

Heartbeat™

OF THE TREASURE COAST

New Leadership at Scully-Welsh Cancer Center

*Meet Eleni Anastasia Tousimis,
MD, MBA, FACS on page 8*



Cleveland Clinic
Indian River Hospital

.....
**Symptomatic? Is it Flu,
COVID-19, Common
Cold or Allergies?**

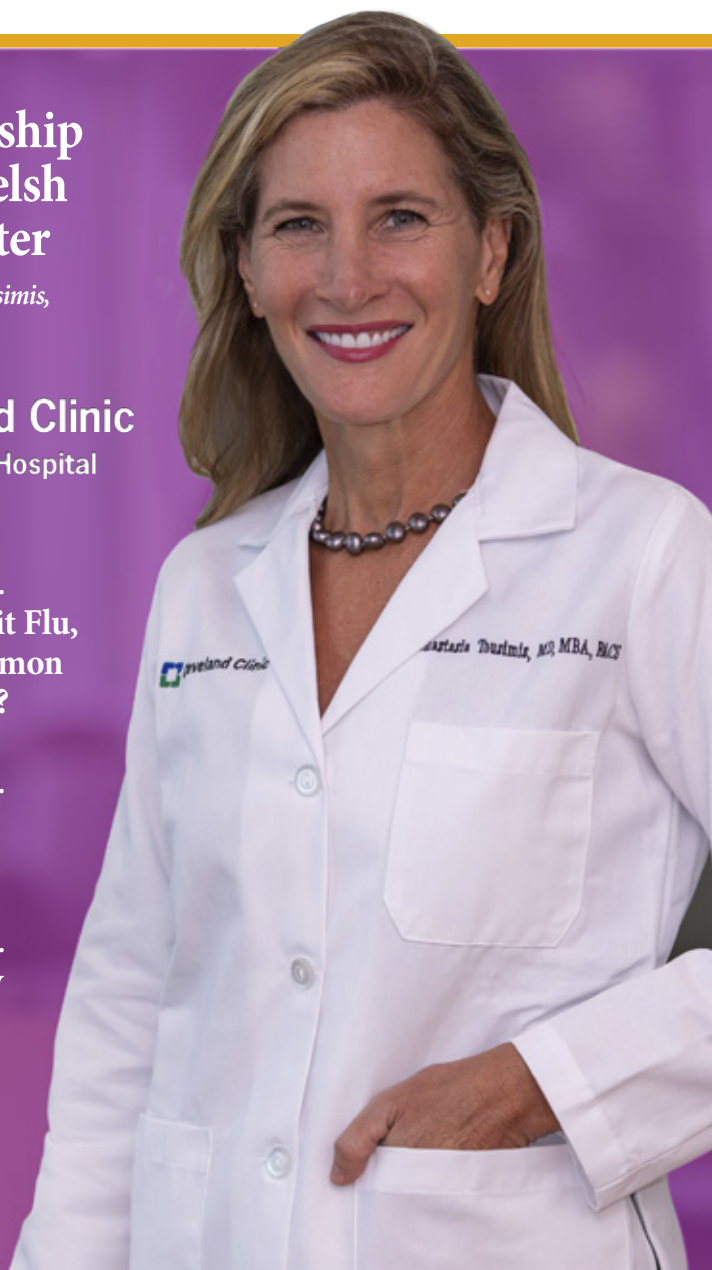
14

.....
**Hair Shedding
Amidst Covid**

16

.....
**Value of a Kidney
Transplant**

24



"JUST A DOG"

From time to time people tell me, "Lighten up, it's just a DOG," or, "That's a lot of money for just a DOG." They don't understand the distance traveled, time spent, or costs involved for "just a DOG." Some of my proudest moments have come about with "just a DOG." Many hours have passed with my only company being "just a DOG," and not once, have I felt slighted. Some of my saddest moments were brought about by "just a DOG." In those days of darkness, the gentle touch of "just a DOG" provided comfort and purpose to overcome the day.



Willow Chic



Jazzy

If you, too, think it's "just a DOG," you will probably understand phrases like "just a FRIEND," "just a SUNRISE," or maybe even "just a PROMISE!!"

"Just a DOG" brings into my life the very essence of friendship, trust, and pure unbridled joy. "Just a DOG" brings out the compassion and patience that makes me a better person. Because of "just a DOG" I will rise early, take long walks and look longingly to the future!!"

For me and folks like me, it's not "just a DOG." It's an embodiment of all the hopes and dreams of the future, the fond memories of the past, and the pure joy of the moment. "Just a DOG" brings out what's good in me, and diverts my thoughts away from myself, and the worries of the day.



Lizzie & Sissy

I hope that someday people can understand it's not "just a DOG." It's the thing that gives me humanity and keeps me from being "just a PERSON!!"

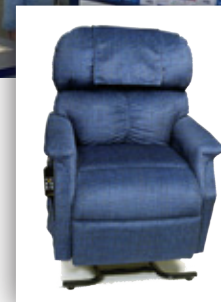
So the next time you hear the phrase "just a DOG," just smile, because they "just don't UNDERSTAND!!"

Author Unknown

We provide the greatest selection of home healthcare products to help improve your quality of life.



24 Hour Oxygen Service, Complete Medical Equipment, Scooters, Beds, Wheelchairs, Lift Chairs, Bathroom Safety Equipment, Diabetic, Orthopedic & Ostomy products and more!



LET US ANSWER YOUR QUESTIONS:

1-888-837-5467

Perkins MEDICAL SUPPLY

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

East Store
569-3798
3717 10th Court
Across from
Cleveland Clinic
Indian River
Hospital

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

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



12



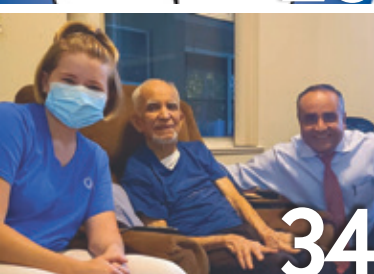
18



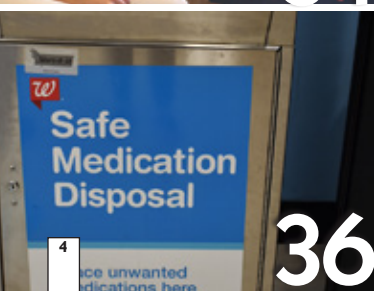
20



28



34



36

contents

- 12 Alzheimer & Parkinson Association of Indian River County, Education & Connection
- 18 Dr. Pierone and Early Days of COVID
- 20 Sense of Taste and Smell
- 28 WeCare Celebrating Thirty Years
- 34 VNA music therapy
- 36 Safely dispose of unwanted medications

- TCCH Making a Healthier Community 26
- Senior Resource Association 40
- Sebastian River Area Chamber of Commerce Volunteers of the Year 44



cover story

Meet Cleveland Clinic Indian River Hospital Scully-Welsh Cancer Center's Eleni Anastasia Tousimis, MD, MBA, FACS
p 8

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

The information contained in Heartbeat of the Treasure Coast is believed to be accurate, but in some instances, may represent opinion or judgment. The digest providers do not guarantee the accuracy or completeness of any of the information and shall not be liable for any loss or damage caused, directly or indirectly, by or from the information. All information should be considered a supplement to and not a substitute for the care provided by a licensed health care provider or any other appropriate expert. The appearance of advertising in this digest should in no way be interpreted as product endorsement by the digest providers or publisher. ©2022 Indian River Publishers, Inc. All rights reserved.

Heartbeat of the Treasure Coast



WORLD-CLASS EYE CARE.™

STATE-OF-THE-ART, CUSTOMIZED CATARACT SURGERY | SURGICAL RETINA | EYELID SURGERY
MACULAR DEGENERATION TREATMENT | GLAUCOMA SURGERY | GENERAL OPHTHALMOLOGY | LASIK

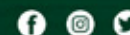
NEW
VISION
EYE CENTER



From the moment you enter New Vision Eye Center, you will experience our dedication to patient care. Our highly-skilled, board certified doctors and friendly staff are here to provide you with World-Class Eye Care.™

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

1055 37th Place | Vero Beach, FL 32960 | 772.257.8700 | NewVisionEyeCenter.com
We Accept Medicare & Most Insurance Plans.



VOLUME 143
COMPLIMENTARY

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

OWNER/PUBLISHER
Cindy Bryant

DESIGN
Mike Renfro

EDITOR
Colleen D. Symanski, RN, CDCES

SPECIAL FEATURE WRITERS
Theresa Tolle, R.PH
Sue Flak
Bobbi Kleinschmidt

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

**Seek. Find.
Win.**

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



Email your results to
heartbeatofc@gmail.com

Heartbeat[™]
OF THE TREASURE COAST

www.HeartbeatOfTheTreasureCoast.com

The best gifts and wishes are those that often come without a holiday date or season. They are gifts we give to others and sometimes unexpectedly, even if we don't know the recipient. Our community is home to so many generous people. They are our neighbors, our friends, businesses, and people whose path crosses with others. These are gifts of kindness, compassion, and an extended hand to help. Hard to put a price tag on them as they cannot be purchased.



Wishing you joy, love, and hope.



We're Here For You

For more than 40 years we've been here for our community offering a unique continuum of care. Whether you need post-surgical home health clinical support or extra help around the house to assist with everyday activities, whether you need help with a life-limiting illness or a shoulder to lean on, think VNA.

*VNA. Your trusted source for
home care, hospice and private care.*

772.202.3972
www.vnatc.com



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

Heartbeat of the Treasure Coast

New Leadership at Scully-Welsh Cancer Center

Eleni Anastasia Tousimis, MD, MBA, FACS, recently joined Cleveland Clinic Indian River Hospital as Director of the Scully-Welsh Cancer Center. A board-certified and fellowship-trained breast cancer surgeon, Dr. Tousimis has spent the last two decades caring for patients with breast cancer and other breast diseases.



Eleni Anastasia Tousimis, MD, MBA, FACS

Before moving to Florida with her husband and two sons, ages 11 and 13, Dr. Tousimis oversaw three breast centers as Regional Director of the Medstar Breast Health Program in Washington D.C. In addition, she served as Professor of Surgery, Chief of Breast Surgery, and Fellowship Director at Georgetown University Hospital.

“We’re excited to have Dr. Tousimis lead our multidisciplinary team of caregivers dedicated to providing high-quality, compassionate care,” says Greg Rosencrance, MD, President of Cleveland Clinic Indian River Hospital. “Her talents and expertise will continue to make Cleveland Clinic the premier destination for cancer care.”

A global perspective

A Washington, D.C. native, Dr. Tousimis grew up in a large Greek family surrounded by science. She spent countless hours at the Tousimis Research Laboratory, founded by her father, which develops instrumentation and products used in laboratories around the world. It was against this background that she decided she wanted to be a doctor.

After attending Dartmouth and Mount Holyoke College for her undergraduate studies, Dr. Tousimis briefly lived in Athens, Greece, enrolling in a Greek school to improve her fluency. She then returned to the States for medical school, graduating from Albany Medical College in New York. Her unique, global education included clinical rotations in England, Scotland and Native American reservations in Arizona.



The Scully-Welsh Cancer Center

Following a general surgery residency at Guthrie Clinic in Pennsylvania, Dr. Tousimis also spent time in the Philippines as a volunteer taking care of children with cleft lips and palates. She then completed a breast oncology surgery fellowship at Memorial Sloan Kettering Cancer Center in New York, where she made the decision to dedicate her life to treating patients with breast cancer.

Dr. Tousimis rounded out her advanced training with a surgical oncology fellowship at the European Institute of Oncology in Milan, Italy. “I learned many of the innovative techniques I use today during that fellowship, including minimally invasive techniques for radiation, nipple-sparing mastectomy, reconstructive oncoplastic surgery, and breast-conserving lumpectomies,” she says.

But that was not the end of her educational journey. Dr. Tousimis went back to school for an MBA, which she completed this past year at MIT in Boston.

Precision cancer care

According to Dr. Tousimis, there has been significant progress in cancer care since she first entered the field, largely due to a shift to precision medicine, which factors in a patient’s genes, environment, and sometimes lifestyle. This

continued on page 43



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

30th Anniversary



30 YEARS OF CARING

Please join us to celebrate,
"30 Years of Caring with We Care
Indian River" and to honor the legacy
of its founder, Dennis Saver, M.D.

March 19th, 2022

www.TheWeCareEvent.com



Get Compassionate, Cutting-Edge Care at **FLORIDA EYE INSTITUTE**



772.500.2020

Macular Degeneration & Diabetes Center

Cataract Center

Glaucoma Treatment

Dry Eye Treatment

Comprehensive Eye Exams

Low Vision & Rehabilitation

Corneal Disease & Transplants

Optical Gallery

Vero Beach & Sebastian fleye.com

We Accept Medicare & Most Insurance Plans - Se Habla Español

Thomas A. Baudo, MD

Karen D. Todd, MD

Cynthia L. Kipp, OD

Wilson K. Wallace, MD

Christopher S. Shumake, MD





Peggy Cunningham,
Executive Director



Education & Connection

SCENARIO 1: You've realized that your loved one's memory issues are changing your roles and your relationship. The burden of caregiving is beginning to take a toll. The future isn't going as planned.

SCENARIO 2: You've been diagnosed with Parkinson's disease. While your case is considered to be in the early stages, you feel vulnerable, isolated and unsure of the road ahead. Your whole world is changing.

In both of these scenarios, support, education and connection are part of the toolkit you need to assemble. The goal of the Alzheimer & Parkinson Association is to provide these tools. When you call, our first task will be to sit with you and learn about your situation and challenges. Understanding your options, knowing that you don't have to take this journey alone, and seeking education and informed strategies will truly make a difference to your journey. Surround yourself with positive strength and allow yourself to draw from those moments of clarity. Both of these scenarios can be filled with wonderful lessons learned – so be prepared to explore and occasionally fall. The support system is there to lift you back up. It comes in the form of support groups, social respite, movement classes, educational workshops, and conferences (February 14 & 15 – call us about them!).

Connecting with others who can lift you up and reinforce the positive moments is the best strategy. It's been said that when you can't change the direction of the wind, just adjust your sails. We are here to help you do that with a professional team and comprehensive toolkit to guide the way! Call us at 772-563-0505 or visit www.alzpark.org.

This is the first in a series of articles regarding the vital programs and services offered by the local Alzheimer & Parkinson Association of Indian River County.



Trusted Healthcare
for You



Making A Healthier Community

- Pediatrics • Primary Care • Gynecology • Dentistry
- Behavioral Health • Pharmacy • Vision

Deeply discounted medications
Waived Medicare deductible | Sliding fee discount program



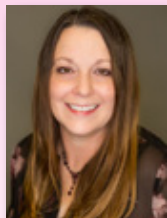
772.257.8224 • www.tcchinc.org
Sebastian • Fellsmere • Vero Beach

ATENCIÓN: Si habla español ATANSYON: Si w pale Kreyòl Ayisyen

TCCH is a non-profit, 501(c) 3 organization. As a FQHC, TCCH accepts Medicare, Medicaid HMO's, Healthy Kids and most private insurances. Sliding fee discounts may be available for patients with limited resources. PHS Sec. 330 grant represents 19% of TCCH's funding sources.

Discrimination is Against the Law. Treasure Coast Community Health, Inc. complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

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



Symptomatic? Is it Flu, COVID-19, Common Cold or Allergies?

Just when we thought we were beginning to move past COVID-19, along comes the Omicron variant. However, unlike the highly infectious Delta variant that we dealt with in late summer 2021, the Omicron variant appears to be milder, especially to those who are vaccinated. And, while that is good news and means fewer hospitalizations, it also makes it harder to distinguish the symptoms from other common viruses that already circulate this time of year.

The other problem with Omicron is that even though it has not caused as much serious illness, it is still highly contagious and transmissible. So, it is important to be aware of what the most common symptoms are and how to distinguish between colds, flu, or allergies to determine if you need to quarantine from others or seek treatment.

Banner Health has published a nice comparison chart of the common symptoms of each of the viruses and allergies that I have shared below to assist with knowing what it could be. After reviewing, you should consider who you have been around and if you have been exposed, perhaps even reaching out recent contacts to see if they have symptoms. Certainly, in the case of a recent large gathering such as a family celebration or a party that is not very practical. Another consideration is to consider getting tested for COVID or flu to rule out those viruses.



Speaking of testing, there are several options for testing, but as COVID-19 cases surge there is often greater demand for testing, and these may be in short supply. The most convenient option is a rapid antigen home test kit available at many pharmacies and other locations. While these are typically very reliable, we have learned with Omicron that they don't always detect every variant. Other alternatives

SYMPTOM CHECKER COVID-19, Flu, Cold & Allergies

Symptom	COVID-19	Flu	Cold	Allergies
Fever	Common	Common	Rare	No
Cough	Common	Common	Common	Sometimes
New loss of smell/taste	Common	Rare	Sometimes	Sometimes
Shortness of breath	Sometimes	Rare	No	Common
Headaches	Common	Common	Rare	Rare
Muscle aches/pains	Sometimes	Common	Sometimes	No
Sore throat	Common	Common	Common	Sometimes
Fatigue	Common	Common	Sometimes	Sometimes
Chills	Sometimes	Common	Sometimes	No
Diarrhea/vomiting	Sometimes	Sometimes (in children)	No	No
Swollen fingers/toes	Rare	No	No	No
Runny nose	Sometimes	Sometimes	Common	Common
Sneezing	Rare	Sometimes	Common	Common
Itchy eyes/nose/mouth	No	No	No	Common
Skin rash	Rare	Rare	Rare	Rare
Chest pain/discomfort	Rare	Common	Common	Rare

Source: COVID Symptom Study, CDC, Mayo Clinic, NIH

continued on page 30

Colleen Symanski, RN, Certified Diabetes Care and Education and Care Specialist, Health Coach
A Healthier Me Health and Fitness Studio in Vero Beach. 772- 501-0598

Hair Shedding Amidst/After COVID-19

Hair shedding after having COVID-19 is a reality and appears to be more common for women. COVID-19 doesn't appear to be the cause, but the stress and fever associated with it is. Hair shedding isn't unique to just COVID however COVID has increased the incidence. I am pretty confident that this pandemic has been a stress culprit. The medical term for hair shedding is "telogen effluvium" when more hairs than normal enter the shedding (telogen) phase of the hair growth lifecycle at the same.

Most people see noticeable hair shedding two to three months of such an illness or stressor. Handfuls of hair can come out when you shower or brush your hair. This hair shedding can last for six to nine months before it stops and

can cause additional stress, which is what we want to minimize or even prevent.

Good News! Most people see their hair start to look normal again and stop shedding. Hair tends to return to normal on its own. You just have to give it time. As your hair grows back, you will see short hairs that are about the same length by your hairline. Give it time,

most people see their hair regain its normal fullness within six to nine months. Hair shedding doesn't appear to be a life-long side effect. So, what can you do?

#1: De-stress! Easier said than done. Stress less and be aware of stress triggers and assess how you can nullify those "buttons." Be mindful. Practice self-care. I recommend you assess your self-care routine as sometimes they become mundane and not therapeutic. Get outside for fresh air and a bit of sunshine. Sleep well – which often requires bedtime rituals that support the body's natural circadian rhythm. Be active as our bodies are meant to move. If you are sedentary- aim for 10 minutes of movement three times a day. Dust off your home gym equipment and use it. I always recommend you seek expert advice to avoid injuries and get the maximum benefits from your investment. Laugh and enjoy life. If you find yourself stressing about the same thing over and over- it might be a learned behavior versus a true stressor. In other words

continued on page 35



THE TRUSTED CHOICE

At our hospital, we create rehabilitation programs that are specifically designed for each patient's needs, using advanced technology and innovative treatments to maximize recovery. It's why so many people and their caregivers choose us. And why we are the trusted choice of a growing number of medical professionals.

 **Encompass Health**
Rehabilitation Hospital of **Treasure Coast**

encompasshealth.com/treasurecoastrehab

©2021 Encompass Health Corporation: MyTurn

Early days of COVID, Dr. Gerald Pierone is a pioneer

Indian River County is a small community, yet it is home to some of the best health care resources and physicians. Because we are such a small and close niched community sometimes lines get entwined between patient and personal relationships. That a good thing. It's that connection with those we care for and live with that compels people to be leaders on the front of what is happening.

Such is the case of just one person, out of many, that got diagnosed with COVID-19 when COVID-19 and the Delta variant was wreaking havoc. We have physicians and their teams that made survival and recovery better. I found myself stuck between her quarantine and being there to help. Her primary care physician quickly diagnosed her and sent her for monoclonal therapy under the care of Dr. Gerald Pierone at Whole Family Health in Vero Beach. They were the first to offer monoclonal antibodies in our county and received national approval to do so. Dr. Pierone is known for his expertise in infectious diseases.

In January 2021, the monoclonal became available through emergency use authorization and they were able to offer treatment outside of clinical trials to anyone who qualified and wanted treatment. The treatments have evolved over time.

- November 2020 to March 2021 monotherapy with bamlanivimab
- March 2021 combination bamlanivimab/etesevimab (Lilly monoclonal cocktail).
- June 2021 combination casirivimab/imdevimab (Regeneron monoclonal cocktail)
- January 2022 – monotherapy with sotrovimab (Glaxo monoclonal antibody)

Dr Pierone says “The changes were in response to emerging evidence that combinations of monoclonal antibodies are more effective than using only one. Also, as the viral variants changed over time, we had to adjust care and treatment. Anyone with confirmed SARS-CoV-2 infection is potentially eligible for treatment. These therapies work best when administered within 5 days of symptom onset but can be given up to 10 days after onset of illness.” The infusion takes about 40 minutes and patients are monitored for 1 hour after the infusion Dr. Pierone explained. They do phone follow up on patients



treated and after they come out of isolation. They encourage patients to follow up with their primary care provider.

Many patients in their monoclonal antibody clinic also are treated with dexamethasone – a corticosteroid that has been demonstrated to reduce the risk of hospitalization and death in patients with COVID-19, especially those entering the second week of symptoms. Inhaled corticosteroids appear to be promising as well. There are new oral medications for sure. Inhaled interferon appears promising. SAB-185 polyclonal antibody is being compared to Regeneron cocktail. Molnupiravir and Pavlovic are two antiviral agents in pill form that have recently been approved by the FDA. It is expected that supplies of these medications will become available soon.

Today there are other health care providers able to offer monoclonal therapies as well as oral medications. As the COVID -19 variants change we will continue to adjust so we can provide the best therapeutics. Thankfully, we had early pioneers such as Dr. Gerald Pierone, who worked endlessly to help others such as my friend, so she didn't need hospitalization or a ventilator. She was able to recuperate at home and attributes this to the care she received from Dr. Pierone and his staff.

Our Sense of Taste and Smell

Our tongue is probably one of the littlest thought about muscular organs in our body yet along with its 'partners,' it brings us much joy as we eat. Interesting, there is no bone associated with the tongue. Its structure is unique. We get to taste sweet, salty, sour, bitter, and umami (savory).

Remember those diagrams of taste areas on our tongue?

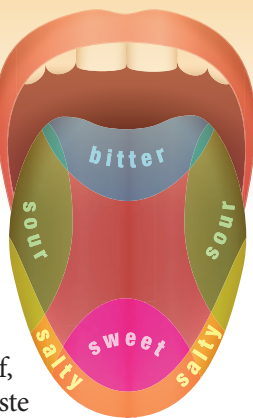
Well, it is no longer true. All taste buds can detect sweet, salty, sour, and bitter tastes no matter their location.

In addition to taste buds on the tongue there are additional locations that help us with the sensation of taste. They are located on the back and front of the tongue, on the roof, sides and back of the mouth and throat. Much of our taste perception begins in the brain.

Taste buds require the sense of smell and saliva. When you smell something the rear of the throat trigger portions of the brain connected with signs from the mouth area. If you cannot smell you have most likely lost your sense of taste. Like when you have a cold or if you have COVID. Smoking cigarettes, headaches, side effects of medications can also affect olfactory receptors and disrupt signals to the brain. If you hold your nose the next time you eat something your sense of taste is gone until you let you nose, go. We need our tongue, taste buds, throat, and nose! Saliva is equally important to our tongue and taste buds. Before it has

moistened, the taste buds on cannot taste our meals. Conditions such as dry mouth or burns from eating hot foods can diminish the sense of taste. If you don't produce enough saliva, your taste buds won't work properly. So, stay hydrated.

Some people are "supertasters," they have more papillae on their tongues, which can make flavors overwhelming and they tend to prefer milder foods. On the opposite spectrum are "sub-tasters", they have fewer papilla, and aren't as sensitive to strong flavors. They tend to prefer stronger flavors and spicier foods. Though most people notice a distinction



continued on page 27

GET AN EMERGENCY ALERT RESPONSE SYSTEM AT NO COST TO YOU!

You may qualify for Senior Resource Association's monitoring program if you are:

- An Indian River County resident
- At least 60 years old, or
- 18 to 59 years old and designated as disabled

Senior Resource Association also offers these essential programs:

Adult Enrichment & Respite
In-Home Services
Meals on Wheels
Public Guardian Program
Transportation



**Senior Resource
ASSOCIATION**

Promoting Independence in our Community

Contact Senior Resource Association
for more information.

772-569-0760 or info@sramail.org

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



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

True Colors
Salon & Spa



Colleen Symanski, RN, Certified Diabetes Care and Education and Care Specialist, Health Coach
A Healthier Me Health and Fitness Studio in Vero Beach. 772-501-0598

Heidi Hughes - Hope and Help

If you take anything away from my story, I hope it's the motivation to help others by spreading awareness and advocating for organ donation and never give up your fight for life.

I'm 36-years young. I was born with cystinosis, a very rare, genetic disease that affects all of the cells within my body. The disease creates a buildup of cystine crystals within each cell, which causes every cell, muscle, and organ in the body to deteriorate and die. Because of this, cystinosis typically leads to blindness, muscle wasting, bone deterioration, and multi-organ failure.

Cystinosis affects the kidneys first. I received my first kidney transplant in 2002 when I was 17. I received this gift of life from a living donor: my father, a wonderful, kind-hearted man who was an Indian River County firefighter for 35 years. This kidney, whom I call "Kenny G," lasted 16 years. Over the course

for adventure aside. I realized I needed help and was placed on the transplant waitlist at Duke Health in North Carolina. My parents and I decided to share my story. I've never been one to talk about my health or my personal struggles with anyone besides my doctors and my close family, but my life depended on it.

Together, my parents and I composed a Facebook post to tell my story and explain that I needed a second kidney transplant. The support and love I received were beyond anything I could have ever hoped for or imagined. Thousands of people were reached, and many people shared their own stories with me. A hundred or so offered to be my donor and we found my match! A man who never met me before but saw my post on Facebook. He immediately reached out to me. He is a father with a family of his own. Ironically, he is also a



of those 16 years, I graduated with a bachelor's degree in finance, moved to Colorado, climbed some of the tallest mountains in America, learned how to snowboard, rode my mountain bike, and chased every dream I had for Kenny G and myself. I was able to do all the things I wanted to do, even after receiving my diagnosis of end-stage renal failure in 2009. Although this hindered my physical abilities for a time, it shaped me into the warrior I am today—a warrior with strength, resilience, and everlasting self-advocacy that resonates throughout my body, mind, and spirit.

When kidney failure started to catch up with me in 2017, it was time to face reality; I needed a second kidney transplant. When I was finally able to wrap my head around where I stood health-wise, I put my pride and hunger

firefighter like my dad. Then, step-by-step, this man became the answer to all of our prayers. He is a true hero, and, because of him, I believe there is something in people's DNA that makes them heroes in every aspect of their lives.

For now, the rest of my story is writing itself. It has been a long road to recovery and there certainly have been some land mines along the way. However, without these battles, I wouldn't be the person I am today. A person with resilience, ambition, determination, and willpower. I'm grateful for this chance at life and I'm proud to be here, sharing my story with you. I'm not sure where I'd be today without the hope and help from others.

by Bobbi Kleinschmidt

TCCH is making a healthier community



Treasure Coast Community Health (TCCH) is sometimes, inaccurately, thought of as a health department or a free clinic. While it is true that TCCH offers same day appointments and all are welcome regardless of their ability to pay, the main goal of TCCH is to make a healthier community.

One could say all medical facilities function to better the health community, and it is true. However, the designation as a Patient-Centered Medical Home (PCMH) is what sets TCCH apart. A PCMH creates a partnership between the TCCH care team and the patient; a care team includes the patient and their medical, dental, vision, behavioral health and pharmacy providers. “Including the patient optimizes care, sets clear health goals through education and builds a trusting relationship. Patients are empowered to make the right choices and improve their lifestyles,” TCCH Director of Nursing Nancy Hall said. This team setting is extremely convenient for patients, because they do not have to make several stops to obtain various services, receive an x-ray, have blood drawn, obtain various medical records or pick up medication.

A PCMH also gives TCCH providers a very clear picture of their own patients because comprehensive medical records are instantly available. Logically, the

772.257.8224 • www.tcchinc.org
Sebastian • Fellsmere • Vero Beach



more information a medical provider has, the better diagnosis for each patient. Likewise, annual physicals, dental and vision exams or behavioral health visits help TCCH providers immediately discover and treat minor medical conditions rather than allowing these ailments to become major medical issues. Regular visits also allow a consistent provider to educate their patients regarding their health, which also promotes trust and better health outcomes.

This partnership between patient and provider is especially relevant when patients visit an emergency department (ED) thinking it may be quicker or better than securing a same day appointment at TCCH. An emergency visit for a non-emergency condition can be better handled by any TCCH provider because the PCMH model provides them with critical data to treat the patient – an ED will not have immediate access to their patient records.

“We want the community to understand that we are a healthcare home. Just like your home, we aim to provide a safe and trusted place,” TCCH CEO Vicki Soulé said.

TCCH is the only healthcare facility in Indian River County, offering medical, dental, vision, behavioral health and pharmaceutical services within eight locations.

Taste Buds *continued from page 20*

between categories of tastes, not everyone tastes things in the same way. That's because of how taste buds detect certain molecules varies from person to person. It reminds me of cilantro. Some people like this herb and to others it tastes like soap.

Taste buds/flavor cells have a life span between 8 days and 2 weeks and then new ones develop and repeat the process. Even as we age, we are still able to taste flavors. Normal aging can cause diminished sense of taste and smell, because of a decline in overall brain density and function. Often, when we lose our sense of taste, we have actually lost taste our sense of smell. On a side note, taste buds need zinc to function normally. Zinc deficiency is not common in the United States however some medications can cause a zinc deficiency, so let your doctor know about your loss of taste in case it might be a drug side effect. If you have a loss of smell or taste, speak to your physician. There are several ways to regain your sense of taste.

Be aware of your sense of smell. Our nose helps keep us safe and lets us know if food is spoiled or of other dangers such as smoke or toxins. Also so does our gag reflex – it alerts us of poisons or other things that can be hazardous to our health. So enjoy your sense of taste and smell and be kind to this little muscle that gets a constant workout!

We Care – Celebrating Thirty Years Review and What is New



Dennis Saver, M.D. – We Care Founder and volunteer for 30 years until his death in July, 2021.



Nancy Baker, M.D. – We Care volunteer medical director and foundation board president.

We Care is celebrating thirty years of providing free specialty medical services to the uninsured and low-income adults who live in Indian River County. Why is this important you may ask. We are blessed to have resources for vital primary care and when those providers identify needs outside of primary care where are providers and patients to turn to? How do patients get care for fractures, vision, surgery, preventative screenings and more? Thankfully, they have We Care.

Let's look at a brief history of We Care. The health Department in 1991 reached out to Dr. Dennis Saver, who had recently relocated to Vero Beach. He was known as a physician who believed in giving back and caring for others regardless of their ability to pay. Dr. Saver embraced that medicine needed to include people struggling with costs and to provide care was an essential component of health care. (At that time there were no federally qualified health centers such as Treasure Coast Community Health and Whole Family Health and few physicians that accepted Medicaid). Dr Saver had a solution and began asking his colleagues to help. He didn't just ask. He mentored other physicians how to give back and still maintain a successful practice. He didn't ask more of others more than he was willing to give. It didn't take long for physicians to embrace volunteer medicine and soon after, Dr. Fountain became the medical director.

March 19th, 2022, marks the 30th anniversary celebration at Oak Harbor County Club and fundraiser for We Care. The 2019 Mardi Gras event was cancelled due to COVID -19 but thankfully thru the generosity of others We Care received donations that exceeded the projected goals. We Care was active in providing COVID-19 vaccinations. Thankfully, they are able to host an in-person event this year which will also honor Dr. Saver who passed away in 2021.

We Care physician- volunteer services and care are valued at more than \$1 million annually. We Care is able to provide medical equipment such as cataract lenses, wound care supplies, pressure stockings and orthopedic supplies. They can help with transportation for medical appointments and assist patients with finding resources for no-cost medications.

What's new? Dr. Nancy Baker has accepted the medical director position. Dr. Baker has been a We Care volunteer physician for 19 years. Charles (Robi) Robinson, Ed.D is the new Executive Director filling the steps of Shelley Stiven who served as Executive Director for years. Shelley accepted the position of Associate executive medical director. We Care is relocating from the Gifford Health Center back to the Health Department. There is a physician liaison and volunteer to help patients qualify and access We Care services.

We Care has established a strong relationship with Dr. Robert Reinauer, MD of New Vision Eye Care; making it possible for patients to receive free cataract surgeries and screenings. To address the need for early detection for breast cancer and colorectal cancer We Care is proactive. They are making it possible for patients to receive mammograms and colonoscopies. Screenings and diagnostic test can identify these cancers early when treatment is most effective.



Robert Reinauer, M.D. – We Care volunteer ophthalmology specialist and foundation board director.



Charles "Robi" Robinson, Ed.D. Executive Director of the We Care Foundation.



The We Care Foundation of Indian River, is a 501(c)3 nonprofit organization with a mission to improve continuity of care for patients in need and be a safety net for our community. For information on services, volunteer opportunities, and gifting a donation contact Charles (Robi) Robinson, Ed.D., Executive Director. His telephone number is: (772) 562-0123. Visit the We Care website located at www.wecareofirc.org.

Thank you We Care and happy 30th Anniversary!



include rapid antigen testing and PCR testing available at local pharmacies and walk in clinics. PCR testing is more accurate, however drawbacks can be longer wait times for results including some that take 24-72 hours. And, during times of high demand, finding providers who can administer testing can also be difficult. The statewide resource 211 (dialed from a phone) or www.211.org can be a great way to find mass testing facilities in your area also or check out your local county health department for information by visiting www.floridahealthcovid19.gov. Prices will vary from completely free at government sites, to covered by insurance at walk in clinics and some pharmacies to completely out of pocket. Many are also appointment based so be sure to visit websites or call ahead to learn availability and costs before you go. One more point about testing, although not widespread, some locations such as walk-in clinics and certain pharmacies do have the ability to test for multiple viruses and infections with one swab, so that is a question to ask when seeking an appointment, because that will help determine the type of treatment that you can receive.

Obviously, the type of treatment will vary depending upon the diagnosis. If only a cold or allergies, treatment is symptomatic, and the symptoms should pass quickly. If it is flu, an antiviral such as Tamiflu can be prescribed for a 5-day course to help the symptoms improve more quickly, but it should be ordered in the first 48 hours to be most effective. If the diagnosis is COVID-19, it is possible that symptoms might be mild and require only symptomatic treatment, rest, and a lot of fluids as it runs its course. However, if symptoms are more serious there are new treatments that might be

available to help if needed. The newest options are oral antiviral treatments molnupiravir (from Merck) and paxlovid (from Pfizer) approved under an emergency use authorization (EUA) by the FDA at the end of December 2021. These will also have limited distribution through pharmacies but will require an order from a prescriber such as a physician, physician's assistant, or nurse practitioner. Patients with a positive diagnosis for COVID-19 can contact their primary care provider or seek another prescriber and ask for this therapy to be ordered from a pharmacy who has it available. As of this writing the locations of this medication (which are anticipated to be limited to begin with) within Florida are not listed but will be soon available on the Florida Department of Health COVID-19 website. These antivirals are offered at no charge through the federal government.

As a wrap up, I have provided a lot of information that should be helpful to determine next steps when you are feeling unwell. Prior to COVID-19 many of us would have just continued to operate "business as usual" knowing we would be better in a few days; however, it is so important now to distinguish what we might have so we are not transmitting it to others. And, while I strongly advocate for vaccines and boosters to help prevent serious illness, they do not necessarily prevent infection, so it is not ok to assume that one is safe from COVID-19 when vaccinated. The final point about treatment options for any of these conditions is that sometimes serious symptoms such as shortness of breath, severe cough, severe fatigue, low oxygen levels and others can develop. It is important to seek immediate medical attention in those type of situations because hospitalization might be needed.

Health care providers have been very stretched over the past 22 months with the COVID-19 pandemic. Our hope is that it will end soon and we appreciate your patience during this time as we strive to improve the health of our communities.



Rehab at Encompass

When you need care beyond the hospital recovery

Rehabilitation hospitals go beyond the recovery process by specializing in effective therapies, specialized equipment, and individualized patient care. Beyond the recovery process is important if you had a stroke, a brain injury, heart failure, or an amputation and want to return home safely and enjoy life. It also includes diagnosis such as but not limited to joint replacements, spinal cord injuries, or a significant decline in your day-to-day abilities after a sudden injury or illness. We are fortunate to have this option in Indian River County. It makes a difference to get specialized care where we live; not only for us but those that care for us.

From a patient's perspective, there are three areas of importance. They are:

- Ability to be physically active,
- Resuming prior lifestyle,
- Mental well-being and dealing with a barrage of emotions.

Ability to be physically active. Being physically active has different meanings to each patient. This is how we navigate and move for basic needs. Such as being able to transfer from a bed to chair or getting to the bathroom in the middle of the night without asking for help. This is different than goals during an acute hospitalization. They want to stabilize you medically so you can be discharged with appropriate care to return home. Encompass specializes in therapists, nurses, and other staff who are able to respond to your unique needs. At Encompass early mobility and patient safety is paramount. You receive education on energy conservation as well as an intense individualized therapy program that provides a minimum of three hours of therapy, 5 days/ week.



Resume my prior lifestyle. Encompass has various gyms and an apartment suite to foster return to prior lifestyle by providing therapy in the kitchen, bathroom, and gym. They get you back to meal preparation, leisure activities, pet care, computer use, and gardening according to



your personal goals and interests. You receive dietary education by both an RN and Dietician to ensure you have a healthy diet. Their in-house pharmacy reviews your medications prior to, and upon admission to the hospital to minimize medication interactions and maximize medication effectiveness. Therapy is geared to helping you return to normal daily activities such as showering, bathing, grooming, getting out of bed, walking, and getting in and out of a car. Your therapists create an individualized exercise program for you to continue at home. Your therapy at Encompass includes specialized rehab equipment such as TranSit car simulator and a SCIFIT for endurance training and being able to maneuver the different indoor and outside surfaces you are most likely to encounter. Your care is overseen by a physiatrist, whose expertise is in physical rehabilitation.

Mental well-being and help with a barrage of emotions. There is significant stress on patients and their loved ones after an injury or trauma. For patients, it may be a fear of not being independent. For caregivers, the fear is often how do I care for my loved one at home. The team at Encompass have the education and expertise to be effective. Nurses, therapists, case managers,

continued on page 46



1600 37th Street • Vero Beach • 772.778.2100

www.encompasshealth.com

D.J. & Harry

They're an unlikely duo, a young 23-year-old woman from a small town in North Carolina and an 84-year-old man from a rural village in India. But when D.J. Poplin began visiting Harishchandra "Harry" Mehta as part of her VNA Music Therapy internship, she found they had something in common - love for a good song.



"Would you like country or rock?" D.J., now a regular at the Mehta household in Vero Beach, asks Harry one afternoon in mid-November as she plays a few warm-up chords on her guitar.

"Country!" exclaims Harry, who was diagnosed last summer with stage four colon cancer and is on VNA Hospice.

"Great, we'll do some Hank Williams," D.J. replies playfully as she points to a picture of the famous country musician on her phone, and then begins belting, "Hey, good lookin', what you got cookin'? How's about cookin' something up with me?" while Harry plays a drum, a gift from D.J. The two musicians are accompanied by Harry's wife of 54 years, Rose, and their adult son, Tony, who both bang away on drums that D.J. brings for them during her weekly visit.

When D.J. is finished singing the iconic country song and everyone stops playing their instruments, Harry then leads them in a traditional Indian song. "It's a family affair," says a smiling D.J.

This kind of cultural exchange has created a special bond between D.J. and Harry, as well as the rest of the Mehta clan. It's clear the intern's upbeat presence, musical talent and natural compassion have made her an unofficial member of the Mehta family. And Tony believes D.J. has greatly contributed to his father's health, which has improved significantly since he was initially diagnosed with colon cancer. At his worst, Harry was in the hospital taking oral medicine and getting blood transfusions; his speech was impeded and overall, he was feeling horrible. But he still wanted to go home, and against his doctors wishes, he did.

Apparently, it was the right choice. "He no longer slurs...he's pretty stabilized, and his zest for life is just incredible, especially his love for music," says an appreciative Tony, noting he's also very grateful for a VNA nurse, Debbie, who

visits twice a week and checks his vitals and overall health, in addition to three VNA home health aides, Dana, Rebecca and Crystal, who alternate visits three times a week and provide bathing assistance.

And there's no doubt that Harry enjoys their musical sessions too. As Tony points out, "People ask him how he's doing and he says, 'I'm getting better every day.' So, one day I ask him 'Dad, why are you telling people you're getting better every day? You know what's going on,' and he got quiet for a moment, and he said, 'I know what's going on but don't remind me.' I said 'ok,' and realized, wow, this is not somebody denying what's happening, this is somebody accepting what's happening but still maintaining a positive attitude and making every day count."

Talk to learn more about VNA services, call 772-202-3972 or us online at www.vnatc.com.

Hair Shedding continued from page 16

if your stressbusters are not working find new activities. If you need help managing any of these seek the assistance of professionals.

#2: Eat Healthy and Stay Hydrated! Make sure your diet is well-rounded and includes fresh vegetables, fruits, proteins, and essential nutrients. Avoid foods and beverages that don't serve your body well, especially if they are highly processed or high in sugar. If you tend to drink juices or sugars add some healthier choices such as unsweetened teas such as green tea or organic bone broth. Instead of a glass of juice eat a piece of fruit rather than drinking 4-6 of them. Hair follicles have a vitamin D receptor so make sure your vitamin D level is good- and as stated above- get a healthy dose of sunshine. Since we live in Florida, that's easy.

#3: Take care of your hair. Avoid ponytails or tight braids as they pull on the hair. Avoid excessive heat to the hair and scalp. Use the cool setting on your blow dryer. Let your hair and head breathe.

Additional symptoms such as a burning or itching scalp can be a symptom of other concerns and require you speak with your physician. Even with the hair shedding, consult your physician as he or she may want to do additional work-ups for nutritional deficiencies or might have information on new treatments.

Be patient and kind to yourself. Your lovely locks will most likely return. Celebrate your health, wellness, and well-being.

By Sue Flak, Recycling Education and Marketing Coordinator
Indian River County Solid Waste Disposal District

How to safely 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. It is important to **NEVER DISPOSE OF MEDICATIONS BY FLUSHING THEM DOWN THE TOILET OR DRAIN or place in your blue recycling cart.**

Residents may take expired or unwanted medications to the following locations to properly dispose of them:



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

Also, several local Publix Supermarkets accept medications, but please contact them first to confirm locations.

Please do not bring sharps to the medication disposal boxes or put them in the blue recycling cart. Bring sharps in a properly marked container to the Landfill or one of the 5 Customer Convenience Centers.

The United States Drug Enforcement Administration (DEA) also provides a free drug take back day once a year. For more information visit <https://takebackday.dea.gov>.

Safe disposal of medications can be done right at home



Mark out name and prescription number



Rinse and clean container



Close lid and secure with duct tape

Another option to safely dispose of medications can be done right at home by following these steps:

1. Keep the medicines in the original container.
2. Mark out your name and prescription number.
3. For pills: add water or soda to start dissolving them.

For liquids: add something inedible like cat litter, dirt, or cayenne pepper.

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 coffee can or plastic laundry bottle.
6. Tape the container closed.
7. Hide the container in the trash.

8. Do not put in the blue recycling cart.

Please remember 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.

If everyone does their part to properly dispose of expired and unwanted medications it will help keep our residents safe and protect our water supply and environment! Residents with questions or concerns can contact the Solid Waste Disposal District by going to <https://www.ircgov.com/recyclingandgarbage/>

Bay Street Pharmacy

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



Services we offer:

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

- Young Living Essential Oils and Bariatric Advantage vitamins



Bay Street
Pharmacy

Theresa Tolle, R.Ph. OWNER

Honoring most insurance. We bill Medicare and private insurance.

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



You have a team in the fight against breast cancer

From early detection to breakthrough treatments

Cleveland Clinic Indian River Hospital's Scully-Welsh Cancer Center is transforming breast cancer care. Utilizing the latest research and technology, we can diagnose cancer early and treat patients with advanced, targeted therapies.

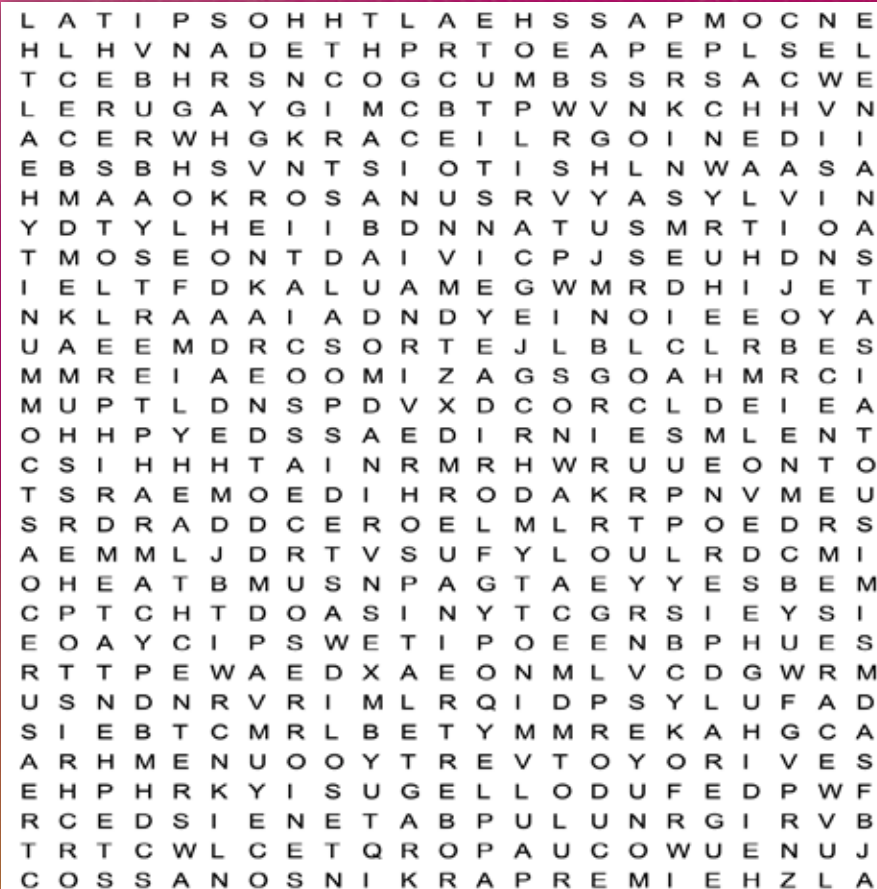
For your mammogram. For world class care at one of the nation's top hospitals. For every care in the world. Trust a leader in breast health.

ClevelandClinicFlorida.org/BreastCancer



Keep Your Mind Active with our

Sponsor Name Scramble



- | | | |
|--|--|--|
| <input type="checkbox"/> A Healthier Me | <input type="checkbox"/> Kroegel Produce | <input type="checkbox"/> Solid Waste Disposal District |
| <input type="checkbox"/> Alzheimer Parkinson Assoc | <input type="checkbox"/> Heidi Hughes | <input type="checkbox"/> Theresa Tolle RPH |
| <input type="checkbox"/> Bay Street Pharmacy | <input type="checkbox"/> New Vision Eye Center | <input type="checkbox"/> Thomas A Baudo MD |
| <input type="checkbox"/> CC Indian River Hospital | <input type="checkbox"/> Paul V Minotty MD | <input type="checkbox"/> True Colors Salon Spa |
| <input type="checkbox"/> Christopher S Shumake MD | <input type="checkbox"/> Perkins Medical Supply | <input type="checkbox"/> Treasure Coast Community Health |
| <input type="checkbox"/> David J. O'Brien MD | <input type="checkbox"/> Robert Reinauer MD | <input type="checkbox"/> VNA |
| <input type="checkbox"/> Eleni Anastasia Tousimis MD | <input type="checkbox"/> Senior Resource Association | <input type="checkbox"/> Whole Family Health |
| <input type="checkbox"/> Encompass Health Hospital | <input type="checkbox"/> Sarah S. Khodadadeh MD | <input type="checkbox"/> WeCare |
| <input type="checkbox"/> Florida Eye Institute | <input type="checkbox"/> Stephen Tate MD | <input type="checkbox"/> Wilson Wallace MD |
| <input type="checkbox"/> Gerald Pierone MD | | |
| <input type="checkbox"/> Karen D Todd MD | | |

Senior Resource Association's 17th Annual Bingo Luncheon - *the bee's knees!*

In fabulous Roarin' 20s style, Senior Resource Association's (SRA) Bingo Luncheon marks 17 years on March 28, 2022, at Vero Beach Country Club. Glitz, glamour, and giggle water abound with a champagne silent auction, wine pull, live entertainment, and BINGO!

A small ladies' luncheon game in 2006, BINGO! grew beyond all expectations. SRA's signature annual event raises awareness and philanthropic support to ensure local seniors live healthy, independent lives.

Last year, BINGO! went virtual amid COVID-19 but returns in-person, thanks to presenting sponsor New Vision Eye Center and dedicated volunteers. Special thanks to the enthusiastic committee members who make this event a success for seniors: Carrie Adams, Erica Caudle, Jenn Courtney, JoAnn Crosby, Jessica Francis, Lisa Harvey, Denise Laino, Deb Lietz, Dawn Michael, Sydney Mihailoff, Becky Moon, Eileen O'Donnell, Linda Triolo, Anna Valencia Tillery, Elizabeth Van Dyk, and Laurie Wykoff.

Though sponsorship packages and tickets have sold out, you can support seniors by donating to a drawing by chance to win a beautiful 14-karat white gold 18" double-sided Diamond By The Yard necklace with nine (9) brilliant round diamonds, generously donated by John Michael Matthews



Guests of Presenting Sponsor New Vision Eye Center joined in the BINGO! fun at SRA's 15th Annual Seas the Day Luncheon at Oak Harbor, March 4, 2020.



(L-R) Jordan Wassell, Carrie Adams, Trudie Rainone, Samantha Brackett, and Lindsay Naffizer coming together with an ocean of support for local seniors at SRA's 2020 BINGO! luncheon.

Fine Jewelry. Retail value is \$2,000.00. (No purchase necessary. Open to legal residents of U.S., age 18 or older. Void where prohibited. Drawing by chance starts approximately 1:30 pm EST on 3/28/2022. Odds of winning depend on number of entries. For full official rules, prize disclosures, and to enter, visit <https://www.seniorresourceassociation.org/17th-annual-bingo-event/>. This drawing by chance is part of a fundraising campaign to benefit Senior Resource Association, located 694 14th Street, Vero Beach, FL 32960.)

Help SRA keep seniors in their own homes as long as safely possible. Contribute a treasure or experience to the silent auction, such as a day trip, travel package, dinner, golf outing, specialty service, gift item, jewelry, or shopping spree. Or give a bottle or two of wine to BINGO!'s first-ever wine pull.

Donations support Meals on Wheels for the homebound and hungry, DayAway for seniors and caregivers' respite, and essential in-home services. To make your gift, visit www.seniorresourceassociation.org/17th-annual-bingo-event/.

For in-kind contributions or more information, contact Angela Bosman, 772.569.0760 (x119) or abosman@sramail.org.

772.569.0760

VERO BEACH: 686 14th Street

SEBASTIAN: 815 Davis Street



Senior Resource
ASSOCIATION

Promoting Independence in our Community

Be Kind to Yourself First

Self-care is so important and can be accomplished in just a few minutes a day. Deep breathe throughout the day to reduce cortisol and stress. Even 4-5 deep breaths are effective. Cut back on sugar. Look at the grams of sugar and divide it by 4 to determine the number of teaspoons of sugar in that it. Would you really add 10-11 teaspoons to something you ate or drank? We are way too sedentary!

Get up and move! Even 5-10 minutes of a brisk walk numerous times a day are effective and a wonderful place to start. Drive by and not thru! Look at the nutritional information so you can make better decisions for healthy eating. These foods tend to be high in sodium, fat, and carbohydrates. Prepare for sleep. Eat foods close to their natural source. Lower the temperature and turn off devices to stop needless information overload. Perhaps have a book to write down what you need to do the next day so you can rest and not worry that you will forget your to do list. Learn to rewire your brain- it does what we tell it to do unconsciously. Be kind to yourself first.



An Apple a Day

An apple a day can do more than just keep the doctor away, it can also help with claustrophobia and the stress associated with confined spaces. This is because the smell of smells can act like a drug in the brain. Certain odors stimulate the nerves in the nose that send stimuli to the brain. This stimulation will usually enter the limbic system of the brain that controls heart rate, blood pressure, breathing, memory, stress levels, and hormonal balance. Some homeowners even use the scent to make their houses seem bigger to potential buyers. In addition, smelling the aroma of green apples can help lower blood pressure, pain due to migraines, and help reduce appetite.

After your apple aromatherapy go ahead and enjoy some of the nutritional benefits. The dietary fiber in green apples:

- helps regulate bowel movements, • helps the digestive system,
- supports the liver, and, • can reduce cholesterol.

Research suggests eating the apple in the early morning or on an empty stomach.

approach uses medications that target a precise genetic mutation rather than basing treatment on the location of the cancer alone. She notes that a number of these novel targeted drugs are now used at the Scully-Welsh Cancer Center.

“Today we can help young patients in their 20s and 30s recover from breast cancer treatment and go on to have healthy pregnancies thanks to advancements in care,” says Dr. Tousimis. “Seeing these women with their new babies and watching their children grow over time has been very rewarding for me.”

Dr. Tousimis also points to advances in breast reconstruction and anesthesia that have improved surgical oncology care. “In the old days, when a woman underwent breast cancer surgery, she would stay in the hospital for days and have a prolonged recovery. Now we’re able to do shorter surgeries with much faster recoveries and can offer some patients same-day discharge after double mastectomy with reconstruction.”

Looking ahead

Dr. Tousimis’ excitement about the future of cancer care fuels her vision for expanding technology and cancer services at the Scully-Welsh Cancer Center. Cleveland Clinic Indian River Hospital’s recent acquisition of the LINAC, a medical linear accelerator, for example, is already improving efficacy of therapy and quality of life for cancer patients in the region.

“The LINAC delivers high-energy electrons to destroy cancer cells while sparing healthy tissue,” explains Dr. Tousimis. “With its power and flexibility, clinicians can tailor treatments to best suit a patient’s individual diagnosis.”

Looking ahead, she shares plans to expand the center’s medical oncology program with more infusion bays and the inclusion of acute infusion services, plus additional radiation oncology services, including brachytherapy and intraoperative radiation therapy.

“We’re also working to streamline services in surgical oncology to expedite care and expand our team of specialists able to help patients across the continuum of cancer care,” she adds. “What’s most important for people to know is that when they come to the Scully-Welsh Cancer Center, they are going to receive world-class care.”

Dr. Tousimis 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.



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



LOCAL PEOPLE

Making a Difference!

2021 Volunteers of the Year sponsored by Sebastian River

Area Chamber of Commerce

Sebastian River Area
CHAMBER OF COMMERCE
& Pelican Porch Visitor's Center



Domenic Restuccia , Sergeant Todd Finnegan, Jim Wilson, Charles Stadelman, Graham L.Cox, Ph.D., Marc Gingras, Cheryl Thibault, President/CEO of Sebastian River Area Chamber of Commerce



Domenic Restuccia
Literacy Services of Indian River County – Presented by Brian Langworthy, VIPAmerica, Home Health Referrals



Graham L.Cox, Ph.D
Pelican Island Audubon Society, Inc. - Recognized by Richard Baker, Ph.D. President, Pelican Island Audubon



Charles Stadelman
The Rotary Club of Sebastian - Recognized by Sott Thiel, President, The Rotary of Sebastian



Sergeant Todd Finnegan
Sebastian Police Department – Recognized by Daniel Acosta, Chief of Police

Heartbeat of the Treasure Coast



Derek Gerry *not pictured*
ShrimpFest & Craft Brew Hullabaloo – Recognized by Marc Gingras, Coldwell Banker | Paradise

Heartbeat of the Treasure Coast



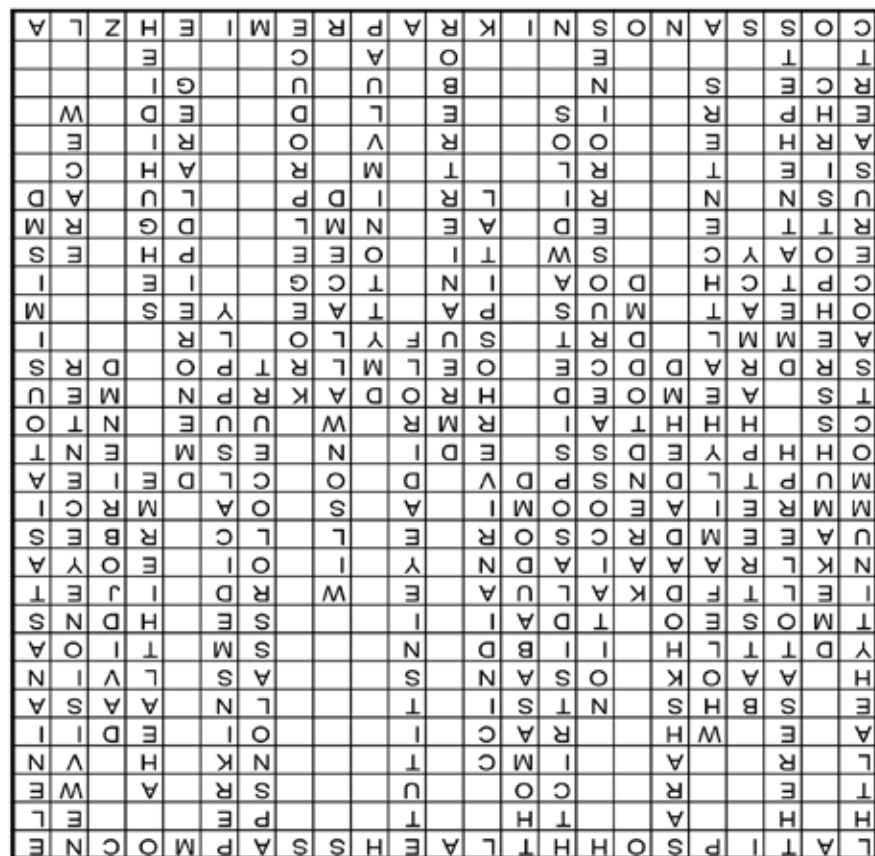
Jim Wilson
For The Love of Paws Senior Pet Sanctuary, Inc. - Recognized by Ted S. Pankiewicz, Sr.

counselor, and physicians empower patients and caregivers. They have knowledge and experience in hope, motivation, and improved quality of life.

Be informed and learn more. Reach out to Encompass Rehabilitation Hospital in Vero Beach. Their website is www.encompasshealth.com/treasurecoastrehab or you can call them. The telephone number is 772-778-2100. Your quality-of-life matters!

Your rehab plan addressed personal interests and goals. Your therapists work with you and your family to learn more about your hobbies, favorite activities, and preferences for music, movies, games and reading materials. The rehab team collaborates closely with the medical team to make sure everyone is informed of your progress. This also allows you and your family to focus on positive things and set daily goals during your hospitalization.

Encompass Health 772.778.2100 • www.encompasshealth.com



Producing Community Change

From acts of caution to acts of kindness; that's what happened at Kroegel Homestead Produce in Sebastian. During the height of the pandemic in April of 2020 people were cautious about touching surfaces and items, including money. This resulted in a considerable number of customers at Kroegel produce saying "keep the change." After some time passed, the owners, Carey and Tim, counted up the loose change and were astonished; they knew they had to do something with the money. Thus, with the help of staff and customers "Kroegel Kindness" blossomed.



"Kroegel Kindness" has delivered over \$1500 worth of fresh fruits and veggies to those in need in Sebastian. They are still making deliveries of fresh produce to Grace's Landing, By the River, the Roseland Food Bank, and the Sebastian Methodist Soul Cafe. Their hope is to make a larger donation by Christmas. They even created a "Fun Calendar" for 2022 to add some extra money to "keep the change."

Kroegel Homestead Produce is located in Sebastian on US 1 under the oak trees. They have a wonderful history. For example, their stand is the oldest produce stand in the area and has been in the same location for more than 50 years. Kroegel carries the freshest and best tasting products and often has locally grown, organic, and hydroponic produce, as well. You will also find seasonal and native treats to try. Need preparation or cooking ideas? You are in the right place. The staff and customers are a wealth of knowledge!

Even before the "Kroegel Kindness" project, goodness and kindness is just part of the soil. So, the next time you are at Kroegel Produce, feel free to say, "Keep the change." Ironical, how a bit of change became a lot of positive change in many ways.

Post Office Box 519
Vero Beach, Florida 32961

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

