

27th Annual Edition

2023-2024

A GUIDE TO
SENIOR SERVICES
INDIAN RIVER COUNTY, FLORIDA



**For Seniors • Caregivers • Family Navigation
• Preparation & Planning for the Future!**



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Vero Beach, Florida

June 2023 - May 2024



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Table of Contents

Celebrating our 27th Year!

2 ADVERTISING SPONSORS

4 SECTION I DAILY LIVING ASSISTANCE

Adult Enrichment Respite (4)
Assisted Living Communities (6) • Housing (8)
In-Home Companion Services (9)
Emergency Assistance (11)
Emergency Response Systems (11)
Adult Protective Services (12)
2-1-1 Telephone Reassurance (12)
Caregiver Programs (13)
Employment & Training Assistance (14)
Food Assistance (14)

16 SECTION II HEALTH CARE

Hospitals (16) • Community Health (18)
Volunteer Opportunities (20) • Home Healthcare (22)
Hospice (22) • Nurse Registry (23)
Skilled Nursing Facilities (25)
Independent Living (26) • Durable Medical Equipment (27)
Imaging (27) • Medical Labs (28) • Pharmacies (28)
Vision (30) • Hearing (34) • Physical Therapy (36)
Supportive Therapy (38) • Public Health (39)
Support Groups (40) • Referral Services (43)
Mental Health Services (43) • Substance Addictions (44)

21 SECTION III ALZHEIMER & PARKINSON ASSOCIATION OF INDIAN RIVER COUNTY PROGRAMS

44 SECTION IV INSURANCE, LEGAL & RELATED SERVICES

Medicare (45) • Medicaid (46)
SHINE Program (47) • Long-Term Care Insurance (47)
Income Tax Assistance (47) • Legal Services (47)
Social Security (48) • Veteran Benefits (48)

47 INDIAN RIVER PUBLISHERS, INC.

Websites
Guide to Medical Services - Indian River County
Heartbeat of Indian River County
Guide to Senior Services - Indian River County

48 SECTION V EDUCATION & LEISURE

General Education (49) • Arts & Craft Classes (49)
Computer Classes (50) • Health Education (50)
Indian River County (51) • Indian River County Parks (52)
Golf & Tennis (53) • Recreation Department Programs (53)

54 SECTION VI TRANSPORTATION

55 SECTION VII - SUMMARY OF SENIOR RESOURCE ASSOCIATION PROGRAMS

A MESSAGE FROM THE PUBLISHER

This is the twenty-seventh annual edition of the "Guide to Senior Services in Indian River County." Launched in 1996, the Guide was started to serve informational needs identified by the Senior Resource Association, residents and other organizations assisting seniors.

The guide has been revised to reflect the changes that have taken place in the past year.

This guide is distributed throughout Indian River County at over 150 different locations where it is available without charge throughout the year, as long as supplies last. The high volume distribution points include libraries, hospital waiting rooms, senior centers, community centers, Chamber of Commerce, medical clinics, physicians' offices, residential community club centers and more.

Our advertisers have made this guide possible. They are listed on the Advertising Sponsors page 2 with a page reference to their ad. We are most appreciative of their support.

Please Note: As this guide includes information available through the Spring of 2023, it may contain omissions or errors. Please notify the publisher of any errors you may discover.

All telephone numbers in this Guide are in area code 772 unless otherwise noted.

I welcome calls from the public, seeking information, offering suggestions, or finding the closest place where they can pick up a copy of the Guide to Senior Services - Indian River County, Guide to Medical Services - Indian River County, and Heartbeat of Indian River County.



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Vero Beach, Florida
772-473-6107 • fax 772-464-3216
www.guideforseniorservices.com

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This section lists the sponsors who contributed to the publication of this guide. Their participation is based on their opinion that the guide serves a worthwhile community need for information about Indian River County Senior Services. They are dedicated to providing the finest services available for the community and, in that regard, welcome your inquiries and the opportunity to serve you.

ASSISTED LIVING	PAGE	HOME HEALTH	PAGE
A Loving Family Assisted Living	6	A Moment's Notice Health Care	9
Hidden Lakes Senior Living Community	26	A Nurses Touch Healthcare	24
Integrity - Dixie Oak Manor Assisted Living	5	Absolute Care Nursing Service	19
Pelican Garden Assisted Living	5	Coastal Concierge Services	23
Renaissance Senior Living of Vero Beach	7	Pinnacle Home Care	28
Rosewood Manor Assisted Living & Memory Care	5	The Wright Choice	10
The Brennnity at Vero Beach	22	VNA Home Health & Hospice	inside front cover

HEALTH CARE		SPECIALTY SERVICES	
A Healthier Me	50	Alzheimer & Parkinson Association of Indian River County Walk to Remember	56
Advanced Motion Therapeutic	36	Beyond Special K Senior Program	40
Alzheimer & Parkinson Association of IRC	21	Care Patrol of the Treasure Coast	4
Audibel Hearing Care Centers	35	Feed the Lambs	43
Bay Street Pharmacy	29	Love to Serve, Inc.	40
Cleveland Clinic Indian River Hospital	inside back cover	Music Matters	39
Encompass Health and Rehabilitation Hospital of the Treasure Coast	17	Parkinson Land & Sea Program	42
Florida Eye Institute	31	Project Lifesaver	12
HomeMD	13	Senior Bulletin Board	38
Longevity Rehab Center	37	Senior Collaborative Indian River County	25
New Vision Eye Center	3	Senior Resource Association	41
Panacea Eye Center	30	Seniors 1st Realty	9
Perkins Medical Supply	back cover	Shining Light Garden Foundation, Inc.	15
Treasure Coast Community Health (TCCH)	18	Treasure Coast Prosthetic & Orthotic Services	27
		Wyland Life, Health, and Dental	
		Diane Wyland with Owen Insurance Group	44



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Section I Daily Living Assistance

ADULT ENRICHMENT & RESPITE

- **Senior Resource Association**
694 14th Street, Vero Beach
569-0760
815 Davis Street, Sebastian
569-0760

Senior Resource Association's DayAway program is open Monday-Friday from 7:30 a.m. to 5:30 p.m., and provides social, therapeutic, and health services for adults ages 18 and older who need supervised care in a safe place during the day. Licensed by Florida's Agency for Healthcare Administration, DayAway's clinically trained staff provide daily care at locations in Sebastian and Vero Beach.

SRA's DayAway Program provides an active and safe environment for adults who:


- Can no longer structure their day
- Are isolated and desire companionship
- Cannot be safely left alone at home; and/or,
- Live with someone who works outside the home

DayAway promotes social inclusion and offers an array of hands-on and technology-driven activities that improve health and cognitive function. Promoting independence, activities include our state-of-the-art Tovertofel "Magic Table," live music, art classes, exercise classes, and more.


Some DayAway participants attend daily while others attend one or two days a week, as their personal situations dictate. All receive proper nutrition, medication administration and increased self-esteem.

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continued on page 6




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Navigating the Transition to Senior Care?

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We help families find assisted living, independent living, memory care, and in-home care options. Let us take you on a virtual tour of recommended communities based on your needs. Each one is reviewed for their history of quality care. Plus, we'll facilitate the transition, connecting you with resources and information along the way. We are a FREE service and welcome the opportunity to guide you.



CarePatrol of the Treasure Coast
Liliana Velez, Director
lvelez@carepatrol.com
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f: 772-247-5178

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INTEGRITY
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(#AL8502)

6410 Old Dixie Hwy.
Vero Beach, FL 32967
www.dixieoakmanor.com
772-564-9393

Rosewood Manor
of Vero Beach
Assisted Living & Memory Care
(#AL9722)

3710 14th St.
Vero Beach FL 32960
www.rosewoodverobeach.com
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Memory Care Available at Rosewood Manor

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- Home-Style meals with customized menus
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- Medication Management
- Daily Activities, entertainment and planned outings
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- Couples welcome



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ADULT ENRICHMENT & RESPITE

- Alzheimer & Parkinson Association of Indian River County
2300 5th Avenue, Suite 150, Vero Beach, 563-0505

For caregivers needing a break the Alzheimer & Parkinson Association offer free social respite programs in several locations in Indian River County. Six hours of daily free time while they engage your loved ones in a variety of activities that are uplifting and meaningful, all designed to help improve their quality of life and give you a much needed oasis.

ASSISTED LIVING COMMUNITIES

Assisted Living Facilities (ALF) are licensed by the state of Florida to provide personal care and services to qualified residents. These services include assistance with daily living activities such as bathing, dressing, personal hygiene, medication management, three meals a day, and an activity program. The ALF resident does not require twenty-four hour nursing care as provided in a nursing facility. Each ALF is unique. For information about services or resident qualification contact the ALFs.

- A Loving Family, LLC (6)
106 16th Avenue, Vero Beach, 696-3070
- Angel Care at Vero Beach (10)
1130 7th Avenue, Vero Beach, 584-3820
- The Brennity at Vero Beach (113)
Point West - 7955 16th Manor, Vero Beach, 299-7900
- Brookdale Vero Beach South (50)
410 4th Court, Vero Beach, 569-4600
- Castlewood Assisted Living Residence of Vero Beach
1914 21st Street, Vero Beach, 567-6769
- Discovery Village Vero Beach (75)
1700 Waterford Drive, Vero Beach, 778-7888
- Dixie Oak Manor, LLC. (29)
6410 Old Dixie Highway, Vero Beach, 564-9393
- Harbor Chase of Vero Beach (100)
4150 Indian River Boulevard, Vero Beach, 778-7727
- Hidden Lakes Senior Living Community (17)
1006 33rd Street, Vero Beach, 567-5248
- OakBridge Terrace Assisted Living (71) at Indian River Estates
2200 Indian Creek Boulevard W, Vero Beach, 453-2300
- Pelican Garden Assisted Living Facility (50)
177 Empress Avenue, Sebastian, 388-4730
- Pelican Landing Assisted Living & Memory Care (101)
13085 U.S. Highway 1, Sebastian, 581-0366
- The Promenade (125)
10730 US Highway 1, Sebastian, 918-4927
- Renaissance Senior Living of Vero Beach (70)
2100 10th Avenue Vero Beach, 562-8491

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continued on page 8

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ASSISTED LIVING FACILITY IN VERO BEACH, FL

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A Loving Family offers:

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- Chronic Condition Care
- Aquatic Therapy
- Dementia Care • Respite
- Special Needs Care
- Customized Care Plans

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Email: info@alovingfamilyalf.com

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772-562-8491 | renaissanceverobeach.com AL #13068

ASSISTED LIVING COMMUNITIES cont.

- **Rosewood Manor (50)**
3710 14th Street, Vero Beach, 564-0063
- **Sodalis Senior Living at Vero Beach (135)**
3855 Indian River Boulevard, Vero Beach, 770-3796
- **Somerset House at Oak Harbor (35)**
1540 Oak Harbor Boulevard, Vero Beach, 778-8181
- **Sonata Vero Beach (120)**
2425 20th Street, Vero Beach, 770-2401
- **Spring Hills Assisted Living (32)**
1934 22nd Avenue, Vero Beach, 794-1277
- **Veta’s We Care Assisted Living (75)**
510 Sebastian Crossing Boulevard, Sebastian, 581-8744

EXCLUSIVE MEMORY CARE COMMUNITIES

- **Brookdale Vero Beach South Memory Care (40)**
410 4th Court, Vero Beach, 569-4600
- **CERTUS - Premier Memory Care Living (70)**
5380 US Highway 1, Vero Beach, 248-1316

HOUSING

Rental Assistance:

- **Board of County Commissioners**
1800 27th Street, Building B, Vero Beach, 226-4360

Directory of Rental Facilities:

The following facilities have indicated that they have rental assistance units for the elderly and/or maximum income restrictions. Many have waiting lists.

- **Amelia Village**
3605 16th Street, Vero Beach, 562-8848
50 garden apartments, all two-bedroom. Rental assistance through U.S.D.A. Rural Development Agency. Minimum age 62. One pet with approval. Laundry room, recreation room and activities. Handicapped, disabled 18 and up. Waiting list.
- **By the River**
11065 Ganga Way, Sebastian, 388-5858
41 unit shared living community. Senior low income housing. Income restrictions.
- **Gardenia Gardens**
655 14th Street, Vero Beach, 794-0414
80 one-bedroom apartments; five are set aside for handicapped. Residents must be at least 62 years old, pets OK. Rental assistance through HUD. Income restrictions.
- **Grace’s Landing**
1055 Grace’s Landing Circle, Sebastian, 388-9796
70 units, one & two bedroom. Some handicapped accessible. Age 62 & up. Income restrictions. Clubhouse, amenities.

- **Heritage Villas**
4049 44th Manor, Vero Beach, 562-8023
38 one-bedroom and 78 two-bedroom apartments. Some rental assistance units to those who qualify through USDA Rural Development. Ground-level garden apartments, no stairs, laundry facilities.
- **Indian River Apartments**
265 13th Place (off Indian River Blvd.). Vero Beach 569-0977
180 one, two or three-bedroom apartments. Income restrictions. Swimming pool, boat ramp, amenities. All ages welcome.
- **Lexington Club at Vero**
6885 20th Street, Vero Beach, 794-1811
184 two bedroom units. 55 years old and over. Swimming pool, fitness center, amenities. Small pets, under 30 lbs. OK.
- **Orange Blossom Village**
3300 12th Court, Vero Beach, 770-4581
80 one-bedroom apartments. Residents must be at least 62 years old. Eight (8) apartments are set aside for handicapped/mobility. Must be 18 years old or older. Small pets OK. Rental assistance through HUD.
- **Orangewood Park Apartments**
3980 King Place, Vero Beach, 567-6182
100 units with two, three and four-bedrooms. Rental assistance may be available through U.S. Dept. of Agriculture, (USDA) Rural Development Agency.
- **Pelican Isles**
925 Pelican Isles Circle, Sebastian, 581-4440
150 one, two and three bedroom apartments. Amenities include pool, computer room, and exercise room. Income restrictions.
- **Pemberly Palms**
840 5th Avenue, Vero Beach, 770-4440
200 one, two or three-bedroom apartments. 100 1st floor apartments, 2nd floor inside stairs. Swimming pool, amenities, dog park. Income restrictions. Rental assistance through HUD.
- **River Park Place Apartments**
700 3rd Circle, Vero Beach, 562-9977
144 one & two-bedroom apartments. Swimming pool, amenities. Transportation available. Income restrictions. 50% of household must be 62 years or older.
- **St. Francis Manor**
1750 20th Avenue, Vero Beach, 562-8575
98 low cost efficiency apartments, 62 and older; 18 one bedroom apartments. Nondenominational. Refrigerator, stove, microwave, and an air conditioner. Social hall, pond, boardwalk, activities, coin operated laundry rooms. A Manor bus for shopping and outings; public bus stop one block away. No pets.
- **Sunset Apartments**
4166 45th Place, Vero Beach, 770-3014
36 units, one & two bedrooms, 62 and older, or disabled at any age. Rental assistance available.

NOTE: All area codes are 772 unless otherwise indicated.

- **Taylor Pointe**
4885 38th Circle, Vero Beach, 564-2422
168 one, two, three and four-bedroom apartment units. Income restrictions, pool, gated community and amenities.
- **Victory Park Apartments**
3980 King Place, Vero Beach, 567-6182
100 units with two, three and four bedrooms. Rental assistance through U.S. Dept. of Agriculture, Rural Development Agency. All ages welcome.

Emergency Housing

- **Hope for Families Center**
Administration: 715 4th Place, Vero Beach
Shelter: 720 4th Street, Vero Beach, 567-5537
A shelter program for families with minor child(ren) who are homeless. Learn more about the criteria by calling 567-5537.

IN-HOME SERVICES

Companion/Homemakers:

Companion - Employees who do housekeeping, cook, run errands, and provide companionship. They cannot provide any personal care or nursing according to state law.

Homemaker Services - Normally provided by HCS who screen, supervise and bond their employees. Services relieve patient of homemaking while recovering from illness or injury, or who have a progressive disability. Service can include shopping, cooking, house cleaning, companionship, household management, and general monitoring of well-being.

Agencies providing non-medical services in Indian County include:

- **A Caring Companion**
349 8th Avenue SW, 501-7769
- **A Woman’s Resource, Inc.**
1166 6th Avenue, 531-559-2942
- **Acts Senior Services**
2250 Indian Creek Boulevard W, 770-3026
- **Affinity Home Care Agency**
4070 42nd Square, 850-765-5241
- **Amber’s Around the Clock Care, LLC**
1154 37th Avenue SW, 594-9177
- **Attentive Premier Caregivers, LLC**
7539 15th Street, 205-5785
- **An Abundance of Love, LLC**
928 16th Place, 584-6870
- **Dedicated and Devoted Care, LLC**
1270 12th Avenue SW, 646-2135

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continued on page 10

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989 37th Place • Vero Beach, FL 32960 **www.seniors1strealty.com**



- **DeRosas Senior Services, LLC**
1145 9th Court SW, 696-1806
- **Due Diligence Quality Care, LLC**
2275 Waterside Lane SW, 501-5748
- **Forever Fervent, Inc.**
1586 Barber Street, Sebastian, 646-1690
- **Heavenly Intuition, LLC**
455 8th Manor, 501-0238
- **Lauren Lucchini Senior Advocate** - 538-3725
- **LaShounda's Companion Care, LLC**
4028 46th Street, 646-1037
- **Miracle Angel Unlimited LLC**
1275 U.S. Highway 1, Suite 2-6095, 407-490-3321
- **Omni Senior Care, LLC**
1804 Berkshire Circle SW, 310-9752
- **Pattern for Purpose, LLC**
601 21st Street #331, 904-418-4676
- **Preferred Care at Home of Indian River & St. Lucie**
213 Midvale Terrace, Sebastian, 584-4811
- **Remarkable Angels Private Care, LLC**
4072 42nd Square, 494-3094
- **Senior Resource Association**
694 14th Street, 569-0760
- **Seniors Helping Seniors**
492-8381

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- **T's Caring Hands, LLC**
480-1924
 - **Tamara and Curtis's Helping Hands, LLC**
1870 38th Place, 532-0115
 - **The Wright Choice, LLC**
925-1150
 - **Treasure Coast Compassionate Care, LLC**
601 21st Street, Suite 300, 226-7072
 - **Treesha Slater's Services, LLC**
4770 33rd Avenue, 713-0232
 - **Trustwell Homecare, LLC**
10021 W. Villa Circle, 561-667-4865
 - **Newspaper & Internet Advertisements**
When responding to newspaper or internet ads offering homemaker or companion services, it is important to check references and licensing.
- Residents should always use caution when inviting strangers into their homes to provide personal services. Providers should be licensed by the State of Florida, Department of Children & Families or other licensing agencies and/or able to provide references. Ideally, they would be personally recommended by friends or relatives or from licensed agencies.**
- In-Home Medical Services:**
- **HomeMD Housecall Services**
855-466-3631

Lic# 234727
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EMERGENCY ENERGY AND RENTAL ASSISTANCE

The following agencies provide financial assistance for rent and/or utility bills in an emergency, normally no more than one time per year. Documentation of need, such as eviction and final turnoff notices, normally required, as well as ID. Assistance depends on funding availability.

- **Senior Resource Association - Emergency Home Energy Assistance for the Elderly**
694 14th Street, Vero Beach, 569-0760
The Senior Resource Association administers Emergency Home Energy Assistance for the Elderly, a program designed for Indian River County seniors, age 60 and over, who are experiencing an energy-related crisis. Applicants may be eligible to receive help with past due utility bills. Contact us directly to review requirements.
- **St. Vincent de Paul Society - North**
5480 85th Street, Rte. 510, Wabasso, 589-3312
Client Aid: 589-3312
Thrift Store: 589-3338
Monday-Friday: 9:00 am-3:30 pm;
Saturday: 9:00 am-1:30 pm
Food Pantry for Indian River County residents in need.
Tuesdays & Thursdays: 10:00 am to 2:00 pm
Financial Aid Wednesdays: 10:00 am to 12:00 noon
Limited funds for assistance with utility bills and prescriptions.
- **St. Vincent de Paul Society - South**
1745 14th Avenue, Vero Beach, 567-6774
Assists with utility bills, water bills, prescriptions and medical equipment. (No rental assistance). Specified amounts for those in need, annually, by appointment. All applicants interviewed.
Outreach: Monday, Wednesday, Friday, and Saturday
9:00 am to 3:00 pm
Thrift Store: Saturday, 9:00 am to 3:00 pm
- **Salvation Army**
2655 5th Street S.W., Vero Beach, 978-0265
Programs: Mobile feeding; congregate feeding day, food pantry, Youth Character Building (preK - 12th grade), women's scrapbooking ministry, youth brass band, Sunday worship service, bible study.
- **Treasure Coast Homeless Services Council**
2525 St. Lucie Avenue, Vero Beach, 567-7790
Providing resources and assistance for the homeless.

EMERGENCY PERSONAL RESPONSE SYSTEMS

Personal response services are communication devices for people living at home, who are at risk of becoming incapacitated while alone. The client wears a signalling device, such as bracelet, pendant or separate transmitter. By pushing/activating the button on the device the client calls a Response Center, which sets in motion immediate response to determine need and activate appropriate responders. Service providers include:

- **One Call Closer Victim Assistance**
978-6255
Services include: Crisis intervention, emergency cell phone, follow-up contact, information and referral, personal advocacy, victims compensation claims assistance, death notification.
- **Project Lifesaver of Indian River County**
Contact: Alzheimer & Parkinson Association of Indian River County, 563-0505
Project Lifesaver is a program designed to track and locate lost individuals. Those at risk for wandering range from the eldest with Alzheimer's disease or other forms of dementia to the youngest with Down Syndrome or Autism. Individuals wear a bracelet that contains a radio transmitter which allows law enforcement to locate an audible signal that is a frequency unique to the individual bracelet. When a person wearing this bracelet is reported missing, law enforcement can track and locate them, usually within 30 minutes.
- **Safe Return - Medic Alert**
Contact: 1-800-432-5378
This is a program from the national office of the Alzheimer's Association. Registrant's receive an ID bracelet with an 800 number. Open 24 hours/day, 7 days/week.
- **Senior Resource Association Emergency Alert Response**
694 14th Street, Vero Beach, 569-0760
This program, in partnership with leading home security company ADT, provides medical alert devices and 24/7/365 monitoring to eligible seniors at no charge.

Notes . . .

ADULT PROTECTIVE SERVICES

For all emergencies or police assistance, dial 911. To report abuse, neglect, exploitation or self-neglect, call the Florida Abuse Hotline at 1-800-962-2873 (1-800-96-ABUSE) TTY: 1-800-955-8771.

The Adult Protective Services (APS) conducts on-site investigations of reports of alleged abuse, neglect or exploitation involving aged persons (60 and older) and disabled adults (18-59) who are unable to manage their own affairs, protect themselves or carry out daily living activities.

The APS Program is designed to protect aged persons and disabled adults from harm and ensure his/her safety and well-being. Services arranged for may include, but are not limited to: case management, counseling, financial assistance, medical care, legal aid, placement, transportation and protective supervision.

Referrals for protective service come from the protective investigation process after an investigation. The purpose of protective service is to arrange for appropriate care. If the client voluntarily agrees to the proposed care, the process is implemented. If the client does not agree and lacks the capacity to consent, DCF goes to court to obtain court-ordered protective service, in which the Department is given protective custody of the client and is thereby empowered to act in the client's best interest, such as placement in a nursing home or ALF.

- Adult Protective Services Program may be reached at: 1-800-962-2873
- Sunshine Daily 211 Telephone Reassurance
Sunshine is a free telephone reassurance program to check on the well-being of seniors, the homebound or disabled. Sunshine service is provided seven days a week between the hours of 7:30am & 5:00pm.

If you are interested in receiving a Sunshine call, just dial 2-1-1 and say that you would like to start receiving Sunshine calls.

211 Hope when you need it most....
As a 501(c)3 non-profit agency, 211 Palm Beach/Treasure Coast is into its fifth decade of providing a team of specially trained staff to assist callers through its 211 HelpLine with crisis intervention, suicide prevention, information, assessment and referral to community services, 24 hours a day, 365 days a year.

Additionally, 211 Palm Beach/Treasure Coast collects and maintains information on community health and human services and makes this information available via its hotlines, helplines, printed directories, and on the web. Services are provided at no cost to anyone regardless of race, age, religion, national origin, sexual orientation, or disability.

People call 2-1-1 for many reasons. Some simply need a phone number to a community program, while others call because they need to talk over a problem.

NOTE: All area codes are 772 unless otherwise indicated.

- 2-1-1 Callers are:
- Single parents trying to make it on their own
 - Parents struggling with out-of-control kids
 - Adult children concerned about their aging parents
 - Elderly adults trying to retain their independence
 - Depressed individuals trying to keep their lives together; young children alone or afraid
 - Teens struggling with adolescence
 - The financially disadvantaged of all ages who are on the verge of being evicted or having their electricity or water shut off
 - They are also teachers, social workers, judges, nurses and other social services.
- Every call to 211 is considered unique and responded to by a trained, caring and empathetic specialist.

Program for the Indian River County Sheriff Office

- Victim's Assistance
The Sheriff's Department offers assistance to persons who have been victims of serious crimes. A counselor will interview the victim and provide support and appropriate referrals.
Service is available 24 hours a day / 7 days a week.
978-6255

CAREGIVER PROGRAMS

Caregiver support groups, training, or respite are available through:

- Alzheimer & Parkinson Association of Indian River County, Inc.
2300 5th Avenue, Suite 150, Vero Beach
563-0505
- Center for Spiritual Care
1550 24th Street, Vero Beach
567-1233
- Mental Health Association Walk-In & Counseling Center
820 37th Place, Vero Beach
569-9788
- Senior Resource Association
694 14th Street, Vero Beach
569-0760
- VNA Hospice
1110 35th Lane, Vero Beach
202-3003

Indian River County
Project Lifesaver

What is Project Lifesaver?
Project Lifesaver is a program designed to track and locate lost individuals. Those at risk for wandering range from the eldest with Alzheimer's disease or other forms of dementia to the youngest with Down Syndrome or Autism.

How does Project Lifesaver work?
Individuals wear a bracelet that contains a radio transmitter which allows law enforcement to locate an audible signal that is a frequency unique to the individual bracelet. When a person wearing this bracelet is reported missing, law enforcement can track and locate them, usually within 30 minutes.

- Presented by:
- Alzheimer & Parkinson Association of IRC
 - Indian River County Sheriff's Office
 - Treasure Coast Pilot Club
 - Alzheimer's Foundation of America

2300 5th Avenue, Suite 150
Vero Beach, Florida 32960
772.563.0505



HomeMD Housecall Services philosophy of care is focused on optimizing the comfort, quality of life, and safety of the senior population in Michigan and Florida. We are proud to announce we are expanding into Florida.





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- Chronic care coordination with registered nurses
- Transitional care management, from hospital to home
- Remote patient monitoring for chronic health conditions
- 24-hour urgent matter call line
- State of the Art in Home Wound Care
- Behavioral health program, advanced care planning
- Coordinated in-home services: diagnostic testing
- Coordination of care with other healthcare providers

Contact us:
Office (855) 466-3631 | Fax (810) 244-0226
intake@homemdhealth.com
www.homemdhealth.com



EMPLOYMENT & TRAINING ASSISTANCE

- AARP Foundation**
Indian River County
1400 27th Street, Suite 204
217-2509, 321-956-1444
- Career Source Research Coast**
1880 82nd Avenue, Suite 103, Vero Beach
494-2100 • www.careersourceRE.com
or call: 866-482-4473/866-4U2-HIRE

Career Source Research Coast is a private, non-profit corporation working with employers throughout our four-county region to identify job openings and assess the skills required for a job candidate to be successful. For more information, visit our website: www.career-sourceresearchcoast.com or call 1-866-482-4473.
- United Against Poverty North**
1400 27th Street, Vero Beach, 564-9365
United Against Poverty South
1050 Old Dixie Highway SW, 770-4142
upirc.org

Serves those in poverty by providing crisis care, case management, transformative education, food and household subsidy, employments training and placement, personal empowerment training and active referrals to other collaborative social service providers.
UP also offers:
 - Member Share Program
 - Crisis Care and Housing Assistance
 - Counseling for Substance Abuse, Mental Health, and Domestic Violence
 - Daily Life Skills Workshops
 - Continued Educational Programs
 - Job Preparation and Specialty Skill Training
 - GED Preparation
 - Veterans Assistance
 - Primary and Preventive Health Care
 - DCF Access Florida
 - Computer Lab
- Vocational Rehabilitation Program**
6480 20th Street, Suite 107, Vero Beach, 778-6348
The State of Florida's Vocational Rehabilitation Program helps people with disabilities find meaningful careers. Assistance with training, medical treatment, accommodations, and other services is provided. A VR counselor determines eligibility, assesses needs, develops a plan and follow-up.

NOTE: All area codes are 772 unless otherwise indicated.

FOOD ASSISTANCE

- Beyond Special K Senior Citizens Program**
Gifford Youth Achievement Center Mobile Food Pantry
2nd & 4th Monday of each month. Call for special holiday dates. Also medical equipment & supplies; clothing; household items as well as other services and activities.
Theresa Baxter, 794-1005, ext. 227
 - Meals on Wheels of Indian River County:** Senior Resource Association reduces hunger and isolation while improving the health and safety of seniors throughout Indian River County. Nutrition programs include the following:
 - Home Delivered Meals:** A trained volunteer delivers a hot, nutritious lunch five days a week, plus frozen meals for the weekend, to homebound seniors who cannot shop or prepare meals for themselves. Meals and wellness visits are available to qualified seniors living in Indian River County, subject to eligibility and funding. The program is also available on a private-pay basis.
 - Social Dining Sites:** Nutritious lunches are available to mobile seniors at locations around the county. In addition to meeting one-third of the daily nutritional requirements, Social Dining Sites offer seniors the opportunity to meet others and enjoy a friendly dining room atmosphere. Subject to eligibility.
 - Emergency Meals on Wheels:** A short-term program provided at no cost to assist with recovery. A nutritious, daily lunch and friendly visit by a trained volunteer is provided to seniors who have been discharged from a healthcare facility within the last 30 days/or whose caregiver has been admitted to a healthcare facility for a brief period.
 - Pet Meals on Wheels:** Because pets provide companionship and health benefits for older adults, SRA proudly supports providing pet food for Meals on Wheels recipients' pets, when funding allows.
 - The Lord's Table**
Esperanzo Drive, Whispering Pines Complex
Contact Joe: 571-0031
Serves two hot meals per day, every day, to those in need who walk in (no questions asked). Meal may be consumed on site or taken out. Operates on private donations only. Meal served between 11 a.m. and noon.
- Food Pantries / Grocery Assistance:**
- Florida Department of Children and Families**
1400 27th Street
866-762-2237 • 850-300-4323
www.myflorida.com/accessflorida

The Food Assistance Program helps people with low-income buy healthy food. A food assistance household is normally a group of people who live together and buy food and cook meals together.

FOOD ASSISTANCE cont.

- SUNCAP**
The SUNCAP Program is a special Food Assistance Program for individuals who receive Supplemental Security Income (SSI). You may be eligible to receive food assistance benefits through the SUNCAP Program without any additional application, paperwork, or interviews. If you already receive food assistance benefits in the regular Food Assistance Program, you may be automatically put in the SUNCAP Program when you become SSI eligible. If your food assistance benefits will go down because of SUNCAP, you may choose to continue receiving your food assistance benefits under the regular Food Assistance Program.
Apply for Supplemental Nutrition Assistance (SNAP) and Medicaid at United Against Poverty
1400 27th Street, Vero Beach
770-2665 - also has a grocery store
- Churches**
Check with your local church. Some maintain food closets through donations from their members.
- Food Pantry of IRC**
2206 16th Avenue (First Baptist Church), Vero Beach
770-2068

Provides three to four days of non-perishable food for needy on emergency basis when available. Pantry available five days per week, Monday, Wednesday & Friday, 9:00 a.m.-12:30 p.m., Tuesday and Thursday, 2:00-5:00 p.m. Program is meant to be supplemental, not long term.
- Indian River County Human Services**
1900 27th Street, Vero Beach
226-1423
Call for appointment.
- St. Vincent de Paul Society North**
5480 85th Street, Wabasso, 589-3312
Food assistance from food pantry for those in need, Tuesday & Thursday 10:00 am-2:00 pm.
All applicants fill out application and are interviewed. Utility assistance when funds are available. Call for information.
Clothing Store: 589-3338
- Salvation Army**
2655 5th Street, S.W., Vero Beach, 978-0265
Food pantry. Open Tuesday, Wednesday & Thursday, 9:00-11:00 a.m. and 1:00 - 3:00 p.m. Free hot meals every Wednesday and Thursday, 12:00-1:00 p.m. onsite.
- Shining Light Garden Foundation**
The Shining Light Garden Foundation is a local non-profit organization, growing fresh vegetables to help feed the homeless, hungry, and forgotten. Provides fresh vegetables to local food pantries and community kitchens in Indian River County.
For more information, contact: Greg Vafiades at 532-8777 or by email at gregvfla@gmail.com

- The Source**
1015 Commerce Avenue, Vero Beach, 564-0202
Ministry provides food and on-site meals and other services to those in need. Monday, Tuesday, Thursday & Friday, 8:00 a.m.-5:00 p.m.; Wednesdays, 8:00 a.m.-1:00 p.m.; Saturdays, 10:00 a.m.-noon; Sundays, 11:00 a.m.-1:00 p.m. Provides clothes, bus vouchers for stranded, counseling, secure identification. Call for schedule and application.
- Treasure Coast Food Bank**
401 Angle Road, Ft. Pierce, 489-3034
Mission is to obtain and distribute food and needed products through participating agencies, to help alleviate hunger in four-county area. Provides help for people who need food. Also provides help in securing food cards.
www.stophunger.org
Funding through United Way and other charitable donors.
- United Against Poverty upirc.org**
1050 Old Dixie Highway (Grocery Store), Vero Beach
770-4142
1400 27th Street (Cost shared grocery program)
Vero Beach, 770-2665
Life Enrichment Center
1400 27th Street, 564-9365
Also provides children's products, computer classes, and education.



Wonderful Volunteer Opportunities

The Shining Light Garden has been growing fresh vegetables to help feed the homeless, hungry, and forgotten, seniors and veterans since 2008. Their focus is strictly on growing and giving for God's glory. Volunteers and financial donations help the Shining Light Garden to provide wholesome, nutritious locally grown produce to families in need in Indian River County.
Volunteer to work in the garden; do not be afraid to come out and do what you can. If you have a love for growing and a heart for giving, the Shining Light Garden needs you.
Help plant starters seeds, wash vegetables, plant, pick, or weed. Help care for the culinary herbs and flower beds.

Call Greg Vafiades at (772) 532-8777 or email to gregvfla@gmail.com for information and volunteer opportunities. Visit their website at www.shininglightgardenfoundation.com.



Joseph Noel Roger Nelson Diane

Section II

Health Care

- Cleveland Clinic Indian River Hospital

1000 36th Street, Vero Beach, 567-4311

Cleveland Clinic Indian River Hospital is a 332-bed not for profit hospital. Founded by Garnett Radin, R.N., in 1932, the hospital features all private rooms and is the largest private-sector employer in Indian River County, with over 2,000 employees. The hospital is accredited by The Joint Commission and a number of departments and services have received state and national certification.

The Welsh Heart Center offers cardiac surgery, angioplasty, electrophysiology and a full array of cardiac services. The outstanding cardiac surgery outcomes have earned it recognition as one of the top cardiac surgery programs in America by the Society of Thoracic Surgeons.

The Scully-Welsh Cancer Center has a personalized, team-based approach to cancer care with navigation services and a patient-centered facility. The cancer program has maintained accreditation since 1989 by the American College of Surgeons Commission on Cancer.

The hospital's high quality endoscopy services, vascular surgery, orthopaedic surgery and neurosurgery techniques and technologies have earned national recognition. The 43-bed Emergency Department features an acute care area for serious and potential life-threatening problems and an express care area for scrapes, cuts, colds and other minor issues.

The Behavioral Health Center provides inpatient care for children and adults. The hospital is certified as a Thrombectomy-Capable Stroke Center by The Joint Commission and is the only hospital in Indian River County that provides 24/7 interventional neurology stroke services. Services also include an award-winning Wound Healing Center that features three hyperbaric oxygen chambers; two Medication Management Clinics; the Rehabilitation Therapy Center for outpatient hand, physical, occupational and speech therapies; and a head and neck surgery program. Indian River County's only maternity service, the hospital welcomes more than 1,200 new babies to the world each year.

More information and a complete list of physicians can be found by visiting: www.clevelandclinic.org/florida

Encompass Health Rehabilitation Hospital of the Treasure Coast

1600 37th Street, Vero Beach, 563-4070

Encompass Health Rehabilitation Hospital is an 80-bed acute Rehabilitation Hospital located in Vero Beach. In existence for over 25 years, the hospital has been the only freestanding rehabilitation hospital providing comprehensive, interdisciplinary services for patients in Indian River, St. Lucie, Martin and Okeechobee counties.

The hospital is licensed by the State of Florida and accredited by the Joint Commission. Encompass Health is committed to a higher level of care, their stroke rehabilitation and brain injury rehabilitation programs have earned Disease-Specific Care Certification from The Joint Commission in addition to Joint Commission accreditation. This Gold Seal of Approval® is a direct reflection of their commitment to provide comprehensive treatment programs to help patients reach maximum outcomes. The Hospital is noted for its outstanding patient satisfaction, discharge to community and outcomes achieved – all key indicators of successful rehabilitation.

Encompass Health's specialized inpatient rehabilitation programs are enhanced with their investment in the most innovative and advanced technology for rehabilitation services. The technologies they offer are:

- Interactive Metronome™
 - VitalStim®
 - MOTomed

- B.I.T.S. Balance System
 - TRANS-SIT
 - Ampcare

Encompass Health provides a wide range of inpatient services to those who have experienced major trauma and/or illnesses including brain injury, stroke, burns, amputations, cardiac disease, neuromuscular disease, falls, post hospital care, and arthritis, to name a few. Care is provided by their clinical team comprised of Physical, Occupational, Respiratory Therapy, Case Management, Rehab Nursing, Primary Care Physicians and Physiatrists (Physical Medicine and Rehab M.D.s).
- continued on page 18
- NOTE: All area codes are 772 unless otherwise indicated.
- 16

2023-2024 GUIDE TO SENIOR SERVICES
-
- THE TRUSTED CHOICE

Call us DIRECT: 772-563-4070
- “No referral required from hospital or a physician!”
- At our hospital, we create rehabilitation programs that are specifically designed for each patient’s needs, using advanced technology and innovative treatments to maximize recovery. It’s why so many people and their caregivers choose us. And why we are the trusted choice of a growing number of medical professionals.
- Encompass Health

Rehabilitation Hospital of Treasure Coast
- encompasshealth.com/treasurecoastrehab
- ©2021:Encompass Health Corporation:MyTurn
- 2023-2024 GUIDE TO SENIOR SERVICES

17

HEALTH CARE cont.

- **Sebastian River Medical Center
A Steward Family Hospital**
13695 U.S. Highway 1, Sebastian, 589-3186
- **Cleveland Clinic Indian River Hospital
Scully-Welsh Cancer Center**
3555 10th Court, Vero Beach, 563-HOPE (4673)

The Scully-Welsh Cancer Center brings world-class cancer care to the Treasure Coast. Located on the campus of the Cleveland Clinic Indian River Hospital, the comprehensive program encompasses outpatient, inpatient, and surgical care. Dedicated operating suites within the main hospital allow surgeons to perform the most intricate procedures in a setting designed specifically for the surgical treatment of cancer.

The outpatient facility offers a full range of medical oncology, radiation oncology treatment, resources for cancer patients and their families, and physician offices, all in one convenient location. Same-day or next-day appointments are available with oncology physicians. To help guide treatment plans as quickly as possible, follow-up with diagnostic results is fast-tracked. Early diagnosis provides better outcomes for patients and the Scully-Welsh Cancer Center provides the very best care without having to travel or wait for appointments.

NOTE: All area codes are 772 unless otherwise indicated.

COMMUNITY HEALTH CENTERS

- **Treasure Coast Community Health (TCCH)**
772-257-8224 | tcchinc.org
 - 12196 CR 512, Fellsmere
 - 13505 U.S. Highway 1, Sebastian
 - 1553 U.S. Highway 1, Vero Beach
 - 1545 9th Street SW (Oslo Road), Vero Beach
 - 1400 27th Street (UP Health Center), Vero Beach
 - 4675 28th Court, Vero Beach
 - 787 37th Street, Suite 140, Vero Beach

TCCH is a nonprofit healthcare organization offering accessible, affordable healthcare. TCCH patients have access to medical, dental and vision services, diabetes support, behavioral and mental health therapy, wound care and infectious disease management, in addition to on-site pharmacies, labs, x-rays, and EKGs within eight health centers. This convenient model allows the entire family to receive comprehensive care from experienced, board certified providers.

TCCH accepts a wide variety of private insurance, Medicare and Medicaid. TCCH waives Medicare deductibles for provider visits. A sliding fee discount, based on income and family size, is available for qualifying patients.

- **Dental Offices**
 - 12196 CR 512, Fellsmere
 - 1545 9th Street SW (Oslo Road), Vero Beach
 - 1955 21st Avenue, Vero Beach

Dental services are available for all ages, providing exams and cleanings with preventative, restorative, and emergency care. Sedation is available for children with developmental disabilities.

continued on page 20

Choose YOUR BEST care.



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- Pharmacy: Discount Medications & Delivery
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• **VNA Mobile Health Clinic**

1110 35th Lane, Vero Beach, 913-0928

A cornerstone of VNA's mission is to provide care for all in our community. One key way we do this is through our community health services. The VNA Mobile Health Clinic offers access to same-day, non-emergency medical care in Indian River County. Advanced practice registered nurses (APRNs) can examine, diagnose and prescribe treatments and medications for minor, non-urgent illnesses such as colds, flu and strep, eye and ear infections, minor cuts, skin infections and rashes. VNA offers health education, COVID testing, no-cost blood pressure, blood sugar and cholesterol screening, school physicals and referrals to community resources. VNA also offers vaccines to our community, including the homebound population.

• **We Care Program:**

Mailing address: PO Box 573, Vero Beach, FL, 32961
Clinic address: 787 37th Street, Suite 140
(Located inside the TCCH office)
772-257-3146 | wecareofirc.org

The "We Care" program coordinates free specialty medical services with uninsured and sometimes under-insured individuals living in Indian River County. Patients needing care must have received a referral from their primary care physician to the We Care office. They meet with the nurse practitioner, aka patient advocate, who qualifies them for the program and coordinates care with an appropriate specialty volunteer physician. Areas of care include but are not limited to Cardiology, Dermatology, Gastroenterology, General Surgery, Neurology, Ophthalmology, ENT, and Podiatry.

To qualify for the We Care program, patients must:

- Be over the age of 18.
- Reside in Indian River County.
- Have no group or private insurance.
- Referred to the program by a Primary Care Physician.
- Meet the financial eligibility guidelines, including income at or below 200% of the Federal Poverty Level.

• **Whole Family Health Center**

1-877-345-9342 | www.wfhcfl.org
• 981 37th Place, Vero Beach
• 725 North U.S. 1, Fort Pierce

Whole Family Health Center (WFHC) is a non-profit community healthcare organization serving the Treasure Coast since 1995. WFHC offers an integrated approach to healthcare providing access to Adult & Pediatric Primary Care, Behavioral Health, and a Pharmacy with delivery services, all under one roof. WFHC strives to be a healthcare home for all members of the community, whether they are full or part-time residents. WFHC accepts Medicare, Medicaid, and most private insurances.

VOLUNTEER OPPORTUNITIES

Volunteer opportunities are available at many organizations in Indian River County - Vero Beach and Sebastian, including the following:

- **Alzheimer & Parkinson Association of IRC**
2300 5th Avenue, Vero Beach, 563-0505
- **Meals on Wheels of Indian River County**
Vero Beach and Sebastian
694 14th Street, Vero Beach, 569-0760
- **Senior Resource Association**
694 14th Street, Vero Beach, 569-0760
- **Shining Light Garden**, 532-8777
- **Silver Tones Choir**
694 14th Street, Vero Beach, 569-0760
- **TCCH**, 257-8224

HOSPITALS

The following hospitals have active and substantial volunteer programs.

- **Cleveland Clinic Indian River Hospital**
1000 36th Street, Vero Beach, 567-4311
- **Encompass Health Rehabilitation Hospital of the Treasure Coast**
1600 37th Street, Vero Beach, 563-4070

SHERIFF'S DEPARTMENT

- **Indian River County Sheriff's Department**
4055 41st Avenue, Vero Beach, 569-6700
Community Service Unit
Volunteers for Victims Assistance Unit, Citizens Auxiliary Patrol (C.A.P.), including house and business checks, vehicle lockouts, traffic assistance, patrolling, house watch, parking enforcement, D.U.I. Impoundments.

POLICE DEPARTMENTS

- **Fellsmere Police Department: 571-1360**
- **Sebastian Police Department: 589-5233**
- **Vero Beach Police Department: 978-4600**

CITY AND COUNTY OFFICES

- **Fellsmere: 571-1616**
- **Indian River County: 567-8000**
- **Sebastian: 589-5330**
- **Vero Beach: 978-4700**

LIBRARIES

- **Brackett Library: 400-6385**
- **Main Library, Vero Beach: 400-6335**
- **North County Library, Sebastian: 400-6360**

LITERACY SERVICES OF INDIAN RIVER COUNTY

- **(Tutoring): 778-2223**
www.literacyservicesirc.org

RECREATION DEPARTMENTS

- **Vero Beach: 770-6517**
- **Indian River County iG Center: 226-1780**
- **Sebastian Community Center: 589-1009**

GIFFORD YOUTH ACHIEVEMENT CENTER

- **794-1005**

*See Indian River Publishers'
"Guide to Medical Services in Indian River County"
and "Senior Bulletin Board" newsletter to find leads
and contacts for volunteering opportunities.*



All classes can be taken digitally via Zoom with detailed info available on our website – www.alzpark.org – or through YouTube channel named "Alzheimer & Parkinson of IRC." Participation in support groups is also available digitally. Contact us at 772-563-0505 for details.

• **Social Respite:**

For caregivers needing a break, we offer free social respite programs in several locations in Indian River County. These popular programs are a much-needed oasis for families who have a loved one with dementia. We are able to give caregivers up to six hours of daily free time while we engage their loved ones in a variety of activities that are uplifting and meaningful, all designed to help improve their quality of life. Currently, social respite programs are located at Indian River Shores Community Center; the Sebastian Yacht Club; Gifford Community Center; and the offices of Alzheimer & Parkinson Association in Vero Beach.

• **Support Groups:**

Support groups are led by trained facilitators and are held on-site and throughout the county for both Alzheimer's and Parkinson's caregivers. The purpose is to provide a network of understanding and friendship that offers practical solutions and informed advice. Many support groups are specifically focused, such as a Parkinson's Caregiver group; a Men's Caregiver group; and a support group for those with a loved one in a facility.

• **Community Education & Training:**

Regularly scheduled workshops and classes are held to educate caregivers, health care professionals and the general public about memory and movement disorders. As part of its ongoing educational emphasis, the organization offers a "dementia experience" for individuals and businesses to learn how to interact with people with dementia and to become sensitized to the needs of those suffering with memory issues.

• **Speaker's Bureau:**

Available to local civic groups, schools and businesses. Topics range from "Dementia 101" to "Programs & Services Offered Free of Charge to Families in IRC" as well as other timely subjects related to memory and movement disorders.

• **Lending Library:**

The library has a wide variety of books available for loan, as well as DVD's, brochures and pamphlets for families seeking timely information about caregiving, and Alzheimer's and Parkinson's in general.

• **Project Lifesaver:**

A program designed to protect, and when necessary, quickly locate individuals with cognitive disorders who are prone to the life threatening behavior of wandering. Those whose dementia puts them at risk for wandering wear a device which transmits a unique tracking signal. When a person wearing this bracelet is reported missing, the Indian River County Sheriff's Office can track and locate them, usually within 30 minutes. The peace of mind that this brings to the caregiver is priceless. The program also serves the needs of parents of children with autism or other related disorders.

• **Parkinson's Movement & Exercise Classes:**

Several classes are offered throughout the year including Qigong, Chair Yoga, Balance, PD Exercise, Movement at the Museum, Boxing for Parkinson's and Movin & Groovin Music Therapy with the VNA. In addition, we offer a "Land & Sea" program held at The Brennnity where "land" exercises in the gym are combined with aquatic exercises in a large indoor heated saltwater therapy pool. In addition, we offer a class called Tremble Clefs which emphasizes voice, diaphragm and facial muscle strengthening for people with Parkinson's and other movement disorders in a rambunctious sing-a-long setting.

• **Memory Screening:**

Available by appointment for a confidential in-person screening that takes no more than 30 minutes.



HOME HEALTHCARE SERVICES

Home health care providers include state licensed companies and independent health care professionals. Listed below are types of companies licensed by the Florida Agency for Health Care Administration to provide services in the home.

Medicare reimbursed intermittent service companies: These companies are licensed to receive Medicare reimbursement. Their services must be ordered by a physician, and you must be home bound to be eligible. The services are intermittent, meaning services are provided for certain times per week for a certain length of time. These Medicare agencies will provide nursing care; physical, speech, occupational respiratory and IV therapy; nutritional guidance and medical social services in the patients home or place of residence. When your condition has improved, and you have met your goals, Medicare services are discontinued until you need them and are eligible again.

- **Activa Home Health Agency**
3055 Cardinal Drive, 249-0606
- **Aftercare Nursing Services, Inc.**
1655 27th Street, 778-0051
- **Carter Healthcare**
93 Royal Palm Pointe, 770-1100
- **Enhabit Home Health**
79 Royal Palm Pointe, Suite A, 492-3591

- **HCA Florida Healthcare at Home**
3755 7th Terrace, Suites 202, 203, 770-1167
- **Indian River Home Care, Inc.**
65 Royal Palm Pointe, Suite A, 569-3885
- **Lighthouse Home Health**
1060 6th Avenue, 226-7930
- **Mederi Caretenders**
603 17th Street, 794-9777
- **NHC Home Care**
946 16th Place, 564-0092
- **Pinnacle Home Health**
579 N.W. Lake Witney Place, No. 103
Port St. Lucie, 781-3006
- **The Roads Home Health Palm Beach**
1450 Old Dixie Highway, 924-2661
- **VNA Home Health**
1110 35th Lane, 202-3003

Hospice Care

Hospice care is designed to provide comfort, palliative care and support to patients and their families when a life-limiting illness no longer responds to cure-oriented care. Hospice care is provided in the patient’s home, family member’s home, in the nursing facility, ALF (Assisted Living Facility), VNA Hospice House and hospital hospice inpatient beds. VNA Hospice is the only certified hospice program in Indian River County providing these services and care.

- **VNA Hospice House of Indian River County**
1110 35th Lane, 202-3003

Private duty custodial service companies: These services are custodial meaning you can request the service for as many hours and as many days as you need. A doctor’s order is not needed. The services are private pay, however, as Medicare will not pay for custodial care. Some long term health care policies and some VA benefits will reimburse these custodial services. These home health companies may provide home health aides and homemaker/companion services in the patient’s home or place of residence. There are three types of licenses given for private duty companies. They include agencies, registries and companion services.

Types of private duty companies: As mentioned previously, there are three licenses issued for private duty companies: agencies, registries, and companion companies. The company’s license number letters will differentiate the distinction. HHA – agency. NR – registry. HCS – companion.

Agencies - Use their own employees to provide services. These employees are directly supervised by a Registered Nurse, and the employees are covered by worker’s compensation and the company’s liability policy. Services may include nursing, home health aide, and companion care.

NOTE: All area codes are 772 unless otherwise indicated.

Home Healthcare Agencies

- **A Moment’s Notice Health Care**
989 37th Place, 978-9092
- **Acts Home Health / Indian River Estates**
2250 Indian Creek Boulevard W., 778-3828
- **Brightstar Care of St. Lucie & Indian River Counties**
3850 20th Street, Suite 7, 400-9229
- **Champion Home Health Care, Inc.**
840 19th Street, 257-0442
- **Compass Home Health Care**
1060 6th Avenue, 226-7930
- **Home Instead Senior Care**
885 37th Place, Suite A, 564-8821
- **Mederi Caretenders**
603 17th Street, 794-9777
- **Pinnacle Home Health**
579 N.W. Lake Whitney Place #103
Port St. Lucie 781-3006
- **Stay Care Home Health Services, LLC**
2770 Indian River Boulevard, Suite 203, 480-7026
- **VNA Private Care**
505 Beachland Boulevard, 778-0159

Nurse Registries

Home health care services are provided by licensed entities. **Nurse Registries** are licensed referral services for nurses and home health aides who are self-employed and contracted by the registry.

- **Absolute Care Nursing Services**
850 N.W. Federal Highway, Suite 204, Stuart
284-8229 or 561-396-8987
- **A Nurses Touch Healthcare, Inc.**
1575 Indian River Boulevard, Suite C-210, 778-2201
- **Advocate In-Home Care**
3975 20th Street, 770-0022
- **Aqua Home Care**
609 17th Street, 925-8560
- **Barwart Nursing Services, Inc.**
1627 U.S. Highway 1, Sebastian, 646-1939
- **Coastal Concierge Services, LLC**
1515 Indian River Boulevard, Suite A-236, 242-4596
- **Indian River Home Care Plus, Inc.**
65 Royal Palm Pointe, Suite F, 569-3885
- **Oak Harbor Home Health, LLC**
4755 S Harbor Drive, 562-3808
- **Oceanside Nursing & Staffing Solutions, LLC**
601 21st Street, Suite 330, 774-7674
- **Private Nursing Care, Inc.**
4731 North Highway A1A, Suite 214, 696-0048





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NR#30211874 www.CoastalConciergeHomeCare.com

Types of Home Healthcare Services

Social Work

Social workers and case managers are specially trained and knowledgeable about available community resources, social and psychological needs, and family management. Responsibilities include evaluation of home environment and family network, eligibility for federal or state financial support programs, recruitment and coordination of appropriate home care services, psychological counseling, emotional problem solving, overall monitoring of home care plan.

Nursing Care

Services are provided by Registered Nurses (RNs) and Licensed Practical Nurses (LPNs). General services include:

General services:

- Observation of patient and evaluation of conditions. Management of care plan.
- Education and training to help patient understand and implement treatment program.
- Supervise LPNs and CNAs (Certified Nursing Assistants).
- Administer specific treatment programs.

Specific skilled nursing home care treatment by RNs:

- Home infusion therapy (intravenous • IV • therapy), including nutrition, fluid replacement, antibiotic therapy, pain management medication, chemotherapy.
- Wound management, including sterile dressings, medication for open wounds, burns and surgical sites.

NOTE: All area codes are 772 unless otherwise indicated.

Specific skilled nursing home care treatment by RNs cont:

- Enterostomal therapy, including ostomy care, care of tube sites, pressure sores and skin care.
- Catheter irrigation and changes.
- Diabetic and nutritional care.
- Post-surgical eye care.
- Tracheostomy aspiration.
- Tube feeding, including adjustment and suctioning of tubes.
- Ventilation therapy.

Examples of nursing care by LPNs:

- Provide services listed above, under RN supervision (except ventilation therapy).
- Draw blood, administer injections and blood pressures.
- Assist with Fleet enemas.
- **Home Health Aide Care**
Services are provided by CNAs and/or Home Health Aides (HHAs).

Personal care:

- Bathing, dressing, grooming, general hygiene.
- Assistance with ambulation, feeding, meal preparation, bed linen changes and positioning in bed.
- Help in managing incontinence.
- Help with routine exercise and rehabilitation therapy programs.
- Maintain medication schedule.

Rehabilitative Therapies

Services are provided by licensed physical therapists (LPTs), occupational therapists (OTs), speech therapists and respiratory therapists.

- **Physical Therapy:** Helps restore function or prevent loss following surgery, illness, or physical injury.

Examples of treatment include therapeutic exercise, traction, massage, gait training to restore lost ability to walk, use of prosthetic devices, ultrasound therapy and whirlpool.

- **Occupational Therapy:** Helps patient accomplish daily living independence through education and training in personal care, maximize functions with disability, developing coping techniques and vocational training.

- **Speech Therapy:** Enables patient to communicate by education and training in techniques to overcome speech problems caused by injury or neurological disease.

- **Respiratory Therapy:** Overcomes respiratory problems caused by illness or chronic disease by training and help in the use and maintenance of breathing aids and administration of medication.

Nutritional Services

Services provided by Registered Dietitians (RD) and RNs specializing in diabetes. Enhances health by counseling patients requiring special nutrition therapy and education. Monitoring insulin therapy and training diabetics in nutrition is involved.

Skilled Nursing Facilities

Skilled nursing facilities are legally classified and licensed as such by the state of Florida.

All facilities listed provide full nursing care to meet a variety of needs.

The nursing facilities differ in size and environment. All of them welcome inquiries and provide on-site tours and information.

The patient's physician will often be involved in the decision to be admitted to a nursing facility, but will not select the facility. The physician must write an order for nursing facility care for those covered by Medicare or Medicaid. Prospective nursing facilities should be visited before selection and assessment made for criteria such as:

- Fees and insurance coverage
- Physical facilities and environment
- Services provided, including amenities
- Staff size and duties

The patient or family should try to talk with families of people who are in nursing facilities. Asking questions of the nursing facility staff is very important.

*** Long-Term Care Insurance for custodial care in a nursing facility is available through private insurance carriers. Custodial care is not covered by Medicare or most Medicare Supplement policies. Such insurance, if indicated by personal finances and other criteria, should be purchased before the applicant requires care.**



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Notes...

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772.469.2270**



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Skilled Nursing Facilities cont.

- **Gardenview Health and Rehabilitation (72)**
2180 10th Avenue
567-5166
- **Hidden Lakes Senior Living Community (24)**
1006 33rd Street
567-5248
- **Palm Garden of Vero Beach (189)**
1755 37th Street
567-2443
- **Sea Breeze Rehab & Nursing Center (110)**
3663 15th Avenue
567-2552
- **Vero Beach Care Center (159)**
1310 37th Street
569-5107
- **Willowbrooke Court at Indian River Estates (120)**
2440 Citrus Blossom Circle
562-8700

Independent Living Facilities

Independent Living is for seniors who are able to live on their own in an apartment or house, but who want the conveniences of living within a community that provides services and amenities such as housekeeping, physical and mental stimulation, dining, transportation, security, or the option of assistance with daily tasks or medical care if they need it later on. The most significant difference between assisted living and independent senior living is the care provided.

- **Discovery Village Vero Beach**
1700 Waterford Drive, 778-7888
- **Hidden Lakes Senior Living Community**
1006 33rd Street, 567-5248
- **Regency Park**
910 Regency Square, 742-2465
- **Renaissance Senior Living**
2100 10th Avenue, 562-8491
- **Sonata**
2425 20th Street, 770-2401
- **Sodalis**
3855 Indian River Boulevard, 770-3796
- **The Brennity at Vero Beach**
7955 16th Manor, 299-7900
- **The Promenade**
10730 U.S. Highway 1, Sebastian, 321-213-1727

NOTE: All area codes are 772 unless otherwise indicated.



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Rehabilitation*

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Assisted Living Facility # 3206

DURABLE MEDICAL EQUIPMENT

The organizations listed below provide durable medical equipment, such as wheelchairs and beds, for consumers' use in the home. Most equipment may be rented or purchased.

Durable Medical Equipment Suppliers

- **Bailey's Medical Equipment and Supplies**
780 U.S. Highway 1, Vero Beach, 226-7700
- **Lincare, Inc.**
4007 US Highway 1, Vero Beach, 567-0822
- **Perkins Medical Supply**
 - 3717 10th Court, Vero Beach, 569-3798
 - 4005 20th Street, Vero Beach, 569-3797
 - 13000 U.S. Highway 1, Sebastian, 388-5251

- **Senior Resource Association**
694 14th Street, Vero Beach, 569-0760
Senior Resource Association recycles gently used medical equipment and re-distributes items at no charge to those who need it most.

IMAGING

- **Diagnostic Center at Sebastian Medical Center**
13695 U.S. Highway 1, Sebastian, 598-3186
One-call scheduling, 321-637-3030
- **Hope Imaging at Indian River MRI, Inc.**
1850 37th Street, 562-3030
- **Indian River Radiology**
1485 37th Street, Suites 101 & 107, 569-9745
- **Treasure Coast Ultrasound**
Mobile Imaging, 370-6490 / 979-5652
- **Vero Radiology**
3725 11th Circle, 562-0163

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Notes...



Treasure Coast

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ABC Accredited Facility

Blood, urine, stool analysis and testing. Physician referred. Some physical offices and hospitals have in-house labs for their patients. Other labs include:

- NOTE: All area codes are 772 unless otherwise indicated.*

- **Quest Diagnostics**
866-697-8378
1050 37th Place, Suite 105
3975 20th Street, Suites B & C
5555 20th Street (inside Walmart)
500 21st Street, Unit 2, Vero Beach
13256 U.S. Highway 1, Unit 4, Sebastian
- **SRMC Laboratory**
13695 U.S. Highway 1, Sebastian, 589-3186
- **Treasure Coast Community Health**
257-8224
- **Treasure Coast Pathology Lab, LLC.**
275 18th Street, 299-5005

Notes...

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28

VISION

Problems with vision vary widely.

As we age our lens become more rigid. This makes it more difficult to read at close range. Glasses or corrective lens are required, with changes in prescription normally required as we grow older. A summary of other vision problems that can occur as we age follows:

Cataracts are a condition where the lens become cloudy, causing vision to blur. The condition is progressive as we age. Cataracts are removed by surgery, and the cloudy lens normally replaced by a plastic “intravascular lens.” Surgery is normally done on an outpatient basis.

Diabetic Retinopathy can occur through changes in the body’s blood vessels caused by diabetes mellitus. Damage to blood vessels in the retina can cause vision problems, which are diagnosed and treated by ophthalmologists.

Floaters are small specks consisting of gel that move in the fluid that fills the inside of the eye. New floaters should be checked by an ophthalmologist.

Glaucoma is a disease of the optic nerve, normally without symptoms in early stages. Eventually it may cause blindness. Early diagnosis is important. Treatment includes eye drops. Surgery may also be necessary to arrest the disease.

Macular Degeneration is damage to the macula, a part of the eye related to seeing fine details. Vision is gradually lost in the central part of the retina, but not peripheral (side) vision. Optical devices and support services are available to help cope with the problem.

Support for people with vision problems in Indian River County is extensive.

Ophthalmologists are medical doctors (M.D.’s) who specialize in the diagnosis and treatment of disorders of the eye and provide complete vision care.

Surgery is performed to repair ailments, such as cataracts and retinal detachments. Glaucoma is diagnosed and treated. Surgery is performed for nearsightedness and astigmatism. Detection of diseases in other parts of the body may be made through eye examination, such as diabetes, thyroid disease, brain tumors and hypertension. Comprehensive eye examinations and prescriptions for eyeglasses and contact lenses are given.

Optometrists are in the profession of examining, measuring, and treating visual defects by means of corrective lenses or other methods.

Opticians are in the profession of making lenses and eyeglasses.

NOTE: All area codes are 772 unless otherwise indicated. continued on page 32

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Florida Eye Institute’s team of board-certified ophthalmologists are at the forefront of treatments for cataracts, macular degeneration, glaucoma, and other retina problems. Our doctors will craft a custom cataract surgery plan to provide you with an outcome that is unique to you, your hobbies, and your lifestyle.

Technological advances have created a variety of (IOL) lens applications, each with unique benefits and features. Every patient is different, and our team of board-certified ophthalmologists will help you choose the best IOL option for you. Patients can now correct loss of reading vision (presbyopia) and astigmatism at the time of their cataract surgery.

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2750 Indian River Blvd,
Vero Beach FL 32960

13397 US Hwy 1,
Sebastian FL 32958



VISION cont.

Physicians in Indian River County practicing Ophthalmology:

- Center for Advanced Eye Care
William J. Mallon, M.D.
Adam M. Katz, M.D.
Michael Schnell, M.D.
Edward S. Branigan III, M.D.
Alexander Blandford, M.D.
Dominick A. Benedetto, M.D.
Derek H. Ohlstein, M.D.
J. Val Zudans, M.D.
Logan VanderWoude, D.O.
3500 U.S. Highway 1, Vero Beach, 299-1404
2215 Nebraska Avenue, Fort Pierce 410-2810
- Florida Eye Institute
Thomas A. Baudo, M.D.
Karen D. Todd, M.D.
Christopher S. Shumake, M.D.
Daniel Stingl, M.D.
Wilson K. Wallace, M.D.
Eric D. Medina, M.D.
2750 Indian River Blvd., Vero Beach
13397 U.S. Highway 1, Sebastian
569-9500
- New Vision Eye Center
David J. O'Brien, M.D.
Stephen M. Tate, M.D.
Robert M. Reinauer, M.D.
Scott D. Piette, D.O.
William Rob Vickers, M.D.
Marvin I. Gordon, M.D.
1055 37th Place, Vero Beach, 257-8700
- Panacea Eye Center
Sarah S. Khodadadeh, M.D.
1000 37th Place, Suite 101, Vero Beach, 758-1000
- Riverside Eye Center
Brett E. Steinward, M.D.
Stephen J. Winslow, Jr., M.D.
14410 U.S. Highway 1, Sebastian, 589-8111

OTHER VISION SERVICES

- Florida Division of Blind Services
400 North Congress Avenue, Suite 305
West Palm Beach, FL 33401
1-866-225-0794 1-561-681-2548
www.dbs.myflorida.com

The Florida Division of Blind Services helps blind and visually impaired individuals achieve their goals and live their lives with as much independence and self-direction as possible.

The Florida Division of Blind Services also provides information and reading materials needed by individuals who are unable to use standard print because of a visual, physical, or reading disability. These services are provided through its Bureau of Braille and Talking Books Library.

If you live in Florida and have trouble reading print as the result of an eye problem, a reading disability, or difficulty holding a book because of arthritis, a stroke, or an accident, you may apply for Bureau of Braille and Talking Books Library services. Libraries, nursing homes, hospitals, schools, and other Florida institutions with customers who have disabilities which impede their use of conventional print may also apply for services.

- Florida Division of Blind Services
Independent Living Adult Program
Dbs.myflorida.com • 800-342-1828

The goal of the Independent Living - Adult Program is to enable blind and severely visually impaired adults to live more independently in their homes and communities with a maximum degree of self direction.

Eligibility
An adult must have a visual impairment in both eyes and require services to improve or maintain their independence at their home and community.

Services may include:

- Information and Referral
- Independent Living Skills Training
- Orientation and Mobility (Skills to Travel Independently)
- Adjustment to Blindness
- Advocacy Training
- Low Vision Services
- Public Education
- Prevention of Blindness

Plan
A plan for services will be jointly developed based on an assessment of skills.

Rights and Review Process
An applicant or eligible individual has a right to request a review of any decision made by DBS concerning the provision or denial of services

Adult Continuing Education Program
The Hadley Institute for the Blind and Visually Impaired Adult Continuing Education Program (ACE) offers a variety of courses for individuals who are blind or visually impaired. Topics range from Braille and academic studies to independent living, life adjustment, technology, business and employment skills and recreation. ACE students who are parents of children who are visually impaired or blind are also eligible for courses in our Family Education Program.
You are eligible to enroll in the ACE Program if you are age 14 or older, you are blind or meet vision eligibility requirements and you can understand courses written in English at the high school level..

- Florida Division of Blind Services
Bureau of Braille and Talking Book Library Services
421 Platt Street • Daytona Beach, FL 32114-2804
1-800-226-6075 • 1-386-239-6000

The Bureau of Braille and Talking Book Library Services offers a wide range of services.

continued on page 34

OTHER VISION SERVICES cont.

- Seven typical services include:
- Books are offered in Braille and recorded formats for all ages and include bestsellers, classics, mysteries, biographies, westerns, poetry, history, and other subject areas commonly represented in public library collections. Materials are available in English and many other languages.
 - Magazines are sent to customers on a subscription basis and include more than 100 popular titles such as “Southern Living” and “Sports Illustrated.”
 - Equipment needed for the service is loaned to customers by the Library, including digital players and accessories.
 - Books are also accessible from the Braille and Audio Reading Download (BARD) website using personal devices such as iPhones, iPods, Android devices, Victor Streams, and BrailleNotes.
 - Catalogs are mailed bimonthly to inform customers about new books and magazines added to the collection. Recorded book customers usually receive Talking Book Topics, while Braille readers most often subscribe to Braille Book Review. These catalogs are used to select and order reading materials. A complete book catalog is also available at the NLS Web site.
 - Music materials, such as scores and musical textbooks in Braille and large print, are available directly from NLS.
 - Print and audiovisual materials on the subjects of blindness, disability, and rehabilitation are available for research and public education.
 - Access to NFB-NEWSLINE across many devices. NFB-NEWSLINE is a free audio news service for anyone who is blind, low-vision, deafblind, or otherwise print disabled that offers access to more than 500 publications, including national and state newspapers, magazines, and breaking news sources. Patrons of the library can contact their reader advisor at 1-800-226-6075 to register.

Courtesies and Helpful hints when you meet a visually impaired person.

- Identify yourself when initiating a conversation.
- Do not speak through a third person when addressing someone who is blind.
- It's perfectly okay to use words like watch, look and see when talking to someone who is blind.
- Offer assistance but don't assume the person needs help.
- Describe the layout of large rooms. When entering a meeting or conference room with someone who is blind or visually impaired, a brief description of how the furniture is arranged can make it easier for that person to navigate surroundings.
- Always push your chair in, keep cabinet doors and drawers closed. Doors should remain closed or open never ajar.
- DONT be afraid to ask questions. .
- Give a verbal indication when you walk away from a conversation or leave the room.

- Refrain from speaking to or touching a guide dog. These dogs are working and touching them or talking to them may distract them from their job. Even if a dog is at rest, ask the owner for permission before petting the dog.
- Provide electronic copies of materials you'll be handing out in hard-copy form or presenting via PowerPoint prior to a meeting. This gives staff with disabilities the opportunity to load the documents onto their computer or other device and print them in an accessible format, or listen to them in auditory format.
- Do not use highly stylized typefaces. When preparing documents, avoid using stylized or graphical fonts, as these can be difficult for individuals with low vision to read. Instead, use easy-to-read, sans-serif fonts with clearly defined letters and clear spacing between the letters, such as Helvetica, Verdana or Arial.
- Lighthouse of the Blind of the Palm Beaches
5610 Corporate Way, Suite 210, West Palm Beach, Florida Indian River County • 561-586-5600 or 888-399-1129
Lighthousepalmbeaches.org
info@lighthousepalmbeaches.org

Programs and Services
 - Daily Living Skills
 - Orientation and Mobility
 - Assistive Technology
 - Adjustment to Blindness Counseling
 - Low Vision Clinic
 - Blind Babies
 - Children's Services
 - Transition for Teens
 - Vocational Services
 - Social Services
 - Social Clubs
 - County Education
 - Aids & Appliances Store
 - Equipment Grant Program
 - Statement of Rights
 - Accessibility Resources
 - Vision Screenings

NOTE: All area codes are 772 unless otherwise indicated.

HEARING

Problems with hearing vary widely from slight hearing loss to deafness and are caused by a variety of factors. It is common to lose hearing acuity as people grow older and hearing problems are often associated with the elderly. Progressive hearing loss may begin with the inability to hear high frequency sounds and then conversational speech. The cause may be genetic, the effects of disease, such as high blood pressure, or the result of exposure to noise.

Otolaryngologist is the formal name of an ear-nose-throat doctor, or ENT. They are physicians dealing with medical issues related to the ear, nose, throat, and larynx as well as areas around the head and neck, with expertise in a vast array of medical issues, from cancers to allergies to sinus problems to major trauma. They have a medical Ph.D. and have experience with general surgery. Often, they'll perform minor surgeries; they're also the doctors you'd see if you needed your tonsils taken out. In general, you'll be sent to an otolaryngologist if you're having a medical hearing problem or ear disorder. Often, if your impairment is one that's possible to treat with surgery, you'll talk to an ENT.

Physicians in Indian River County practicing Otolaryngology:

- **Kathleen M. Baggett, M.D.**
Jeffrey A. Livingston, M.D.
Alex H. Yoon, M.D.
Matthew C. Jepsen, M.D.
1325 36th Street, Suite A, Vero Beach, 563-0015
- **Brian Burkey, M.D.**
Ashley Mays, M.D.
Head & Neck Surgery
3555 10th Court, 563-4673
- **Marc E. Lieberman, M.D.**
1600 36th Street, Suite A, Vero Beach, 569-7800
entverobeach.com
- **T. Seth Tudor, D.O.**
12920 U.S. Highway 1, Suite B, Sebastian, 228-9808

Audiologists and Hearing Aid Specialists are technicians trained to test hearing loss and fit hearing aids. They conduct a variety of tests to determine the exact nature of an individual's hearing problem.

The tests are conducted in a sound treated room with equipment that can measure the type of hearing loss and it's magnitude. The audiologist interprets the results and recommends aids to treat the problem. They also check the medically related hearing problems and refer clients with such problems to otolaryngologists.

People with impaired hearing may use devices, which assist hearing, such as portable microphones, amplifiers, and earphones. Also devices are available to augment the use of the telephone. Hearing aids are battery-powered instruments that filter and amplify sound. Hearing aids should be custom fitted. A trial and adjustment period is usual.

- **Deaf and Hard Of Hearing Services of the Treasure Coast, Inc.**
1016 N.E. Jensen Beach Boulevard
Jensen Beach, 772-334-2233
- Vero Beach - Tuesday mornings by appointment only
2nd Floor of United Way Building on 14th Avenue
866-229-8886 or 772-334-2233

The Deaf and Hard of Hearing Services of the Treasure Coast, Inc. (DHHS) is presently in its twenty fifth year of existence. Organized by its first Board of Directors in December of 1988, and incorporated as a 501(c)(3) not-for-profit organization in February 1989, it provides service to a four-county area including Indian River, Martin, Okeechobee and St. Lucie.

DHHS is a Treasure Coast Community Resource whose vision is to encourage a compassionate local community which is knowledgeable and willingly provides for the communication needs of individuals who are deaf or hard of hearing by fulfilling their legal obligations and providing for affordable technology. DHHS's mission, as a leader in community education and outreach, is to enable communication, advocate for individuals who are deaf or hard of hearing, and provide affordable amplification and assistive devices, all of which results in an improved quality of life and the promotion of equal opportunities for all individuals in this unique community. The core values instilled in our services include: fiscal responsibility, openness, and honesty; and being compassionate, vigilant, and proactive toward filling our client's needs.

- **Florida Telecommunications Relay Inc.**
1820 East Park Avenue, Suite 101
Tallahassee, FL 32301, 800-222-3448
Contact: Voice: 888-554-1151 • TTY: 888-447-5620
VP: 850-270-2641 • Email: customercare@ftri.org

A statewide non profit 501(c)3 organization that administers the Specialized Telecommunications Equipment Distribution Program for citizens of Florida who are Deaf, Hard of Hearing, Deaf/Blind and Speech Disabled. We are also responsible for the education and promotion of the Florida Relay Service.

FTRI offers a variety of amplified telephones to meet the need of persons with a mild, moderate, or severe hearing loss. These amplified telephones are available at all of the 24 Regional Distribution Centers located throughout the state.

To qualify for a FREE special phone, you must be:

- A permanent Florida resident
- At least 3 years old
- Certified as having a hearing loss or speech impairment
- Or call FTRI at 800-222-3448
- FTRI now has a new Customer Care toll-free telephone number for clients to call if they are experiencing trouble with their amplified phone. The new number to call is 888-554-1151 or you may email Customer Care at customercare@ftri.org.

- **Dial 7-1-1 to get assistance communicating with standard (voice) telephone users.**

• Florida Relay is a service provided to residents in the State of Florida who are Deaf, Hard of Hearing, Deaf/Blind, or Speech Disabled that connects them to standard (voice) telephone users. Through the use of highly trained Operators, calls can be made 24/7, 365 days a year allowing our Florida residents who are in need of Relay services to connect and communicate with anyone at any time.

- All calls remain confidential, and no records of conversations are ever maintained.

NOTE: All area codes are 772 unless otherwise indicated.

Today's Hearing Aids Are a Gateway to Better Hearing Health

In-Home testing available. We offer weekend and evening appointments. Call for an appointment today!
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Sooner is Better

Over time, reduced stimulation to your ears and brain can actually impair the brain's ability to process sound and recognize speech. The more speech recognition deteriorates, the more difficult it may be to recover. When you can't hear what's going on around you, your mental sharpness suffers.

The sooner you take action, the sooner you are able to put a stop to the negative effects of hearing loss, and the sooner you may begin to regain sharpness, confidence, and control.

Five reasons to treat hearing loss – Research by the non-profit National Council on Aging concluded that hearing loss treatment is show to:

- | | |
|--|--|
| 1. Improve communication in relationships | 3. Improve ease in communication |
| 2. Improve intimacy and warmth in family relationships | 4. Improve emotional stability |
| | 5. Improve sense of control over life events |

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772.465.2141 Fort Pierce
Night and Weekend Appointments
All Medical Insurance Accepted



Kim Harris - Vero Beach
772.569.0444



Bill Wilson - Sebastian
772.388.2343



Bill Smith - Fort Pierce
772.465-2141

We Can Help!

If you think you or someone you know has hearing loss, the next step is an easy one!
Contact us for the care and expertise you deserve.

4025 20th Street • Vero Beach, FL 32960

1515 U.S. Highway 1, Suite 104 • Sebastian, FL 32958

2960 South U.S. Highway 1 Suite D-2, Fort Pierce, FL 34982

ADVANCED MOTION THERAPEUTIC



- Physical Therapy
- Speech Therapy
- Massage Therapy
- Occupational Therapy

A team of the best licensed certified therapists experienced in treating adult and pediatric population.

THERAPY PROGRAMS:

- Orthopedic Rehabilitation
- Neurological Rehabilitation
- Parkinson's / LSVT Program
- Strength / Endurance Therapy
- Cardiac Rehabilitation
- Anodyne Therapy
- Lymphedema / Swelling
- Vertigo / Dizziness Program
- Continence Management
- Spinal and Sports Injuries
- Osteoporosis and Arthritis
- Pediatric Rehabilitation



772-567-8585

2965 20th Street • Vero Beach (West of 27th Avenue)

Fax: 772-299-7868

MM# 18470

www.AMTvero.com

We are a Certified Medicare/Medicaid Out-Patient Physical Therapy Facility and Accept Most Insurances.



WALK-INS WELCOME - FREE CONSULTATIONS

PHYSICAL THERAPY

Physical therapy is available through Cleveland Clinic Indian River Hospital, the Encompass Rehabilitation Hospital of the Treasure Coast, Sebastian River Medical Center and through nursing homes and nursing services.

In order to be covered by Medicare and other insurance, physical therapy treatment is normally provided by referral from a physician. The consumer may choose the physical therapy provider. At the first visit to a physical therapist a comprehensive examination and evaluation is made of the patient's problem and a treatment plan developed.

Facilities specializing in physical therapy, other than the above, include:

- **Advanced Motion Therapeutic**
2965 20th Street, Vero Beach, 567-8585
- **Back in Form Physical Therapy**
4445 Highway A1A, Suite 125, Vero Beach, 231-3676
- **Compass Therapeutic**
1965 42nd Avenue, Suite 2, Vero Beach, 999-3129
- **Elite Rehab Therapy**
787 37th Street, Suite 100, Vero Beach, 569-7217
- **Healthworks Physical Therapy**
1060 6th Avenue, Vero Beach, 299-3383
- **Longevity Rehab Center**
1515 Indian River Boulevard, Suite A-135, Vero Beach, 978-9750
13000 U.S. 1, Sebastian, 581-8326
Aquatic Therapy Center - 9055 American Road, Suite 20 Vero Beach, 774-8392
- **Lymphedema Therapy**
1965 42nd Avenue, Suite 2, Vero Beach, 569-9747
- **Orthopaedic Center of Vero Beach Physical Therapy**
1285 36th Street, Suite 102, Vero Beach, 794-1234
- **Power Back Rehab Service The Brenny at Vero Beach**
7975 16th Manor, Vero Beach, 567-3228
Pelican Landing
13085 US Highway 1, Sebastian, 646-9577
Harbor Chase/Regency Park
778-5961
- **Premier Physical Therapy**
1345 36th Street, Vero Beach, 567-8040

continued on page 38

NOTE: All area codes are 772 unless otherwise indicated.

Longevity Rehab Center

Physical Therapy is a medical treatment that assists an individual in regaining physical function, mobility, and all around quality of life following illness, injury, or surgery.

Some of the benefits of Aquatic Therapy include:

- Decreased joint strain
- Reduced swelling and pain
- Increased circulation
- Strengthens muscles
- Covered by Medicare and most major insurances

Our 5,000 gallon indoor pool is a comfortable 92 degrees



Call today for a free consultation. Let us help you get back to living your best life.

Vero Beach West Aquatic Therapy
9055 Americana Road, Suite 20 | Vero Beach | 772.774.8392

Our other physical therapy locations include:

1515 Indian River Blvd., Suite A135 | Vero Beach | 772.978.9750
13000 US Hwy 1, Suite 7 | Sebastian | 772.581.8326 | longevityrehab.com

PHYSICAL THERAPY cont.

- **Sebastian River Medical Center Outpatient Rehabilitation (PT, OT, Speech Therapy; Inpatient & Outpatient)**
13695 US Highway 1, Sebastian, 581-2068
- **Rehabilitation Therapy Center at CCIIRH**
3650 10th Court, Vero Beach, 563-4651
- **Select Physical Therapy**
1424 U.S. Highway 1, Suite B, Sebastian, 581-4244
- **Sports, Spine and Hand Physical Therapy**
1260 37th Street, Suite 102, Vero Beach, 213-9800
- **Sports, Spine and Pain Medicine**
2096 38th Avenue, Vero Beach, 978-9997
- **Sunshine Physical Therapy Clinic**
1705 17th Avenue, Vero Beach, 562-6877
- **Vero Orthopaedics**
3955 Indian River Boulevard, Vero Beach
801 Wellness Way, Sebastian
388-9510

NOTE: All area codes are 772 unless otherwise indicated.

Notes...

[illegible]

SUPPORTIVE THERAPIES

- **Music Matters | Moreen Burkart**
In Home Music Therapy with a board certified music therapist
Benefits of music therapy include increased relaxation, reduced pain, reduced anxiety, cognitive improvements and developing coping skills, 226-0513
- **Music Therapy**
Music therapy is an effective intervention that meets the spiritual, physical and emotional needs of patients and their families. It uses music to achieve non-musical goals.
VNA, 978-5580
- **Treasure Coast Percussion | Brandon Putske**
Specializes in private lessons, drum circles for all occasions and HealthRHYTHMS® is a fun, evidence-based whole person strategy which promotes socialization and ensure a healthy non-strenuous workout. 696-2857
- **Activity Kits**
For Caregivers to provide engaging activities at home. A variety to choose from.
Alzheimer & Parkinson Association of Indian River County, 563-0505
- **Movement Programs**
Balance, Land & Sea, Parkinson Disease exercise, Quigong, Tremble Clefs, movement at the Museum, chair yoga, movin & groovin, boxing for Parkinson, Memory Fitness
Alzheimer & Parkinson Association of Indian River County, 563-0505

Senior Bulletin Board

A Calendar of Events for Active Seniors

Senior Bulletin Board is a community-oriented monthly newsletter published nine times a year, October through June.

The monthly publication contains listings of activities available to Seniors throughout Indian River County. Copies are available the first of the month at over 100 locations.

To Advertise, contact:
Phil or Carol VanVynckt
Tel: 563-0863
Email: SrBulletinBoard@aol.com

SUPPORTIVE THERAPIES cont.

- **Social Respite**
Engage your loved one(s) with a variety of activities that are uplifting and meaningful, designed to help improve quality of life.
Alzheimer & Parkinson Association of Indian River County,
563-0505
- **Alzheimer & Parkinson Counseling & Guidance**
Alzheimer & Parkinson Association of Indian River County,
563-0505
- **Project Lifesaver**
Designed to track and locate lost individuals who wander.
Alzheimer & Parkinson Association of Indian River County,
563-0505
- **Memory Screening**
Alzheimer & Parkinson Association of Indian River County,
563-0505
- **Dayaway & Lifeway**
Daily socialization, recreation & respite.
Senior Resource Association , 569-0760
- **Emergency Alert Response System**
Medical Assistance at the push of a button.
Senior Resource Association , 569-0760

PUBLIC HEALTH

- **Florida Department of Health in Indian River County**
1900 27th Street, Vero Beach, 794-7400
- The Florida Department of Health in Indian River County offers the following public health services:
- Family planning/birth control
 - HIV/AIDS primary care and services
 - Communicable disease reporting and control
 - Sexually transmitted disease (STD) services
 - Immunizations
 - School health services
 - WIC nutrition program
 - Office of Vital Statistics (birth and death certificates)
 - Environmental Health
 - Community health improvement and outreach
 - Public health preparedness and response

NOTE: All area codes are 772 unless otherwise indicated.



Music Matters LLC

Music Therapy for the Treasure Coast

Scan me



IN-HOME MUSIC THERAPY

Music therapy is an evidence-based treatment that helps with a variety of disorders such as depression, anxiety, COPD, and neurologic conditions including Parkinson's and Alzheimer's disease.

Music therapists are trained in how to utilize music for therapeutic purposes, addressing goals such as improved gait and balance, decrease stress, anxiety, disorientation and agitation, strengthen fine and gross motor skills, mood elevation and more. You don't need a background in music to benefit.

Moreen Burkart is a board certified music therapist and owner of Music Matters LLC. With more than 10 years of experience, Moreen specializes in working with older adults living with chronic conditions and Neurologic disorders.



Call or visit our website to learn more

772.226.0513

www.MusicMattersTC.com

SUPPORT GROUPS

This section lists groups that provide support – defined as education, group discussion and information sharing – for persons in need. Call for meeting schedules.

- **AIDS Information (Center for Disease Control)**
AIDS Hotline: 1-800-CDC-INFO (232-4636)
 - **River Fund**
11155 Roseland Road, Unit 16, Sebastian, 589-5076
 - **Public Health Department**
1900 27th Street, Vero Beach, 794-7400
- **Alcoholics Anonymous**
562-1114
- **Al-Anon/Al-Ateen**
562-1114
(SRMC) 664-0224
- **Alzheimer & Parkinson Association of Indian River County, Inc.**
2300 5th Avenue, Suite 150, Vero Beach, 563-0505
 - Alzheimer’s Disease Support Group for Caregivers
 - Essential Tremor Support Group
 - Male Caregiver Support Group
 - Support Group for those with loved ones in facilities

Beyond Special K Senior Citizens Program

at the Gifford Youth Achievement Center (GYAC)
4875 43rd Avenue • Vero Beach, Florida 32967

When in Need, Contact Program Coordinator:
Theresa Baxter at 772-794-1005, ext. 227

Our mission is to serve OUR community with their needs.

Mobile Food Pantry

Every 2nd & 4th Wednesday of each month
Contact Theresa during Holidays for special dates.

Provided by:

Treasure Coast Food Bank, United Against Poverty,
Shining Light Garden and Salvation Army

Medical Equipment & Supplies

Clothing / Household Items

Other Services & Activities



Love to Serve, Inc.

1622 U.S. Highway 1
Sebastian, Florida 32958
772-584-1751

We are a 501(c)(3) nonprofit organization that strives to fill in the gaps within our community in anyway we can. We help the elderly, children, and anyone during times of need. We also partner with other local charity organizations in order to provide even more help during times of need.

www.lovetoserveirc.com



- **American Cancer Society**
3375 20th Street, Suite 100, Vero Beach
800-227-2345
(24 Hour Line - includes local information)
- **American Heart & Stroke Association**
237 E. Marks Street, Orlando, FL 32803
407-843-1330 • www.heart.org
- **American Red Cross**
2506 17th Avenue, Vero Beach, 800-227-2345
- **Amputee Support Group**
Encompass Health Rehabilitation Hospital
of the Treasure Coast
3rd Tuesday of the month 5:30 to 6:30pm
1600 37th Street, Vero Beach, 563-4070
- **Bariatric (Weight Management) Support Group**
at Cleveland Clinic Indian River Hospital
Call for info: 794-1437
- **Bariatric (Weight Management) Support Group**
at Sebastian River Medical Center
Call for info: 581-8003
- **Bereavement Support Groups**
 - St. Helen’s Grief Ministry, 492-9101
 - VNA Hospice of Indian River County, 202-3003
- **Better Breathers Club of Vero Beach**
Contact: Karen Bleakley, 567-4311, ext. 3-2453
- **Blind Services (state agency)**
866-225-0794, 561-681-2548
800-342-1828 (Tallahassee)
- **Brain Injury Support Group**
Encompass Health Rehabilitation Hospital
of the Treasure Coast
1600 37th Street, Vero Beach
563-4070
- **Cancer Support Groups**
 - American Cancer Society
800-227-2345
 - Friends After Diagnosis Friendship House
770-9700 • www.friendsafterdiagnosis.com
 - Center for Spiritual Care, 567-1233
 - Cleveland Clinic Indian River Hospital | Scully-Welsh
Cancer Center
Breast | Prostate | General | Caregivers Support
563-4673
- **Cardiac Support Groups**
 - Mended Hearts, Inc., Chapter 235
Contact: Alice Conkey, 562-3996

continued on page 42

NOTE: All area codes are 772 unless otherwise indicated.

HOW WE CAN HELP



Senior Resource
ASSOCIATION



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. SRA also offers zero-fare transportation for all, helping people of all ages get where they want to go.

Day-Away Enrichment and Respite

Daily socialization, recreation activities;
respite for caregivers.

Public Guardian Program

Personal and financial management,
protecting rights of seniors.

Community Coach

Pre-arranged, door-to-door service for 55+
transportation disadvantaged riders.

Emergency Alert Response System

Fast, reliable 24/7 emergency assistance at
the push of a button!

Silver Tones

Volunteer senior choral group, a meaningful
musical outlet and community service.

Meals on Wheels

Hot, nutritious meals and daily wellness visits.

Durable Medical Equipment

Zero-cost access to wheelchairs and other
medical equipment.

Go Line Transportation

Zero-fare bus system for all ages, with 14 Indian
River County Routes.

Emergency Home Energy Assistance

Financial assistance for eligible utility bills.

In-Home Services

Homemaking services, medication
management, companionship; respite for
caregivers.

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

SUPPORT GROUPS cont.

- **Caregiver Support Groups**
 - Alzheimer & Parkinson Association of IRC, 563-0505
 - Visiting Nurse Association, 202-3003
- **Diabetes Support Group**
 - A Healthier Me
Contact: Colleen Symanski, RN, CDE, NDPP, 501-0598
- **Epilepsy Foundation of Southern Florida**
3222 Commerce Place, Suite B
West Palm Beach, FL 33407
Call for Support Group info: 1-877-553-7453
- **Friends After Diagnosis**
Vero Beach and Sebastian, 770-9700
- **Friends After Diagnosis Wellness Program**
Wellness programming is the other primary way that survivors use Friends to enhance their lives. Friends offerings include programs in aquatics, therapeutic arts, equine-assisted therapy, crew rowing, dance and fitness. These programs and other special events foster fellowship that helps survivors feel more connected and secure. 770-9700
- **Hospice & Palliative Care / VNA Hospice**
567-5551
- **Leukemia & Lymphoma Society**
3230 Commerce Boulevard, Suite B
West Palm Beach, 888-478-8550
- **Low Vision Support Group**
Florida Eye Institute, 569-9500
- **Mental Health Association Walk-In & Counseling Center**
820 37th Place, Vero Beach, 569-9788
- **Mood and Anxiety Support Group**
820 37th Place, Vero Beach, 569-9788
- **Mental Health Association Drop-In Center**
2183 Ponce de Leon Circle
Vero Beach, 778-4444
- **MHA Support Groups:**
 - **Peer Services Drop-In Centers**
2183 Ponce de Leon Circle
Vero Beach, 778-4444
For those recovering from mental illness.
 - **MHA Veteran Meet-Up**
Every Wednesday, 6:00-8:00pm
Casual setting. All veterans welcome.
- **Multiple Sclerosis National Society**
3125 West Commercial Boulevard, Suite 100
Ft. Lauderdale, FL 33309
800-344-4867
- **Muscular Dystrophy Association (MDA)**
561-742-3748
- **Parkinson Support Group**
Alzheimer & Parkinson Association of Indian River County
2300 5th Avenue, Suite 150, 563-0505
- **Parkinson Support Group**
Encompass Health Rehabilitation Hospital of the Treasure Coast
1600 37th Street, 563-4070
- **Sjogrens Awareness Ambassador**
Contact: Colleen Symnaski, RN, CDE, Health Coach
501-0598
- **Smoking Cessation & Lung Cancer Screening**
Cleveland Clinic Indian River Hospital
Scully-Welsh Cancer Center, 226-4827
- **Stroke Support Group**
Encompass Health Rehabilitation Hospital of the Treasure Coast
2nd Thursday of each month 4:00-5:00pm
1600 37th Street, 563-4070
- **Substance Awareness Center of IRC**
1507 20th Street, 770-4811
- **Wellness Support Group**
 - A Healthier Me
Contact: Colleen Symanski, RN, CDE, NDPP, 501-0598
- **Women’s Refuge of Vero Beach**
Counseling services, 770-4424

NOTE: All area codes are 772 unless otherwise indicated.

LAND & SEA

Held every Monday at
THE BRENNITY
11:30 a.m.

This program combines “land” exercises in the gym with aquatic exercises in a large indoor heated saltwater therapy pool.

Specifically designed to help people with Parkinson’s and related movement disorders.

Call the
Alzheimer & Parkinson Association of Indian River County
772-563-0505
for more information.





REFERRAL SERVICES

This section lists the organizations that make referrals of medical providers to people who inquire – normally by telephone.

The organizations listed below for physician referral provide a choice of names without evaluations. The physicians referred normally are associated with the referring entity.

Physician Referral (Find-A-Physician):

- **2-1-1 Help Line**
A community helpline and crisis hotline.
- **Cleveland Clinic Indian River Hospital**
877-463-2010
- **Cleveland Clinic Indian River Hospital Scully-Welsh Cancer Center**
563-HOPE (4673)
- **Indian River County Medical Society**
562-0123

Other Information and Referral Services:

- **American Cancer Society** - 800-227-2345
- **Mental Health Association Walk-In & Counseling Center**
820 37th Place, Vero Beach, FL 32960
569-9788
- **Senior Collaborative Indian River County**
“Your Sources for Senior Solutions”
1836 14th Avenue, Suite 204, Vero Beach, FL 32960
772-469-2270 – SeniorServicesIRC.org

Need help? Our Navigation Program offers a no-cost service to connect seniors, family members or their caregivers with local non-profit and for-profit resources, located in Indian River County, through our searchable website and by telephone assessment and referral.
 - **UpSlide Program** - serves elders by offering individual counseling, chat groups and support to increase social engagement. If you are isolated or feel lonely contact Senior Collaborative for more information.

Save the date: Senior Expo, Indian River County Fairgrounds, Thursday, March 21, 2024

- **Livable Indian River**
“If it is good for an 80 year old it is good for an 8-year-old.”
Indian River County’s Age-Friendly designation includes an assessment of community needs and advocacy for change in areas that will make a difference in the well-being of older adults. Find out more about Livable Indian River County, including assessment findings and Indian River County’s livable action plan, at www.seniorservicesirc.org/livableindian-river
- **Senior Resource Association**
694 14th Street, 569-0760
Information on local resources for older adults.
- **Substance Awareness Center of Indian River County**
Vero Beach: 770-4811
- **Veterans Service**
Vero Beach: 226-1499 • Sebastian: 589-6597

MENTAL HEALTH SERVICES

Mental Health Association Walk-In & Counseling Center

The MHA is the only mental health care agency in the county that operates a Walk-In & Counseling Center where Indian River County residents (children & adults) can walk in without an appointment and receive a mental health screening at no charge. The MHA also provides a full range of mental health services which include individual therapy, wellness classes, crisis intervention, consultation with family members, referrals & follow-up treatment. The MHA also has three Drop-In Centers which provide safe, supportive and confidential peer-operated recovery spaces that are open 365 days a year.

820 37th Place, Vero Beach, FL 32960 | 569-9788
www.mhairc.org

Mental Health Association Drop-In Center

2183 Ponce de Leon Circle, Vero Beach, FL 32960
778-4444

Mental Health Association Support Groups

- **Peer Services**
For those recovering from mental illness.
- **Veterans Meet-Up**
Every Wednesday, 6:00-8:00 pm
Casual setting, all veterans welcome.

Mental Health Service Providers

- **Cleveland Clinic Indian River Hospital Behavioral Center**
1190 37th Street, 563-4666

The Behavioral Health Center provides inpatient psychiatric services for children, adolescents, adults and senior adults. It is a 46-bed facility owned and operated by the Cleveland Clinic Indian River Hospital.

continued on page 44

FEED THE LAMBS
Enrichment Program, Inc.

Our Mission Statement:

To provide recreation, education, and mentorship services for underprivileged children, at no cost, who would otherwise be unable to obtain these services.

See us in Action!

Tutoring Program:

September - April

Monday - Friday: 3-5 p.m.

Oslo Middle School

Summer Camp & Mentoring

June 5-July 21: 7:30 a.m.-3:00 p.m.

Oslo Middle School

Kenya May: 772-404-9955

John May: 772-501-2617

Mailing Address:

1615 18th Avenue SW • Vero Beach, FL 32962

Treatment at the Behavioral Health Center includes a comprehensive, interdisciplinary plan developed by psychiatrists, nurses, social workers, and other healthcare professionals, and most importantly, you and/or your family.

- **New Horizons of the Treasure Coast**
1910 82nd Avenue, Suite 202, Vero Beach, 778-7217
An outpatient clinic for mental illness and drug problems.
- **New Horizons of the Treasure Coast**
4500 West Midway Road, Ft. Pierce, 468-5600 • 672-8400
Outpatient Services include: comprehensive social, psychological and psychiatric evaluations and treatment including alcohol and chemical dependency.
- **Suncoast Mental Health Center**
1456 Old Dixie Highway, Vero Beach, 564-8616
- **Treasure Coast Community Health**
 - 12196 CR 512, Fellsmere
 - 13505 U.S. Highway 1, Sebastian
 - 1553 U.S. Highway 1, Vero Beach
 - 1545 9th Street SW (Oslo Road), Vero Beach
 - 787 37th Street, Vero Beach257-8224
- **UF Center for Psychiatry and Addiction Medicine**
840 37th Place, Suite 2, 794-0179

The University of Florida Center for Psychiatry & Addiction Medicine is an out-patient center specializing in child, adolescent, adult and community psychiatry. In addition, the center is committed to easing the devastating impact of mental disorders and addiction with a primary focus on education, prevention, and early intervention.

- **Whole Family Health Centers**
492-3427 | www.wfhcfl.org
981 37th Place, Vero Beach
725 N. U.S. Highway 1, Fort Pierce

Substance Addictions

New Horizons and the Cleveland Clinic Indian River Behavioral Center offers inpatient and outpatient services. Some psychologists specialize in substance addiction. The Substance Awareness Council of Indian River County is an information and referral agency and has information on service providers in Indian River County.

- **Substance Awareness Center of Indian River County**
1507 20th Street, Vero Beach, 770-4811
Mission is to reduce the impact of substance misuse and behavioral health disorders in Indian River County through prevention, education, treatment and recovery support. A team of specially trained professionals who are compassionate and dedicated to the adults and youth in Indian River County. SAFIR Coalition, a part of the Substance Awareness Center of Indian River County offers resources, training and education.
The SAFIR Coalition is a part of the Substance Awareness Center's PREVENTION WORKS initiative, focuses on reducing youth substance use through evidence based prevention programs, community training, education, and collaboration.

Local Insurance Broker

Medicare Planning

Medicare Supplement/Medigap

Medicare Advantage Plans

Prescription Drug Plans



Contact Diane Wyland
with Owen Insurance Group
FL Lic# W336772
855-520-7122 office
772-559-1928 cell
starlight150dw@gmail.com
www.DianeWyland.com



• No Cost Consultations • No Obligation • No Pressure

Simplifying Insurance Planning so you can enjoy the life you deserve...

We are not connected with or endorsed by the United States government or the Federal Medicare program.

Section IV

Insurance, Legal and Related Services

MEDICARE

This federal health insurance program is designed for people 65 and older, people of any age with End Stage Renal disease or certain disabled persons under 65. Get details from the Social Security Administration at 724 20th Street, Vero Beach. 1-866-964-7414 or visit the website at www.socialsecurity.gov

There are two paths in Medicare: Original Medicare and Medicare Advantage Plans (these plans include managed care).

2023 COSTS AT A GLANCE	
Part A premium	\$0 for most people (because they paid Medicare taxes long enough while working - generally at least 10 years). This is sometimes called “premium-free Part A.” Do I qualify? If you don’t qualify for a premium-free Part A, you might be able to buy it. In 2023, the premium is either \$278 or \$506 each month, depending on how long you or your spouse worked and paid Medicare taxes. <ul style="list-style-type: none">• You also have to sign up for Part B to buy Part A.• If you don’t buy Part A when you’re first eligible for Medicare (usually when you turn 65), you might pay a penalty. How much is the Part A penalty?
Part A hospital inpatient deductible and coinsurance	You pay: <ul style="list-style-type: none">• \$1,600 for each time you’re admitted to the hospital per benefit period before Original Medicare starts to pay. There’s no limit to the number of benefit periods you can have,• Days 1-60: \$0 after you pay your Part A deductible• Days 61-90: \$400 each day• Days 91 and beyond: \$800 each day while using your 60 lifetime reserve days• After day 150: You pay all costs
Part B costs and premium	\$164.90 each month (or higher depending on your income). The amount can change each year. You’ll pay the premium each month, even if you don’t get any Part B-covered services. Who pays a higher premium because of income? How do I pay my Part B premiums? You might pay a penalty if you don’t sign up for Part B when you’re first eligible for Medicare (usually when you turn 65). Check when I should sign up for Part B. How much is the Part B late enrollment penalty? <ul style="list-style-type: none">• You’ll pay an extra 10% for each year you could have signed up for Part B, but didn’t.• This penalty is added to your monthly Part B premium. (You may also pay a higher premium depending on your income.)• It’s not a one-time late fee — you’ll pay the penalty for as long as you have Part B.• Generally, you won’t have to pay a penalty if you qualify for a Special Enrollment Period• To qualify, you (or your spouse) must still be working and you must have health coverage based on that job.
Part B deductible Costs for services (coinsurance)	You’ll pay \$226, before Original Medicare starts to pay. You pay this deductible once each year. You’ll usually pay 20% of the cost for each Medicare-covered service or item after you’ve paid your deductible.
Get help with Part A & Part B costs	If you have limited income and resources, you may be able to get help from your state to pay your premiums and other costs, like deductibles, coinsurance, and copays.
Medicare Savings Program	You can get help from your state paying your Medicare premiums. In some cases, Medicare Savings Programs may also pay Medicare Part A (Hospital Insurance) deductibles, coinsurance, and copayments.
Part D premium	The Part D monthly premium varies by plan (higher-income consumers may pay more). More information is found on page 46.

COSTS FOR PLANS & SUPPLEMENTAL COVERAGE

DRUG COVERAGE (PART D)

Monthly premiums vary based on which plan you join. The amount can change each year. You may also have to pay an extra amount each month based on your income.

Who pays an extra amount because of income?

You might pay a penalty if you:

- Don't join a Medicare drug plan when you first get Medicare, and
- Go 63 days or more without creditable drug coverage (coverage that's similar in value to Part D).

How much is the Part D penalty?

- You'll pay an extra 1% for each month (that's 12% a year) you could have signed up for Part D, but didn't.
- The penalty is added to your monthly premium.
- It's not a one-time late fee – you'll pay the penalty each month for as long as you have Part D coverage (even if you change plans).
- If you have creditable drug coverage or if you qualify for extra help, you won't have to pay a penalty.

When you get prescription drugs

Most plans charge a deductible, an amount you pay before the plan starts to pay, for prescriptions you fill. The deductible amount varies based on which plan you join.

Your actual costs vary depending on the medicines you take, if they are on your plan's list of covered drugs, and which pharmacy you use.

Get help with drug costs

If you have limited income and resources, you may be able to get Extra Help to pay your plan premiums and other drug costs (like deductibles, coinsurance, and copays). If you qualify, you won't have to pay the Part D late enrollment penalty.

MEDICARE ADVANTAGE PLAN (PART C)

You get all of your Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) coverage, and prescription drug coverage (Part D), through these plans. Medicare Advantage Plans with prescription drug coverage are sometimes called "MA-PDs." You must have Part A and Part B to join a Medicare Advantage Plan.

www.medicare.gov SHINE: 1-866-684-5885

- Monthly premiums vary based on which plan you join. The amount can change each year.
- You must keep paying your Part B premium to stay in your plan.
- Deductibles, co-insurance, and co-payments may vary based on which plan you join.
- Plans also have a yearly limit on what you pay out-of-pocket. Once you pay the plans limit, the plan pays 100% for covered health services for the rest of the year.

MEDICARE SUPPLEMENT INSURANCE

"Medigap" insurance is a Medicare Supplement Insurance policy that helps pay some of the health care costs that Original Medicare doesn't cover, like:

- Monthly premiums vary based on which policy you buy, where you live, and other factors. The amount can change each year.
- You must keep paying your Part B premium to keep your supplement insurance.
- Helps lower your share of costs for Part A and Part B services in Original Medicare.
- Some Medigap policies include extra benefits to lower your costs, like coverage when you travel out of the country.
- Medigap policies are sold by private companies.
- Medicare will pay its share of the Medicare-approved amount for covered health care costs, then your Medigap policy pays its share.

MEDICAID

The purpose of the Medicaid program is to help people who receive public assistance and/or have low income to meet the costs of medical care. Medicaid helps those in need of any age, as well as the disabled.

The program is administered by the Florida Department of Children and Families (DCF). There are various types of programs, with different eligibility standards. Apply at:

- Access Florida (a department of the Florida Dept. of Children and Families) www.myflorida.com
Assistance available at community partners locations
- United Against Poverty
1360 28th Street, Vero Beach, 564-9365
- Treasure Coast Community Health, 257-8224
or apply online at: www.myflorida.com/accessflorida.com
Customer call center: 1-866-762-2237

The Department determines financial eligibility for Medicaid, Nursing Facilities, and Assisted Living placement funding.

OPTIONAL STATE SUPPLEMENT

Another program called OSS (Optional State Supplement) is designed to help clients eligible for adult family care homes (foster homes) avoid being institutionalized by supplementing the monthly payment for adult family care.

SHINE PROGRAM



SHINE (Serving Health Insurance Needs of Elders) Program
www.youradrc.org

SHINE (Serving Health Insurance Needs of Elders) is a free program offered by the Florida Department of Elder Affairs and your local Area Agency on Aging. Specially trained volunteers can assist you with your Medicare, Medicaid, and health insurance questions by providing one-on-one counseling and information. SHINE services are free, unbiased, and confidential.

SHINE volunteers offer counseling on:

- Medicare Eligibility and Enrollment
- Medicare Health Plan (Advantage Plan) Choices
- Medicare Coverage Issues and Appeals
- Supplement (Medigap) Policies
- Prescription Assistance
- Medicaid for Dually-Eligible Medicare Beneficiaries
- Employer or Military Coverage Issues

A SHINE counselor can speak with you over the telephone or meeting with you in person at a SHINE counseling site. Call your local Elder Helpline at 1-866-684-5885 to schedule your free appointment for counseling.

LONG-TERM CARE INSURANCE

Insurance to cover custodial long-term care in a nursing facility or at home is available through private insurance carriers. Custodial care is not covered by Medicare or most medigap policies.

INCOME TAX ASSISTANCE

United Way of Indian River County is once again coordinating the IRS Volunteer Income Tax Assistance (VITA) program, offering free help to people who earned \$60,000 or less in 2023.

Families with low to moderate income may miss out on substantial tax credits if they don't have assistance filing their returns. All United Way VITA volunteers are IRS-trained and certified every year to provide free tax return preparation with electronic filing to qualified individuals in Indian River County. They ensure that taxpayers receive credits due to them such as Earned Income Tax Credit, Child Tax Credit, and Credit for the Elderly or Disabled. You may find them at:

www.UnitedWayIRC.org/FreeTaxPrep. 772-567-8900

NOTE: All area codes are 772 unless otherwise indicated.

LEGAL SERVICES

- **How to Find a Lawyer in Florida:**
Send a written request for pamphlet to:
Consumer Pamphlets, The Florida Bar
651 E. Jefferson Street,
Tallahassee, FL 32399-2300.
- **or...call** The Florida Lawyer Referral Service,
1-800-342-8011
- **or...ask for** referrals from friends, relatives, employers, etc.
- **or...consult** the internet
- **Florida Bar**
651 E. Jefferson Street, Tallahassee, FL, 32399-2300
800-342-8060, www.flbar.org
- **Florida Rural Legal Services, Inc.**
P.O. Box 4333 • Ft. Pierce, FL 34948
1-888-582-3410
Services for low income. An attorney or paralegal from the Florida Rural Legal Services is available for consultation free of charge. Qualification criteria required.
- **Florida Senior Legal Helpline**
1-888-895-7873
Assists seniors with legal problems.
- **Indian River County Law Library**
at Main Library
1600 21st Street, Vero Beach, FL, 770-5060

Maintains extensive library of legal directories, case law, statutes and legal information.
- **Elder Law Offices**
 - Collins Brown Barkett Garavaglia & Lawn Chartered
231-4343
 - Marie Conforti, Esq., 257-0421
 - VanDeVoorde Hall, Law, PA, 589-4353
 - Pamela J. Hennig, Esq., 257-0421
 - Glenn B. Grevengoed, PA, 234-5600
 - Kulas & Crawford Law Group, 778-8481
 - E. Steven Lauer, PA, 234-4200
 - Steven Alexander Long, PA, 589-7778
 - Carolyn Butler Norton, Esq. LLC, 257-5751
 - Rooney & Rooney, PA, 778-5400
 - Rossway Swan Tierney Barry & Oliver, P.L.
231-4440
 - Charles H. Sanford Law Offices, P.L., 494-6680
 - James Schorner, Esq., CPA, 231-5300
 - The Estate, Trust & Elder Law Firm, P.L.
828-2588
- **Senior Resource Association -- Public Guardian Program**
694 14th Street, Vero Beach, 569-0760

SOCIAL SECURITY

Social Security Administration
724 20th Street, Vero Beach
Toll Free: 1-800-772-1213
www.socialsecurity.gov

The local Social Security office takes applications and provides information on all aspects of the Social Security system, including Medicare. For those not yet retired the staff can explain eligibility requirements and estimate the amount of benefits you will receive, based on your earnings records. Social Security provides benefits for the disabled who meet the law's requirements, as well as retirees.

Supplemental Security Income (SSI) is a federal program designed to assure a minimum level of income for persons in need of financial assistance who are 65 years old, or blind or disabled. This program is also administered by the Social Security Administration. Specific eligibility requirements are available at the SSA office.

NOTE: All area codes are 772 unless otherwise indicated.

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MEDICAL SERVICES
INDIAN RIVER COUNTY, FLORIDA

Indian River Publishers, Inc.
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INDIAN RIVER COUNTY, FLORIDA

For Seniors • Caregivers • Family Navigation
• Preparation & Planning for the Future

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OF INDIAN RIVER COUNTY

Cleveland Clinic's
Care at Home Program
A New Model of Care

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VETERANS BENEFITS

Indian River County Veterans Service Office
Manager: Melissa Arndt, 226-1395
John Birhanzl, 226-1395
2525 St. Lucie Avenue, Vero Beach
Alan Hill, 226-1145
1921 U.S. Highway 1, Sebastian 226-1145
A wide range of benefits are available to veterans, including:

Disability benefits; Medical Care (including prescription drugs); Nursing Home Care; Life Insurance; VA guaranteed loans; burial expenses and other claims for benefits which you may be entitled to.

The Veterans Service office provides information, eligibility requirements, and helps with applications for all veterans and their dependents.

All honorably discharged veterans can apply for benefits.

Transportation can be arranged for service to the Veteran's Hospital in West Palm Beach call 567-8000, ext. 1695. Service in the Veterans Council Van is available Monday through Friday.

VA Outpatient Clinic
372 17th Street, Vero Beach, 299-4623
Hours: Mon. - Fri., 8:00 am - 4:30 pm

Veterans Council of Indian River County
P.O. Box 1354, Vero Beach, FL 32961
Contact: Cynthia Ryan, 410-5820
info@veteranscouncilirc.org
www.veteranscouncilirc.org

A non-profit organization dedicated to ensuring our local community veterans and their families have the support they need and deserve. The Council consists of more than 20 veterans' organizations and more than 30 auxiliary members who meet monthly to provide for the welfare of veterans.

Vietnam Veterans of Indian River County, Inc.
Satellite DAV Post 113
696 8th Court, Vero Beach, FL 32962
794-0005

Nine DAV trained service officers are available to assist you with your Disability claims, discharge upgrades, pension and any other Veteran Affairs filing needs.

Members of the Justice For Veterans, Veteran Treatment Court of Indian River County. With 11 Veteran Mentors, to assist through the treatment process.

Also offer assistance with housing and financial crisis needs. Open Tuesday and Wednesday 3 to 5 pm or telephone for an appointment outside those hours.



Educational opportunities for seniors in Indian River County are extensive. The following list includes those offering courses as well as occasional seminars or presentations. Call for information, calendars, brochures. Also see **Senior Bulletin Board** newsletter, published monthly October through June, for class schedules and other information.

GENERAL EDUCATION

- Environmental Learning Center**
255 Live Oak Drive, Wabasso, 589-5050
- Fellsmere City Hall**
22 South Orange Street, Fellsmere, 571-1616
- Genealogy Classes**
Indian River Genealogy Society - Main Library
1600 21st Street, Vero Beach - IRGS.org
- Historic Sebastian School**
1235 Main Street, Sebastian, 226-2525
- IRC Fire Prevention Bureau**
1801 27th Street, Building A, Vero Beach, 226-1880
The Indian River County Fire Prevention Bureau answers questions about fire safety. Call for info.
- Indian River State College/Massey Campus**
Main Campus, 3209 Virginia Avenue
Ft. Pierce, 462-4772
- Indian River State College/Mueller Campus**
6155 College Lane, Vero Beach, 226-2500
- Literacy Services of Indian River County**
Indian River County Main Library
1600 21st Street, Vero Beach, 778-2223
22 S. Orange Street, Fellsmere
- Treasure Coast Technical College**
Adult Education Center
4680 28th Court, Vero Beach
564-4970



Special Thanks to:
Carol and Phil VanVynckt ~ Stevens Printing
and Senior Resource Association
for the countless hours assisting to produce
this year's Guide to Senior Services.

ARTS & CRAFT CLASSES

- Antique Study Club**
Contact: Stephanie Tye, 772-461-3915
- The Artists Guild Gallery**
Classes available.
1974 14th Avenue, Vero Beach, 299-1234
- Garden Club of IRC**
2526 17th Avenue, Vero Beach, 567-4602
- Gifford Youth Achievement Center**
4875 43rd Avenue, Vero Beach, 794-1005
- Indian River Clay**
1239 16th Street, 202-8598
- Indian River County Main Library**
1600 21st Street, Vero Beach, 770-5060
- Indian River County North Library**
1001 Sebastian Boulevard, Sebastian, 589-1355
- Indian River County Recreation Department Intergenerational Recreation Center**
1590 9th Street SW, Vero Beach, 226-1732
- Indian River State College Art Classes**
Mueller Campus: 6155 College Lane, Vero Beach, 569-0333
Main Campus: 3209 Virginia Avenue, Fort Pierce, 462-4772
- Indian River Woodcarvers**
Contact: Charles Hoffman, 321-6307, 492-8940
- Stitches in Paradise**
1436 Old Dixie Highway, Suite F, Vero Beach
778-9199
- Vero Beach Museum of Art**
3001 Riverside Park Drive, Vero Beach
231-0707
- Vero Beach Art Club** (at Vero Beach Museum of Art)
231-0303
- Vero Beach Recreation Department**
2266 14th Avenue, Vero Beach
567-2144, 978-4500



COMPUTER CLASSES

- **Gifford Youth Achievement Center**
4875 43rd Avenue, Vero Beach
Contact: Theresa Baxter, 794-1005, ext. 227
- **Indian River State College/Mueller Campus**
6155 College Lane, Vero Beach, 569-0333
- **Treasure Coast Technical College**
4680 28th Court, Vero Beach, 564-4970
- **Vero Beach Computer User's Group**
(Meets at Main Library, Vero Beach)
Contact: Tim Glover
webmaster@vbcg.org



HEALTH EDUCATION

See Also, Support Groups in Health Section

The following organizations offer regularly scheduled seminars and presentations on various health subjects.

- **A Healthier Me**
2855 Ocean Drive, Suite C-5, 501-0598
- **Alzheimer & Parkinson Association of Indian River County**
2300 5th Avenue, Suite 150, 563-0505

- **American Red Cross**
2506 17th Avenue, Vero Beach, 562-2549
- **Gifford Youth Achievement Center**
4875 43rd Avenue, Vero Beach
Contact: Theresa Baxter, 794-1005
- **Cleveland Clinic Indian River Hospital**
1000 36th Street, Vero Beach, 567-4311
- **Cleveland Clinic Indian River Hospital | Scully-Welsh Cancer Center**
3555 10th Court, Vero Beach, 563-4673
- **Community Health Education**
Call to schedule your on-site community health symposium
Encompass Health Rehabilitation Hospital of the Treasure Coast
1600 37th Street, 563-4070
- **Mental Health Association Walk-In & Counseling Center**
820 37th Place, Vero Beach, 569-9788
- **North Indian River County Library**
1001 Sebastian Boulevard, Sebastian, 589-1355
- **Sebastian River Medical Center**
13695 U.S. Hwy. 1, Sebastian, 589-3186
- **VNA Community Health Services**
1110 35th Lane, 202-3003

NOTE: All area codes are 772 unless otherwise indicated.



Health and Fitness Studio

2855 Ocean Drive. Suite C-5 • Vero Beach, Florida 32963
www.ahealthiermeverobeach.com

Personal Training with Ken

- Build Muscle Strength & Increase Flexibility
- Improve Balance and Mobility
- Learn Proper Form and Prevent injuries
- Establish Exercises Most Effective for You

Health Coaching with Colleen

- Achieve Goals for Better Health
- Manage Chronic Disease Easier
- Update Healthy Eating & Lifestyle Options
- Advocacy and Support

By appointment only - home visits available. Complimentary Consultation.

Colleen Sanders- Symanski, CDCES, Health Coach: 772-501-0598
Ken Symanski, Personal Trainer: 954-856-9359

INDIAN RIVER COUNTY

The following list includes places to see and things to do in Indian River County, Florida. The listings are arranged alphabetically within geographic areas of the County.

DOWNTOWN VERO BEACH:

- **Agriculture Extension Agent/University of Florida**
1800 27th Street, Building B - Second Floor, Vero Beach 226-4330
Learn about gardening, plants, flowers. Brochures and information.
- **Chamber of Commerce/Indian River County**
1216 21st Street, 567-3491
Pick up brochures and information about Indian River Co.
- **Community Center/Vero Beach**
2266 14th Avenue, 978-4592
A variety of programs and events. Program schedule available.
- **County Administration Building**
1801 27th Street, 567-8000
Information about Indian River County services & programs. County Commissioners meeting Chambers.
- **Courthouse**
2000 16th Avenue, 770-5185
Home of Courts, Judicial support services. Pay your traffic ticket here.
- **Cultural Council**
2041 14th Avenue, Vero Beach, 770-4857
- **Dogs for Life**
1230 16th Avenue, 567-8969
Off-Leash Dog Park. Training Hearing Dogs, Mobility Assistance Dogs, and Service Dogs.
- **Heritage Center and Citrus Museum**
2140 14th Avenue, 770-2263
Home of Citrus museum, events and programs. Art courses, dances.
- **Historical Society / Railroad Museum**
2336 14th Avenue, 778-3435
Oldtime Vero. Historical information.
- **Historic Dodgertown**
3901 26th Street, 569-4900
Professional training facility.
- **Leisure Square**
3705 16th Street, 770-6500
Large swimming pool, exercise facilities and programs for seniors.
- **Main Library**
1600 21st Street, 770-5060
Full service library, computers, programs and meetings available.
- **Piper Aircraft**
2926 Piper Drive (Airport), 567-4361
Tours run weekdays. Call for information and schedule.
- **Vero Beach Chamber of Commerce**
1957 14th Avenue, 226-5459
- **Vero Beach Recreation Department**
2266 14th Avenue, 978-4500
Pick up copy of Program Brochure, list and description of County Parks.

SOUTHSIDE VERO BEACH

- **Florida Medical Entomology Lab**
200 S.E. 9th Street (Oslo Road), 778-7200
Nature walks, canoe excursions. See flora, wildlife in Oslo Riverfront Conservation area.
- **Indian River County Recreation Department Intergenerational Recreation Center**
1590 9th Street SW, Vero Beach, 226-1732
Program brochure, county parks, pools, facilities.
- **McKee Botanical Garden**
350 U.S. Highway 1, 794-0601
Restoration of old McKee Gardens. Flora, wildlife, museum, exhibits.

WESTSIDE VERO BEACH

- **Blue Cypress Lake**
Rt 60 (28 miles west)
Noted for bass fishing, boating, recreation.
- **Brackett Library**
at Indian River State College, Mueller Campus
6155 College Lane, Vero Beach, 226-3080
- **Indian River Mall**
6200 20th Street, 770-9404
Major stores, restaurants, movie theatre.
- **Vero Beach Outlet Stores**
Rt. 60, 1824 94th Drive, 770-6171
Outlet stores for major clothing and home décor manufacturers.

BEACHSIDE VERO BEACH

- **Barber Bridge Fishing Pier**
Under bridge off Beachland Blvd. Walk out under bridge to fish, see river birds and wildlife.
- **City Marina**
3611 Rio Vista Boulevard, 978-4960
Full service marina on Indian River. See yachts, special events.
- **Riverside Park**
350 Dahlia Lane, 231-4787
2 mile walking/exercise trail, tennis courts, racquet ball.
- **Vero Beach Dog Park**
3449 Indian River Drive East
- **Vero Beach Museum of Art**
3001 Riverside Park Drive, 231-0707
Exhibits, classes, programs. Premiere facility.
- **Veterans Memorial Island Sanctuary at Riverside Park**
Site of local veteran's memorial, special events, walking paths.

ENTERTAINMENT

Celebrated Speakers

- **Emerson Center Celebrated Speaker Series**
at Emerson Center (Unitarian Fellowship)
27th Avenue and 16th Street, 778-5249
- **Distinguished Lecturer Series at Riverside Theatre**
3250 Riverside Drive, 231-6990

Theatre

- **Riverside Theatre**
3250 Riverside Park Drive, 231-6990
- **Riverside Children’s Theatre**
3280 Riverside Park Drive, 231-6990
- **Riverside Theatre Comedy Zone / Howl at the Moon Experience / Free Outside Concerts**
3250 Riverside Park Drive, 231-6990
- **Vero Beach High School Performing Arts Center**
1707 16th Street, 564-5537
- **Vero Beach Theatre Guild**
2020 San Juan Avenue, 562-8300

Seasonal Concerts

- **Silver Tones Choir**
520 Royal Palm Boulevard, Vero Beach 569-0760

NORTH COUNTY/SEBASTIAN

- **Chamber of Commerce - Sebastian**
700 Main Street, 589-5969
Brochures, information, event schedules.
- **Environmental Learning Center**
Wabasso, off Wabasso Bridge, 589-5050
Exhibits, programs, nature walks, pontoon boat, tours.
- **McLarty Treasure Museum**
13180 N. AIA - Sebastian Inlet State Park, 589-2147
Shipwreck displays, native Americans, early settlers.
- **Mel Fisher’s Museum & Gift Shop**
1322 U.S. Highway 1, 589-9875
Shipwreck displays, artifacts, treasure hunting history/valuables, gift shop.
- **North County Library**
1001 Sebastian Boulevard, Sebastian, 589-1355
Full service library, programs, events.
- **Sebastian Inlet State Park**
North AIA, 589-9659 or 321-984-4852
Fishing pier on ocean, camping, boating, wildlife, museum.
- **Senior Activity Center - Sebastian**
255 Main Street • www.sebastianseniors.org

INDIAN RIVER COUNTY PARKS

- **Indian River County Parks Division**
5500 77th Street, Wabasso, 226-1872, 589-9223
- **City of Vero Beach Recreation and Parks Department**
2266 14th Avenue, Vero Beach, 567-2144, 978-4500

OCEAN BEACH PARKS

- Golden Sands Beach Park**
10350 North A1A, 581-4995
- Humiston Park**
3000 Ocean Drive, 231-5790

- Jaycee Park**
4200 Ocean Drive-north of Beachland Boulevard, 231-0578
- Round Island Oceanside Park**
2201 South A1A, 492-2412
- South Beach Park**
1704 Ocean Drive at end of east Causeway
(17th Street Bridge), east of SR A1A intersection. 231-4700
- Tracking Station Beach Park**
800 46th Place, 492-2411
- Wabasso Beach Park**
1820 Country Road 510, 581-4998
North SR A1A, east end of CR 510 (Wabasso Bridge)

OCEAN BEACH ACCESS

- Ambersand Beach Access**
12566 North A1A, 2.5 miles north of CR 510
- Seagrape Trail Beach Access**
8302 North A1A, 1/2 mile south of CR 510
- Treasure Shores Beach Park**
11300 A1A, 3 miles north of CR 510
(Wabasso Bridge), 581-4997
- Turtle Trail Beach Access**
8102 North A1A,, 1.25 miles south from CR 510

PARKS ON THE INDIAN RIVER - Vero Beach

- A.W. Young Park** - 21st Street, east of Indian River Boulevard
(west side of Indian River)
- Bethel Creek** - 4405 SR A1A, opposite Jaycee Park on
Bethel Creek Canal, 231-2123
- MacWilliam Park** - Indian River Drive east, north of east
end of Merrill Barber Bridge
- Oslo Boat Launch** - Oslo Road East
- Riverside Park** - Riverside Drive, off Mockingbird Drive,
south of east end of Merrill Barber Bridge, 231-4787
- Round Island Park - West**
South SR A1A at County Line
- Royal Palm Pointe**
2 Royal Palm Boulevard, 567-2144

PARKS ON THE INDIAN RIVER - Wabasso

- Wabasso Causeway Park** - Wabasso Bridge, CR 510

PARKS ON THE SEBASTIAN RIVER

- Donald MacDonald/Dale Wimbrow Park** - CR 505, two
miles south of U.S. 1 intersection, Roseland, 589-0087
- Roseland Community Center and Park**
Bay Street and 130th Street
- Sebastian Canoe Launch**
North of County Road 510 off County Road 512

INLAND RECREATIONAL PARKS - Vero Beach

- Bob Summers Field** - 3451 Indian River Drive East
- Centerstage Acrobatic Center**
3705 16th Street, 770-3775
- Charles Park** - 2307 15th Street
- Creative Playground** - 1725 17th Avenue
- Gifford Aquatic Center**
4895 43rd Avenue, 770-5312

- Grall/Thompson Field** - 17th Street and 38th Avenue
- Indian River County Shooting Range**
10455 102 Terrace, 581-4944
- Jacoby Park** *(No public parking)*
19th Street & 25th Avenue
- Leisure Square** - 3705 16th Street, 770-6500
- Michael Field** - 27th Street and 11th Court
- Piece of Pie Park** *(No public parking)*
37th Avenue & Atlantic Boulevard
- Pine Hill Park (Lone Pine)** - 206 30th Avenue
- Pocahontas Park** - 2200 14th Avenue
- 16th Street Complex** - 16th Street at 17th Avenue across
from Vero Beach High School, 567-8000
- Richard N Bird Park**
800 20th Avenue S.W., 770-5307 or 567-8000, Ext. 1732
- Troy Moody Park** *(No public parking)*
Victory Boulevard & Cordova Avenue
- Victor Hart Sr. Community Enhancement Complex**
4715 43rd Avenue, 770-5312

INLAND RECREATIONAL PARKS - Sebastian

- Easy Street Park** - Lake Drive and Easy Street
- Lake Hardee Park** - Barber Street and Lake Drive
- North County Regional Park**
North County Aquatic Center - 9450 95th Street
581-POOL
- North County Ball Fields** - 9450 95th Street
388-4498 or 567-8000, Ext. 1732
- Schumann Drive Park**
Schumann Drive and Englar Drive

INLAND RECREATIONAL PARKS - Wabasso

- West Wabasso Park**
8900 64th Avenue, 567-8000, Ext. 1732
- Kiwanis Hobart Park**
5400 77th Street, 589-9223
- Blue Cypress Lake Park**
7400 Blue Cypress Lake Road
28 miles west of Vero Beach, off SR 60
- IRC Fairgrounds** - 7955 58th Avenue, 226-1872

GOLF COURSES

- Sandridge Municipal Golf Club - (Open to the Public)
58th Avenue & 73rd Street, 770-5000
- Sebastian Municipal Golf Course
East Airport Drive, 589-6801 - (Open to the Public)
- The Link at Pointe West - (Semi-Private)
20th Street, Vero Beach, 794-2904
- Vista Plantation
State Road 60, Vero Beach, 569-2223

TENNIS COURTS

- Memorial Island - East of Barber Bridge, Vero Beach
Reservations: 231-4787
- Pocahontas Park
14th Avenue, Downtown Vero Beach

- Riverside Racquet Tennis Complex
350 Dahlia Lane 231-4787
- Schumann Drive Tennis Court
Sebastian, 589-7464

RECREATION DEPARTMENT PROGRAMS

Exercise opportunities for seniors are available through programs offered by the Recreation Departments of Indian River County, Vero Beach, and Sebastian, as well as Vero Beach Senior Center and private exercise & fitness centers.

Indian River County Recreation Department Intergenerational Recreation Center

- 1590 9th Street SW, Vero Beach - 226-1732
- For updated programs, please visit: www.ircrec.com
- IRC Recreation Department programs are available to the public, some of which include:
- Adult and Children’s Athletics
- Pickleball • Table Tennis
- Gentle Chair Yoga / Yoga-Lates / Mindful Movements
- Mahjong • Coloring and Coffee, Art Classes
- Tang Soo Do • Stretch & Flex
- Senior Wellness Program

North County Aquatic Center

- 9450 CR 512, Sebastian - 581-7665
- Swimming Pool • Swimming Lessons
- Aquanautics and other Swimming Programs
- Party Facilities

Gifford Aquatic Center

- 4895 43rd Avenue, Vero Beach - 770-5312
- Swimming Pool • Swimming Lessons
- Mile Swim Club • Party Facilities

City of Vero Beach Recreation Department

- Administration Building:
2266 14th Avenue, Vero Beach
(at the Community Center) - 567-2144, 978-4500

Leisure Square

- 3705 16th Street, Vero Beach - 770-6500
- Heated Swimming Pool • Swimming Lessons
- Gymnastics Facility • Basketball Courts
- Cardiovascular Room • Showers, lockers, meeting rooms

Riverside Racquet Complex

- 350 Dahlia Lane, Vero Beach, 231-4787
- Tennis (10 Courts) • Lighted Practice Wall
- Two Lighted Racquetball Courts
- Adult Clinics and Private Group Tennis Lessons
- Round Robins • Pro Shop

Sebastian Community Center

- 1805 N. Central Avenue, Sebastian, 589-1009

Vero Beach Community Center

- 2266 14th Avenue in downtown Vero Beach, 770-6517

NOTE: All area codes are 772 unless otherwise indicated.



Section VI Transportation

EMERGENCY TRANSPORTATION

In an *emergency*, dial 911.

Emergency ambulance service in Indian River County is provided by the Emergency Services Department. The department responds to 911 calls with advanced life support.

The department also offers EMS public education courses. For general information, call 567-8000, ext. 217.

NOTE: 2nd floor disabled residents in buildings with no elevator must call 911 to exit.

NON-EMERGENCY TRANSPORTATION

- **Senior Resource Association**
Community Coach, 569-0903
- The Community Coach bus program offers door-to-door wheelchair-accessible pick-up and drop-off service to eligible residents. Riders can travel throughout Indian River County at low or zero-fares to reach medical appointments, grocery shopping, and other necessary destinations. Friendly, experienced drivers will help carry packages and shopping bags to passengers' doorsteps.
- To become an eligible Community Coach rider, Senior Resource Association's process is easy and will get you riding in no time. Community Coach is a shared-ride service so passengers should be prepared to make stops along the way to their destination. Personal care attendants who accompany riders travel at no cost and reservations are required.

Please call 569-0903 Monday through Friday,
6:00 a.m. to 7:00 p.m.
Limited Saturday service is available
from 8:00 a.m. to 5:00 p.m.

PUBLIC TRANSPORTATION

- **GoLine: Indian River County Transit**
Administration office: 4385 43rd Avenue, 569-0903
- GoLine is the mass transit system for getting you where you need to go in Indian River County -- at no charge to riders! Riders take the GoLine to work, school, medical appointments, grocery stores, beaches and other destinations. GoLine buses operate weekdays from 6:00 a.m. to 7:00 p.m. Limited Saturday service is available from 8:00 a.m. to 5:00 p.m.
- All buses have convenient bike racks and are ADA accessible. Passengers must be able to board, disembark and carry their own packages without assistance. Riders younger than age 12 must be accompanied by an adult.
- Bus route and schedule information is available at GoLineIRT.com or by calling GoLine at 569-0903 Monday through Friday, 7:00 a.m. to 6:00 p.m.
- Medically-Equipped Transportation Services:**
- **IRC Volunteer Ambulance Squad**
Vero Beach, 231-1230
Non-fee; donations accepted.
- Free van service to and from the hospital and doctors' offices.

OTHER SERVICES:

- **American Cancer Society**
Vero Beach
800-227-2345
Volunteer drivers take cancer patients for treatment.
- **Veterans Service**
Vero Beach
226-1695
Scheduled daily service to Veterans Hospital in West Palm Beach and local appointments with a 48-hour notice.

NOTE: All area codes are 772 unless otherwise indicated.



Section VII Summary of Senior Resource Association's Programs

The following is an overview of the programs and services available through the Senior Resource Association for seniors and caregivers throughout Indian River County. For additional information, please contact SRA at 569-0760.

- **DayAway Adult Enrichment & Respite**
Aging provides an opportunity to pursue passions and socialize with others. Senior Resource Association's DayAway program offers a platform for social inclusion, age-appropriate activities, support, and community engagement with programs designed for older adults and those over age 18 with physical or cognitive health challenges. Most participants attend on a regular schedule, often according to the needs or desire to participate in specific enrichment activities. SRA is licensed by Florida's Agency for Healthcare Administration with a specialization in Alzheimer's and memory care.
- **Public Guardian Program**
Provides legal and professional guardianship services that protect and exercise the legal rights of adults who are deemed by the court to lack the capacity to make decisions and care for themselves. For more information, contact Senior Resource Association.
- **Senior Supportive Services**
Promotes independence by assisting seniors, caregivers, and out-of-town families in the selection of appropriate health, wellness, and daily living services, including but not limited to the following:
 - **In-Home Services:** Experienced Case Managers assist older adults and their loved ones in determining which services are needed to improve quality of life. Services include, but are not limited to, companionship, meal preparation, light housekeeping, medication management, emergency alert response systems, durable medical equipment, pest control, and counseling.
 - **Emergency Alert Response System:** Provides 24/7/365 live monitoring for health and fall emergencies for qualified seniors.
 - **Emergency Home Energy Assistance for the Elderly:** This program is designed for Indian River County adults aged 60+ who are experiencing an energy-related crisis. Eligible recipients may receive limited assistance if they meet the program requirements. Subject to funding availability.
 - **Durable Medical Equipment:** Senior Resource Association recycles gently used medical equipment and re-distributes items at no charge to those who need it most.
- **Information and Referral:** Where to turn for assistance is often the toughest challenge. SRA provides information on available resources and eligibility requirements for seniors, and caregivers. Information to families who live outside of the area but whose loved ones reside in Indian River County is also available.
- **Meals on Wheels of Indian River County:** Senior Resource Association reduces hunger and isolation while improving the health and safety of seniors throughout Indian River County. Nutrition programs include the following:
 - **Home Delivered Meals:** A trained volunteer delivers a hot, nutritious lunch five days a week, plus frozen meals for the weekend, to homebound seniors who cannot shop or prepare meals for themselves. Meals and wellness visits are available to qualified seniors living in Indian River County, subject to eligibility and funding. The program is also available on a private-pay basis.
 - **Social Dining Sites:** Nutritious lunches are available to mobile seniors at locations around the county. In addition to meeting one-third of the daily nutritional requirements, Social Dining Sites offer seniors the opportunity to meet others and enjoy a friendly dining room atmosphere. Subject to eligibility.
 - **Emergency Meals on Wheels:** A short-term program provided at no cost to assist with recovery. A nutritious, daily lunch and friendly visit by a trained volunteer is provided to seniors who have been discharged from a healthcare facility within the last 30 days/or whose caregiver has been admitted to a healthcare facility for a brief period.
 - **Pet Meals on Wheels:** Because pets provide companionship and health benefits for older adults, SRA proudly supports providing pet food for Meals on Wheels recipients' pets when funding allows.
- **Silver Tones Choir:** SRA's senior choir provides a meaningful musical outlet to share a love of music with other older adults and the community through seasonal concerts and special performances.
- **Transportation:**
 - Aboard **GoLine** mass transit buses, residents and visitors of all ages can ride at no charge throughout the county.
 - **Community Coach** offers convenient door-to-door wheelchair-accessible transportation at low- or no-fare for eligible residents with no other means of transportation. For more details, contact the transportation department at 569-0903.

NOTE: All area codes are 772 unless otherwise indicated.

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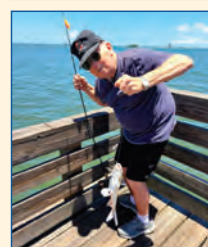
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OF INDIAN RIVER COUNTY

20th

ANNUAL LOCAL

WALK TO REMEMBER

November 4, 2023
RIVERSIDE PARK, VERO BEACH
Registration begins at 7:30 AM - Walk begins at 9:00 AM

Team Indian River Estates

Pelican Landing
Assisted Living and Memory Care

Coastal Cupids

Team Trilogy Superheros

Team Land & Sea

Team VNA

**ALL WALK PROCEEDS
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RIVER COUNTY!**

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Saturday, November 4, 2023 at Riverside Park, Vero Beach
www.walktoremembervero.org

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4005 20th Street, Vero Beach

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3717 10th Court—Across from
Cleveland Clinic Indian River Hospital

SEBASTIAN

388-5251

13000 US Highway 1
Across from WalMart

PORT ST. LUCIE

337-4631

10365 S. U.S. Highway 1

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