

Heartbeat™

OF INDIAN RIVER COUNTY



Breast Reconstruction Innovator Makes Vero Beach His Home

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This issue of Heartbeat is Dedicated to:
Dixie Lee Powell

My friend Dixie Lee Powell of Vero Beach went to join her Lord earlier this year. This leaves a tremendous hole in my life. She was more than my CPA, Financial Planner, she was my friend and confidant. Dixie was the sweetest, most loving person of life, her Lord and her friends.

Matthew 11:28-30

"Come to me all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."



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This edition of Heartbeat offers ways to apply hindsight, insight and oversight. They are perspectives that help us with decision making. Sometimes we aren't able to have a panoramic view; but using some basic principles and knowledge help us make decisions that improve our health and well-being. Hindsight is often the foundation of past experiences. Insight reflects our skills and knowledge. Oversight helps us discern what we want to grow or nurture.

Learn the signs and symptoms of a UTI or why weight matters. Relate to others who share health challenges and how they conquered them. You are NOT ALONE. Reach out to local resources in our community and use your intuition, gut feelings, as well. Read Jeff's and Penny's story for inspiration.

I met Penny the year she launched Portfolio Magazine and became an avid reader. As I read the first paragraph of her recent editor's note, "Dream It. Do It.," I knew I wanted to ask if she would share her journey to today for Heartbeat. She accepted my offer with her usual poise and grace. I was so pleased and honored that she accepted. Her story is the reason I continue to publish Heartbeat. You are never alone.



Cindy



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Heartbeat of the Treasure Coast

Breast Reconstruction Innovator Makes Vero Beach His Home

Despite working in his spare time as a nursing assistant during high school and looking up to a grandfather who was the president of a local hospital in New Jersey, medicine wasn't the first career choice for pioneering board certified plastic surgeon C. Andrew Salzberg, MD.

"I was six months into my business major at college and knew I needed to make a change," recalls Dr. Salzberg. "I wanted to be able to travel the world, and I realized I could practice medicine anywhere."

The business world's loss is medicine's gain! More specifically, it's a win for the Treasure Coast now that Dr. Salzberg has joined Cleveland Clinic Indian River Hospital in the Department of Plastic and Reconstructive Surgery.

Moving to Florida

This is not the first time Dr. Salzberg has called Florida home. He earned his medical degree from the University of Florida School of Medicine in Gainesville. He then completed a general surgery and plastic surgery residency at The Mount Sinai Hospital in New York City.

Before moving to Vero Beach with Anita, his wife of 47 years, Dr. Salzberg served as Chief of the Division of Plastic and Reconstructive Surgery at The Mount Sinai Hospital System in New York, overseeing services at eight hospitals. He also was a Professor of Surgery at the Icahn School of Medicine at Mount Sinai.

When asked why he made the move, he said it was definitely for the job and the opportunity to work with Eleni Anastasia Tousimis, MD, Director of the Scully-Welsh Cancer Center. "We've known each other for 15 years, and I've long admired her work in the field of breast surgery," he shares, also confessing that as an avid golfer and someone who loves the outdoors, Vero Beach has been a perfect fit.

Breast reconstruction pioneer

Dr. Salzberg is now an integral part of the cancer care team at the Scully-Welsh Cancer Center, working with Dr. Tousimis and specialists in medical oncology and radiation oncology to develop personalized treatment plans for patients with breast cancer who choose to have reconstruction surgery.

"Dr. Salzberg is an innovator in the field of plastic and reconstructive surgery, recognized nationally for his work," says Greg Rosencrance, MD, President of Cleveland Clinic Indian River Hospital. "His expertise is vital to our efforts to



C. Andrew Salzberg, MD

deliver high-quality, integrated care for residents of Indian River County."

Practicing since 1987, Dr. Salzberg is best known as the pioneer of Direct to Implant or "one-step" breast reconstruction, which replaces the traditional "two-step" tissue expander method. Since performing his first Direct to Implant procedure in 2001, he's lectured extensively on the technique and trained physicians around the world. He is also internationally recognized for his use of fat transfer techniques for revision breast reconstruction and aesthetic breast augmentation.

"I've reconstructed more than 1,500 breasts for more than 950 patients as part of breast cancer treatment or prevention for women at high risk due to a BRCA mutation or family history," says Dr. Salzberg. "Each patient is unique and deserves the very best outcomes we can achieve."

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



Peggy Cunningham,
Executive Director

Caregivers GIVE

...often to their own breaking point. If you are an unpaid caregiver for a family member with dementia, the caregiving tasks become more stressful over time, but in a nuanced manner. Suddenly, the impact of the stress begins to take its toll: frustration, tears, short tempered responses can become the normal course of the day.

It takes intentional action to assure that you don't lose who you are while still providing your loved one with a safe and positive environment. Consciously structuring time to replenish one's mental and emotional well-being becomes a priority; and, is the best way to assure that you and your loved one can maintain quality of life.

Social Respite: social for the person with dementia, respite for the caregiver. This program, which is free of charge to residents of Indian River County, has been described as a lifesaver to caregivers and raises the quality of life for the person with dementia. Activities that are uplifting and meaningful fill the day: live music with sing-a-longs, art classes, group "sports" (golf, ring toss), bingo, reminiscence sessions, light chair exercises, holiday and birthday celebrations, and overall, one-on-one participant engagement that emphasizes social interaction and validation.

This program is available six hours a day, Monday through Friday, at our main center and at multiple locations throughout the county. Surveys indicate that, not only does the caregiver benefit from having that time off for their own personal renewal, regular attendance at Social Respite often results in improved behaviors at home, as the program

provides an added extra to their quality of life.

We advise caregivers to prioritize care from the inside out: first their emotional and mental health, then their physical health, then their loved one. This is one tool to help them sustain their priorities as the caregiver manages the journey. Ultimately, it allows them to be the best caregiver they can be.

For information about our Social Respite program, call (772) 563-0505.

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

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by Bobbi Kleinschmidt

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As parents, we try to give our children the best life possible by providing for their physical and emotional wellbeing. Treasure Coast Community Health is here to help you achieve this goal.

As a Federally Qualified Health Center, we are held to extremely high standards of patient care that benefit your entire household.

TCCH board certified providers want the best for every child, so they treat your family like their own. Annual medical, vision and dental exams are key factors in children reaching their full potential because we can catch small things before they become major concerns. Likewise, child psychiatrists and clinical social workers can help your child effectively manage stress and navigate their behaviors and feelings. Treatable illnesses such as a toothache, near sightedness, ADHD or even a minor cold can all have a big impact on a child's ability to pay attention in school or focus on tasks at home.

A healthy child is better able to grow, learn and succeed during each step of life.

New patients are always welcome. We invite you to see why so many people trust TCCH with their family's healthcare.

TCCH is a nonprofit, providing comprehensive, high-quality health care to more than 26,000 insured, underinsured and uninsured patients. TCCH, Indian River County's only Federally Qualified Health Center, has eight locations providing medical, vision, dental, behavioral health, and pharmacy services. TCCH offers a sliding fee discount based on household income and family size. For more information, visit tcchinc.org or call 772-257-8224.



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Heartbeat of the Treasure Coast



A DAY CAN MAKE A DIFFERENCE

Our DayAway program offers a safe place for your loved one to interact with others, stay active, and relax.

With locations in Vero Beach and Sebastian, our centers are open Monday-Friday from 7:30am-5:30pm to adults aged 18 and older who need supervised professional care in a safe and welcoming environment. We offer a staff-to-member ratio of 1:5 to ensure personalized care.

We will care for your loved one as if he or she were our own.

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ASK YOUR PHARMACIST

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



Pharmacist-provided Test and Treat programs for Influenza, Strep and COVID-19, *Available at Bay Street Pharmacy*

As the COVID-19 pandemic began in Florida in 2020 the Florida legislature passed a progressive piece of legislation to allow pharmacists more authority to assist patients with medical care for certain conditions. Florida Statute 465.1895 entitled "Testing or screening for and treatment of minor, nonchronic health conditions" allows pharmacists to test patients for conditions such as influenza and strep and, if the patient tests positive, prescribe antivirals or antibiotics. This legislation adds many additional criteria that pharmacists must meet such as completing a 20 hour education course and working under the supervision of a physician, however it affords patients more ability to be seen and treated quickly by those pharmacists who have taken this extra step.

This legislation officially went into effect in the summer of 2021, but it has not been well publicized because the COVID-19 pandemic has taken precedence. However, as we begin to approach flu season this fall, hopefully without the COVID-19 cases we have had for the past 2 years, it seems appropriate to highlight this service that may be available in your community.

One thing the pandemic has taught us is that when cases get extremely high in an area it is very difficult to get in to see a healthcare provider. This is where your local pharmacy could be a great resource! Not every pharmacy will offer this service, however if you begin to develop flu-like or sore throat symptoms, you can certainly call to see if they offer screening services such as a flu, strep or COVID-19 test. Some may even offer a combination that would

test for a few of those ailments together. You should expect to be screened for your symptoms and then tested with a point of care test that the pharmacy has onsite. Results typically come back within 15 minutes. If you have a positive test for flu or strep in the State of Florida, and the pharmacy has the written protocol with a physician

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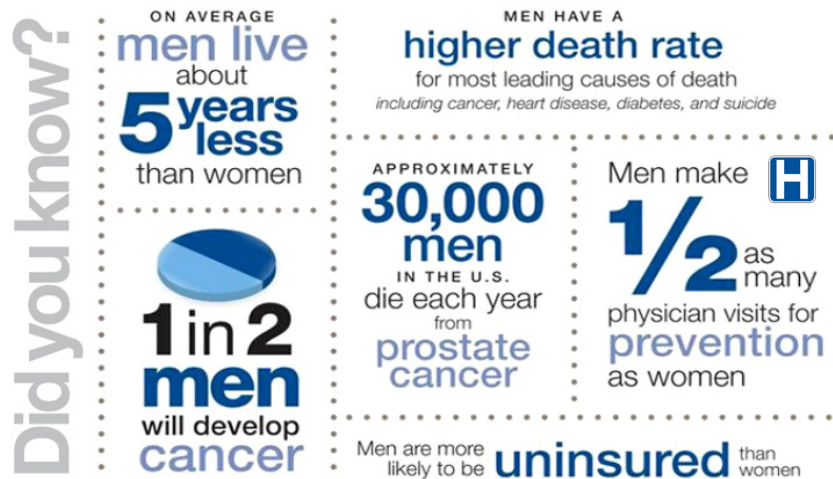


Men's Health Awareness Month

Men Listen up! You are less likely than women to get routine exams and screenings. Health reports reveal that 55% of men do not see a doctor for a physical exam annually even if you have a chronic condition. About 30% of you wait until you are really sick or in pain before seeking medical care. June is Men's Health Awareness Month. Same month as Father's Day and your family wants you around longer and in good health.

You are at risk for several types of cancer, such as prostate, colon and lung. Screening guidelines help doctors identify these cancers as early as possible, which means your treatments can work better. There are also specific screenings based on your age and when/how often you should get them. There are specific tests and screenings based on your age, ranging from age 18 to 65 and over. Many health screenings, such as blood pressure and depression can be conducted during routine physicals. Other tests must be scheduled separately. Have that colonoscopy or stress test. Screenings provide early detection for many health conditions which include but are not limited to diabetes, heart disease, bone density loss, infection, and high blood pressure.

Talk with your health care provider; recommended screenings are also based on family history, your current health, and existing risk factors. Be available to take care of yourselves. The Friday before Father's Day is "Wear Blue Day." For more information on your health visit <https://menshealthmonth.org/>. No matter your age, income, or health, Indian River County has the resources to help you. Be your best in health and well-being!



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We Care Celebration of

30th Anniversary
30 YEARS OF CARING



What an amazing event! We Care gave special recognition to the following:

- ★ Dr. Saver's legacy, the founder of We Care, who was a remarkable volunteer physician,
- ★ The Bernard Egan Foundation for being a faithful sponsor,
- ★ New Vision Eye Center as the 2021 medical practice of the year for care of patients in need of cataract and other eye surgeries; and
- ★ Aariha Ali for being the "2021 Outstanding Third Year Medical Student at the Florida State University Campus at Indian River State College.

The We Care Program succeeds through the tremendous efforts of those named above and a community of dedicated volunteer physicians, sponsors and donors. Thank you!



(from left) Greg and Dr. Juliette Lomax-Homier Dean of the FSU Medical School Campus at IRSC Aariha Ali, winner of the Outstanding Medical Student Award and Dr. Nancy Baker, president of the We Care Board and Medical Director and Dr. Rick Baker.



(from left) Shelley Stiven associate director, Dr. Rege, Drs. Anand and Divya Haryani, Dr. Harish Sadhwani, Glad Kurian (BIMDA)



Mrs. Bernadette Emerick and JJ Gilet, Bernard Egan Foundation



David J. O'Brien, MD, New Vision Eye Center



FSU Medical Student Aariha Ali, Dr. Gregory Rosencrance (CEO Cleveland Clinic)



(from left) Elizabeth Reed, Nurse on Call; Carrie Adams, Adams Media Group; Dr. David J. O'Brien, New Vision Eye Center; Courtney Maslak, Nurse On Call; Erika Magana, Nurse on Call; Anna Pease, Nurse On Call



Drs. Nancy and Rick Baker, Mr. Gerard, Dr. Jennifer Gerard and Dr. Charles Mackett III

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

A Tale of Retail Therapy

The doorbell rings and YEA! It is another package from one of my online shopping services. What did I order this time? I order so often that it is hard to remember. My anticipation is high! Each package is like opening a present. I feel surprised and very happy!

Retail therapy can boost my mood when I feel down or overwhelmed with situations in my life. Browsing or putting things in my online basket and pushing the “Save for Later” button even brings me joy and a sense that I can control SOMETHING in my life. Of course, retail therapy isn’t really a psychotherapeutic or medical technique. You still may need some talk therapy with a licensed therapist. My clients often arrive carrying shopping bags from nearby shops. Shopping can also relieve anxiety, as well as bring enjoyment. Browsing at your favorite boutique or even window shopping can lift your mood.

Dr. Scott Bea, PsyD, says research suggests that retail therapy can bring brain-fueled happiness.

A 2014 study at the University of Michigan suggests dopamine (the happiness neurotransmitter) is released when we get rewarded or purchase something. The study results suggest that buying items we personally enjoy can be up to 40% more effective at giving one a sense of control than not shopping. And, those who actually shopped and bought something were also 3 times less sad, when compared to those who only browsed. Obviously more research is needed.



Dr. Bea also remarks that shopping is a sensory experience that helps us visualize positive outcomes. The enjoyment of bright colors and beautiful arrangements stimulate the brain to release dopamine. Now that is something useful in therapy. Often, I ask my clients to try to visualize their goal. My motto from graduate school was: go as far as you can see, and when you get there, you can see further.

Even online shopping can convey happiness. Did you ever fill up your online cart and then not buy? Sometimes just doing that satisfies the urge to shop. If you do buy, then you wait for the package(s) to arrive. That unpredictability increases your anticipation. When that happens, dopamine is released and there is more joy and excitement! Online shopping can be habit forming, especially when you don’t keep track of how much money you are spending. However, it is a great way to “window shop”. A study by Web MD found that 62% of people buy something to cheer themselves up or celebrate a special occasion.

Retail therapy can also take you away from the reality of your life and supplies a distraction. It can help bring a sense of control and happiness to you. Still, there are some drawbacks to retail therapy. Over-spending can be a problem if the bills run up. If shopping is the only way to find happiness, there is a problem. If there is the urge to do online shopping, there may be an addiction to the way your brain feels when you are shopping. Talk therapy is a good way to find more appropriate coping mechanisms.

Now, if you will excuse me, I need to go shopping.



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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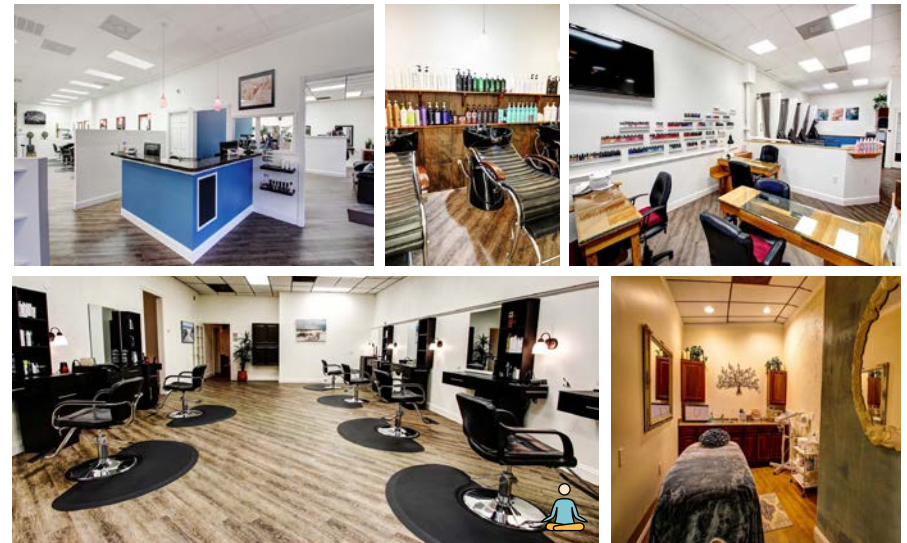
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True Colors
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by Penny Tranchilla, Owner of Portfolio Magazine. Follow her @verobeach_portfoliomag
Photography by Emily Clinton

“Cancer effing sucks... but LIFE is so beautiful!”

My adventure began in 2017, when I was first diagnosed with breast cancer. It was scary and stressful but there is a silver lining, always. At the time, I was dreading turning 50, and was having biopsies every few months. Every day I woke up worrying if today would be “the day” that I would get a cancer diagnosis until finally I made the decision to just do a voluntary mastectomy. As luck would have it, exactly 8-weeks prior to my scheduled “voluntary” mastectomy, my doctor found a new lump, biopsied it, and well, there it was, the dreaded cancer diagnosis. The silver lining was that now it was fully covered by our health insurance. I should have paid attention, even back then, that no matter how much we stress over things, they always seem to work out.

For about 4 years and a few months, I was cruising along just taking a daily pill, getting regular check-ups until one day I happened to feel a lump in my armpit. It felt like a peanut M&M. Once you get a cancer diagnosis, you become paranoid about every little thing. You try not to, but it’s just there... this dark cloud, always looming. We saw our physician right away for a biopsy and he confirmed our worst suspicions once again. This was in 2018.

However, this time, I decided to have treatment at Moffitt Cancer Center. We met our team and loved them from the beginning. More surgeries were scheduled, performed, and this time we had to do chemotherapy and radiation. I remember being terrified. You read so many horror stories about the drugs and how they “could” affect you. We are all unique individuals and respond differently to treatment. Back then, I never even knew that there are different types of chemo options! As the patient, I questioned everything with my doctors (and still do!) I read a ton of stuff about my disease. I asked lots of questions. At the end of the day, you are in the driver’s seat. You can decide what is the right choice for you. My best advice; listen to your gut. If it feels right go forward, but when in doubt, wait it out!



Penny Tranchilla

I ended up agreeing to the chemo and radiation. I opted for getting an IV every 3 weeks instead of installing a port for infusions. This isn’t normal protocol, but for me, I needed it for my mental health. We live at the beach. We’re boaters and divers. I need the ocean to heal. Having a port would have been a daily reminder to me that I have cancer and it would have limited my ability to live a normal life. Doing the IV with each round of chemo allowed me to live my best life while in treatment. For me, that is what life is all

about. LIVING!!! Having the best quality of life during your treatment helps keep you balanced. It lets you feel as normal as possible. I could temporarily “forget” that I had cancer for a few weeks in between my chemo sessions. And to be honest, chemo really wasn’t so bad. The silver lining was I was able to stay at my best friend’s family beachfront condo in St. Pete during radiation since I had to be at Moffitt every day for treatment. I was able to walk the beach at sunrise, and end my day watching those beautiful Gulf of Mexico sunsets. Surround yourself with people and places that make you happy. It does wonders for your mental health!

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Life resumed normal once again until July of 2021. I had a “weird” feeling that something was off. I had fallen down my stairs the previous summer and was still in severe pain in my rib cage. It just didn’t seem to be healing fast enough or so I thought, and so the paranoia set in once again. As always, having dealt with cancer now twice, I was worried that there was a reason my ribs weren’t healing properly, so my local oncologist scheduled me for a scan. I don’t think we were ever prepared for these results. Cancer is such a mysterious disease. Each time I completed treatment and did all my follow-up visits, in addition to extra tests for my piece of mind, did I ever

think my cancer could change so drastically. I went from a Stage 1 to a Stage 4 metastatic cancer patient. I always felt like once you completed treatment and “rang the bell” you were “cured” or “dismissed” after treatment finished. It rarely occurred to me that this dreadful disease was always going to be swimming around inside my body and could return to kill me.

It’s so terrifying not only for the patient to hear that your cancer is metastatic

but also for those that love and care for you. Seeing their sadness is almost worse than dealing with the disease. It’s heartbreaking. You want to be strong, happy, positive... healthy. And most of all, at least for me, I want to live. I still have a bucket list a mile long! The shock of it all is a lot to deal with. I am a pretty upbeat person and there are days that are really tough. I escape to the beach, take long walks, and try to refocus on right now... this moment. If you think about it, that’s all we have. There are no guarantees tomorrow is arriving for any of us. As cancer patients, we just have a small glimpse into our future that teases us that our days could be limited.

Each day we just try to “deal” with right now. We grow smarter and stronger with every moment. It’s an emotional roller coaster on some days. Until recently, I lived in fear of my cancer. It was always there, scaring me to death, worrying about the what ifs, the longevity of my life. I finally am at peace with it. I realized we are going to have good days and bad days. We are going to have great scans and not so great scans. The lesson learned was that just like my first silver lining back in 2014, I worried and stressed over things I cannot control. In the end, I was taken care of then and even just recently, we were taken care of once again. Through lots of prayers, faith, and positive thinking, we are dealing with cancer on my terms. It doesn’t have to be a death sentence. I truly believe the will to live and a positive outlook makes a big difference on the outcome of your disease. Don’t be afraid to live your best life, with or without a cancer diagnosis! We should all be living our best life now, because right now is all we have.

Dream those dreams and do them. Life is so beautiful!
Penny



The Beat Goes on at Encompass

Jeff Loforte thought he had a cold or the flu but within a few days he felt worse. Fatigue and shortness of breath got worse. He went to the ER and returned home that night. The next day he didn't have the strength to move. He just laid in bed all day thinking he would feel better; but he didn't and 911 was called. His pulse oxygen level was 76 percent. He could hardly breathe. Little did Jeff anticipate; he would spend 4 weeks in the intensive care unit. He had COVID. His pulse ox unfortunately plummeted into the 50's. With his sons by his side he fought being put on a ventilator and fought for his life. Jeff not only lost 40 pounds; but he also lost muscle mass and could hardly walk. He eventually was discharged to Encompass Health for rehabilitation.

"There is no better place to be. Encompass Health is excellent"! Jeff told me and went on to say "my determination for recovery was strengthened by a team dedicated to helping me. There were days that I was not sure I had the energy to participate but my Encompass team encouraged me continue. I had a fabulous doctor!"

As a professional drummer Jeff needs physical strength, balance, endurance, as well as the ability to breathe well to perform. This is where his team came in. He had physical and occupation therapists a respiratory therapist to assist him with breathing exercises to improve his oxygen level. The nursing staff prepared him for the day, made sure he ate and slept well. After two weeks Jeff was able to go home with the support of his friends and Encompass Home Care. As he continues to get better he looks forward to returning to his passion as a drummer.

"I am thankful for everyone at Encompass Health and am so grateful to Dawn Bucaj for helping me being admitted to Encompass. Anyone who wants to get better and needs rehab there is no better place than Encompass Health!" proclaims Jeff.



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Heartbeat of the Treasure Coast



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The Importance of Advance Care Planning When You're Considering Hospice

Considering hospice can be daunting, and often adding to the angst is confusion about what exactly hospice is. Contrary to what many believe, hospice is not a place, it's a philosophy of end-of-life caring and can be provided wherever someone calls home, whether that's their personal dwelling, an assisted living facility, a skilled nursing facility or a designated hospice house. And hospice isn't just for the last few days or weeks of life. In fact, to get the most out of hospice it's best to get services early as hospice is designed to provide care for six months or longer, significantly lightening the responsibility of end-of-life care not only for the patient but their family as well.

The best way to find out how hospice, which is a Medicare benefit, can help you, is through advance care planning. "Advance care planning invites consideration of if/when a patient would desire hospice," says VNA Hospice Counselor Genevieve Introcaso.

VNA understands that this process may be disconcerting, which is why the home care organization made it as seamless as possible through its home health with palliative care program, synonymous with advance care planning. The first step of this process is to schedule a meeting with a VNA nurse practitioner

and licensed clinical social worker in your home, both certified in palliative and hospice care, who will evaluate your health and educate you on available services and treatment options. And if you are not already a patient with VNA, you can contact the organization at 772-202-3972 and ask to speak with



someone about advanced care planning.

This initial at-home information session includes supportive literature and tools to empower informed decision making and self-advocacy after the visit. "Advance care planning is so important because it plants the first seed of thought about healthcare wishes. It serves to invite open conversation and consideration of what are often deemed uncomfortable topics and if appropriate affords the opportunity to receive accurate education about hospice philosophy and services, to dispel myths and breakdown barriers to what is the only service that can support the needs of the dying," says Genevieve.

Advance care planning not only provides the opportunity for choice and active participation in a patient's plan of care, but it is a way of planning proactively rather than reactively - before a health crisis occurs. It's also a way of saying 'I love you to your family;' having an advance directive in place will alleviate the burden of decision-making for them. "Advance care planning affords the greatest opportunity to have a peaceful and positive experience of navigating illness and eventual dying process," says VNA Nurse Practitioner Abaco Binkley. "Having spent a decade working as a nurse practitioner in the acute care setting, I've seen the drastic contrast of the dying experience when advance care planning does not occur."

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

DayAway program offers a safe place for your loved one to interact with others

Senior Resource Association's DayAway program has impacted many seniors and their caregivers, including Ines Consuegra and her daughter Nalia Bauer, who consider it to be life-changing. After suffering a fall, Ines now has a safe place to relax and socialize with friends, and Nalia no longer worries about her mother while she works during the day.

"My mother has been dealing with health issues since 2012. She was walking but she wasn't socializing since she didn't have any friends as we just moved here. She ended up taking a really bad tumble down the stairs. When she woke up her language recall was a problem, and she couldn't remember words. I was afraid that she wouldn't know English and I wouldn't be able to communicate with my mom because her native tongue is Spanish. The senior resource association was a saving grace for my family; her coming here has really helped because I'm at work all day. They drive her so she feels independent, and she knows all the drivers. To see that spark in her again is a wonderful thing. We call SRA the club at my house" says Naulia Bauer, Ines' daughter.

Ines, a DayAway participant says, "What I enjoy most about coming here is seeing my friends, talking with them, and the best part is the music and dancing. I encourage participation and for others to come here." Naulia and



Talk with your loved ones and bring them for a tour of SRA Day Away



Getting you there is easy when you reserve your ride with Community Coach



Day Away-where they treat you like family

Ines credits "the great staff for being observant and responsive." Naulia doesn't worry any more while she is at work knowing her mom is not home and alone.

The SRA's DayAway program offers a safe place for your loved one to interact with others, stay active, and relax. They have centers in Vero Beach and Sebastian for adults aged 18 and older who need supervised professional care in a safe and welcoming environment. SRA offers a staff-to-member ratio of 1:5 to ensure personalized care. The staff are certified with Alzheimer's and dementia training and include RNs, CNAs, and LPNs. SRA centers are open Monday-Friday from 7:30am-5:30pm offering many programs and services. Visit website at: www.seniorresourceassociation.org or call (772)569-0760.

772.569.0760

VERO BEACH: 686 14th Street

SEBASTIAN: 815 Davis Street



Senior Resource
ASSOCIATION

Promoting Independence in our Community

Weight Matters

Talking about being overweight or obese is a conversation that needs to occur more often. Even in the health care arena, medical professionals tend to tread delicately when discussing weight loss with patients. Sure, many tell patients to lose weight but don't usually discuss weight loss goals, why a healthy weight matters and how to go about losing those extra pounds and belly fat. There are certain specialists who regularly address weight loss such as bariatric or orthopedic surgeons. What often hinders conversation is many patients don't like talking about their weight; let alone getting on the scale.

The U.S. adult obesity is around rate 42.4 percent and is expected to increase. Sadly, children are now being affected and are being diagnosed with fatty liver disease and pre-diabetes; disease that were mostly found in adults.

Most of us know if we are overweight or obese and don't need a BMI calculation or someone to tell us. There are many reasons for excess weight. Listed below are factors that weigh us down.

- **Genetics.** *Some people are genetically susceptible to weight gain and obesity.*
- **Heavily processed foods mixed with additives.** They have a long shelf life and taste good.
- **Food addiction** and stimulation of the reward center in the brain.
- **Aggressive marketing.**
- **Insulin resistance.**
- **Certain medications** such as anti-depressants and insulin (a growth hormone).
- **Leptin resistance:** another hormone that impacts appetite, fat storage and weight.
- **Food availability,** especially fast foods.
- **Added sugar.** We consume way too much unnaturally.
- **Excess alcohol intake.**
- **Sedentary lifestyle.**



GET ENOUGH
SLEEP



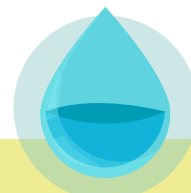
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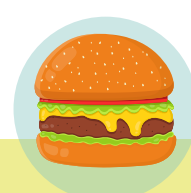
AVOID STRESS



EAT MORE FRUITS
& VEGETABLES



DRINK ENOUGH
WATER



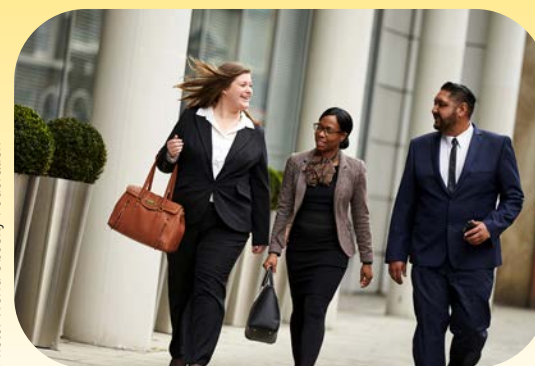
STOP EATING
FAST FOOD



DO PHYSICAL
EXERCISE



LESS TV
& INTERNET



Excess body fat puts a strain on our bones and organs. Being overweight leads to numerous health conditions ranging from heart disease to diabetes. Obesity can cause pregnancy complications,

liver disease, sleep apnea, and joint pain. It results in complex changes in our hormones and metabolism which then increases inflammation in our body. Even certain cancers are linked to obesity.

I am hoping that this article stimulates conversations and motivation. We need to make changes in how we eat, shop, cook and move our bodies. Don't wait for someone else to tell you to lose weight. Start now and keep it simple so your weight loss is sustainable. Here are some ways to get started.

- **Ditch fad diets.** It's a lucrative business that doesn't dish up.
- **Move your body.** Start with 10 minutes 3 times a day and work up. Get a personal trainer to assist you.
- **Hire a professional** to help you and provide accountability. He or she will also assist you with making bite-size changes and setting realistic goals.
- **Eat foods close to their natural source.**
- **Watch the sugar grams** in what you eat or drink. Be knowledgeable and read labels.
- **Reduce stress and improve sleep.**
- **Limit internet searches.** Chances are you are going to get information over-load and wrong advice.

Too often we get use to how we feel and think that is normal. We actually forget how it feels to feel better. Sometimes we justify our excess weight or even deny or dismiss it. It's easy for those extra pounds to sneak on and hard to get them off. **But you got this! Invest in yourself and health. Be happy. Be healthy!**

Urinary Tract Infections

A Urinary Tract Infection (UTI) is one of the most common infections affecting older adults. It is likely that your parent or other senior loved one has experienced a UTI. When quickly and properly treated, a UTI is easily managed and helps reduce complications. If left untreated, a UTI can lead to serious health problems including confusion, kidney damage and even sepsis. So, let's check you UTI IQ.

Question 1: What are some common risk factors for getting a UTI?

- a) Decreased fluid intake
- b) Decreased urine flow caused by a kidney stone, enlarged prostate, or use of a catheter.
- c) Bowel or bladder incontinence
- d) Dementia
- e) All of the above

Question 2: Because of anatomy, who is more likely to get a UTI?

- a) Woman
- b) Men
- c) Both equally

Question 3: What are common symptoms of a UTI in seniors?

- a) Frequent and urgent need to urinate
- b) Burning sensation when urinating
- c) Urine with an unusual color or strong odor
- d) Mood change such as agitation, confusion, or agitation
- e) All of the above

Question 4: The best way to diagnose a UTI is to have a routine urine sample with immediate results.

- a) True
- b) False

5: What are some ways to prevent a UTI in the elderly?

- a) Drink plenty of fluids such as water and cranberry juice
- b) Wipe from back to front after a bowel movement.
- c) Change incontinence pads and underwear immediately after they are soiled
- d) Establish a regular urination schedule.
- e) A, c, and d

So, let's look at the correct answers below to see how you did on UTI IQ.

Answers:

- 1) E, all of the above 2) A. women 3) 3, all of the above
- 4) False. The results of a urine culture may take several days to come back, but they are much more accurate and allow the medical professional to select the most appropriate and effective medication for treatment.
- 5) E. B is wrong as you want to wipe from front to back after a bowel movement.

Congratulations if you answered all question correctly! If you answered a question or two incorrectly, after reviewing the answers you gained a strong UTI IQ. You are now knowledgeable and armed with information for early care.

UTI's in the elderly can be overlooked and mimic other conditions, with early intervention and treatment they are easily treatable. The majority of UTIs are cured by antibiotics and hydration to flush bacteria out. Don't wait to make an appointment with a health care provider to get a urine test or urine culture. A simple urine test or culture is invaluable. If you have private caregivers for an elderly loved one make sure they are knowledgeable about prevention, detection, and communicate a need for medical care.

Aging presents bladder concerns such as urinary incontinence, stress incontinence or blockage. That cough or laughter can result in embarrassing moments. While we may think a UTI in our parent or older loved one is inevitable, we can help minimize them and reduce complications. Dignity and quality of life are important, regardless of where our loved one's lives, whether it be at home or in a facility.

Many of us are going to be faced with urinary concerns that our parents or grandparents faced. Since UTIs are common as we age let's promote and raise awareness. Discussion is critical. A bit of knowledge and early intervention improves quality of life, longevity, and well-being. Notice early signs and symptoms of a UTI to prevent complications and reduce infections. Aging is not always easy. A knowledgeable and sensitive support and family team can absolutely help those we love live longer and in the best of health.

Let's encourage laughing and being physically active. A UTI can have devastating results. Since you have done well with UTI IQ your loved one is in good hands!



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with our NEW Icon Search!

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LOCATE THE FOLLOWING ICONS,
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3 RANDOM DRAWING READERS will WIN!

Drawing prior to next issue, August 2022.



Keep Your Mind Active with our Sponsor Name Scramble

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- ☐ Alzheimer Parkinson Assoc
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- ☐ C Andrew Salzberg MD
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by Bobbi Kleinschmidt

Elizabeth Thomason joins TCCH as Foundation Director

Treasure Coast Community Health welcomes Elizabeth Thomason BSN, RN, MA as Foundation Director, effective April 4, 2022.

"Elizabeth brings a strong sense of community and fundraising expertise along with a nursing background. She will make an immediate impact on donor relations and support while upholding the TCCH mission," Vicki Soulé, TCCH CEO said. Thomason's skill set includes strategic planning and operations, capital campaigns, and grant applications and outcomes. Her medical experience will be instrumental in helping the public at large understand the impact TCCH provides to the overall health of more than 26,000 individuals in Indian River County.

"TCCH has such a good reputation within the community. I had the opportunity to volunteer with TCCH when COVID-19 vaccines first became available. I volunteered on weekends giving vaccines in Gifford and Fellsmere. It was a rewarding experience doing something positive in uncertain times," Thomason said. Her nursing background, combined with over 20 years working with nonprofits is a perfect combination of skills to bring to the organization.

One of Thomason's initial goals is to establish a board of directors that can help promote TCCH within the community, and then to increase the donor base over time.

"The scope of services and medical staff are very impressive. Indian River County is very fortunate to have such a comprehensive and affordable healthcare organization," Thomason added.

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



Elizabeth Thomason

Treatment advancements

More than 100,000 women a year in the U.S. undergo some form of breast reconstruction, including revision procedures, implant replacements, and conversions from implant reconstruction to natural tissue reconstruction. According to Dr. Salzberg, women today have many more options when it comes to restoring shape, feel and sensation.

"For example, we can perform nerve repair microsurgery to help some women regain feeling in their chest after reconstruction," he explains. "Even women who underwent reconstruction just 10 or 15 years ago and are dissatisfied with their restored breasts can benefit from new technologies and improved techniques to achieve better symmetry, shape and size, and more natural outcomes."

Providing international instruction

In addition to caring for patients, Dr. Salzberg is an international clinical educator, teaching the next generation of surgeons both in the United States and around the world. He is a professor at the University of Southern Denmark and has instructed surgeons through participation in numerous medical missions throughout his career.

Dr. Salzberg's first mission took him to remote areas of the Philippines, where he provided free care and training. Since then he's cared for burn victims in Nigeria, repaired cleft lips and palates in Jamaica, and traveled to Brazil to care for patients eight times. "I've been all over the world, from Brazil to Beijing and beyond. My mission work is one of the most rewarding aspects of my career," he adds.



The Scully-Welsh Cancer Center

Dr. Salzberg is now accepting new patients at the Scully-Welsh Cancer Center at Cleveland Clinic Indian River Hospital, located at 3555 10th Court in Vero Beach. To schedule an appointment, call 877.463.2010.

 **Cleveland Clinic**
Indian River Hospital

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PULSE POINTS



TCCH Receives Accreditation as a Nationally Recognized DEAP

Treasure Coast Community Health received accreditation as a nationally recognized Diabetes Education Accreditation Program (DEAP). It took months of arduous work by a dedicated team and a special Advisory Committee. This is an awesome resource for patients who now have access to a certified diabetes care and education specialist to help them live better with diabetes.

TCCH's program fills a gap in our county that has been missing for people with Type 1 and Type 2 diabetes. Living with diabetes is not always easy and can be stressful. Patients can attend one-on-one and group sessions, which address the seven specialty areas for self-care and diabetes management, helping patients live longer and healthier with diabetes. Patients are also provided long-term support to sustain the results they worked hard to achieve.



Congratulations TCCH!

Excellence at Encompass Health Hospital



Denesha Brown

Denesha Brown, RNT III has been announced Encompass Health Hospital's Employee of the 1st Quarter 2022. She has been with Encompass Health since April 2006 and was nominated by one of her co-workers, Sayna Sanon.

Sayna tells me - "Denesha is always willing to give a helping hand, even to patients who are neither assigned to her nor on her unit. If you need help and she's there, know that she's willing when available. As part of nursing, she spends a lot more time with our patients so things regarding patient performance is likely to come up. Denesha displays collaborative effort, bringing attention to concerns observed on the nursing unit to therapy and working together to develop a plan to improve patient function while reducing nursing care. Altogether, when I think of someone going above and beyond the call of duty, Denesha is one of the top people that come to mind".

Test and Treat programs *continued from page 15*

required under FS 465.1895, your pharmacist will be able to prescribe antiviral medication to treat influenza or antibiotics to treat strep as long as you meet the criteria. Our state legislature felt that this provided additional opportunities for patients, particularly those who are in rural or underserved areas and might have difficulty accessing another health care provider. This certainly provides convenience because patients can be tested, receive test results and have their prescription filled (if appropriate) all in one location.

Since a pharmacy is not considered a medical practice, it is possible that out of pocket costs might exist for testing and patients will not be eligible for an office visit copay at these locations. You are encouraged to contact your local pharmacy to see if they offer this type of service and what the costs might be.

In addition to the provision for flu and strep offered by Florida Statutes, in March of 2022 President Biden announced a "Test to Treat (T2T)" initiative. This was announced in his State of the Union address and was specifically to treat COVID-19 positive patients with oral antiviral medications such as Paxlovid (by Pfizer) and Monolpiravir (by Merck). The President announced that under the provision of the HHS Public Health Emergency, certain pharmacies would have access to these medications through the federal government and would be able to test patients for COVID-19. If the patient tests positive for COVID-19 and meets certain other screening criteria, the pharmacy can contact the patient's primary care physician to obtain a prescription for one of the two oral antiviral medications. Pharmacies will screen for drug interactions and ensure that patients can safely take the oral antiviral then dispense it to the patient at no charge under the government program. The biggest distinction between this program and the State of Florida program is that the T2T initiative is specific for COVID-19 and these oral antivirals CANNOT be prescribed by a pharmacist, but must be prescribed by a physician or other healthcare professional who is licensed to prescribe. These oral antivirals have been on limited distribution as of the writing of this article and are not available in every pharmacy. Visit the HHS.gov Office of the Assistant Secretary for Preparedness & Response website to find the location nearest you and to obtain more information. <https://covid-19-test-to-treat-locator-dhhs.hub.arcgis.com/>

Pharmacists are a valued member of the healthcare team in every community and work in conjunction with your physician and other providers to keep you healthy. And, they are the most accessible health care provider in your community! You are encouraged to use the same pharmacy for all of your prescriptions and to develop a relationship with your pharmacist. As always, Bay Street Pharmacy is here to serve you if we can help in any way. Call us at 772-589-2043 or visit www.baystreetpharmacy.com to learn more about us.



LOCAL PEOPLE

Making a Difference!

SRA 2022 Volunteer Celebration sponsored by

the Senior Resource Association



Elizabeth Van Dyke & Becky Moon, Event Committee,
& **Sherry Rix**, Sebastian Meals on Wheels Volunteer



Jenny & Charles Hancock
Vero Meals on Wheels Volunteers



Jessica Nettles, VNA Corporate
Meals on Wheels Volunteer



Anne Sofranas, Silver Tones Volunteer
Chair & **Dr. Jacob Craig**, Silver Tones
Senior Choir Director



Jim & Annetta Gregg
Meals on Wheels Volunteers & Jim
Serves on SRA BOD



From left to right: **Jim Vitter**, SRA Board Vice Chair; **Karen Deigl**, SRA CEO;
and **Jeff Schlitt**, United Way Board Chair & SRA Guest Speaker



LOCAL PEOPLE

Making a Difference!

SRA 2022 Volunteer Celebration
sponsored by the Senior Resource Association



Trudie Rainone
SRA BOD / Event Committee Member / MOW Volunteer –
Recipient of 2022 Sophie Restivo - Volunteer of the Year Award



Eileen O'Donnell & Kenny Borchers, Event Committee
Member & Coastal Concierge
Meals on Wheels Volunteer



Dennis Cairns & Bill Dennison
Vero Meals on Wheels Volunteers

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- FREE monthly diabetes class on the 3rd Thursday at 8AM - call for details
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C			A	W			E			O	A		E		L			P	T	P		L	A
H	H		R	S		N				R	B	R		I	D			R	R			L	T
T	R		C	A		M				E	E	K		Z				O	E			I	I
L	I		H	L		N				R	N		I	A	Y			L	F			L	P
S	A		S	S		R				T	T		N	B	T	S		V		L	O		C
E			K	M		R				R	O		T	S				N	L	O			N
H	O		H	N		R				E	D		E	M	O			A	F	T			A
P	Y		O	R		S				D	I		F	I	N			A	F	A			H
H	T		G	D		O				O	N		D	L	I			S	E				T
E			R	N	A					A	D			O	M			I	J				Y
N	E		D	O		U				U				C	R								N
U	S		N	A		E				B				I	M				E				N
M	D		I	C		V				A	E			D	R			P	A				H
M	H		Z	O		A				S	T			A	M			S	A				P
O			S	H		A				D	S			M	D			S	O				S
C	M		G	M		O				S				O	P			D					S
A	T		D	A		S				O	T			P	Y			N	H				A
S	K		M			S				R	C			D	R			P	E				P
E	A		O	E		S				S				U	E			L					C
O			I	M		A				B	A			T	E			S					L
O	C		L	D		E				N	T			A	P			T					E
E			O			I				O	I			S				I					W
R			F			H				N	O			A	A			T					O
U			T			S				N	E			W				R					P
S			R			W				P	I			O	M			T					E
A			O			A				G	A			V	A			E					I
E			P			E				N	W			C	T			E					X
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T			S			U				A	N			R	G			W					D

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