
of Treasure Coast  
is a **“Stroke Center of Excellence”**

1600 37th Street • Vero Beach  
772.778.2100  
[www.encompasshealth.com](http://www.encompasshealth.com)



by Susan Long, RN, MS, LCSW, Terry Mindfulness & Long Wellness Center in Vero Beach

## Loneliness – Connection Matters

Loneliness is not the same thing as being alone. Loneliness is a feeling of “perceived social isolation”. And most of us now have real “social distancing” which puts us out of connection with other people and causes us to feel as if we do not belong and are unconnected. We are hard-wired to want to reach out to others. Brene Brown writes in Gifts of Imperfection that we are not alone....“we are all inextricably connected to each other by a power greater than all of us, and that our connection to that power and to one another is grounded in love and compassion.”

Certainly....being alone does have its benefits. For example, when we need periods of introspection to heal hurt or grief. But feeling lonely, especially if you are living by yourself, is a tough feeling. Experts predict that some form of social distancing likely will continue into the summer months. Even when you are living with others, that feeling of being alone or not belonging can occur and those feelings can lead to depression. Things you can do to combat this feeling of loneliness are to:

- Create a schedule of activities, such as when to eat, exercise, read or watch TV, etc.
- Go to bed at the same time each night and get up in the morning at a regular time.
- Go outdoors to take a walk, bike ride, look at the sky, trees, birds and butterflies.
- Build yourself a bird feeding station.
- Do some yard work, plant an herb garden or grow some flowers from seed.
- Work a jigsaw puzzle
- Start a new habit, learn to play an instrument, or learn to speak a new language.

Even so, feelings of grief and fear may come up. We grieve for the way of life we once knew. The pandemic has changed the way we will be able to come together in groups at sporting events, graduations, worship and many other activities. We experience the uncertainty of knowing what the future will be like and what changes we may experience when we come back together.

Added to uncertainty is fear and possibly anger. Having those feelings is normal, but we need to label those feelings. If we don't name those feelings, we can't feel those feelings. If we can label those feelings, we can deal with them. There is a human need to reach out to others when these feelings erupt. Reaching out will help us feel connected to family and friends. We may find that our feelings are not so different from theirs.



*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.*



## Shining Light Garden Volunteers



Joseph



Noel



Roger

Nelson



Diane

*For more information visit, [www.shininglightgardenfoundation.com](http://www.shininglightgardenfoundation.com).*



*With Elegance  
and Charm*



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

**RENAISSANCE**

SENIOR LIVING of VERO BEACH

2100 10th Avenue | Vero Beach, FL 32960

772-562-8491 | [renaissanceverobeach.com](http://renaissanceverobeach.com)

The Harbor at Renaissance is a licensed specialty care assisted living community designed to help seniors with Alzheimers and other forms of Dementia.

AL #13068

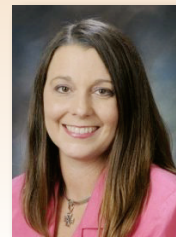


*Grace* REHABILITATION CENTER of Vero Beach  
Lic. #SNF-148696 772.567.5166

2180 10th Avenue • Vero Beach, Florida • [www.gracerehabilitationverobeach.com](http://www.gracerehabilitationverobeach.com)

## ASK YOUR PHARMACIST

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



## Lessons Learned from COVID-19 and Next Step



As I write this, Florida began Phase 1 of reopening our state, allowing restaurants, parks, and beaches and other businesses to open at a limited capacity. No one really knows yet if we will be able to slowly return to “normal” or if there will be a resurgence of COVID-19 and we will need to go back to increased restrictions again.

This COVID-19 pandemic has been unlike anything I ever thought I would see in my lifetime. I never envisioned a world where many every day activities would cease and families would stay home for days and weeks at a time! Yet, we have now lived it, and, it seems that it is possible that it could return or we could see COVID-19 combined with another outbreak, like flu, later this flu season. Dr. Anthony Fauci, one of President Trump’s advisors and Director of the National Institute of Allergy and Infectious Disease, stated recently that it is nearly “inevitable” that a second round will come in the fall and it will be worse if the country is unprepared. So, what can you do to prepare?

• **Stay up to date on your emergency plan.** Make sure that you have essential items on hand for at least a 2 week’s supply, including prescription medications and over the counter medications. Some of the items that have been more difficult to find should start to gradually reappear, so try to restock on those when they are available.

*continued on page 36*



wear the entire time they are in our facilities. There will also be reminders for social and physical distancing, as well as less furniture in lobbies and waiting areas. All elevators, door handles and common areas will be cleaned regularly.

“Our caregivers have demonstrated incredible teamwork, and we are grateful for their selflessness and courage as we work together to serve our patients and community during this difficult time,” says Dr. Rosencrance. “I cannot tell you how proud I am to be a part of such an amazing organization and to serve such a supportive community. Safety will continue to be our top priority and we are eager to reconnect with many of our patients and continue our mission of caring for our community.”



NURTURE AND NOURISHMENT



## Wonderful Volunteer Opportunities

The Shining Light Garden has been growing fresh vegetables to help feed the homeless, hungry, and forgotten, seniors and veterans since 2008. Their focus is strictly on growing and giving for God's glory. Volunteers and financial donations help the Shining Light Garden to provide wholesome, nutritious locally grown produce to families in need in Indian River County.

Volunteer to work in the garden; do not be afraid to come out and do what you can. If you have a love for growing and a heart for giving, the Shining Light Garden needs you.

Help plant starters seeds, wash vegetables, plant, pick, or weed. Help care for the culinary herbs and flower beds.

*Call Greg Vafiades at (772) 532-877 or email to [gregvfla@gmail.com](mailto:gregvfla@gmail.com) for information and volunteer opportunities. Visit their website at [www.shininglightgardenfoundation.com](http://www.shininglightgardenfoundation.com).*



Affordable, Quality Healthcare for **EVERYONE!**

**TELEHEALTH AVAILABLE**  
for Medical and  
Behavioral Health Services

All you need is a phone or  
laptop with video capability

*Medicare, Medicaid and most private insurance  
accepted. Discounts available for eligible patients.  
We treat everyone regardless of their ability to pay.*

*\*Our on-site pharmacies offer discounted pricing\**



**MAKE AN APPOINTMENT TODAY!**

VERO BEACH FORT PIERCE  
**1-877-345-WFHC (9342)**

[www.wholefamilyhealthcenter.org](http://www.wholefamilyhealthcenter.org) [f/WholeFamilyHealthCenter](https://www.facebook.com/WholeFamilyHealthCenter)



If your loved one is  
vulnerable and needs  
in-home care, we're here  
to help. Call us today.

**Home  
Instead**  
SENIOR CARE®  
*To us, it's personal.*

772.564.8821  
[HomeInstead.com/259](http://HomeInstead.com/259)

PERSONAL CARE | MEMORY CARE  
HOSPICE SUPPORT | MEALS AND NUTRITION

Each Home Instead Senior Care Franchise is independently owned and operated.  
© 2020 Home Instead, Inc. HHA#299993141

Never underestimate  
the power of looking like  
the best version of yourself!



- Electrology! Permanent Hair removal for all hair types.
  - Manicures, Gel Manicures and Pedicures!
- Medical Esthetician on staff for all your skincare needs.
- Massage: Swedish, Therapeutic, Deep Tissue, Hot Stone and more!
  - Custom Airbrush Tanning
- Haircut, Blow Dry and Style starting at \$45
- All Stylists are Advance Color and Cutting Specialists.
- 6000 Sq ft facility hosting the most talented stylists in the Treasure Coast!
- Tier System of Stylists - a stylist for every guests schedule and/or budget!

True Colors  
Salon & Spa





## Socialization and Activities are Essential to Help Residents Feel Connected

Grace Rehabilitation values strong community connections, caring for their seniors, and their staff as well. An unexpected pandemic quickly challenged them to seek new ways to make sure their values thrive in uncharted waters. Seniors are considered a vulnerable population and special precautions were instituted. These precautions protect them, but they also carry a potential that leaves them vulnerable to a sense of isolation. It is a delicate balance to maintain protocols and the need for social connection. Grace Rehabilitation



*William Trainor & Easter Bunny*



*Thomas Tempesta gardening*

Visitor restrictions are in effect which can cause some residents to feel a bit isolated or miss the usual social activities that are now on hold. To help residents stay connected with family and friends the staff is use social media such as Grace's FaceTime and Facebook. The staff keeps residents active with outdoor exercising, gardening, and meditation while maintain safe distancing. They held a "Spirit Week" where staff dressed up for a week as different celebrities from various eras.

The Easter Bunny visited and went room to room with presents and treats for residents. The First United Methodist Church Stephens Ministry donated candy for the Easter Bunny. First United Methodist Church Ministry ladies also made masks for residents.



*Resident Mary Grace Martinelli*



*Kathleen with crazy hair during Spirit Week*

has transformed these challenges to help residents, staff, and families remain healthy and socially connected.

For healthcare facilities like Grace, there are strict federal, state, and accrediting rules and regulations that must be followed. Combine this with unexpected social and well-being needs is not an easy task. But Grace Rehabilitation conquers it! Let us look at what they have been doing.

The staff at Grace go the extra mile. For example, Jenny Craig, one of Grace's Occupational Therapists with the help of her spouse, Alex, and their friends sewed cloth masks and donated them to Grace. Caregivers volunteered to travel to Grace's sister facilities to help with staffing amidst the pandemic; but not everyone was able to go. Thank you to Tina Bighom, LPN, Chasity

*continued on page 47*



by Colleen Symanski, RN, Certified Diabetes Care and Education Specialist

## Caring People Caring for You at Bay Street Pharmacy

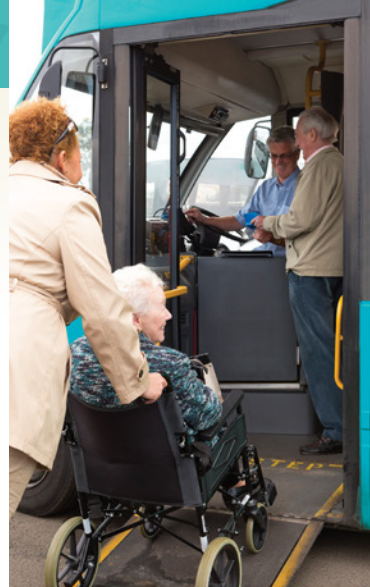
I can be at a national pharmacy within 10 minutes; in fact on many intersections there are two different chain pharmacies that I can choose from. But there are also locally owned pharmacies that are close by and oh so wonderful! One of my favorites is Bay Street Pharmacy in Sebastian. I have been a customer for many years, which has blessed me with a meaningful rapport with the pharmacists and staff.

Bay Street Pharmacy knows their clients by name; they know what they do and their health care and family needs. They are connected to our community and fundraising efforts on many levels. Bay Street Pharmacy is always supporting various non-profit events and businesses. Such as: Relay for Life, Little Birthday Angels, The Shining Light Garden, and Exchange Club of Sebastian. You can find locally made soaps and other unique products in their pharmacy. They even carry products for pet health and wellness!

Prescriptions are filled quickly, delivery is available, and they also compound medications which is not available in many pharmacies. Bay Street Pharmacy offers medication therapy management and they can bubble pack medications to help reduce home medication errors. They have a consultation room for confidential conversations with a pharmacist.

Bay Street Pharmacy even offers a full range of immunizations including flu, pneumonia, shingles, hepatitis, tetanus and others. Additionally, they provide testing such as Hemoglobin A1C or cholesterol with results in just 5 minutes. Bay Street offers an assortment of quality over-the counter supplements and essential oils. Need a medical alert bracelet? You'll find a variety of choices. They even offer a free monthly diabetes education class at Sebastian River Medical Center.

Theresa Tolle is the owner and chief pharmacist of Bay Street Pharmacy, along with her husband Joe, since 1999. Theresa is proud to be owner of a pharmacy "where caring people care for you" and invites you to come in and see for yourself. I couldn't agree more. They are located at 776 Bay Street in Sebastian.



  
Senior Resource  
ASSOCIATION  
*Promoting Independence in our Community*



## SENIOR SUPPORTIVE SERVICES FOR ALL

### MEALS ON WHEELS

Alleviates isolation and hunger with hot, nutritious meals and wellness visits.

### ADULT ENRICHMENT & RESPITE

Provides seniors and their caregivers with daily socialization, recreation and respite, including Day-Away and LifeWay programs.

### THE PUBLIC GUARDIAN PROGRAM

Provides legal and professional guardianship services that protect and exercise the legal rights of adults who lack the capacity to make decisions and care for themselves.

### TRANSPORTATION

#### Community Coach:

Pre-arranged door-to-door transportation for eligible riders.

#### GoLine:

Public, no-fare transportation for all.

### CONTACT US!

772.569.0760

SeniorResourceAssociation.org

Follow us on Facebook

**GoLine**

Heartbeat of the Treasure Coast

  
**MEALS ON WHEELS**  
INDIAN RIVER COUNTY





## Oh So Good!

Soups, salads, sunshine and fresh air are just so good for us. They pack a good “dose” of health and wellness. This super ‘S’ trio is simple and easy. They provide vitamins, minerals, and antioxidants that we need. Best of all, they are natural and readily available. No pills needed, no special diets required, no special equipment necessary. What you buy to make soups or salads can be used to make either of them. As for sunshine and fresh air- no purchase is needed. The super ‘S’ trio nurtures and nourishes our bodies. Enjoy them!

Soups are versatile; start with a good organic broth base whether it be chicken, beef or vegetable stock. Soups are also a good source of hydration. Add vegetables that you like. I like to dice them, so they are bite size. Some vegetables don’t take long to cook so it is best to add them last, so they don’t get over-cooked. I usually always include carrots, celery, and onions; also known as mirepoix. Be creative and make sure to cook extra so you can freeze for later. Proteins make a soup “heartier” and can include chicken, turkey, beef, or beans. Save some extra vegetable stock so you have a base



for a different soup. Eating the same soup just gets boring! If you want to include chicken amp up the nutritional goodness by using a whole, half, or chicken breast with the bones. Please include culinary spices and herbs!

Salads are also versatile and unlike soup, they have a much shorter shelf life. Don’t get into a basic salad rut. There are a lot of different salad greens to choose from and they each have some favorite fixings that enhance their flavor. Such as spinach, strawberries and almonds pair nicely. Arugula, pears, dates, and a hint of cardamom with an olive oil and lemon dressing delivers a completely yumminess. Salads can be topped with a protein if your choice! Remember, salads do not always have to contain greens. There are bean salads, tabbouleh, watermelon and fennel salad, as well as cucumber-tomato salad. The list goes on.

Sunshine and fresh air are vital to so many plants and are just as important to our bodies if we want blooms of vitality. It’s easy for us who live in the Treasure Coast to get sunshine and fresh air. The best times to get your dose of vitamin D of are early morning and late evening. If you want to kick up the benefits do something that makes your body move. Go for a walk, run, swim, ride a bike, or be even more adventurous. Breathe deeply and get your oxygen flowing.

If you need some ideas or recipes, please feel free to reach out to us. ‘A Healthier Me’ is located at 2855 Ocean Drive in Vero Beach in the Portales Building. Our telephone number is 772-231-5555. Visit our website at [www.ahealthiermeverobeach.com](http://www.ahealthiermeverobeach.com). Better yet, make an appointment for personal attention. We simplify health and fitness.



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

## During COVID-19, the VNA is Prepared to Care for Our Patients



During this challenging time, it is important that we all take steps to ensure our health and safety. Home care is a vital part of this. Caring for patients at home and keeping them out of the hospital is important now more than ever. At the Visiting Nurse Association (VNA) we are prepared to continue to care for our patients in a safe and responsible manner.

In the beginning of this crisis, the VNA began preparing so we could provide continuity of care for our patients. Since then, we've implemented protocols and policies to ensure the safety of our staff and patients. To accomplish this, we focused on the following areas:

**Education** – Our staff has been trained and understand the proper use of personal protective equipment. Our staff has reviewed infection control procedures and know how to deliver care while minimizing exposure or spread of viruses.

**Preparation** – Early on, our agency purchased protective equipment and supplies for our staff so we would be prepared to continue to deliver care amidst this crisis. In addition, we instituted policies for all our staff to maintain a healthy work environment. All staff must comply with a mandatory handwashing policy and temperature reading before the workday begins. All employees monitor and report any signs of symptoms. Employees working in our offices must wear a mask. In addition, we've restricted visitors to our offices.

**Utilizing Technology** – We've leveraged our use of technology to conduct virtual visits for appropriate patients. By doing this, we are minimizing the risk and exposure to not just the patient, but our staff as well.

For 45 years, the VNA has been caring for this community. Even during this health crisis, we are committed to continue to provide private care, home health and hospice services. As our community begins to establish our new normal, the VNA will always be here for compassionate, trusted care.

*To learn more about how the VNA is committed to keeping our patients safe during this challenging time, please visit [vnac.com/patientsafety](http://vnac.com/patientsafety) or call 772.202.3972.*



## We're Still Here for You

Delivering world class care means delivering the best care available, wherever and however you need it. As a recognized leader in healthcare, Cleveland Clinic Indian River Hospital is here for you – even in these uncertain times.

Scheduled virtual visits allow you to see your doctor from the comfort of your own home using Google Duo or FaceTime. Your physician's office will review available options with you.

**To learn more about virtual visits and request an appointment, visit [ccirh.org/virtualvisits](http://ccirh.org/virtualvisits).**



by Susan Long, RN, MS, LCSW, Terry Mindfulness & Long Wellness Center in Vero Beach

## Polymyalgia Rheumatica (PMR)

Polymyalgia Rheumatica (also known as PMR) is a rare disorder and causes muscle pain and stiffness in the neck, shoulders and hips along with fever and fatigue. Morning pain and stiffness usually resolves in a few hours. It most commonly affects women between the ages of 60-75 who are of European or Scandinavian descent. It most often does not occur in people under 50. However, the disease can appear at other ages and among men. Left untreated, PMR can cause problems in mobility, making it difficult to perform daily activities such as bathing, dressing, combing your hair, standing up from a couch or a chair.

PMR is classified as an autoimmune disorder and requires a physician diagnosis. There are at least two blood tests used to validate the diagnosis. One is called a SED rate (sedimentation rate), the rate at which red blood cells sink to the bottom of a test tube. Another test is called a C-reactive protein which tests for an enzyme produced by the liver and raises when there is inflammation anywhere in the body. Imaging (MRI) or ultrasound can demonstrate inflammation around the joints.

Another disorder that often occurs at the same time as PMR is giant cell arteritis, inflammation of the arteries in the temples and head. GCA can also cause headaches and vision loss.

If left untreated, it can result in blindness.

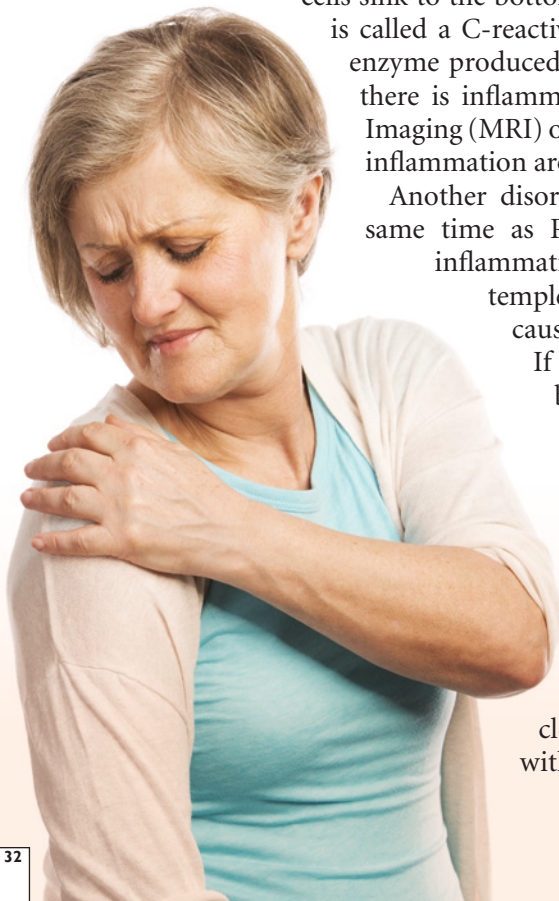
An autoimmune disorder occurs when the body's natural defense system mistakenly attacks its own cells. The cause is unknown. PMR can last from 1-5 years or become chronic. Treatment with the steroid prednisone usually clears up the pain and stiffness within 24 to 48 hours. Regular

low impact exercise like walking, riding a stationary bike, or swimming are helpful in maintaining mobility and reducing discomfort.

Seeing your doctor promptly if symptoms are noticed is important. PMR and GCA are not just the aches and pains of getting older! The symptoms and emotional stress can affect your emotional wellbeing. Reaching out to family and friends, or a mental health professional, as well as keeping track of your health can be helpful.



*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.*



## Bay Street Pharmacy

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



### Services we offer:

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

- Young Living Essential Oils and Bariatric Advantage vitamins



**Bay Street  
Pharmacy**

Theresa Tolle, R.Ph. OWNER

Honoring most insurance. We bill Medicare and private insurance.

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

by Jenna Katz Schwibner, DMD, FAGD

## Sleep Disordered Breathing: Not Just for Grown Ups



Dr. Jenna Katz Schwibner

The American Academy of Sleep Medicine estimates that 12% of the U.S. adult population has obstructive sleep apnea (OSA), creating a \$149.6 billion drag on the economy each year and increasing risks for hypertension, heart disease, diabetes and depression.

When we don't properly breathe while sleeping, the lack of oxygen produces a "fight or flight" response within the body. The consequences are the aforementioned major health risks as it increases inflammation and inhibits the body's ability to heal. Links have also been made to things like early on-set dementia, stroke and even nighttime trips to the restroom – something previously just thought of as a symptom of getting old.

Dentists are the first line of defense in identifying the risk indicators associated with both OSA and its many milder forms referred to generally as sleep disordered breathing (SDB). The warning signs of a restricted airway include acid-eroded teeth, tongue ties, scalloped borders around the tongue and a poorly developed jaw.

Solutions for OSA and SDB range from oral appliances to CPAP machines. However, these are band-aids to the symptoms, never actually treating the cause. With a complete dental evaluation our aim is to not only treat breathing issues at night, but for the entire day as well. Through a partnership with other medical specialists, there are a variety of treatments available to restore proper nasal breathing and reduce harmful airway constrictions.

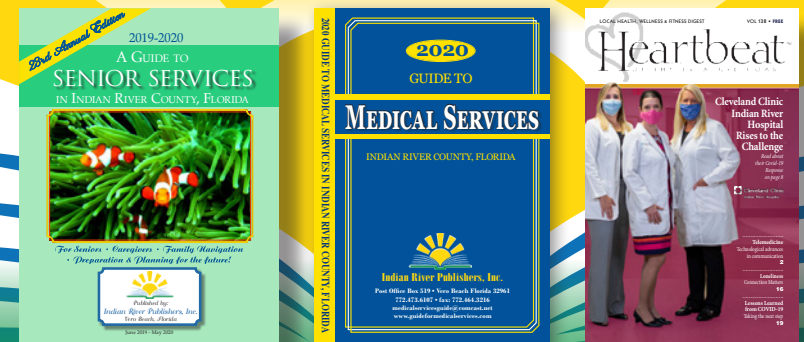
What was once thought to be a condition stereotyped for overweight

individuals over the age of 50 is now known to be prevalent across all ages and body types. Sadly, over 40 million children also suffer from SDB with studies linking to ADD/ADHD, delayed and stunted growth, aggressive behavior, speech impediments, poor academic studies and much more. The nighttime bathroom trips suffered by some adults are also often realized as bed wetting among children.

Evolution, genetics, bottle feeding and adolescent diets are all causing increased incidents of SDB in children. Thankfully, new evidence-based research suggests that through interceptive orthodontic techniques a dentist may help develop the jaw properly and decrease the chance of a child developing SDB and OSA. So, while we continue to make advancements on the treatment of these disorders for adults, we are also learning how to correct the underlying cause from an early age... something I look forward to sharing more of in my next article.

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](http://VeroBeachDentist.com)

## VISIT OUR NEW INDIAN RIVER PUBLISHERS, INC. WEBSITES



[www.heartbeatofthetreasurecoast.com](http://www.heartbeatofthetreasurecoast.com)  
[www.guideformedicalservices.com](http://www.guideformedicalservices.com) • [www.guideforseniorservices.com](http://www.guideforseniorservices.com)



• **Continue to practice social distancing and wearing face masks** in public, following the phased in “Reopening Florida” plan. To protect both our staff and our patients, our pharmacy will limit foot traffic and ask for patients to wear masks until we are told that the danger of spreading COVID-19 to others has passed. Remember that this virus can be transmitted by someone who does not know they have it and is symptom free, so it is important to heed the advice of our government officials.

• **Consider getting vaccinated against the virus that is most prevalent each season**, influenza (flu), and also perhaps get a pneumonia vaccine. Seasonal flu shots will begin again in late August/early September, so make plans to get yours when it is available. Also, patients over the age of 65 should consider a pneumonia vaccine as well to better protect themselves. Check with your pharmacist about your eligibility for that vaccine. We do not anticipate a COVID-19 vaccination until early 2021, but continue to watch for when that will be released.

• **What about testing? That is still the big question!** Governor DeSantis has placed an emphasis on expansion of testing. However, it will probably be several more weeks or months until we see this begin to increase. There are 2 different types of tests, a viral test that tells the patient if they have a current infection and an antibody test that shows if there was a previous infection. While both types of tests are continuing to be developed, improved and expanded, the focus is to greatly expand testing for antibodies to determine who is “immune” and might be safe to go back to work or resume their daily activities. There are many more questions to be answered though, per Dr. Greg Poland, director of medicine and infectious diseases at the Mayo Clinic. Dr. Poland stated that “it is unclear how strong the immunity might be, how long it might last and the accuracy of the antibody tests is inconsistent”. Over time, we will indeed learn more and more about the value of testing and will most likely be recommending that a large percentage of the population get tested, but for right now, we are still in a waiting period.

As a wrap up, over the next few months we should continue to learn more about COVID-19, including treatments that are working and possible ways to prevent it. Additionally, much like when we have a hurricane, our emergency plans get better and our state and country will have more systems in place to respond appropriately. I encourage you to do what you can to make sure that you and your family are well prepared if we see a resurgence. My wish for you all is good health!

## References:

[flgov.com/wp-content/uploads/covid19/Taskforce%20Report.pdf](https://www.flgov.com/wp-content/uploads/covid19/Taskforce%20Report.pdf)  
[cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html)  
[cnn.com/2020/05/02/health/coronavirus-second-wave-fall-season/index.html](https://www.cnn.com/2020/05/02/health/coronavirus-second-wave-fall-season/index.html)

Keep Your Mind Active with our

# Sponsor Name Scramble

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

☐ A Healthier Me  
☐ Alzheimer Parkinson Assoc  
☐ Bay Street Pharmacy  
☐ CC Indian River Hospital  
☐ Caregivers  
☐ Colleen Symanski RN CDE  
☐ David J. O'Brien MD  
☐ Dental Partners  
☐ Encompass Health Hospital  
☐ Grace Rehabilitation

☐ Holly Owen RN  
☐ Home Instead Senior Care  
☐ Jenna Katz Schwibner DMD FMD  
☐ Jennifer Puglisi RN  
☐ Long Wellness  
☐ New Vision Eye Center  
☐ Patty Lees RN  
☐ 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  
☐ Telemedicine  
☐ Theresa Tolle RPH  
☐ True Colors Salon Spa  
☐ VNA  
☐ Whole Family Health

*Solution on page 46*



# Thank You

## Sincere Appreciation to our...

All Therapists  
Assisted and Independent Facilities  
Clinical and Research Laboratories  
CNA's  
Delivering Personnel  
Educators  
Farmers  
Federal, State and  
Local Governmental Workers  
Fire Rescue Officers  
First Responders  
Food Banks  
Gasoline Stations  
Grocery Stores  
Hospitals  
Home Health Agencies  
Healthcare Associates  
Law Enforcement Officers

Local businesses  
Local Non-Profit Organizations  
LPN's  
Maintenance Engineers  
Manufacturers Evolution  
Mask Designers-Seamstresses  
Mental Health professionals  
Neighbors  
Nurses  
Pharmacies  
Paramedics  
Physicians  
Rehabilitation Facilities  
Respiratory Therapists  
Skilled Nursing Facilities  
Truckers  
Vegetable and Fruit Markets  
Volunteers



## LOCAL PEOPLE *Making a Difference!*

### Nurse On Call Rallies Drive-by Thank You



How do you say thank you without a hug and 6-feet apart? Nurse on Call brainstormed and in less than 12 hours, Nikki Parris and Nurse On Call Home Health Care team Lisa Harvey, Elizabeth White, Ana Pease, Erika Magana, Kenny Borchers and Betsy McMahon organized a drive-by. They contacted the Alzheimer & Parkinson Association of Indian River County, the Indian River County Sheriff Department, Vero Beach Police Department, Sebastian River Police Department and the

Indian River County Fire Department to join them for a drive by thank you to the Cleveland Clinic Indian River Hospital, Scully Welsh Center, Emergency Rooms, Physicians' offices and to Steward Sebastian River Medical Center. Everyone came out in force, patrol cars, trucks, SUVs water trucks, ladder trucks and more with lights flashing, horn honking, sirens singing, people waving and the Easter Bunny waving and blowing kisses to the healthcare providers who lined the streets. Passengers waving and holding "Thank You" signs to health care providers.





## How Senior Resource Association met the need, even in isolation



As our community enters another phase of the COVID-19 pandemic, Senior Resource Association (SRA) continues serving our most vulnerable neighbors in need – homebound, at-risk seniors. Within the first month of the crisis, the organization added 100 seniors to their existing Meals on Wheels program and they continue serving more than 2,500 meals per week. Due to demand, they also provided non-perishable and prepared meals to adults of all ages. A community-wide “Supplies for Seniors” neighborhood drive provided enough non-perishable food and essential supplies for SRA to open a Food Pantry at their Vero Beach and Sebastian locations that is available to anyone in need.

Volunteers continued delivering Meals on Wheels every week. As a precaution, meal pick-ups were changed to a drive-thru format, allowing SRA staff to check

*continued on page 46*

772.569.0760  
VERO BEACH: 686 14th Street  
SEBASTIAN: 815 Davis Street  
Monday – Friday; 7:30am to 5:30pm



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

**Lora B**  
CAREGiver  
of the Month –  
January 2020  
Home Instead  
Senior Care



“Lora is absolutely wonderful”, a statement the Home Instead Senior Care staff hear constantly from her clients and their families. She is so proactive in the home and makes her clients feel special. Lora has a great habit of putting a smile on everyone’s face.

**Earl C**  
CAREGiver  
of the Month –  
February 2020  
Home Instead  
Senior Care



Earl is consistently upbeat, positive and has a great sense of humor. Always ready and willing to help, whether that is making his clients feel at ease in their home or in the office with clients who may need last minute care. Earl is a CAREGiver we can always count on.

**Virginia Q**  
CAREGiver  
of the Month –  
March 2020  
Home Instead  
Senior Care



Virginia is such a delight to have as part of Home Instead’s team. She has such a calming demeanor that is truly contagious. Virginia has been with her clients for almost two (2) years now and has truly been a huge support system for them throughout the transitions they have experienced.



# PULSE POINTS

## A Healthier Me and Diabetes Self-Care During Coronavirus Health Pandemic

We take the corona virus pandemic seriously. Nothing matters more to us than the safety and well-being of our clients. We also recognize that diabetes self-care must continue during this health pandemic. Given the significant role that glucose control plays in the prevention of and recovery from COVID-19, we are available to help anyone who seeks our assistance.

We are available for remote/virtual and telephone consultations. Colleen continues her practice of offering services to anyone in need of diabetes care and education. In addition, our studio can be opened for anyone requiring assistance with essential supplies or in-person service.

Call us at (772-231-5555) and leave a message. Messages will be returned promptly throughout the work week.

Please take the necessary precautions to protect yourselves and your loved ones from coronavirus, but do not neglect your diabetes along the way. Together, we will get through this.



## Renaissance Senior Living Resident Caring during COVID 19

Renaissance Senior Living has installed Immunity Boost Stations (Mobile carts), which provide healthy foods and vitamin-infused hydration with the goal to help boost immunity and combat anxiety.



*Nicole and James launching the Immunity Boost Station.*



*The desk of Eric Sajid, Executive Director of Renaissance Senior Living is over-flowing with Easter Baskets for residents.*

“The immunity stations are designed to promote overall wellness through natural means such as staying well hydrated, getting proper rest, and staying connected with family and friends. Even during this difficult time, our mission continues to prioritize the quality of life for the greatest generation of Americans who reside in our communities. We believe these proactive wellness efforts can give residents a positive outlook, a sense of calm and perhaps even a stronger immune system,” said Bryan Cook, co-founder and president of Legacy Senior Living.

James & Nicole are dedicated to making sure that these healthy items are offered twice daily to our residents. Making sure our residents are happy and healthy is our number one priority!



# PULSE POINTS

## #STAYHOMEINSTEAD Deemed the Safest Place to Be for Aging Adults



As leaders across the globe are now urging that home is the safest place to be, Home Instead Senior Care has been shouting that from the rooftops for more than 25 years. In a time when medical systems are overwhelmed, home care is playing a critical role in the health care system: keeping seniors safe and healthy at home- and

out of the hospital. “The health and safety of our clients, CAREGivers and community is our number one focus. Just as we always do, we are following CDC guidance for preventing the spread of illness, the foremost being hand-washing, staying home when sick and following precautions when working with clients who are sick.” Says General manger, Erica Vezza.

The most important topic on the minds of professionals caring for aging adults is that while social distancing is necessary to slow the spread of COVID-19, the emotional impacts of isolation have become a real danger. And seniors, many who live alone, are at higher risk of serious health issues due to loneliness and isolation. Home Instead and essential home care workers can provide that daily human interaction as an essential business through phone calls and video chats – via in-person visits or technology– that allows seniors to stay connected and engaged.

However, it's not just essential home care that reduces loneliness

**Home Instead**  
SENIOR CARE®  
*To us, it's personal.*

among seniors. We all have a role to play. While the world stays home to prevent illness, family members, neighbors, friends – all of us! – must reach out to our neighbors and loved ones to make sure our seniors stay connected. For acts of kindness ideas, visit [www.ReadyToCare.com](http://www.ReadyToCare.com) and sign up to receive free weekly tips, care missions and inspiration from others delivered right to your phone. If everyone can do a little bit of care, together we can care for everyone.

## Relieve the Pressure with New Vision Eye Center



Dr. Stephen Tate

If you suffer from high eye pressure or glaucoma, you may be able to participate in an FDA approved clinical trial study of the Travoprost Intraocular Implant, at New Vision Eye Center with Dr. Stephen Tate.

The intraocular implant is one of the smallest medical implants to be placed in the human body. The titanium implant is placed in the eye through a tiny opening in the cornea. The intraocular implant will slowly release travoprost medication that may help lower pressure in the eye.

Participants will receive a comprehensive screening evaluation, follow-up visits for up to three years, and reimbursement for costs related to time and travel. If you are interested in participating in this study contact Barbara Arutt by calling 772-257-8700 ext.116.

### 4 STEPS TO FOOD SAFETY





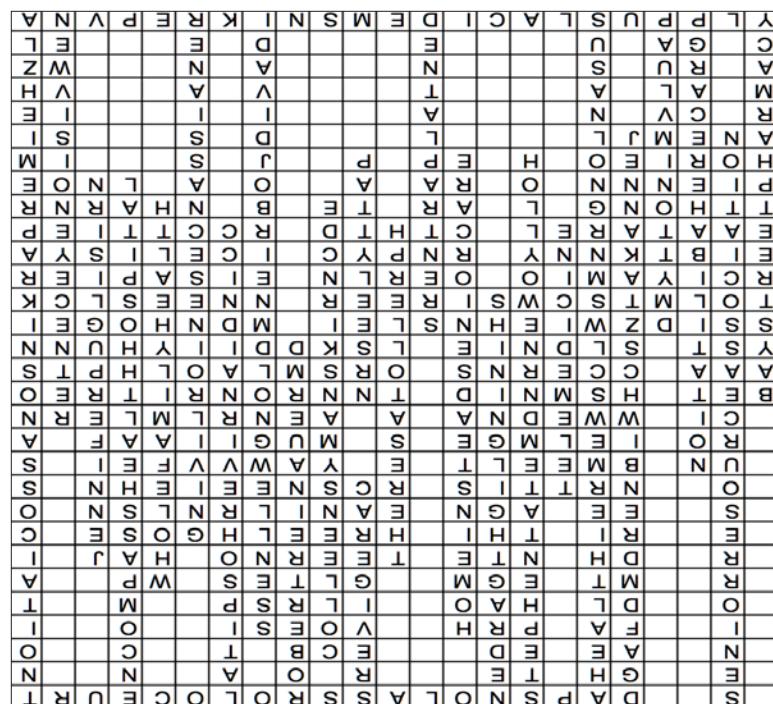
volunteer temperatures and load meals into their cars, eliminating the need for volunteers to exit their vehicles while also reducing physical interaction.

A new Grocery Shopping Assistance program, made possible by Area Agency on Aging, provided another critical service. SRA staff shopped, picked up payment, and delivered the groceries back to their clients on the same day -- at no delivery cost to homebound seniors. It has been so successful, SRA is considering making it a permanent program.

As operator of GoLine and Community Coach transit systems, SRA was also responsible for ensuring riders and drivers were adequately protected. From the onset of the virus, all buses were fogged nightly with a disinfectant, wiped down throughout the day, and drivers were provided masks. By early April, GoLine limited its riders to 10 per trip. Two routes were temporarily suspended so extra buses could assist with the overflow.

"I'm so encouraged by the continued acts of kindness and generosity. With the help of our community and collaborations with organizations like United Way, Treasure Coast Food Bank, and The Salvation Army, we'll all come through this crisis stronger than ever," Karen Deigl, SRA President/CEO said.

For more information about Senior Resource Association programs and activities, call 772-569-0760 or visit [SeniorResourceAssociation.org](http://SeniorResourceAssociation.org).



Hugh Lee with Easter Bunny



Morning exercises & meditation

Hooker, LPN and Joelma Thompson, LPN for helping out in Washington D.C.

Grace hosted a delicious BBQ for the staff to say thank them for their dedication and all the work they do. Grace has a screening protocol for all their staff before coming into the facility. Temperatures are taken prior to entering and throughout the day; masks are changed after each resident contact; protective clothing is worn when necessary; gloves changed and hand washing before and after contact with residents. All EMS personnel and other essential personnel are also screened upon entering the lobby.

"We are proud of our staff and honored to care and support our residents and their families during this time".

**Love. Integrity. Commitment. Respect.**

**GraceRehabilitationVeroBeach.com**



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

**RENAISSANCE**  
SENIOR LIVING of VERO BEACH

Assisted Living | Memory Care  
AL #13068  
2100 10th Avenue  
Vero Beach, Florida 32960  
772-562-8491 • [renaissanceverobeach.com](http://renaissanceverobeach.com)



Post Office Box 519  
Vero Beach, Florida 32961

**HEROES** Government Staff Paramedics **HEALTHCARE WORKERS** Drivers **SPRIT**  
Doctors **BRAVERY** Nurses Border Patrol **HEROES** Drivers **Nurses** DELIVERY DRIVERS  
Cleaners **GRIT** ESSENTIAL TRADES Cabin Crew Police Doctors EDUCATORS Public Transport  
EDUCATORS **THANK YOU** Fire Fighters **PASSION** Essential Trades  
DEDICATION Supermarket Staff  
DRIVERS Essential Trades **COURAGE** Nurses SUPERMARKET STAFF **MILITARY**  
Fire Fighters Doctors **MILITARY** Nurses **PASSION** **GRIT** PARAMEDICS Doctors Cleaners  
COMMITMENT Border Patrol **PASSION** DELIVERY DRIVERS Essential Services **BRAVERY**

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