

Heartbeat™

OF INDIAN RIVER COUNTY

Head & Neck Surgeon Brings Passion for Life-Changing Surgeries

*Meet head and neck microsurgeon
Ashley C. Mays, MD on page 8*



Cleveland Clinic
Indian River Hospital

.....

St. Vincent de Paul

Helping Neighbors in Need in Sebastian

2

.....

Substance Awareness Center/SAFIR

Substance Abuse & Mental Health

20

.....

SRA

*Transportation to
Special Needs Shelter*

26

.....

Mental Health National Hotline

Dial 988

28



by Colleen D. Symanski, RN, CDCES

St. Vincent de Paul, Sebastian Conference Helping Friends and Neighbors in Need



We have a Sebastian Conference of St. Vincent de Paul (SVDP) that serves the people of Indian River County and southern Brevard County. They are located at 5480 85th Street, Wabasso, in a 100-year-old factory building. SVDP serves everyone without regard to race, color, religion, sex, or other political or social classifications. The poor and needy are referred to as friends or neighbors because that's who they are. SVDP is made possible due to volunteers who provide needed services and assistance.

Many of us are familiar with SVDP thrift stores, which the Sebastian conference has. They even have an eBay site to maximize selling thrift store donations. The thrift store provides most of the funds necessary to operate the services of SVDP. The community donates usable goods to the store which are sold to customers and the profits are totally used to finance the Client Aid and Food Pantry programs. Financial donations are also utilized in funding these programs. Store income is the principal source of funding of their programs. SVDP also has food pantry and client aid programs.

The food pantry is open twice a week, serving 30 to 40 requests for food each day. Food is also provided in emergency situations. Some food is purchased from the Treasure Coast Food Bank at a lower cost. Various churches, organizations, businesses, and individuals also donate food. Because of recent financial and demographic changes, SVDP has been creative with other food suppliers. They have refrigerators so they can provide fresh foods as well as non-perishable foods. Their website has healthy meal planning ideas and ways to save money.

continued on page 10

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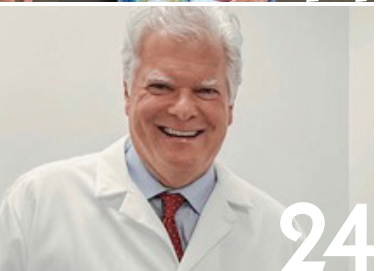
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12



14



24



30



36



40

contents

- 12 Alzheimer & Parkinson Association
Indian River County MOVE...
CONNECT...LAUGH!
- 14 Journey with VNA Hospice
Inspires a Volunteer
- 24 Concierge Medicine
- 30 TCCH Accredited Diabetes Program
- 36 Senior Collaborative & Senior Expo
March 2023
- 40 2022 Alzheimer's Disease Facts and
Figures, Theresa Tolle, R.PH

- How Color Affects Us 18
- New ICON search win gas gift card..... 29
- Insist on best stroke recovery-
Encompass Health Hospital.....34
- People Making a Difference..... 42
- TCCH Duck Derby..... 44
- WALK TO REMEMBER NOVEMBER 12,
2022-local Alzheimer & Parkinson
Association of Indian River County 47

cover story

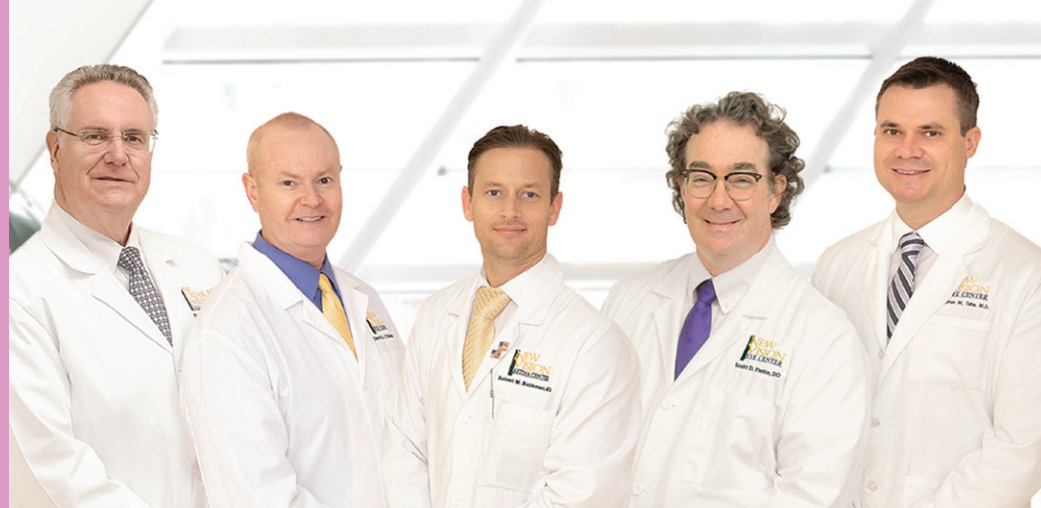
Head & Neck Surgeon
Brings Passion for
Life-Changing Surgeries
Meet head and neck
microsurgeon
Ashley C. Mays, MD
p 8



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This edition of Heartbeat highlights life-saving resources. Such as the new national suicide number and a new missing person's alert. The suicide number is now a 3-digit telephone number, 988. Our special needs shelter is vital for those in need of life saving medical treatment and electricity for medical equipment; our Senior Resource Association provides transportation during emergency evacuations. This is in addition to the varied services they provide. Our adults and youth are vulnerable to substance abuse and deaths from overdoses. The Substance Awareness Center and the SAFIR Coalition are a life-line. They also offer Narcan training for individuals and businesses.

Indian River County is rich in organizations and individuals who make a difference. They are dedicated to helping others and improving our quality of life. Many need donations and volunteers. Give what you can, help as you are able. Please, if you are in need or know someone who is, help them access the care and services that will help. Hope is all around us.



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Heartbeat of the Treasure Coast

Head & Neck Surgeon Brings Passion for Life-Changing Surgeries

Head and neck microsurgeon Ashley C. Mays, MD, recently joined the Department of Otolaryngology at Cleveland Clinic Indian River Hospital, bringing a new capability to Cleveland Clinic's five-hospital regional health system in Florida and a passion for patient care.

A board-certified otolaryngologist, Dr. Mays is fellowship trained in head and neck surgical oncology and total body microvascular reconstruction. In addition to a busy oncologic practice, she specializes in complex reconstructive surgeries that help restore form and function for patients with tissue defects caused by cancer, trauma, infection or congenital deformities of the head and neck.

"Despite impacting a relatively small area of the body, head and neck conditions can require extraordinarily large surgeries," says Dr. Mays. And that's where she excels.

Big dreams in a small town

Dr. Mays grew up in the small town of Taylorsville, North Carolina. An academically advanced student from an early age, she was technically inclined and detail oriented. These qualities served her well in her pursuit to become a surgeon.

Dr. Mays received her medical education at the Brody School of Medicine at East Carolina University in Greenville, North Carolina, and completed her otolaryngology residency at Wake Forest University in Winston-Salem, North Carolina. She also completed a two-year fellowship in head and neck surgical oncology and total body microvascular reconstruction at University of Texas MD Anderson Cancer Center in Houston.

"I originally planned to specialize in neurosurgery but realized head and neck surgery would be a better fit," says Dr. Mays. "In head and neck surgery, there are more opportunities to establish long-term relationships with patients built on trust and compassion that more often yield positive and impactful results."

An expert in head and neck reconstruction

Prior to joining Cleveland Clinic Indian River Hospital, Dr. Mays was assistant professor and Director of Quality at Louisiana State University's Department of Otolaryngology, where she maintained a thriving surgical and teaching practice. During her career, she has made research contributions



Dr. Ashley Mays with the free flap microscope.

to the field of head and neck oncology and reconstructive surgery and co-authored more than 30 peer-reviewed articles and book chapters. She also serves on numerous national committees and workgroups.

Today Dr. Mays is part of a multidisciplinary team at Cleveland Clinic Indian River Hospital, where she specializes in the treatment of head and neck cancer, upper aerodigestive tract lesions, and complex reconstructive deficits.

"The head and neck is a very complicated and dense region of the body, and in many ways the most complicated to reconstruct due to its complex mobility and essential role in chewing, swallowing, speaking and facial expressions," says Dr. Mays, noting that excelling at both the cancer tumor portion of surgery and the reconstructive portion are critical to long-term success. "Beyond the need to restore function, achieving a natural facial appearance is also important to improve the quality of life and well-being of patients."

continued on page 31



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The Client aid program is a valuable resource to our neighbors in need. Volunteers help people in need of financial assistance for medical expenses, prescriptions, utility payments, rent, clothing, emergency housing, homelessness, work related expenses (gasoline, special clothing, car repairs, etc.), information and referral to other agencies providing services in the community, counseling and case management/follow-up services.

The case management volunteers are refocusing services from direct relief to prevention of the problem if possible. Prevention of homelessness and assistance in returning to the workforce are recent agency initiatives but are limited by lack of space. Prevention is the way of the future for St. Vincent de Paul. They will continue to meet direct relief needs while they strengthen focus on client assistance to help prevent poverty. Many clients lack needed

skills to enter and be successful in today's workforce. They help with temporary housing assistance for homeless or housing fragile people. The volunteer staff has been focusing on the "homelessness prevention" initiative.

St. Vincent plans to construct a building on land it purchased adjacent to its current location. SVDP statistics indicate a trend that the need for services will continue to increase. "We have simply outgrown our current facility" states Michael Davis, president and volunteer. The plan includes site preparation, the design and construction of the building, parking for the new building and the existing Thrift Store, required landscaping and water retention, and furnishing of the facility. The building will house private counseling offices, reception area, bathroom facilities, a multipurpose room to be used for classes or group meetings, the Food Pantry and it's required food storage areas as well as storage for furniture, household goods and clothing. The many services to be provided will have an appropriate home where our neighbors will receive them in a comfortable and confidential manner.

To contact the Thrift shop call (772) 589-3338 and to reach the client aid program call (772) 589-3312. Visit their website for hours of operation and for additional information: www.svdp-sebastian.org. SVDP welcomes

volunteers and donations.

If you are in need, please reach out to them. If you can make any kind of donation, please do so. Every contribution makes a difference for our friends and neighbors in need.

Thank you, St. Vincent de Paul, Sebastian Conference!



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Peggy Cunningham,
Executive Director

Move....Connect.... Laugh!!

The day you received a diagnosis of Parkinson's disease, your life rolled out a new road of challenges. Your job is to be an advocate for yourself in seeking the best medical care, become disciplined in establishing an exercise schedule and actively avoiding the isolation that can bring you down.

Move....Connect....Laugh!!

These are the new goals for an individual who has been recently diagnosed with Parkinson's disease. Movement programs, faithfully attended, are vital for the symptom management of this disease. Research has shown that exercise can improve gait, balance, tremor, flexibility, grip strength and motor coordination. A key goal in any exercise program is to reduce the risk of falls. Activities that involve multi-directional stepping, weight shifting, large amplitude movements, and doing multiple things at once such as performing a cognitive task while stepping or walking are very beneficial in a safe, targeted program. Parkinson's disease makes automaticity of movement more difficult—so one has to think more in movements that used to be automatic. Dual-tasking (doing two things at once...yes, chewing gum while walking!) becomes more challenging and, thus, a higher risk for falling.



Alzheimer & Parkinson Association of IRC offer 50 hours of movement programs monthly – all are **FREE OF CHARGE**. Classes in balance, gait and targeted movement are combined with social connection and laughter. Land & Sea provides aquatic exercise coupled with chair

exercise. Our balance class fortifies the integrated systems that help us control our balance. QiGong concentrates on slow mindful movement while movement to music is based upon the studies that show how music can impact both the psychological and movement-related symptoms of those being treated for PD. Trembleclefs is a program which focuses on vocal strength, articulation, breathing, and facial muscles. All of these programs integrate social connections and laughter to combat depression and keep motivation levels high.

Move....Connect....Laugh!



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A Journey With Hospice Inspires A Volunteer

"My mom dying in a hospital was not the best, so that's when I became interested in hospice," says Karen Formont, a volunteer for the VNA Golf-A-Thon, VNA & Hospice Foundation's annual fundraising event. During the monthly Golf-A-Thon volunteer meetings, Karen learned about the hospice care VNA offers, for patients at home and at the VNA Hospice House, an in-patient state-of-the-art facility serving Indian River County when end-of-life care can no longer be managed at home. When her aunt recently became sick, Karen advised her cousin to contact VNA Hospice. "My cousin's first opinion was, 'Oh hospice, that's dreary. You're just kind of sent there to die,' and I'm like, 'Oh, you know nothing about hospice.'"

Fortunately, Karen's cousin took her advice, and her mom spent her final days comfortably at the VNA Hospice House. "Afterward, my cousin was just crying on the phone with me (saying) 'thank you so much, what a wonderful way for everyone to say goodbye to her.' I think the problem with hospice is people don't know what they don't know," says Karen.

During Karen's aunt's stay at the VNA Hospice House, her care included music therapy, a special VNA Hospice program that Karen said her late aunt and extended family thoroughly appreciated. Another VNA service Karen was educated about was advance care planning, something she had personal

experience with before her mom and dad passed away. "It's easier for the person to make the decisions about themselves than it is for the family, and I think that's another thing they're very helpful with here at VNA, helping you with the steps to take," she says.



Karen Formont

Witnessing her aunt's experience with hospice made Karen appreciate the benefits of having hospice care sooner rather than later. "I wish that people would contact this organization before the last few moments of someone's death and realize they can get the support both before and after their loved one's death," she says.

Karen's recent familial experience with hospice has also inspired her to volunteer even more. "I want to start sitting with people (on hospice) that have no one to be with them because I just think it's very important to have someone in the room," she says. "Everybody deals with death at some point, whether it's a spouse, a parent or a child, and that's why I feel really passionate about it."

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Welcome Scott D. Piette, D.O. to New Vision Eye Center. Glaucoma, Custom Cataract Surgeon and General Ophthalmologist



Scott D. Piette, D.O. joined The Glaucoma Institute at New Vision Eye Center in May of 2022. Dr. Piette is a board-certified, fellowship-trained glaucoma specialist and cataract surgeon. His specific areas of interest include optimizing visual outcomes for glaucoma patients encountering combined cataract surgery, minimally invasive glaucoma surgical (MIGS) procedures, and the latest advances in lens options for cataract patients.

Dr. Piette earned his undergraduate degree from Grand Canyon University in Phoenix, Arizona, followed by his medical degree from Midwestern University, Arizona College of Osteopathic Medicine. He went on to an internship at Henry Ford Hospital in Detroit, MI, and completed his residency at Philadelphia College of Osteopathic Medicine and Wills Eye Hospital in Philadelphia, PA.

With a strong interest in glaucoma, Dr. Piette completed a glaucoma research fellowship at New York Eye and Ear Infirmary (NYEE). While there, he was awarded a research grant for his work, "The Changing Shape of the Optic Nerve Head with Changing Pressures." This was followed by additional training as a clinical fellow in glaucoma at the University of Iowa Hospitals and Clinics.

Dr. Piette is board certified by the American Osteopathic Board of Ophthalmology and Otolaryngology and is a member of the American Academy of Ophthalmology (AAO), American Osteopathic Colleges of Ophthalmology and Otolaryngology-Head and Neck Surgery (ACOO-HNS), the Association for Research in Vision and Ophthalmology (ARVO), and the American Osteopathic Association (AOA). He has been active in the academic sector of ophthalmology, having been a presenter at numerous ophthalmology resident training programs and educational seminars; Dr. Piette has authored or co-authored over 26 articles and research papers.

Call New Vision Eye Center to make an appointment with Dr. Piette 772.257.8700 and visit their website NewVisionEyeCenter.com



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

How Color Affects Us

Back in the 1980s I curiously picked up a book called *Color Me Beautiful*, by Carole Jackson. This book and the movement it started has always intrigued me. She classified people as has having the colors of Spring, Summer, Autumn, and Winter She coordinates these classifications with personality, makeup, hair and wardrobe. Since I was looking drab with mousy blonde hair and living in northern Indiana where the skies were gray from mid-October until May, the idea of using color interested me. As long as I wore a color that brought out my natural coloring, I no longer looked pale.

I moved from Indiana to North Carolina in February of 1993. I could not stop looking at the blue sky. I experienced new colors such as the rich green of trees and colorful flowers. Because colors made me feel better it prompted me to learn more about the psychology of color. "Different colors influence human behavior and perception," according to an article by Kendra Cherry. Her article was medically reviewed by Steven Gan, MD. Research into the mood-altering effects of color revealed that this body of information could not be called "medical" because there was no way to prove the thesis, so it was deemed a "pseudoscience."

Companies understand color psychology and invest money into packaging that promotes purchases. Paint colors are carefully selected to set the tone or mood of a room. Even drug companies pay attention to the color of medications. Some pill colors are more likely to result in missed doses. Go figure! We use light therapy in healing. We know blue light reduces melatonin and disrupts sleep. Blue lights have benefits to those who suffer from migraines. Chakra is a Sanskrit word that means wheel or disc; each chakra is represented by a specific color. Many people focus on balancing their chakras. The affect of colors has ancient history and application. Ancient Egyptians and Chinese used colors in healing. The meaning of color is not universal; many cultures have a different view on colors.



The study of color has produced some interesting information, such as:

- A BLUE room initially causes feeling of calm, but that effect dissipates shortly after. It also represents stability, dependability, and safety.
- RED can cause people to react faster and with more force. In graduate school I was taught never to wear red in a therapy room because it can trigger clients who may already be tense. Red may also stimulate circulation and application. Red is a favorite for Valentine's Day- representing love.
- BLACK is seen as powerful and mysterious (a reason limousines are usually black?) Black is also associated with death and mourning.
- WHITE is the lightest color. It represents youth and modernity, clean and fresh. It can represent integrity and openness to new ideas.
- SILVER is acclaimed to be the 3rd most popular color for cars and denotes innovation.
- YELLOW is the "happy" color and suggests a willingness to take on more risky behavior. It may also help with concentration.
- GRAY suggests not wanting to stand out, to be subtle. It also represents neutrality.

We have favorite colors. Color evokes emotions and decision making. Granted, most of don't spend a lot of time on color therapy (chromotherapy); nor do we hire color therapists. Colors have a vibrational energy that can change our moods and even change our sensory perception of things. Color is really fascinating.

Now that I live in Florida with the colorful plants, trees and flowers, I am happily aware and appreciative of all the color surrounding me. I wanted to change the color of the walls in my therapy room, but, for now, I think I will keep them creamy white with blue carpet and furnishings. Peaceful.



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.

by Colleen D. Symanski, RN, CDCES

The Substance Awareness Center and the SAFIR Coalition

“Our mission is to reduce the impact of substance misuse and behavioral health disorders in Indian River County through prevention, education, treatment, and recovery support.”

I had the opportunity to discuss with Carrie Lester and Michele Buldo about the numerous services that the Substance Awareness Center and the SAFIR Coalition provide and why it is so important for our community to know about them. SAFIR is part of the Substance Awareness Center's PREVENTION WORKS initiative, which focuses on reducing youth substance use through evidence based prevention programs, community training, education, and collaboration.

Substance abuse and mental health concerns are not new; however, over the



Jill Amos, Kyleigh Savoie, Megan Thomas, Amy Leon, Sheila Firle, Michele Buldo, Irene Cauwels, Kady Harrigan, Rebecca Brinklow-Vaughan, Jenel Hernandez and Xzondra Bergman

last several years the need for services and awareness have increased. COVID didn't help our community, but the Substance Awareness Center and the SAFIR Coalition have been responsive to growing community needs. They promote NARCAN training, an intervention in our county that focuses on preventing overdose deaths.

“Raising Awareness saves lives” says Michele, through the dissemination of this simple, safe, effective, lifesaving medication. Although we have made some progress, Indian River County youth substance use rates are still higher than the Florida statewide averages. For our community, alcohol is the most frequently used substance by our youth; Vaping ranks #2 and marijuana is the third most commonly used substance. Substance Use Disorder is a disease that begins and can be PREVENTED in the teenage years. Our youth are particularly vulnerable, because their brain is still developing.

The brain is not fully developed until the age of 25, so any substance use over time can effect brain chemistry. Youth perception of harm is low and the SAFIR Coalition has campaign messaging to help educate both youth and their parents regarding the harmful effects substances have on the developing brain.



The Substance Awareness Center offers prevention programming and the SAFIR Coalition offers resources, training, and education. Carrie Lester states, “Prevention science is clear about what works, and following evidence based programs and strategies can reduce the impact of both substance misuse and mental disorders in our community”. Skill building is a key component to effective prevention and accurate information dissemination is important too.

If you thought hosting that graduation party at your home in a controlled environment where alcohol and drugs might have been circulating was better than your kids going elsewhere- think again. We now know that kids whose parents have permissive attitude towards substance use, tend to drink alcohol or partake in other substance in greater quantities and frequencies than other youth. Research shows that parents who provide a consistent message regarding substance use, their kids use less frequently and in less quantity. We know parents may do the wrong thing with the best of intentions, this is why parent education is so important.

Prevention changes lives! Let's become more aware of how adults and youth are coping with situations and provide resources to address challenges. No one should struggle alone. There is hope, help, and resources. The Substance Awareness Center has a team of specially trained professionals who are compassionate and dedicated to the adults and youth they serve. Silence is not always golden. We need to move quickly beyond the stigma and fears of seeking help.

Heartbeat will cover specific programs that the Substance Awareness Center and the SAFIR Coalition provides. Such as, but not limited to, how to be part of the coalition, “CRAFT” initiative, and a magnitude of available resources. Please visit their website at: <https://sacirc.org>. Their telephone number is 772-770-4811.



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True Colors
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by Colleen D. Symanski, RN, CDCES

The Doctor is *Always* In!

Dr. Bruce Murray provides concierge medicine in Vero Beach after more than 25 years as an emergency room physician. He is a specialty physician that embraces how patients should receive quality care. Dr. Murray understands how health care has transformed over the years. Dr. Murray is an advocate for personal and timely healthcare, and this is the essence of concierge care.

Murray Concierge Medicine is more about patient experiences and optimal patient health outcomes. Physicians such as Dr. Murray, who specialize in concierge medicine are able to schedule patient visits quickly and spend time with patients. Benefits also include same-day or next-day appointments, access to tests and screenings more easily, and home visits when needed. Dr. Murray spends time to discuss results and develop a personalized care plan.

The option of personalized medicine is affordable to many people. This model allows you access to quality care for a simple, flat affordable fee. No third-party invoicing and no surprise bills. That's why a discussion with Dr. Murray is important. Standard care includes routine office visits, blood work, physicals and preventative screenings. If you need a specialist, Dr. Murray communicates with them timely so there is minimal delay in your care. You have the benefit of in-depth conversations for care specific to your needs. Go to Murraymedicine.com for more information.

Murray Concierge Medicine is a refreshing healthcare approach. For more information call them. Sandy Potter, RN, BA is the practice manager; she can answer your questions and assist you or a loved one with becoming a patient.

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Heartbeat of the Treasure Coast

Transportation to the Special Needs Shelter



Senior Resource Association (SRA) provides valuable services to Indian River County's (IRC) residents. During the Atlantic Hurricane Season¹, those services include transportation to a Special Needs Shelter². SRA works closely with the IRC Department of Emergency Services to ensure that the best possible transportation options are provided. If you or a loved one needs access to the IRC Special Needs Shelter, then pre-registration is highly encouraged through the IRC Department of Emergency Services. Many people do not have the ability to relocate to family or friends during an evacuation, so this can be a stressful time if you or a loved one has medical needs that don't require hospitalization.

What to expect from SRA when you are registered for the IRC Special Needs Shelter:

Upon registering for IRC Special Needs Shelter access, you will be provided with a comprehensive list of items to bring with you. Additionally, you will be placed on a list that IRC provides to SRA so a representative can arrange your SRA transportation to the shelter. SRA will phone you after IRC declares an evacuation when a hurricane approaches our area. Caregivers can join you on the bus and at the shelter, but you should be pre-registered. If you have a pet, the SRA will stop at the Humane Society of Vero Beach³ & IRC on the way so you can place your furry companion in safe care before going on to the shelter. Your pet also will be picked up during your ride home after a storm has passed.

Who should register and what to bring:

The IRC Special Needs Shelter is for residents who need medical support, medical assistance, and access to electricity for medical treatment. Eligibility requirements for the IRC Special Needs Shelter include, but are not limited to, dialysis, oxygen dependent, electrically dependent, or hospice care. There are some limitations, specifically for those patients with unstable medical conditions. Citizens who reside in adult living facilities or nursing homes are also ineligible, as they are legally required to follow the evacuation plans for their individual facility. Bring medications and supplies to the best of your ability, including oxygen equipment, and medical and mobility supports. Also bring linens, pillows, blankets, and personal items for comfort. This is not a complete list so take note of IRC's guidance when you register. If possible, pack what you can in advance and keep your list handy at all times.



Pre-registration to the IRC Special Needs Shelter is highly encouraged through the IRC Department of Emergency Services.

How to register:

If you would like to receive a registration application and information on what to bring, contact IRC's Department of Emergency Services at (772) 226-3900 or visit the following website https://ircgov.com/emergencyservices/emergencymanagement/Special_Needs.htm. Do not wait until the last minute because there may not be time to register and receive SRA's transportation assistance as a storm approaches. For everyone's safety, buses will stop operations when sustained winds reach 40 miles per hours. Register now if you will need special medical assistance as well as transportation.

SRA assistance:

SRA drivers are trained, certified and have a passion for helping people navigate storms safely. Two SRA vehicle operators are assigned to each bus, one to drive and one to assist with your supplies and pet. These professionals willingly sign-up to drive when an evacuation is declared because they care about getting you, your supplies, and your pet to a safe shelter. After the storm, firefighters will determine if your home is safe for your return. SRA will then drive you home, which will include a stop at the Humane Society of Vero Beach & IRC for pet pick-up.

"Senior Resource Association helps Indian River County protect our vulnerable seniors before, during and after a storm," said Ryan Lloyd, IRC Emergency Management Coordinator. "The county's partnership with SRA helps our community prepare for and survive hurricane season."

Save and share this information. Let your family know about the Special Needs Shelter and seek their help to register, if needed. Please do not wait until the last minute to prepare and register.

Senior Resource Association promotes independence and dignity in our community by providing services for older adults and transportation for all. Call (772) 569-0760.

¹The Atlantic Hurricane Season is from June 1, 2022 through November 30, 2022.

²IRC's Special Needs Shelter is the Treasure Coast Elementary School, which is located at: 8955 85th Street (County Road 510) in Sebastian, Florida 32958.

³The Humane Society of Vero Beach & IRC is located at: 6230 77th Street in Vero Beach, Florida 32967.

New National 988 & Telephone Alerts for Mental Health Crisis

Time is of the essence when someone goes missing or is in a mental health crisis. We now have two new national resources to help save lives. Dialing or texting 988 offers a 24/7 access to trained crisis counselors who can help anyone experiencing mental health-related distress. People can even chat at 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support. In 2020 alone, the U.S. had one death by suicide about every 11 minutes and suicide is now the leading cause of death for people aged 10-34.



The National Suicide Prevention Lifeline's 10-digit number, 800-273-8255, will remain active, but calls are routed to 988 for now. It is a network of over 200 locally operated and funded crisis centers around the country. No matter where you live in the United States, you can reach a trained crisis counselor who can help.

The lifeline, also links to the Veterans Crisis Line. Texas created a "Camo" alert to help military veterans who have a mental illness or traumatic brain injury and go missing. Florida is looking to make this possible for our veterans.

Just like dialing 911, we're all familiar with amber alerts, blue alerts, and silver alerts. As of July 2022, we now have a purple alert. This alert goes out when an adult suffering from mental, cognitive, intellectual or developmental disabilities is missing, but does not meet the criteria for a Silver Alert. A central Florida family who faced tragedy fought for years for the purple alert. It is now a reality and will be instrumental in finding missing people who previously didn't fit other existing alerts.

While not an alert or 3-digit telephone number, Indian River County offers 'Project Lifesaver.' This watch-like device makes it possible to track and locate a missing person who has Alzheimer's disease. Contact our local Alzheimer & Parkinson Association or Sheriff's office for more information. The new national 988 and telephone alerts will save lives. Thankfully, we have the technology to make it possible.

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(icon, page number, your name and contact information)
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Drawing prior to next issue, January 2023.



Volume 144 WINNERS: Allan, Kay and Beverly

*Value of each gas card is \$10.00.
Not redeemable for cash



Live Healthier with Diabetes

Diabetes is a complicated disease, especially if you are trying to manage it on your own. At Treasure Coast Community Health (TCCH), a certified diabetes care and education specialist works with you to meet your goals. TCCH has the only ADCES accredited diabetes education program on the Treasure Coast.



Colleen Symanski

TCCH's diabetes program is patient centered and goal driven. It is about listening to what patients want to accomplish and helping them reach their goals. "We recognize that your health is going to change. We address the disease distress and fatigue. Diabetes does not stay the same though a person's life. Your health is going to change. Your environment is going to change. You are likely going to be stressed and overwhelmed. People need additional resources to be successful," Colleen Symanski, TCCH Certified Diabetes Care and Education Specialist (CDCES), said.

TCCH is also part of the University of Florida's ECHO Diabetes program that educates and empowers medical providers on diabetes care, especially when many patients have limited access to endocrinologists. The ECHO project is an incredible resource to providers and patients beyond education. TCCH providers have access to endocrinology experts in various areas of diabetes care. This means patients with diabetes receive care from providers committed to providing a higher quality of care.

TCCH in-house pharmacies have the lowest medication prices, including diabetic prescriptions, in Indian River County: insulin as low as \$35, price match, free delivery and mail order, medication management.

TCCH provides dental, behavioral health and eye care to help patients live healthier with diabetes. Patients also learn the latest treatments and technology, such as the Libre Freestyle continuous glucose monitors, and how to spend more time in optimal glucose ranges.

Call 772-257-8224 to schedule an appointment with your primary care provider, become an established patient or speak to Symanski about the accredited program and resources. The TCCH Diabetes Program accepts various insurances such as private insurance and Medicare as well as the under-insured.

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

According to Dr. Mays, the gold standard for advanced reconstruction of the head and neck is free tissue transfer. "We commonly use a portion of the patient's own tissue, such as from the extremity, whether it's the lower leg bone, thigh muscle or even arm skin, to reconstruct the defects of the head and neck. The use of this tissue 'transplant' is what requires a high degree of specialization," she explains.

"At Cleveland Clinic Indian River Hospital, we use a two-surgeon approach in the larger cases of head and neck cancer surgery to allow removal of a patient's tumor and perform the complex reconstruction at one time," says Dr. Mays. "This capability really differentiates our hospital from others in the region."

Greater treatment personalization

Dr. Mays' expertise also includes the use of virtual surgical planning and computer-aided design/computer-aided manufacturing (CAD/CAM) technology to reconstruct bony defects of the head and neck. Currently, only a handful of centers across the state employ this advanced approach to complex head and neck bony reconstruction.

"Virtual surgical planning and CAD/CAM software support a much more personalized approach to bony reconstruction," observes Dr. Mays. "I am able to create a strategic plan based on a patient's CT scans prior to the day of surgery, which allows me to achieve better outcomes."

Highly detailed scans and mirror image data are used to virtually create 3D models to plan soft tissue and bone removal, as well as the reconstructive procedure. The data also can be used to manufacture patient-specific implants and surgical cutting and drilling guides.

"Patient-specific implants have a number of advantages over off-the-shelf implants including better fit, strength and stability," notes Dr. Mays. "In my short time with Cleveland Clinic, I have seen a tremendous need for this advanced level of care in the Treasure Coast community."



The Scully-Welsh Cancer Center

Dr. Mays is now accepting new patients at Cleveland Clinic Indian River Hospital's Scully-Welsh Cancer Center located at 3555 10th Court in Vero Beach. To schedule a consultation, call 772.770.6830.

 **Cleveland Clinic**
Indian River Hospital

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“Love My BS” (Blood Sugar)

We want you so say I “Love my BS!” Living with diabetes is not always easy. In fact, it can be confusing and distressful at times. The highs and lows are like a house party gone amuck! Glucose (sugar) is vital. It is the primary fuel for energy, especially for the brain, muscles and other body organs. Our body regulates glucose and needs insulin’s help; much like a bouncer at the door who decides who comes in and who needs to go. Abnormally high or low levels result in serious complications. But sometimes we have unwanted house guests. Such as an autoimmune disease or insulin resistance.

Why should you love your BS? Well, when you are happy with your BS, your health is better. Blood pressure, A1C, and cholesterol improves. You have more energy and better mental focus. You also lower your risk for impaired vision, kidney disease, and stroke. Your weight and BMI will be healthier. (Obesity is a major cause of diabetes, cancer, fatty liver disease, and diabetes.)

Fasting blood glucose, 2- hour result after meals, and random readings are different. Know what they mean and what to do with them. Diabetes is not a ‘do-it-yourself’ event. It requires self-care and a well-rounded team of experts. Colleen’s and Ken’s credentials and experience offers clients living with diabetes to:

- Understand what diabetes self-care is
- Debunk myths that cause more harm than good
- Maximize insulin effectiveness
- Know how various levels of exercise impact blood glucose and when to be cautious
- Establish or update your fitness plan – an incredible bouncer just for you
- Use technology such as CGMs and insulin pumps
- Have sick day and travel plans

We help you achieve optimal blood sugar results and fitness. A Healthier Me is the only health and fitness studio in Vero Beach with a certified diabetes care and education specialist. Call Colleen at 772-501-0598 to make an appointment. Let’s hear you say, “I love my BS!”



2855 Ocean Drive, Suite C-5, Vero Beach
www.ahealthiermeverobeach.com



Take a NOTE... We Care Program services



The “We Care” program, founded in 1991, provides free medical services for uninsured, low income Indian River County residents 18 years and older. This is made possible through their network of dedicated volunteer physicians including cardiologists, gastroenterologists, urologists, oncologists, radiologists, surgeons, and other health care professionals.

Patients may qualify for health care services through the We Care program if they meet certain criteria established by the IRC Hospital District.

Patients must:

- Reside in Indian River County,
- Have no group or private insurance;
- Meet the financial eligibility guidelines including
- Income up to 200% of the Federal Poverty Level

Patients may be referred by a private primary care physician (PCP) or a PCP with Treasure Coast Community Health (TCCH) or Whole Family Health Center (WFHC).

P.O. Box 573 • Vero Beach, FL 32967 • 772-257-3146
www.wecareofirc.org • WeCareofIRC@att.net

Insist on the Best for Stroke Recovery

What is a stroke?

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When this happens, part of the brain cannot get the blood – and oxygen – it needs, so it starts to die.

A stroke can result in difficulties in moving around, performing daily activities, and talking or understanding. The type and extent of the difficulties depends on the size and location of the stroke.



Stroke rehabilitation

A stroke patient's greatest gains are usually made in the first 30 days following the stroke. Stroke rehabilitation consists of a coordinated treatment plan developed and implemented by specialized physicians, therapists and nurses.

Stroke rehabilitation programs, like that of Encompass Health, help patients adjust to the emotional and physical changes following stroke. With the goal of returning patients to independent living, therapy teams work to retrain the ability to perform daily tasks and move safely at home and in the community.

Stroke rehabilitation at Encompass Health Hospital includes patient and family education, support groups, respiratory therapy, neuropsychology and a team of skilled therapists who use technology like the AutoAmbulator®,



a robotic treadmill device that assists in replicating normal walking patterns; and VitalStim®, which electrically stimulates swallow function.

Where you go makes a difference

According to the recent adult stroke rehabilitation guidelines released by the American Heart Association*, whenever possible, stroke patients should be treated at an in-patient rehabilitation facility rather than a skilled nursing facility. While at an in-patient rehabilitation facility, a patient participates in at least three hours of rehabilitation a day from physical therapists, occupational therapists, and speech therapists. Nurses are continuously available and doctors typically visit daily. An in-patient rehabilitation facility may be a free-standing facility or a separate unit of a hospital.

Be prepared: know the signs

While a stroke can happen quickly, it is still important to understand a stroke's warning signs to get medical help immediately (call 911). Every second counts, as time lost is brain lost. Stroke warning signs include sudden numbness or weakness of the face, arm or leg, or trouble with vision.

When it comes to stroke, know the warning signs and take immediate action. Better yet, learn more about preventative measures you can take before one happens. For more information or to schedule a stroke-risk assessment, call Encompass Health Rehabilitation Hospital at 772-778-2100.

Serving patients throughout Indian River County, the hospital is located at 1600 37th Street, Vero Beach, Florida 32960 and on the Web at encompasshealth.com/treasurecoastrehab

**Source: American Heart Association, Inc.*



1600 37th Street • Vero Beach • 772.778.2100

www.encompasshealth.com

One for the Ages: Senior Collaborative to Host Newly Enriched Senior Expo, March 23, 2023

The Senior Collaborative Indian River County (IRC) is hosting the third annual Senior Expo, a free event with information and presentations tailored toward senior needs. The Senior Expo 2023 will take place from 9 a.m. to 2 p.m., Thursday, March 23, at the Indian River County Fairgrounds & Expo Center.

In previous years, the expo hosted more than 50 vendors — providing information from housing assistance to health care — and attracted nearly 400 guests. To better accommodate attendees throughout the entire county, next year's expo will move from the Intergenerational Recreation Center (IG Center) off Oslo Road, to the centrally located fairgrounds. Additional adaptations that will advance the guest experience include food trucks for the first time and a shuttle service from the parking lot. Next year's expo will also feature an expanded group of speakers covering a diverse range of topics specifically for seniors.

"We are excited to be the exclusive host of the Senior Expo next year," said Randy Riley, executive director of the Senior Collaborative IRC, a non-profit organization that provides complimentary assistance navigating seniors to providers within the county.

"The Collaborative's mission is to improve quality of life for all Indian River County seniors, and this event does just that," Riley said.

Businesses interested in sponsoring the event can choose from five levels of participation starting with a contribution of \$350. The highest-level sponsorship (premier) offers businesses a three-week-long advertising campaign for the event across all local media platforms, including print, digital and broadcast opportunities. A premier sponsor will also have their logo included across all event materials and the company will be allotted a half hour presentation during the event, along with a double booth in the vendor hall.



In addition to a sponsorship, companies are also able to reserve a dynamic booth within the vendor hall, where their staff can promote services, offer samples, present discount opportunities for patrons and much more. A standard booth can be reserved for \$100 and a double booth can be reserved for \$200.

Those interested in sponsoring or reserving a booth may email Randy Riley at rriley@seniorservicesirc.org or call 772-469-2270.

The Senior Collaborative Indian River County was established in 2018 with a mission to improve the quality of life of all Indian River County Seniors through a community collaboration of service providers, funders, and advocates. The organization offers a no-cost navigation program to help local seniors find resources. Learn more at www.seniorservicesirc.org.



About Senior Collaborative Indian River County

The Senior Collaborative Indian River County is a non-profit dedicated to improving the lives of Indian River County seniors. The Collaborative evolved from community leaders that had an interest in meeting needs of seniors in Indian River County. The mission goals and vision of the Senior Collaborative have remained the same from inception to today. We will link seniors with providers and services in Indian River County in multiple ways. We will try to advocate for improvements in Indian River County to allow seniors to have quality of life and age in place with inclusion in both the civic and social structure of Indian River County. Learn more at www.seniorservicesirc.org.





You've done your research. We have too.

When you're faced with cancer, it's important to know all your options. Cleveland Clinic is not only a leader in cancer care – we're also a leader in cancer research. The specialists at Cleveland Clinic Indian River Hospital's Scully-Welsh Cancer Center provide patients with the most advanced treatments and therapies thanks to the wide array of clinical trials happening right in our facility. From state-of-the-art screenings to comprehensive support services, our cancer experts provide specialized care on the Treasure Coast.

Call 877.463.2010 to schedule an appointment or visit ClevelandClinicFlorida.org/Cancer to learn more.



Keep Your Mind Active with our Sponsor Name Scramble

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



2022 Alzheimer's Disease Facts and Figures

Alzheimer's disease and dementia are the 7th leading cause of death in the United States according to the recent "2022 Alzheimer's Disease Facts and Figures" report released by the Alzheimer's Association. However, prior to 2020, it was the 6th leading cause of death- dropped by one slot because COVID-19 became the third leading cause in 2020. Sadly, however, many of these excess deaths were in vulnerable older adults with Alzheimer's disease and other dementias. Compared with the average of the five years before 2020, there were 15,925 more deaths from Alzheimer's disease and 44,729 more deaths from all dementias, including Alzheimer's, in 2020. And, although the numbers of deaths due to COVID-19 were still high in 2021, they were lower than in 2020, possibly due to COVID-19 vaccinations and therapies such as monoclonal antibodies and oral therapeutics.

A few additional statistics from this report:

- More than 6 million Americans are living with Alzheimer's
- By 2050, the number of Americans 65 and older projected to have Alzheimer's dementia is 12.7 million
- 1 in 3 seniors die with Alzheimer's or another dementia

Despite these grim statistics, this article is not meant to be all doom and gloom. One of the highlights of the report are the risk factors for developing this disease. While some such as age, genetics and family history are not modifiable, a published study by The Lancet Commission in 2020 showed that by addressing modifiable risk factors it might be possible to prevent or delay up to 40% of dementia cases. Some examples of risk factors that are considered modifiable are diet, physical activity, smoking, blood pressure and staying socially and mentally active. The study goes into a great detail about these risk factors and how they can be modified. Some examples are

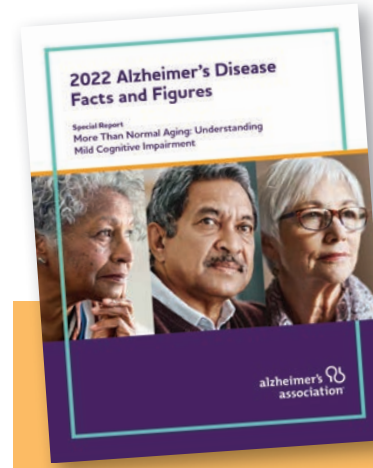


exercising 20 minutes 4 to 5 times weekly, eating a "Mediterranean" diet full of healthy fats, plant protein and limiting alcohol and red meat, increasing intake of supplements such as omega-3 fish oil, B vitamins, Vitamin D3, and phosphatidylserine might help delay or decrease onset.

Another key part of the study is a section on Mild Cognitive Impairment (MCI). Mild cognitive impairment is defined as impairment that is noticeable by those around the affected person but most likely does not keep them from doing their daily activities. The study cites that 12 to 18% of adults 60 and over and currently living with MCI have a greater chance of developing dementia. Some causes of MCI are sleep deprivation or anxiety, stroke or other vascular disease, side effects of medications or traumatic brain injury. Health care professionals can diagnose MCI through review of medical history, patient questionnaires, and assessments that evaluate thinking and memory function. Additionally, new technology such as cognitive assessment tools can measure changes in reasoning, problem-solving, planning, naming, comprehension and other cognitive skills. The Alzheimer's Association is partnering with primary care physicians to increase equitable access to timely detection, accurate diagnosis, and quality, person-centered care. Additionally, another organization who is helping lead a global response to fight Alzheimer's is The Davos Alzheimer's Collaborative. Through their DAC Healthcare System Preparedness Project they are providing grants to advance how healthcare systems worldwide detect, diagnose, treat and care for people with or at risk for Alzheimer's.

A link to the full report of the Alzheimer's Association and the Davos Alzheimer's Collaborative website it provided at the end of this article if you want to learn more. However, to summarize, there is hope to intervene in the progression of the disease. There are many scientific advances that are likely to help us identify effective methods to prevent and treat Alzheimer's disease. Some of those are early detection of MCI and addressing modifiable risk factors that may delay cognitive decline.

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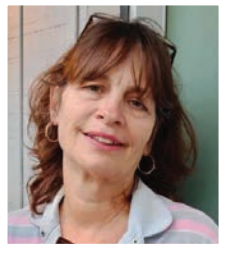


The full "2022 Alzheimer's Disease Facts and Figures" report can be found here:
www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf



LOCAL PEOPLE

Making a Difference!



Rosi Stubbs - Recipient of the 2022 "Woman of our Community" Award

Congratulations Rosi Stubbs! Your contributions to our community and teamwork have an enormous impact. Adam Ogilvie, of ORC Services, Inc., a local business owner, spearheaded recognizing 'Women in our Community.' This award recognizes local women who make a difference. He presented Rosi with her award

and she was honored as the first recipient of this award. Rosi is a wonderful example of women in our community who make a difference. Thank you for your tireless effort and how you create a wonderful team effort.



Encompass Health Rehabilitation Hospital announces their newest Employee of the Quarter, Patrick Wheeler.

People who nominated him told us why.....

"Patrick is committed to the principles of comfort, professionalism, respect for both our patients and his team members. Whenever there is a maintenance issue impacting patient experience, Patrick will work to

remediate the issue until the issue is addressed".

"Patrick demonstrates team spirit and has proven numerous times that he is mission focused. He is willing to do any job or task in order to provide an excellent environment for patients and to bear the workload of his team members. It is common to see Patrick working on a maintenance issue, an IT issue, and an environmental service issue all within the same hour".

"He routinely offers novel solutions or ideas for improvement including modifications to our storage areas/cart storage areas or the purchase of a battery to jump start vehicles in our parking lot.

"Patrick was injured when his bicycle was struck by a car causing Patrick to break his arm. Despite his arm having pain and swelling, Patrick worked to ensure our mission of providing excellent care to patients was not compromised. His competence, dedication, and care for team members is remarkable. I am proud to work with him at Encompass Health Rehabilitation Hospital of Treasure Coast".



Susan Long, RN, MS, LCSW Volunteer Faith Community Nursing

Seven years ago I moved to Vero Beach, FL, and joined the First Presbyterian Church and became a member of the Chancel Choir. Very soon I recognized a place where my gifts of being an RN could be utilized for the benefit to the congregation as a Faith Community Nurse. In 2017, I discovered there was a certification course available through St. Anthony's Hospital in Tampa.

Faith Community Nurses (aka Parish Nurse) are RNs who specialize in providing healthcare grounded in Spiritual Principles. We are recognized by the American Nurses Association

and the FCN position is considered to be a ministry. A FCN Nurse has a calling to take care of the sick by being an advocate, manager, collaborator, educator, leader working to solve problems and help identify possible solutions.

I wanted to do this work because I have always meant to make a difference in the lives of others. I became certified in 2018. Some of the programs I have participated in are providing educational and informational programs on subjects like Depression: Removing the Stigma, Medicare updates, initiating flu shots at the church through the VNA, helping to provide health fairs with A Healthier Me and the Florida Eye Institute with numerous agencies coming together to discuss their services, visiting members of the congregation, providing first aid and counseling at Vacation Bible School and others.

I feel honored and grateful to be able to use my education in this way. The church surprised me with a recognition on June 5 of this year. I feel very blessed.

Mine is a volunteer program although some churches have a FCN as a paid position. I can be reached though the church at 772-562-9088

PULSE POINTS

Together, We Can Change Lives at the 10th annual TCCH Great Duck Derby



Board of Directors

Adopting a duck is an easy way that you can help change lives. The TCCH Great Duck Derby is a day of fun that also raises funds for people who cannot afford healthcare. Sea Tow of Sebastian releases 5,000 rubber ducks into the Indian River Lagoon while the crowd cheers for their duck to cross the finish line. The three fastest swimmers earn cash prizes

of \$1,000, \$500 or \$250. This fun event also features a 50/50 raffle, Capt Hiram's Duck Derby specialty drink and live music.

A variety of adoption packages and sponsorships are available for you at www.thegreatduckderby.com or, call Dennis Bartholomew, TCCH Director of Business Development, at 772-571-1985 for more information.

See you at the 10th annual TCCH Great Duck Derby, October 23 at Capt Hiram's from Noon to 4 pm!



VNA Receives 5-Star Rating for Patient Satisfaction from Center for Medicare and Medicaid Services for both Indian River County and Brevard County



VNA is proud to report a 5-Star rating in Patient Satisfaction for the July Care Compare update. The star ratings come from the patient experience of care survey, also called the Home Health Consumer Assessment of Healthcare Providers and Systems (HHCAHPS) survey.

The HHCAHPS survey tool seeks to evaluate patients' experiences with home health agencies (HHAs) using data from clients (or the family or friends of clients) that have been cared for by the agency. The HHCAHPS Survey star ratings report clients' experiences of care ranging from one star to five stars. Five stars is the highest rating, reflecting the best client experience.

"We are living our WHY? Statement and the patients are feeling optimal quality of life," says VNA CEO Lundy Fields. "It's the love and compassion we bring into every patient encounter."

Denise Clark, Director of Clinical Services in Brevard County, concurs. "Our clinicians provide excellent care and excellent service – at the end of the day, it is all about the patient. Our VNA clinicians dedicate themselves to the care and treatment of their patients and promote wellness and healing," she says.

For more information visit www.vnatc.com/care

If you have noticed these changes in yourself or a loved one, please discuss with your primary care provider or your pharmacist. Early detection really does seem to be the key!

We are blessed to have an amazing organization in our county, The Alzheimer's & Parkinson's Association of Indian River County. They have many resources for families and caregivers who need information or assistance with one of the diseases. Visit their website at www.alzpark.org.

The full "2022 Alzheimer's Disease Facts and Figures" report can be found here <https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf>. And, to learn more about the work of the Davos Alzheimer's Collaborative visit <https://www.davosalzheimerscollaborative.org/>.

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ALZHEIMER

PARKINSON

ASSOCIATION

OF INDIAN RIVER COUNTY

19th

ANNUAL

LOCAL

WALK TO REMEMBER

NOVEMBER 12, 2022

Registration begins at 7:30 AM - Walk begins at 9:00 AM RIVERSIDE PARK, VERO BEACH

PLAY TO REMEMBER TEAM

PAM'S PATRIOTS

THE BRENNITY

ALL PROCEEDS STAY IN INDIAN RIVER COUNTY!

MARK YOUR CALENDARS FOR THE 2022 WALK TO REMEMBER
Saturday, November 12, 2022 at Riverside Park, Vero Beach

www.walktoremembervero.org

Contact Irene at 772-563-0505 or ireneh@alzpark.org to receive your official Team Captain Kit!

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

Post Office Box 519
Vero Beach, Florida 32961

ALZHEIMER
&
PARKINSON
ASSOCIATION
OF INDIAN RIVER COUNTY

1982 CELEBRATING 40 YEARS 2022



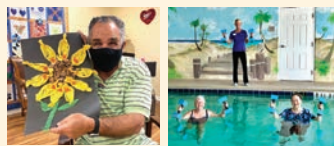
DEMENTIA EXPERIENCE

772-563-0505 | AlzPark.org

CELEBRATING 40 YEARS OF SERVING THOSE WITH MEMORY AND MOVEMENT DISORDERS, AND THEIR CAREGIVERS.

All of our programs are offered **FREE OF CHARGE** due to the generosity of the local community. We are not affiliated with any national organization.

- Social Respite
- Educational Classes
- Memory Screening
- Movement Programs
- Support Groups
- Project Lifesaver



**100% OF ALL
DONATIONS STAY LOCAL!**

19th
ANNUAL
LOCAL



WALK TO REMEMBER

NOVEMBER 12, 2022 RIVERSIDE PARK
VERO BEACH

Registration begins at 7:30am • **Walk** begins at 9:00am

Contact Irene at 772-563-0505 or ireneh@alzpark.org
to receive your team captain kit.

WalkToRememberVero.org