

Heartbeat™

OF THE TREASURE COAST



Head and Neck Surgeon Brings New Capability to Treasure Coast

Meet Brian Burkey, MD, MEd, FACS on page 8



Cleveland Clinic
Indian River Hospital

.....
Chronic Pancreatitis
14

.....
Benefits of Therapy
First in a series
18

.....
TCCCH COVID-19
Volunteers
28

by Colleen Symanski, RN, CDCES

Avoiding Foodborne Illness

Food poisoning happens when you eat contaminated foods. According to the FDA, each year, about 1 in 6 Americans suffer with a foodborne illness. Some germs make you sick within a few hours after you eat them, and others may take a few days before you get sick. Do not assume the last meal you had is the culprit. Foodborne bugs can cause: upset stomach and stomach cramps, nausea, vomiting, and diarrhea, and fever and dehydration.

Food poisoning can cause serious long-term effects such as kidney failure, chronic arthritis, brain, and nerve damage, and even death. There are many culprits; common ones are: listeria, E. coli, salmonella, norovirus, clostridium perfringens, and campylobacter. They can be found in raw or undercooked beef or chicken, raw milk, lettuce, unwashed fruits, sprouts, water, backyard chickens, rodents, raw shell shellfish, hot dogs, and some cheeses.

Some outbreaks result in a national food recall and some may be isolated to a local area or restaurant. Bottom line, you might not know the source. Food



Wash fruits
and vegetables



Wash hands



Cook to
temperature

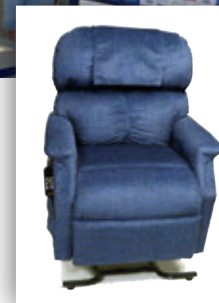
poisoning is not pleasant. Symptoms usually pass after two or three days. Please take care of yourself. General recommendations are to stay hydrated and eat bland foods. Diarrhea and vomiting can cause dehydration. So get fluids such as broth, coconut water, or Pedialyte. Eat bland foods and possibly nurture yourself with the BRAT diet. It recommends bananas, rice, applesauce, and toast.

continued on page 30

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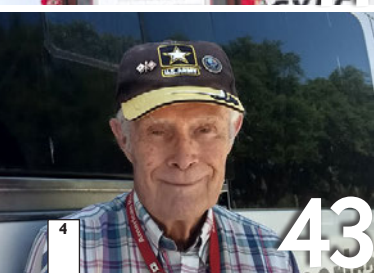
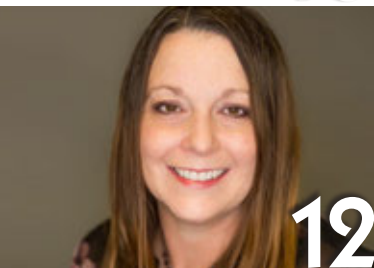
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contents

- 10 Cosmetic Dentistry & Sleep Apnea
- 12 Miss a Dose?
- 32 Hypertension - Ways to lower it
- 36 From UPS driver to SRA
Meals on Wheels Volunteer
- 41 Angelia Perry Woman of the Year
- 43 Bob Livingston, Volunteer
Extradorinaire

- Foodborne Illness 2
- Stroke, Rehab & Positive Results 16
- Better Life for People in our care..... 24
- VNA Hospice Bereavement Services..... 26
- Feed the Lambs Enrichment Program 42
- Whole-Person Approach
Dr. Nancy Baker 47

cover story

Meet Cleveland Clinic
Indian River Hospital's
Head and Neck Surgeon,
Brian Burkey, MD,
MED, FACS
p 8



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I enjoy sunshine and balmy days. They make me get outside to garden or walk. I also love rainy days. Rain is a life source. It is needed to sustain plants, it represents rebirth, and emotional cleansing. It is natural and it often so soothing. It is refreshing. As the raindrops hit my roof and sky light a melodious composition from above is created. How wonderful is that! Time to snuggle up to a good book and just lounge. There is a plethora of teas and coffees that I can pick from to further enhance raining days. Comfortable loungewear and always a few good books to choose from. Some may view rainstorms as hampering, I view them as an opportunity to embrace quite time. Rainy days hydrates the earth and me as well. It is restorative. It even provokes our inner child to go outside and jump in puddles.

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Head and Neck Surgeon Brings New Capability to Treasure Coast

Head and neck surgeon Brian Burkey, MD, MEd, FACS, recently joined Cleveland Clinic Indian River Hospital as the inaugural Chair of the Department of Otolaryngology-Head and Neck Surgery. Fellowship-trained in microvascular and facial plastic and reconstructive surgery, Dr. Burkey is highly skilled in treating head and neck cancer, which affects approximately 100,000 Americans each year. These include cancers in the nasal cavity and sinuses, lips, mouth and tongue, salivary glands, thyroid, throat and larynx.

"This is a very specialized field, and we are fortunate to have a surgeon of Dr. Burkey's caliber bringing this capability to our patients," says Greg Rosencrance, MD, President of Cleveland Clinic Indian River Hospital. "In the past, Treasure Coast patients in need of complex surgical care for head and neck cancer were often referred to centers in Tampa, Miami and Jacksonville. That's no longer necessary."

Advancing Reconstructive Surgery

Dr. Burkey was trained during the early days of microvascular reconstructive surgery and has amassed 30 years of experience treating head and neck tumors, with a special interest in surgery of the thyroid gland and saliva-producing parotid gland.

Before moving to Florida, he spent more than a decade with the Cleveland Clinic Head & Neck Institute in Ohio, helping build the program and serving as Vice Chairman and Section Head of the Section of Head and Neck Surgery and Oncology. This was preceded by nearly 20 years at Vanderbilt University Medical Center, where he rose to Professor of Otolaryngology and Vice Chairman within that department.

"Because of its complexity, the head and neck region is one of the most difficult areas to reconstruct," notes Dr. Burkey. "Microvascular surgery has completely transformed surgical outcomes and the quality of life of patients, and new techniques are continuing to improve how we restore function and cosmetics."

Educating the Next Generation

Committed to the education of the next generation of physicians, Dr. Burkey has personally trained nearly 40 fellows throughout his career. He co-directed the Vanderbilt fellowship in Head and Neck Oncologic and Microvascular Reconstructive Surgery, one of the early fellowships in microvascular surgery, and later established a similar program at Cleveland Clinic. He also served as the residency program director for 15 years while at Vanderbilt.



Dr. Burkey does a real-time ultrasound evaluation of a patient's thyroid and neck nodes in the office. This provides critical information which informs treatment planning and patient counselling during a clinic visit.

"I've been involved in every area of medical education, and I look forward to supporting the expansion of graduate medical education programs across the Cleveland Clinic Florida region," says Dr. Burkey, who earned a master's degree in education with an emphasis on the health professions.

Setting Standards in Otolaryngology

Dr. Burkey is driven by a passion for improving patient care and outcomes, which is reflected by his many contributions to the field of otolaryngology outside the surgical suite, including 120 peer-reviewed articles on head and neck and reconstructive surgery. He has been a co-principal investigator of NIH-funded research and the leader on several cooperative group studies.

A diplomat with the American Board of Otolaryngology, Dr. Burkey also serves as Vice President of the American Head and Neck Society and has worked with accreditation societies throughout his career to help define otolaryngology standards.

continued on page 40



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by Jenna Katz Schwibner, DMD, FAGD

Cosmetic Dentistry and Sleep Apnea



Dr. Jenna Katz Schwibner

With everyone wearing masks these days it is the optimal time to straighten your teeth without anyone even noticing. It's also apparently easier than ever with several do-it-yourself, discount clear aligner solutions now being mass advertised. Companies offering these services have been around for over 20 years, with Invisalign being the most recognizable brand. The technology has improved dramatically in recent years, accomplishing what could only previously be done through traditional brackets and wiring. Although the at-home programs appeal to those seeking straighter teeth, incorrect bites (traumatic occlusion), loose teeth and temporomandibular joint (TMJ) disorders often result from the lack of a comprehensive treatment plan and doctor oversight.

At my office, Dental Partners of Vero Beach, we leverage the extraordinary ability of these aligners to not just create beautiful smiles, but to correct a variety of other more serious ailments like sleep apnea and upper airway resistance in adults and sleep disordered breathing in children. If the jaw is underdeveloped and retruded back the airway will be compromised. By expanding and enlarging the jaw we can provide the proper space for the tongue and establish nasal breathing to set our patients up for a lifetime of improved breathing.

We are excited to share this airway-centric approach to orthodontics and dentistry in our community. If you feel that you may have sleep apnea or airway resistance (a milder form of sleep apnea) reach out to us today to see if you are a candidate to treat your apnea, CPAP free!

Dr. Schwibner, is the practice owner of Dental Partners, 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



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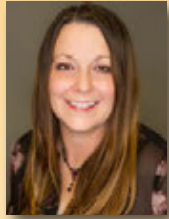
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Heartbeat of the Treasure Coast

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



Miss a Dose?

Did you forget to take a medication? Chances are you have. Missed medication doses are common. Forgetting to take a medication can be due to an unexpected change in your schedule, travel, or it is new to your medication regime. What to do if you missed a dose is not a simple answer. It depends on the purpose of the medication, the frequency, and how long it stays “active” in the body. It is important to know what to do if you miss a dose. Doubling up on a medication can be dangerous. We do not want you to miss a dose. But if you do, here are some general guidelines; however always discuss with your pharmacist or prescriber regarding missed doses and your medication. There is not a general rule for all medications.

What is a missed dose? In general it is a medication that you forgot to take within two hours of the scheduled time or associated with mealtimes. If it has been a few hours since your scheduled time most likely you can take the medication when you remember it. If your next dose is scheduled in a couple of hours, take it then. For example, you are scheduled to take a medication twice a day, 12 hours apart and you normally take it at 9 a.m. and 9 p.m. It is now noon; it is usually safe to take it. Let us say you normally take it 4 times a day, it is probably safer to take it at the next scheduled dose and do not double up. But there are exceptions to this guidance such as birth control medications. For other medications like warfarin, insulin, and pain medications, doubling up can result in adverse side effects.

It is important to let your physician know how often you forgot to take a medication so he or she does not increase the dosage or frequency thinking the prescribed dose was not effective. When you pick up your medication from the pharmacy ask the pharmacist what you should do if you miss a dose. If you tend to be “forgetful” about taking your medications as ordered there are numerous reminder tools to assist you such as apps, medication calendars, pill boxes, or blister packs. Many pharmacies offer services to provide custom packaging for your medications to assist with taking your medications more consistently so be sure to ask your pharmacist about the options that they offer.



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WELCOME Dr. Kevin Belville To Florida Eye Institute



Kevin Belville, M.D.

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General Ophthalmology

Career Highlights

- Completed his residency as Chief Resident at Cornell Medical Center at the New York-Presbyterian Columbia University.
- Practiced for over 25 years and is an Associate Clinical Professor at UCLA.
- Consulting ophthalmologist at the U.S. Air Force Academy Hospital.
- Honored at the United Nations for his work overseas on ORBIS, a humanitarian flying, teaching eye hospital.
- Published two textbooks on LASIK and Presbyopia.

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by Colleen Symanski, RN, CDCES

Chronic Pancreatitis

The pancreas has two main functions. One function that many people are aware of is that the pancreas produces hormones such as insulin to regulate blood glucose. The second function is to make digestive enzymes and send them to the small intestine. These enzymes break down carbs, proteins, and fat from food.

When the pancreas gets inflamed the digestive enzymes cannot do their job and can be toxic to the body. Pancreatitis can be acute or chronic (on-going). Adults and children can get pancreatitis. Some causes are:

- Family history of pancreatitis or gallstones
- Obesity, high triglycerides, or diabetes
- Heavy drinking (3 or more drinks a day)
- Genetic disorders such as cystic fibrosis
- Abdominal injuries

Symptoms of chronic pancreatitis can be pain that might even spread to the back, weight loss, foamy diarrhea with visible oil droplets and high blood glucose. Diagnosis can be determined by blood work, pancreatic function testing, ultrasounds, CT scans, and stool tests. People often have severe pain that results in hospitalization. Your physician will most likely refer you to a gastroenterologist. Ask your physician for a referral to a Registered Dietician who is knowledgeable about chronic pancreatitis if you have not seen one.

Chronic pancreatitis requires lifelong management especially for digestion issues and recurrent pain. Malnourishment and difficulty regaining weight is challenging. It is important to learn everything possible. It is helpful to have a

mental healthcare professional on your team, especially if you or a loved one are feeling depressed or overwhelmed.

A good treatment and management plan will help with the following:

- Pain relief.
- Treatments for the underlying cause if one can be identified.
- Restoring pancreatic function.
- Improving nutritional status and understanding a low-fat diet.
- Managing and preventing complications
- Quality of life.
- Pancreatic enzyme supplements and how to take them.
- Blood glucose monitoring if the pancreas is not producing enough insulin.

A few reliable web resources are: www.pancreasfoundation.org, www.niddk.nih.gov/health-information/digestive-diseases/pancreatitis/definition-facts, www.health.clevelandclinic.org/best-and-worst-foods-for-pancreatitis-pain, and www.mission-cure.org. Try to limit your internet searches so you do not get information overload and confusion.

Once you find what works try to stick with those solutions and tweak them as needed. A good support system, self-care and kindness is so important.

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Stroke, Rehabilitation and Positive Life-Changing Outcomes

The severity of a stroke and which part of the brain involved varies. A stroke affects one's ability to perform everyday tasks like speaking, walking, even swallowing. Cognition can also be affected. Stroke rehabilitation is an essential part of stroke recovery. The American Heart/American Stroke Association's guidelines for stroke rehab and recovery calls for intensive, multi-disciplinary treatment and initial rehabilitation should take place in an Inpatient Rehab Facility (IRF) rather than any setting.

A comprehensive rehab program is found in inpatient rehab hospitals like Encompass Health Rehabilitation Hospital. We are fortunate that we have one in IR County. Encompass Health has earned the Joint Commission's Gold Seal of Approval for disease-specific care certification in stroke rehabilitation.

Encompass Health Rehab Hospital provides an interdisciplinary team approach, which includes physical therapists, occupational therapists, speech-language pathologists, rehab specialized MD's, case managers, rehab certified RN's and dietitians.. They all work together to create a customized care plan designed with each patients needs in mind. Encompass Health provides 3 hours of therapy/day, 5 days/week, beginning at the patients ability level. They utilize state-of-the-art equipment, advanced technologies and have vast gyms.

Also, patients and families participate in conferences to discuss progress and needs. The goal is to make sure patients resume a life with maximum independence and quality.

You do not need to leave Indian River county for the best stroke rehabilitation... Encompass Health Rehab Hospital is one of the nation's leading inpatient rehabilitation providers.

Visit Encompass Health for a tour at 1600 37th Street, Vero Beach or at www.encompasshealth.com/treasurecoastrehab. Please call admissions with any questions 7 days/wk at (772) 563-4070. After a life altering illness, injury or hospitalization such as stroke, you want 'Stroke of Excellence' professionals on your team, that is exactly what Encompass Health rehabilitation of the Treasure Coast provides.



Shopping for Rehabilitation Is Like Comparing Apples to Oranges

When comparing inpatient rehabilitation facilities (IRF) to skilled nursing facilities over two years, research* concludes that long-term outcomes for IRF patients are superior:

- Return home two weeks earlier
- 8% lower mortality rate
- 5% fewer emergency room visits
- Significantly fewer hospital readmissions per year

*Dobson|DaVanzo analysis of research identifiable 20% sample of Medicare beneficiaries, 2005-2009



Characteristic	Rehabilitation Hospital	Nursing Home
Frequent visits by an attending physician*	Required	Not required
Multidisciplinary team approach	Required	Not required
RN oversight and availability	24 hours/day	At least 8 consecutive hours/day
Nursing hours per patient per day	Between 5 and 7.5 hours	Between 2.5 and 4 hours
Specialty nursing training, rehabilitation expertise	Yes	Not required
Physical, occupational and/or speech therapy level of service	3 hours/day, 5 days/week (minimum)	No minimum

*The hospital provides access to independent physicians.

Shop to compare and you will see that an inpatient rehabilitation hospital is more comprehensive than a skilled nursing facility. Make a return to independence and choose a higher level of care with HealthSouth Treasure Coast Rehabilitation Hospital.

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

Benefits of Therapy

This is part of a series on therapy/mental health counseling.

Why would a person seek therapy? In my 30 years of practicing therapy, I have seen people for many different reasons, especially around the holidays and family gatherings. However, the COVID—19 pandemic has resulted in many more people looking for someone to talk to about feeling isolated, depressed, and anxious. During the pandemic usual in-person support that people seek are limited or not available. Therapy provides a secure, professional, and confidential place to express deep feelings or to talk about the losses you have experienced as a result of the pandemic. Some other reasons to explore therapy are:

- to improve relationships,
- to increase self-esteem, self-confidence, and self-worth,
- to treat illnesses such as depression, anxiety or bipolar disorder

The main advantage of going to therapy is to turn negative feelings into positive and productive feelings in a group or on an individual basis. Some people seek improvement in relationship skills, which results in improved mood and the ability to deal with everyday stresses. Negative thoughts and feelings can also be symptoms of a diagnosable mental disorder, especially if left untreated. Mental health and well-being is an important part of health care and self-care.

The primary goals of therapy are:

- to know yourself better,
- establish more effective coping mechanisms,
- and to alleviate emotional pain or confusion.
- or to assist you in developing a more complete understanding of your own psychological issues and to change self-defeating behaviors and habits.



Heartbeat of the Treasure Coast

Additional benefits of therapy include improved communication skills, attain greater self-acceptance and self-esteem, or learn better ways to express and manage emotions, including anger.

Sessions usually last 45-50 minutes. The frequency of your sessions is determined based on your needs, availability, and the therapists' recommendations. They can be in person or via telehealth. I think there should be a good fit between you and the therapist you choose. By that, I mean you feel comfortable with the therapist since you will be talking about personal thoughts and feelings. The ideal therapist will show unconditional positive regard and caring toward you.

Some people come to therapy with a specific problem they want to solve.

Others come to explore how challenging situations, emotions, and behaviors affect their life. Everyone is unique.



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.

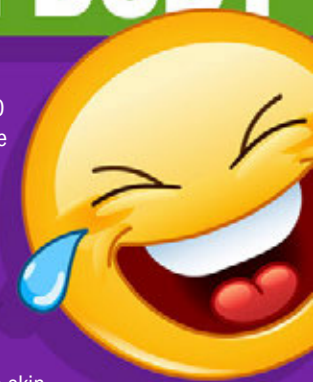
INTERESTING INFO ABOUT THE HUMAN BODY

Exercise is a Laughing Matter

Researchers estimate that laughing 100 times is equal to 10 minutes on the rowing machine or 15 minutes on an exercise bike. Blood pressure is lowered, and vascular blood flow and oxygenation is increased. When we laugh the muscles in our diaphragm, abdomen, lungs, face, and leg and back muscles are getting a workout. So aerobic exercise is a laughing matter.

Eyebrows are unique

Humans are the only species that has eyebrows against bare skin. Our eyebrows' main function is to divert moisture to the sides of our face to prevent sweat and water from entering our eyes. In addition, eyebrows serve as a landmark which plays a significant role in facial identity. Studies tell us that we have trouble identifying people we know when we are shown pictures of them without their eyebrows.



Heartbeat of the Treasure Coast

Welcoming Sarah S. Khodadadeh, MD



Drs. Paul Minotty, David O'Brien, Stephen Tate, Robert Reinauer, and Mohamed Sayed are pleased to welcome Sarah Khodadadeh, M.D. to their practice. She has been providing eye care to patients on the Treasure Coast since 2014. Her specific areas of interest include optimizing visual outcomes for glaucoma patients encountering combined cataract surgery, minimally invasive glaucoma surgical (MIGS) procedures, and the latest advances in lens options for cataract patients.

Dr. Khodadadeh's strong interest in glaucoma and cataract surgery led her to pursue a glaucoma fellowship from Yale University in New Haven, Connecticut, where she also served on the School of Medicine faculty overseeing resident education.

Dr. Khodadadeh earned her undergraduate degree from the University of Michigan in Ann Arbor, followed by a Master of Science degree from Wayne State University in Detroit, Michigan. While earning her master's degree, Dr. Khodadadeh worked with scientists at the university to create adenoviral vector delivery systems similar to those used for vaccine development today.

In 2007, Dr. Khodadadeh completed her doctorate from Wayne State University School of Medicine. During her internship, she was named Chief Resident and completed her ophthalmology residency at Henry Ford Hospital in Detroit, Michigan. Dr. Khodadadeh has also participated in ophthalmology patients' care at the Kilimanjaro Christian Medical Center in Northern Tanzania.

Dr. Khodadadeh is board certified by the American Board of Ophthalmology and is a member of the American Academy of Ophthalmology (AAO). She serves on the AAO Self-Assessment Committee to promote continuing medical education for practicing ophthalmologists. She continues to remain active in the academic sector of ophthalmology, lecturing at state meetings and publishing in surgical textbooks and peer review journals.

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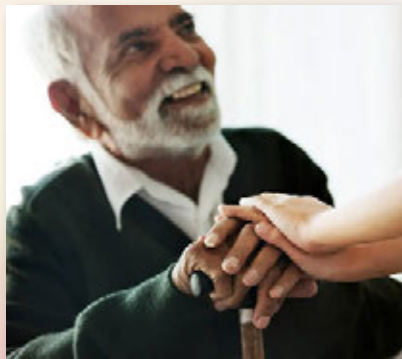
Orchid Cove at Vero Beach provides short term skilled rehabilitation and long-term care service. They offer high standards of care in a compassionate environment; focused on individual centered care. Their employees are exceptional and integral; Orchid Cove believes they deserve a leadership team that fosters a family-like environment and open communication.

I would like to introduce Jessica Winton and Crystal Alman. Jessica is the Administrator and Crystal is the Director of Nursing. They are so

similar in their backgrounds and values. They are energetic, family oriented, and have been in long term care early in the beginning of their careers.

Jessica, as a young adult, helped care for her grandfather when he was in various nursing homes. This experience and her grandfather influenced her career path. She became a CNA and now has a master's in health care administration and is a licensed nursing home administrator. Crystal began working in long term care at the age of 18. She started out in housekeeping and kept working and going to school. She went from CNA to LPN and in 2017 she became a RN. They both grew up in Florida. Crystal moved to the Ozarks and Jessica continued to work in Brevard county. What is ironic is they worked together in a nursing home in Melbourne. Neither one knew the other was hired by Orchid Cove until orientation.

Jessica and Crystal are passionate about caring for seniors and creating positive, caring environments. They have open door policies and believe in "leading by example". They explained to me, "We learn something new every day and we believe in continuous education for our staff."



Crystal Alman, Director of Nursing, and Jessica Winton, Administrator, are passionate about caring for seniors and creating positive, caring environments at Orchid Cove.

Orchid Cove is located at 2180 10th Avenue in Vero Beach (formerly known as Grace Rehabilitation Center of Vero Beach). You can also visit their website at www.orchidcovehg.com.

Welcome back home Jessica Winton and Crystal Alman! You certainly will answer the essential Orchid Cove question: "In every decision, at every crossroads, and at every level of operation, there's only one question that counts: What will ensure a better life for the people in our care?"



ORCHID COVE

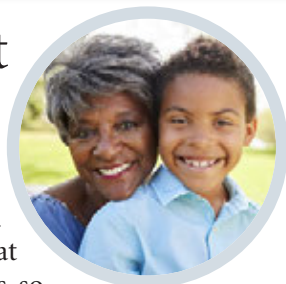
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VNA Hospice Bereavement Services Heal the Heart



According to the Mayo Clinic, grief is the natural reaction to loss. The devastation of losing a loved one causes us to experience waves of emotions that range from anger to profound sadness. Grieving is so overwhelming that everyday life and the smallest of tasks can be difficult to manage. When a hospice patient has passed away, VNA understands that caregivers and families need support, a trusted, safe place to work through feelings, that their journey to healing is just beginning.

VNA bereavement services are a benefit for hospice families. Hospice will stay in touch with families for up to 13 months after a loved one has died. Individuals may feel more comfortable meeting with an individual counselor, some may want to join a support group or participate in both settings. Hospice bereavement counselors provide a safe space where you can work through your feelings and find yourself again. Support services can also connect you with others who have experienced and understand loss. Bereavement support is how Christina Roy and her grandson Jett learned how take small steps forward again.

After experiencing a sudden and severe decline in a progressive illness, Christina's daughter, Victoria, went to the emergency department. Jett, her 11-year old son, stayed home in the care of family friends.

Victoria had several tests and was admitted to the hospital that night, a Monday. By Wednesday doctors approached her mother, Christina, to talk about hospice. It happened that fast.

Christina spoke through tears, "I wasn't ready to think about any of it. I was forced to make choices I wasn't ready to make: Either subject Victoria to the pain of dialysis at least daily and know she'd have no quality of life, or choose to stop medical treatment and admit her to VNA Hospice House where she would be made comfortable." By Wednesday afternoon, after conversations with the doctor, nurses and family, Christina chose to admit Victoria to VNA Hospice House.

Christina had to face the reality that she would lose her only daughter. Victoria had to do the unthinkable, she had to tell her young son that she was going to die.

continued on page 30

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COVID-19 Volunteers' Big Hearts Make a Big Difference

On January 3, 2021, Treasure Coast Community Health (TCCH) held their first COVID-19 vaccination clinic at the Indian River County Fairgrounds. Five hundred people received their first shot. "It didn't take us long to realize we needed extra help," Vicki Soulé, TCCH CEO, said.

In 2019 and 2020, TCCH served an average of 25,000 individual patients at their eight clinical locations, so moving employees from patient care to administering shots was not an option. Soulé knew exactly who to ask for help. Judi Miller, TCCH Board Member, was the former CEO of Big Brothers Big Sisters and has extensive experience utilizing a large volunteer base. She happily agreed to organize volunteers.



Cathy Stevenson

TCCH and Miller discovered there was no shortage of people ready to help. The initial group of nine volunteers quickly expanded to 75 with more on a wait list. "They magically appeared. We haven't recruited them, they've recruited themselves through word of mouth," Miller said.

The volunteers work in or remotely with the call center or at vaccination events. The call center responsibilities include scheduling vaccination appointments, returning messages and transcribing messages. Some days the call center fielded over 1,700 calls per day. Event volunteers handle paper work, check I.D.s, control traffic and help in the observation area. Each week Miller fills 30 call center shifts and 30 or more vaccination event shifts. As of April 15, TCCH volunteers have contributed 3,394 hours, valued at \$27.20 per hour, for an economic impact of \$92,316.80. "The hours and dollar amount



L to R Annette Rodriguez, Hope Woodhouse, Betsy Prezioso

the volunteers contribute to TCCH, a nonprofit that provides healthcare to all regardless of income, is outstanding," Soulé said.

COVID-19 vaccinations are provided free of charge to health centers by the state and federal government. The choice to charge an administration fee for the vaccine is at the discretion of each healthcare organization. TCCH made the decision to waive the administration fee so that everyone has the opportunity to receive the COVID-19 vaccine and to maintain their mission of healthcare for all. "I can't thank our volunteers enough. While we can calculate what they are worth monetarily, their commitment to our patients is immeasurable. The effort is from the heart," Soulé said.

"All of our volunteers felt the critical need for this vaccination to get out and they saw a role in helping with that process. One hundred percent say they get more out of volunteering than they ever give," Miller said.

continued on page 44



Here are some tips to avoid foodborne illness:

- Wash your hands after you change soiled lines and diapers, blow your nose, touch animals, and go to the bathroom.
- Do not drink unpasteurized milk.
- Wash fruits and vegetables before eating them.
- Cook meat and seafood to their recommended cooking temperature.
- Keep knives and cutting boards clean.
- Do not leave food sitting out longer than they should be.

Not all food poisoning cases require a doctor's care, however, be mindful if you have more serious or persistent symptom. Especially with a fever or bloody diarrhea. Seek medical attention! If you are pregnant, are young or elderly, or have a compromised immune system you can be at a risk for complications and need to seek medical care. Remember, in most cases, this shall pass.

VNA Heals the Heart

continued from page 26

Christina sobbed, "I just couldn't let her go and I knew I'd have to, but I wasn't ready." Victoria passed away that Thursday, surrounded by her family, with VNA right there by their side.

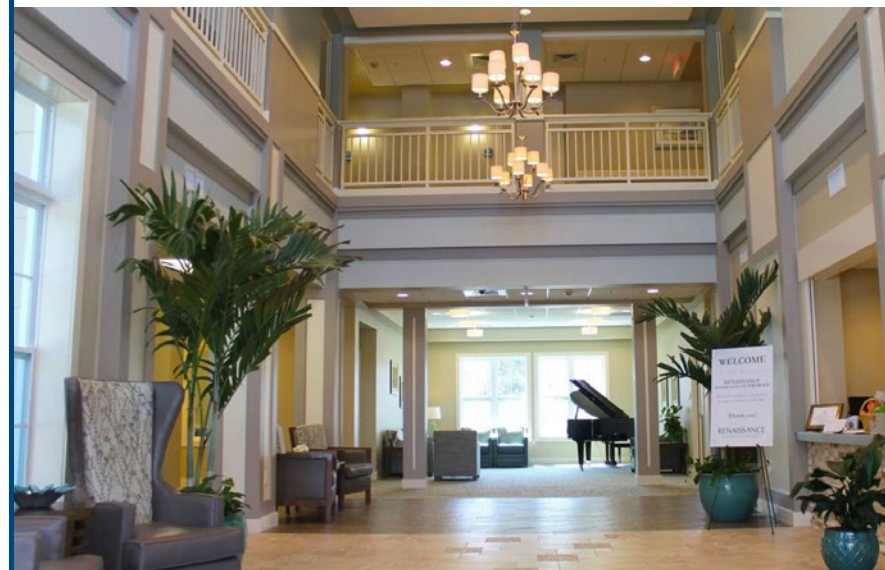
"We met Becky, a bereavement counselor," Christina recalls. "She was there for us. She talked to me, let me cry, let me be angry and she just listened. She let me know what I was feeling was normal. I never would have made it through without her. Becky let me know that anytime Jett needed someone to talk to, that we could call."

Christina and Jett both benefitted from the many bereavement services offered by VNA. They met with a bereavement counselor weekly at first, then every two weeks and eventually scheduled monthly check-ins, knowing that at any time they could meet more frequently if needed. In addition to counseling, Jett attended Camp Chrysalis twice. Camp Chrysalis is a program for Indian River County children ages six to twelve years old who have experienced a significant loss. Staffed by counselors and music therapists, Camp Chrysalis helps the children better understand and cope with their emotions.

VNA bereavement services provide emotional and spiritual support for patients and their families. To learn more about VNA bereavement or hospice services, please call 772-567-5551 or visit www.vnatc.com.

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Hypertension and Ways to Lower it

Hypertension is on the rise. It affects adults and children of all ages and genders. According to the blood pressure (B/P) statistics, around 75 million Americans suffer from high blood pressure. It is reported that almost one in every three adults in the U.S. deals with this long-term medical condition. Hypertension can be extremely dangerous as there are usually no clear accompanying symptoms that help an individual identify the condition. However, it is important to look out for clues such as frequent, severe headaches, confusion, vision problems, chest pain, an irregular heartbeat, and blood in the urine. But due to the frequent lack of symptoms, according to the hypertension stats published, the condition is popularly known as the “silent killer.”

In addition to taking medication prescribed by your physician there are many things we can do to lower blood pressure. Listed below are a few easy and effective ways for a healthy blood pressure.

Limit Alcohol

Alcohol raises blood pressure. According to the Mayo Clinic “Having more than three drinks in one sitting temporarily raises your blood pressure, but repeated binge drinking can lead to long-term increases.” (<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/expert-answers/blood-pressure/faq-20058254>) Enjoy a glass or two but not much more.

Eat less Sodium (salt)

The American Heart Association recommends “no more than 2,300 milligrams (mg) a day and moving toward an ideal limit of no more than 1,500 mg per day for most adults.” Please note, if you sweat a lot due to your work or you are a robust athlete the 1500 mg may not apply to you. Unfortunately, many people eat way more than that. It is not just about the saltshaker. Processed and prepared foods are major contributors to excess salt intake. Read nutritional

labels and nutritional content on your favorite restaurants website when available. Eat more fresh foods, eat foods closest to their natural source, and use culinary herbs and spices to enhance flavor.

Walk and Exercise

Establish a daily routine is one of the best things to do if you want to lower your B/P. It helps your heart muscle become stronger and become more efficient by lowering the pressure in the arteries. The recommendation is 150 minutes per week. That is only about 22 min. a day. Strive for 30 minutes a day. So get walking, running, dance, exercising, swimming, or play pickle ball.

Eat a Balanced Diet

Always consult with your physician or other licensed health care provider about your dietary needs. But in general a well-balanced diet contains potassium and calcium rich-foods; important minerals that help your body get rid of sodium and reduces pressure on blood vessels. Such as leafy greens, salmon, yogurt, melons, oranges, and nuts and seeds. Include magnesium; another vital mineral that helps regulate blood pressure. Eat chicken, salmon, legumes, nuts & seeds. Include a little dark chocolate or cocoa powder, which is rich in flavonoids, that cause blood vessels to dilate. Eat berries. They are also packed with polyphenols, a natural plant compound that improves blood pressure and reduces the risk of stroke, heart conditions, and diabetes.



Destress

Stress raises B/P as it raises cortisol levels in prep for a fight or flight response. Listen to music, meditate, deep breath, and do not put more on your plate. Prioritize and do not feel guilty about saying no to invitations or extra projects. Make and maintain self-care time. When we take time to destress, we allow our parasympathetic nervous system to relax, slow our heart rate, and lower blood pressure.

See your physician regularly. Invest in a home blood pressure device. Know your numbers and your blood pressure goal. Take your medication even when you do not think you have to; it means it is helping. Hypertension does not have to be a silent killer.



Enhance the Lives of Aging Adults and their Families

Everything we do at A Loving Family ALF, LLC is driven by our universal mission: "To enhance the lives of aging adults and their families. We are a locally-owned and operated assisted living facility in Vero Beach. Our living environment provides care to seniors in need of assistance with day-to-day living activities and socialization. Some may have a disability and others may be recovering from an injury or recent hospitalization or injury. We focus on your individual needs, regardless of the reason you need some extra help. Let us help your day-to-day life be simple, comfortable, and safe.

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Our company's reputation is built on hard work, dedication, and love for the those we serve.

continued on page 46



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From UPS Driver to Meals on Wheels Volunteer



Dennis Cairns 2019

More than 15 years ago, Dennis Cairns was facing retirement from his career as a UPS driver. What he would do with his extra time was still unknown when he happened to see a Senior Resource Association (SRA) ad in the newspaper calling for more Meals on Wheels volunteer drivers. Who better to deliver meals to homebound seniors than a former professional driver

who knew every road in the county? Dennis responded and soon found himself delivering hot lunches to seniors in need five days a week.

"I couldn't believe how volunteering actually reduced my stress. The clients loved it, and I discovered that giving a gift you know can't be repaid is a gift of life," Dennis said.

Today, Dennis continues delivering meals and wellness visits three days a week. He joins more than 150 volunteers who generously give their time to deliver Meals on Wheels. Not only are homebound seniors receiving their only hot meal of the day, they get the added benefit of a visit from a friendly volunteer. For some seniors, the visit is their only form of social interaction. It's also reassuring for families who don't live nearby knowing their loved one gets daily nourishment and a little caring contact, too.

Monday through Friday, SRA volunteers deliver hot lunches to food-insecure seniors throughout Indian River County. As volunteers



Dennis Cairns with wife delivering Meals on Wheels in 2010.



L to R: Meals on Wheels volunteers Bill Dennison, Dennis Cairns, Trell Adams and Beth Lanahan March 2021

arrive at SRA each morning to their designated parking spot, they're greeted by staff who check their temperature and provide a review of information for their daily delivery. Staff pack the meals in coolers and load the coolers into the cars while volunteers wait safely inside their vehicle. This efficient, drive-through system ensures everyone remains as safe as possible. Armed with SRA's convenient mobile app, drivers are provided navigation, delivery instructions, and the ability to communicate in real time with staff throughout their delivery route. The app also confirms meals are delivered to each senior and allows volunteers to report any change in the senior's condition. Most routes consist of 5 to 12 clients and may take up to two hours for delivery. Volunteers choose how often they want to make deliveries. Regular volunteers are assigned a set schedule and delivery route, which allows them to visit the same seniors each time and create meaningful relationships with them.

Last year, Senior Resource Association delivered more than 13,000 meals each month to 450 seniors each day. To learn more about volunteering for Meals on Wheels, contact SRA at **772-569-0760** or visit **SeniorResourceAssociation.org/volunteer**.

772.569.0760

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Senior Resource
ASSOCIATION

Promoting Independence in our Community

New Vision Eye Center Launches Glaucoma Institute

The doors of the Glaucoma Institute at New Vision Eye Center opened for the first time on March 24, 2021, showcasing the most advanced equipment and two new glaucoma surgeons, Dr. Mohamed Sayed and Dr. Sarah Khodadadeh.

As well as being a fellowship-trained glaucoma surgeon, Dr. Sayed is also an esteemed researcher, recently receiving a grant from the American Glaucoma Society to conduct cutting-edge research on the use of novel artificial intelligence technologies in glaucoma management.



Dr. Sarah Khodadadeh and
Dr. Mohamed Sayed

Dr. Khodadadeh joined New Vision Eye Center in February of 2021 and is a member of the American Academy of Ophthalmology, serving on the self-assessment committee to promote continuing medical education for practicing ophthalmologists.

After outgrowing their 19,000 square foot facility, the new Glaucoma Institute at New Vision Eye Center can be found just across the street at 1040 37th Place. This location remains convenient for patients, located directly across from the Indian River Medical Center with easy access.

Managing partner Dr. Stephen Tate says, "We are thrilled to announce the expansion of New Vision Eye Center with the state-of-the-art facility and addition of two fellowship-trained glaucoma surgeons."

In addition to glaucoma, the surgeons at the Glaucoma Institute provide custom cataract surgery, which is performed to exacting, individualized specifications based on the patient's vision and lifestyle needs.

As always, the goal at New Vision Eye Center is to focus on the care of patients, namely, safety, efficiency, technology, and quality of experience.

For additional information on the Glaucoma Institute at New Vision Eye Center telephone 772.257.8700.

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| <input type="checkbox"/> CC Indian River Hospital | <input type="checkbox"/> Mind and Mobility | <input type="checkbox"/> Susan Long RN MSW LCSW |
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| | <input type="checkbox"/> Robert Reinauer MD | |

Heartbeat of the Treasure Coast

Solution on page 46

A Homecoming of Sorts

The opportunity to join the Cleveland Clinic team in Florida this year came at a perfect time for Dr. Burkey and Maureen, his wife of 38 years. The high school sweethearts had vacationed in Vero Beach a few years ago and knew they wanted to return. Last summer they took the leap and purchased a family vacation home with the hopes of one day retiring in the area.

"The friendliness of the people in Vero reminds me of where I grew up in a small town in Maryland in the heart of the Appalachian Mountains," adds Dr. Burkey. "I'm thrilled to be able to continue the Cleveland Clinic mission here in Indian River County and bring a new capability to the region."

Dr. Burkey is now accepting new patients at Scully-Welsh Cancer Center at Cleveland Clinic Indian River Hospital, located at 3555 10th Court in Vero Beach. To schedule an appointment, call 772.563.4673.



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Angelia Perry Named Civic/Non-Profit Professional Woman of the Year

The Gifford Youth Achievement Center's (GYAC) Executive Director, Angelia Perry, was recently named Junior League of Indian River County's Woman of the Year in the Civic/Non-Profit Professional category.

In its 8th year, Woman of the Year awards are held annually by Junior League of Indian River County to recognize the outstanding contributions women in our county. As described by Chelsea Miller, President of the Junior League of Indian River, "A Woman of the Year nominee is a woman who demonstrates high ethical standards, is a recognized role model, has a strong sense of community responsibility and is outstanding in her contributions within Indian River County."

During the ceremony Angelia Perry was recognized for her accomplishments and longstanding service to the community. Her involvement with GYAC began in 2002 as the Community Liaison for the Front Porch Florida Initiative

started by Governor Jeb Bush. Perry was then selected to serve the Center as interim director, a position that became permanent in 2007. She also co-founded Boys 2 Men 2 Greatness, a program that pairs teenage boys with male role models, who together experience field trips, college tours and educational adventures.

Angelia's grant writing talents have increased the financial stability of GYAC, and she played a pivotal role in renegotiating GYAC's land lease with the County from 30 to 100 years. The Center currently operates five days a week with programs for adults and seniors in the morning and vibrant academic programs for youth during after school hours.



Feed the Lambs Enrichment Program



Feed the Lambs Enrichment Program, Inc., a 501(c)3 nonprofit corporation, is an organization dedicated to serving underprivileged low-income youth and families throughout Indian River County. Their mission is to provide education, workforce development, mentorship services, and recreation to underprivileged children. They also have a 7-week summer camp program. For over 20 years they had to operate at different locations. Their most recent "home" has been based at Oslo Middle School.

In March of 2021, Feed the Lambs was able to purchase an acre of land at 1175 9th street SW in Vero Beach. They hope by next year to be able to operate at this location. John May tells me "We have been blessed for 20 some plus years through the generosity of others and the support of the community. We have a building fund campaign to help us reach our goal of continuing to provide services at our own location."

Summer camp this year will be held at the Oslo Middle School and runs from June 7th thru July 23rd. Attendance this year is limited to 50 campers in accordance with CDC guidelines. John explains "In the past years we have had up to 100 campers, but we want to keep children safe and healthy during the COVID pandemic. Hopefully, next year all our services, including camp will be on our own property. May the blessings continue".

Donations for their building fund are needed. You can make donations at Marine Bank, on the Feed the Lambs Enrichment Program website www.feedthelambsep.com or by mail to 1615 18th Ave SW, Vero Beach, FL, 32962. For more information feel free to call John May at 772-501-2617 or Kenya May at 772-404-9955. Putting smiles on faces and positivity in hearts is certainly something Feed the Lambs Enrichment Program does for children.



LOCAL PEOPLE Making a Difference!



Bob Livingston –
Volunteer Extraordinaire

Bob (Robert) Livingston is full of energy, compassion, and dedication to help others, especially during disasters. Bob did not wake up one day and say I think I will volunteer in humanitarian efforts and break records for the most volunteered hours. He was not going after Presidential recognition for service. This is just who Bob is. Incidentally, he did receive recognition for those endeavors.

On Mondays Bob spends his day at the Red Cross and VNA Hidden Treasures store. He keeps the Red Cross response vehicle ready to go. He helps with shelter supplies and disaster kits, so they are ready to go when time is of essence. Bob works on projects and helping neighbors or others in need. He is a resource for those in need of used quality durable equipment such as walkers, canes, shower chairs, and more. Before COVID he assisted with installing home smoke detectors for numerous mobile home communities. The COVID pandemic, not aging, slowed down many of his volunteer activities.

Bob's background is in personnel. His expertise and impressive diverse resume explain how he has the knowledge and skills to help in so many areas. "I never told employees what to do. I asked them." In his earlier years, he and his twin brother worked with a volunteer fire department. Helping others was always something they incorporated in their life. Bob believes people skills are critical especially in times of disaster.

Bob is 92 and ½ years of age and continues to volunteer. He tells me "I am grateful to wake up every day and enjoy life. "He speaks fondly of Phil, his deceased twin brother. Bob feels so fortunate to have such a loving and close family. They are supportive of him and they spend quality time together. "I am a lucky guy and very blessed".

Bob is a wonderful role model for so many people. Thank you, Bob, for over 70 years of service and making a difference in people's lives.

Ps. Thank you, Fran Barron, for telling Hearbeat about Bob. He also considers you a special person.

Cathy Stevenson became interested in helping through a friend already volunteering with TCCH. She shared her talents to help streamline and automate the volunteer sign-up schedule, in addition to working in the call center and at events. "It's been very rewarding and I will miss it when I return north. My gut tells me Judi and I may still be touching base from time to time on the scheduling automation," Stevenson said.

TCCH volunteer John Grossweiler, also recruited by another TCCH volunteer, feels he is helping fight a war against the pandemic and adding purpose to life. His roles include traffic control and the observation area where patients wait to ensure no negative reaction. "Everybody is just so intensely dedicated to the project," he said. Grossweiler used his technical skills to help others register for a COVID-19 vaccination as well. "I set up all my computers and I got somewhere between 25 and 30 people set up at Publix and TCCH. I even [scheduled] people in Georgia," he said. Grossweiler describes his experience as refreshing and enjoys see people coming together to help others.

Hope Woodhouse brought her mom to be vaccinated and asked about volunteering because, like Grossweiler, she saw the pandemic as a war. She was in training the next week learning about the call center and the events. Because she would be working closely with patients, Hope, as with all volunteers, received the COVID-19 vaccine, "I didn't expect to get the vaccine. I felt I had to pay it back." She sent out a request to friends who might also want to help TCCH and immediately recruited people to join the fight.

John Grossweiler



"Our volunteers didn't know much about TCCH to begin with which is interesting. It has introduced our community health center to the community in a very personal, engaged way, which you just can't beat," Miller said. TCCH staff and volunteers were able to know Indian River County in a new way. They humbly accepted patients' gratitude. They saw rich and poor. They helped fellow human beings from all walks of life, each desiring hope for the future.

"When you volunteer it has to be something meaningful so you feel like you are making a difference. With this endeavor there's no question you're making a difference. You're helping people. It's just what people should do," Woodhouse said.

TCCH is actively involved in COVID-19 vaccination events with Indian River County, Gifford Youth Achievement Center, Operation Hope and multiple businesses and community organizations in addition to providing vaccinations to TCCH patients.

TCCH is a nonprofit, providing health care to all whether insured, underinsured or uninsured, and offers a sliding fee scale discount program based on household income and family size. TCCH, Indian River County's only Federally Qualified Health Center, has eight service locations throughout the county providing, medical, dental, behavioral health, and pharmacy services to all regardless of ability to pay. For more information about TCCH, visit www.tcchinc.org or call 772-257-8224.



Judi Miller



We believe “The old face of aging was the fear of getting old.

- The new face is hope and promise.
- We do not stop playing because we grow old.
- We grow old because we stop playing.”

We encourage you to meet with our experienced and caring staff so you or your loved one can live longer with a quality of life. Our customized care



plans match your loved one’s needs exactly, so they can enjoy care services that are uniquely tailored to them. Our compassionate caregivers are here to provide exceptional support, while giving peace of mind you deserve.

A Loving Family ALF is located at 106 16th Ave in Vero Beach, Florida. Our telephone number is 772-696-3070.

ALF#11969816

P	E	R	K	I	N	S	M	E	D	I	C	A	L	S	U	P	P	L	Y	K	A	
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A Whole-Person Approach to Medicine

Dr. Nancy Baker is an amazing primary care physician and has opened ‘Coastal Complete’ so she can provide patients with a dramatically improved health-care experience. She believes in a direct physician-patient relationship that utilizes a whole-person approach to care. Dr. Nancy Baker offers patients services not found in many traditional primary care offices.



Dr. Nancy Baker, MD

There is little to no wait time and unhurried office visits to address all of your concerns. You most likely will be able to get a same-day or next-day appointment. Video visits are also available which can prevent a trip to office or the emergency room. If a patient requires a home visit, Dr. Baker will make that happen. If you are in a nursing home or ALF, she can see you.

Dr. Baker believes in 24/7 direct communication via phone, text, or email and prompt return of phone calls, so you are not left waiting for answers. Her Direct Primary Care model utilizes a simple, flat, and affordable fee. There are no fee-for-service payments and no third- party billing. Many vaccines are available in the office can be billed to Medicare and other insurance. Dr. Baker is a health care advocate. She communicates with specialists her patients see so care is a team approach.

Visit Coastal Complete website at <https://coastalcompletedpc.com/> or give the office a call; the number is 772-494-5815. The staff are just as caring as Dr. Baker. They can also help you if you need information on being a new patient. The office is located at 908 E. Causeway Blvd. in Vero Beach. You will have a trusting and amazing relationship between you and Dr. Nancy Baker. Best of all, you have the opportunity to be in the best health and feel great!

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