

# Heartbeat™

OF THE TREASURE COAST

## Cleveland Clinic Rheumatologist Advocates for a Life in Motion

*Meet Rochelle Rosian, MD on page 8*



**Cleveland Clinic**  
Indian River Hospital

.....

### Helpful Portion Size Awareness

Its Not Too Late to Downsize

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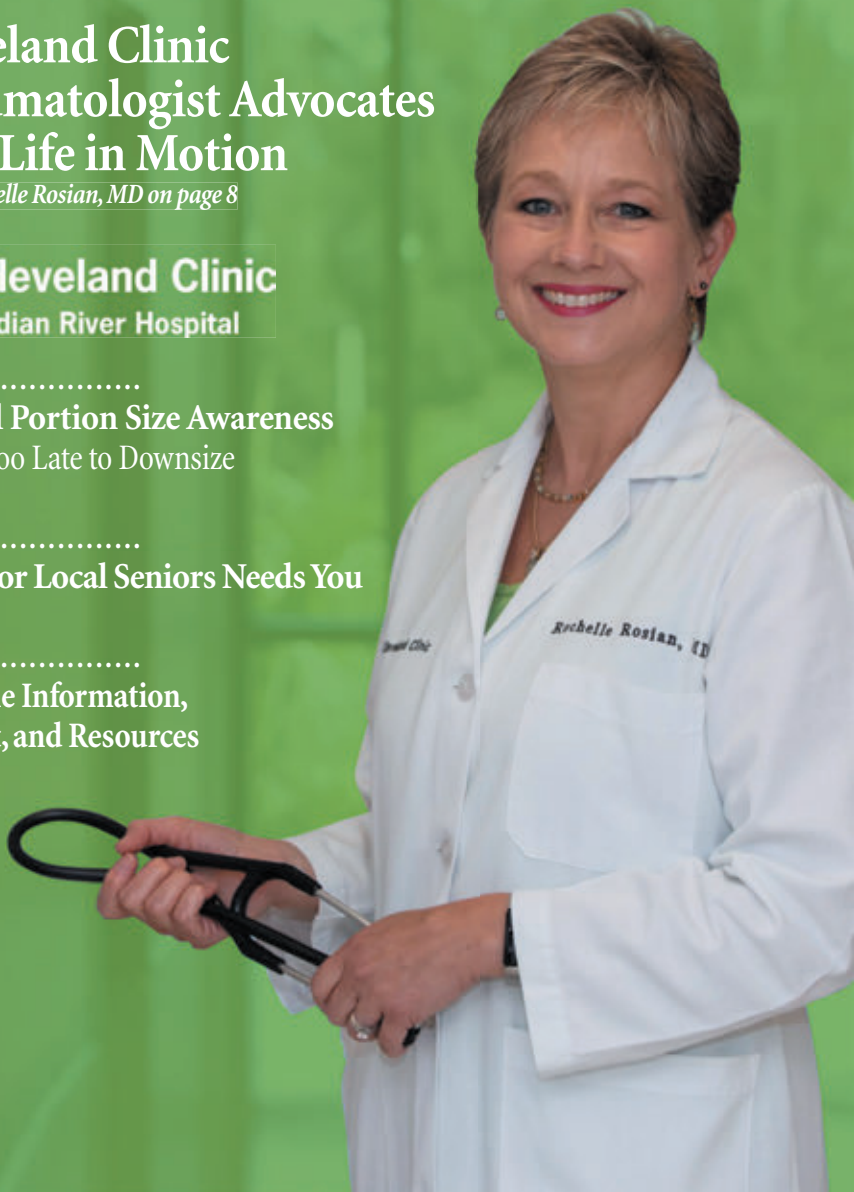
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## In Remembrance of Dr. Dennis Saver

Dr. Dennis Saver was passionate about life, family, and medical care. He will be missed and leaves footprints for other physicians to follow. Dr. Saver was known nationally and loved by his patients for his compassionate and ethical beliefs in medical care.

In 1991, Dr. Saver spearheaded We Care, a free clinic for the uninsured and in-need residents who live in Indian River County. He was a mentor to other physicians and supported them to volunteer for We Care. He knew how to have a successful practice and still find time to help others. Dr. Saver brought the community together so people, organizations, and business could help improve access to care. We Care, provides essential medical care to patients in need; including specialty areas where patients may have difficulty receiving care. These doctors give hope and improve quality of life.

In remembrance of Dr. Saver and the impact he has left on our community you can donate to the "We Care Foundation of Indian River," P. O. Box 573, Vero Beach 32961 or go to their website located at: [www.WeCareofIRC.org](http://www.WeCareofIRC.org).

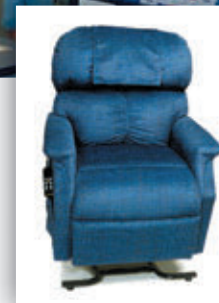


*Heartbeat expresses our condolences to his family, friends, and peers. We are blessed with Dr. Saver's never-ending hope and inspiration for better health care.*

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Indian River Hospital's  
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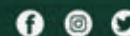
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When I relocated to the Treasure Coast in 1974 there were many health-care issues that took you traveling to other larger cities to have addressed. We are so fortunate that in 2021 we now have the most experienced quality health care one could ask for. In fact there are many patients who are traveling from their homes throughout the state to Indian River County to see a specialist.

Nestled in our community are two acute hospitals, an acute rehabilitation hospital, skilled nursing, assisted living and independent living facilities. We have home health agencies, health care centers, hospice, labs, radiology services, pharmacies, medical equipment and more. Many are locally owned and operated by your neighbors.

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## Cleveland Clinic Rheumatologist Advocates for a Life in Motion

One of Cleveland Clinic Indian River Hospital's newest physicians has made a career of helping people live full, active lives. A board-certified rheumatologist, Rochelle Rosian, MD, specializes in the diagnosis and treatment of musculoskeletal disease and systemic autoimmune conditions commonly referred to as rheumatic diseases.

For 25 years Dr. Rosian has cared for patients as a staff physician in the Department of Rheumatic and Immunologic Diseases at Cleveland Clinic in Ohio. Most recently she served as Director of Regional Rheumatology, overseeing a regional practice that included nearly a dozen rheumatologists across multiple locations in northeastern Ohio.

"Dr. Rosian is a skilled physician and strong team leader, and she is loved by her patients in Ohio," says Greg Rosencrance, MD, President of Cleveland Clinic Indian River Hospital. "We welcome her to the Indian River team and know her tremendous experience increasing access to rheumatologic care will benefit the communities we serve."

### The Road to Rheumatology

As the first doctor in her family, Dr. Rosian did not have personal role models to guide her on a path to medicine. Surgery at age 11 for a musculoskeletal condition, however, left a lasting impression as did the 10th grade science teacher who encouraged her to consider medical school. So with the full support of her parents, she did.

Dr. Rosian completed her undergraduate degree at Youngstown State University, near her hometown of Canfield, Ohio, before graduating from Northeastern Ohio Universities College of Medicine. Her residency at Allegheny General Hospital in Pittsburgh was then followed by a rheumatology fellowship at Cleveland Clinic.

The former ballerina and high school athlete was always interested in body mechanics and the need to balance strength and flexibility. She would go on to apply that passion as a physician helping others to maintain and improve their mobility in spite of often debilitating diseases that attack bone, joints and connective tissue.

"We have a saying where I'm from: Let it rest and it will rust," says Dr. Rosian. "I love helping people live full, active lives. That's why I encourage all my patients to keep moving."



*Rochelle Rosian, M.D.*

### A Growing Need

Arthritis describes more than 100 rheumatic conditions that cause inflammation of the joints and is the leading cause of disability in the United States. Nationwide an estimated 54.4 million adults have been diagnosed with some form of rheumatic disease, including osteoarthritis, rheumatoid arthritis (RA), gout, and lupus. In Indian River County, the prevalence of arthritis is estimated at 32% of adult residents.

"As our population ages, more and more people will suffer from loss of mobility and independence due to these rheumatic diseases," says Dr. Rosian,

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

by Jenna Katz Schwibner, DMD, FAGD

## Why We Screen for Pediatric Sleep Problems



Dr. Jenna Katz Schwibner

As a dentist I practice dentistry with the knowledge of the relationships between dental, airway and overall health. One of our practice goals is educating our patients and the community about the importance of diagnosing and treating airway issues, that when treated, may lead to better overall health.

I am humbled by acknowledgements I receive from grateful patients and parents of patients who I have helped through our practice. At these moments I am reminded as to why we do what we do.

Recently I had the opportunity to speak to a patients mom who has been concerned with her 10 year old daughters health. Her daughter has been showing symptoms of tiredness, she was struggling, and just not being the best version of herself. This became alarming. She scheduled an appointment in my office for a consultation and examination to see if we could assist.

After a brief written questionnaire, (that the parent completes) a comprehensive dental examination with diagnostic tests were completed. This patient presented with airway concerns. We will be moving forward with a solution.

Our practice offers many options for patients of all ages with airway issues, sleep apnea and sleep disordered breathing. We implement expansive orthodontics for adults and children to combat sleep apnea and other milder SDBs. Treatment can range from removable or fixed appliances to full, clear aligner orthodontic programs.

This is why we do what we do. This is why we continue to educate and advise parents to look out for symptoms and behaviors that may be the result of health issues. If you or a loved one suffer from any form of SDB please call for additional information.

### A recent note from a very appreciative parent:

Hi Dr. Jenna,

*Thank you very much for your care and medical perspective on all of this! I can not tell you (in words) how refreshing it was to hear your thorough considerations and whole body view of the possible contributing factors of my*

*continued on page 40*

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Colleen Symanski, RN, Certified Diabetes Care and Education Specialist, Health Coach  
Ken Symanski, Personal Trainer and Enthusiast for Getting You Moving Safely

## Diabetes and How to Spend More Time in Range

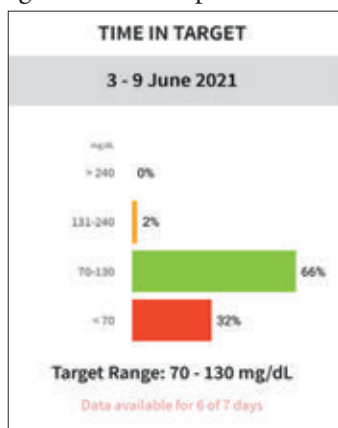
There is a lot to managing diabetes, for many people it is a life-time journey. Diabetes isn't easy but it can be better. Too often there is a focus on food and medications; unfortunately, many people living with diabetes tend to focus on medications for treating diabetes. Medications are meant to be used in combination with healthy eating and being physically active. An important aspect of self-care with diabetes is blood glucose testing.

After years of clinical practice, a common theme I see is that glucose testing is passive. You test your blood as requested by your physician, you write your results down or have your results downloaded at the MD office. You wait for your A1C test and bam, you get the result, and the cycle continues.

So I ask you, would you cover up the speedometer in your car and wing it? After all, you have been driving for years and probably have a good idea if you are driving too fast or too slowly. Clients give me with a puzzled look and say, "Of course I wouldn't cover up my speedometer." So my question is, why do it with diabetes?

Frequent blood glucose testing lets you know how high or low you are on a daily basis and through-out the day and weeks. It tells you how you are responding to medications, stress, foods, and exercise and gives you the opportunity to make adjustment to spend more time in range. Spending more time in range means better health. You want to know fasting blood sugar levels, 2-hour post meals results, or perhaps know the effects of various exercise activities. You want to know when you tend to run low or too high.

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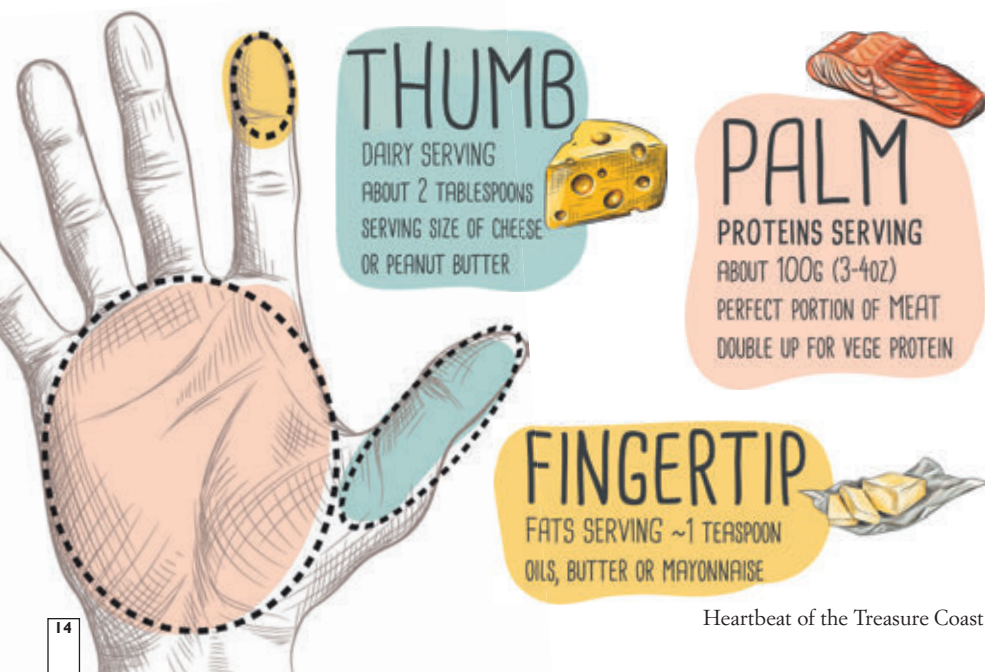


by Colleen Symanski, RN, Certified Diabetes Care & Education Specialist

## Portion Size Awareness

We have just gotten use to more; especially when it comes to food and drinks, and portion sizes. What is alarming is now children's sizes when eating out are bigger! That nice big bagel can contain 55 carbs or more before you add your favorite smear. Eat only half or share those carbs with someone. Same thing with those yummy large pizza slices; perhaps have a salad and 1 slice instead of 2 slices. Listed below are some ways to eat healthier in a bigger way while reducing portion sizes.

- Check the serving size on nutritional labels.
- Measure out cereals and granola before you put them in your bowl. Chances are you are eating more than you realize. Try measuring what you poured first and see how your serving compares to the actual serving size.
- Use an ice cream scoop instead of a big spoon. ½ cup of ice cream is a serving size.
- Use the right size bowls and plates for food choices as your eyes can be deceiving. If the bowl looks half empty, there is temptation to add more. When the bowl or plate is full it helps to reduce the temptation to add more; just don't go back for seconds.
- When eating out, restaurants want to make sure you get your money's worth, so chances are good that you really have enough for two meals. Either share or bring half home for another meal.



Heartbeat of the Treasure Coast

• Rethink those supersized big gulpy drinks. (I know, but you drink it through-out the entire day...) There's enough sugar in them for probably 4 or 5 days. Some of these drinks have 20 teaspoons of sugar.

- Ask for sauces and dressings on the side and use less than what was provided.
- If you bought that breaded chicken thinking it's all protein, realize that the breading has more carbs and salt tricking you into thinking you just ordered nothing but a healthy protein.

Explore foods and nutritional information as carefully as you probably do when making major purchases. It has become more difficult for the food industry to be deceptive, and a public demand required them to disclose more nutritional information. Yet, we aren't using this information to our health advantage to make healthier eating choices. We can even look up information on websites from home or our cell phones. Did you know that many restaurant chains can provide nutritional information if asked? (Of course they don't necessarily like to do it because they are busy serving and assisting customers. Chances are likely that not enough people know what this information means and what to do with.)

What we eat and how we nourish (or don't nourish) our bodies can later in life be very costly. Such as the expenses associated with medical care and loss of work due to diabetes, hypertension, cancer, and heart disease. Children are now having medical conditions that use to be "reserved" for adulthood, such as obesity, fatty liver disease, and diabetes. It's not too late to "down-size". The earlier, the better. Bon appétit!





## Where you go for Rehabilitation DOES Matter

Most people are familiar with being in the hospital; admissions are usually planned or unexpected. They range from giving birth, repairing a hernia, or dealing with an acute or emergency need. We get admitted and then discharged. The discharge process is a critical time where decisions are made swiftly with the help of various health care professionals. Often times, one can be overwhelmed especially when trying to make decisions on after hospitalization care. Such as do we need home care? Do we need medical equipment? Do we need convalescent care or rehabilitation care?

Encompass Health Rehabilitation Hospital of Treasure Coast is an acute care rehabilitation hospital. That means, you get state-of-the-art care specific to your needs and diagnoses so that your recovery offers you what you need to get back to living life to your fullest potential. Your team specializes in rehabilitation and holds credentials you won't find outside of an acute rehab hospital. We even have a suite that simulates living at home, so you are prepared. Listed below are some common reasons people seek our services.

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Brain Injury	Parkinson's Disease	Joint replacement
Cardiac	Spinal Cord Injuries	Pulmonary/ Respiratory

You don't have to wait for the unexpected before you can receive rehabilitation. If you find yourself declining or perhaps, having a fall or two call us. You can request an evaluation and direct admission straight from your home. Perhaps you declined rehab after hospitalization and realize you need more care than you can get at home – just call us.

Our telephone number is 772-563-4070. We are located at 1600 37th Street in Vero Beach. Our web address is: [encompasshealth.com/treasurecoastrehab](http://encompasshealth.com/treasurecoastrehab).

It is important to know who and what care you want after a hospitalization. On the adjacent page we have provided an easy way you can let the hospital discharge team know who you want to care for you. Often times, these decisions get made for you unless you communicate who you want. Share it with the ER and hospital staff. Your personal relationships and preferred choices are important to your recovery.

### My Health Care Providers Information

Please contact the following for my health care needs

Name:	
Date of Birth:	Date:
Preferred Hospital: <input type="checkbox"/> Cleveland Clinic Indian River <input type="checkbox"/> Sebastian River Medical Center	
<input type="checkbox"/> Other:	
<b>Preferred Rehabilitation Hospital:</b> Encompass Health Rehabilitation Hospital	
<b>Preferred Nursing Home:</b>	
<b>Allergies:</b>	
<b>Emergency Contact Information:</b>	Telephone Number:
<b>Health Care Advocate Information:</b>	Telephone Number:
<b>Physicians Names</b>	<b>Telephone Number</b>
Primary Physician Name:	
Specialist:	
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Other:	
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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.*

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

## Insomnia

There is a good chance that most of us have had a bad night's sleep and thankfully we go back to sleeping well. But for many people, insomnia results in a battle of counting sheep and watching the clock. Nearly 1 in 3 adults have spells of insomnia that last a few days at a time, known as acute insomnia. About 1 in 10 adults suffer from chronic insomnia, which is defined as "insomnia that occurs more than 3 nights a week for over a month".

Stress, chronic pain, depression, and jet lag can cause insomnia. Medications, alcohol or caffeine before bedtime, and hormone changes are also culprits. Insomnia can arise from:

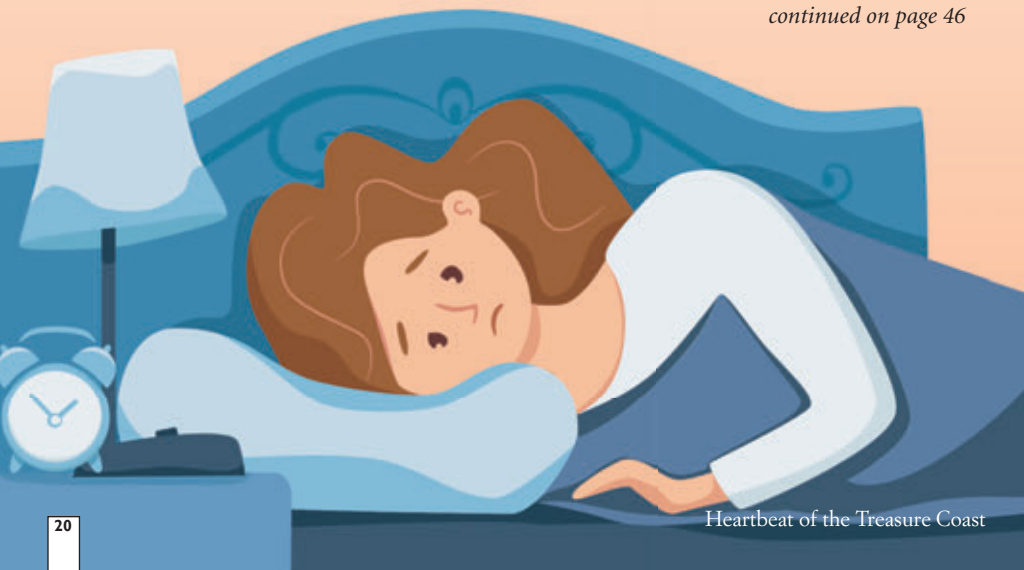
- Recent life events such as a divorce or death of a loved one.
- Bedtime habits that don't lead to restful sleep.
- Medical conditions such as acid reflux, thyroid problems, or asthma.
- Lack of physical activity and sunlight exposure during the day.
- A disruption in our natural circadian rhythm which can be caused by working nights or from changes in work shifts.

It is important to speak with your physician to discover if a medication or medical condition is causing insomnia. Let's take a look at some natural ways that might just improve your night's sleep.

### Assess your Bedtime Ritual and Habits.

- Keep your bedroom calm and a place for self-care, snuggles, and relaxation. Don't use a smartphone or another blue-light-emitting device in bed. Try to keep cell-phones and the TV as far away as possible.

*continued on page 46*



Heartbeat of the Treasure Coast



## SANTA NEEDS YOUR HELP!

Our Santa for Seniors gift drive collects holiday presents for local seniors, including those who are homebound. Your thoughtful gift will bring joy and goodwill to those in need.

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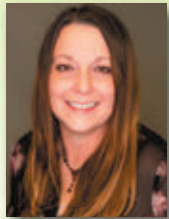
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by Theresa Tolle, R.PH, Owner Bay Street Pharmacy



## The Importance of Zinc

Zinc is a trace essential mineral which means our bodies only need a small amount. Examples of other trace minerals are iodine and iron. Zinc fulfills a variety of roles in our body. It is essential for growth, cell division, and wound healing. It is needed for proper sense of taste and smell. Zinc also supports our metabolism and immune system. Zinc helps fight off colds and other infections. It is also an antioxidant that can slow the aging process and repair damage from free radicals.

Zinc is not stored in the body, therefore we should ingest daily. It is naturally present in some foods and is also available as a dietary supplement. Some skin care products and cold medications contain zinc. The Recommended Dietary Allowance (RDA) is listed below. Please zinc responsibly as too much can cause toxicity. Always consult your physicians and pharmacist for the correct dose. High-protein foods such as seafood, meat, and dairy products are natural sources of zinc that the body can readily use. Listed below are food sources high in zinc.

- Oysters, Alaskan crab, mussels, lobster, and shrimp
- Chicken, pork and lamb, grass-fed beef
- Ricotta cheese, yogurt, and kefir

Vegetarians can be at risk for zinc deficiency and should eat foods such as pumpkin and sesame seeds, potatoes, cashews, lentils, avocados, and cocoa powder. The zinc in these foods get absorbed differently and not as efficiently as the above mentioned high-protein foods sources. Zinc supplements can be a good choice.

Zinc can interact with medications so discuss your zinc intake with your pharmacist and healthcare providers.

*continued on page 35*



## How to Dispose of Unwanted Medications



Proper disposal of expired or unwanted prescription and over-the-counter medications protects the health of the community by preventing accidental overdose and potential abuse of these medications. It also protects our water supply and environment.

**NEVER DISPOSE OF MEDICATIONS BY FLUSHING THEM DOWN THE TOILET OR DRAIN!**

### HOW TO SAFELY DISPOSE OF MEDICATIONS:



1. Keep the medicines in the original container. This will help identify the contents if they are accidentally ingested.
2. Mark out your name and prescription number for safety.
3. For pills: add water or soda to start dissolving them. For liquids: add something inedible like cat litter or dirt.
4. Close the lid and secure with duct or packing tape.
5. Place the bottle(s) inside an opaque (non see-through) container like a detergent container.
6. Tape the container closed.
7. Hide the container in the trash.
8. Do not put in the blue recycling cart.

### DRUG TAKE-BACK PROGRAMS

**Residents may take expired or unwanted medications to the following locations:**

Walgreens at 1705 US Hwy 1 in Vero Beach,  
CVS at 8495 US Hwy 1 in Wabasso, and Walmart  
Pharmacy at 2001 US Hwy 1 in Sebastian

**Please do not bring sharps to the medication disposal boxes or put them in the blue recycling cart.**



Visit <https://takebackday.dea.gov>  
to learn about the next  
Drug Take Back Day!

**Important:** Residents may only transport prescription medications that have been prescribed to them, not any belonging to friends or relatives. Transport medications in their original container.



## Hospital Prevention Program: *Patient-Centered Home Health Service*

In June, VNA launched the Hospital Prevention Program (HPP), a new patient-centered home health service. It's geared toward helping high-risk patients with severe diagnoses, like end-stage respiratory disease and congestive heart failure who are susceptible to hospitalization or rehospitalization, remain safely at home. Not only do patients benefit physically and mentally, but they avoid high costs associated with hospitalization.

And the service is excellent. "This program will enhance what the VNA excels in, which is stellar individualized patient care," says Lisa Sellers, an Advanced Practiced Registered Nurse (APRN), who spearheads the program.

There are four main objectives that Sellers and her fellow VNA nurses focus on with their HPP patients. Number one is attaining their patients' goals. "We often address their goals in relation to their diagnosis and prognosis," says Sellers, who has been a registered nurse since 1996.

The second objective is medication management, which is particularly important for patients recently released from a hospital. "There's often a medication discrepancy; they have one medication at the hospital and a different one at home," says Sellers.

The third objective is timely follow-up, within 7-10 days, with a patient's primary care physician (PCP) and specialists to coordinate the patient's care. The fourth and final objective is patient centered education and coaching. "Patients may forget or may not understand their disease processes well. I give them a robust teaching on that and ways that they can prevent exacerbations of those diseases. Sometimes it is unavoidable, but many times it is not," says Sellers.

Many of Sellers' HPP patients are perfect candidates for VNA Hospice, which offers numerous benefits for the patient and their families that they can enjoy in the comfort of their own homes. For many, it's a great option, but it's a topic that's not always easy to bring up. "Discussing hospice with patients and family



*continued on page 35*

## Experience the Difference of Complete Dental Care

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Everyone deserves the best dental health. Dental Partners and Dental Buddies of Vero Beach practice the concept of Complete Dentistry. This emphasizes a comprehensive, individualized approach to a patients dental care and over all health, focusing on prevention, early intervention, and long term wellness.

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by Bobbi Kleinschmidt

## Promising Healthcare for All



TCCH Pharmacy Director Rashonda Williams

Promising a community affordable, technologically advanced primary care, in a compassionate environment that eliminates healthcare disparities for all people regardless of their socio-economic status is a big undertaking. Add this same commitment to medical, dental, behavioral, pharmaceutical and vision care in eight conveniently located health centers and it might sound too good to be true.

As a health care leader in Indian River County, Treasure Coast Community Health (TCCH) is a comprehensive healthcare provider that continues to expand and meet the needs of the community. The recent addition of an on-site pharmacy at the Gifford location is an example of listening to

and acting on the needs of our population.

“Patients were asking for this, and we heard them,” TCCH Pharmacy Director Rashonda Williams said. An on-site pharmacy offers patients a fast, stress free atmosphere to fill their medications. In addition, the pharmacy team has direct access to medical providers for fast response time if questions arise. Affordable prescription programs, automatic refills, mail order, free deliver and same day pick up options offer increased convenience and help with patient compliance.

A second necessary expansion is a new Vision Program that provides affordable, high quality vision care and glasses, diabetic retinopathy scans, glaucoma screenings and medical prescriptions. Children must see clearly in

order to succeed in school and play. As we age, health factors such as diabetes and high blood pressure can affect vision. Likewise, family history that includes diabetic retinopathy, glaucoma or cataracts can have detrimental effects on our health. Because eye health is part of a healthy and safe life, TCCH extends their sliding scale program to the Vision Program so everyone can see a bright future.

Healthcare is a gift to all of us. When we are hurt and do not feel well, we want to trust that someone is looking out for us. The fact is, TCCH’s commitment is true, and the staff is really good at their jobs. The mission of healthcare for all is ever-present in the eight health centers, available medical services and community collaborations. TCCH is available to all of us, young and old, with or without insurance. The best promise of all? No one is ever turned away.

## A Healthier Me *continued from page 12*

Checking blood glucose is inexpensive compared to cost of treating complications. Plus, you get to be in the ‘driver’s seat’. You don’t have to wait for your doctor telling you in 3 or 6 months how well you did- or didn’t do. Knowing your A1C is important, knowing what to do with the results for optional decision making is even more important. Just like B/P and cholesterol numbers are vital information. Often, I see patients who are overwhelmed that they are not getting the results they expected when they did everything, they thought they were told to do. Diabetes care and management gets better and easier when it is in real time- not history. Many health care professionals can’t spend enough time explaining the importance of blood glucose testing and what to do with the results. Sometimes, there aren’t enough knowledgeable providers in this specialty area. This is the advantage of having a board-certified diabetes care and education specialist on your team.

Tired of painful fingersticks? There are different Continuous Glucose Meter (CGMS) available, and they are becoming more affordable. CGMs provide immediate feedback, history, and time in range. You get alerted to highs or lows so you can respond quicker. CGMS are used by people with Type 1 as well as Type 2 diabetes. It is important to look for trends of highs and lows and what to do. Learn how to spend more time in range.

I love helping people learn more about blood glucose testing. It is one of my favorite areas and hopefully it will be one yours as well. Make sure you celebrate your successes! Reach out to me if you would like more information.

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## Cue the Sleigh Bells! *Santa for Seniors Needs You*



*Iris was one of 650 seniors who received a gift last season.*

Senior Resource Association's 8th annual Santa for Seniors gift drive prepares for its greatest challenge to date. Hundreds of isolated and homebound seniors may not receive a holiday gift this year without the generosity of the Indian River County community. Each holiday season, SRA collects and delivers gifts to seniors in need. This year, the number of older adults in crisis has increased dramatically. At least 850 gifts are needed to provide just one gift per senior, compared to 650 last season.

Santa for Seniors relies on the generosity of individuals, volunteers, businesses, community groups, and local retailers. Since the program's inception, more than 4,000 gifts

have been delivered to seniors throughout the county.

"We all know what it feels like to be separated from our loved ones, but for seniors who are always alone and homebound, these holiday gifts bring tremendous joy and reassurance that our community cares for them," said Karen Deigl, President/CEO of Senior Resource Association.

Gift collections begin in early November and end Friday, December 10. New, unwrapped gifts can be delivered to Senior Resource Association at their locations in Vero Beach and Sebastian, and at various business and community sites. Organizations and companies are encouraged to participate and share the joy by engaging customers, colleagues, and friends in the gift drive.



*Meals on Wheels volunteer, Jim Gregg, loads his sleigh for deliveries.*

For more details and gift suggestions – all carefully chosen to suit specific senior needs and interests — please contact Senior Resource Association at 772-569-0760 or [events@sramail.org](mailto:events@sramail.org).

Senior Resource Association (SRA) is a non-profit organization and the Lead Agency on Aging in Indian River County. For more than 40 years SRA has been a valuable resource for older adults, meeting the needs of seniors and caregivers with diverse programs and services. Programs include Meals on Wheels, Adult Enrichment & Respite, Public Guardian Program, Senior Supportive Services, In-Home Services, and GoLine and Community Coach. To learn more, visit [SeniorResourceAssociation.org](http://SeniorResourceAssociation.org).



*850 gifts are needed to provide just one present per senior.*

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



**Senior Resource  
ASSOCIATION**

*Promoting Independence in our Community*





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(772) 299-3511



**Zhanna Grinchuk, MD**  
Family Medicine  
Primary Care South  
4165 9th St. SW  
Suite 106  
Vero Beach, FL 32968  
(772) 569-7706



**Elizabeth Tan-Chiu, MD**  
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Scully-Welsh Cancer Center  
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Vero Beach, FL 32960  
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# LOCAL PEOPLE

## *Making a Difference!*



Carole Melasi has been living with diabetes for many years. Seven years ago, after struggling with glucose results that left her frustrated, she was diagnosed with latent autoimmune diabetes in adults (LADA). It was not the diagnoses she wanted to hear, and Carole explains, “It has been a journey often times difficult. I was blessed to have the support of friends, family, and clinicians. Fortunately, I found a certified diabetes educator who helped me navigate and achieve better self-care for optimal

health with diabetes. I am now on an insulin pump and Continuous Glucose Meter (CGM) which is extremely helpful in managing my self-care.”

Carole owns her own business, enjoys her family and loves to travel. Life with diabetes also gave her new opportunities. Such as being a guest on radio shows, participating in community events to raise diabetes awareness, and even run 5K races. Carole shares “living with diabetes is a 24-7, 365 days a year disease that is made easier with the support of others.” She is passionate about helping others who have diabetes.

Carole is now a University of Florida ECHO Diabetes Support Coach; dedicated to working with Treasure Coast Community Health (TCCH) patients. As a diabetes support coach, Carole will interact with TCCH health care providers, including their certified diabetes care and education specialist, and most importantly patients. Her role includes activities such as:

- Developing a diabetes resource guide.
- Organizing diabetes related community events.
- Meeting with patients in a small group setting as well as individually.

Carole provides valuable non-clinical support to patients. Patients of TCCH who live with diabetes now have a support coach they can meet with who understands what living with diabetes is like on a daily basis. She helps patients get through everyday decisions, discusses how technology can help improve their quality of life and how to embrace it. Patients can talk about their obstacles and frustrations and discover solutions that work for them. Carole helps with the whys and how to adopt medical recommendations into small do-able steps. She is an incredible resource as a diabetes support coach in our community.

Heartbeat of the Treasure Coast

CANCER

## Expert cancer care close to home.

### The diagnosis

Vero Beach resident Sharon Wolf underwent a routine mammogram. After discussing the results with her physician, she had a second test performed. That mammogram, followed by an ultrasound and biopsy, revealed an aggressive breast cancer. It hit Sharon particularly hard, since her only sister died of pancreatic cancer two decades before. "When I got the diagnosis, I thought, 'Will I make it through this?'"

### "Let's not take any chances"

Sharon took immediate steps to address the cancer. She underwent a double mastectomy, then began a year of chemotherapy. "I said, 'OK, let's not take any chances.' I'm here today because of the Scully-Welsh Cancer Center at Cleveland Clinic Indian River Hospital – because of the treatment protocol that they designed for me."

### Care close to home

One of the most important aspects of choosing Cleveland Clinic Indian River Hospital for her care was that it was right there in the community where she lived. "To have this care available, that I did not have to leave my surroundings, made my treatment program successful," she said. "I was able to come here, have my treatment, and go back into my community that surrounded me completely with love and caring. If I had to drive across the state it would not have been the same."

### Team approach to care

Sharon was impressed with the team approach to care. She met with a nutritionist who developed a program for her to follow during treatment. She was provided other resources and information from a team of caregivers that answered her questions and helped her understand what to expect in her treatment and how to prevent side effects. "These people are here to help you," Sharon said. "They're kind. They care about us, about each individual person."

### Celebrating survivorship

This October, Sharon won't just be celebrating Breast Cancer Awareness Month, she'll be marking five years as a breast cancer survivor.



To make an appointment with a cancer specialist, call 877.463.2010 or visit [ccirh.org/cancer](http://ccirh.org/cancer) to learn more.

can be difficult, but it can also be relieving for everyone. It is a delicate topic, but I will start with the patient's goals and expound on that," says Sellers. "I find it to be a privilege to discuss this topic with patients and their families."

If a patient and family are open to hospice, Sellers refers them directly to the hospice team. If they are undecided and need more education, she'll refer them to the VNA Hospice Advance Care Planning team for more clarification.

There are many advantages to being admitted into hospice early, including more quality time spent with loved ones. In addition, patients' families have access to services that hospice provides specifically for them, which can be extremely helpful and contribute to their emotional healing. But perhaps the biggest selling point is that often patients live longer than expected in hospice care when admitted sooner rather than later. "It's a better quality of life," says Sellers, a big fan of hospice – and VNA in general. "VNA's heart is for the community. The love this organization has for the community is limitless and amazing."

*Talk to learn more about VNA services, call 772-202-3972 or us online at [www.vnadc.com](http://www.vnadc.com).*

## The Importance of Zinc *continued from page 24*

Listed below are some common medications to take into consideration.

- Antibiotics such as ciprofloxacin and tetracycline: take these at least 2 hours before or 4-6 hours after taking a zinc supplement
- Thiazide diuretics such as chlorthalidone and hydrochlorothiazide increase urinary zinc excretion by as much as 60%. Long term use of these medications may require additional lab testing.

Zinc supplements are available in capsules, tablets, and lozenges. A cost-effective and common choice is zinc gluconate or zinc sulfate. Be careful with zinc in nasal sprays as there are reports of loss of smell.

One final note about zinc as a supplement. With COVID-19, it has been one of the top 3 supplements that are recommended to boost the immune system to either help prevent a COVID infection or treat to help the immune system fight COVID. The typical dosage is 50mg daily for adults and also recommended with it are usually Vitamin C 1,000mg to 2,000 mg daily and Vitamin D3 2,000 units daily. As, always, our pharmacists at Bay Street are available to discuss zinc supplements along with any other vitamin or supplement questions or reach out to your primary care provider to help you select the best one for you.



## National Rehabilitation Awareness Week

Throughout the month of September, we celebrate the success stories of patients and families who have benefited from all forms of rehabilitation in alignment with National Rehabilitation Awareness Week. We also recognize and thank the rehabilitation professionals across the country who have dedicated their career to making a difference in the lives of others.

The need for different types of rehabilitation first became most prevalent during World War I and World War II. Physical therapy emerged as a profession during WWI when there was a growing need to take care of injured soldiers, and the first physical therapists were called “reconstruction aids.” The demand for physical therapy increased in the late 1960s and 1970s, and the career of physical therapy assistant was created to meet the demand. Like physical



therapists, occupational therapists also treated injured soldiers in WWI and WWII. The need for speech rehabilitation services also grew during WWII, as many soldiers suffered brain injuries resulting in aphasia. This created an expanded need for speech therapists that attracted large numbers of men and women to the profession.

The first celebration for rehabilitation professionals took place in 1976 as a small event sponsored by a Pennsylvania company called Allied Services. This year, Encompass Health Rehabilitation Hospital

of Treasure Coast and other Encompass Health hospitals across the country will celebrate National Rehabilitation Awareness Week during the week of September 19 with a theme of ‘The Art of Rehabilitation.’ By weaving together our expertise, tools, team and best practices, we are able to help our patients prepare for their most awe-inspiring performance yet – their return back to the people and things they love most. The successes of our patients and dedication of our teams are what truly define ‘The Art of Rehabilitation.’

At Encompass Health of Treasure Coast, we are honored as the only Inpatient Rehabilitation Hospital in Vero Beach, to have served our community and beyond for more than 36 years. Encompass Health of Treasure Coast first opened to patients on July 1986, as a 40-bed inpatient rehabilitation hospital. Since that time, the hospital has expanded to 80 beds, grown specialized services



in stroke, spinal cord, orthopedic and neurological rehabilitation with the capability to serve approximately 2,000 patients per year. During this time, the hospital has also achieved Disease-Specific Care Certification from The Joint Commission for two of its rehabilitation programs, including stroke and brain injury rehabilitation. These certifications reflect the hospital’s commitment to providing safe and effective patient care.

Mostly importantly, over the span of the past 36 years, Encompass Health of Treasure Coast has discharged more than 48,000 patients back to their local communities with more independence and the ability to continue doing the daily activities they love. Many patients have been able to return to near-normal functions similar to their abilities prior to their debilitating disease or illness. As the Vero Beach area continues to grow and the need for rehabilitation services continues to expand, we have the opportunity – and the responsibility – to continue providing high quality care close to home and identifying new ways to connect with the communities we serve.

As we recognize National Rehabilitation Awareness Week the week of September 19-25, join us in celebrating our patients who have returned home and cheering on those who are currently in rehabilitation, as well thanking our local rehabilitation care teams for all they do to help individuals return to fulfilling lives and the families they love.



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

who specializes in treating patients with RA, seronegative RA, psoriatic arthritis, lupus, and Sjögren's syndrome, among other inflammatory diseases. She is also highly experienced in caring for individuals with osteopenia and osteoporosis, metabolic bone-weakening conditions that can lead to bone breaks and loss of mobility.

### Patient-Centered Care

The Orthopaedic & Rheumatologic Institute at Cleveland Clinic Indian River Hospital brings together a multidisciplinary team that specializes in treating individuals affected by the most complex bone, joint or connective tissue disorders. It includes the departments of orthopaedic surgery, rheumatology and sports medicine.

"Cleveland Clinic's model of medicine has long relied on the collaboration of different specialists to provide personalized, high-quality care for our patients," Dr. Rosian explains. "I'm excited about the opportunity to lead and grow the rheumatology practice in Indian River County while optimizing our patient-centered institute model to improve outcomes for patients with musculoskeletal problems."

### Treatment Advancements

Rheumatologists like Dr. Rosian use non-surgical treatment options to slow or stop the progression of disease, preserve joint function and improve quality of life. She points to the proliferation of new medications in recent years, including disease-modifying antirheumatic drugs (DMARDs), anti-rheumatic biologics and infusion treatments, which have made remission more achievable than ever before, as well as targeted intra-articular and trigger point injections.

"I'm a proponent of early and aggressive treatment and a holistic approach to care," says Dr. Rosian, noting that treatment plans should go beyond medications to include a healthy diet and regular exercise. "By starting treatment before problems impact daily living, we can limit the deterioration of joints and other organs impacted by inflammatory disease."

Dr. Rosian is now accepting new patients at Cleveland Clinic's Health and Wellness Center in Vero Beach located at 3450 11th Court. To schedule an appointment, call 772.569.8550



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C W A T H T T I A G D E H I D C F W M T H U A  
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daughters health. In just that small amount of time you seemed to have nailed down a better picture of her than others have in prior visits with specialists. I am super appreciative of your care and look forward to moving forward with everything.

Jenna Katz Schwibner, DMD, FAGD is the practice owner of Dental Partners and Dental Buddies of Vero Beach. She is a Fellow of the Dawson Institute, a Healthy Start® provider, and has completed a mini-residency through Airway Health Solutions™. For additional information about this or any other dental related topics please call 772.569.4118 or visit VeroBeachDentist.com



## Dental Buddies of Vero Beach, Pediatric Dentistry and Orthodontics Opens

“We are thrilled to announce our opening of Dental Buddies of Vero Beach,” says Dr. Jenna Katz Schwibner, owner of the practice. “Dr. Altan Kihm, pediatric dentist, and I welcome infants, children and teens for all of their dental needs. Give us a call to schedule an appointment!” 772.226.6888 VeroBeachPediatricDentist.com



## Senior Resource Association Names Former President of Indian River Hospital Foundation as New VP of Philanthropy



Liz Bruner

In April, Liz Bruner was named Vice President of Philanthropy for Senior Resource Association (SRA), where her focus is connecting donors to meaningful opportunities that will improve the lives of seniors in Indian River County. Prior to joining SRA, she served as Director of Leadership Gifts, Vice President and ultimately President of Indian River Hospital Foundation, directly supporting Indian River Medical Center and Cleveland Clinic Indian River Hospital.

“I’m thrilled to join the Senior Resource Association team where, every day, we see the impact of our donors’ generosity. As a Meals on Wheels volunteer in Orlando, I witnessed firsthand how important it is to support seniors in need,” Bruner said.

Bruner’s extensive philanthropic experience ranges from science education and the arts to healthcare and children’s services. Before moving to Vero Beach more than eight years ago, she served as Vice President of Development and Communication for Children’s Home Society of Florida. It was there that she came to understand and respect the Treasure Coast community while supporting the organization’s capital campaign to build the new Youth Transition Center for youth aging out of the foster system.

Senior Resource Association’s strategic plan includes deepening relationships with donors while furthering its mission to continue helping seniors live independently and in their own homes for as long as safely possible.

“Liz brings a depth of experience and leadership that will help guide our organization to new levels of engagement with our community through new projects and continued social, nutritional and transportation programs for seniors,” Karen Deigl, CEO/President said.

For more information about Senior Resource Association, including senior care caregiver programs, please visit [www.SeniorResourceAssociation.org](http://www.SeniorResourceAssociation.org).

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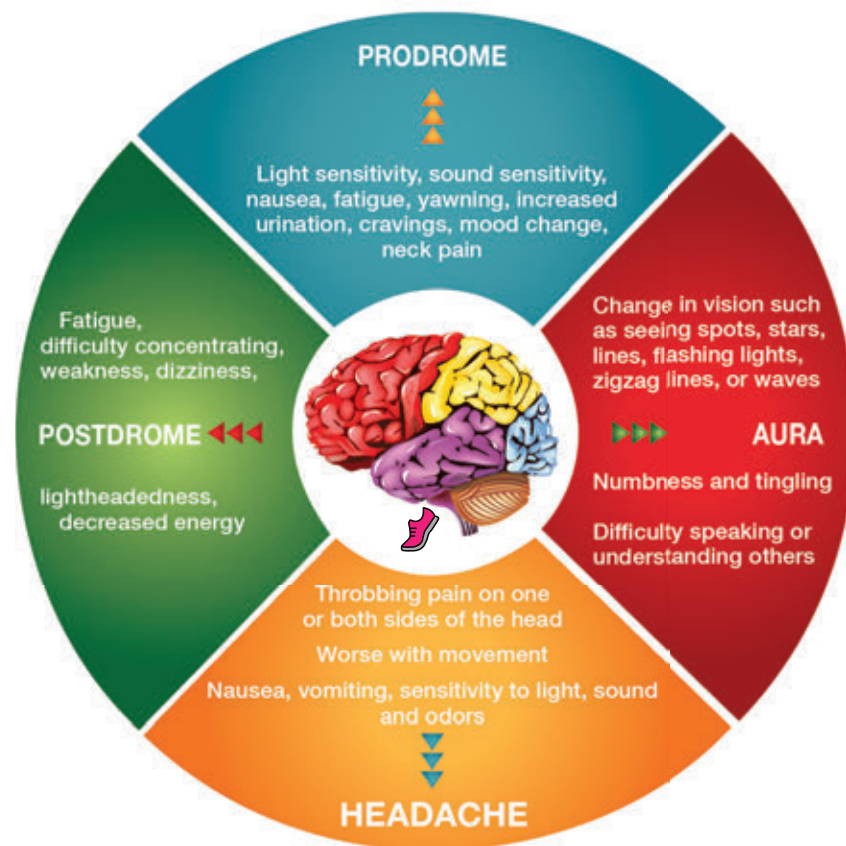
# Migraine Information, Support, and Resources

Sometimes searching the internet can be an endless journey, leading to confusion and information overload. I found two sources for accurate and valuable information if you suffer from migraines. There are probably more; however narrow your search time and check them out. I believe you will find them helpful.

One is the American Migraine Foundation (AMF), “a non-profit organization dedicated to the advancement of research and awareness surrounding migraine, a disabling condition that impacts more than 39 million men, women and children in the United States. The AMF was founded in 2010 to provide global access to information and resources for individuals with migraine as well as their family and friends. Working alongside the American Headache Society, the AMF mission is to mobilize a community for patient support and advocacy, as well as drive and support impactful research that translates into treatment advances for patients with migraine and other disabling diseases that cause severe head pain.” The website for AMF is: <https://americanmigrainefoundation.org/>. They have a plethora of information and downloadable patient guides. I was surprised on the variety of topics they cover.

The other is the American Headache Society (AHS). Their mission is to improve the care and lives of people living with headache disorders. The AHS web address is: <https://americanheadachesociety.org>. They have a wealth of information for health care providers and patients. They also provide resources for local society chapters across the country.

## WHAT ARE MIGRAINE SYMPTOMS?



## WHAT IS MIGRAINE?



- A common and disabling neurological condition
- Attacks of headache and other symptoms because of an abnormally sensitive brain

## HOW COMMON IS MIGRAINE?



## CAN MIGRAINE GET WORSE OVER TIME?



- 2-3% of people with episodic migraine every year develop chronic migraine
- Chronic migraine indicates headache happening on half of all days for 3 or more months
- Risk factors for chronic migraine

## IS MIGRAINE INHERITED?

If 1 parent has migraine:  
50% chance of a child having it too



If both parents have migraine:  
75% chance of a child having it too





## Teas and Tisanes (Herbal Brews)

True teas are all made from the *Camellia sinensis* plant. The varieties depend on when they are harvested and how they are treated. Herbal brews are really tisanes but referred to as teas. They do not come from the tea leaves plant. They are made from dried herbs, fruits, and flowers and are usually caffeine free. Teas are wonderful to drink hot or cold and they tout healthy benefits.

The 5 true teas are black, green, oolong, white, and pu'er, which is a topic of its own.

- **Black Tea:** The leaves of the are withered, rolled, fully oxidized and dried produce a strong, full-bodied flavor. Assam, Darjeeling Earl Grey, Sri Lanka, and English Breakfast tea. It may support heart health and help protect the body against oxidative stress.

- **Green Tea** is prepared from the fresh or withered, lightly heated, or steamed. This preparation stops the oxidation process and accounts for green tea's flavor profile, which is best described as light, fresh, and slightly grassy. Some choices are Matcha, Sencha, and Longjing. It may support mental alertness and fasting, protect the body against oxidative stress, and help with weight loss.

- **Oolong Tea** (wulong tea) is semi-oxidized and picked later in the season than green tea. The level of oxidation can range widely and so can the tea's flavor, color, and aroma. Taste ranges from light and fragrant to full-bodied. Popular choices are Bai Hao (white tip), Pouchong, and Iron Goddess. It has several antioxidant compounds including EGCG, theaflavins, and thearubigins. These compounds might help support the body's protective measures against free radicals and oxidative stress.

- **White tea** is created from new buds and young leaves; usually left to dry on their own or are heated to stop the oxidation process. The flavor tends to be light, delicate, and naturally sweet. White tea is lower in caffeine than other true teas. Varieties include Darjeeling white tea, Silver Needle, and White Peony. It's antioxidants may help protect against oxidative stress and inflammation. It also has fluoride, catechins, and tannins that can help teeth strength and oral health.

Common herbal "tea" choices are chamomile, ginger, hibiscus, mint, and rooibos. The choices are plentiful. My favorites are hibiscus and rooibos. But I also create my own blends.

- **Chamomile tea** is a fragrant herb from the dried flowers. It may help promote sleep, calmness, and support digestion.

- **Ginger tea** is made from the root of the ginger plant and has a spicy note to it. It helps with nausea and motion sickness.

- **Hibiscus tea** is made from the dried flowers. It has a sweet and tart taste. It may help support heart and liver health, reduce BP and cholesterol.

- **Mint teas** are made from the leaves of mint plants; peppermint is a popular choice. The flavors and aroma are minty. It helps settle an upset stomach and promote a natural sense of energy.

- **Rooibos Tea** is made from fermented leaves of the *Aspalathus linearis* shrub, native in South Africa. It has a red hue and an earthy, sweet and caramel flavor. It is packed with antioxidants and minerals that help fight oxidative stress, supports heart health, and may support strong teeth and bones.

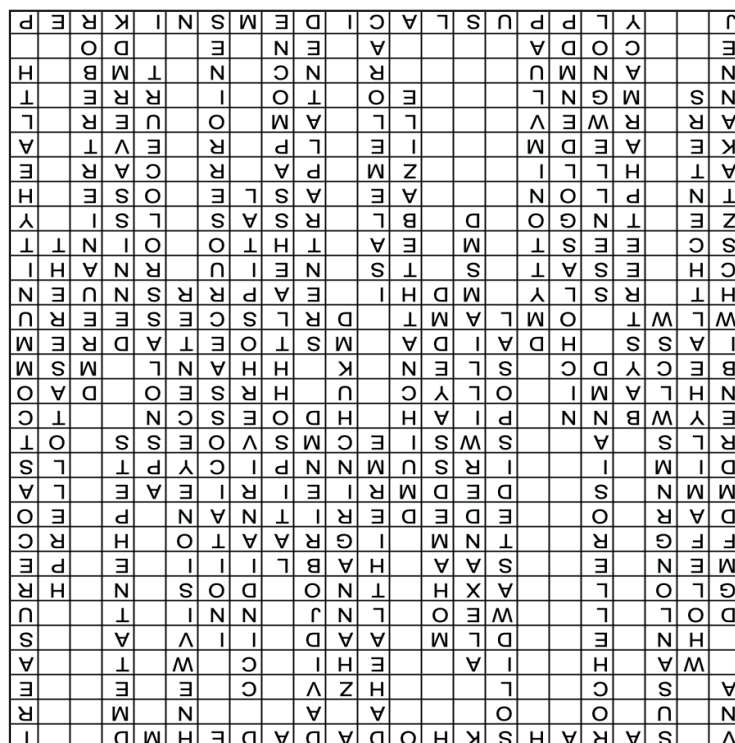
What is the best way to enjoy teas? The beauty is that you get to decide. Steeping time varies depending on which ones you have. You can buy loose teas or teas already in a bag. Tea bags typically contain small pieces of tea leaves and tea dust. Bagged tea is quick to make and ready to make or serve. The disadvantages are they can lose a bit of aroma and essential oils; especially if bagged in bleached paper.

Loose leaf tea allows the dried, whole-leaf tea to steep and expand in water. Loose tea is often a higher quality. There are so many different types of tea steeper and strainers. Store loose tea in an airtight container to retain its freshness. Sip away and enjoy!



Keep the bedroom free of a work desk or paperwork. If need be, consult with an interior designer to transform your bedroom into a cozy and peaceful place.

- Calm Down and Cool off. Don't do vigorous exercises or take a hot shower too close to bedtime. Lower the temperature prior to going to bed. You want your body to be cooled down. Avoid stressful or difficult discussions in the bedroom. If need be, write down thoughts or things you don't want to forget in a notebook.
- Try to avoid laying in bed with prolonged sleeplessness. Try getting up and doing a quiet activity. Don't have a clock facing you and set an alarm to wake you up. Don't let the brain think bedtime is stressing over hours of worrying about not falling asleep.
- Reset your circadian rhythm if need be. Sometimes our natural circadian and sleep rhythm get unbalanced, and it may take time especially if you travel frequently in different time zones or work different shifts. Avoid long naps when you should be awake. The sleep-wake cycle is important for a good night's sleep.
- Turn off excess lights. Enjoy subtle lighting and a cup of herbal tea such as chamomile, lemon balm, or passionflower that promotes sleep.



# WALK TO REMEMBER

ALZHEIMER & PARKINSON ASSOCIATION OF INDIAN RIVER COUNTY  
18<sup>th</sup> ANNUAL LOCAL

The 2021 Walk To Remember will take place on Saturday, November 13 at Riverside Park. All proceeds from this fundraiser stay local and support programs and services for families in need in Indian River County!

Contact Judy at 772-563-0505 or [judy@alzpark.org](mailto:judy@alzpark.org) to receive your official Team Captain Kit!

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



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