

# Heartbeat™

OF THE TREASURE COAST



## Innovative Heart Care - Welsh Heart Center

*Meet  
Mariano Brizzio, MD  
and  
Carlos Gonzalez, MD  
on page 8*



**Cleveland Clinic**  
Indian River Hospital

.....  
**Early Cancer  
Detection**  
**14**

.....  
**Kindness,  
Connection  
and Stress**  
**16**

.....  
**Flu Shot 2020  
Especially Important**  
**19**

.....  
**Get Spicy be Healthy**  
**28**

by Colleen Symanski, RN, CDECS

# Hope is All Around Us

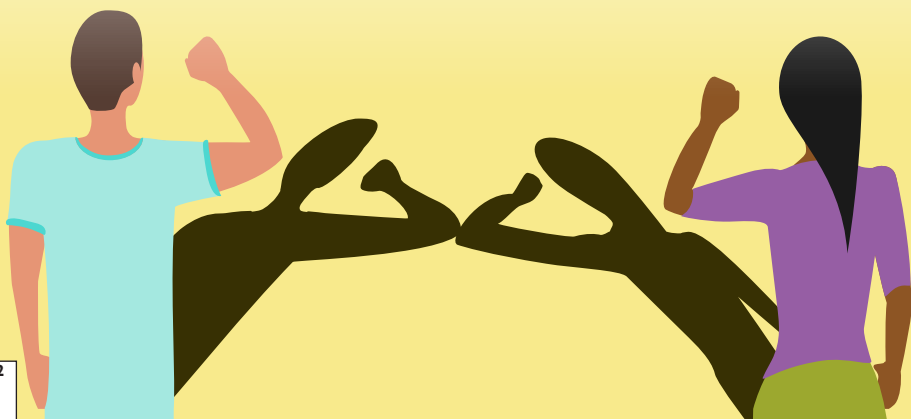
A lot has happened since COVID-19 began. It has been a difficult time for all of us. Some had to temporarily close their business, some had to change how they did business, and for all of us how we maintain social connections drastically changed. The good news is that there is an abundance of hope that is transpiring even when we may not know it.

Behind the scenes of businesses and community organizations temporarily closed to the public is a lot of work and creativity occurring. They have created zoom meetings and you-tube videos to maintain essential social connections. Deacons and other clergy are visiting patients in hospitals when family and friends aren't able to. Individuals and local businesses have stepped up to make face masks and other PPE. Telemedicine is offering patients an avenue to remain connected with health care providers.

Our local community, neighborhoods, family, and friends are replacing global resources that have halted. Please reach out to our local businesses and organizations that are working hard to bring support and hope in a time that feels like despair and isolation. They are working hard to bring services and social connections to fill a temporary void. Call them to find out what they are doing. You will be amazed at how creative they are.

We are struggling right now. But hope is all around us. Please do not isolate yourself or a loved one when there is still a wonderful community offering mental health and wellness resources. We are blessed to have a network of providers and businesses that care and recreate how they do business today to meet our needs. Such as but not limited to our local Alzheimer & Parkinson Association of Indian River County, the Vero Beach Museum of Art, Senior Resource Association, and the Mental Health Association in Indian River

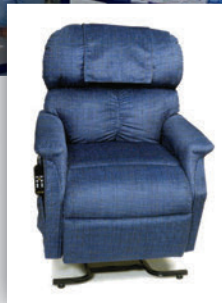
*continued on page 20*



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24



27



30



36



40



42

# contents

24 Jennifer is back - Orchid Cove at Vero Beach

27 Local Dentists & COVID-19

30 Glucoma Treatment

36 VNA Answer Nurse - Flu Shot

40 SRA Fresh Alternatives

42 Advanced LASIK Technology

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cover story

Cleveland Clinic Indian River Hospital and Innovative Heart Care

p 8

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Cindy Bryant

DESIGN  
Mike Renfro

EDITOR  
Colleen D. Symanski, RN, CDCES

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

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It is hard to believe that there are only 4 months before the year ends and a new one begins. I hope you have been taking time for self-care. Such as mediation, walking, and listening to music. There is another type of care that might need attention and that is yearly routine exams. It is possible that COVID-19 cancelled your appointments. Now might be a good time to schedule them.

Insurance often covers annual preventative screening and examination. Such as mammograms, colonoscopies, pap smears, and blood tests for cholesterol, diabetes, and prostate cancer. Yearly skin checks, eye examinations, as well as blood pressure and weight should be included in your wellness plan. Do not forget to see your dentist to prevent gum disease and maintain good oral health.

There is a peace of mind in knowing that you are in good health. LET'S FOCUS!!!!

*Cindy*

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Heartbeat of the Treasure Coast

# Building on Success of Welsh Heart Center

## *Specialists in Innovative Heart Care Join Cleveland Clinic Indian River Hospital*

The Welsh Heart Center at Cleveland Clinic Indian River Hospital changed the heart care landscape for the Treasure Coast when it opened its doors in November 2006. Providing a tremendously needed resource for area residents, more than 18,000 cardiac surgeries, heart catheterizations and stent procedures have been performed at the center and thousands of lives saved.

Today the center is a leader in advanced cardiac care, offering cardiac surgery, angioplasty, electrophysiology, and a full array of services, including the addition of transcatheter aortic valve replacement (TAVR) in 2016. The outstanding cardiac surgery outcomes at the Welsh Heart Center have earned it national recognition as a top cardiac surgery program by the Society of Thoracic Surgeons, repeatedly achieving the organization's highest 3-star rating.

Home to a leading cardiovascular team of physicians, nurses, technologists and support staff, the center is ready to grow and expand the innovative care it offers with the addition of two new heart specialists to its team: Mariano Brizzio, MD, and Carlos Gonzalez, MD.

### **Mission-Driven**

A board-certified cardiac surgeon, Dr. Brizzio specializes in minimally invasive valve surgery, coronary revascularization and transcatheter valve therapies. Before joining Cleveland Clinic Indian River Hospital, he served as an attending cardiac surgeon at The Valley-Columbia Heart Center in New Jersey and clinical assistant professor of cardiothoracic surgery at Icahn School of Medicine in New York.

"Joining Cleveland Clinic Indian River Hospital feels like coming home," says Dr. Brizzio, who completed a fellowship in cardiothoracic surgery at Cleveland Clinic in Ohio. He looks forward to collaborating with his colleagues from across Cleveland Clinic's five-hospital health system in Florida as well as the Miller Family Heart, Vascular & Thoracic Institute in Ohio, ranked number one in heart surgery for 26 years by U.S. News & World Report.

As a physician for 30 years, Dr. Brizzio brings to Cleveland Clinic Indian River Hospital a wealth of experience as well as a passion for caring for patients. That passion fuels his work as a volunteer with CardioStart International, which conducts humanitarian missions to provide free heart surgery and





*Dr. Gonzalez and Dr. Brizzio perform procedures in the well-equipped cath-lab.*

medical services to children and adults in developing countries and teach local doctors and nurses advanced cardiac care. Dr. Brizzio has directed several medical missions since joining in 2008, including CardioStart's first mission to the Philippines conducted in February 2020.

*continued on page 47*



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

by Jenna Katz Schwibner, DMD, FAGD

# Sleep Disordered Breathing and How It Affects Our Children

One of the hottest topics in Dentistry these days is Sleep Disordered Breathing and how it affects our children. As a family dentist I started treating my adult patients for sleep apnea and snoring only to get frustrated by the limited treatment options (CPAP, oral appliances or surgery). Though we still help many adult patients sleep better at night and wake up healthier and more oxygenated with these treatments, it led me to ask the bigger question... why? Why are there so many people growing up and having sleep apnea and sleep disordered breathing? It seems like there is more than ever before. This question led me on the journey of treating children. With children we can really make a difference and fix the cause of the problem before it turns into a chronic adult illness.

My passion to help children led me to open Dental Buddies of Vero Beach, Pediatric and Orthodontic Dentistry, focused on complete dental care for children and teens. By screening children early for airway issues, we really make a difference in so many ways.

Our pediatric dental team uses a screening tool and developmental system called The Healthystart™ System. The HealthyStart™ System is an oral appliance therapy that promotes natural growth and development, which addresses the root causes of SDB (Sleep Disordered Breathing). Research has shown that SDB-induced oxygen deprivation is a major contributing factor to the childhood health disorders shown below. I am excited to be able to offer this service to the community. Is your child at risk? If your child exhibits any of the following symptoms then they may have a form of Sleep Disordered Breathing. Sleep Disordered Breathing may lead to a number of health and wellness issues that could get worse with time.

- ADD/ADHD
- Bedwetting
- Nightmares or waking up at night
- Chronic Allergies
- Aggressive Behavior
- Mouth Breathing day or night
- Swollen Adenoids/Tonsils
- Excessive daytime sleepiness
- Restless sleep and/or Snoring
- Crowded/crooked teeth
- Grinding/wear on teeth



*continued on page 17*

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# Rehabilitation Can't Wait, Even During a Pandemic.



The world is changing, and we understand that there are many uncertainties for patients, especially when it comes to their health and safety as they navigate their healthcare journeys. Our hospital is here to provide your patients with the advanced therapy and care they need to return to independence.

## Who needs treatment at a rehabilitation hospital?

Despite all the changes in healthcare at this time, people will still have strokes and other debilitating conditions or injuries that can benefit from the intense therapy and around-the-clock nursing that a rehabilitation hospital provides. These patients still need to seek medical care during this pandemic and many of them will still need rehabilitation afterwards to regain strength and independence.

## Is it safe?

Our hospital has implemented protocols consistent with CDC guidelines and is assessing the situation daily to protect our patients and employees. We





have also ramped up our existing infection control protocols that are specific to a rehabilitation hospital. We are still having therapy in our gyms, but we are social distancing and thoroughly cleaning equipment after each use. When indicated, we are also conducting therapy within patient rooms.

### Can rehabilitation wait?

Patients who need rehabilitation need a hospital level of care, and that care can't be postponed, even during a pandemic. After an acute hospital stay, patients will need help regaining their strength and, in many cases, their cognitive capabilities. That's what a rehabilitation hospital is for, and the sooner one receives that care, the more likely they can regain their independence and return to their communities, which is always our end goal.

*For more information on Encompass Health's commitment to our patients during the COVID-19 pandemic, visit the Connect blog. For more information on how Encompass Health may be able to help your patients, find your nearest location by visiting [encompasshealth.com/find-a-location](https://encompasshealth.com/find-a-location).*



# Encompass Health

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[encompasshealth.com/treasurecoastrehab](https://encompasshealth.com/treasurecoastrehab)

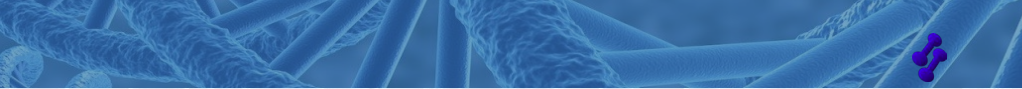
by Colleen Symanski, RN, CDCES

## Earlier Cancer Detection



Amidst the media focus of COVID-19, there is also a lot happening in early detection of cancer prior to conventional diagnosis. Cancer is a leading cause of death worldwide. It is the 2nd cause of death in the U.S. I was so excited to read about new developments to help detect cancer earlier and earlier treatments after diagnosed. One is pending FDA approval and the other is already available.

There is a blood test that can detect whether a person has one of five common types of cancers, four years before the condition can be diagnosed with current methods. This test is the PanSeer assay. It was developed by a team of international researchers and scientists and is a collaborative research effort between Singlera Genomics with Professor Kun Zhang at the University of California San Diego, and Professor Li Jin at Fudan University. The TLS study was started by Professor Li Jin of Fudan University and began in 2007. Zhang and his colleagues focused on developing a test for five common types of cancer: stomach, esophageal, colorectal, lung and liver. The PanSeer detects methylation patterns using tiny bits of DNA that tumor cells release into the bloodstream. According to research, the test could detect cancer DNA in the blood of asymptomatic people with 95 percent sensitivity, identifying cancer



signs as much as four years earlier than current screening methods, especially for certain types of cancer that are more difficult to screen for early detection.

To learn more read this article: Experimental Blood Test Detects Cancer up to Four Years before Symptoms Appear, By Rachel Nuwer on July 21, 2020. It is available at: <https://www.scientificamerican.com/article/experimental-blood-test-detects-cancer-up-to-four-years-before-symptoms-appear/> or visit Singlera Genomics' website at: <https://singleraoncology.com/>. I hope we see sooner than later the approval of the PanSeer assay. It is exciting!

FDA approved, Liquid Tumor Biopsies are new and offer promising changes in how we treat patients already diagnosed. The NIH Cancer Institute defines liquid biopsy as: “a test done on a sample of blood to look for cancer cells from a tumor that are circulating in the blood or for pieces of DNA from tumor cells that are in the blood. A liquid biopsy may be used to help find cancer at an early stage. It may also be used to help plan treatment or to find out how well treatment is working or if cancer has come back. Being able to take multiple samples of blood over time may also help doctors understand what kind of molecular changes are taking place in a tumor.”

In 2016, the FDA approved the first liquid biopsy test to detect a single genetic mutation in a non-small cell lung cancer tumor. Now liquid biopsy tests like the Foundation One Liquid assay can analyze several cancer genes at once. You can learn more by visiting the Foundation Medicine website at <https://www.foundationmedicine.com/>.

Cancer need not be the second cause of death in this country. Earlier screening, quicker detection and advanced treatments options cancer can make a difference.

### How testing works

1. You and your doctor talk about testing options together. Your doctor orders the appropriate Foundation Medicine test.
2. Your doctor sends a tissue, blood, or bone marrow sample to Foundation Medicine for testing.
3. Foundation Medicine analyzes your sample to find cancer-related genomic mutations.
4. Your doctor receives results in a Foundation Medicine report.
5. You and your doctor discuss the results and next steps for treatments.

(source: [www.foundationmedicine.com/info/detail/for-patients](https://www.foundationmedicine.com/info/detail/for-patients))

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

# Kindness, Connection and Stress

Genetically we are wired for kindness and reaching out to others. But, we often get caught up in life, our own problems, work pressures and relationships that get in the way of our natural sense of kindness and compassion.

Stress is one of the normal human responses, both emotional and physical to life events. Reasons for increased stress are:

- Uncertainty about the virus and our future.
- Information overload.
- Changes to our daily routine with frustration over isolation and loneliness.
- Social upheaval and violence.

Physiologically, kindness is the opposite of stress. Stress can cause increased blood pressure, tense the body and nervous system and suppress the immune system. Whereas, acts of kindness can calm the nervous system, decrease the blood pressure, and elevate the immune system. Any act of kindness matters most if you genuinely have a sense of empathy and want to help someone.

True kindness means being friendly, generous and considerate. Words associated with kindness are: affection, gentleness, warmth, concern and care.

- Kindness is an interpersonal skill.
- Kindness has health benefits, including increased happiness and a healthy heart.
- It slows the aging process and improves relationships and connection, which indirectly boost your health.





Kindness matters because it is contagious. Kindness has a domino effect. Even those who witness kind acts are inspired to do the same.

Scientifically it has been charted that if you are kind to one person, that person will be kinder to 5 other people over the next day or two because of how you made them feel which turns into 25 people, and each of those will be kind to five people which turns out to be 125 people's lives that can be changed and affected simply because of one simple act of kindness you did.

How to practice kindness:

- Notice when others are suffering.
- Use a kind word, a smile.
- Open a door and help carry a heavy load.
- Celebrate someone you love by giving honest compliments, sending an email, thanking someone, telling someone how special they are to you.
- Be willing to whole-heartedly celebrate someone's successes.
- Be kind to yourself.

Kindness improves our quality of life in the workplace as well as in the community. Doing good and showing kindness to others is just as rewarding as receiving kindness from others.



*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.*

## Sleep Disorder *continued from page 10*

Please join me for a complimentary consultation about sleep disordered breathing and how it may be affecting someone in your family. Call for a complimentary appointment 772.569.4118. You are also encouraged to visit [www.thehealthystart.com](http://www.thehealthystart.com) to take the quiz to find out if your child is a candidate for the The HealthyStart™ System.

Dr. Schwibner, is the practice owner of Dental Partners of Vero Beach and Dental Buddies 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) or [VeroBeachPediatricDentist.com](http://VeroBeachPediatricDentist.com)



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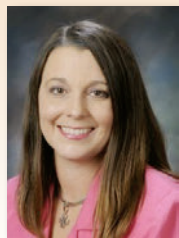
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by Theresa Tolle, R.PH, Owner Bay Street Pharmacy

## Getting a flu shot in 2020 is more important than ever!



I know this may sound like an exaggeration, but these are words being repeated over and over in this unprecedented COVID-19 year. In a recent interview, Dr. Robert Redfield, the Director of the Centers for Disease Control and Prevention (CDC) stated that outside of social distancing, hand washing, wearing a mask and avoiding large crowds, a flu shot is the “next important thing you can do”. If you are at high risk for COVID, influenza and their related complications, it is **ESPECIALLY IMPORTANT** that you get a flu shot and



they are available now. Flu season typically peaks in January to February and spans from October to May. CDC recommends that individuals get vaccinated by October and ideally individuals should get their flu shot in mid-September to early October to provide protection during the peak season. This flu season

experts recommend getting vaccinated sooner so that the shot can begin to work. It takes about 2 weeks to produce full immunity, and receiving your flu shot by October provides protection against the flu.

Because of COVID-19, manufacturers of the flu vaccine have increased their production by 10% for 2020-21 due to an anticipated increase in demand. Another change for the 2020-21 year is that the High Dose vaccine, also called the “senior vaccine” is now quadrivalent, which means that it contains 2 “A” strains and 2 “B” strains of influenza. The high dose and adjuvant vaccine indicated for seniors contain a higher dose of the antigens/strains that will produce increased protection over the time needed. All flu vaccines are designed based on the most prevalent strains of flu from the prior season to try to provide the best protection for the upcoming season.

While a flu vaccine might not completely prevent you from getting the flu, it can definitely reduce your symptoms or severity of illness and even prevent a hospitalization or death. Additionally, especially this year with the risk of developing COVID-19, any opportunity to reduce your susceptibility to any respiratory illness will protect you. Another reason to be vaccinated is to stay

*continued on page 34*



# 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](http://www.walktoremembervero.org)

## Hope is All Around Us *continued from page 2*

County. You can also call the 2-1-1 hotline for information on community services. Also, obtain a copy of A Guide to Senior Services; the guide is comprehensive and published by Cindy Bryant. You may locate a Guide to Senior Services at local libraries, Chambers of Commerce, Physician offices, support groups, pharmacies, community centers, senior centers, residential communities, hospitals and over 150 other locations.

So if you are a caregiver or a long-distance loved one in need of help or information please make a phone call to discover how our local resources are providing services and referrals. You are not alone. It just takes one phone call to connect you with the assistance you need.



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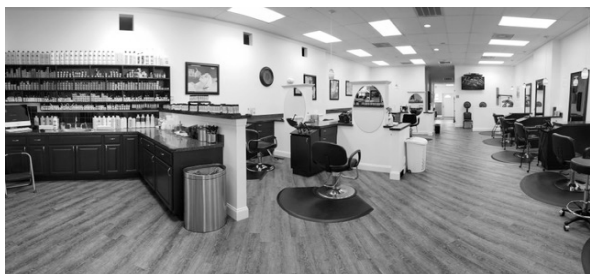
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Heartbeat of the Treasure Coast

# Welcome Back Jennifer!!!!

She has been known as “One in a Million Lady!!!”; “dynamic”; “thoughtful”; “innovator”; “greatest leader”; “caring compassionate leader”; “greatest mentor”; “out of the box thinker”, I could continue, however I think you get the picture. Jennifer Searl-Palleschi, former administrator for Grace Rehabilitation Center Vero Beach has returned as Chief Operating Officer (COO) effective August 1st, 2020.

Renamed Orchid Cove at Vero Beach with the same “Families First” commitment that Jennifer created in her 10 years as administrator, her staff



is absolutely thrilled to have her skills and guidance back. She brought Grace Rehabilitation of Vero Beach, now Orchid Cove at Vero Beach, to a five-star facility during her tenure. She led the professional staff into winning the corporate “Graceful Living Award” two consecutive years, where they competed with 42 other properties. And under her guidance they were named Best Nursing Home 2017-2018 U.S. News & World Report and 2012 AHCA/NCAL National Quality Bronze Recipient. Jennifer is one of those people who has that amazing ability to match individuals to the perfect position which fits their skills and has confidence they will shine. With compassion, laughs, fun and excellence, each day is a delight for her and her team. My personal experience rehabilitating there after total hip replacements

in 2010 and 2012 I saw first-hand how important it is to have associates working with residents who truly enjoy what they do and who spread cheerful encouragement in whatever they do.





ORCHID COVE

AT VERO BEACH

Formerly Grace Rehabilitation Center of Vero Beach

COO Jennifer Searl-Palleschi has announced that Edwin Rajos has joined Orchid Cove at Vero Beach as Nursing Home Administrator and Rhonda Jones as Director of Nursing. They both bring years of experience providing exceptional care to residents while maintaining the highest level of integrity.

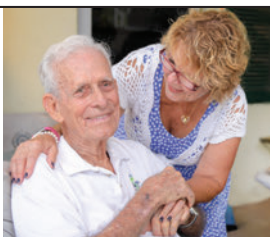
Exceptional care is always in bloom at Orchid Cove at Vero Beach; formerly known as Grace Rehabilitation Center of Vero Beach. Orchid Cove at Vero Beach offers several options for rehabilitation or recuperation. If you or a loved one is need of short-term rehab, out- patient care, respite, or compassionate care, contact Orchid Cove. Their commitment to quality care and family is backed by years of consistency and delivery. They offer the following services:

- Short-Term Rehabilitation Service that get you back to your prior level
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- Congestive Heart Failure Management
- Skilled Nursing Care
- Stroke Recovery
- Infectious Disease
- Respite Care

Heartbeat of the Treasure Coast editor, Colleen Sander-Symanski, RN CDE moved to Vero Beach over 16 years ago. As a clinician and a caregiver she has been impressed with the reputation and consistency of quality care they provide. “The philosophy has not changed. They are dedicated to patients, their family, and to their staff. There is a commitment and partnership with our community that is seamless and genuine”. Orchid Cove at Vero Beach is a wonderful option for several different levels of care, whether it be short term or long-term care. Be sure to consult with them on how they can best your needs or the needs of a family member.

*continued on page 45*





# SENIOR SUPPORTIVE SERVICES FOR ALL

## MEALS ON WHEELS

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

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by Jenna Katz Schwibner, DMD, FAGD

# Local Dentists Come Together During the COVID-19 Pandemic



Dr. Jenna Katz Schwibner

COVID-19 has affected us all in so many ways. It has truly been a unique experience for all of us in the medical community, one we never thought we would have to deal with. In Dentistry, the fact that we work in the “aerosol” world makes our situation even more difficult to navigate. In Florida, our mandated closure started in mid-March and continued until May 8th. During that closure, your local dentists were working hard to implement the safest protocols possible for continuing essential dental care.

There is nothing like a difficult time to bring people together. One of the silver linings of this closure was that it united us all towards the same mission of being able to work safely for our staff and patients as quickly as possible. With that goal, we communicated daily to search for the best possible solutions.

Getting Protective Personal Equipment (PPE) has been extremely difficult, and it continues to prove to be a challenge. The prices are now 2-5 times more than they were pre-COVID putting a strain on an already challenged industry that was shut down for close to 2 months. We banded together and through a friend of mine, I was able to locate a PPE company in Ft Lauderdale that got us what we needed to open.

Our struggles still exist due to continued shortages in supplies, but we have been fortunate to overcome these. It's nice to see fellow Dentists working together whether it be lending disposable gowns or going in together to get PPE and equipment in bulk to help make it more affordable. We implemented higher PPE standards, intraoral suction units, extraoral suction units, and medical-grade air purifiers in all rooms. This protocol was not mine alone as it took the great teamwork of my colleagues here in town to unite in the common goal of safely practicing dentistry again.

Dentists have always had strict sterilization and disinfection protocols and we have all stepped up our protocols even more. I feel safer at my office than I do going to the grocery store. Our patients are able to get all of their dental work done without worrying about COVID. We have a great community of Dentists here and I look forward to continuing our team approach in the years to come.



## Get Spicy; Be Healthy!

Culinary spices and herbs make foods taste delicious and they can bring an international epicurean adventure in your kitchen. They also have incredible health benefits that get forgotten. After all, who doesn't want to be healthier and do it naturally. There are numerous herbs and spices, with known health benefits. Our culinary spices & herb classes are currently on hold though we look forward to resuming them soon. Until then, here are some spices worthy of being in your kitchen.

**Turmeric** - Turmeric was first used as a textile dye, it soon transitioned to culinary and healing use in traditional Indian medicine. Marco Polo wrote about it during his travels. Today, scientists worldwide are writing about it in medical research. Studies have shown curcumin to have numerous beneficial health properties.

### *Possible Health Benefits*

- Actually, the interest is in its active ingredient, curcumin. A potent antioxidant, it is being used as an anti-inflammatory agent.
- Research is showing significant potential in promoting heart health, as a remedy for arthritis, and for combating cancer, diabetes, digestive issues, Alzheimer's disease, and depression.
- It isn't easily absorbed by the body; the addition of black pepper helps with bioavailability. This is because black pepper contains the polyphenol piperine, which increases the absorption of curcumin by a whopping 2000 percent.

**Garlic** - Garlic, also known as "the stinking rose," has been used for its medicinal properties for thousands of years. Soldiers in the Greek and Roman armies ate garlic before and during battle. Europeans regularly included it in their diets during the plague years, and soldiers used it as an antibiotic. The herb's antiseptic properties were later confirmed by chemist and microbiologist Louis Pasteur. The compound allicin is garlic's active agent. Allicin is responsible for the bulb's odiferous scent and a number of its healing properties.

### *Possible Health Benefits*

- Garlic has historically been valued medicinally for a variety of illnesses and complaints.



Today, garlic consumption is highly regarded as a preventative against heart disease, high blood pressure, and stroke, and is considered an important ingredient in many diet plans.

- Garlic is attributed with lowering “bad” cholesterol (LDL) and raising the “good” (HDL). This helps to prevent plaque buildup in our arteries, as well as the formation of blood clots, which are leading causes of heart attacks and strokes.

- Freshly cut or pressed garlic emits hydrogen sulfide, a disinfectant that helps to kill germs in the body. Once garlic is consumed, our body absorbs it into the bloodstream, then carries it to various organs and avails our skin, intestines, urinary, and respiratory systems with its healing properties.

- The essential oils in garlic are thought to include strong antiviral, antifungal, and antiseptic properties used to help treat of colds and bronchitis.

**Ginger** - This root is pungent and aromatic and has been used throughout history for its distinctive flavor in cooking, and for its medicinal properties as well. Its heat-generating quality is due to the high concentrations of its active constituent, gingerol which is similar to capsaicin and piperine, the compounds that give chili peppers and black pepper their characteristic spicy heat.

#### *Possible Health Benefits*

- A favorite for treating upset stomachs, nausea, and motion sickness. Ginger also has antiseptic properties and offers high levels of antioxidants.

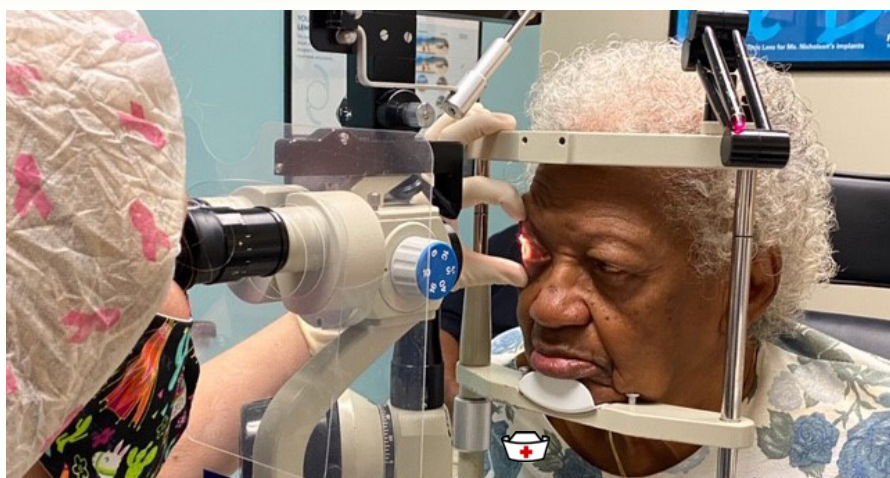
- As with other members of the Zingiberaceae family like cardamom and turmeric, ginger may also help to improve blood flow and circulation.

There is a lot of research worldwide that supports herbs and spices contain compounds that fight oxidation and inflammation; two processes underlying many chronic diseases. This is exciting and can be available right in your own kitchen. It is unfortunate that many food pyramids don't include them. If you would like more information, contact Ken or Colleen at 772-231-5555. Go ahead, get spicy!



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# Breakthrough Glaucoma Treatment has Patients Ditching Daily Eye Drops



*Dr. Karen Todd performs the first DURYSTA procedure on the Treasure Coast to treat Open Angle Glaucoma for Florida Eye Institute patient Eunice Ingram.*

Glaucoma is a common eye disease that often requires daily eye drops to reduce damaging eye pressure. Open-angle glaucoma, is the most common form of the chronic disease, comprises 90% of all cases. Fluid builds up in the front of the eye causing increased pressure on the optic nerve, which is responsible for transmitting images to the brain. This type of glaucoma is often painless but can cause severe vision loss or blindness if not treated properly. The most common therapy for open angle glaucoma is prostaglandin eye drops. Unfortunately, up to 80% of patients don't use eye drops as prescribed.

Dr. Karen Todd, board-certified ophthalmologist, fellowship trained glaucoma specialist admits, "One of the biggest treatment barriers for glaucoma patients is the daily management of prescription eye drops. Patients forget to use drops, don't get drops in correctly, or can't afford to buy drops altogether. But poor compliance can lead to blindness, which is not something we're not willing to risk!"

So, it was with great anticipation that Dr. Todd was the first physician on the Treasure Coast to perform an in-office procedure using DURYSTA, a new dissolvable implant, in July. The tiny implant, no larger than the letter "I" on a penny, releases medication as it slowly dissolves inside the eye to ensure a consistent, sustained dose. Results are noticeable the first day after the procedure

*continued on page 46*



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Heartbeat of the Treasure Coast

## 2020 Feed the Lambs Enrichment Summer Camp



*Campers are ready for outdoors fun at Rapids Water Park.*

Feed the Lambs Enrichment Program, Inc., a 501(c)3 nonprofit corporation, is an organization dedicated to servicing underprivileged low-income youth and families throughout Indian River County. Our mission is to provide education, workforce development, mentorship services, and recreation to underprivileged children. To donate, volunteer, or request more information, contact John May at (772) 501-2617 or Kenya May at (772) 404-9955.



*Previous camp members are now staff bible study mentors. Congratulations!*



*Hello! Getting ready for safe water fun.*



*Cruising the refreshing water rapids.*



*Otter entertainment at the Brevard Zoo.*



*Look closely and you will find the Zoo's wildlife in the foliage.*



**FEED THE LAMBS**  
**ENRICHMENT PROGRAM**  
 ENGAGING, EDUCATING, AND EMPOWERING YOUTH



out of the hospital and conserve our scarce healthcare resources for those who might be more ill. Finally, we should not minimize that the flu can also be deadly. Dr. Redfield stated that 360,000 people have died of the flu in the past 10 years, yet, in 2019 only 47% of the public were vaccinated against the flu. We can do better than that!

With concerns about remaining safe when getting a flu shot, be sure to ask your healthcare provider or pharmacy if they have special precautions such as appointments to allow social distancing. Some places might offer drive-up flu shots to make them more convenient and reduce concerns for exposure. Our pharmacy is offering vaccines by appointment with all precautions and we will provide flu shots in your car if you call ahead and ask a pharmacist to come to you. Also, visit [vaccinefinder.org](https://vaccinefinder.org) to find locations near you who are offering flu shots and other vaccines.

One more thing, children need to be vaccinated too! The CDC guidelines for flu shots is anyone aged 6 months and up. The Department of Health and Human Services (HHS) recently issued an executive order that is good through the end of the public health emergency (PHE). This order allows pharmacists to administer vaccinations to children aged 3 and up. In Florida, prior to this order by HHS, pharmacists could only administer vaccines to adults 18 and older. The Department of HHS ordered this changed because many children have not received their routine vaccinations during COVID-19 for a variety of reasons, therefore HHS wanted to expand access in hopes that vaccination rates might increase. So, for now, until the public health emergency period is ended, pharmacists will also be a resource for families who are looking to have their child receive a flu vaccine. Please contact your pharmacist for more information.

Finally, it is possible that a COVID-19 vaccine could be available to certain high risk groups by end of 2020 through Project Operation Warp Speed, which aims to deliver 300 million doses of COVID-19 vaccine by no later than January 2021. Volunteers are needed for these trials from all demographics, including those who are elderly and have multiple disease states. If you are interested in participating in the trials please visit [www.coronaviruspreventionnetwork.org](https://www.coronaviruspreventionnetwork.org) to learn more. Enter the code RXRX to identify your source of information when signing up.

We wish you all the best health for the remainder of 2020. And, like you, we look forward to seeing many of these vaccines and treatments come to market so that we can all finally see a light beyond COVID-19. This year is definitely one to be remembered.

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Vero Beach, FL



Actual Patients





# VNA Answer Nurse

*A column to help answer your home care and hospice questions*

## **Do I really need to have a flu vaccine this season?**

Yes! Due to COVID-19, it's even more important to guard yourself against the seasonal flu. The flu vaccination is especially important for people 65 years and older due to the high risk of developing serious complications from flu. Flu vaccines are updated each season as needed to keep up with changing viruses. Immunity will start to develop about 2 weeks after receiving a vaccination. The influenza vaccine does not cause flu; however, individuals can sometimes experience side effects.

## **Q: Which flu shot is right for you?**

**A:** The VNA offers three types of flu vaccinations: a preservative-free high-dose vaccine, a preservative-free quadrivalent vaccine and a regular quadrivalent vaccine.

The high-dose vaccine contains four times the number of antigens and is only for those individuals who are 65 years or older.

The quadrivalent vaccine is for individuals 10 years or older and offers broader coverage than the regular flu shot.

## **Q: What are the side effects from a flu shot?**

**A:** Individuals may experience side effects or an allergic reaction. According to the CDC, these side effects are generally mild and go away on their own within a few days.

Common side effects from the flu shot include:

- Soreness, redness and/or swelling at the shot sight
- Headache
- Fever
- Nausea
- Muscle aches

## **Q: Where should I get my flu shot?**

**A:** Check with your primary care physician, often this can be done at any office visit, or they may even offer shot appointments if you don't already have one scheduled. Additionally, VNA will be hosting flu clinics at our Hidden Treasures Thrift Store in Vero Beach and the VNA office with a drive-thru option.

**Visit our website at**  
**[www.vnadc.com/shoo-the-flu](http://www.vnadc.com/shoo-the-flu)**  
**for clinic schedule**  
**times and locations.**

**Questions or Comments?** For more information about home care or hospice, call us at 772.202.3972 or visit [www.vnadc.com](http://www.vnadc.com)

# Keep Your Mind Active with our Sponsor Name Scramble

P E R K I N S M E D I C A L S U P P L Y A N V  
O T A J H E R A N M W I L E M R A C O C P M J  
C U T U K W E N C O I L Z C A E U N N A P S E  
T T E A T V N V O D L L H B R S L O G M L B N  
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| <input type="checkbox"/> Alzheimer Parkinson Association | <input type="checkbox"/> Jenna Katz Schwibner DMD FMGD | <input type="checkbox"/> Richard Wyderski MD         |
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|  |  | <input type="checkbox"/> Wilson K Wallace MD         |

## Dr. Mohamed Sayed joins the New Vision Eye Center Team

New Vision Eye Center has announced the addition of Dr. Mohamed Sayed to its team of talented surgeons. He comes to the area from private practice in South Florida, where he was also an Assistant Professor of Ophthalmology at the renowned Bascom Palmer Eye Institute. While there he trained residents and fellows in advanced glaucoma and cataract surgery procedures.

Dr. Sayed completed a fellowship in glaucoma, in addition to pediatric ophthalmology and strabismus at Bascom Palmer Eye Institute, and is one of the few dual fellowship-trained ophthalmologists in these two subspecialties.

Dr. Sayed has also obtained fellowship certifications from the Royal College of Surgeons of the United Kingdom, in addition to the International Council of Ophthalmology, United Kingdom.

He joined New Vision Eye Center on July 6th and offers the most advanced anterior segment surgery, glaucoma treatments, including laser treatment, minimally invasive glaucoma surgery, and cataract surgery with premium lens implants.

Some of his core focuses include complex cataract surgery and advanced ocular imaging, in which he sees patients referred for surgery for advanced and complex glaucoma, as well as combined cataract and glaucoma surgery.

Along with being a talented surgeon, Dr. Sayed is also an esteemed researcher. He recently received a grant from the American Glaucoma Society (AGS) to conduct cutting-edge research on the use of novel artificial intelligence technologies in glaucoma management and is regularly invited to present his findings at domestic and international meetings. Outside the clinic, Dr. Sayed likes to travel, explore different cultures, and is an avid reader. He enjoys spending quality time with his wife, Sherine, and son, Adham.



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NewVisionEyeCenter.com  
1055 37th Place, Vero Beach, Florida  
[www.newvisioneyecenter.com](http://www.newvisioneyecenter.com)

## MEET THE NEW PHYSICIANS



### **Mariano Brizzio, MD**

Cardiothoracic Surgery

3450 11th Court

Vero Beach, Florida

563-4580



### **Carlos Gonzalez, MD**

Interventional Cardiology

3450 11th Court

Vero Beach, Florida

563-4580



### **Juan Uribe Villa, MD**

Neurosurgery

3450 11th Court

Vero Beach, Florida

563-4741



### **Richard Wyderski, MD**

Internal Medicine

3450 11th Court

Vero Beach, Florida

794-3364



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# Senior Resource Association Finds Fresh Alternatives to Manage the Crisis and a Community in Need



*Travis Beckett, Wild Thyme Catering owner and Chef Michael Beasley with Virginia Skov, Meals on Wheels Manager*



*Doris Murphy prepares thank-you note for the volunteer who delivered her restaurant meal*

Since the onset of COVID-19 and the escalated demand by food-insecure, homebound seniors in Indian River County, Senior Resource Association (SRA) continues striving to find alternative funding and creative ways to bridge the gap between cancelled fundraising events and the reality that more seniors in the community are in need. Their Meals on Wheels program has experienced a 75% increase in clients since March 2020. They are now serving more than 450 homebound seniors each week and delivering more than 12,000 meals per month.

Thanks to a Meals on Wheels America grant that was awarded to the organization in June, they were able to partner with local restaurants to help meet the demand. The idea behind the new program was born out of the organization's desire to provide seniors with fresh alternatives to meals and simultaneously help boost the local economy.

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SEBASTIAN: 815 Davis Street

Monday – Friday; 7:30am to 5:30pm



Senior Resource  
ASSOCIATION

*Promoting Independence in our Community*





*SRA delivers hot meals to more than 450 seniors weekly*

to help meet our mission of serving our senior community was the right thing to do,” Deigl continued.

The temporary Meals on Wheels program began in July. Each week, SRA purchased 450 meals from a local restaurant who prepared and packaged the meals and delivered them to SRA’s Meals on Wheels kitchen. Trained volunteers and SRA staff then delivered the lunch and wellness check to their clients. Criteria for restaurant selections were based on their health and safety inspections, menu options appropriate for seniors, and businesses who had supported SRA’s mission over the years. Wild Thyme Catering led the charge in July followed by 14 Bones in August, Chive in September, and Dining with Dignity rounded out the program in October.



*Richard & Adele Hamel share memories during their daily visit with Meals on Wheels volunteer*

In addition to the temporary restaurant program, SRA also launched a new Grocery Shopping Assistance program. All seniors age 60 and older in Indian River County are eligible for the service. SRA staff pick up the grocery list, do the shopping, and collect payment at time of delivery on the same day – with no delivery fee. The program started during COVID-19 to help protect at-risk older adults. Due to its popularity and ability to keep vulnerable seniors safe while avoiding crowded grocery stores, the new program will remain in place as a permanent SRA Senior Supportive Service. For more information about SRA services, visit [SeniorResourceAssociation.org](http://SeniorResourceAssociation.org) or call 772-569-0760.

“We had three goals for our new program: safely deliver nutritious meals to as many homebound, at-risk seniors as possible, offer our clients one extra meal each week, and help boost our local economy at the same time,” Karen Deigl, CEO/President said.

“Everyone has suffered this year due to the pandemic so collaborating with local businesses



*Niki Oliver, Meals on Wheels recipient*

# Dr. David J. O'Brien Introduces New Advanced LASIK System at New Vision Eye Center

New Vision Eye Center is proud to be the first on the Treasure Coast to offer the latest advancement in LASIK technology, the EX500 laser. The EX500 is the only excimer laser in the U.S. to operate at 500 Hz, making it the fastest laser available in the industry.

The EX500's next-generation system features Alcon's PerfectPulse Technology. PerfectPulse Technology was specifically developed to monitor and control each laser pulse that is delivered to the eye. The most important component of this technology is the high-speed eye-tracking device which monitors eye movement at up to 1000 times per second.

This unique LASIK platform has been shown to decrease the risk of the cornea drying out during treatment and consequently swelling afterward. This results in increased comfort during treatment and a shorter recovery. 93% of near-sighted patients who underwent LASIK with the EX500 reported seeing 20/20 or better after.

Having performed refractive laser procedures in Vero Beach for the past 24 years utilizing seven other platforms, Dr. O'Brien is now excited to bring the most advanced LASIK laser platform to New Vision Eye Center. Patients will benefit from the highest level of safety and precision possible while achieving spectacular visual outcomes.

For a complimentary consultation or to find out more about this procedure, please contact New Vision Eye Center at 772.257.8700. They are located across from Cleveland Clinic Indian River at 1055 37th Place, Vero Beach, FL -- [NewVisionEyeCenter.com](http://NewVisionEyeCenter.com)



772.257.8700 • 1.877.MINOTTY  
[NewVisionEyeCenter.com](http://NewVisionEyeCenter.com)  
 1055 37th Place, Vero Beach, Florida  
[www.newvisioneyecenter.com](http://www.newvisioneyecenter.com)



# LOCAL PEOPLE

## *Making a Difference!*



### **Brenyale Braziel –**

*CNA and a home health aide*

Brenyale has worked in healthcare facilities and in home care for the last seven years. She is a stellar caregiver with compassion and a drive to make a difference. Brenyale is logical, caring, and committed. She is willing to take on the most difficult cases and work with patients and family for optimal patient care. Brenyale has earned a bachelor's degree in biology. Her goal is to become an advanced nurse practitioner specializing in

mental health. Brenyale is the much-needed generation of future professional health care providers who raise the bar of excellence.



### **Tiere and Billy Brown –**

*Owners of Carlsward Farms in Vero Beach*

Carlsward Farms has belonged to the family since the 1900's. They are passionate about helping people obtain local, natural, and healthy products and foods with minimal ingredients that are safe to eat or apply to the body. They offer goat milk, soaps, deodorant, fresh eggs, microgreens, and more. They are one of the first farmers to

obtain a license to cultivate hemp in the state of Florida and the first in Indian River county to get approval to harvest CBD hemp crop. Tiere says "people need to know what is in their food and products so they steer clear of harmful chemicals and additives." Their goats are also great with children with disabilities and they love kidding around. Call them at (352) 262-3235.





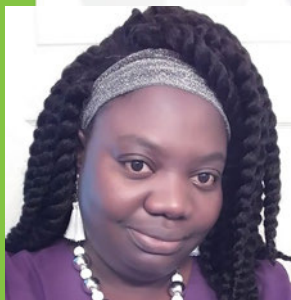
*Our local healthcare professionals making headlines and changing the world we live in.*

**Ave S**  
CAREGiver  
of the Month –  
May 2020  
Home Instead  
Senior Care



Ave brings sunshine to her clients and is known for her kind heart. She has that caring touch that brings her clients calmness and sets them at ease. She is a true meaning of a CAREGiver and we are glad to have her part of our team.

**Angella G**  
CAREGiver  
of the Month –  
June 2020  
Home Instead  
Senior Care



Angella goes above and beyond with her clients. She is known for her upbeat and caring personality. She is very dependable and shows passion in her work. We can always count on Angella for making her clients feel special and comfortable.

**Allie R**  
CAREGiver  
of the Month –  
July 2020  
Home Instead  
Senior Care



Allie is truly dedicated. She is adaptable to her clients needs and shows passion in her work. We can rely on Allie to be flexible for clients that need last minute care. Her clients love her cheerfulness and kind heart. She is a great asset to our team.



There are times that going home from the hospital is not the best choice for optimal outcomes and quality of life. Orchid Cove at Vero Beach knows also there is no place like home. If going home is not a realistic choice, rest assure you or your loved one will receive the best care and be treated like family. Their commitment to patients, residents, and staff is a continuous process that just comes naturally to them.

When I think of orchids, which I grow successfully is that there is a basic foundation of care; just like many varieties of orchids, no two people are alike. Care at Orchid Cove at Vero Beach is based on dignity, respect, and humility so everyone can flourish. It is about integrity and friendship. Need great care? Orchid Cove at Vero Beach is an ideal option. Let their family take care of your family. Visit Orchid Cove at Vero Beach at 2180 10th avenue, Vero Beach, or telephone them at 772-567-5166.



### ORCHID COVE

AT VERO BEACH

*Formerly Grace Rehabilitation Center of Vero Beach*

#### WELCOME TO THE TEAM

## Dental Partners of Vero Beach Welcomes Dr. Jordan Ma to their practice

Jordan Ma, DMD, from Sebastian, joins Dental Partners. Dr. Ma practices general, cosmetic, and implant dentistry for patients of all ages. “We are thrilled to have Dr. Ma join us”, says Dr. Jenna Schwibner, DMD, owner of Dental Partners, “he is a wonderful addition to our team.”



**772.569.4118**

3790 7<sup>th</sup> Terr. #201  
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## **Patient-Centered**

Dr. Gonzalez is a board-certified interventional cardiologist who specializes in minimally invasive, catheter-based treatments for people who have heart disease, including coronary, peripheral, congenital and heart valve interventions. His extensive advanced training includes a structural heart disease fellowship at New York University School of Medicine and fellowships in advanced cardiac imaging, cardiovascular disease and interventional cardiology at the Icahn School of Medicine in New York.

Formerly an attending physician at NYU Langone Medical Center and Icahn School of Medicine at Mount Sinai Hospital, Dr. Gonzalez moved with his family from New York City to join the Cleveland Clinic Indian River Hospital team and build on the success of the Welsh Heart Center. “I share Cleveland Clinic’s ‘patients first’ philosophy and am eager to help care for Treasure Coast residents,” says Dr. Gonzalez, who recognized early in his career what it means to care for a community.

Shortly after finishing medical school, Dr. Gonzalez was working as a physician in his home town of Monteria, Colombia. He recalls the day he helped save the life of a neighbor who arrived at the emergency room suffering a heart attack and requiring resuscitation. Today, the man still lives next door to Dr. Gonzalez’s mother and is an ever-present reminder of why he became a physician – to help others.

## **Innovative Care**

Drs. Brizzio and Gonzalez are now part of the multidisciplinary team at the Welsh Heart Center and will be instrumental in offering new, advanced treatment options for patients in need of heart care. Both specialists believe transcatheter valve therapies, like the TAVR procedure, have been the biggest advancement in cardiac care in the past decade. Catheter-based procedures entail threading a long, thin, flexible tube from the groin through the veins to the heart as an alternative to traditional open-heart surgery.

A number of innovative catheterization procedures will soon be available at the Welsh Heart Center including transcatheter mitral valve repair using the first-of-its-kind MitraClip for high-risk patients with degenerative mitral regurgitation. Catheter closure of patent foramen ovale, a hole between the upper chambers of the heart, and implantation of the Watchman device, used to prevent stroke in certain patients with atrial fibrillation, will also be among the new treatment options thanks to the center’s expansion.

Drs. Brizzio and Gonzalez are now accepting new patients at Cleveland Clinic Indian River Hospital’s Health & Wellness Center located at 3450 11th Court in Vero Beach. To schedule an appointment, call 772.563.4580.

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