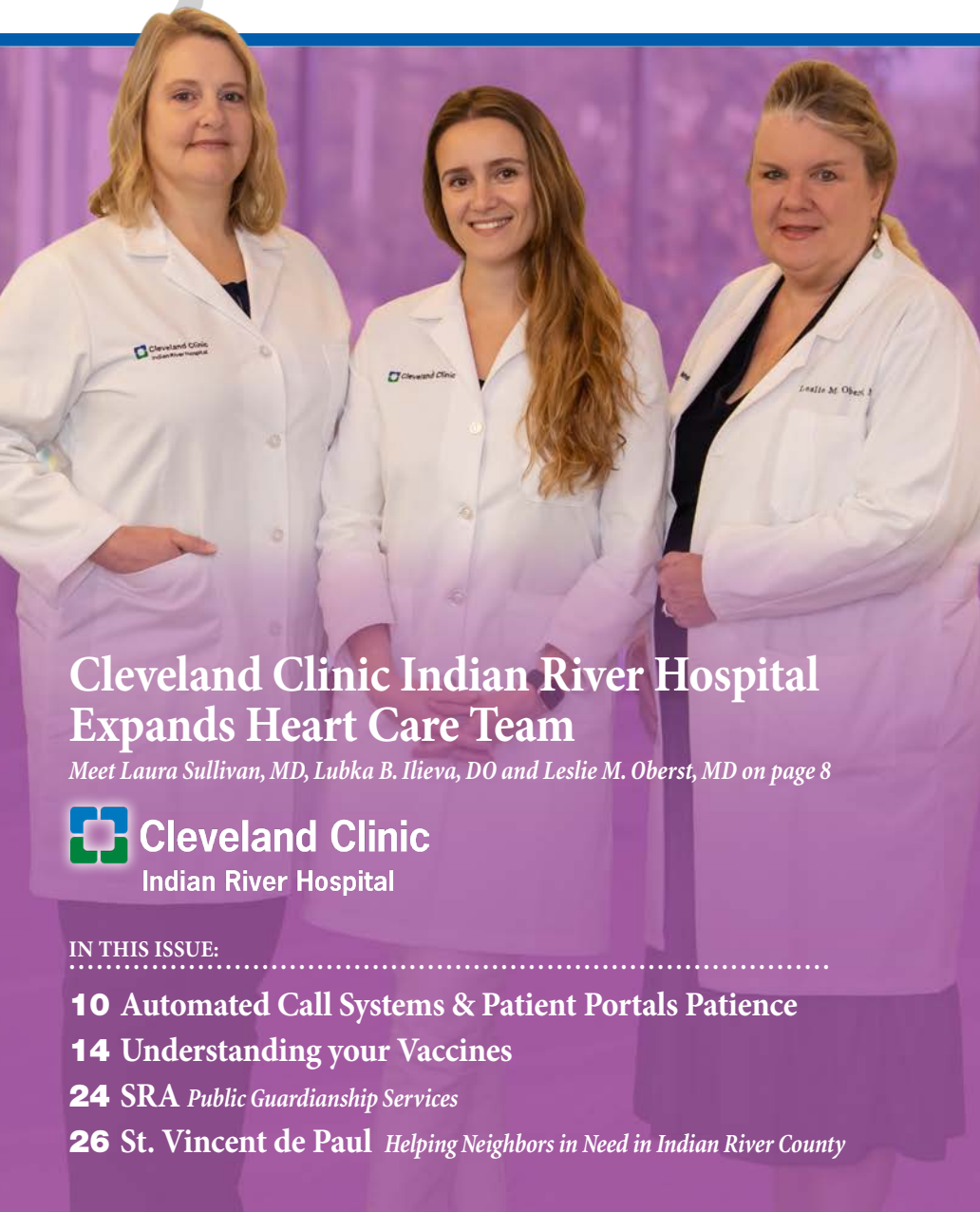


Heartbeat™

OF INDIAN RIVER COUNTY



Cleveland Clinic Indian River Hospital Expands Heart Care Team

Meet Laura Sullivan, MD, Lubka B. Ilieva, DO and Leslie M. Oberst, MD on page 8



Cleveland Clinic
Indian River Hospital

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Mark Your Calendars for Special Conference Dates!!!

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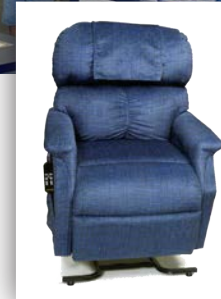
Presented by the Alzheimer & Parkinson Association
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Cleveland Clinic Indian River Hospital Grows Heart Care Team
Meet Laura Sullivan, MD, Lubka B. Ilieva, DO and Leslie M. Oberst, MD

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OWNER/PUBLISHER
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DESIGN
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Mark your calendars for the Parkinson's Conference, February 13th and Alzheimer's Day of Hope Caregiver Conference, February 14th. Information on page 2.

Expect lots of new and updated resources for you in 2023. You can read about them in this edition of Heartbeat. Theresa Tolle has written about updated vaccine information and changes to insurance coverage that you want to know. Perkins Medical Supply now provides the Trilogy Evo for people who have difficulty breathing. This is state of the art that promotes quality care and reduced hospitalizations. The Senior Resource Association offers an approved and valuable guardianship program. Need more medical and support homecare services? Read about Home MD Housecall Services. They also work with your current healthcare providers, so you have optimal and timely care when you need it! Saint Vincent De Paul of Indian River County has been helping neighbors since 1958. They are an all-volunteer organization that continues to help others in need. Advanced Motion Therapeutics is a Medicare certified rehab center committed to state-of-the-art therapy services and actively supports many local organizations.

Wishing you a healthy and blessed 2023. You can find copies of the Heartbeat at provider offices as well as numerous racks through out the county. If you want to share something with me or have a question. Please feel free to reach out to me at my email address heartbeatofc@comcast.net

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Cleveland Clinic Indian River Hospital Expands Heart Care Team

Heart disease accounts for 1 in 4 deaths each year in the United States. That stark statistic drives many specialists at Cleveland Clinic to pursue new and better cardiovascular treatment options while promoting the incredible importance of prevention. It is also why the organization is committed to growing the heart care team at Cleveland Clinic Indian River Hospital.

“We’ve been working diligently to build the right team with the right skillset at the Welsh Heart Center to bring the full range of advanced heart care to the communities we serve,” says Charles W. Mackett III, MD, Chief of Staff for Indian River Hospital.

He points to the recent addition of three general cardiologists as proof of those efforts: Laura Sullivan, MD, FACC; Lubka B. Ilieva, DO; and Leslie M. Oberst, MD. “They each bring a unique professional background and expertise that complements our existing heart specialists and supports the entire care team at Cleveland Clinic Indian River Hospital,” says Dr. Mackett.

Connecting cancer and heart disease

Dr. Sullivan was the first of the three new general cardiologists, joining the team in July. She moved to Florida from Reno, Nevada, where she spent the last four years with the Renown Institute for Heart & Vascular Health, serving as director of both Intensive Cardiac Rehabilitation and the Echocardiography Lab.

In addition to specializing in general and preventive cardiology, heart failure, women’s health, and advanced cardiac imaging, Dr. Sullivan brings a unique expertise in cardio-oncology to the Indian River team. She now serves as an extension of Cleveland Clinic’s cardio-oncology program in Florida, one of the few in the country recognized by the International Cardio-Oncology Society as a Center of Excellence.

“Cardio-oncology has a dual focus on heart disease and cancer, where we specialize in preventing and treating heart complications from cancer treatment,” says Dr. Sullivan. “I’m excited to work with the team at the Scully-Welsh Cancer Center to ensure our patients are receiving the best care throughout their cancer journey and beyond. I also enjoy being able to collaborate with my colleagues in cardiology who represent many other subspecialties.”

Dr. Sullivan noted the advanced level of heart care available at Indian River Hospital is on par with the services offered at much larger centers like the 755-bed hospital she left in Reno. “When I was looking to make the move

to Florida to be closer to family, I was thrilled to find a program in such a wonderful community that would allow me to continue to use my advanced imaging experience to help patients while continuing to grow professionally.”

“Cleveland Clinic Indian River Hospital was really the perfect fit for me,” she adds.



Leslie M. Oberst, MD, and Laura Sullivan, MD, FACC

Maximizing preventive care

Dr. Ilieva was the next to join the heart, vascular and thoracic team at Cleveland Clinic Indian River Hospital in August after completing a general cardiology fellowship at Advocate Illinois Masonic Medical Center in Chicago, Illinois. She also completed advanced training in peri-procedural transesophageal echocardiography (TEE), 3D imaging, and cardiac computed tomography (CT). Her specialty interests include preventive cardiology, women’s health, and advanced cardiac imaging.

“When you consider that 50% of a person’s heart health is determined by genetics and 50% by lifestyle, there are a lot of potential factors at play and a number of ways to lessen the impact of heart disease,” says Dr. Ilieva. “Today we have many more tools in the field of preventive cardiology that allow us to be more objective and tailored in our approach.”

For example, Dr. Ilieva points to the value of a thorough lipidology review, which goes well beyond a simple lipid panel – think bad (LDL) cholesterol versus good (HDL) cholesterol.

“Studies have shown that lipoprotein (a) is truly a direct prothrombotic factor in a patient’s blood that increases the risk for cardiovascular disease and stroke,” she says. “Checking Lp(a) in certain individuals with a family history of premature coronary artery disease can help identify patients at greater risk of cardiovascular disease who would benefit from targeted treatment.”

In addition to her focus on preventive cardiology, Dr. Ilieva’s advanced training in peri-procedural and 3D TEE allows her to collaborate with

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Automated Call Systems and Patient Portals

Automated call systems and patient portals offers advantages but does take some patience and skill. We like speaking with humans and the maze of menu options can be exhausting before you get to speak with someone. Here are some tips for surviving automation.



- Agree to a call back instead of waiting on hold.
- Write down prompt numbers and extensions for frequently made calls. Such as your bank, medical office, pharmacy, and insurance company.
- Ask for a specific extension for the person or department that you plan to call in the future.
- Bypass the full start-up by entering the desired extension (usually works when calling larger companies)
- Don't hold a conversation with someone in the room when using voice command prompts. The prompt may hear a comment and interpret it as your response.
- Use wait time to complete something from your 'to-do' list.
- You can use the GetHuman.com website which provides telephone numbers for companies that go directly to a person. There is a fee for this service. This is great if you travel a lot.

- Know the business hours for various departments so you don't waste your time. Some businesses offer 24/7 services while others may only be open Monday – Friday during their normal business hours.
- If available, use the portal, especially for healthcare.

Speaking of patient portals. They often can provide needed information, saving you from call systems. You can contact providers, schedule appointments, or check on medications. You can view and print information such as your :

- Immunization records
- Lab and x-ray results
- Physician instructions and visit notes

If you are new to patient portals, ask for written material that explains how to use the patient portal. Ask a friend or family member to help you set up and use your portal.

Companies will make phone systems and patient portals more user friendly. When you do get to speak with a person, be kind; try not to take your time on hold frustration out on them.

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VNA makes one man's end-of-life wish come true

60-year-old hospice patient Douglas Margiotta recently had a wish come true, seeing the U.S. Navy's Blue Angels flight squadron practice in Pensacola, a plane ride away from his home in Vero Beach – thanks to Project Wish, a unique VNA Hospice program dedicated to providing wishes to hospice patients on their end-of-life journey. And it was no small feat. The two-day trip involved multiple VNA staff to help escort Douglas to – and through – Orlando International Airport and to his final destination in Pensacola where he stayed overnight at an Airbnb, all paid for by Project Wish. “It was a great day,” says Douglas, who was diagnosed with terminal cancer last spring.



Douglas Margiotta emotional as he watches the Blue Angels practice.

VNA began granting wishes to their hospice patients in December of 2019 in an effort to bring happiness and joy to hospice patients nearing end of life. “Our first wish was a birthday party at the VNA Hospice House and since then have included beach outings with grandchildren, a Christmas party, a visit from a sloth, and many more,” says Sara Bumgarner, Director of Volunteer Programs. The Project Wish program has been funded since its inception by grants and donors who make donations through the VNA & Hospice Foundation.

Beginning in November, in recognition of National Home Care and Hospice Month, VNA's Hidden Treasures Thrift Store will start a “Round Up” program where shoppers can contribute to Project Wish. Shoppers can add a dollar, or

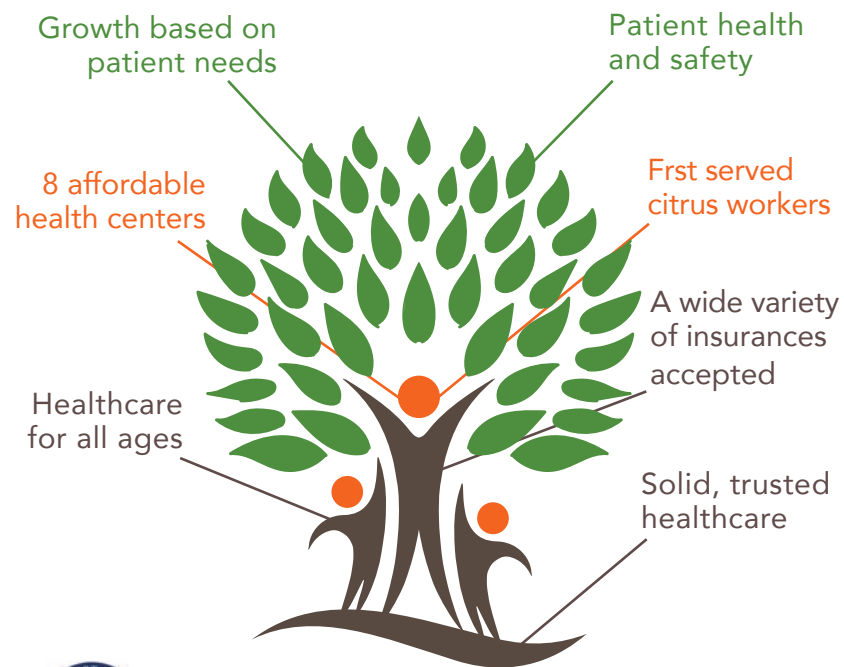
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Photo: On the Water Photography



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



New Year's Resolution – Get Up to Date on Your Vaccines

I often write about the importance of vaccinations, and, of course over the past 2 years the focus has specifically been on COVID-19 vaccines and boosters. However, now that we are settling into a new phase of COVID-19 many people have begun to think more about routine vaccines once again. Did you know that the CDC has an Adult Immunization Schedule? You can access it here and there are several vaccinations that are routinely recommended, mostly based on your age, but sometimes based on underlying medical conditions.

I will provide information about each of the routinely recommended immunizations shortly, but first I want to bring you breaking news! As of January 1, 2023, Medicare Part B will pay for all vaccines listed in the CDC Adult Immunization Schedule. This change was brought about by the Inflation Reduction Act of 2022 which tried to reduce out-of-pocket costs for those covered by Medicare. One of the most well-known provisions of this act is that it limits copays for insulin to only \$35/month, but a lesser-known provision is that it changes the way some immunizations are paid for. Prior to this act, flu and pneumonia have always been covered by Part B and there

This has proven to be a hardship for many patients because sometimes the out-of-pocket costs, particularly for the shingles vaccines could be upwards of \$250 per dose, and as a 2-dose vaccine the costs could approach \$500!

What vaccinations might you be due for?

- The latest COVID-19 booster became available in September 2022. That booster is the new bivalent form, and it contains additional protection against the omicron variant of COVID-19 in addition to the traditional COVID-19 vaccine. This bivalent version is only available in the mRNA vaccines, Moderna and Pfizer, and is indicated to anyone ages 6 months and over as long as it has been 2 months since a prior dose.
- Flu season runs September through May each year and this 2022-23 season has proven to be a bad one as we hear “triple-demic” in the news often. This term indicates that flu, RSV and COVID-19 are all circulating. Florida has been classified as “high” flu activity this year, but the good news is that based on surveillance data, the strains included in the quadrivalent flu vaccine, which includes 2 “A” strains and 2 “B” strains, cover the majority of the reported cases. It is not too late to get yours!
- In 2021, the guidelines for pneumonia vaccines were once again revised, due to the addition of two new pneumonia vaccines to the market, Prevnar 20 by Pfizer and Vaxneuvance by Merck. If you are 65 and over and have never had a pneumonia vaccine, you should definitely get one. If you are younger and have underlying chronic medical conditions such as lung, heart or diabetes you also might qualify. Ask your doctor or pharmacist.



has been no copay for Medicare beneficiaries. However, other vaccines that many adults are indicated to have such as Shingles and Tdap have always gone through Medicare Part D or commercial insurance. Because they were not paid by Part B many patients had to pay copays on these latter 2 vaccines.

- The shingles vaccine is indicated for ages 50 and older. Shingles develops in people who have previously had chickenpox and the CDC states that 99.5% of people born in US over the age of 40 have been infected with the

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HomeMD Housecall Services



Seniors with a chronic illness have unique care needs that often leave them as well as their caregivers struggling. They may have limited support from family members or have no family. There is also the loss of spouses, family, and friends. This often leads seniors to do without at risk of being taken advantage of. Many seniors have difficulty leaving their home to get care.

Chronic illnesses can result in flare-ups and costly ER and hospital care. Early signs and symptoms go unnoticed. Getting an appointment takes weeks. These flare-ups also occur when medical offices and services are not available. Even providers and facilities have limited resources and look to partners to enhance care to their patients.



hospice, assisted living facilities, and private duty care.

The HomeMD team consists of MDs, NPs, RNs, LPNs, social workers, medical assistants, and office staff. We coordinate care with numerous companies for x-rays, EKGs, doppler studies, lab testing, medical and non-medical home care. We even have remote monitoring for chronic conditions.

continued on page 40

HOW WE CAN HELP



Senior Resource
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Promoting Independence in Our Community

Senior Resource Association (SRA) promotes independence and dignity for older adults in the Indian River County community by providing programs and services at low and no cost.

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To learn more about SRA's programs and services, including eligibility, volunteer opportunities, and how to donate, call 772-569-0760 or email info@sramail.org

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

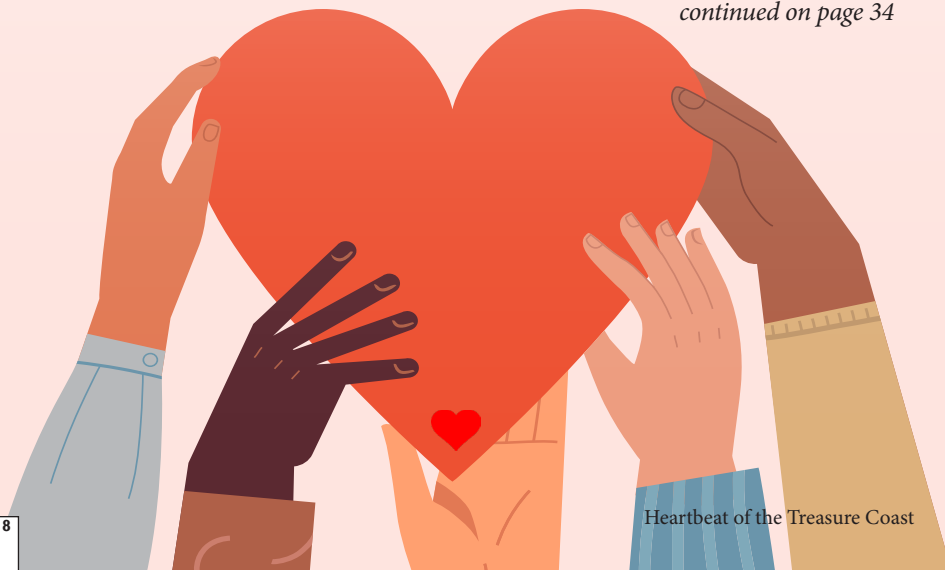
Feel Connected with Others

The most frequent problem people bring to my office these days is a sense of loneliness. People had issues with social isolation during the COVID Pandemic, but this is different. Feeling alone causes us to feel unconnected or that we do not belong. We are hard-wired to reach out to others, especially with kindness and compassion. As Brene Brown writes in her book, *The Gifts of Imperfection*, she reminds us that we are not alone. She says: “we are all inextricably connected to each other by a power greater than all of us, and that our connection to that power and to one another is grounded in love and compassion.” Especially during this season of winter weather and transportation problems, people are yearning for a sense of family, comfort and connection.

There are some benefits to being alone. For example, when we need periods of introspection to heal hurt and grief. But, feeling lonely, especially if you live by yourself, is a tough feeling and often leads to an increase in stress. Even in families people tell me they can feel very alone and this sometimes results in a depressed mood and negative thinking. We even grieve for the way life used to be before COVID.

Stress is a normal human response, both emotional and physical to life events. But, physiologically stress can cause high blood pressure, tension in the body and make fighting off illness more difficult. Whereas, kindness and connection on the other hand can calm the nervous system, decrease the blood pressure, and elevate the immune system for fighting off illnesses. Any act of kindness is contagious. Particularly if there is sense of empathy and a

continued on page 34



Patient Care and Community Outreach

Advanced Motion Therapeutic isn't just an outpatient rehabilitation facility located in Vero Beach, Florida, it is indeed much more. Thanks to Owner/Founders Homer & Maria Zambigadis Advanced Motion has flourished in the community through patient care and community outreach.

Advanced Motion Therapeutic has been serving the Treasure Coast since 1999 with its first office being merely 200 square feet and employing only 3 people. Fast forward 23 years with a knowledgeable staff of over 25, a beautiful 6,000 square foot facility and a company that offers Occupational Therapy, Physical Therapy, Massage Therapy and numerous programs, Maria & Homer are continuously looking for ways to grow the company through individualized patient programs and community involvement. While Homer, as the Clinical Director & CEO, mainly focuses on growing the company through specialized programs and maintaining quality patient care, it is Maria, the administrator & CFO that prioritizes community involvement. It has always been important to them to be active in the community they are serving. Maria, as a first generation Greek-American, has never been afraid of hard work. Her parents instilled in her from an early age that in order to achieve anything you must put your all into it. While she was young, her parent's opened up a restaurant that is still thriving today and she waited tables & did anything her family needed her to do. This directly correlates to how she runs her business today. Maria went to college and earned her degree in Accounting and Finance in New York. On December 31st of 1997 her and Homer relocated to Vero Beach. While Homer worked as an occupational therapist, Maria worked in a health facility in the



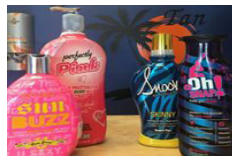
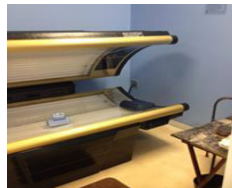
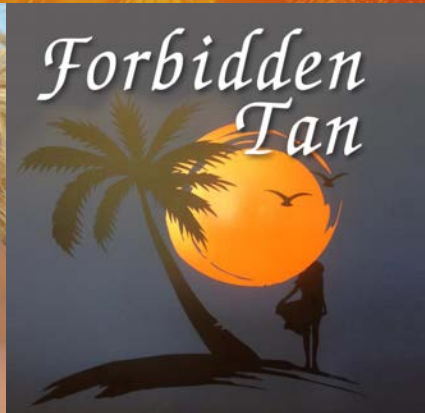
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OXYGEN THERAPY

by Colleen D. Symanski, RN, CDCES

Perkins Medical Supply offers the Trilogy Evo



Perkins Medical Supply has over 30 years' experience providing treatments to patients who require oxygen therapy. Such as people with obstructive or central sleep apnea, as well as complex sleep disorders. You've heard of CPAPs and BIPAPs or know someone who uses these treatments. In addition to these, Perkins now offers an advanced home treatment option for those who need help breathing. It is the non-invasive (NIV) Trilogy EVO ventilator. The Trilogy EVO helps people with respiratory failure and neurological disorders, such as ALS and Guillain-Barre syndrome get enough oxygen. People with COPD can also benefit from it.

The Trilogy Evo is the only portable life support ventilator designed to stay with patients for consistent therapy and monitoring as they change care environments, live at home, and when their condition changes.

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- Greatly improves the quality of life and longevity of life for adults and children
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- Increases ability to enjoy more activities in the home and community

Perkins Medical Supply has licensed Respiratory Care therapists and technicians on staff to assist patients with home set up and in-depth instruction and education for patients, care givers and family. They collaborate with physicians, so patients have a personalized treatment plan. Statistics show that 10% of patients who are on oxygen can also benefit from NIV Respiratory Support. It improves oxygen levels, inflates the lungs and make breathing easier.

Perkins Medical Supply offers services 24-hours a day, seven days a week.

For information about your respiratory needs and the Trilogy EVO call Perkins Medical Supply. Their telephone number is 1-888-837-5467. They have locations in Port St. Lucie, Sebastian and Vero Beach; go in and visit them. Perkins Medical Supply is locally owned and operated. They want to be your provider for your home medical equipment needs.

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Public Guardianship Services to Persons in Indian River County

Most of us stop to help someone involved in an accident and call 911 so the person can receive medical care. Many of us will call the abuse hotline if we suspect elder or child abuse. We even reach out to make sure adults with Alzheimer's disease get information about local programs and Project Lifesaver, a program designed to allow authorities to track and locate lost individuals with Alzheimer's. These examples are in our comfort zone.

Guardianship and making a referral for evaluation can be out of our comfort range as we aren't as familiar with the purpose and process. Hopefully, this article will shed light, so you are comfortable with at least making a referral.

The Senior Resource Association (SRA) has an approved guardianship program. Before I tell you more, let's ponder these two scenarios.

- A disabled adult child has been cared for by their parent (s) who passed away. There is no one else to assist them. He or she manages for a while on their own, but life or health challenges present and self-care becomes complicated for him or her. You notice the deterioration but are not sure where to turn. You help the best you can, but you also have limited time or resources. Call the SRA with a referral!

- An elderly patient with no family overseeing care gets turned down for surgery but based on the age, the procedure doesn't happen, even if it means a better-quality life. A guardian can ensure the patient gets the care needed for optimal quality of life.

When an adult is unable to care for himself, or a child's parents are unable to care for the child, a guardianship may be needed. A guardian can be an individual, a bank trust department, or a non-profit organization such as the SRA who is appointed by the court to act on behalf of the person.

Rest assured; the person is represented by an attorney (either court appointment or the patient's attorney of choice.) Your referral is often a life-line for the patient. Once a petition to determine incapacity is requested the court appoints a committee to evaluate the person. One member must be a psychiatrist or other physician. The remaining members must be either a psychologist, a gerontologist, an advanced practice registered nurse, a registered nurse, a licensed social worker, a person with an advanced degree in gerontology, or any other person with the needed knowledge, skill, experience, training, or education. The examination normally includes: a physical examination, a mental health examination and a functional assessment. A judge makes the final decision.

The SRA is contracted by the Office of Public & Professional Guardians (OPPG) to provide guardianship services to persons in Indian River County who do not have adequate income or assets to afford a private guardian, and there is no willing family or friend to assist them.

Anyone can submit a referral. Don't be hesitant, especially if the person you are concerned about is isolated and has no known family. The benefits of guardianship are numerous. Guardian requests must go through a legal process that protects the individual. Call the Senior Resource Association and ask for the Public Guardian manager to make a referral. For more information about SRA's Public Guardian Program, please call 772-569-0760 or visit www.seniorresourceassociation.org and click on Senior Supportive Services.

Heartbeat recognizes SRA's dedication to our adults and seniors in need. Thank you for assisting the needs for guardianship and fulfilling this need with your guardian program.

772.569.0760

VERO BEACH: 694 14th Street

SEBASTIAN: 815 Davis Street



Senior Resource
ASSOCIATION

Promoting Independence in Our Community

St. Vincent de Paul (SVDP) of Indian River Neighbors Helping Neighbors Since 1958



The Indian River County Society of St. Vincent de Paul (SVDP) charity is a Christian voluntary organization, working with people experiencing poverty and disadvantage. SVDP is inspired by the principal founder, Frederic Ozanam, and patron, St. Vincent de Paul.

St. Vincent de Paul Society of Indian River County volunteers has served more than one million families and individuals in Vero Beach since 1958. Their services are at no cost to people in need of:

- Clothing and food
- Assistance with utility bills
- Assistance with disaster recovery
- Family counseling and advocacy

SVDP's diverse range of activities characterized in their own words thru:

Support and friendship: Through person-to-person contact, we are committed to respecting the dignity of those we assist and fostering self-respect. We always assure confidentiality and strive to establish relationships based on trust and friendship.



Promoting self-sufficiency: It is not enough to provide short-term material support. Those we assist are also helped to achieve self-sufficiency in the longer term and the sense of self-worth this provides. When problems are beyond our competence, we enlist the support of specialized help.



Working for Social Justice: We are committed to identifying the root causes of poverty and social exclusion of people experiencing poverty and disadvantage, to advocate and work for the changes required to create a more just and caring society."



The SVDP of Indian River County Thrift Shop consist of non-salaried all volunteer staff dedicated to serving neighbors in need. This is a unique Charitable shop. No salaries are paid, and no volunteers are paid. They all volunteer on a daily basis. Because of this they are able to help more people in need!

You will find affordable clothing, furniture, and household items. You can also purchase gift cards that benefits their store exclusively. The thrift store is opened Monday, Wednesday, Friday, and Saturday from 9:00 a.m. to 3:00 p.m.

Their Vehicle Donation Program' accepts various vehicles including motorbikes, campers, RVs, or boats. All Thrift Store and Donation Center profits go towards the St. Vincent de Paul's services such as client outreach. So, whether you shop or donate, you're helping people who are in need.

Through their social services neighbors can apply in person for assistance. The outreach department is Open Monday, Wednesday and Friday from 9-12.

A Florida photo ID and verification of household members are required for the following:

- Clothing Vouchers
- Furniture Vouchers
- Utility Assistance:

Every Wednesday, the Visiting Nurse Association visits SVDP to provide complimentary blood pressure, pulse, and blood sugar (for diabetics) screening.



SVDP of Indian River County is located at 1745 14th Ave, Vero Beach. Their telephone number is (772) 567-6774. Email them at hello@svdpvero.org or visit their website at: www.svdpvero.org. Monetary and tangible contributions or volunteering your time makes a difference in the lives of our neighbors.

Vero Beach - A Colorful History



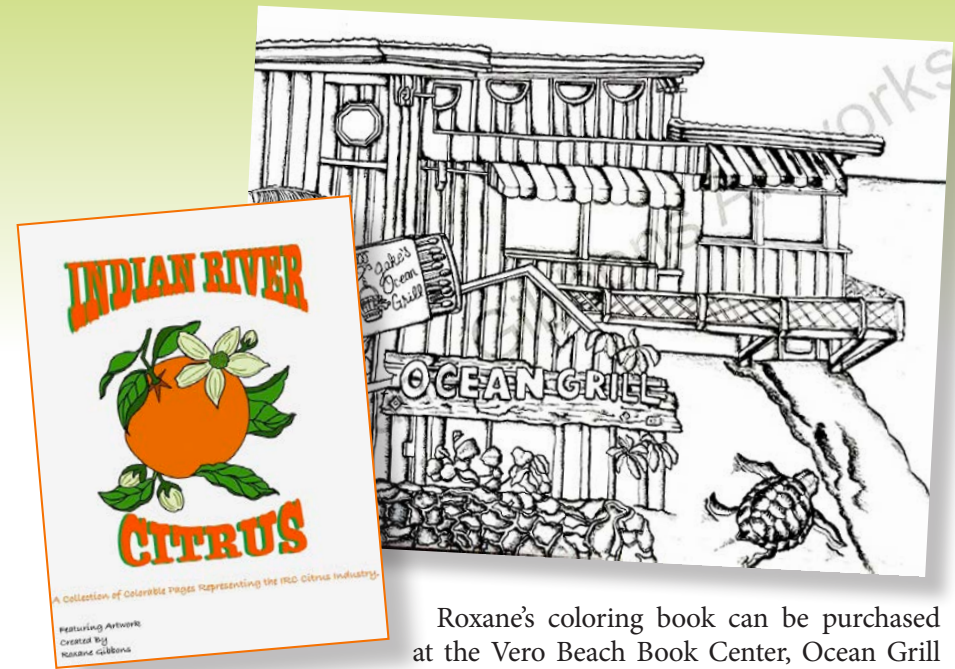
Roxane Gibbons

Roxane Gibbons was born and raised in Vero Beach, which has been home to her and her family for generations. She inherited her artistic talent from her father, an oil painter and second-generation citrus farmer and owner/operator of Zapf Groves. After many years in healthcare helping others Roxane retired and found new adventures- or they found her through her participation with Indian River Rocks.

After seeing one of Roxane's sketches of an iconic Vero Beach beachside restaurant, a gentleman suggested that her drawings would make a wonderful coloring book. That suggestion led to the creation of 36 colorable pages of many of the historic and iconic landmarks currently and previously located in Vero Beach/Indian River County based on Roxane's original sketches.

Her latest artistic adventure combines Indian River County's history and beauty for others to enjoy, kids and adults alike. Roxane has seen many changes to her hometown over the years. Roxane says, "the coloring book is a way for me to share all the amazing places currently or previously in Vero Beach/Indian River County that bring back many memories for many of Vero Beaches Natives and my childhood growing up in Vero."

We have provided you with a glimpse of what you will find in the coloring book.



Roxane's coloring book can be purchased at the Vero Beach Book Center, Ocean Grill Gift Shop, The Beached Whale, The Beach Shop, Schacht Groves and Perkins Pharmacy on SR 60. You can also contact her directly via email: roxgibbons@comcast.net.

Coloring provides has many health benefits such as providing relaxation, improving motor skills and vision and allows one to also express their own creativity. Coloring allows you to put everything else aside and live in the moment, generating focus. So get your box of favorite crayons or colored pencils and enjoy.



TCCH Gets New Look for 30 Year Anniversary

High Quality, Accessible, Affordable Healthcare Remains as Main Focus

For Treasure Coast Community Health, 30 years has been a story of continued focus and commitment to Indian River County. What began as a small medical office serving the Fellsmere migrant and citrus population cultivated eight modern health centers. Expansion grew with the needs of the community and TCCH added dental, mental/behavioral health and vision services, providing more than 100,000 appointments annually.

As community partners, schools, local governments and patients expressed continued needs, TCCH acted, creating diabetes support, wound care, HIV/AIDS services and substance use disorder assistance, along with in-house pharmacy, x-ray, lab and EKG.

In order for everyone to have high-quality and affordable healthcare, TCCH accepts a wide variety of private and Marketplace insurance plans, offers a sliding fee discount and employs health navigators to ensure everyone has the care they need.

TCCH has transformed into a powerhouse of healthcare, employment and economic impact. The new logo reflects this incredible growth and the commitment to healthcare for all. The **brown** tree represents a solid, reliable, enduring organization for people of all ages. The **orange** is a nod to our history within the citrus industry, representing affordability, cheerfulness and creativity. The **green** leaves represent our continued growth in addition to healing, well-being, safety and honesty.



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Heartbeat of the Treasure Coast

more if they choose, to their purchase to go toward helping VNA grant wishes through Project Wish for VNA Hospice patients. If you'd like to support this wonderful program, we hope you'll stop by Hidden Treasures which is located at 656 21st Avenue on Miracle Mile in Vero Beach.

About the VNA

The Visiting Nurse Association (VNA), a registered 501(c)(3) non-profit organization, provides home healthcare services—including Medicare-reimbursed and private-duty nursing; home health aides; physical, speech, and occupational therapy; in-home companions; and personal transportation—throughout Indian River County. The agency is also a licensed hospice provider in Indian River County, offering end-of-life care in patients' homes, local hospitals, nursing homes and assisted living facilities, and the VNA Hospice House. The VNA also provides community health services with our Mobile Health Clinic offering same-day, non-emergency care for minor medical issues with minimal wait times, school physicals and no-cost blood pressure, glucose and cholesterol screenings as well as health and wellness education to the community. For more information visit www.vnatc.com.

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- FREE monthly diabetes class on the 3rd Thursday at 8AM - call for details
- Complete vaccine services including shingles, pneumonia, flu, and others
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desire to help someone. Besides, helping someone else is the best way to feel better and less lonely! Here are some tips on how to practice kindness:

- Notice when others are suffering.
- Use a kind word, a smile.
- Open a door or help carry a heavy load.
- Celebrate someone you love by giving honest compliments, sending an email, telling someone how special they are to you.
- Be willing to whole-heartedly celebrate someone else's successes.
- Above all, be kind to yourself.

Kindness improves our quality of life. Doing good and showing kindness to others is just as rewarding as receiving kindness from others. And is the best way to beat the feeling of loneliness.



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.

Breathe Deeply

Those short and shallow breaths can make you feel anxious and zap your energy. Deep breathes help relax the body and lower stress levels. It only takes a few minutes to do.

- Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees. Or you can sit in a chair with your shoulders, head, and neck supported against the back of the chair.
- Close your eyes and let them relax as well.
- Breathe in through your nose. Let your belly fill with air. As you breathe in, say in your mind, "I breathe in peace and calm."
- Breathe out through your nose. Say in your mind, "I breathe out stress and tension."
- Place one hand on your belly. Place the other hand on your chest.
- As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest.
- Take three more full, deep breaths.

You can do this several times a day or establish a daily routine to embrace better breathing. Relax – it's good for you!

ALZHEIMER
&
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OF INDIAN RIVER COUNTY
19th
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Alzheimer & Parkinson
Association
of Indian River County
has successful

WALK TO REMEMBER



Team Sand & Land



The Trilogy Super Heroes



Team VNA: Front: Samantha McCoy, Jacqueline Keville, Suzanne Gallagher; Back: Anne Sanger, Tom Sanger, Lynn Essig, Vera Smith, Jessica Nettles, Amy Lore, Pam McCollum, Susan Wright.



Team Sonata



Nearly 450 walkers participated in the Walk To Remember on November 12th.



The Coastal Cupids: Tara Keller, Kim McLaughlin, Dorothy James, Eileen O'Donnell, Kenny Borchers, Jami Charles, Nancy Cameron.

chickenpox virus. Additionally, 1 in 3 adults are predicted to develop shingles and the risk of complications from shingles increases with age. Shingrix, a vaccine made by GlaxoSmithKline, is given in 2 doses, 2 to 6 months apart and has proven to be highly effective at preventing shingles and/or reducing complications.

- Many adults are familiar with tetanus vaccine and most know that it should be renewed every 10 years. However, many may not realize that tetanus is often given as a combination called Tdap (tetanus, diphtheria, pertussis). This vaccine made under the brand names Adacel by Sanofi Pasteur and Boostrix by GlaxoSmithKline provides protection against tetanus ("lockjaw") which can be caused by an open wound or stepping on a rusty nail, diphtheria which can cause throat, lung and skin infections and pertussis ("whooping cough") which causes coughing fits that might affect breathing. It should be noted that newborn babies do not start to receive a whooping cough vaccine until 2 months of age and are especially susceptible, so for those expecting a baby or grandparents who anticipate being around a newborn, this vaccine is strongly recommended.

There are other adult vaccinations, but these are the most common. As always, I encourage you to discuss with your primary care physician to determine what vaccines you might need or ask your pharmacist. One other point, in Florida we have a vaccine registry called Florida Shots, that can be accessed by your healthcare providers. This registry allows us to see any vaccines provided by any Florida provider, so if you unsure of your immunization history your doctor or pharmacist can assist you.

As you make your New Year's Resolutions for 2023 why not put getting caught up on these vaccines at the top of your list for your good health. If you have Medicare, it won't even cost you anything except a little time. Most pharmacies provide vaccines on a walk-in basis. And, as always, if we can help, please contact us at 772-589-2043, visit our website www.baystreetpharmacy.com or find us on Facebook. We wish you a wonderful holiday season and a Happy New Year!

References:

CDC Adult Immunization Schedule: <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>

Summary of Inflation Reduction Act provisions: <https://www.cms.gov/newsroom/fact-sheets/>

inflation-reduction-act-lowers-health-care-costs-millions-americans

Flu surveillance <https://www.cdc.gov/flu/weekly/index.htm>



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Peggy Cunningham,
Executive Director



Education is Power.

Education gives us the tools to face the journeys of memory and movement disorders. A better understanding of the diseases, learning what to expect, and getting informed strategies gives a “map” in this unknown territory. Knowing how to approach upcoming problems is helpful in gaining a sense of control. Education is power.

Of course, the problem-solving needs evolve over time as the diseases progress. The Alzheimer & Parkinson Association of Indian River County has a wide array of offerings – all free of charge – for the community to help them through their journey. For caregivers of those with dementia, going through the **Dementia Experience** in the early days can set the right perspective for interaction and expectations for the future. Then, for practical knowledge, **Caregiving 101** provides a comprehensive review of the caregiver role, each week concentrating on a different aspect (safety, behaviors, nutrition, etc.). This is offered for both memory and movement disorder caregivers. Frequently, the responsibilities of caregiving lead to stress – here again, knowledge can offer the power to manage this issue. **Stressbusters** is a nine-week class offering insights and strategies to keep the effects of being a caregiver easier to manage. Bringing new depth to caregiving, **Compassionate Touch** spotlights a new approach to communicating and assisting your loved one with behavioral expression.

Educational conferences often bring regional and national resources to our community. For instance, our Day of Hope Caregiver Conference and Parkinson’s Conference offer the opportunity to interact with experts in the field and learn the newest information available.

The journey of memory and/or movement disorders has many challenges – arming oneself with knowledge, strategies and perspective is empowering! Providing such education resources is part of our stated mission: *to serve community residents with disorders affecting memory and movement by promoting quality of life and choice through advocacy, support, empowerment, education and research connections.* We are here for you, in whatever stage of the journey you are.

Heartbeat of the Treasure Coast

Keep Your Mind Active with our Sponsor Name Scramble

A N H C S A P S N O L A S S R O L O C E U R T
P O O A A J P E E Y O W C E O W U D C R R L R
P D M P N T O N W T N R O O X S C A I A D R E
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A L Z H E I M E R P A R K I N S O N A S S O C

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| <input type="checkbox"/> A Healthier Me | <input type="checkbox"/> HomeMD Housecall Services | <input type="checkbox"/> Stephen Tate MD |
| <input type="checkbox"/> Advanced Motion Therapeutic | <input type="checkbox"/> Long Wellness Center | <input type="checkbox"/> Susan Long RN MSW LCSW |
| <input type="checkbox"/> Alzheimer Parkinson Assoc | <input type="checkbox"/> Marvin I. Gordon, MD | <input type="checkbox"/> Theresa Tolle RPH |
| <input type="checkbox"/> Bay Street Pharmacy | <input type="checkbox"/> New Vision Eye Center | <input type="checkbox"/> Treasure Coast Community Health |
| <input type="checkbox"/> CC Indian River Hospital | <input type="checkbox"/> Perkins Medical Supply | <input type="checkbox"/> Trilogy EVO |
| <input type="checkbox"/> Colleen Sanders Symanski RNCDE | <input type="checkbox"/> Robert Reinauer MD | <input type="checkbox"/> True Colors Salon Spa |
| <input type="checkbox"/> David J. O'Brien MD | <input type="checkbox"/> Roxanne Gibbons artist | <input type="checkbox"/> VNA |
| <input type="checkbox"/> Forbidden Tan | <input type="checkbox"/> Scott Piette, M.D. | <input type="checkbox"/> WeCare |
| <input type="checkbox"/> Encompass Health Hospita | <input type="checkbox"/> Senior Resource Association | |
| | <input type="checkbox"/> St. Vincent de Paul Society | |

Solution on page 46

Heartbeat of the Treasure Coast

Our services include but are not limited to:

- primary care, palliative care, and transitional care
- behavioral health • podiatry • wound care

One of our main goals is to reduce ER and preventable hospital visits. Prompt treatment is critical to preventing complications; especially for chronic illnesses such as high blood pressure, heart disease, and diabetes. We offer the latest in wound care treatment.

HomeMD housecall services provide care in Michigan and now in Brevard and Indian River counties. We will be expanding through-out Florida in 2023. Although there are other housecall groups, we take pride in being different by providing a holistic and whole medical package. We don't duplicate or compete with services; we compliment them.



Call us at (855) 466-3631 or visit us at www.homemdhealth.com

Advanced Motion Therapeutic *continued from page 19*

accounting department. They always had the dream of opening up their own facility. In 1999 their dream was realized and they continuously work hard to better their business. In 2003 they became a Medicare Certified Facility and wanted to further expand into the community. Maria and Homer became involved in and supported a multitude of organizations:

Alzheimer's & Parkinson's Association	The Source
Indian River Soccer Association	Feed the Lambs Enrichment Program
IRC Volunteer Ambulance Squad	American Cancer Society Breast
Relay for Life	Cancer Walk
St. Helen Catholic School	St. Nicholas Orthodox Church
Vero Beach High School	Beachland Elementary
Muscular Dystrophy Association	We Care Foundation
Indian River Medical Society	Indian Chamber of Commerce
St. Jude's Children's Hospital	The Humane Society of Vero Beach
Special Olympics	

Advanced Motion Therapeutic prides itself on getting to know their patients, their families, their employees and the needs of the community. Maria & Homer have made sure that as a small business, they continuously give back in a big way.



LOCAL PEOPLE

Making a Difference!

Colleen Sanders Symanski, RN, CDCES

For many years my editor and friend Colleen Sanders Symanski, RN, CDCES has written hundreds of stories for Heartbeat including many focused on "People Making a Difference". I have turned the page on her in this issue. Colleen is a Person Making a Difference! Because of her dedication and passion



for her patients with diabetes and other not so common health issues she has made a difference in their lives.

Chances are if you are having a conversation about diabetes, Colleen's name is going to come up. For over 20 years she has been an advocate and activist to helping people with diabetes. Colleen is a registered nurse with 35 plus years' experience. She is also a board-certified diabetes care and education specialist (CDCES); a career path taken by only a few health care professions.

Her passion is helping others living with diabetes be healthier, happier, and to have strong self-care skills and support. This includes understanding what diabetes is and the seven areas critical for optimal self-care and results. She does what needs to be done.

Colleen was the first clinician in our county to open a private practice exclusive to diabetes. She facilitated the first health care expos, and 5 K runs specific to diabetes. Colleen was the first in our county to offer an accredited diabetes program as a CDCES RN. She couldn't sustain it financially, but it didn't stop her from advocating and activism.

continued on page 46



LOCAL PEOPLE

Making a Difference!

2022 SRA Chamber of Commerce Volunteers of the year

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



Melissa McClure
(Nominated by Bill Dodds -
Sebastian Charter Junior High)



Michael Ansley
(Nominated by Michele Virgho -
Keep Indian River Beautiful)



Judi Miller
(Nominated by The Learning
Alliance/Moonshot Community
Action Network)



Faye Sheppard
(Nominated by Literacy Services of
Indian River County)



Michele Vergho
(Nominated by Michael
Ansley - Helping Hands
Community of the Treasure
Coast, Inc.)



Barbara Cody & Toni Tabino
(Nominated by Ted Pankiewicz -
For The Love of Paws)



The 2022 SRA Chamber of Commerce Volunteers of the year

Recipients unable to attend and not pictured:

Scot Deschane (Nominated by Derek Gerry - Rotary Club of Sebastian)
Kristina Berryman (Nominated by Angel Pietsch and Little Birthday Angels)
Holly Martel (Nominated by Angel Pietsch and Little Birthday Angels)

colleagues in interventional cardiology. “With this imaging technique we can identify structural defects in the heart and take detailed measurements needed for advanced treatment options, such as the MitraClip™ procedure for repairing a leaky mitral valve and the Watchman device used for stroke prevention in atrial fibrillation,” explains Dr. Ilieva.



Leslie M. Oberst, MD, and Lubka B. Ilieva, DO

Three-dimensional advanced imaging expertise

Dr. Oberst was the most recent addition, joining the cardiology team at Indian River Hospital in October. With nearly three decades of experience, she specializes in CT and magnetic resonance imaging (MRI) of the heart, structural imaging, and preventive cardiology. She previously directed CT and MRI cardiac protocols and training at Owensboro Health Regional Hospital in Owensboro, Kentucky.

Dr. Oberst’s advanced training included a cardiovascular MRI level 3 fellowship at Texas Heart Institute-St. Luke’s Medical Center in Houston, the highest level of training available. She also completed level 3 training in cardiac and vascular CT, as well as level 2 training in echocardiography and nuclear imaging. As an associate professor with the University of Florida-Shands CT/MRI Fellowship Program, Dr. Oberst has trained others in these advanced imaging techniques.

“With sophisticated imaging tests, we can diagnose conditions like coronary artery disease and heart failure and predict who will benefit from certain heart procedures and surgeries,” says Dr. Oberst. “In some cases we can use non-invasive CT imaging in place of more invasive cardiac angiography to see inside a patient’s arteries and find blockages that otherwise might have been missed.”

Dr. Oberst also looks forward to expanding access to another non-invasive imaging test offered at Indian River Hospital, one that can prevent major life-threatening coronary events. The coronary calcium scan is a type of X-ray that can detect and measure calcium-containing plaque in the arteries of the heart. It is used to identify patients with coronary artery disease who are not yet experiencing symptoms.

“In my practice, knowing a patient’s calcium score has definitely saved lives,” she says. “I can recall one patient whose only symptom was fatigue, yet he had

the highest calcium score I’ve ever seen. It turned out he needed triple-vessel bypass.”

Collaborative model of care

Cleveland Clinic’s unique collaborative model of care is renowned nationally and internationally. It is supported by an organizational structure of clinical institutes built around the patient’s health conditions rather than around the provider’s discipline.

“By combining medical, surgical and support functions for specific body systems and disease processes, such as heart and vascular care, our patient-centered institutes enhance the continuity and quality of care,” explains Dr. Mackett when describing the multidisciplinary team structure now established at Indian River Hospital. “It takes a special type of physician to excel in this collaborative, quality-focused environment where we always put our patients first.”

Full heart care continuum

Indian River Hospital’s new general cardiologists round out a heart care team that now totals 16 and encompasses several areas of specialization, including cardiac electrophysiology and pacing, heart failure and mechanical circulatory support, and structural and interventional cardiology. Together they diagnose and treat the full range of cardiovascular concerns, from routine to complex.

“Cleveland Clinic Indian River Hospital provides advanced heart care not often found in a community hospital setting,” says Dr. Mackett. “Our cardiologists and cardiac surgeons are able to perform complicated procedures in-house, and we are the only center for open heart surgery in the county.”

Whether seeking preventive care, diagnostic services, or treatment for an existing condition, Cleveland Clinic’s heart care team at Indian River Hospital works together to provide patients seamless, quality care. “We belong to the best healthcare system in the world and are committed to continuing that legacy by bringing the best care to our region,” adds Dr. Mackett.

Cleveland Clinic Indian River Hospital achieved its highest ranking – No. 18 in Florida – in U.S. News & World Report’s most recent Best Hospitals list (2022-2023). The hospital also rated “High Performing” in Heart Attack and Heart Failure, an important achievement for the cardiology team, and maintains Blue Cross and Blue Shield’s designation as a Blue Distinction® Center+ for Cardiac Care.

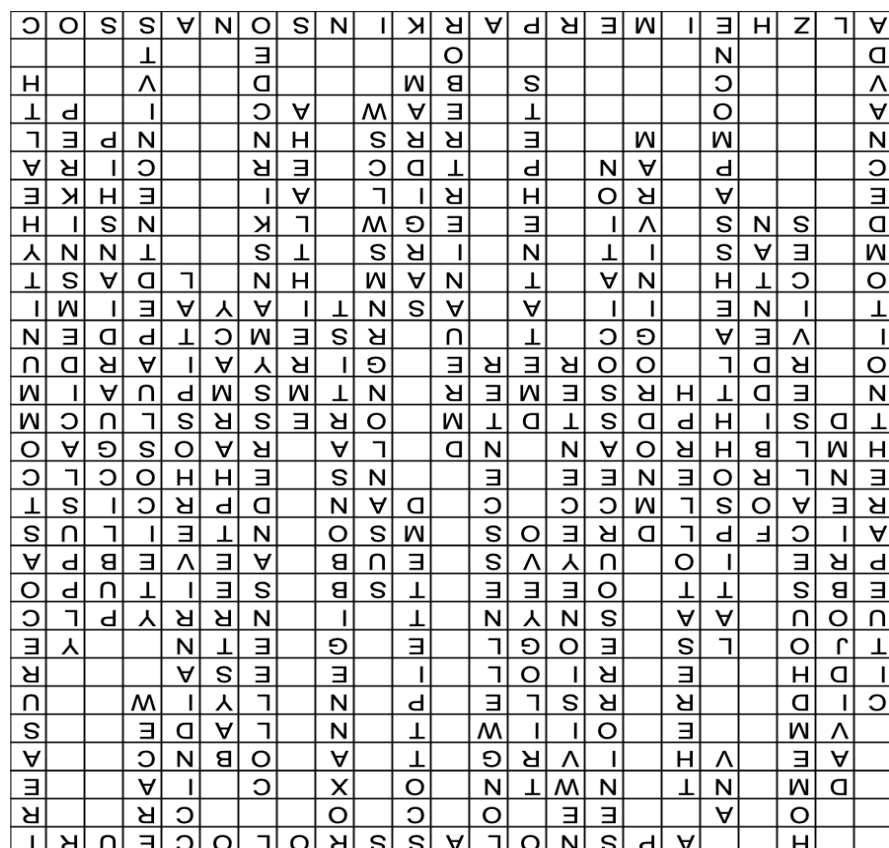
To learn more, visit ClevelandClinicFlorida.org/heart.



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Colleen and her son, Ken, opened 'A Healthier Me', a health and fitness studio; so clients can easily experience the benefits of healthy options. She goes to client's homes, grocery shops with them, as well as attend medical appointments with them. Colleen helps clients/patients understand and implement health care provider instructions and medications. She's up on technology and newest treatment options. "We have to meet people where they are and listen carefully to what they want. It has to be personalized and patient focused" Colleen explains. "There aren't any "non-compliant" patients. You can't expect someone to do something you want that has little meaning to them".

Colleen heads up Treasure Coast Community Health's (TCCH) accredited diabetes program. "I love being there and being part of a team where I can give, grow, and expand services for people living with diabetes".



THEY CARE...

We **thank** the following **Volunteer Physicians** for providing outstanding care to our community!

Dr. Kathleen Baggett
 Dr. Thomas Baudo
 Dr. Clark Beckett
 Dr. Alex Blandford
 Dr. Jonathan Braue
 Dr. Robby Caballes
 Dr. Timothy Caballes
 Dr. Harold Cordner
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Through the generous support of our donors and community partners, the We Care Foundation of Indian River, a 501c3 organization, provides free specialty medical services to uninsured, low-income Indian River County residents 18 years and older. We collaborate with physicians who volunteer their time and care to make these services possible. For information, to volunteer, or to make a gift of support, contact Jennifer Jones, Executive Director, at director@wecareofirc.org, (772) 562-0123, or visit the We Care Foundation website at WeCareofIRC.org.

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the
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February 2023:

Annual Parkinson's Conference
February 13

Annual Day of Hope
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February 14

March 2023:

Annual Successful Aging Luncheon
March 30th

Scott Hamilton
Olympic Gold Medal-Winning Skater
& Television Personality

